6 Health



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UNIT OUTCOMES

- Describe healthy practices
- Identify illnesses
- Make a doctor's appointment
- Read medicine labels
- Identify and describe emergencies
- Explore careers in the medical field

Look at the photo and answer the questions.

1. Where are these people? What are they doing?
2. What are some benefits of exercise?

A group of construction and iron workers stretch and bend before their workday starts at Exempla Good Samaritan Medical Center in Lafayette, Colorado.

1. This morning workout has helped these workers avoid accidents for almost a year. Why do you think this is?
2. What are these people wearing? Why?
3. Do you think it's easy to stretch in these clothes?

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LESSON 1

A Healthy Life

GOAL ▸ Describe healthy practices

A **Match the statements with the photos. Write *a*, *b*, *c*, or *d*.**

_____ 1. How much sleep you need changes as you age. How many hours of sleep do you think adults and children need?

_____ 2. Some experts are sounding an alarm about screen time outside of work. How much screen time do you think people should have outside of work?

_____ 3. The amount of physical activity adults need depends on whether they want to lose weight, maintain weight, or meet fitness goals. How much exercise do adults need a day?

_____ 4. Many people become emotional, frustrated, or nervous because of stress and anxiety. What can people do about stress?

a.



b.



c.



d.



B **SURVEY** **Work in a group. Discuss the questions in A and complete the sentences.**

1. We think that adults need _____ hours of exercise a week.
2. We think that adults should have no more than _____ hours of screen time outside of work.
3. Our class thinks stress is when people worry a lot. We think people can _____ _____.
4. We think adults need _____ hours of sleep every night. We think that children need _____ hours of sleep a night.

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C **PREDICT** **Look at the photo. What is the man's problem? What can he do?**

D **Read about stress. Define the words *treatments* and *symptoms* in line 3.**

Many people have stress. Stress can make people tired, it can make them lose sleep, it can cause problems like *high blood pressure*, and it can even cause heart problems. There are treatments for the symptoms of stress! Doctors say that exercise, a balanced diet, meditation, and rest can help. Exercise and a good diet help people to think more clearly and have more energy. When people exercise, they sleep better, too.

high blood pressure health condition that can cause problems like heart disease

E **CLASSIFY** **Complete the table about stress.**

balanced diet	heart problems	lose sleep	rest
exercise	high blood pressure	meditation	tired

Symptoms	Remedies (Cures)

F **IDENTIFY** **Read the list below in a group. Check (✓) the healthy practices.**

- ☐ eat three meals a day
- ☐ sleep twelve hours
- ☐ work twelve hours a day
- ☐ smoke
- ☐ exercise every day
- ☐ play sports
- ☐ eat a lot of candy
- ☐ drink alcohol regularly
- ☐ rest and take breaks

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G **PREDICT** **Guess the missing information. Then listen to the lecture and check your answers.**

1. Doctors say adults need to exercise _____ minutes a _____.
2. Doctors say adults need to eat _____ balanced meals a day.
3. Doctors say all adults need to go in for a checkup _____ time(s) a _____.
4. Doctors say we should not _____.
5. Doctors say we should take _____.

habit something a person does every day
vitamin pill or liquid containing things to keep the body healthy

H **Read the questions and choose the answers for yourself.**

1. Are you tired during the day?	Yes	No
2. Do you need more sleep?	Yes	No
3. Do you have a balanced diet?	Yes	No
4. Do you take vitamins?	Yes	No
5. Do you have a checkup every year?	Yes	No

Infinitives		
Subject	**Verb**	***to* + Base Verb**
I	need	to exercise.

I **APPLY** **Write your health goals.**

EXAMPLE: I need to exercise 30 minutes every day.

_____

_____

_____

_____

_____

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LESSON 2

What's the Matter?

