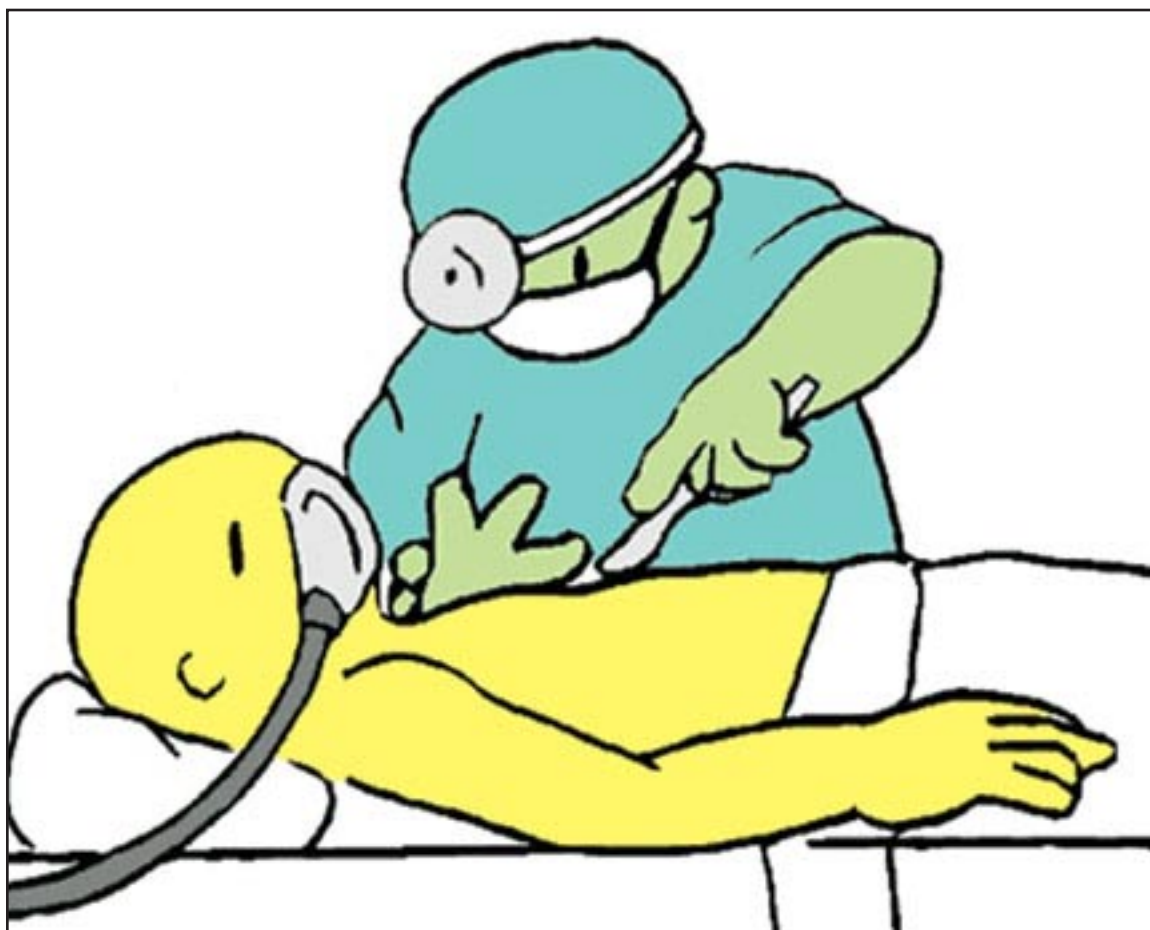


# Theme-Based Lessons

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## Health





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### HEALTH: Group Work – Discussion

A. Discuss the following questions with your classmates:

1. Is health care free in your country?
2. Is medicine free?
3. Do doctors make house calls?
4. Have you ever been seriously ill? If so, with what?
5. How often do you have a regular check-up?
6. Have you ever had an operation?
7. Have you ever been in the hospital?
8. Are you allergic to anything?
9. Have you had an x-ray recently?
10. Have you ever broken a bone and worn a cast?
11. Are drugstores very different in your country than they are here?
12. List three different contagious diseases. What are the symptoms of these?

B. There may be different treatments or remedies for some health problems in different countries. How do you usually treat the following problems?

