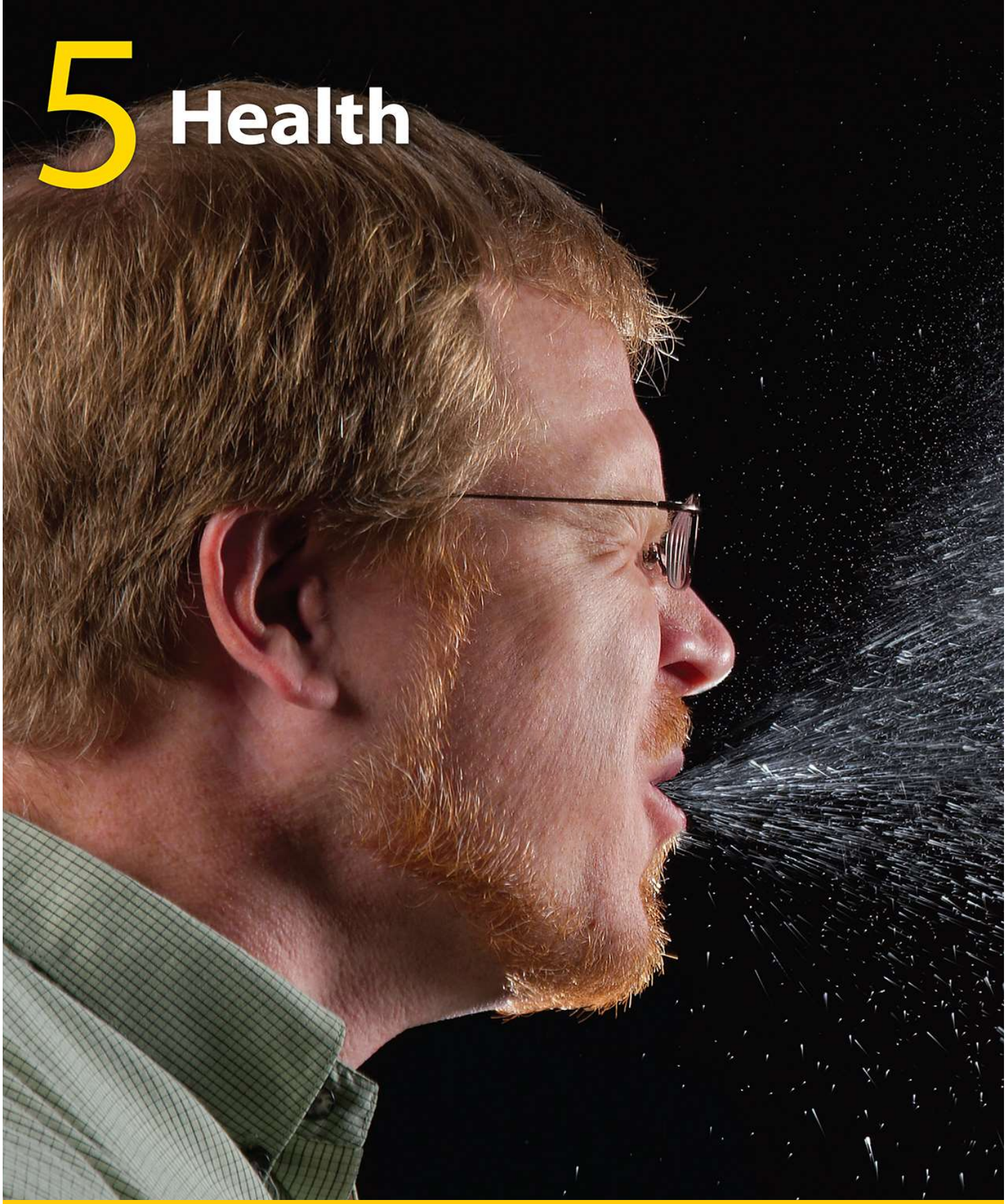
5 Health





UNIT OUTCOMES

- Identify health habits
- Describe symptoms
- Interpret doctors' instructions
- Interpret nutrition information
- Research health insurance
- Explore careers in the medical field

Look at the photo and answer the questions.

1. Why do people sneeze?
2. Why is being exposed to a sneeze problematic?
3. What can you do to avoid the problem?

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LESSON 1

Health Habits

GOAL ▸ Identify health habits

A **What are these people doing? Which activities are healthy? Which activities are unhealthy? Make two lists below.**











Healthy Habits	Unhealthy Habits

B **Can you think of other healthy and unhealthy habits? Add them to your lists.**

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C **CLASSIFY** **Look at each health habit in the chart below and decide if it is healthy or unhealthy. Mark (✓) the correct column.**

Health Habit	Healthy	Unhealthy
watching a lot of TV		
doing puzzles		
drinking too much alcohol		
drinking water		
eating fruits and vegetables		
eating junk food		
lifting weights		
meditating		
playing sports		
reading		
sleeping		
smoking		
spending time with friends and family		
taking drugs		
walking		

