

## **Unit 2: Health Care**

1. Healthy habits
2. Healthy diets
3. Unhealthy habits
4. Story: unhealthy American habits
5. Story comprehension questions
6. More vs. less/ too much vs. not enough
7. Symptoms and illness
8. Dialogue: an illness
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11. Describing symptoms
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44. Insurance and payment
45. Cultural comparisons
46. Could vs. should and health options
47. Clinics vs. hospitals
48. Types of health care
49. Health care vocabulary matching
50. Stress
51. Solutions to stress

Materials: medical waiver form, body parts flash cards, local health care directory or pamphlets, sample prescriptions and over the counter medications, appointment cards,

Additional Activities:

- Find affordable health care resources (phonebook)
- Guest speaker from a health care clinic
- Journal of healthy habits
- Cultural sharing of health care methods and strategies

Lesson Topic: Healthy Habits

Objectives: Identify and describe different types of healthy habits.

ESL Level: High beginning

Grammar: forms questions using “does.”

Vocabulary:

Healthy                      habits                      exercise                      diet      enjoy

Teacher notes:

- Warm-up: Pass out the worksheet. Point to each picture and say the vocabulary word. Discuss what types of housing each student lives in.
- Read the paragraph out loud to your class. Then read each sentence one by one. Have students circle new vocabulary, elicit simple definitions from students and write on the board or on an overhead for other students to copy. Review pronunciation of new vocabulary words. Read the paragraph a second time and then have two students read the paragraph for the class. Correct pronunciation errors which arise by repeating the correct pronunciation as a group after each reading.
- Ask the class to read the paragraph together in pairs listening and helping each other with pronunciation problems. They will naturally discuss meaning together as well.
- Check for comprehension by asking the class to fill in the correct vocabulary words.
- Ask your class to write two sentences about housing.

Examples: I live in an apartment. My cousin lives in a house. I want to buy a house, too.

Extension activities:

Compare types of housing in between the U.S. and other countries.

Find pictures of different types of housing and ask the students to identify each picture correctly.

Match the type of housing with the correct number of persons living in the unit.

Useful resources: Pictures from newspapers and magazines, a copy of a rental magazine

## Healthy Habits

Vocabulary: healthy habit exercise enjoy

Present continuous vs. Present Simple: Change the verb.

Ex: I exercise. I am exercising.

1. She sleeps in bed. \_\_\_\_\_.
2. He drinks water. \_\_\_\_\_.
3. I rest at home. \_\_\_\_\_.
4. We visit my family. \_\_\_\_\_.
5. They eat fish. \_\_\_\_\_.
6. She enjoys the sun. \_\_\_\_\_.

Write a sentence. Use the word and the preposition.

Ex: He/ to eat. He eats vegetables.

1. I/ sleep. \_\_\_\_\_.
2. She/ exercise \_\_\_\_\_.
3. He/ enjoy \_\_\_\_\_.
4. She/ drink \_\_\_\_\_.
5. I/ work \_\_\_\_\_.
6. He/ rest \_\_\_\_\_.

Discussion Question: What things do you do that are healthy?

## A Healthy Diet

Vocabulary: diet healthy strong

People need to eat food. There are many kinds of food that you can eat. Your diet is all of the food that you eat. Some food is healthy. Some food is not healthy. Healthy foods are good for you. They help you stay strong and live a long time.

1. Your diet is all of the \_\_\_\_\_ that you eat.
2. Healthy foods are \_\_\_\_\_ for you.
3. Healthy foods help you stay \_\_\_\_\_.

What kinds of food do you eat?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Write three foods that are healthy:

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.

Write three foods that are NOT healthy:

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.

Healthy Habits:

1. **eat** a good diet
2. **sleep** 8 hours at night
3. **exercise** your body
4. **drink** water
5. **do** things you like
6. **enjoy** your friends and family

Match the word with the correct phrase.

- |                  |                            |
|------------------|----------------------------|
| 1. Drink ____    | a. a good diet             |
| 2. Exercise ____ | b. water                   |
| 3. Enjoy ____    | c. your family and friends |
| 4. Sleep ____    | d. things you like         |
| 5. Eat ____      | e. your body               |
| 6. Do ____       | f. 8 hours at night        |

Healthy Habits Survey: Ask a partner.

