



lingoda

The common cold

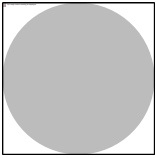
SPEAKING

LEVEL
Advanced

NUMBER
C1_3056S_EN

LANGUAGE
English

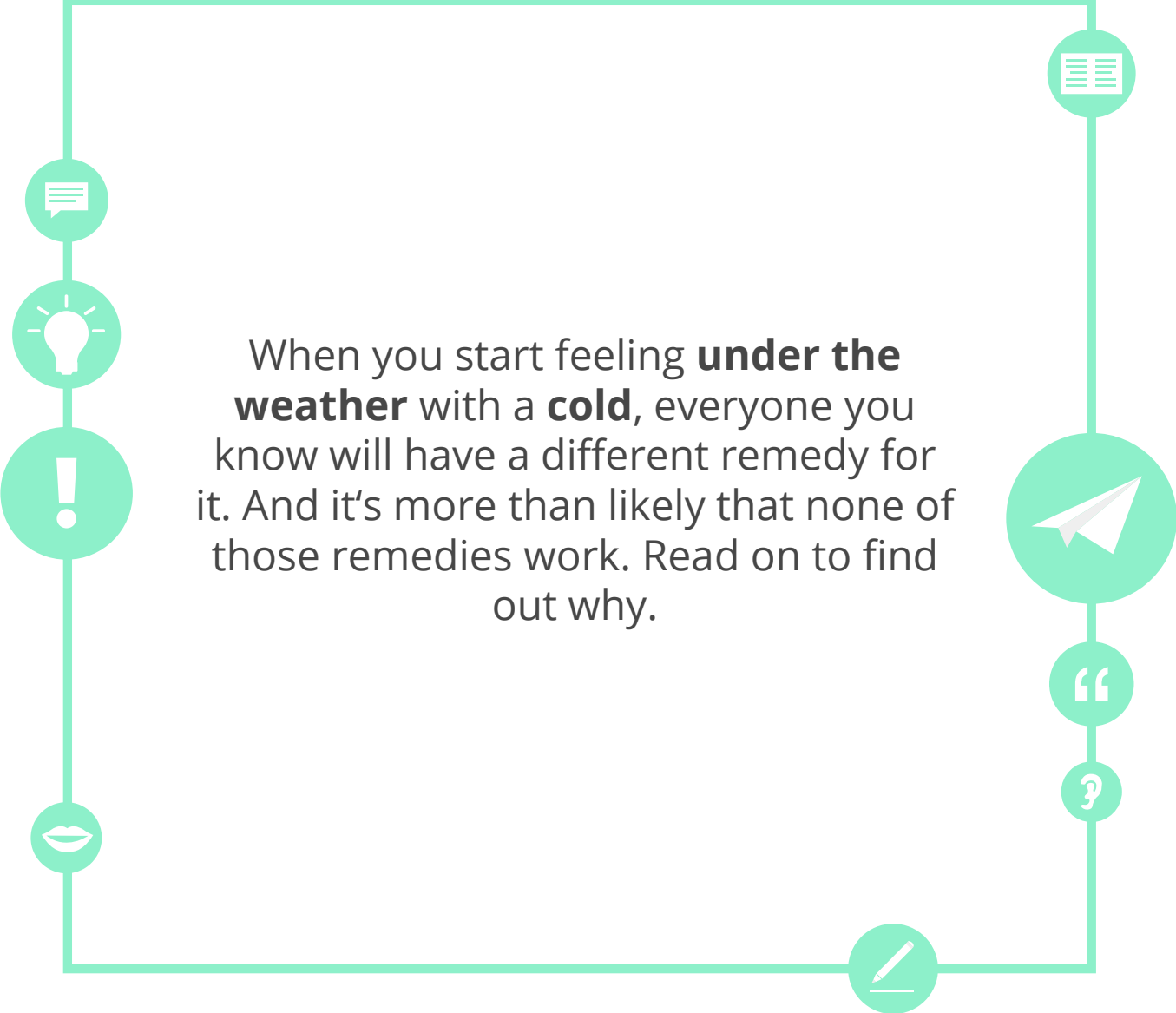




Goals

- Can read, listen to and understand a complex text about the common cold.
- Can evaluate whether the common cold is a myth or not and clearly express my own views on illness, immunity and vaccination in depth.





When you start feeling **under the weather** with a **cold**, everyone you know will have a different remedy for it. And it's more than likely that none of those remedies work. Read on to find out why.