GOAL ▶ Identify illnesses

A **IDENTIFY** **Look at the photo and write the words.**

arm(s)	ear(s)	foot (feet)	head	mouth	nose	stomach
chest	eye(s)	hand(s)	leg(s)	neck	shoulder(s)	

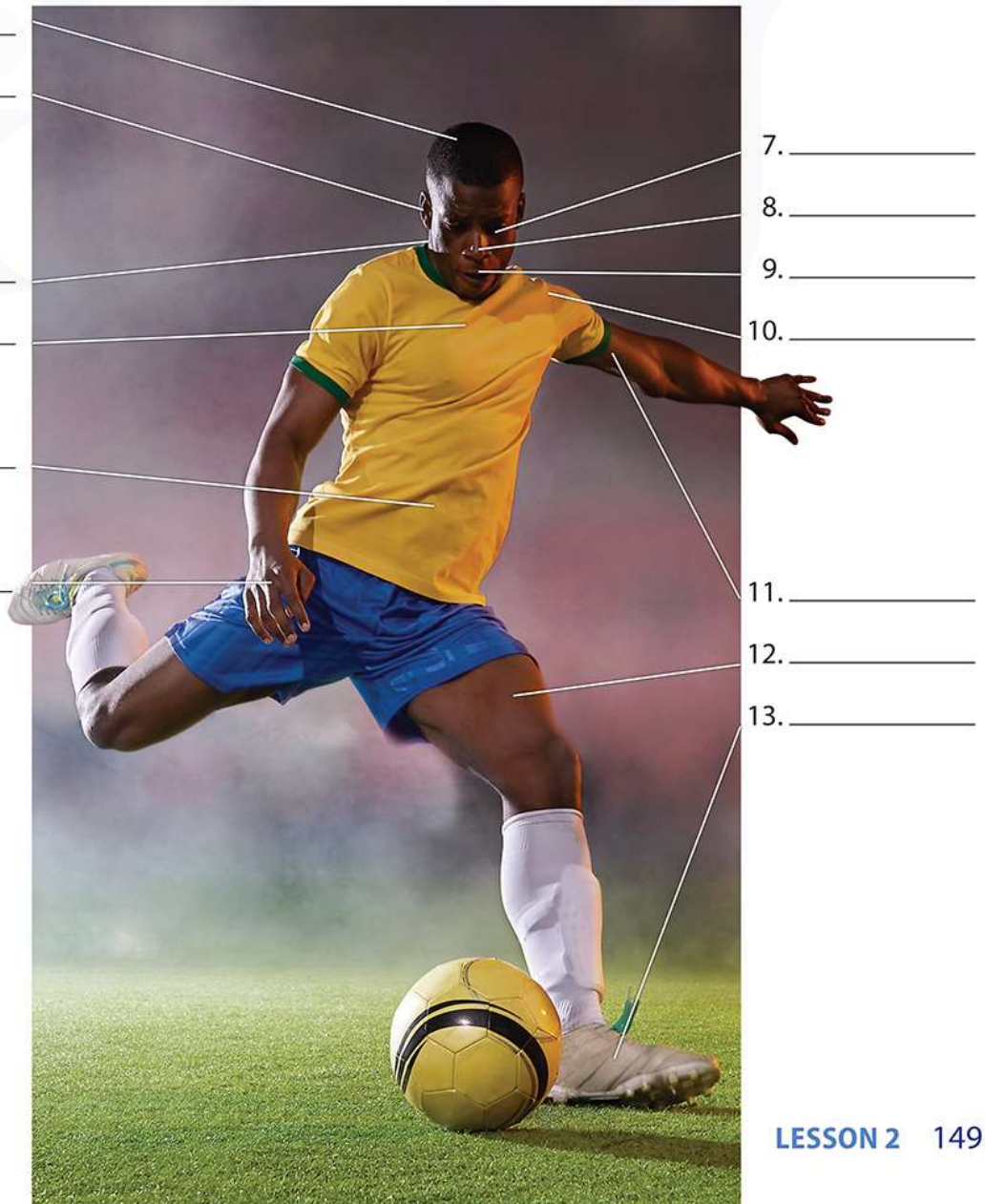
B **Practice the conversation. Make new conversations using the words in A.**

Student A: What's the matter?

