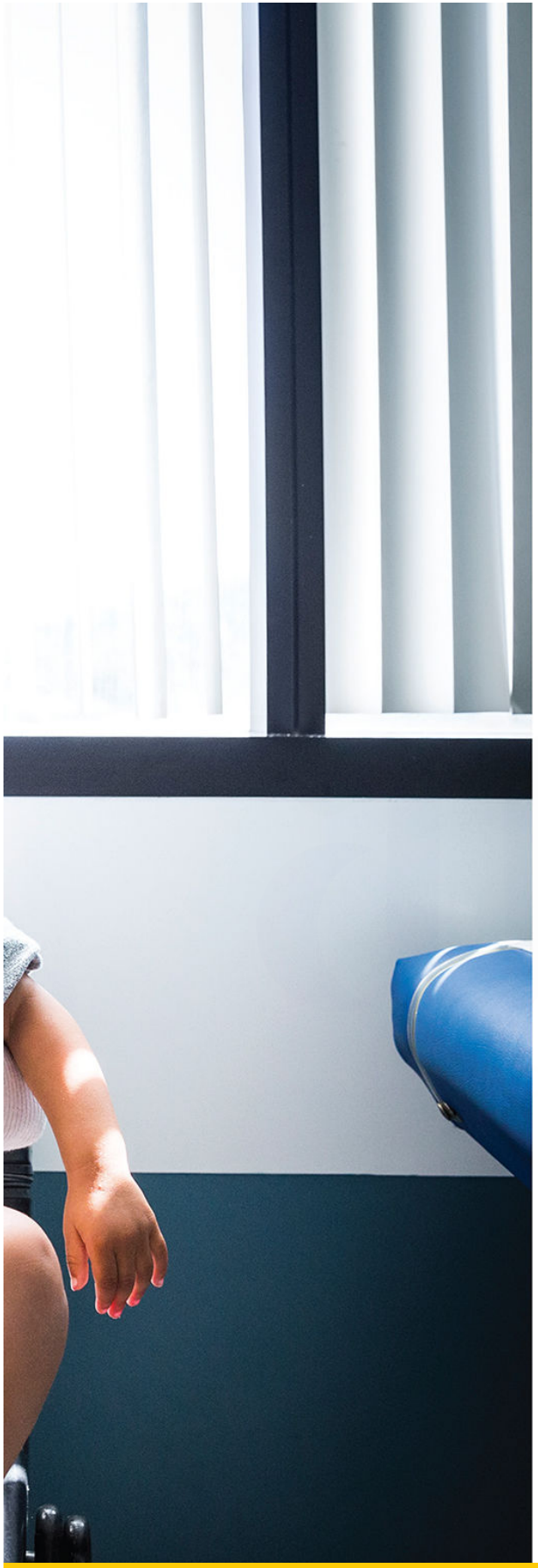
6 Health







Look. Choose three signs. What do they mean?

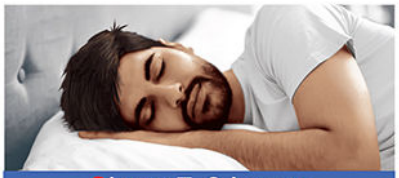
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1 Sleep Well! s

A **Listen and repeat.** *s s s s / s s s s*

B **Listen and repeat.**

Healthy Living


Sleep 7-8 hours


Exercise 30 minutes


Eat three meals

C **Listen and repeat. Check words with the *s* and *z* sounds.**

		s sound	z sound			s sound	z sound
1.	 exercise	☐	☑	2.	 sandwich	☐	☐
3.	 sun	☐	☐	4.	 hours	☐	☐
5.	 shoes	☐	☐	6.	 meals	☐	☐
7.	 trees	☐	☐	8.	 seven	☐	☐

Afaq-lc.com

D Write *s*.

S s s s s s s s s s s s s

s

E Listen and repeat. Write *s*.

1.  s ock s
2.  ___oap
3.  ___tar
4.  shoe___
5.  exerci___e
6.  orange___

F Write *S*.

S S S S S S S S S S

S

G Listen and repeat. Write *S* and *s*.

1. **S**am like**s** apple**s**.

   ___am like___ apple___.

2. **S**leep **s**even to eight hour**s** a day.

   ___leep ___even to eight hour___ a day.

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H Listen and repeat.



A: How many hours do you work a day?

