6 Healthy Living



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UNIT OUTCOMES

- Identify body parts
- Describe symptoms and illnesses
- Identify medications
- Describe healthy habits
- Identify actions in a waiting room
- Investigate home health care careers

Look at the photo and answer the questions.

1. What do you see in the photo?
2. What is the man doing?

A man climbs on a building in Nanaimo, Canada.

1. *Healthy* means good for your body. Is this activity healthy? Why or why not?
2. Can you think of other ways this man can exercise without paying for a gym?
3. What healthy activities do you like to do?

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LESSON 1

I Need a Checkup

GOAL ▶ Identify body parts

A **Who are the men in the photo? What are they talking about?**



Frequency Expressions

once a year = one time a year
twice a year = two times a year
once every two years = one time every two years

B **Listen and write.**

My name is Guillermo. (1) _____ live in Chicago. I (2) _____ 61 years old. I (3) _____ the doctor once a year for a checkup. I'm very healthy.

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C **Complete the paragraph about yourself. Use the text in B to help you.**

My name is _____. I live in _____.

I _____ years old. I _____

the doctor _____ for a checkup.

D **Read the words.**

arm	back	foot	hand	head	leg	neck	stomach

E **Match the words to the body parts in the photo.**



F **Practice the conversations with a partner. Then use the words in D to make new conversations.**

Student A: Where's your leg?

Student B: It's here. (points to own leg)

Student A: What's this? (points to own leg)

Student B: Your leg.

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G Read.

Imperatives			
	Subject	**Verb**	**Example Sentence**
Please	~~you~~	read open let sit down stand up cover	Please **read** the eye chart. Please **open** your mouth. Please **let** me look in your ear. Please **sit down**. Please **stand up**. Please **cover** your nose and mouth.

H Complete the sentences with the words. Then listen and check your answers.

ear eye mouth nose

1. 

Please read the _____ chart.

2. 

Please open your _____ and say, "Ah."

3. 

Let me look in your _____.

4. 

Please cover your _____ and _____.

I Listen and practice the conversation with a partner. Then make new conversations.

Doctor: Please sit down.

Guillermo: OK.

Doctor: Please open your mouth and say, "Ah."

Guillermo: Ah.

J APPLY Which body parts does the doctor examine during a checkup? Make a list.

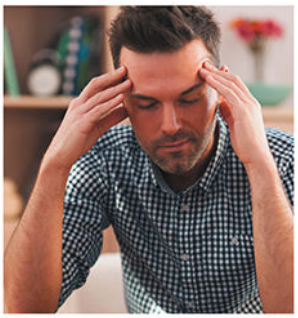
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LESSON 2

I'm Sick!

GOAL ▶ Describe symptoms and illnesses

A **Listen and repeat.**



headache



stomachache



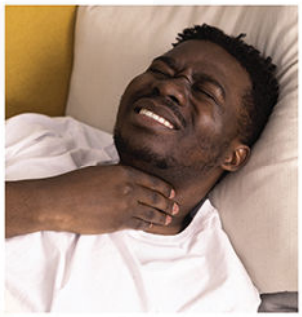
fever



runny nose



cough



sore throat

B **Listen and point.**

C **Listen and check (✓) the correct answer.**

1. Maritza has _____.
   - ☐ a cough
   - ☐ a headache
   - ☐ a fever
2. Shan has _____.
   - ☐ a sore throat
   - ☐ a fever
   - ☐ a cold
3. John has _____.
   - ☐ a runny nose
   - ☐ a fever
   - ☐ a headache
4. Svetlana has _____.
   - ☐ a fever
   - ☐ a sore throat
   - ☐ a stomachache

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D **Read about colds and make a list of symptoms.**

The Common Cold

A cold is an illness that usually lasts for up to ten days. There are many symptoms. For example, many people have a runny nose and a sore throat. Others have a low fever. Some people have a cough too.

1. _____
2. _____
3. _____
4. _____

E **Complete the table.**

Symptom	Duration (how long)	Do you see the doctor?	
		Yes ✔	No ✔
runny nose	1 day		
sore throat	1 month		
cough	2 weeks		
low fever	2 days		
high fever	2 days		
headache	3 hours		
stomachache	1 week		

F **Discuss your answers in E in a group.**



Sneezing is another common cold symptom.

