
Life Skills
Video Practice
Stand Out 4 Unit 5

Ask your students the following questions to introduce the topic of the video they will watch.



A **BEFORE** **Discuss the questions with a partner.**

1. What do you do to keep healthy?
2. What can you do to be healthier?

Silent Viewing: Show the video in segments without sound so students can guess at the story line.

WATCH THE VIDEO WITHOUT SOUND AND TRY TO GUESS THE STORY.



Second Viewing: Show the video again so students can check predictions.

WATCH THE VIDEO WITH SOUND AND TRY TO RETELL THE STORY.



Ask your students to watch the video and complete the activity. Replay the video if needed.



B **WHILE** **Watch the video. Complete the parts of the conversation.**

Dr. Badaoui: The results show that your (1) _____ count is still very high.

Mrs. Sanchez: I've changed my diet quite a bit. I've stopped eating (2) _____.

Dr. Badaoui: And have you been getting any (3) _____?

Mrs. Sanchez: Yes, I've been (4) _____ every day, and I love it.

Check the correct answers with students.



B **WHILE** **Watch the video. Complete the parts of the conversation.**

Dr. Badaoui: The results show that your (1) cholesterol count is still very high.

Mrs. Sanchez: I've changed my diet quite a bit. I've stopped eating (2) red meat.

Dr. Badaoui: And have you been getting any (3) exercise?

Mrs. Sanchez: Yes, I've been (4) walking every day, and I love it.

Ask your students to watch the video and complete the activity. Replay the video if needed.



C **AFTER** **Read the statements. Write *T* for true or *F* for false.**

1. Mrs. Sanchez's cholesterol count is low. F
2. She is now eating less red meat but more dairy products. _____
3. The doctor wants her to run every day. _____
4. The doctor wants her to take one pill for a month. _____
5. The doctor wants her to come back in three weeks. _____

Check the correct answers with students.



C **AFTER** **Read the statements. Write *T* for true or *F* for false.**

1. Mrs. Sanchez's cholesterol count is low. F
2. She is now eating less red meat but more dairy products. T
3. The doctor wants her to run every day. F
4. The doctor wants her to take one pill for a month. F
5. The doctor wants her to come back in three weeks. F

Select students. Have partners take turns performing the task. Check and correct anywhere possible.



CREATE LISTS OF FIVE HEALTHY AND FIVE UNHEALTHY HABITS. WHICH OF THOSE DO YOU FOLLOW?

UNIT 5 "Thanks for the Advice, Doctor"

Mrs. Sanchez: Oh, hello, Dr. Badaoui. How are you? **Dr. Badaoui:** I'm fine ,thank you. **Mrs. Sanchez:** And how am I? **Dr. Badaoui:** I think you're fine ,Miriam. I got the results of your blood test last week. That's why I wanted to talk to you. **Mrs. Sanchez:** I was a little worried when you said I needed to come back. Is anything wrong? **Dr. Badaoui:** Nothing serious. Do you remember what we talked about last time? **Mrs. Sanchez:** Yes. First, we looked at the results of my blood test. You said that my cholesterol count was very high. Then you recommended another test. Are those the results? **Dr. Badaoui:** Yes, they are. The results show that your cholesterol count is still very high. Tell me, have you made any changes to your diet since your last appointment? **Mrs. Sanchez:** Oh, yes. I've changed my diet quite a bit. I've stopped eating red meat, and I don't eat as many dairy products, either. **Dr. Badaoui:** And have you been getting any exercise? **Mr. Sanchez:** Yes! I've been walking every day, and I love it. **Dr. Badaoui:** Well, that's good. It sounds like you've been making some healthy changes in your lifestyle. **Mrs. Sanchez:** But then why hasn't my cholesterol count gone down? I've done all the right things. Why is my cholesterol still so high? **Dr. Badaoui:** Honestly? The answer is I don't know. Some people are just like that. Your body simply turns almost anything you eat into bad cholesterol. **Mrs. Sanchez:** So what am I supposed to do? **Dr. Badaoui:** I'd like to recommend a prescription. **Mrs. Sanchez:** A prescription? How often do I need to take it? **Dr. Badaoui:** You take one tablet per day. **Mrs. Sanchez:** For how long? **Dr. Badaoui:** You never stop taking it. It is something you need to do from now on to keep your cholesterol under control. **Mrs. Sanchez:** Oh, taking a prescription for the rest of my life? I'm not sure how I feel about that. It feels like such a...commitment. **Dr. Badaoui:** Then why don't you think about it for awhile? If you decide to, you can fill this prescription at any pharmacy. **Mrs. Sanchez:** OK. Thank you, doctor. I really appreciate your advice. **Dr. Badaoui:** No matter what you decide, can you come back in about a month? I'd like to do another blood test then. **Mrs. Sanchez:** Yes, that's a good idea. Thanks again, Dr. Badaoui. **Dr. Badaoui:** You're welcome, Miriam. I'll see you in about a month. **Mrs. Sanchez:** Alright. Good-bye, doctor. **Dr. Badaoui:** Good-bye.