- |                                      |     |    |
|--------------------------------------|-----|----|
| 1. Do you <u>eat</u> a good diet?    | Yes | No |
| 2. Do you <u>sleep</u> at night?     | Yes | No |
| 3. Do you <u>exercise</u> your body? | Yes | No |
| 4. Do you <u>enjoy</u> your family?  | Yes | No |
| 5. Do you <u>do</u> things you like? | Yes | No |
| 6. Do you <u>drink</u> water?        | Yes | No |

Habits that are NOT Healthy:

1. **smoke** cigarettes
2. **drink** alcohol
3. **eat** too much **junk food**
4. **sit** all day
5. **work** too hard
6. **no sleep**

You sit at work all day. You need to exercise your body.

You work very hard all day. You need to rest your body.

- |  |     |    |
|--|-----|----|
| 1. Do you <u>smoke</u> ?                 | Yes | No |
| 2. Do you <u>drink</u> alcohol?          | Yes | No |
| 3. Do you <u>eat</u> too much junk food? | Yes | No |
| 4. Do you <u>sit</u> all day?            | Yes | No |
| 5. Do you <u>work</u> very hard?         | Yes | No |
| 5. Do you <u>sleep</u> ?                 | Yes | No |
| 6. Do you <u>rest</u> your body?         | Yes | No |

I sit all day. I need to \_\_\_\_\_.

I work very hard. I need to \_\_\_\_\_.

**Junk foods:** fast food, candy, soda pop, chips, French fries.

## Unhealthy American Habits

Meliha and her children live in St. Paul. She is from Somalia. She came to the U.S. five years ago. Many things are different in America. American food is very different from Somali food. You can buy junk food with fat, sugar, and oil. Americans don't walk as much as people in Somalia. You can drive a car or take the bus. Meliha sees many overweight people in America.

Meliha's children like junk food. They like to eat hamburgers and French fries. She does too. She notices that she gains weight in America. Her children like to watch T.V. They do not go outside to play. Meliha doesn't walk very much because she has a car.

Meliha goes to the doctor. The doctor says she has to eat more fruits and vegetables. He says that too much junk food like chips, fries, and sugar is bad for her health. He tells her that she needs to get more exercise. He says that too much fat and not enough exercise is bad for her. It is bad for her children, too. Meliha doesn't know if the doctor is right or wrong.

Comprehension Questions: Yes or No?

- |  |     |    |
|--|-----|----|
| 1. Meliha has children.                      | Yes | No |
| 2. Meliha is from Ethiopia.                  | Yes | No |
| 3. American food is the same as Somali food. | Yes | No |
| 4. People walk more in Somalia.              | Yes | No |
| 5. Some people in America are overweight.    | Yes | No |
| 6. Her children like French fries.           | Yes | No |
| 7. Meliha loses weight in America            | Yes | No |
| 8. Meliha likes to watch T.V.                | Yes | No |
| 9. Meliha drives a car.                      | Yes | No |
| 10. Meliha goes to the doctor.               | Yes | No |

The doctor says:

- |                       |              |          |
|-----------------------|--------------|----------|
| 11. Eat less          | a. junk food | b. water |
| 12. Exercise          | a. more      | b. less  |
| 13. Too much sugar is | a. good      | b. bad   |
| 14. Too much fat is   | a. good      | b. bad   |

Discussion questions:

1. How can Meliha get more exercise?
2. What kinds of foods can she eat that are good for her?
3. Do you agree with her doctor?
4. Do you think most Americans are healthy? Why or why not?

What do you need--More or less?

*Ex: Reflie is sad. He needs to do **more** things that he likes.*

1. I am tired. I need \_\_\_\_\_ sleep.
2. Sadiya is late. She needs \_\_\_\_\_ time.
3. Kao is lonely. He needs \_\_\_\_\_ friends.
4. John is overweight. He needs \_\_\_\_\_ exercise.
5. Tun is hungry. He needs \_\_\_\_\_ fresh food.
6. Bee works very hard. She needs \_\_\_\_\_ rest.
7. Lee Pao is busy. He needs \_\_\_\_\_ work.
8. Hang is thirsty. She needs \_\_\_\_\_ water.
9. You are very thin. You need \_\_\_\_\_ fat.