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G **Read the charts.**

Simple Present: *Be*		
Subject	***Be***	**Example Sentence**
I	am	I **am** sick.
You / We / They	are	We **are** sick.
He / She	is	He **is** sick.

Simple Present: *Have*		
Subject	***Have***	**Example Sentence**
I / You / We / They	have	I **have** a headache.
He / She	has	She **has** a runny nose.

H **Write the simple present form of the verb.**

1. He _____ (have) a headache.
2. She _____ (be) very sick.
3. I _____ (be) sick.
4. You _____ (have) a cold.
5. Oscar _____ (have) a stomachache.
6. You _____ (be) sick.

I **Practice the conversation with a partner. Then use the symptoms in A to make new conversations.**

Maritza: How are you?

Shan: I'm sick.

Maritza: Oh, no! What's the matter?

Shan: I have a fever.

Life ONLINE **Online Health Advice** Be careful! There is a lot of bad health information online. Always talk to your doctor before you make decisions about your health.

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LESSON 3

You Need Aspirin

GOAL ▶ Identify medications

A Read. Then listen and complete the information.

Appointment Calendar | ⌄

← → Friday, February 18 View: Day ⌄

	NAME	SYMPTOM
3:30	Julio Rodriguez	1. _____
4:00	Hung Pham	fever
4:30	Zahra Ahmadi	2. _____
5:00	Mele Latu	sore throat
5:30	Fred Wharton	3. _____
6:00	Ayumi Tanaka	runny nose

B Look at the schedule in A and write the problems.



a. _____



b. sore throat



c. _____



d. _____



e. _____



f. _____

C Write sentences.

1. Julio has a headache.
2. Hung has a .
3. Ayumi .

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D **ANALYZE** Look at the medicine bottles. In a group, write the illnesses or symptoms each medicine is for.



Aspirin	Antacid	Cough Syrup
fever		

E **APPLY** Write other types of medicine you know.

Life ONLINE **Pharmacy Apps** Many pharmacies have apps or websites where you can see the medicines you take and ask for more when needed. You can also check the results of certain tests.

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F **Read.**

Simple Present			
Subject	**Verb**	**Medicine**	**Example Sentence**
I / You We / They	need	an aspirin aspirin	I **need** an aspirin. You **need** aspirin. We **need** cough syrup. They **need** an antacid.
He / She	needs	an antacid cough syrup	He **needs** an antacid. She **needs** cough syrup.

G **Write sentences. Use *need*. Then listen and check your answers.**

1. Julio has a headache. He needs aspirin.
2. Hung has a fever. He _____.
3. Zahra has a stomachache. She _____.
4. Mele has a sore throat and cough. She _____.
5. Fred has a cough. He _____.
6. Shirley and Sue have headaches. They _____.
7. Tami and I have stomachaches. We _____.
8. Ayumi and Sang have colds. They _____.

H **What types of medicine do you have at home? Write.**

_____ _____

_____ _____

_____ _____

_____ _____

I **Do you or your family use any home remedies? Discuss in a group.**

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LESSON 4

Exercise Every Day

GOAL ▶ Describe healthy habits

A **INTERPRET** Read and listen.

MAIN STREET HEALTH CENTER

429 Main Street, Denver, CO 80012 (720) 555-4311

Our goal here at Main Street Health Center is to help you stay healthy.
Here are some health do's and don'ts. Follow our advice and you will be healthier!

DO'S



SLEEP
Sleep 7-8 hours a day.



EXERCISE
Walk, run, or do some other form of exercise 30 minutes a day.



EAT
Eat three good meals a day.



SEE A DOCTOR
See a doctor once a year for a checkup.

DON'TS



DON'T SMOKE!
Smoking can cause cancer.

B **Read and practice with a partner.**

Dr. Ramsey: How many hours a day do you sleep?

Hasna: I sleep four hours a day.

Dr. Ramsey: That is not healthy. You need to sleep seven to eight hours.

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C Listen and read Hung's story. Why is Hung healthy?

I'm healthy. I exercise one hour every day. I eat breakfast, lunch, and dinner. I don't eat a lot of candy. I don't smoke. I sleep seven hours every night.

D Complete the table.

What does Hung do?	What doesn't Hung do?
exercises	

E Read the charts.

Simple Present		
Subject	**Verb**	**Example Sentence**
I / You / We / They	eat	I **eat** three meals a day.
He / She	sleeps	She **sleeps** seven hours a day.