B: I work four hours a day. I work twenty hours a week.

I Practice with *exercise* and *sleep*.

day week

J Write about three students.

Name	How many hours do you sleep a day?	How many hours do you exercise a week?
Sam	8 hours	3 hours

K Write *day* and *week*.

day

week

L Spell a word. Your partner says the word.

day week close sorry please for too have

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M Listen. Track the words.

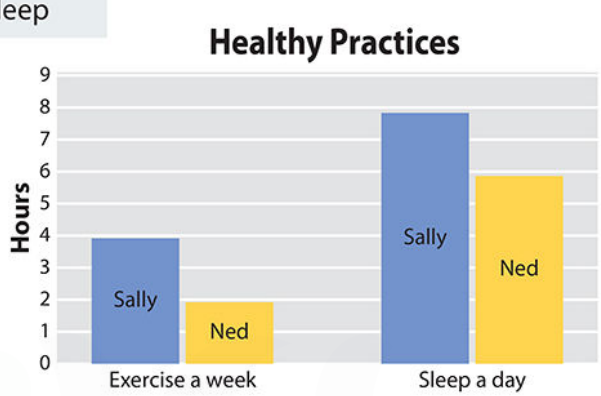
Isaac's Schedule

Tuesday	
7 AM	Exercise
8 AM	Breakfast
10 AM	School
12 PM	Lunch
1 PM	Work
6 PM	Dinner
10 PM	Sleep

1 day	1 week
2 days	3 weeks

N Listen. Track the words.

Sally exercises four hours a week.
She sleeps eight hours a day.
Ned exercises two hours a week.
He sleeps six hours a day.



O Underline *S* and *s*. Circle *day* and *week*.

P Listen and circle.

1. Who sleeps more, Sally or Ned? a. Sally b. Ned
2. Who exercises more, Sally or Ned? a. Sally b. Ned

Q Listen.

I sleep eight hours a day. I exercise four hours a week. I eat three meals a day.

R Circle the correct answer.

1. i / I sleep eight hours a day.
2. I exercise four hour / hours a week.
3. I eat three meals / meal a day.

S Write about you.

I sleep _____ hours a day.

I exercise _____ hours a week.

I _____.

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2 A Cold o

A Listen and repeat.

o *o* *o* *o*

B Listen and repeat.

Cold



sore throat

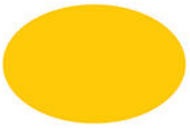


runny nose



headache

C Listen and check.

		o sound	a sound		o sound	a sound
1.		☑	☐	2. 	☐	☐
3.		☐	☐	4. 	☐	☐
5.		☐	☐	6. 	☐	☐
7.		☐	☐	8. 	☐	☐

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D Write *o*.

o o o o o o o o o o o o

o

E Listen and repeat. Write *o*.

1.  n_o_se

2.  c___at

3.  b___w

4.  r___se

5.  b___at

6.  wind___w

F Write *O*.

O O O O O O O O O

O

G Listen and repeat. Write *O* and *o*.

1. **O**livia has a c**o**ld.

   ___livia has a c___ld.

2. **O**mar is very sick.

   ___mar is very sick.

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H **Listen and repeat.**

A: I have a runny nose.

B: Maybe you have a cold.



I **Practice with *sore throat* and *headache*.**

feel **maybe**

J **Listen and repeat.**

A: I feel sick.

B: Oh, I'm sorry.

A: I have a runny nose and a sore throat too.

B: Maybe you need to stay home today.

K **Practice with other students.**

L **Write *maybe* and *feel*.**

maybe

feel

M **Spell.**

maybe feel open sorry please for too have day week

N **Listen. Track the words.**

Rosa



She has a sore throat.

Omar



He has a runny nose.

Me



I have a headache.

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O **Underline *O* and *o*. Circle *have* and *has*.**

P **Listen and circle.**

1. What's the matter with Omar?
   a. He has a headache.
   b. He has a runny nose.
2. What's the matter with Rosa?
   a. He has a sore throat.
   b. She has a sore throat.

Q **Listen and repeat.**

I	**have**	a headache	I have a headache.
He She	**has**	a runny nose a sore throat	He has a runny nose. She has a sore throat.