What do have? Too much or not enough?

*Ex: I am tired. I do not get enough sleep.*

1. Tan is overweight. He \_\_\_\_\_ exercise.
2. Ellen is thirsty. She \_\_\_\_\_ water.
3. He sits at home all day. He \_\_\_\_\_ rest.
4. Warsame works very hard. He \_\_\_\_\_ rest.
5. Vang likes French fries. He \_\_\_\_\_ fat.
6. Ronak sits all day. He \_\_\_\_\_ exercise.
7. Chue drinks beer. She \_\_\_\_\_ alcohol.
8. Maria has two jobs. She \_\_\_\_\_ work.
9. My children eat candy. They \_\_\_\_\_ sugar.

## Symptoms and Illnesses

Vocabulary:    body        feels        sick        head        hurts  
                  headache        runny        cold

*What hurts? What can you say?*

My body feels bad.

I am sick.

My head hurts.

I have a headache.

My nose is runny.

I have a cold.

### Circle the correct word.

1. My body feels bad. I am \_\_\_\_\_ (healthy/sick).
2. My head hurts. I have a \_\_\_\_\_ (headache/cough).
3. My nose is runny. I have a \_\_\_\_\_ (hot/cold).

### Match the sentences.

- |                           |                       |
|---------------------------|-----------------------|
| 1. My body feels bad. ___ | a. I have a cold      |
| 2. My head hurts. ___     | b. I am sick.         |
| 3. My nose is runny. ___  | c. I have a headache. |

Write the correct word.

1. My \_\_\_\_\_ feels bad. (body/sick)
2. My \_\_\_\_\_ hurts. (headache/head)
3. My \_\_\_\_\_ is runny. (nose/head).
4. I am \_\_\_\_\_ . (nose/sick).
5. I have a \_\_\_\_\_. (cold/body).
6. I have a \_\_\_\_\_. (sick/headache).

To be or to have?

Ex: I have a cold.

1. I \_\_\_\_\_ sick.
2. I \_\_\_\_\_ a nose.
3. I \_\_\_\_\_ cold.
4. I \_\_\_\_\_ a head.
5. I \_\_\_\_\_ a headache.
6. I \_\_\_\_\_ a body.

Read the dialogue. Practice it with a partner.

**Abebe:** How are you doing?

**Bee:** Not good. I feel bad.

**Abebe:** What's wrong?

**Bee:** I have a runny nose. My head hurts.

**Abebe:** Maybe you have a cold.

**Bee:** Yeah. I think so.

Discussion Question: What do you do if you feel sick?

## Describing Pain

Vocabulary:    throat        sore        cough  
                  fever        stomach        flu

My throat is sore.

I have a cough.

My body feels hot.

I have a fever.

My stomach hurts.

I have the flu.

### Circle the correct word.

1. My throat is sore. I have a \_\_\_\_\_ (cough/sick).
2. My body feels hot. I have a \_\_\_\_\_ (headache/fever).
3. My stomach hurts. I have the \_\_\_\_\_ (body/flu).

### Match the sentences.

- |                           |                    |
|---------------------------|--------------------|
| 1. My throat is sore. ___ | a. I have the flu. |
| 2. My body feels hot. ___ | b. I have a cough. |
| 3. My stomach hurts. ___  | c. I have a fever. |

Write the Correct word.

1. My \_\_\_\_\_ is sore. (throat/hurts).
2. My body feels \_\_\_\_\_. (sick/hot).
3. My \_\_\_\_\_ hurts. (stomach/flu).
4. I have the \_\_\_\_\_. (cough/flu).
5. I have a \_\_\_\_\_. (fever/feels).
6. I have a \_\_\_\_\_. (cough/flu).

Match the body parts and the feeling.

- |                |          |
|----------------|----------|
| 1. body ___    | a. sore  |
| 2. stomach ___ | b. hot   |
| 3. throat ___  | c. hurts |

Read the dialogue. Practice it with a partner.