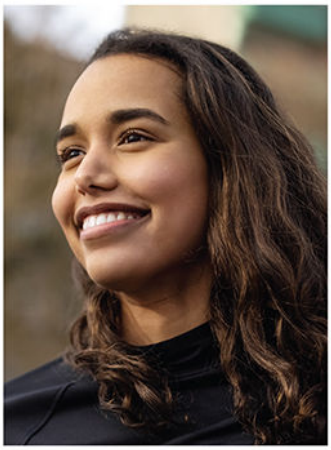
Negative Simple Present			
Subject	**Verb**		**Example Sentence**
I / You / We / They	don't	eat	We **don't eat** three meals a day.
He / She	doesn't	sleep	He **doesn't sleep** seven hours a day.

F Write about Hung. Then listen and check your answers.

1. Hung *exercises* (exercise) one hour every day.
2. Hung _____ (sleep) seven hours a day.
3. Hung _____ (eat) breakfast, lunch, and dinner.
4. Hung _____ (smoke).
5. Hung _____ (eat) a lot of candy.

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G **Look at the photos and read the information.**



Julia



Hasna



Dalmar

Name	Julia	Hasna	Dalmar
Sleep	8 hours	5 hours	8 hours
Meals	breakfast, lunch, dinner	lunch, dinner	breakfast, lunch, dinner
Exercise	30 minutes a day	0 minutes a day	20 minutes a day
Checkup	once a year	once a year	0 times a year
Smoke	no	no	yes

H **Write about the people in G. Then listen and check your answers.**

1. Julia and Hasna *don't smoke* (smoke).
2. Hasna _____ (eat) breakfast.
3. Dalmar and Julia _____ (sleep) eight hours a day.
4. Hasna _____ (exercise).
5. Julia and Hasna _____ (see) the doctor for a checkup.
6. Dalmar _____ (see) the doctor for a checkup.

I **Write.**

Your name: _____ **Exercise:** _____

Sleep: _____ **Checkup:** _____

Meals: _____ **Smoke:** _____

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LESSON 5

I Have an Appointment

GOAL ▶ Identify actions in a waiting room

A **Use the words to talk about the picture.**

answer	read	sleep	talk	wait



B **Listen and put the actions in the order that you hear them. Write *1–5*.**

_____ talking

__1__ waiting

_____ reading

_____ answering

_____ sleeping

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C Read the chart.

Present Continuous			
Subject	***Be***	**Verb + *ing***	**Example Sentence**
I	am	waiting	I **am waiting**.
He / She	is	sleeping answering	He **is sleeping**. She **is answering** the phone.
You / We / They	are	talking reading	We **are talking**. They **are reading** a book.
Use the present continuous for actions that are happening now.			

D Look at the picture in A and write. Then listen and check your answers.

1. The receptionist is answering (answer) the phone now.
2. Mr. Johnson _____ _____ (sleep) now.
3. The people _____ _____ (wait) for the doctor.
4. The women _____ _____ (talk) about their children.
5. Mr. Espinosa _____ _____ (read) the news on his phone now.

E With a partner, ask and answer the questions about the picture in A.

What is the receptionist doing right now?

What is Mr. Johnson doing?

What are the people doing?

What are Ms. Wang and Ms. Kovalenko doing?

What is Mr. Espinosa doing?

Pronunciation of *-ing*

talking	reading
waiting	sleeping

Life ONLINE

Telehealth *Telehealth* means getting medical care without going into an office. You can have a phone or video call with your doctor or send them online messages. Telehealth appointments are good if you don't need a physical exam. But, always visit a new doctor's office first and be sure to have regular in-person checkups.

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F Look at the picture.



G Describe the picture with a partner.

H Imagine you are in a waiting room. Write sentences about what people are doing.

