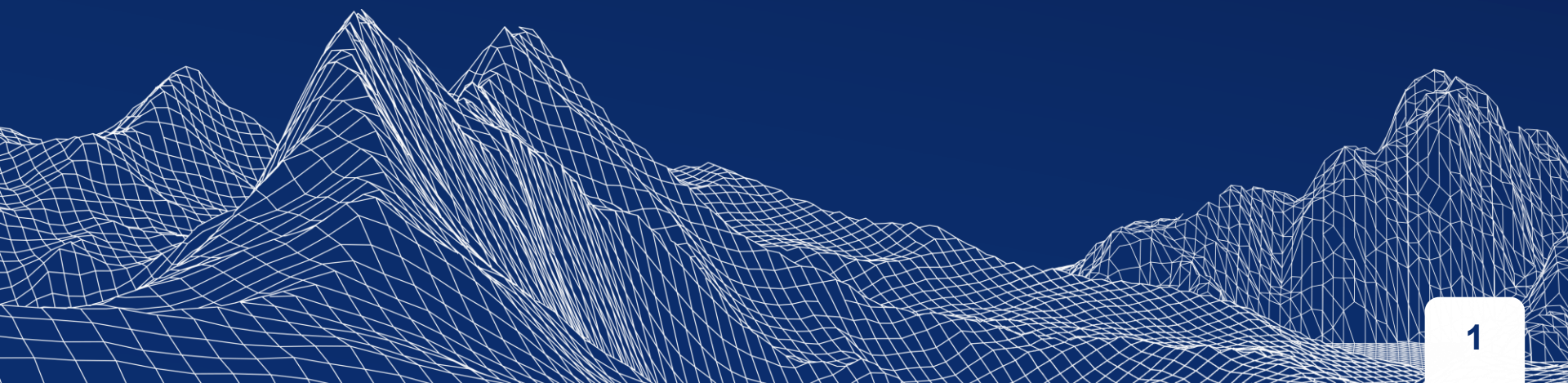
NATIONAL GEOGRAPHIC LEARNING

Language Center

www.afaq-lc.com

STANDOUT 4

Team Project 5



Read the conversation.

www.afaq-lc.com

[Approx. 1 min]

Doctor: Hello, John. What seems to be the problem?

John: I've been coughing a lot.

Doctor: Anything else?

John: Yes, my chest has been hurting too.

Doctor: It sounds like you might have bronchitis. I'd like to test you for COVID and do some other tests to be sure. Then we'll discuss what treatment can help relieve your symptoms.

John: Thanks, Doc.

Review the conversation and select pairs to read the conversation.

Practise the conversation.

www.afaq-lc.com

[Approx. 3 mins]

Doctor: Hello, John. What seems to be the problem?

John: I've been coughing a lot.

Doctor: Anything else?

John: Yes, my chest has been hurting too.

Doctor: It sounds like you might have bronchitis. I'd like to test you for COVID and do some other tests to be sure. Then we'll discuss what treatment can help relieve your symptoms.

John: Thanks, Doc.

Select pairs to change the conversation with your prompts.

Read the conversation.

Language Center

www.afaq-lc.com

[Approx. 1 min]

1.**Q:** Why is it good to read nutrition labels?
A: Because they help you compare products, avoid excess sugar, fat, and salt, and make healthier choices.
2.**Q:** What do complex carbohydrates do for your body?
A: They provide steady energy, support digestion, and help regulate blood sugar levels.
3.**Q:** What does saturated fat do to your body?
A: It raises LDL (bad) cholesterol, increasing the risk of heart disease and stroke.
4.**Q:** What type of person should watch his or her sodium intake?
A: People with high blood pressure, heart disease, kidney problems, or those over 50 should limit sodium.
5.**Q:** How much protein should you eat per day?
A: Most adults need **46–56 grams** per day, depending on weight, age, and activity level.
6.**Q:** Why is it good to eat fiber?
A: Fiber improves digestion, lowers cholesterol, helps control blood sugar, and reduces the risk of heart disease and cancer.

Review the conversation and select pairs to read the conversation.

Practise the conversation.

Language Center

www.afaq-lc.com

[Approx. 3 mins]

1. **Q:** Why is it good to read nutrition labels?
2. **Q:** What do complex carbohydrates do for your body?
3. **Q:** What does saturated fat do to your body?
4. **Q:** What type of person should watch his or her sodium intake?
5. **Q:** How much protein should you eat per day?
6. **Q:** Why is it good to eat fiber?