*Ex. What do you do when you have a cold? When I have a cold, I ...*

Health Problem	Name/Country – 1	Name/Country - 2	Name/Country – 3
Cold			
Headache			
Hiccups			
Toothache			
Minor aches			



### Vocabulary Worksheet #1 - Parts of the Body

**A. Odd One Out** - Three out of the four words in each line belong together. Underline the word that does not fit. Explain why the word does not belong.  
Ex. eye - nose - lips - finger - It's not part of the face.

1. ankle - toe - heel - thumb \_\_\_\_\_
2. shoulder - knee - wrist - elbow \_\_\_\_\_
3. heart - lungs - hip - kidneys \_\_\_\_\_
4. chin - calf - ears - neck \_\_\_\_\_
5. palm - tongue - thumb - fingernail \_\_\_\_\_
6. brow - lash - knuckle - eye \_\_\_\_\_
7. moustache - beard - eyebrow - nail \_\_\_\_\_
8. thigh - shoulder - calf - knee \_\_\_\_\_
9. liver - neck - kidney - stomach \_\_\_\_\_
10. lip - tongue - cheek - teeth \_\_\_\_\_

**B. Name the Body Part** (There may be more than one correct answer.)

Ex. These are used for walking. legs or feet

1. This is used to smell. \_\_\_\_\_
2. These are used to chew. \_\_\_\_\_
3. This is used to think. \_\_\_\_\_
4. This is facial hair on a man's cheeks and chin. \_\_\_\_\_
5. These are used to pick things up. \_\_\_\_\_
6. This is used when you swallow food. \_\_\_\_\_
7. This is hair over the lip. \_\_\_\_\_
8. This connects the head to the body. \_\_\_\_\_
9. This joint allows your arm to bend. \_\_\_\_\_
10. This joint connects your hand to your arm. \_\_\_\_\_
11. This joint connects your foot to your leg. \_\_\_\_\_
12. This joint allows your leg to bend. \_\_\_\_\_
13. This is used to talk. \_\_\_\_\_
14. This hurts if you have a bad cough. \_\_\_\_\_



## Reading – Going to the Doctor

A **general practitioner** or G.P. is also called a family doctor. He or she can **treat** most medical problems, but if the patient has a very serious condition, he/she will often **refer** the patient to a **specialist**. There are many kinds of medical specialists. For example, a **pediatrician** looks after children. A **gynecologist** specializes in women's medical conditions. An **obstetrician** cares for pregnant women and delivers babies. A **cardiologist** deals with heart problems. If you have a serious problem with your skin, you can see a **dermatologist**. **Surgeons** perform operations. A **psychiatrist** looks after people with mental and emotional problems. **Dentists** look after teeth and **optometrists** check your eyes to see if you need glasses. If you have a serious eye problem, you may have to see an **ophthalmologist**. There are many more kinds of doctors who specialize in different areas of the body. Your G.P. can determine if it is necessary to see one of these.

If you want to see your doctor, it is necessary to phone and make an appointment. The nurse or **receptionist** will ask you what the problem is and may ask you to describe your **symptoms** before she gives you an appointment. If you have an appointment with a doctor and cannot make it, you must call and **cancel**. If you call the doctor's office and it is closed, there will be an answering service to take your call. If your problem is serious, the doctor will call you back. If he/she is not available, another doctor will be "**on call**". Nowadays, **walk-in clinics** are becoming very popular. You do not need an appointment to see a doctor in these clinics. Many people use these for minor problems, particularly on weekends or evenings when their regular doctor's office is closed. If you have a very serious medical problem, you can go directly to the **emergency department** of your nearest hospital or call an **ambulance**.

**Comprehension** - Practice asking and answering the questions with your partner. Then write the answers in the spaces provided.

1. What does a G.P. do? \_\_\_\_\_
2. What can a G.P. do if his/her patient has a serious medical problem?  
\_\_\_\_\_
3. When you phone to make a doctor's appointment, what will the nurse or receptionist ask you? \_\_\_\_\_
4. What will happen if you call the doctor and the office is closed?  
\_\_\_\_\_
5. What is a walk-in clinic? \_\_\_\_\_