1. _____

2. _____

3. _____

4. _____

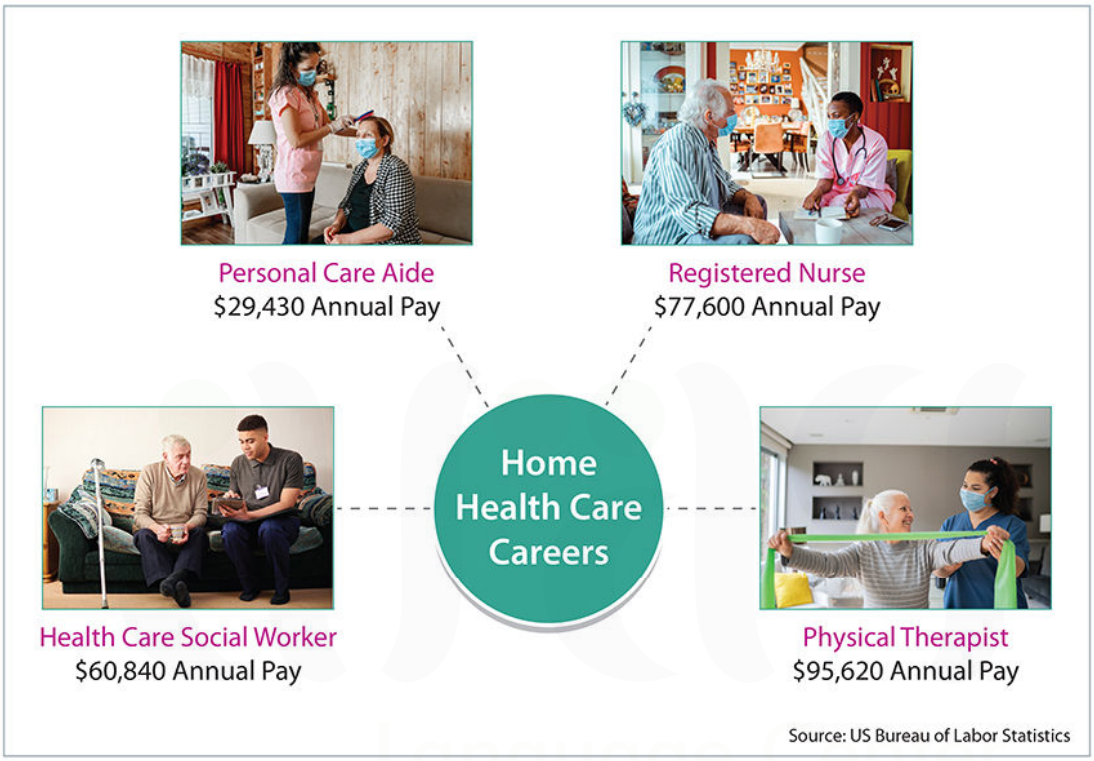
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LESSON 6

Explore the Workforce

GOAL ▶ Investigate home health care careers

A **Read.**



B **Practice the conversation with a partner. Then make new conversations with information from A.**

Student A: How much do personal care aides make a year?

Student B: They make $29,430.