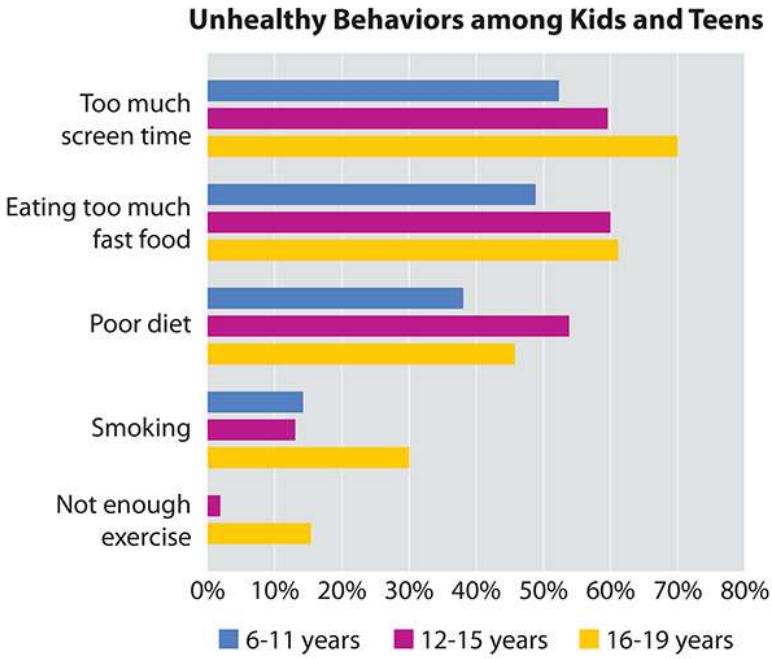
D **Two different aspects of a healthy person are mental and physical health. Mental health is anything related to your mind and psychological well-being. Physical health is anything related to your body, both fitness and nutrition.**

Look at the health habits you checked as healthy in the chart in C. Decide whether they benefit your mental or your physical health and write them in the correct column.

Mental Health	Physical Health
doing puzzles	

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E **INTERPRET** **The bar graph represents the results of a study conducted by the Children's Hospital of Philadelphia. Interpret the graph and answer the questions.**



1. What percentage of 16- to 19-year-olds have a poor diet?
   _____
2. What percentage of 12- to 15-year-olds spend too much time on the computer?
   _____
3. Which age group exercises the least? _____
4. Which two age groups are almost tied in eating too much fast food?
   _____
5. What unhealthy habit is more common among teens ages 16 to 19 years old? _____

How to Calculate Percentage

1. First, find out the total number of students in your class.
2. Then divide the total number of students into the number of students who answered the question *yes*.

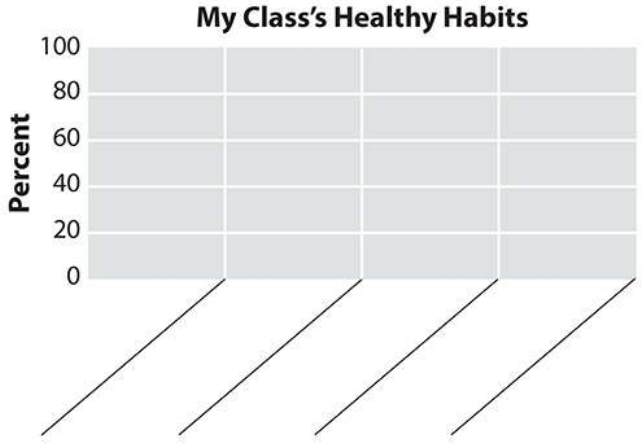
   EXAMPLE: In a class of 25 students, 15 students exercise.

$$25\overline{)15.00}\quad .60$$
$$15.00$$
$$0$$

3. Move the decimal two places to the right to get the percentage.

$$.60 = 60\%$$

F **GRAPH** **In a group, list four healthy habits. Take a poll in your class to see who practices these healthy habits. Make a bar graph of your findings.**



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LESSON 2

What's the Problem?

GOAL ▶ Describe symptoms

A **PREDICT** **Look at the photo. Who are the people in the picture? What are they saying? Read the conversation.**



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.

B **Practice the conversation with a partner. Then practice the conversation a few more times, replacing the underlined parts with the information in this chart.**

Symptom 1	Symptom 2	Diagnosis
1. I've been blowing my nose a lot.	My body has been aching.	a common cold
2. My leg's been hurting.	I haven't been walking properly.	a muscle spasm
3. I've been throwing up.	I've been feeling faint and dizzy.	the flu

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C Study the chart with your teacher.

Present Perfect Continuous	
Example	**Form**
I **have been resting** for three hours.	Affirmative sentence: *has / have* + *been* + present participle
He **hasn't been sleeping** well recently.	Negative sentence: *has / have* + *not* + *been* + present participle
How long **has your stomach been hurting**?	Question: *has / have* + subject + *been* + present participle

Uses

- To emphasize an action that started in the past and is still in progress. Example: I **have been taking** my vitamins.
- To emphasize the duration of an action or habit that started in the past and continues in the present. Example: She **has been sleeping** since 10 p.m. / I **have been taking** this medicine for three days.
- With some verbs (*work, live, teach*), there is no difference in meaning between the present perfect and the present perfect continuous. Example: They **have lived / have been living** here since 2010.

Note: Some verbs are not usually used in the continuous form. These include *be, believe, hate, know, like,* and *want*.

D Complete the sentences using the present perfect continuous form of the verb in parentheses and suitable time expressions.