### Vocabulary Worksheet #2

#### A. Match the words on the left with the correct meaning on the right.

- |                         |  |
|-------------------------|--|
| _____ 1. G.P.           | a. a person who checks your eyes                                 |
| _____ 2. treat          | b. a doctor who performs operations                              |
| _____ 3. refer          | c. an emergency vehicle (car)                                    |
| _____ 4. pediatrician   | d. a family doctor   |
| _____ 5. obstetrician   | e. a heart specialist  |
| _____ 6. psychiatrist   | f. a person who answers the phone and greets people in an office |
| _____ 7. symptoms       | g. give medical care   |
| _____ 8. receptionist   | h. a skin doctor   |
| _____ 9. ambulance      | i. a doctor who specializes in children                          |
| _____ 10. optometrist   | j. tell about  |
| _____ 11. cardiologist  | k. a doctor who delivers babies                                  |
| _____ 12. dermatologist | l. conditions of an illness                                      |
| _____ 13. surgeon       | m. send you to someone   |
| _____ 14. describe      | n. a doctor who specializes in mental illness                    |

#### B. Match the sentences on the left with the correct follow-up sentence on the right.

- |  |  |
|--|--|
| <u>d</u> _____ 1. He has a toothache.        | a. He needs to see a psychiatrist.           |
| _____ 2. He has a broken leg.                | b. The surgery will be next month.           |
| _____ 3. I have a bad headache.              | c. The dermatologist gave me some cream.     |
| _____ 4. She's pregnant.                     | d. He's going to the dentist                 |
| _____ 5. He needs glasses.                   | e. You should put some ice on it.            |
| _____ 6. I think he's having a heart attack. | f. He has a cast and crutches.               |
| _____ 7. He is very depressed.               | g. She goes to the obstetrician every month. |
| _____ 8. This rash is quite bad.             | h. I need to take some aspirin.              |
| _____ 9. He's going to have an operation.    | i. The optometrist gave him a prescription.  |
| _____ 10. Your lip is swollen.               | j. I'm going to call an ambulance.           |



## Reading #2 – Drugstores and Medicines

Drugstores in this country may be very different from pharmacies in your country; drugstores here usually sell many things besides drugs. You can find paper products such as Kleenex and toilet paper, as well as soaps, hair products and toothpaste. Most drugstores also carry greeting cards, wrapping paper, books, magazines, school supplies, chocolates and candies. Many North American drugstores also sell cosmetics and toys. In fact, up until very recently, most drugstores even sold cigarettes!

Of course, the most important product in the drugstore is medicine. There are two basic kinds of medicines: prescription drugs and non-prescription drugs, which are also called “over-the-counter” drugs. Prescription drugs are stronger than non-prescription drugs. To buy prescription drugs, you must have an order or prescription from your doctor. Sleeping pills and antibiotics such as penicillin require a prescription. Pharmacies also carry many non-prescription medicines such as aspirin, cough and cold remedies, ointments and creams for rashes and sore muscles.

### There are many things to remember when taking any kind of drugs:

1. Always read the label and instructions on the bottle.
2. Never exceed the recommended dosage. (Never take more medicine than the label says. Never take the medicine more often than the label says.)
3. Many drugs have side effects. This means that the medicine will help treat your illness, but may give you other problems. Some drugs make you drowsy (tired) and you should not drive a car when taking this kind of medicine. Other drugs may make you nauseated (sick to your stomach).
4. Never give your prescription drugs to someone else and never take someone else's.
5. Always keep drugs in a safe place where children cannot get them.
6. Don't keep old medicine in the house after the expiry date. Get rid of it.

<b>ACTION</b> <b>Extra Strength Pain Relief</b>
For fast relief of headache pain, muscular aches and pains, aches and fever due to colds and flu, and minor aches and pains of arthritis.
<b>Dosage:</b> adults (12 years and older): 1-2 tablets every 4 hours as required. It is dangerous to exceed 8 tablets per day. Consult a physician if symptoms persist.

<b>COMFORT</b> <b>Cold Tablets</b>
Relieves nasal congestion, runny nose, watery eyes, and sneezing due to common colds.
<b>Dosage:</b> Adults - 2 pills to start, followed by 1 every 4 hours. Do not exceed 8 pills in 24 hours. (Children 6-12, use adult dose)
<b>Caution:</b> May cause drowsiness.