**Pang Vue:** My head hurts. My body hurts too.

**Fatuma:** Do you have a cold?

**Pang Vue:** I don't know.

**Fatuma:** Do you feel hot?

**Pang Vue:** Yes. My body aches, and I feel sick.

**Fatuma:** I think you have a fever.

Discussion Questions: When you are sick, *many* parts of your body feel bad. How do you tell someone *where* it hurts?

## Symptoms and Illness

Vocabulary: symptom illness congestion  
chills vomit Pneumonia

You have symptoms. Your symptoms tell you that you are sick. A sore throat is a kind of symptom. A stomach ache is a kind of symptom. A fever is a kind of symptom.

You have an illness. You are not well. A cold is a kind of illness. A fever is a kind of illness. The flu is a kind of illness.

<u>Illness</u>	<u>Symptoms</u>
Sick	tired, body hurts,
Headache	head hurts, can't sit up
Cold	runny nose, tired, headache, congestion
Cough	sore throat, coughing, hurts to swallow
Fever	your body feels cold or very hot, chills, sweating
Flu	stomach ache, nausea, vomiting, a fever, muscle ache, chills

*How do you know you have a fever?* Use a **thermometer** to find your temperature. If it is more than 98.6 degrees, you have a fever.

Symptom or Illness? Check the word.

1. stomach ache
2. vomiting
3. flu
4. fever
5. cold
6. runny nose
7. headache
8. coughing

Symptom   Illness

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Are you sick? Read the questions with a partner.

Yes or no?

- |                 |                                  |       |
|-----------------|----------------------------------|-------|
| 1. Cold         | <i>Do you feel bad?</i>          | _____ |
| 2. Stomach ache | <i>Do you have nausea?</i>       | _____ |
| 3. Sore throat  | <i>Do you have a cough?</i>      | _____ |
| 4. Fever        | <i>Do you have chills?</i>       | _____ |
| 5. Headache     | <i>Does your head hurt?</i>      | _____ |
| 6. Flu          | <i>Do your muscles ache?</i>     | _____ |
| 7. Cold         | <i>Do you have a runny nose?</i> | _____ |
| 8. Fever        | <i>Does your body feel hot?</i>  | _____ |

How many syllables?

One                  Two                  Three

1. flu
2. fever
3. throat
4. stomach
5. ache
6. muscle
7. headache
8. cold
9. pneumonia

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

### **Dialogue: Calling in Sick**

Neng is sick. He calls his boss to tell him.

Vocabulary:    nausea    fever    sounds like    flu    rest

**Boss:** Hello?

**Neng:** Hi. This is Neng.

**Boss:** How are you doing?

**Neng:** Bad. I'm sick. I have nausea and a fever.

**Boss:** It sounds like you have the flu.

**Neng:** I can't come in to work today.

**Boss:** I'm sorry. Stay in bed and get some rest.

**Neng:** That's what I'm going to do.

**Match** the symptom and the illness.

- |                     |                          |
|---------------------|--------------------------|
| 1. Stomach ache___  | a. fever                 |
| 2. feel very hot___ | b. very sick, high fever |
| 3. cough a lot___   | c. sore throat           |
| 4. runny nose___    | d. cold                  |
| 5. sneezing ___     | e. congestion            |
| 6. pneumonia___     | f. stomach flu           |

**Tips:** Always call your work or your school if you are sick. Tell them your symptoms. Tell them if you are going to stay home.

## Prevention

*You do not want to get sick. What can you do to stay healthy?*

vocabulary:      doctor      annual      check-up  
rest              exercise      flu shot

1. Visit the doctor every year. Get an annual check-up.
2. Take care of yourself and your family.
3. Drink water, exercise and sleep every day.
4. If you start to feel sick, get a lot of rest.
5. Get an annual flu shot.

### Circle the correct word.

1. Visit the \_\_\_\_\_ (store/doctor).
2. Get an annual \_\_\_\_\_ (check-up/water).
3. Get a lot of \_\_\_\_\_ (smoke/rest).
4. Help your body get \_\_\_\_\_ (worse/better).
5. Get an annual \_\_\_\_\_ (flu shot/sleep).