Having a cold



When was the last time you had a cold? Do you think colds are very contagious?



Prevention is better than cure

What do you think you can do to stop yourself from catching a cold?





Effects of the common cold

What effect do you think the common cold has on the economy?

sick leave

medications

healthcare costs



The myth of the common cold

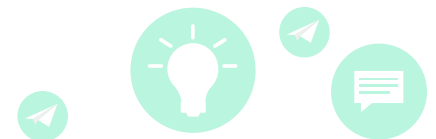


The common cold is, as the name suggests, the most common illness in the world, and yet there is no cure for it. Billions of people a year suffer from symptoms such as a runny nose, blocked **sinuses**, and a sore throat, and while we can treat these symptoms, there is no way to **eliminate** the disease.



The myth of the common cold

First for some myth-busting. The connection between feeling cold and having a cold is unclear. The apparent **seasonality** of colds, meaning we are more likely to catch them in the winter, may be due to the fact that a lowering in our body temperature makes us more **susceptible** to falling ill. However, we might get more colds in winter because we spend more time inside in **confined** spaces with other people in cold weather. Scientists cannot reach a conclusion on the connection between a cold and the cold weather. The only way to prevent a cold is by practising good **hygiene**, such as washing hands frequently. No amount of vitamins or herbal remedies will stop you from catching a cold.





New vocabulary: discuss the meanings with your teacher and use each in a sentence

sinus

to eliminate

seasonality

susceptible

confined

hygiene



Symptoms of a cold

**What symptoms of the common cold were mentioned in the text?
Can you think of any others?**



Seasonal illnesses

Do you get more colds in the winter? What other illnesses or ailments do you think are seasonal or affected by the weather?



hay fever

migraines

ear infections



Myth-busting

What myth about the common cold does the text mention? Do you know any other myths about illnesses?





Get ready to listen



The next few slides will focus on training your listening comprehension



While you're listening...

While you're listening, note down the different remedies which are mentioned to treat a cold.





Cold remedies

Which of the remedies you noted down have you tried? Did any of them work for you?





New vocabulary

to back up

To support an idea or claim with facts, proving it is true.

**the jury
is/remains out**

An idiom which means there is no definite answer or opinion on a subject.

to tout/touted

To praise something or someone repeatedly as a way of encouraging people to accept it.

to alleviate

To make a symptom or painful condition less intense and more manageable.

vaccination

A substance that prevents a person or animal from getting a disease or virus. It is usually a small amount of the disease itself to help the immune system learn to fight the illness.

to hamper

To interfere with progress, or prevent something from easily happening.



Discussing idioms

'The jury is out' is a term that means there is no fixed opinion on something. What do you think is the reasoning behind this idiom?

The term **'in the works'** was also used in the text. What do you think this means?



What's the difference?

What is the difference between treatment or a remedy, and a cure?



treatment or remedy



cure



Vaccinations

The text explains that research for a vaccination to the common cold is sadly not a priority.

Would you like to get a vaccination against the common cold and never get it again?





Reflect on the lesson

Take a moment to review any new **vocabulary, phrases, language structures** or **grammar points** you have come across for the first time in this lesson.

Review them with your teacher one more time to make sure you don't forget!