### Drugstores and Medicines – Review

#### A. Fill in the blanks with the correct word or expression.

1. A doctor's order for medicine is called a \_\_\_\_\_.
2. There are two basic kinds of medicines, \_\_\_\_\_ drugs and \_\_\_\_\_ drugs. \_\_\_\_\_ drugs are stronger and you need a doctor's order to buy them.
3. Penicillin is an example of a \_\_\_\_\_ drug.
4. You should always read the \_\_\_\_\_ and instructions on the outside of the medicine bottle.
5. Aspirin is an example of a \_\_\_\_\_ drug.
6. Some drugs have \_\_\_\_\_. This means that the medicine will help you, but may also give you other problems. Some drugs make you \_\_\_\_\_ (tired), so you should not drive a car when taking this medicine.
7. You should always keep drugs in a \_\_\_\_\_ place where children cannot reach them.
8. Don't keep old medicine in the house after the \_\_\_\_\_ date. Get rid of it.

#### B. Read and discuss the labels on the previous page.

1. What is each medication for?
2. How much medication can be taken in a 24 hour period?
3. What is the dosage for adults and children?
4. Are there any warnings?

#### C. Match the words on the left with the correct meaning on the right.

- |                     |  |
|---------------------|--|
| _____ 1. physician  | a. stuffed up feeling                      |
| _____ 2. exceed     | b. continue                                |
| _____ 3. symptoms   | c. tired                                   |
| _____ 4. persist    | d. doctor                                  |
| _____ 5. due to     | e. paper which identifies something        |
| _____ 6. dosage     | f. be more than                            |
| _____ 7. label      | g. sick to the stomach, feel like vomiting |
| _____ 8. relief     | h. because of                              |
| _____ 9. congestion | i. conditions of an illness                |
| _____ 10. drowsy    | j. making better, removal of pain          |
| _____ 11. nauseated | k. amount of medication to take            |





### Health Vocabulary – Worksheet #3

**Fill in the blanks with the correct word or expression from the list below.**

fever - sore throat - scratch - chills - dizzy - diarrhea - swollen - allergic - faint  
nauseated - vomit - sneeze - contagious - rash - bruise - runny - itchy - hangover

1. When I have a cold, I have a \_\_\_\_\_ nose and I \_\_\_\_\_ a lot.
2. Anne is \_\_\_\_\_ to some antibiotics. When she takes penicillin, her face becomes swollen.
3. Betty fell down when she was skating. She has a big, purple \_\_\_\_\_ on her leg.
4. I have a \_\_\_\_\_. It hurts when I swallow.
5. I can't get warm. I am shivering. I have the \_\_\_\_\_.
6. I have a stomachache and the runs. I have \_\_\_\_\_.
7. She hasn't eaten for two days. If she doesn't eat something soon, she is going to \_\_\_\_\_.
8. A mosquito bite is very \_\_\_\_\_.
9. Her temperature is 40 degrees C. She has a high \_\_\_\_\_.
10. When children have chicken pox, they want to \_\_\_\_\_ their skin because it is very itchy.
11. John twisted his ankle last week. It is still badly \_\_\_\_\_. It is twice as big as normal.
12. Cancer is not a \_\_\_\_\_ disease, but influenza is.
13. Yesterday he wore a woolen sweater. Now he has a \_\_\_\_\_ all over his chest. He is probably allergic to wool.
14. He had too much wine to drink. He feels very \_\_\_\_\_. The room is spinning. Tomorrow he will probably have a \_\_\_\_\_.
15. She has an upset stomach. She can't keep her food down. She is going to \_\_\_\_\_ again. She has felt \_\_\_\_\_ all day.



### Group Interaction – Beginnings and Endings

**Directions for the teacher:** Cut up the following phrases, mix, and distribute one to each student in the class. Have them memorize their phrase, circulate around the class and try to find the classmate who has the other half. The two phrases should make a logical sentence. When they have found their partner, have them write the sentence on the board.

He needs an operation so .....

---

*his family doctor will refer him to a surgeon.*

---

He had a bad fall while he was skateboarding yesterday.....

---

*and now he has several big bruises on his arms and legs.*

---

Children should not go to school when they have the chicken pox....

---

*because it is a contagious disease.*

---

Mary can't come to see my new dog.....

---

*because she is allergic to animals.*

---



## Group Interaction – Beginnings and Endings (continued)

I'm sure he has a bad hangover this morning.....

---

*because he drank ten bottles of beer last night.*

---

When you call to make a doctor's appointment....

---

*the nurse will ask you to describe your symptoms.*

---

She can't stop scratching because.....

---

*she has an itchy rash all over her body.*

---

I think she has the flu because.....