Time

for + period of time	*since* + point in time
two weeks	Tuesday
five days	5:30 p.m.
a month	2014
a long time	last night
a while	I was a child

1. We *have been going* (go) to our family doctor for *a long time*.
2. The kids _____ (sleep) since _____.
3. The couple _____ (practice) medicine in Mexico for _____.
4. I _____ (work) at the same hospital for _____.
5. How long _____ (you, study) to be an optometrist?
6. Satomi _____ (not / feel well) since _____.
7. The boy _____ (cough) since _____.
8. Enrico _____ (take) his medicine for _____.
9. Aimee _____ (think) about changing doctors for _____.
10. They _____ (go) to the gym together for _____.

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E **Review the present perfect with your teacher.**

Present Perfect	
Example	**Form**
He **has seen** the doctor. I **have hurt** my knee four times in my life.	Affirmative sentence: *has / have* + past participle
They **haven't been** to the hospital to see her.	Negative sentence: *has / have* + *not* + past participle OR *has / have* + *never* + past participle
Have you **taken** your medicine?	Question: *has / have* + subject + past participle
Uses • When something happened (or didn't happen) at an unspecified time in the past. Example: She **has never broken** her arm. • When something happened more than once in the past (and could possibly happen again in the future). Example: I **have hurt** my knee four times in my life. • When something started at a specific time in the past and continues in the present. Example: I **have worked** in this hospital for ten years.	

F **Write the present perfect or the present perfect continuous form of the verbs in parentheses. In some sentences, you will also need to decide if *for* or *since* should be used. Then listen and check your answers.**

1. They _____ (be) to their new doctor several times.
2. Marco _____ (have) asthma _____ 2015.
3. She _____ (give) me a lot of help _____ I moved here.
4. I _____ (not / see) the dentist _____ a year.
5. _____ (you / see) the new hospital downtown?
6. _____ (you / wait) _____ a long time?
7. Santiago _____ (miss) two appointments this week.
8. We _____ (cook) _____ three hours.
9. He _____ (not / see) her _____ she was a child.
10. How long _____ (you / know) Maria?

G **DEMONSTRATE** **Work in pairs. Ask and answer questions beginning with *How long*. Use the present perfect or present perfect continuous.**

EXAMPLE: How long have you been going to the same doctor?
I have had a headache since Saturday.

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LESSON 3

What Did She Say?

GOAL ▶ Interpret doctors' instructions

A **SEQUENCE** **Look at the picture. What are the people talking about? What do you think they are saying? Listen and number the things the doctor told Rosa about her health in the correct order (1–5).**



_____ "I can give you some more tests."

_____ "The most important thing is to stay active."

_____ "You'll have to wait two weeks."

_____ "If you start exercising more, your cholesterol level should go down."

_____ "If you don't stop eating junk food, you will have serious health problems."

B **Listen to Rosa reporting her conversation to her friend. Fill in the missing words.**

1. He said he *would* give *me* some more tests.
2. The doctor told me the most important thing _____ to stay active.
3. He told me if _____ _____ exercising more, _____ cholesterol should go down.
4. He said if _____ _____ stop eating junk food, _____ _____ have serious health problems.
5. He said _____ _____ to go back in two weeks.

C **What differences do you notice between the sentences in A and B? Study the chart with your teacher.**

Direct Speech	Indirect Speech	Rule
"You have to exercise more."	The doctor *explained* (that) *I had* to exercise more.	• Change pronoun. • Change simple present to simple past.
"The most important thing is your health."	The doctor *said* (that) the most important thing *was* my health.	

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D **Match the kinds of doctors with the type of treatment they provide.**

chiropractor	dentist	obstetrician	pediatrician	podiatrist



_____



_____



_____



_____



_____

E **RESTATE** **Read the statements and decide what kind of doctor said each one. Use indirect speech to tell your partner what each doctor said.**

"Your child is in perfect health!"

The pediatrician said my child was in perfect health.

Indirect Speech Verbs

announced	stated
answered	said
complained	explained
replied	agreed

1. "You need to brush your gums and floss your teeth every day."
2. "Your children are eating too many sweets and sugary foods. They have to eat more fruits and vegetables."
3. "It is a good idea to go to prenatal classes for at least three weeks."
4. "The shoes you are wearing aren't good for your feet."
5. "You have to bend your knees to lift heavy objects."
6. "You need to make an appointment to have your teeth cleaned."
7. "You need to make sure you take your vitamins every day."

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F **Study the chart.**

Direct Speech	Indirect Speech
I want to lose weight. Your test results are negative.	I told *you* (that) I wanted to lose weight. He told *me* (that) my test results were negative.
It is important to check your heart rate. I feel sick.	My personal trainer said (that) it was important to check my heart rate. She complained (that) she felt sick.
• Some verbs are usually followed by an indirect object or pronoun. (*tell, assure, advise, notify, promise, remind, teach, warn*) • Some verbs are not followed by an indirect object or pronoun. (*say, agree, announce, answer, complain, explain, reply, state*)	

G **Rewrite each quote using indirect speech with the subject and verb in parentheses.**

1. "You need to walk for 30 minutes every day." (the doctor, remind)

   The doctor reminded me that I needed to walk for 30 minutes every day.