### How often do you...

- |                     |           |            |            |
|---------------------|-----------|------------|------------|
| 1. Sleep            | Every day | Every week | Every year |
| 2. Exercise         | Every day | Every week | Every year |
| 3. Visit the doctor | Every day | Every week | Every year |
| 4. Rest             | Every day | Every week | Every year |
| 5. Get a flu shot   | Every day | Every week | Every year |

## Bao's Health

Bao is very healthy. She walks every day. She does not smoke. She sleeps every night. She goes to the doctor every year. Bao does not want to get sick. She does things to prevent illness. If Bao feels sick, she takes lots of time to rest. If she doesn't rest, she feels sicker. Bao doesn't get sick very often because she takes good care of her body.

<u>Yes or no? Bao...</u>	<u>Yes</u>	<u>No</u>
1. is healthy.	Yes	No
2. smokes.	Yes	No
3. goes to the doctor.	Yes	No
4. wants to get sick.	Yes	No
5. wants to prevent illness.	Yes	No
6. takes time to rest.	Yes	No
7. gets sick often.	Yes	No

1. Why does Bao sleep every day?
2. When does Bao go to the doctor?
3. Write three things that Bao does to stay healthy.

\_\_\_\_\_

Discussion Questions: What do you do to stay healthy? What do you do if you start to feel sick? Do you have a doctor?

## **Flu Shots**

*Stay healthy. Get a flu shot every year.*

Vocabulary: virus sliding scale health insurance

Fall costs clinic

- A flu shot kills the viruses that make you sick. You will not get the flu if you have had a shot.
- A flu shot costs money. It costs \$10 or \$15. You pay on a sliding scale if you do not have health insurance.
- You can get flu shots in the fall (October or November).
- There are many places where you can get a shot: go to a clinic, a store, the public school, or call your doctor.

Circle the word. Write the word.

1. A flu shot kills the \_\_\_\_\_ (viruses/gun) .
2. A flu shot costs \_\_\_\_\_ (money/health).
3. You pay on a \_\_\_\_\_ (sliding scale/free).
4. You do not need \_\_\_\_\_ (a doctor/health insurance).
5. Get a flu shot in the \_\_\_\_\_ (spring/fall).

Where can you get a flu shot? Write two places.

1. \_\_\_\_\_
2. \_\_\_\_\_

## Get Better

*What can you do to get better if you are sick?*

1. stay at home and rest
2. visit the doctor
3. stay clean and wash your hands
4. do not share food
5. cover your mouth when you sneeze
6. drink lots of water
7. take medicine
8. do not smoke or drink alcohol

Write the correct word.

1. Stay at \_\_\_\_\_ and rest. (home/work)
2. Stay clean and \_\_\_\_\_ your hands. (sit on/wash)
3. Visit the \_\_\_\_\_ (restaurant/doctor)
4. Do *not* \_\_\_\_\_ food (buy/share).
5. Drink lots of \_\_\_\_\_ (water/beer).
6. Cover your \_\_\_\_\_ (head/mouth) when you sneeze.
7. Take \_\_\_\_\_ (medicine/time).
8. Do *not* smoke or \_\_\_\_\_ alcohol (share/drink).

Discussion Questions:

What do you do to get better when you are sick?

What do people in your country do when they are sick?

Do you stay home when you are sick? Why or why not?

## Medicine

Vocabulary: medicine drug grocery

“over the counter” generic brand expensive

You are sick. You need medicine. Medicine is a drug. It helps your body get better.

You buy medicine at the grocery store or the drug store. It is an “over the counter” drug. You do not need a doctor’s note.

You buy medicine that is cheap. The store sells a “generic brand.” It is less expensive than a name brand.

### Circle the correct word. Write the word.

1. You are sick. You need \_\_\_\_\_ (medicine/money).
2. Medicine is a \_\_\_\_\_ (cold/drug).
3. You buy medicine at the \_\_\_\_\_ (grocery/clothes) store.
4. You buy an “\_\_\_\_\_ (under/over) the counter” drug.
5. You buy medicine that is \_\_\_\_\_ (expensive/cheap).
6. The store sells a \_\_\_\_\_ (generic/name) brand.

