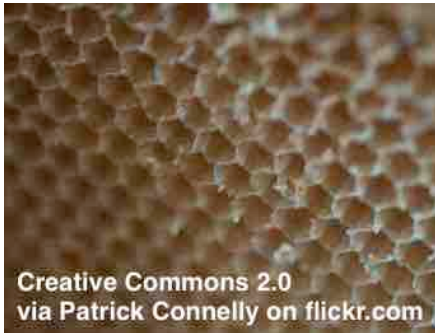


Honey better for coughs than antibiotics

28th August, 2018



Doctors in the United Kingdom have some new advice for people with coughs. They are advising people not to visit a doctor to get treatment.

Instead, people who have a cough

should drink or eat honey or get some medicine from a drugstore. The doctors say that in most cases, honey and over-the-counter medicines will work and people do not need antibiotics. The doctors added that most of the time, a cough will improve on its own within two to three weeks even if you take nothing. Many of us visit a doctor at a hospital or clinic if we have a cough. Public health officials in England say this is largely a waste of time. They say antibiotics do little to make a cough go away.

Doctors say we are using antibiotics too much and this can be bad for us. Many viruses and infections are becoming resistant to antibiotics, so medicines are becoming less effective. Doctors say this is leading to the creation of superbugs. These can be very dangerous to our health. The doctors said honey can be very effective in soothing a sore throat and making other symptoms disappear. A hot drink with honey is a traditional and well-known remedy for coughs and sore throats. People also add lemon or ginger to it. Using honey may be better for children with coughs. Many children do not like the taste of medicine but love the taste of honey. Younger children generally do not like visiting a doctor.

Sources: bbc.com / thisisinsider.com / pulsetoday.com

Writing

People take too much medicine. Natural cures are best. Discuss.

Chat

Talk about these words from the article.

advice / doctor / treatment / medicine / drugstore / honey / cough / hospital / waste / viruses / infections / effective / superbugs / health / sore throat / lemon / children

True / False

- a) Doctors are advising people to go to a doctor if they have a cough. T / F
- b) Doctors said people with coughs should not go to the drugstore. T / F
- c) Doctors said a cough will disappear on its own over time. T / F
- d) Health officials said it wasn't a waste of time to go to a clinic. T / F
- e) Too many antibiotics aren't bad for us. T / F
- f) Weaker antibiotics are creating superbugs. T / F
- g) Some people make a hot drink with honey and lemon. T / F
- h) The article said honey may be better for younger children. T / F

Synonym Match

(The words in **bold** are from the news article.)

- | | |
|----------------------|-----------------|
| 1. advice | a. harmful |
| 2. treatment | b. get better |
| 3. drugstore | c. famous |
| 4. improve | d. medical care |
| 5. go away | e. cure |
| 6. bad | f. ideas |
| 7. effective | g. disappear |
| 8. remedy | h. normally |
| 9. well-known | i. pharmacy |
| 10. generally | j. helpful |

Discussion – Student A

- a) What do you take for a cough?
- b) Why do we get coughs?
- c) What's the worst cough you've ever had?
- d) What is your advice for someone with a cough?
- e) Do you think medicine is good for a cough?
- f) Is it better to let a cough get better on its own?
- g) What do you know about antibiotics?
- h) Is it best to go to a hospital if you have a cough?

Phrase Match

- | | |
|----------------------------------|-------------------------|
| 1. some new advice for people | a. antibiotics too much |
| 2. in most | b. of time |
| 3. a cough will improve | c. taste of medicine |
| 4. this is largely a waste | d. with coughs |
| 5. antibiotics do little to make | e. a sore throat |
| 6. Doctors say we are using | f. on its own |
| 7. viruses and | g. known remedy |
| 8. very effective in soothing | h. a cough go away |
| 9. a traditional and well- | i. infections |
| 10. children do not like the | j. cases |

Discussion – Student B

- What do you think about what you read?
- Why is it bad if we take too many antibiotics?
- What do you think of taking honey for a cough?
- Why might honey be good for a cough?
- What do you know about superbugs?
- What remedies do you know of?
- What did you think of medicine when you were a child?
- What questions would you like to ask the doctors?

Spelling

- ciadve for people with coughs
- visit a doctor to get meetrtatn
- get some ieecimdn
- people do not need btacstiino
- a cough will repiomy on its own
- this is largely a wtesa of time
- veurssi and infections
- becoming resistant to tncoitaiis
- becoming less efffivece
- making other ymotsmps disappear
- well-known eermyd for coughs
- arelygnel do not like visiting a doctor

Answers – Synonym Match

1. f	2. d	3. i	4. b	5. g
6. a	7. j	8. e	9. c	10. h

Role Play

Role A – Honey

You think honey is the best thing for a cough. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): cough syrup, time or medicine.

Role B – Cough Syrup

You think cough syrup is the best thing for a cough. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): honey, time or medicine.

Role C – Time

You think time is the best thing for a cough. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): cough syrup, honey or medicine.

Role D – Medicine

You think medicine is the best thing for a cough. Tell the others three reasons why. Tell them what is wrong with their things. Also, tell the others which is the least effective of these (and why): cough syrup, time or honey.

Speaking – Coughs

Rank these with your partner. Put the best things to make a cough go away at the top. Change partners often and share your rankings.

- | | |
|------------|--------------------|
| • yoghurt | • lemon and ginger |
| • medicine | • herbal medicine |
| • honey | • cough sweets |
| • time | • cough syrup |

Answers – True False

a	F	b	F	c	T	d	F	e	F	f	T	g	T	h	T
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Answers to Phrase Match and Spelling are in the text.