R **Write *have* or *has*.**

1. I _____ a sore throat.
2. She _____ a runny nose.
3. He _____ a headache.

S **Guess the symptom.**



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3 I'm Sick! ch

A **Listen and repeat.** *ch* *ch* *ch* *ch / ch* *ch* *ch* *ch*

B **Listen and repeat.**

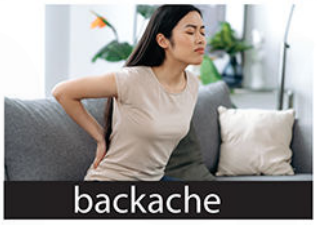
Email Message ×

TO chappell@charteradultschool.com CC BCC

Dear Ms. Chappell,

I am sorry. I can't come to school today. I have a headache, stomachache, and a backache. Maybe I have the flu.


stomachache


backache

C **Listen and repeat. Check words with the *ch* and *k* sounds.**

	ch sound	k sound		ch sound	k sound
1.  lunch	✓		2.  stomachache		
3.  chair			4.  backache		
5.  mechanic			6.  church		
7.  headache			8.  cheese		

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D Write *ch*.

ch ch ch ch ch ch ch ch

ch

E Listen and repeat. Write *ch*.

1. 

__ch__ocolate

2. 

_____ips

3. 

_____ick

4. 

stoma_____ache

5. 

me_____anic

6. 

s_____ool

F Write *Ch*.

Ch Ch Ch Ch Ch Ch Ch

Ch

G Listen and repeat. Write *Ch* and *ch*.

1. **Ch**iropractors help backa**ch**es.

_____iropractors help backa_____es.

2. **Ch**arlie is a doctor.

_____arlie is a doctor.

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H Listen and repeat.

Name	Problem	Date	Time
Chloe Simms	flu symptoms	3-25	2:30
			3:00
Samuel Autor	a backache		3:30
Charlie Johnson	a stomachache		4:00

A: Hello, I need an appointment to see the doctor.

B: What's the problem?

A: I have a bad stomachache.

I Practice with *backache* and *sore throat*.

can't **later** **problem**

J Listen and repeat.

B: Can you come in at 3:00 PM?

A: No, I can't. How about 4:00 PM?

B: Okay, see you later!

3:00	three o'clock
3:30	three thirty
4:00	four o'clock
4:30	four thirty

K Practice with other times.

L Write *can't*, *later*, and *problem*.

can't

later

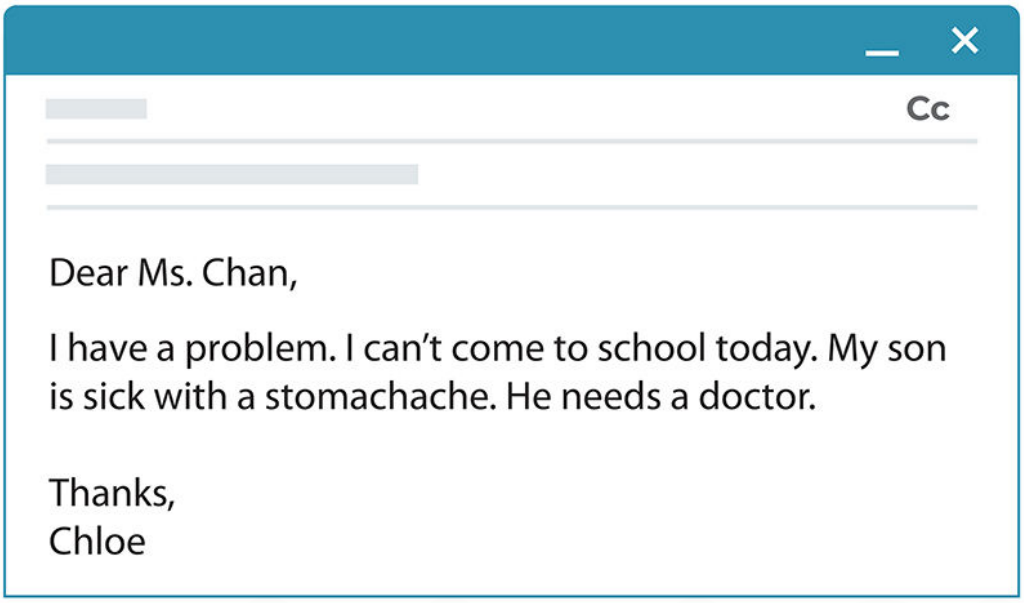
problem

M Spell.

can't later problem maybe feel spell name your need much have day week

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N **Listen. Track the words.**



O **Underline *Ch* and *ch*. Circle *can't*, *with*, and *problem*.**

P **Listen and circle.**

1. Who is sick?
   a. Chloe b. Chloe's son
2. Who is the student?
   a. Chloe b. Chloe's teacher

Q **Listen. Write.**

Dear Ms. Chan, I have a problem. I can't come to school today. I am sick. See you later.