Student B: My head hurts.

Student A: What's wrong?

Student B: My arms hurt.



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C **Write the words under the photos. Then listen and write the number of the conversation above each picture.**

cough	fever	headache	runny nose	sore throat







D **Read. Use a dictionary to find the meaning of any new words.**

A cold and the flu are similar illnesses and have some of the same symptoms. The symptoms of a cold are a low fever, a sore throat, a headache, and a runny nose. People usually have a cold for one or two weeks. People with the flu feel very tired and sick. They often have a high fever, a dry cough, a headache, and muscle aches. Just like a cold, people can have the flu for one or two weeks. Many people get a cold or the flu every year and hate them both!

E **CLASSIFY** **Compare cold and flu symptoms. Complete the table.**

Cold Symptoms	Flu Symptoms

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F **Study the chart with your classmates and teacher.**

Adjective	Comparative Adjective	Superlative Adjective
serious	more serious less serious	the most serious the least serious
common	more common less common	the most common the least common

G **RANK** **Work in a group. Look at the illnesses and symptoms. Rank them from *1* to *8*. Rank the most serious as *1*.**

1. _____ a backache
2. _____ a cold
3. _____ a headache
4. _____ a runny nose
5. _____ a sore throat
6. _____ a stomachache
7. _____ a toothache
8. _____ the flu

H **LIST** **Work in a group. Make a list of illnesses and symptoms that you think are the most common.**

afaq Language Center

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LESSON 3

Making an Appointment

GOAL ▶ Make a doctor's appointment

A Read. What is the problem and a solution?

My name is Yasir. I'm from Somalia. I like school and I want to learn English, but I don't go to class very much. I'm tired a lot. I need to see a doctor, but I'm very nervous because I don't speak English well. My teacher says the doctor can help me feel better. Maybe I can bring a friend to help me.

B Study the charts with your classmates and teacher.

Simple Past (Regular)	
Subject	**Verb (Base + *ed*)**
I / You	walked.* (walk)
He / She / It	talked.* (talk)
We / They	smoked.* (smoke) played.* (play) waited.* (wait)

*See the pronunciation note.

Simple Past (Irregular)	
Subject	**Verb**
I / You	had. (have)
He / She / It	went. (go)
We / They	said. (say)

Simple Past: *Be*		
Subject	***Be***	**Example Sentence**
I / He / She / It	was	I **was** sick.
You / We / They	were	You **were** at the hospital.

Past Tense

Notice how we pronounce the end sound when speaking about the past.

/t/ = walk/t/, talk/t/, smoke/t/

/d/ = play/d/

/ɪd/ = wait/ɪd/

C Listen to Yasir. Match the two parts of each sentence.

_____ 1. He was	a. to smoke.
_____ 2. He went	b. to the doctor.
_____ 3. The doctor said	c. to stop smoking.
_____ 4. He continued	d. a heart attack.
_____ 5. He had	e. tired a lot.

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D **PREDICT** **What is the job in the photo? What questions does this person ask?**

E **PREDICT** **Match the questions to the answers. Then listen to the conversation to check your answers.**

_____ 1. What's your name?	a. 1427 Hamilton Street
_____ 2. What's your date of birth?	b. Yes, I am.
_____ 3. Why do you want to see the doctor?	c. Yasir Abdi
_____ 4. What's your phone number?	d. No, I don't.
_____ 5. Where do you live?	e. (212) 555-5755
_____ 6. When can you see the doctor?	f. I'm tired all the time.
_____ 7. Do you have insurance?	g. Monday or Tuesday
_____ 8. Are you a new patient?	h. June 28, 1971

F **Read. Then answer the questions.**

Life ONLINE

Information about your health is private. Your healthcare provider keeps your information on a secure website. You can log in to the website to access information like your appointments, test results, and medical history. Keep your username and password safe and do not share them with anyone.

