

# Sounds Good



## Podcast 20



Rebecca is sick. Her friend Arienne is concerned so she gives her advice on how to feel better. Why does Rebecca think she got a cold? Why is it better to take fish oil as tablets rather than in liquid form? What will Arienne do to help Rebecca?

**Listen again. Circle the symptoms Rebecca talks about on the left and the advice Arienne gives her on the right.**



*There is no cure for the common cold.*



### SYMPTOMS

- A** backache
- B** headache
- C** blocked sinuses
- D** sore throat
- E** earache
- F** cough
- G** sore nose

### ADVICE

- 1** drink tomato juice
- 2** drink a lot of water
- 3** eat lots of fish
- 4** have some garlic
- 5** take vitamin C tablets
- 6** make chicken soup
- 7** get some sleep

## Fun Fact

Rudolph the Red-Nosed Reindeer is a character from a popular Christmas song composed in 1939. Rudolph is laughed at by Santa's other reindeer until he saves Christmas by leading them through fog with his bright red nose.



**What do you do to feel better when you have a cold or the flu?**



Oranges are good for fighting colds, but guavas have more than double the amount of vitamin C as oranges!