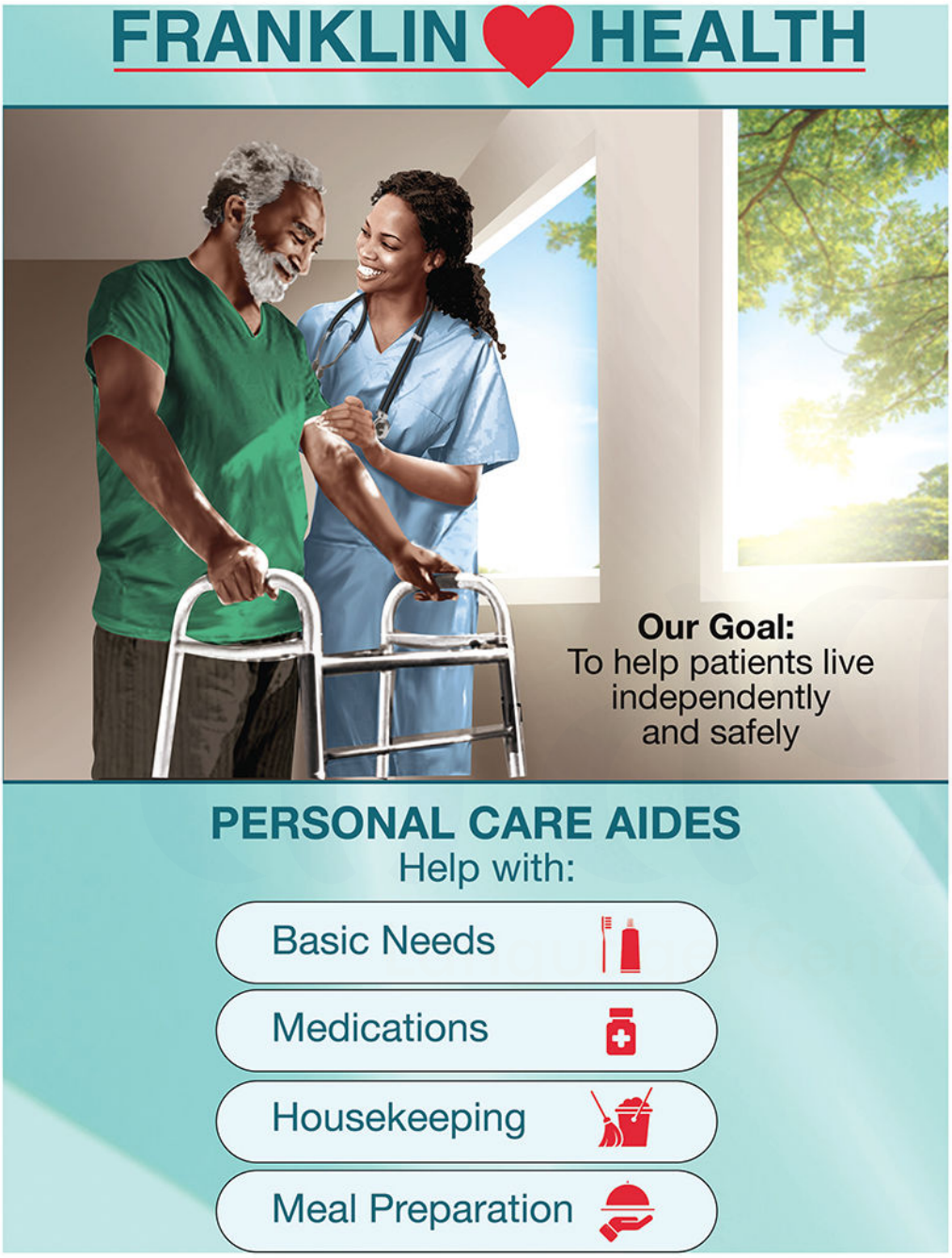
C **Complete the descriptions with the job titles from A.**

1. A _____ helps people move better and feel better after an injury.
2. A _____ helps people with basic needs and gives ongoing care.
3. A _____ helps people with medical problems and works with a doctor.
4. A _____ gives information and helps people make decisions.

D **Listen and check your answers.**

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E Read the job duties of personal care aides.



F Work in a group. Act out the duties.

check food needs	help with bathing	prepare lunch and dinner
clean floors	help with personal care	shop for food
do laundry	help with movement	talk to doctors
give medications	order medications	wash dishes

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G **CLASSIFY** **Put the duties in the correct columns.**

Basic Needs	Medical	Housekeeping	Meal Preparation
			check food needs

H **REFLECT** **Answer the questions about you for a career in home health care.**

1. Do you like to help people?

   a. yes b. no c. maybe

2. Do you like to work in someone's home?

   a. yes b. no c. maybe

3. Do you have a lot of patience?

   a. yes b. no c. maybe

4. Are you a responsible person?

   a. yes b. no c. maybe

I **Practice the job interview with a partner. Then speak to three more students and interview them. Complete the chart.**

Student A: What job are you interested in?
Student B: Health care social worker.
Student A: Do you like to work with people?
Student B: Yes, I do.
Student A: Do you have a lot of patience?
Student B: Yes, I do.