1. A secure website is _____.
   a. a website about healthcare b. a website that is safe
2. Choose the information that is on a secure website.
   a. current medications b. doctor's office address

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G **Listen and complete the table.**

Name	Symptom(s)	Time and Day	Method of Payment
1. Yasir Abdi			
2. Ming _____			
3. Michael _____			
4. Antonio Marco			
5. Sam _____			

H **Choose an illness and complete the table.**

Name (What's your name?)	Symptom(s) (What's the matter?)	Time and Day (When can you see the doctor?)	Method of Payment (How will you pay?)

I **Use the information from H to make a conversation with a partner. Make an appointment to see the doctor.**

Receptionist: Hello, Alliance Medical Offices. Can I help you?

Sick Student: Hello, I want to make an appointment to see Dr. Hernandez.

Receptionist: OK. What's your name?

Sick Student: _____

Receptionist: _____

Sick Student: _____

Receptionist: _____

Sick Student: _____

Receptionist: _____

Sick Student: _____

J **Perform your conversation for the class.**

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LESSON 4

Take Two Tablets

GOAL ▶ Read medicine labels

A **INTERPRET** **Underline the words from the box on the medicine label.**

aches and pains	exceed	reduce	tablets	uses
directions	persist	symptoms	teenagers	warning





B **Match the words with the examples.**

_____ 1. Directions	a. for relief of headaches
_____ 2. Uses	b. Don't drive.
_____ 3. Warning	c. Take two tablets.

C **DEFINE** **Match the words with the definitions and examples.**

_____ 1. teenager	a. not lasting a long time
_____ 2. temporary	b. continues
_____ 3. do not exceed	c. someone between the ages of 13 and 19
_____ 4. persists	d. no more than

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D **Look at the medicines with your classmates and teacher.**

a



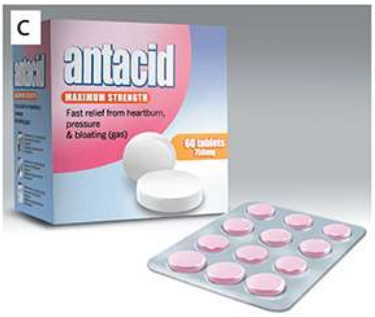
cough syrup

b



pain reliever

c



antacid

E **IDENTIFY** **Read the uses, directions, and warnings for each medicine in D. Look up any new words in a dictionary. Then write the correct medicine.**

Uses

_____ for temporary relief of headaches or muscle aches and fever

_____ for temporary relief of coughs and throat irritation due to infections

_____ for fast relief of acid indigestion and stomach pain

Directions

_____ Chew 2–4 tablets as needed.

_____ Adults take one or two tablets with water every four hours while symptoms persist. Do not exceed 12 tablets in 24 hours.

_____ Take two teaspoons every four hours.

Warning

_____ Children or teenagers with the flu or chicken pox should NOT take this medicine.

_____ Do not chew more than 12 tablets in 24 hours.

_____ If throat pain persists or coughing is serious, contact your doctor.

Ginger tea can help treat indigestion, sickness, and even stress.



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F **Study the chart with your classmates and teacher.**

Modal: *Should*			
Subject	***Should***	**Base Verb**	**Example Sentence**
I	should shouldn't	take	I **should** take two tablets.
You		chew	You **shouldn't** chew this tablet.
He / She / It		drink	He **shouldn't** drink alcohol with this medicine.
It		hurt	It **shouldn't** hurt.
We / They		swallow	They **should** swallow this tablet with water.

G **PREDICT** **Predict which statements are true. Listen to the doctor's instructions. Check (✓) what the patient should do.**

1. ☐ He should take medicine and drive.
2. ☐ He should take two pills three times a day.
3. ☐ He should take the pills with water.
4. ☐ He should take three pills two times a day.
5. ☐ He should drink a little alcohol with the medicine.
6. ☐ He should take aspirin and medicine as directed by the doctor.