2. "He needs to stop smoking." (the cardiologist, warn)

   _____

3. "You have a very balanced diet." (the nutritionist, assure)

   _____

4. "She is very healthy." (the pediatrician, agree)

   _____

5. "You eat too much junk food." (the doctor, explain)

   _____

6. "I read nutrition labels for every food I eat." (I, tell, the doctor)

   _____

7. "We want to start exercising together." (our parents, announce)

   _____

H **RETELL** **Think of a conversation you had with a doctor or someone else about your health. Tell your partner what the person said to you.**

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LESSON 4

Nutrition Labels

GOAL ▶ Interpret nutrition information

A **Do you read the nutrition labels on the food that you buy? What do you look for? Why?**

B **SCAN** **Scan the nutrition label and answer the questions.**

1. How much protein is in one serving of this product?

   _____

2. How many calories are in one serving of this product?

   _____

3. What vitamins and / or minerals does this product contain?

   _____ _____

   _____ _____

   _____ _____

   _____ _____

4. How many carbohydrates are in one serving of this product? _____

5. How much fat is in one serving of this product?

   _____

6. How much fat is saturated? _____

7. How much of this product is one serving?

   _____

8. How many servings are in the box? _____

Fusilli no. 34

Nutrition Facts

8 servings per container

Serving size 3/4 cup (56g) dry

Amount per serving

Calories **200**

	% Dailly Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 0mg	**0%**
Total Carbohydrate 40g	**15%**
Dietary Fiber 2g	**6%**
Total Sugars 2g	
Includes 0g Added Sugars	**0%**
Protein 8g	**16%**
Vitamin D 0mcg	0%
Calcium 15mg	0%
Iron 1,7mg	10%
Potassium 139mg	4%
Thiamin 0,5mg	45%
Riboflavin 0,2mg	20%
Niacin 3,5mg	25%
Folate 186mcg DFE (111mcg folic acid)	50%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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C **MATCH** **These words and phrases can be found on a nutrition label. (See the highlighted words on the nutrition label in B.) Write the correct letter next to each definition. Use each letter only once.**

a. saturated fat	b. sodium	c. calories
d. carbohydrates	e. serving size	f. protein
g. cholesterol	h. vitamins	i. fiber

_____ 1. This is the amount of food that a person typically eats at one time.

_____ 2. This is the amount of energy supplied by a kind of food.

_____ 3. This is a type of fat. It can contribute to heart disease.

_____ 4. This component of food is not digested, but it aids digestion.

_____ 5. This indicates the salt content of food.

_____ 6. This helps to build and repair muscles. It is found mainly in meat, fish, eggs, beans, and cheese.

_____ 7. These are the best source of energy and can be found in breads, grains, fruits, and vegetables.

_____ 8. Eating too much of this can cause you to have heart disease and to be overweight.

_____ 9. These nutrients are found in food and help to keep your body healthy.

D **How much do you know about the nutrients on food labels? Discuss the questions in a small group.**

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

Life ONLINE

There are many free apps where you can input your meals and calculate the nutritional information. These apps are a great way to make sure you aren't eating too much sodium or sugar, for example.

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E **Listen and read the information about food labels.**

Reading Nutritional Information on Food Packaging

Understanding the food label on packaged foods can help you build better eating habits. Here are the basics you'll find on a food label and how you can use the information to improve your diet.

1. Serving Size The serving size is based on the amount that people typically eat and drink, not how much people *should* eat. The information on the rest of the label is based on data for one serving. Remember, a package may contain more than one serving.

2. Calories This tells you how many calories are in one serving. The number of calories from fat tells you how many of those calories come from fat. Try to find foods with low amounts of calories from fat.

3. Fat This is where you look if you are counting fat grams. Total fat is important to watch, but saturated fat is particularly bad for you. Saturated fat raises your blood cholesterol level, which could lead to heart trouble. Trans fats are created by adding hydrogen to vegetable oils to give them a longer shelf life. They may increase your risk of heart disease.

4. Cholesterol Along with the saturated-fat information, cholesterol amounts are important for anyone concerned about heart disease. High levels of cholesterol can lead to serious heart problems later in life.

5. Sodium Sodium (or salt) levels are important to monitor if you have high blood pressure. Too much sodium in your diet can also lead to heart disease and stroke.

6. Carbohydrates These fit into two categories—complex carbohydrates (dietary fiber) and simple carbohydrates (sugars). You want to eat more complex carbohydrates and fewer simple carbohydrates. Diets high in complex carbohydrates have been shown to fight cancer and heart disease. Simple carbohydrates are good for energy, but if you eat too many of them, you can gain weight and increase your risk of cancer.

7. Fiber Fiber consists of complex carbohydrates that cannot be absorbed by the body. It aids digestion and can help lower blood cholesterol. High-fiber foods include fruits, vegetables, brown rice, and whole-grain products.

8. Protein The food label doesn't specify a daily guideline for protein consumption because so much depends on individual needs. An athlete needs more than an office worker, but the amount of protein needed per day depends on the person's weight. The more you weigh, the more protein you need.

9. Vitamins and Minerals This list will show the nutrients required by the FDA and those that the company voluntarily shares.

10. Ingredients Ingredients are listed on food packaging by weight from the most to the least. This section can alert you to any ingredients you may want to avoid because of food allergies or medical conditions.