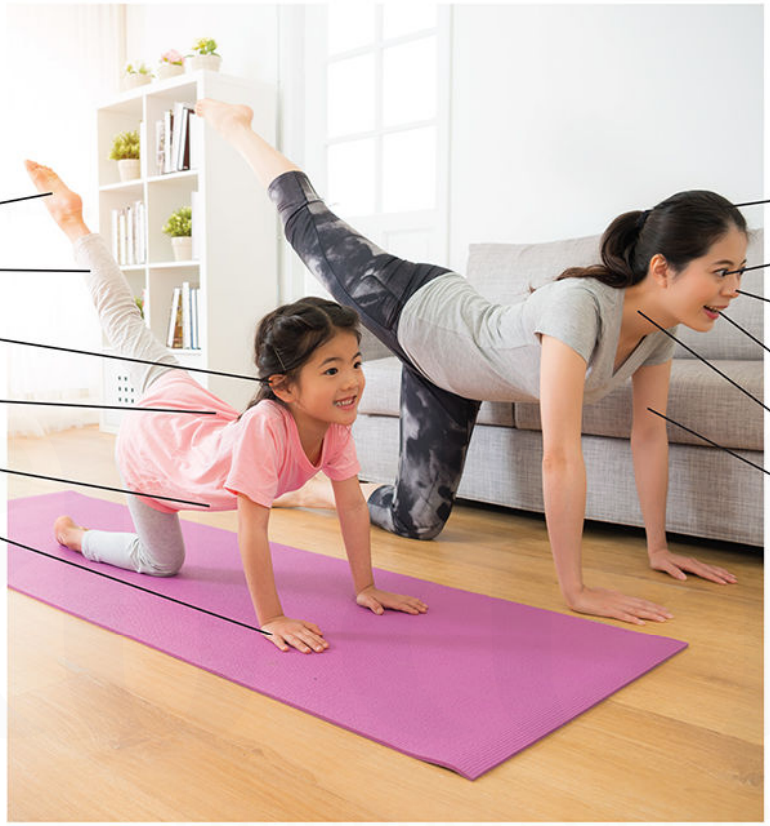
Name	Do you like to help people?	Do you like to work in a home?	Do you have a lot of patience?

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Review

A **Write the body parts.**

arm	ear	foot	head	mouth	nose
back	eye	hand	leg	neck	stomach



1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____

B **Write the symptom or illness that goes with each body part.**

1. stomach stomachache
2. head _____
3. throat _____
4. nose _____

Learner Log

I can identify body parts. ☐ Yes ☐ No ☐ Maybe

I can describe symptoms and illnesses. ☐ Yes ☐ No ☐ Maybe

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C Complete the sentences with the present continuous.

1. The receptionist _____ _____ (talk) on the phone.
2. The patient _____ _____ (sleep).
3. The people _____ _____ (wait) for the doctor.
4. The women _____ _____ (ask) about their children.
5. Hector _____ _____ (read) a magazine.

D Write the medicines.

1. Raquel has a headache. What does she need?

   Medicine: _____

2. Orlando has a stomachache. What does he need?

   Medicine: _____

3. Hue has a fever. What does she need?

   Medicine: _____

4. Chan has a cough. What does he need?

   Medicine: _____

E Read and complete the chart.

Jeremiah is not very healthy. He smokes ten cigarettes a day. He doesn't exercise. He eats one meal a day. He doesn't sleep eight hours a night. He doesn't drink water. He sees the doctor once a year.

What does Jeremiah do?	What doesn't Jeremiah do?

Learner Log

I can identify medications.
☐ Yes ☐ No ☐ Maybe

I can identify actions in a waiting room.
☐ Yes ☐ No ☐ Maybe

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Review

F **Complete the sentences with the simple present.**

1. She _____ (have) a headache.
2. They _____ (need) medicine.
3. We _____ (be) sick.
4. I _____ (be) healthy.
5. You _____ (exercise) every day.
6. Mario and Maria _____ (visit) the doctor.
7. He _____ (sleep) eight hours a day.
8. Alfonso _____ (smoke) cigarettes.

G **Complete the sentences with the negative simple present.**

1. He _____ (smoke) every day.
2. They _____ (eat) breakfast.
3. We _____ (need) medicine.
4. They _____ (exercise).
5. Nga _____ (have) a headache.
6. She _____ (visit) the doctor.
7. I _____ (want) lunch.
8. You _____ (exercise).

H **Read the sentences. Choose *Healthy* or *Unhealthy*.**

1. He eats one meal a day.	Healthy	Unhealthy
2. He sleeps four hours a day.	Healthy	Unhealthy
3. They exercise an hour every day.	Healthy	Unhealthy
4. Sometimes we smoke cigarettes.	Healthy	Unhealthy
5. I see the doctor twice a year.	Healthy	Unhealthy

Learner Log

I can describe healthy habits.

☐ Yes ☐ No ☐ Maybe

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Create a Doctor's Office Role Play

SOFT SKILL ▶ Collaboration

1. Form a team of four or five students. Choose a position for each member of your team.

Position	Job Description	Student Name
Student 1: **Team Leader**	Check that everyone speaks English. Check that everyone participates. Check the time regularly.	
Student 2: **Writer**	With help from the team, write conversations to act out.	
Student 3: **Scheduler**	With help from the team, make an appointment schedule.	
Students 4 / 5: **Organizer(s)**	With the help of the team, prepare a presentation.	