H **Read your answers to G. Write statements to describe what you should do with cough syrup. Use the statements for the pain reliever as a model.**

Pain reliever:

You should take this medicine for temporary relief of headaches.

You should take one or two tablets every four hours.

Teenagers with chicken pox shouldn't take this medicine.

Cough syrup:

I **APPLY** **Find a medicine label at home or online. Share its *uses*, *directions*, and *warnings* with the class.**

J **Go to the Lifeskills Video Appendix and complete the Unit 6 activities.**

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LESSON 5

It's an Emergency!

GOAL ▶ Identify and describe emergencies

A **IDENTIFY** **Look at the emergencies. Label them *medical, police,* and *fire*.**



1. _____



2. _____

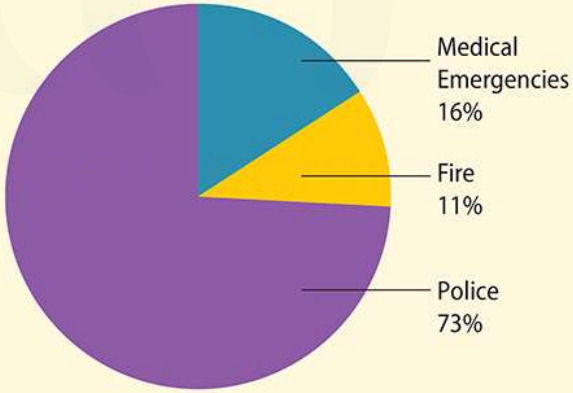


3. _____

B **Read the paragraph and underline the statistics that you see.**

Iredell County is located in North Carolina in the United States. It has a website that gives information about the county. According to the website, the county was formed in 1788. It is in the middle of the state and, in 2020, the population was 186,693 people. The website of the sheriff's department also states that, in June 2022, they had 14,428 emergency calls for police assistance, 2,071 calls for fires, and 3,211 medical emergency calls.

Iredell County, NC
911 Calls, June 2022



C **Answer the questions about the paragraph and pie chart.**

1. How many medical emergencies did the county have?
   a. 186,693 b. 16% c. 3,211
2. How old is the county?
   a. over 200 years old b. 1788 c. June 2022
3. What percentage of calls were for the police?
   a. 73% b. 16% c. 11%

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D **Listen and practice the conversation.**

Operator: 911. What is your emergency?

Teresa: It's a medical emergency.

Operator: What's the problem?

Teresa: My friend is having chest pains.

Operator: I will send an ambulance immediately. What's the address of the emergency?

Teresa: The address is 9976 West Burma Street.

Operator: What's your name and phone number?

Teresa: My name is Teresa, and my cell number is (502) 555-4334. Please hurry!

Simple Past (Irregular)	
Base Verb	**Past**
break	broke
drink	drank

E **Use the emergencies below to practice the conversation in D again.**



is unconscious



is choking



drank poison

F **IDENTIFY** **Read the emergencies and discuss any new words as a class. Then listen to the conversations and choose the correct answer.**

1. a. robbery	b. car accident	c. fire
2. a. heart attack	b. fire	c. robbery
3. a. car accident	b. robbery	c. fire
4. a. fire	b. robbery	c. heart attack

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G **SURVEY** **Read the table with your classmates and teacher. Underline the words you don't know. Complete the table in groups.**

	Always call 911.	Never call 911.	Take medicine.	Brand name of medicine
She has a cold.		✓	✓	
A cat is in a tree.				
She has terrible chest pains.				
They have the flu.				
The man is not breathing.				
There is no food in the house.				
I am very tired.				
He coughs every day.				
She has a sore throat.				
She has a stomachache.				
She broke her arm.				
He accidentally drank poison.				

H **Practice the conversation. Use the information in G to make new conversations.**

Student A: What's the matter?

Student B: He accidently drank poison.

Student A: You need to call 911.