Select pairs to change the conversation with your prompts.

Read the conversation.

Language Center

www.afaq-lc.com

[Approx. 1 min]

1.**Q:** If you were looking for a good health insurance plan, would you want dental coverage?
A: Yes, dental coverage is important to me.
2.**Q:** Would you prefer a plan with a good choice of providers?
A: Definitely — I want to choose my own doctor.
3.**Q:** Is a low copay important to you?
A: Yes, I don't want to pay too much for each visit.
4.**Q:** Would you choose a plan with a low deductible?
A: Yes, I'd rather pay less before the insurance starts covering costs.
5.**Q:** Do you care about having a low premium?
A: Yes, I want to keep my monthly payments affordable.
6.**Q:** Would you prefer a plan that doesn't require referrals?
A: Yes, I'd like to see specialists without extra steps.
7.**Q:** Is a prescription plan important to you?
A: Yes, I take medication regularly, so that's essential.
8.**Q:** Would you want vision coverage included?
A: Yes, I wear glasses and need regular eye exams.

Review the conversation and select pairs to read the conversation.

Practise the conversation.

Language Center

www.afaq-lc.com

[Approx. 3 mins]

1. **Q:** If you were looking for a good health insurance plan, would you want dental coverage?
2. **Q:** Would you prefer a plan with a good choice of providers?
3. **Q:** Is a low copay important to you?
4. **Q:** Would you choose a plan with a low deductible?
5. **Q:** Do you care about having a low premium?
6. **Q:** Would you prefer a plan that doesn't require referrals?
7. **Q:** Is a prescription plan important to you?
8. **Q:** Would you want vision coverage included?

Select pairs to change the conversation with your prompts.

Scenario: The Healthy Habits Committee

The school is having a "Healthy Habits Fair" next month. Three students are on the planning committee. They need to make choices for their class booth, learn about healthy foods to give out, and know what to do if someone feels sick at the fair.

They need to:

1.Choose what kinds of health services their class booth should focus on.

2.Discuss why certain foods are good for you.

3.Role-play a visit to the school nurse to report a common symptom.

Roles:

- **Alex:** The committee leader who asks questions about health services.
- **Sam:** A committee member who knows about nutrition and healthy foods.
- **Taylor:** The school nurse.

Language Center
www.afaq-

[Approx. 5 mins]



Explain the scene to the students.

Sample Conversations [Approx. 5 mins]

Language Center

www.afaq-lc.com

Alex: Okay, for our Healthy Habits Fair booth, we need to choose what to focus on. Sam, if you could pick one thing, would you want our booth to teach about healthy teeth or about choosing a good doctor?
Sam: I would want to teach about healthy teeth. We can give out toothbrushes!
Alex: Would you prefer we talk about exercises you can do anywhere?
Sam: Yes! Exercises are important.
Alex: Is it important for our booth to have free stickers?
Sam: Yes, a free sticker is always good!
Sam: We should also give out healthy snacks. Alex, why is it good to read what's in your food?
Alex: So you know if it's healthy!
Sam: Right! What do good foods like whole wheat bread do for your body?
Alex: They give you long-lasting energy.
Sam: What do fried foods do to your body?
Alex: They can be not so healthy if you eat too much.
Sam: What type of person should watch how much salt they eat?
Alex: Maybe someone whose doctor told them to.
Sam: How much protein, like in chicken or beans, should you eat?
Alex: Some every day!
Sam: Why is it good to eat foods with fiber, like apples?
Alex: It helps your stomach feel good.
(Suddenly, Alex starts coughing)
Sam: Alex, you've been coughing a lot. You should see the nurse.
Alex: *(goes to Nurse Taylor)* Hello, Nurse Taylor.
Taylor: Hello, Alex. What seems to be the problem?
Alex: I've been coughing a lot.
Taylor: Anything else?
Alex: Yes, my throat has been hurting too.
Taylor: It sounds like you might have a cold. Drink lots of water and rest. If you feel worse tomorrow, tell your teacher.
Alex: Thanks, Nurse Taylor.
Sam: Feel better, Alex! Now we have a great plan for our booth: healthy teeth, exercises, and good snacks!

