



English Vocabulary Booster

Episode 10

The podcasts that boosts your English vocabulary and makes you sounds like a native.

Health

As fit as a fiddle
Feel under the weather
Come down with (something)
Be stuffed up
Get over

Last Friday I woke up really excited. I had lots of plans for the weekend and I was looking forward to the end of the work day. I went into to work feeling **as fit as a fiddle**. As soon as I walked in, I realized a lot of my coworkers weren't there. I asked the secretary why and, after blowing her nose, she said everybody was sick. Ha! But not me! I never get sick! Lucky me! Or so I thought... At around 10.30, I started to **feel a bit under the weather**. I made myself some tea hoping it would help. At 12.30 the first sneeze came. That's when I knew I was **coming down with something**. By 4.30 I couldn't even speak properly! I was all **stuffed up** and by 5 o'clock I felt so sick I had to leave work early and go home. Now it's Monday. The perfect weekend is over and I'm still in bed because I haven't **gotten over** this stupid cold!



As fit as a fiddle - I went into work feeling as fit as a fiddle.

- If you are as fit as a fiddle, are you very healthy or very sick?
- And do you feel tired or full of energy?
- Are you as fit as a fiddle at the moment?

Feel under the weather - I started to feel a bit under the weather.

- If you feel under the weather, do you feel good or sick?
- Do you feel very sick or just a little bit?
- If your ankle hurts a little bit, can you say that you feel under the weather?
- If you feel under the weather, do you go to work or stay at home, normally?

Come down with something - I knew I was coming down with something.

- If you have come down with something, do you feel good or sick?
- If you come down with an illness, is it usually serious or not?
- When was the last time you came down with something?

Be stuffed up - I was all stuffed up.

- If you're stuffed up, can you breathe well?
- If you're stuffed up, there's something wrong with your nose, mouth or eyes?
- What causes you to be stuffed up? A cold or a headache?
- Do you have any remedies for when you are stuffed up?

Get over - I still haven't gotten over this stupid cold!

- If you get over an illness, are you still sick?
- How long does it usually take to get over a cold?
- What is the best way to get over a cold?