F **DEMONSTRATE** **How much do you know about nutrition now? Choose *True* or *False* for each statement.**

	True	False
1. Reading food labels can improve your eating habits.	☐	☐
2. Diets high in complex carbohydrates can help fight cancer and heart disease.	☐	☐
3. Saturated fat lowers your blood cholesterol level.	☐	☐
4. You should watch your sodium intake if you have high blood pressure.	☐	☐
5. A person who weighs 120 pounds needs more protein than a person who weighs 160 pounds.	☐	☐

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LESSON 5

Do You Want Dental Coverage?

GOAL ▶ Research health insurance

A **If you were looking for a good health insurance plan, what things would you look for? Choose the items that would be most important for you. Share your answers with the class.**

- ☐ dental coverage
- ☐ good choice of providers
- ☐ low copay
- ☐ low deductible
- ☐ low premium
- ☐ no referrals required
- ☐ prescription plan
- ☐ vision plan

B **HMO and PPO are two common types of insurance coverage. What do these two terms stand for?**

HMO: H_____ M_____ O_____

PPO: P_____ P_____ O_____

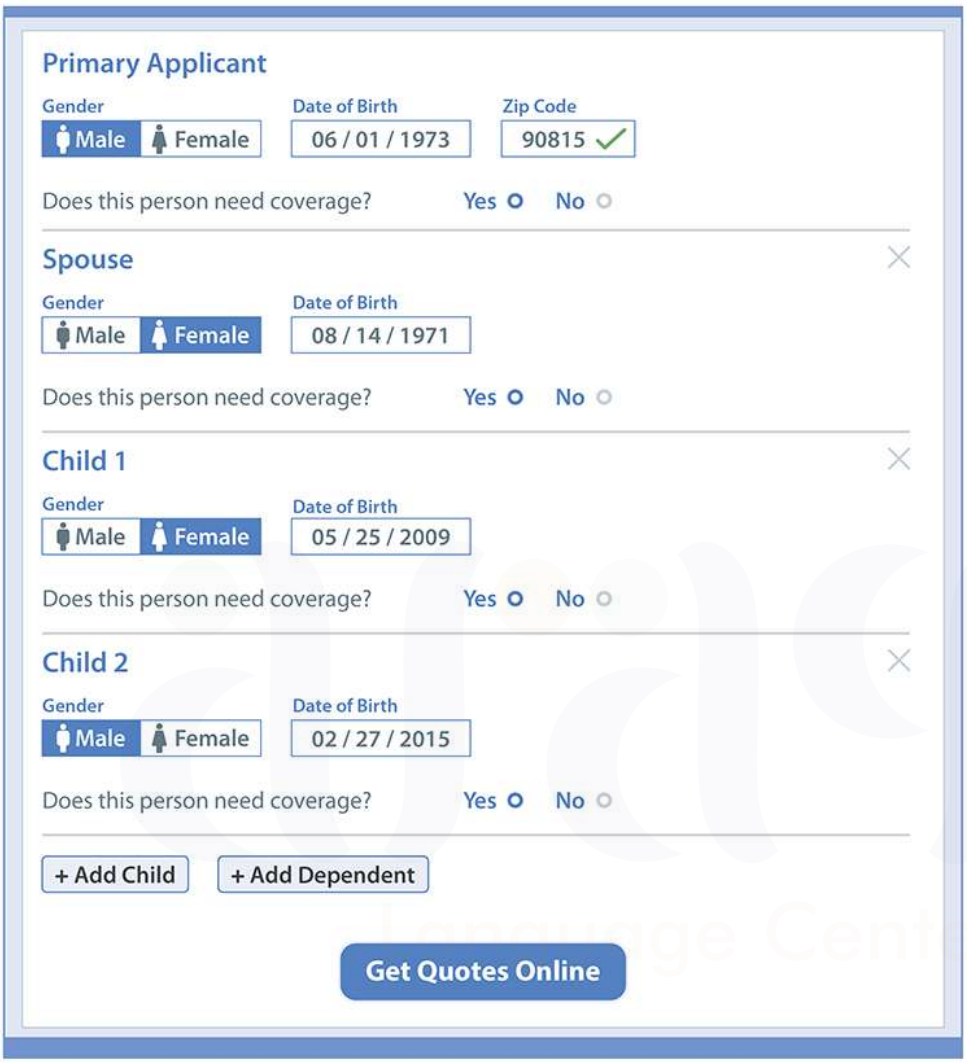
C **What are the differences between an *HMO* and *PPO*? Work in a small group and write *HMO* or *PPO* before each statement.**

1. _____ higher out-of-pocket expenses
2. _____ low or sometimes free copay
3. _____ you can see any doctor at any time
4. _____ you must choose one primary-care physician
5. _____ higher monthly premium
6. _____ lower monthly premium
7. _____ you must get a referral from your primary-care physician to see another doctor
8. _____ low or sometimes no out-of-pocket expenses

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D **You can get health insurance quotes by filling out an online form with some basic information. Look at the form and answer the questions.**

Life ONLINE



1. How many people are in this family?

   a. 2 b. 3 c. 4 d. It doesn't say.

2. How many people need coverage?

   a. 4 b. 3 c. 2 d. It doesn't say.

3. In what year was the woman born?

   a. 1973 b. 1971 c. 2009 d. It doesn't say.

4. What sexes are the children?

   a. two girls b. two boys c. one girl and one boy d. It doesn't say.