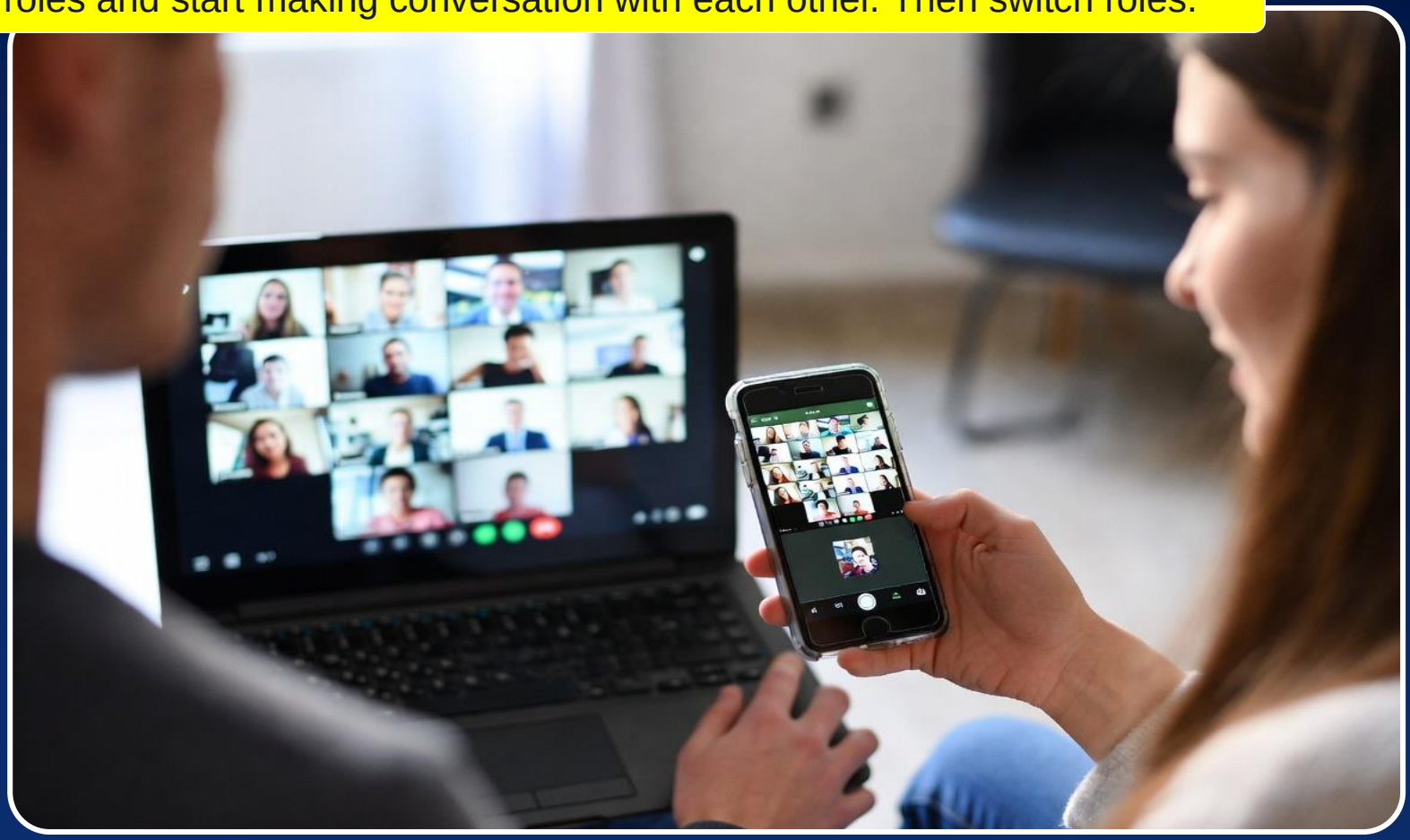
Select groups to read the conversation.

In groups

Language Center

www.afaq-lc.com

Take roles and start making conversation with each other. Then switch roles.



[Approx. 6 mins]

Put the Ss in breakout rooms and have them perform the conversation based on the scenario. All the roles must be switched among them.

Class Sharing

Language Center

www.afaq-lc.com

[Approx. 10 mins]



Ask all the groups to quickly share in class.