Advice	
You should	take call
You need	**to** take **to** call

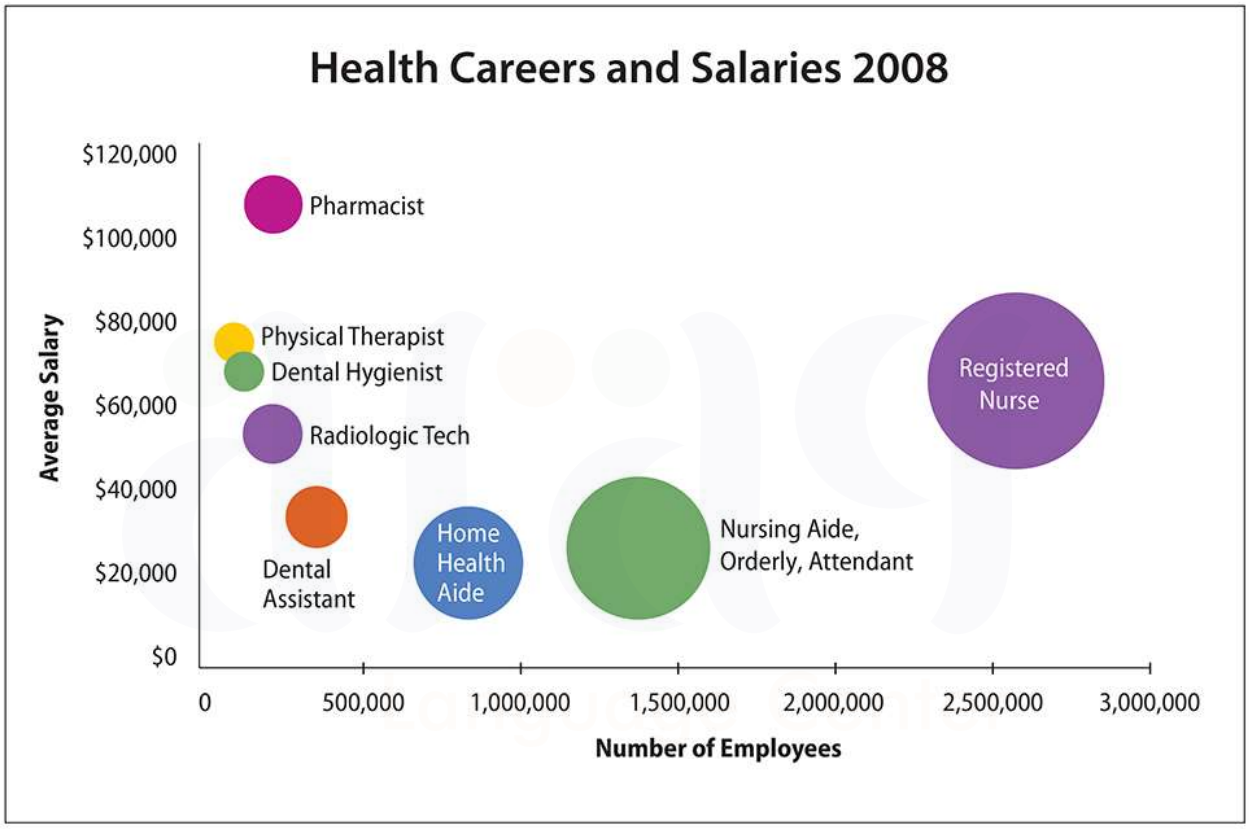
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LESSON 6

Explore the Workforce

GOAL ▶ Explore careers in the medical field

A **INTERPRET** **Work in a group. Look at the graph. What was the most common profession in 2008? How do you know?**



Ask and Answer with *Be* (Past)			
	Subject	***Be***	
Question	What	was	the most common profession in 2008?
Answer	Registered nurse	was	the most common profession.
Question	What	were	the professions with pay between 60k and 80k?