---

*she has a fever, the chills and a sore throat.*

---

He can't put on his shoe because.....

---

*his foot is still badly swollen.*

---

I advise you to quit smoking because....

---

*it is very bad for your health.*

---



### Teacher's Notes

These activities are designed for low-intermediate level adult ESL learners; however, with some modification, they may also be suitable for upper-beginner through upper-intermediate levels.

#### Recommended Flashcards To Accompany This Unit

Body, Health & Medicine – medical treatments, medicine, people in medicine, sickness & injuries, body

#### Group Work - Discussion

Break the class into groups of three to discuss the questions in section **A** and to complete the chart in section **B**. There are some words you may need to teach in advance of these activities – ex. check-up, allergic, cast, contagious, symptoms, treatments, remedies, hiccups. Always teach the new words in context, using several examples, or pictures when possible, and ask students to give sentences of their own. After the students have completed both activities, you may have them report back to the whole class to share their ideas.

#### Vocabulary Development - Worksheet #1 – Parts of the Body

**Answers:** **A.** 1. thumb – not part of leg or foot; 2. knee – not part of arm; 3. hip – not an internal organ; 4. calf – not part of head; 5. tongue – not part of hand; 6. knuckle – not part of eye; 7. nail – not hair; 8. shoulder – not part of leg; 9. neck – not an internal organ; 10. cheek – not part of mouth

**Answers:** **B.** 1. nose 2. teeth 3. brain 4. beard 5. fingers 6. throat 7. moustache 8. neck 9. elbow 10. wrist 11. ankle 12. knee 13. tongue (or mouth or teeth or lips) 14. chest

#### Reading – Going to the Doctor

Pre-reading – try to elicit from the students the names of all the medical specialists they may know. Put the list on the board. Being sensitive to the personal nature of this subject, ask if any students may have visited certain specialists. You may choose to have the students take turns reading the passage aloud to monitor for pronunciation or have the students do a silent reading. After reading the passage, have the students practice the questions orally in pairs before writing the answers.

#### Vocabulary Development -Worksheet #2 –Health Professionals

Have the students work individually to complete these exercises to ensure comprehension of the vocabulary. Correct together as a whole class. **Answers: Ex. A** 1.d 2.g 3.m 4.i 5.k 6.n 7.l 8.f 9.c 10.a 11.e 12. h 13. b 14.j **Ex. B** 1.d 2. f 3. h 4. g 5.i 6. j 7.a 8. c 9. b 10. e



### Teacher's Notes (...continued)

#### Reading #2 – Drugstores and Medicines

Pre-reading – Ask the students about pharmacies in their countries, differences and similarities to pharmacies here; range of products; necessity for prescriptions; types of medicines they are familiar with, etc. Again, you may choose to have the students read silently or take turns reading aloud to monitor pronunciation. Review content orally by asking comprehension questions. (ex. What kinds of products are available in pharmacies in this country? What are the two basic kinds of medicines? Give examples of each. What are some common side effects of certain medications? etc.) You may also want to bring real medicine bottles, tubes, creams, etc. to class to discuss the vocabulary on the labels. When you feel that the students are quite familiar with the content and vocabulary, ask them to complete the review sheet individually as you circulate to monitor their work. Correct with the whole class for further review. Answers ex. C. 1.d 2.f 3.i 4.b 5.h 6.k 7.e 8.j 9.a 10.c 11.g

#### Vocabulary Development – Worksheet #3 – Health Conditions

You may choose to do this worksheet at any time during the unit. You might want to do it right after you have used the flashcards on illnesses and injuries. Again, have the students work individually on the worksheet while you circulate and monitor their work. Correct orally with the class as a whole. Answers: 1. runny, sneeze 2. allergic 3. bruise 4. sore throat 5. chills 6. diarrhea 7. faint 8. itchy 9. fever 10. scratch 11. swollen 12. contagious 13. rash 14. dizzy, hangover 15. vomit, nauseated

#### Group Interaction - Beginnings and Endings

Instructions for this activity are on the worksheet itself. The purpose of this activity is to provide interaction amongst the students while reviewing the vocabulary of the unit. After the students have written their sentences on the board, review together, then erase the endings and ask the students to supply an ending, either the one they remember or an original one. Follow-up by asking the students to make their own sentences (related to the health unit), with a beginning and ending, and repeat the activity another day.