R **Write.**

Dear Ms. Chan, I have a _____.

I _____ come to school today. I am sick.

See you _____.

Afaq-lc.com

4 At the Doctor's Office -ing

A **Listen and repeat.** *ing* *ing* *ing* *ing*

B **Listen and repeat.**



C **Listen and check.**

	ing	no ing		ing	no ing
1. 	☑	☐	2. 	☐	☐
3. 	☐	☐	4. 	☐	☐
5. 	☐	☐	6. 	☐	☐
7. 	☐	☐	8. 	☐	☐

Afaq-lc.com

D Write *ing*.

ing ing ing ing ing ing ing

ing

E Listen and repeat. Write *ing*.

1.  walk ing
2.  driv_____
3.  listen_____
4.  runn_____
5.  kick_____
6.  talk_____

F Listen. Track the words.

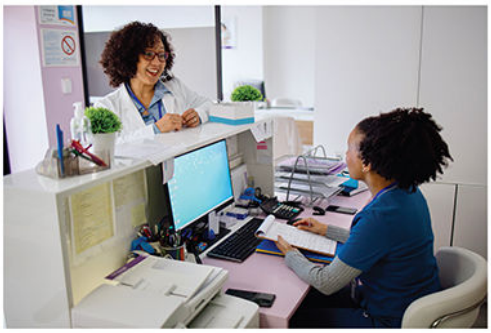
I	am	talking	I am talking.
He She	is	talking	He is talking. She is talking.
They	are	talking	They are talking.

G Listen. Write *ing*.

1. He is talk _____ on the phone.
2. The receptionist is writ _____.
3. They are sitt _____ in the waiting room.
4. Two women are read _____.

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H Listen and repeat.



Doctor: Who is next?

Receptionist: Mr. Mora. He is waiting in the exam room.

I Listen and repeat.

who next

Doctor: How are you, Mr. Mora?

Mr. Mora: I have a headache.

Doctor: Oh, I'm sorry. You have a fever, also.

Mr. Mora: Can you help me?

Doctor: Yes, of course.

J Practice with *stomachache*, *backache*, and *sore throat*.

K Write *who* and *next*.

who

next

L Spell.

who	next	can't	later	problem	maybe	feel	open
where	please	need	many	have	day	week	

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M Listen. Track the words.

Six patients are in the waiting room. Five are sitting down. A man is talking on the phone. Two women are reading. Two men are talking to Mr. Mora.



N Underline *ing*.

O Listen and circle.

1. How many patients are in the waiting room?
   a. 3 b. 6 c. 8
2. How many people are sitting?
   a. 2 b. 3 c. 5

P Listen and write.

I am sitting in the waiting room. I am reading. My husband is here too. He is talking to Mr. Mora. I am waiting for my appointment with the doctor.

Q Write the missing words.

I _____ sitting in the waiting room. I am _____. My husband is here _____. He _____ talking to Mr. Mora. I _____ _____ for my appointment with the doctor.

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5 Medicine i

A **Listen and repeat.** *i* *i* *i* *i*

B **Listen and repeat. Match.**

____ 1. Antacid tablets are big pills. They are for stomach problems.

____ 2. Cough syrup is a liquid. It is for a sore throat or a cough.

____ 3. Aspirin is a small tablet. It is for headaches.

a. 

b. 

c. 

C **Listen and repeat. Check words with the *i* and *a* sound.**

		i in *six*	a in *hat*			i in *six*	a in *hat*
1.		✓		2.			
3.				4.			
5.				6.			
7.				8.			

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D Write *i*.

i

i

E Listen and repeat. Write *i*.

1.  p_i_g

2.  p__ll

3.  l__p

4. st__ck

5.  s__x

6.  ch__ps

F Practice. Guess the word.

G Write *I*.

I = l

I

I

H Listen and repeat. Write *I* and *i*.

1. It's a good day.

   _t's a good day.