B **ANALYZE** **Use the chart in A to answer the questions in full sentences.**

1. What was the best paid profession in 2008?
2. What were the two professions with the lowest pay?
3. What were the professions with pay between 60k and 80k?

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C **Work with a partner. Practice asking and answering the questions in B with a partner. Then use the chart in A to ask new questions.**

D **Listen and write the letter of the correct nurse description.**

Kind of Nurse	Education You Need	Time It Takes
CNA Certified Nursing Assistant	State-Approved Certificate or Diploma	4 to 12 weeks
LPN Licensed Practical Nurse	State-Approved Certificate or Diploma	12-18 months
RN Registered Nurse	Associate Degree in Nursing (ADN) or Bachelor of Science in Nursing (BSN)	2 years 4 years
APRN Advanced Practice Registered Nurse	Master of Science in Nursing (MSN) or Doctor of Nursing Practice (DNP)	2 years (post graduate)

1. _____ Takes care of patients and gives medication. Also keeps records and talks to health providers. Helps patients understand their treatment.
2. _____ Works in hospitals and nursing and residential care facilities. A nurse usually gives them jobs to do. Helps patients with daily activities.
3. _____ Can diagnose problems and manage patients. They can order tests and, in some states, they can also prescribe medication.
4. _____ They take vitals and give medication when directed by doctors and RNs.

E **INVESTIGATE** **In a group, research online what the salary is for each type of nurse in your state.**

CNA: _____

LPN: _____

RN: _____

APRN: _____

F **Work in a group. Discuss which kind of nurse you would choose to be.**

EXAMPLE: I think LPN is the best for me because I can make a good salary, but I don't have to go to school for very long.

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G **REFLECT** **Check what is true about you.**

- ☐ I like to help people.
- ☐ I am warm and caring.
- ☐ I am social.
- ☐ I am sympathetic.
- ☐ I like setting up procedures.
- ☐ I make decisions after collecting facts.
- ☐ I understand what people's needs are.
- ☐ I do not like to change my plans.

H **INVESTIGATE** **Work in a group. Follow the steps and research healthcare careers.**

1. Go to your favorite search engine.
2. Type "healthcare careers."
3. Open at least three websites.
4. Write five new things you learn.

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

I **Choose a job title related to healthcare. Go to a job search site online and see if there are any openings within 25 miles of your school or home. Make notes and report to the class.**



Student nurses train at a nursing program.

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Review

A **Look at the photo and write the body parts.**



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

B **Match each illness to the advice.**

_____ 1. I have a headache.	a. You should go to the dentist.
_____ 2. I have a bad toothache.	b. You should call 911 right now.
_____ 3. I have a stomachache.	c. You should take a pain reliever.
_____ 4. I have chest pains.	d. You should chew some antacid tablets.

Learner Log

I can identify illnesses.

☐ Yes ☐ No ☐ Maybe

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C **Give someone advice on how to stay healthy. Write two things the person should do and two things he or she shouldn't do. Use the photos to help you.**






should do

a. _____

b. _____

shouldn't do

a. _____

b. _____

D **Complete the sentences with the simple past form of the verbs in parentheses.**

1. Yesterday, I _____ (have) a terrible headache.
2. Suzanne _____ (be) sick last week.
3. Last summer, we _____ (talk) to the doctor.
4. I _____ (go) to the hospital on Monday.
5. They _____ (call) the doctor five minutes ago.
6. Last year, the children _____ (be) sick a lot.
7. The doctor _____ (say) I shouldn't smoke.
8. He _____ (go) to the doctor's last week.

E **Match the section of the medicine label to the information.**

1. _____ Uses	a. Take two tablets three times a day.
2. _____ Directions	b. Do not take more than 12 tablets in 24 hours.
3. _____ Warning	c. for the temporary relief of aches and pains

Learner Log

I can describe healthy practices.
☐ Yes ☐ No ☐ Maybe

I can make a doctor's appointment.
☐ Yes ☐ No ☐ Maybe

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Review

F **Put the conversation in the correct order.**

_____ **Mario:** 66345 West Malvern Avenue.

_____ **Operator:** Is anyone injured?

_____ **Mario:** There is a fire!

1 **Operator:** 911. What's your emergency?