2. Prepare your roles.

   Who is the doctor? _____

   Who is Patient 1? _____

   Who is Patient 2? _____

   Who is the receptionist? _____

3. Make an appointment schedule and add Patient 1's information.

   What is Patient 1's name?
   What time is the appointment?
   What are Patient 1's symptoms?

4. Write conversations between the receptionist and Patient 1 and between the doctor and Patient 1.

5. Add Patient 2 to the appointment schedule with their name, appointment time, and health problem.

6. Write conversations for Patient 2.

7. Choose roles and act out your conversations. Then present your appointment schedule to the class.

COLLABORATION:
Time Management

When working in a group, it is important to schedule your time so you can finish on time. During group work, say things like:

We only have 5 more minutes and then we need to start the conversation for Patient 2.

We have 20 minutes to practice our conversations.

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Reading Challenge

A **INTERPRET** **Work in a group. Read the graph and answer the questions.**

1. How long were people looking at screens each day in 2018?

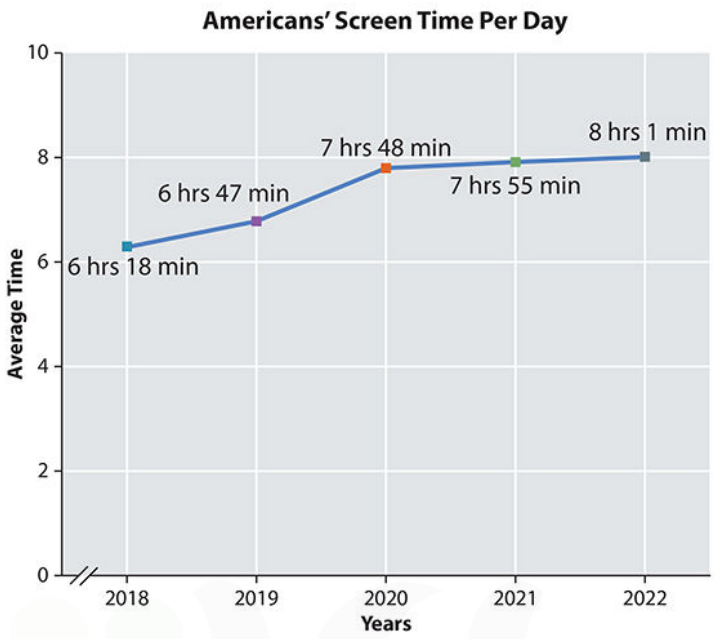
   _____

2. How about in 2022?

   _____

3. How long are you on screens every day?

   _____



B **In a group, talk about the bold words in the sentences. What do they mean?**

1. Juan works 3 hours and takes **a break** for lunch at 12:00.
2. Zahid **stretches** before he exercises so he doesn't get hurt.
3. You should **avoid** cigarettes. They are bad for you.
4. We have four **devices** in our home: two smartphones, a tablet, and a computer.
5. When I have a headache, I feel **pain** in my head.

C **Read the text. Underline any words you don't know.**

D **Write three health problems you can have from using devices too much.**

_____ _____ _____

E **Work with a partner. Talk about the health problems in the text and give solutions.**

EXAMPLE:

Student A: My neck hurts after I use the computer.

Student B: Stand up and stretch.

F **Work in a group. Talk about your screen habits. Do you want to make any changes? Why or why not?**

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Too Much Life Online

Too much time on computers, tablets, or smartphones can give you health problems. For example, do you have a sore neck or back after using your device? Are your eyes tired? Doctors say that screens can make it difficult to sleep even after you turn them off. In Stockholm, Sweden, an artist named Jacob Sempler put up this sign telling drivers to watch out for people looking at their phones while crossing the street because this is such a common* problem.

What can you do? Here are some ideas:

1. Put down your device. Stand up, walk around, and stretch to avoid back and neck pain.
2. To avoid eye problems, take a 20-second break from screens every 20 minutes and look at something 20 feet away.
3. Don't use your devices for an hour before going to bed for better sleep.

common happening often



A woman walks in the street while looking down at her phone, not paying attention to the sign.

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