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E **Based on the information provided in the online form, these are the available plans.**



1. How many HMO plans are offered? How many PPO? _____
2. Which plan is the cheapest? The most expensive? _____

F **Read this plan information for Health Plus. What is a *deductible*? Discuss with your teacher and then complete the exercises.**

Free Preventive Care Annual checkup with your doctor Annual well woman checkup with your OB-GYN Other preventive screenings	**Doctor Visits** Primary care doctor (you pay $65) Urgent care (you pay $65) Specialist (you pay $50) Mental health (you pay $65) Lab tests (you pay $40)
Medical Deductible $6,300 You Pay 40% (after deductible is met) X-Rays Imaging (CT / PET scans, MRIs) Emergency room	 Emergency transportation Hospitalization Surgery

1. Highlight all the free services.
2. Mark (✓) the services that you pay a part of.
3. Underline the services that you have to pay for completely until you meet the deductible.
4. How much is the medical deductible? _____

G **Mila has Health Plus. Work with a small group to explain how much she would pay in this scenario.**

Mila has been putting off getting knee surgery but she can no longer walk so it is time. The cost of the knee surgery is $20,000 but she has already used $4,000 of her deductible. About how much will the surgery cost her?

H **Find a website where you can compare health insurance plans. Fill out a basic form like the one in D, and see what results you get. Are the plans cheaper or more expensive than the ones in E?**

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LESSON 6

Explore the Workforce

GOAL ▶ Explore careers in the medical field

A **There are many medical careers that don't require a degree. Listen to a career counselor talk about different medical jobs and fill in the missing information.**

Medical Career	Average Salary	Duties
medical equipment repairer	_____/hour	1. Repairs medical equipment. 2. _____ 3. Performs regular maintenance.
_____	$18.59/hour	1. Prepares patient and necessary equipment so hygienist or dentist can work on patient. 2. Sterilizes instruments. 3. _____ 4. _____
phlebotomist	_____/hour	1. _____ 2. Prepares blood to be transported.
_____	_____/hour	1. _____ 2. Follows up to make sure payment is received on time.
_____	$23.80/hour	1. _____ 2. Provides assistance based on symptoms. 3. _____

B **Write the correct job title(s).**

1. Who makes more than $20 an hour?
2. Who drives a special vehicle?
3. Who takes x-rays?
4. Who maintains equipment?

C **Work with a partner. Practice asking and answering questions about the jobs in A.**

EXAMPLE:

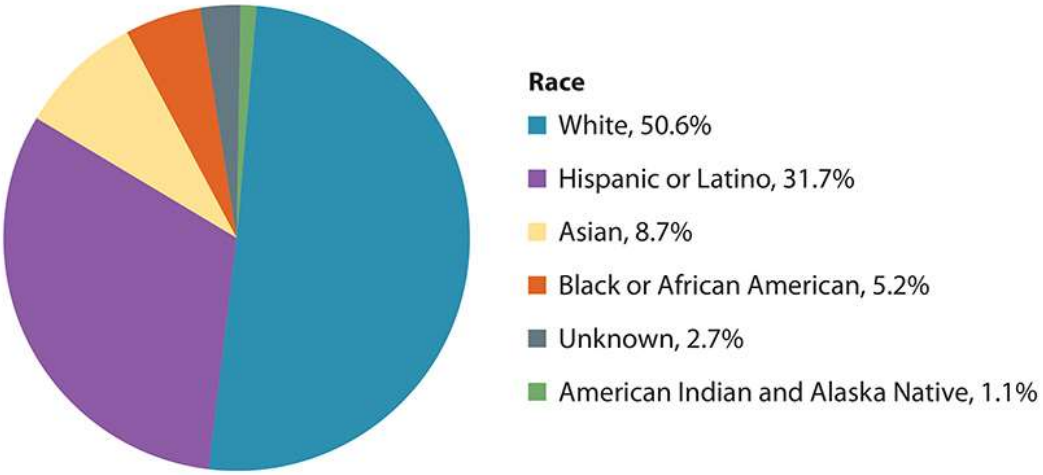
Student A: Who draws blood?

Student B: A phlebotomist.

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D **ANALYZE** **Look at the pie chart and answer the questions.**

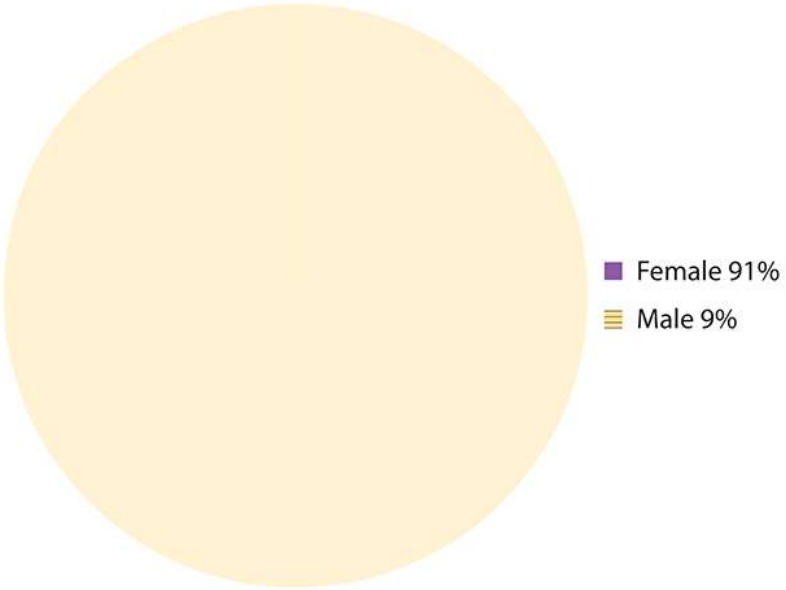
Registered Dental Assistant Demographics