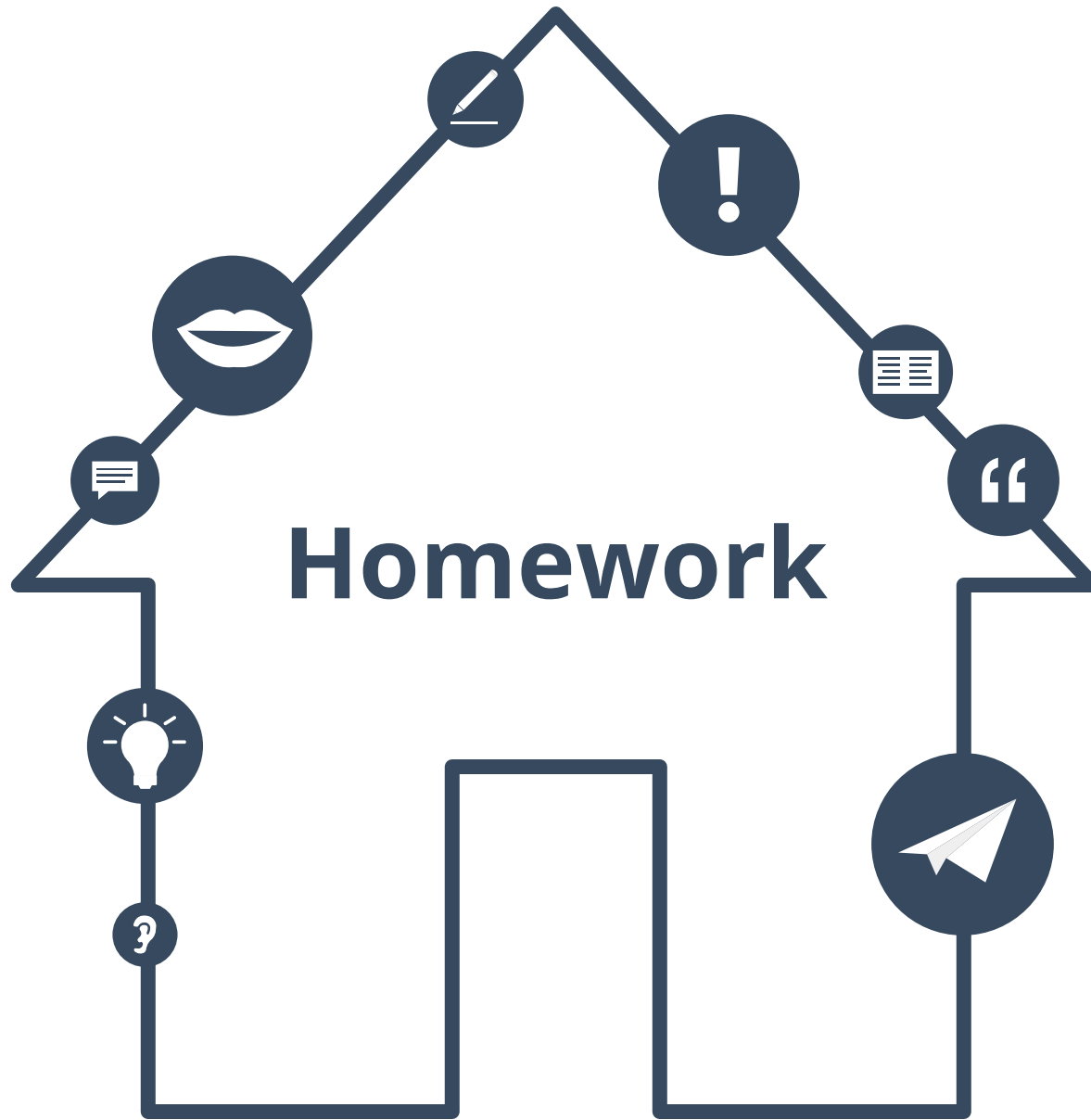




Transcription

There are so many treatments for colds on the market and hundreds more home remedies, that many people are confused about what to take. Firstly, there is little evidence to **back up** many claims that cold medicines make. Nasal sprays may help eliminate symptoms in the short term, as may antihistamines. Pain killers such as ibuprofen provide temporary relief, while the **jury remains out** on the efficacy of cough medicine for acute coughs. Turning to more natural remedies, vitamin C is widely **touted** as a cold remedy, though in fact there is no evidence that it **alleviates** symptoms or shortens the duration of a cold in all but the most unusual of circumstances. Zinc might be helpful in reducing the duration of a cold, but studies are inconclusive. The only thing that may help is chicken soup, which inhibits inflammation.

Antibiotics cannot treat a cold, as antibiotics do not treat viruses. Moreover, there is no vaccination for the common cold because of a number of factors. A cold is not one virus but many, and the viruses mutate so quickly that finding a vaccine up to now has proved impossible. However, a **vaccination** is in the works, though it is making slow progress. It has been **hindered** not only by the enormity of the task but by the fact that the common cold is very rarely life-threatening. When compared to other illnesses, the pressing need for a vaccine for a cold fades.





Fill in the gaps

There can hardly be a person in the world who hasn't fallen victim to the common cold. Sneezing, _____, and a sore throat make us miserable for a few days, but complications arising from the illness are rare. However, there is as yet no _____ for the cold. _____ don't work against viruses and vaccinations for the cold have been pushed aside in favour of those for more serious diseases. Furthermore, the efficacy of cold _____ has been called into question. There really is little we can do to _____ our suffering while we have a cold.

remedies

cure

**blocked
sinuses**

antibiotics

alleviate



Making lists

Make two lists, one of the symptoms of a cold, and the second of any remedies you think may alleviate those symptoms.

Symptoms

Remedies



Homework answer key

Exercise p. 23

blocked sinuses, cure, antibiotics, remedies, alleviate



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