
ProTalk
Discussion Files
afaq
Language Center
C1. The common cold
Afaq Language Center
www. afaq-lc.com
021-5148
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Goals

- Can read 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.



What do you think?

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?



Read the text and summarize it.

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.

Read the text and summarize it.

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?



Cold remedies

What remedies have you tried? Did any of them work for you?



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

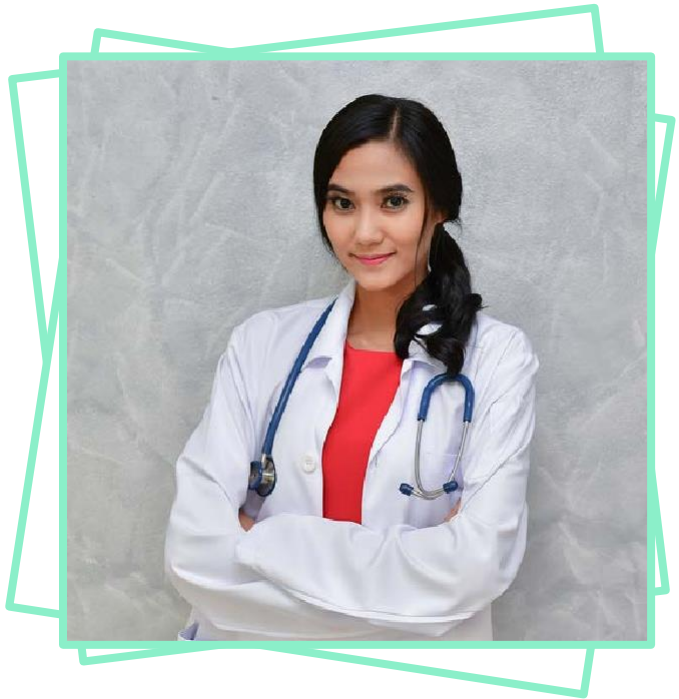
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cure

Vaccinations

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



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

Exercise p. 23

blocked sinuses, cure, antibiotics, remedies, alleviate

Presentation

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

Prepare a two-minute presentation about your lists. Include several reasons to support your point of view.

Give your presentation to the class. Answer questions and get feedback.

Symptoms	Remedies