1. Which race is least likely to be a dental assistant?
   a. Asian
   b. Hispanic or Latino
   c. Black or African American
   d. American Indian and Alaska Native
2. Which race makes up about 5% of the pie chart?
   a. Unknown
   b. Hispanic or Latino
   c. Black or African American
   d. American Indian and Alaska Native

E **GRAPH** **Complete the graph based on the data given. Use the pattern in the key for each category.**

Registered Dental Assistant Statistics by Gender



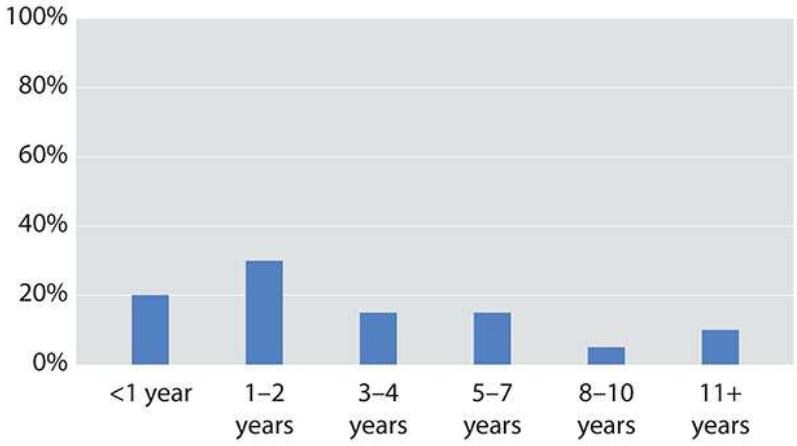
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F **Look at the bar graph. What do you think it represents? Choose the best title.**

a. The Average Age of Dental Assistants

b. The Average Number of Years That Dental Assistants Stay in a Job

c. The Number of Years A Person Has to Go to School before Becoming a Dental Assistant



G **INFER** **Why do you think most dental assistants only stay at their job for one to two years? Discuss with a partner and share your ideas with the class.**

H **RESEARCH** **There are other medical careers that don't require a degree. Research the following careers and fill in the table.**

Medical Career	Average Salary	Duties
medical assistant		
medical transcriptionist		
home health aide		
sonographer		
occupational therapy aide		

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Review

A **In your opinion, what are the three best health habits to have?**

1. _____
2. _____
3. _____

B **In your opinion, what are the three worst health habits to have?**

1. _____
2. _____
3. _____

C **Complete the sentences using the present perfect or present perfect continuous form of the verb in parentheses.**

1. I _____ (not / eat) meat for three years.
2. Camila _____ (go) to yoga classes since September.
3. Andres _____ (drink) two liters of water today.
4. I _____ (not / sleep) well recently.
5. I _____ (never / smoke) a cigarette.
6. Why _____ (you / choose) such a stressful job?
7. Marna _____ (cough) since last night.
8. We _____ (see) the same doctor for over ten years.
9. My father _____ (have) diabetes since he was a child.
10. The children _____ (not / brush) their teeth very well.

Learner Log

I can identify health habits.
☐ Yes ☐ No ☐ Maybe

I can describe symptoms.
☐ Yes ☐ No ☐ Maybe

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D **Write the type of doctor you would see if you were having problems with the following.**

1. feet _____
2. back _____
3. pregnancy _____
4. baby's ears _____
5. teeth _____

E **Change the sentences from direct speech to indirect speech.**

1. "My daughter is sick."

   Romero said that _____.

2. "You have to go to the hospital right away."

   Luis and Avinash told me _____.

3. "They don't have time to go out."

   Hanif said _____.

4. "You need to take the medicine on an empty stomach."

   The doctor explained that _____.

5. "Your son is eating too much sugar."

   The pediatrician said _____.

6. "My back has been hurting for two months."

   I told the chiropractor _____.

7. "You need to take your prenatal vitamins every day."

   The obstetrician told me _____.

8. "Your husband needs to stay off his feet for a few hours a day."

   The podiatrist warned me _____.

Learner Log

I can interpret doctors' instructions.

☐ Yes ☐ No ☐ Maybe

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Review

F **Match the descriptions to the nutrition items.**

_____ 1. calories	a. listed on a food label by weight
_____ 2. carbohydrates	b. complex carbohydrates that cannot be absorbed by the body
_____ 3. cholesterol	c. salt
_____ 4. saturated fat	d. dietary fiber and sugar
_____ 5. fiber	e. try to get the recommended amount of these
_____ 6. ingredients	f. energy supplied by food
_____ 7. protein	g. a type of fat that can contribute to heart disease
_____ 8. serving size	h. the amount of food a person eats at one time
_____ 9. sodium	i. helps build and repair muscles
_____ 10. vitamins	j. too much of this could lead to heart disease

G **What is most important to you when looking for health insurance? Make a list.**

_____

_____

_____

_____

H **Look back at Lesson 3 of the Pre-Unit. Complete as much of the chart as you can with words from this unit. Then complete the word families using your dictionary.**

Noun	Verb	Adjective	Adverb
	advise		
insurance			—
	—	habitual	
medicine			

Look in your dictionary and see if any new words you have written have other "family members." If they do, add them to your dictionary.