2. Immanuel is my friend.

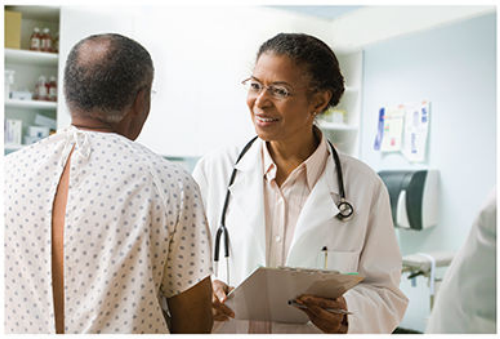
   _mmanuel _s my friend.

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I Listen and repeat.

A: Take two tablets and talk to me in the morning.

B: Thank you doctor.



J Practice with a partner.

some **take**

K Listen and repeat.

A: I think I need some medicine.

B: What's the problem?

A: I have a headache.

B: Take some aspirin.

L Practice with *stomachache* and *cough*.

M Write *some* and *take*.

some

take

N Spell.

some take who next can't later problem maybe
feel listen from in need large has

O Play. Hit the word you hear in N.

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P **Listen. Track the words.**

Instructions: Take two pills every four hours. Do not take more than six pills in 24 hours.



Q **Underline *I* and *i*. Circle *Take* and *take*.**

R **Listen and circle.**

1. How many pills do you take every four hours? a. 24 b. 2 c. 6
2. How many pills do you take in 24 hours? a. 24 b. 2 c. 6

S **Listen.**

aspirin

Instructions: Take two pills every four hours. Do not take more than six pills in 24 hours.

cough syrup

Instructions: Take two teaspoons every four hours.

antacid

Instructions: Take two tablets every four hours. Do not take more than six tablets in 24 hours.

T **Write.**

Medicine	How Many _____
Aspirin	two pills
Cough Syrup	
Antacid	

U **Write the names of the medications you have at home.**

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6 Put It Together

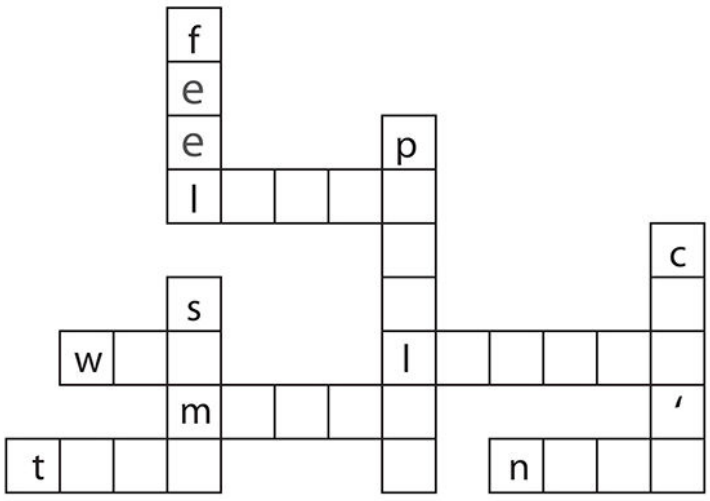
s, o, ch, ing, i

A Find and circle the words on the list.

	a	e	t	s	o	m	e	u	i	k
	m	u	h	n	b	t	u	h	u	r
	a	y	u	i	m	a	c	e	t	i
	y	r	w	q	y	k	v	x	w	l
~~some~~	b	e	q	t	u	e	w	v	h	i
take	e	q	z	d	r	f	u	o	o	o
who	p	t	c	d	f	e	e	l	u	f
next	o	i	y	t	c	s	r	u	n	k
can't	b	n	e	x	t	d	e	h	k	p
later	x	d	e	w	q	a	x	h	y	r
problem	z	v	g	r	e	x	n	k	l	o
maybe	m	l	j	u	y	t	f	c	e	b
feel	h	a	t	r	c	a	n	'	t	l
listen	m	t	h	b	g	t	d	x	o	e
	x	e	r	e	y	i	p	k	j	m
	b	r	h	y	t	e	d	x	h	k
	m	i	u	l	i	s	t	e	n	y

B Write the words.

some
take
who
next
can't
later
problem
maybe
~~feel~~
listen



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C Listen and repeat.

a	a	a	a	o	o	o	o
e	e	e	e	u	u	u	u
i	i	i	i				

D Write vowels.

a a

e e

i i

o o

u u

E Listen and repeat.