_____ **Operator:** A fire? What's your name?

_____ **Mario:** I don't think so. Please hurry.

_____ **Mario:** Thank you!

_____ **Operator:** Yes, sir. They will be there very soon.

_____ **Operator:** Yes, of course. What is the address?

_____ **Mario:** Mario de la Vega. Please send the fire department.

G **Write the symptom under each picture and a possible medicine.**

1.



Symptom: _____

Medicine: _____

2.



Symptom: _____

Medicine: _____

3.



Symptom: _____

Medicine: _____

4.



Symptom: _____

Medicine: _____

Learner Log

I can read medicine labels.
☐ Yes ☐ No ☐ Maybe

I can identify and describe emergencies.
☐ Yes ☐ No ☐ Maybe

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Make a Health Pamphlet

SOFT SKILL ▶ Active Listening

In a group, you are going to design a health pamphlet for the community. The pamphlet will give health tips and explain what medicines to take for common illnesses.

1. Form a team with four or five students. In your team, you need:

Position	Job Description	Student Name
Student 1: **Team Leader**	Check that everyone speaks English. Check that everyone participates.	
Student 2: **Nurse**	Give advice on medicines for three illnesses.	
Student 3: **Health Expert**	Give advice on three things to do to stay healthy.	
Students 4/5: **Artists**	Design pamphlet and prepare a class presentation with help from the team.	

2. Health Expert, tell your team three things people should do to be healthy and three things people should not do.
3. Think of three common illnesses to include in your pamphlet and describe them.
4. Nurse, tell your team about medicines people should take for these illnesses.

   Compliment: "That's a great medicine for a cough."

   Improvement: "I don't think that medicine is the best choice for a headache. Let's think about a different choice."
5. Artists, collect and organize the information to design a pamphlet with pictures.
6. Choose a student to present the information and practice the presentation.

ACTIVE LISTENING:
Giving Feedback

Feedback is not only about how something can improve. It is also about complimenting others on their ideas.

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Reading Challenge

A **Work in a group. Put the activities in order from least dangerous (1) to most dangerous (7).**

_____ exercising

_____ skiing

_____ rock climbing with ropes

_____ rock climbing with no ropes

_____ driving a car

_____ flying in a plane

__1__ watching TV

B **Read the title and skim the text. What is the dangerous passion?**

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

D **What is another good title for the text?**

1. A Terrible Accident
2. A Long Recovery
3. An Unsafe Mountain
4. A Risky Hobby

E **In line 3, *a little equipment* means _____.**

1. equipment that is small in size
2. not much equipment
3. equipment for ropes
4. filming equipment

F **According to the text, who do you call in an emergency on a mountain?**

1. doctors
2. friends
3. ski patrol
4. Jackson

G **Do you have a passion? Tell a partner.**

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A Dangerous Passion

Renan Ozturk is a Turkish-American rock climber and photographer. His mother is American, and his father is Turkish. He has climbed some of the world's most dangerous mountains. He often climbs with no ropes and only a little equipment.* Renan likes to film his climbs and share his experiences with people. When he is climbing, Renan says to himself, "No mistakes," because just one mistake means he could fall.

In 2011, Renan had a terrible accident in Jackson, Wyoming, but he wasn't climbing. He was skiing with friends and fell 1,000 feet. His friends called the Jackson Ski Patrol, who rushed Renan to a medical center. He broke bones in his neck, and he had a serious head injury. He needed to wear a neck brace* for three months.

Renan almost died, but he loves being outdoors and he loves climbing. Five months after the accident, Renan was climbing again, and in 2019, he climbed the highest mountain in the world.

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equipment things you use to do something

brace something somebody wears to support a part of the body



Renan looks out from his tent on the side of a mountain.

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