Learner Log

I can interpret nutrition information. ☐ Yes ☐ No ☐ Maybe

I can research health insurance. ☐ Yes ☐ No ☐ Maybe

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Create a Community Health Pamphlet

SOFT SKILL ▶ Collaboration

In a team, you will create a pamphlet to distribute to the community about good health practices.

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

Position	Job Description	Student Name
Student 1: **Team Leader**	Check that everyone speaks English and participates.	
Student 2: **Writer**	Take notes and write information for pamphlet.	
Student 3: **Designer**	Design and add art to pamphlet.	
Students 4/5: **Spokespeople**	Prepare the team for presentation. Present pamphlet to the class.	

2. In your group, decide what information should go in your pamphlet, such as good health habits, types of doctors, nutrition, insurance information, and so on.
3. Write the text and decide on the visuals for your pamphlet.
4. Put your pamphlet together.
5. Present your pamphlet to the class.

COLLABORATION:

Time Management

When working on a project with a time limit, it is important to manage your time carefully. First, write all the steps you need to do and allocate a certain amount of time to each step. (Remember, some steps can be happening at the same time if different people are working on them.) Then see if that fits within the time given by your teacher. Make sure someone in your group is keeping track of the time so you can fit everything in.

For example:

Total Time Given: 90 minutes

1. Brainstorm information for pamphlet. (15 minutes)
2. Write the text for the pamphlet. Create art for the pamphlet. (30–45 minutes)
3. Put the pamphlet together. (5–10 minutes)
4. Practice presenting the pamphlet. (15–20 minutes)

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Reading Challenge

A **Can you think of any strange health advice that you heard when you were young? For example, "Don't go swimming right after you eat." Discuss and make a list with your class.**

1. _____

2. _____

3. _____

B **Look back at what you wrote in A and write a sentence that supports each of those pieces of advice.**

Example: You shouldn't swim after you eat because the physical activity could give you a stomachache.

1. _____

2. _____

3. _____

C **Before you read, look at the bold sentences in *Strange Health Habits*. Mark the habits you have heard before.**

D **Read the article *Strange Health Habits*.**

E **Choose the best answer.**

1. If you want to eat more calories to lose weight, which foods should you eat?

   a. foods with fat, such as cheese and avocados

   b. foods that are high in carbohydrates

   c. foods that are high in protein, such as chicken and red meat

   d. both a and c

2. Why will drinking a cup of coffee before a nap increase your energy?

   a. caffeine increases adenosine

   b. coffee helps you sleep better

   c. caffeine blocks adenosine in the brain

   d. napping gives you energy

F **Research one of these unusual health habits. On a separate piece of paper, write a short paragraph about why it works.**

Take freezing showers. Walk barefoot. Shop on a full stomach.

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Strange Health Habits

1. Have a hot drink to help you cool off

Some people drink hot tea in hot weather. It sounds crazy, but according to a study, a hot drink on a hot day will cool you off faster than a cold drink. Why? When you have a hot drink, your body sweats more. When the sweat evaporates, it cools you off naturally.

2. Gain muscle if you want to wear a smaller size

A pound of muscle weighs the same as a pound of fat, but muscle takes up less space than fat. So, if you gain muscle and lose fat, you can fit into smaller clothes. Therefore, a muscular person who weighs the same as a chubbier person will most likely fit into a smaller pair of jeans.

3. Don't brush your teeth immediately after eating

We are told to brush our teeth after every meal, right? Apparently, it's better not to brush your teeth immediately after you eat and drink, especially if your meal had a lot of acid, such as citrus fruits, tomatoes, and fizzy drinks. Brushing right away can cause the acid from these foods and drinks to damage the tooth enamel and the layer underneath, so it is best to wait at least thirty to sixty minutes before brushing.

4. Eat more calories to lose weight

Eat more food and lose weight? Carbohydrates tend to increase your blood sugar, making you hungrier than before you started eating. But if you eat protein and fats such as meat, cheese and avocado, although you will be eating more calories, you will get full more quickly and stay satisfied longer. This will make you eat fewer calories overall.

5. Exercise to increase your energy levels

After a long day at work or school, exercise is probably the last thing you want to do. But moving can actually give you energy. Exercising increases the amount of oxygen in your cells, which energizes them. So, the next time you are feeling sluggish, go out for a walk or run to get more energy.

6. Drink coffee and take a nap to feel more alert

In a study, participants who drank one to two cups of coffee before a 20-minute nap felt more alert and performed better on a computer test than people who didn't have coffee. Why is this? Caffeine prevents brain cells from identifying a compound called adenosine. Adenosine slows down nerve cells' activity, making us tired. Caffeine causes the nerve cells to speed up, instead of slowing down. So, a short nap after having coffee makes us more alert.



A group of friends exercising in a park

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