	Silent e	Two Vowels		Silent e	Two Vowels
1.	 cak**e**	2.  w**ai**t	3.	 nos**e**	4.  c**oa**t
5.	 plat**e**	6.  **ea**t	7.	 driv**e**	8.  bl**u**e
9.	 bik**e**				

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F Listen and repeat.

I	**am**	sick.	I am sick.
You	**are**		You are sick.
He She	**is**		He is sick. She is sick.
They	**are**		They are sick.

G Write *am*, *is*, and *are*.

1. I _____ sick.
2. Marie _____ sick.
3. Juan and Mario _____ sick.
4. You _____ sick.
5. Omar _____ sick.

H Write *am*, *is*, and *are*.

am

is

are

I Spell.

am is are some take who next can't later
problem maybe feel listen day week

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J **Listen. Track the words.**

Cold Medicine

Instructions: Take 10 ml every 6 hours. Do not take more than four doses in 24 hours.



K **Listen and circle.**

1. How many doses can you take in a day?

   a. 24 b. 2 c. 4

2. What is the medicine for?

   a. a cold b. 6 hours c. 10 ml

L **Write your answers.**

1. How many hours do you sleep a day?

   I sleep _____ a day.

2. How many hours do you exercise a week?

   I exercise _____ a week.

3. How many meals do you eat a day?

   I eat _____ a day.

M **Ask a partner. Write.**

1. How many hours do you sleep a day?

   _____ sleeps _____ a day.

2. How many hours do you exercise a week?

   _____ exercises _____ a week.

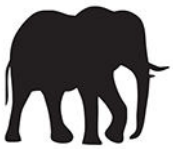
3. How many meals do you eat a day?

   _____ eats _____ a day.

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Quiz

A Listen and circle.

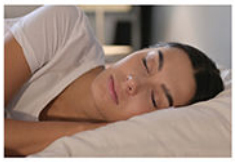
s 1. a.  b.  c. 

s 2. a.  b.  c. 

o 3. a.  b.  c. 

ch 4. a.  b.  c. 

ch 5. a.  b.  c. 

ing 6. a.  b.  c. 

i 7. a. b.  c. 

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B Listen. Write.

1. _____leep
2. exerci_____e
3. no_____e
4. _____ur_____
5. s_____ool
6. wait_____
7. s_____t

C Write.

feels	Maybe	Take	Who

1. _____ two tablets every four hours.
2. _____ is the next patient?
3. _____you can take some medicine.
4. He _____sick.

D Circle.

Name	Problem	Date	Time
Farah Ali	backache	January 14	10:30 AM
Francisco Mantilla	headache	January 14	11:00 AM
Song Hong	stomachache	January 14	11:30 AM

1. What time is Farah's appointment?
   a. 10:30 AM
   b. 11:00 AM
   c. 11:30 AM
2. Who has a headache?
   a. Farah
   b. Francisco
   c. 11:00
3. What is Song's problem?
   a. 11:30
   b. January 14
   c. stomachache

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Life ONLINE

Should You Click It?



A Match.

_____ 1. wifi	a. click here
_____ 2. link	b.
_____ 3. secure	c.
_____ 4. public	d.

B How can you be safe online? Circle.

1. Do / Don't share your password.
2. Do / Don't read emails carefully.
3. Do / Don't click on links.
4. Do / Don't use public internet.
5. Do / Don't give people personal information on the phone.

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C Watch the video. Should you click it? Circle.

1. You get a text from your bank. Yes No
2. You get an email from your teacher. Yes No
3. You are at a café with wifi. Yes No
4. You get a phone call. It's the police! Yes No

D Read. Is it a scam? Discuss with a partner.

A *scam* is when someone tells you a lie to get money or information.

1. You get a text. You won a prize!
2. You find an apartment you like online. The owner asks for money—then they will show you the apartment.
3. The government calls. They want your social security number.
4. You get an email from 0sghinskynalyy6sh@mail.com.
5. You get a text message. It's from the president!
6. You get a text message. It's from your brother, but you don't know the number. He needs money.

E Look at the situations in D. What should you do? What should you not do?

_____ Send money.

_____ Write back.

_____ Block the number or email.

_____ Hang up.

_____ Give them what they ask for.

_____ Get a new phone number.

Your idea: _____

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