### Match the word and the definition:

- |                         |                              |
|-------------------------|------------------------------|
| 1. Medicine ___         | a. helps you get better      |
| 2. Over the counter ___ | b. store sells a cheap drug  |
| 3. Drug ___             | c. a kind of drug            |
| 4. Generic brand ___    | d. buy medicine at the store |

## **Types of Medicine**

*What kinds of medicine can you take?*

Medicine                      Looks like

Capsule

Pill

tablet

liquid

cough drop

## **Taking Medicine**

Vocabulary: label            directions            dosage

1. Find the label on the box.
2. Read the directions.
3. Follow the dosage.

Directions: How do you take the medicine?

1. Take one or two pills with water.
2. Chew two tablets. Eat a meal.
3. Swallow two capsules after eating.
4. Swallow two teaspoons.

## Dosage

Vocabulary: pill tablet capsule teaspoon  
swallow chew “daily” “as needed”

How ***much*** medicine do you take?

How ***often*** do you take it?

1. Take one to two pills every four hours.

How much: \_\_\_\_\_ How often: \_\_\_\_\_

2. Take one tablet every four to six hours. \_\_\_\_\_

How much: \_\_\_\_\_ How often: \_\_\_\_\_

3. Take one capsule every eight hours. \_\_\_\_\_

How much: \_\_\_\_\_ How often: \_\_\_\_\_

4. Take two teaspoons every four hours. \_\_\_\_\_

How much: \_\_\_\_\_ How often: \_\_\_\_\_

5. Take one drop as needed. \_\_\_\_\_

How much: \_\_\_\_\_ How often: \_\_\_\_\_

Write the correct word:

1. Swallow two \_\_\_\_\_ (hours/pills).

2. Take one tablet every four (chew/hours).

3. Take two capsules with \_\_\_\_\_ (water/label).

4. Take one tablet every \_\_\_\_\_ (eat/six) hours.

5. Drink two \_\_\_\_\_ (teaspoons/cups) of liquid.

6. Chew one tablet daily with a \_\_\_\_\_ (meal/take).

## Common Medicines

Vocabulary: aspirin Tylenol cough drops Sudafed

Take aspirin for: headache stomach ache fever

Take Sudafed for: flu fever congestion cold

Take cough drops for: sore throat cough

### Circle the word:

1. Headache a. Sudafed b. aspirin
2. Fever a. Sudafed b. cough drops
3. Stomach ache a. aspirin b. Sudafed
4. Flu a. Sudafed b. cough drops
5. Congestion a. Sudafed b. aspirin
6. Cough a. aspirin b. cough drops

### Write the correct word. Read the sentence with a partner

1. I have congestion. I take \_\_\_\_\_ (Sudafed/cough drops).
2. I have a headache. I take \_\_\_\_\_ (Sudafed/aspirin).
3. I have a fever. I take \_\_\_\_\_ (Sudafed/cough drops).
4. I have a stomach ache. I take \_\_\_\_\_ (aspirin/Sudafed).

Discussion questions: What kinds of medicine do you buy? What brand do you like best? Which brands are less expensive?





Circle the word that is **not** the same:

1. a. runny nose      b. work      c. headache      d. congestion
2. a. medicine      b. has      c. is      d. goes
3. a. work      b. store      c. starts      d. home
4. a. chills      b. ache      c. fever      d. worse
5. a. Vang      b. flu      c. wife      d. doctor
6. a. still      b. sick      c. next      d. soon

Time: Write the correct word.

1. Vang goes to work the \_\_\_\_\_ (last/next) day.
2. Vang \_\_\_\_\_ (starts/ends) to feel worse.
3. Vang stays home \_\_\_\_\_ (from/to) work.
4. \_\_\_\_\_ (For/after) three days he doesn't feel better.
5. His temperature is \_\_\_\_\_ (just/still) very high.
6. Vang's wife says, "See a doctor \_\_\_\_\_ (soon/later)."

Change the verb from present to past tense.

Ex: To say. I said hello to her.

1. To go. Vang \_\_\_\_\_ to work.
2. To start. He \_\_\_\_\_ to feel worse.
3. To stay. He \_\_\_\_\_ home from work.
4. To do. He \_\_\_\_\_ n't feel better.

**Discussion questions:** Does Vang need to go to the doctor?

Circle the correct verb.

1. Feel/take sick.
2. Get/want better.
3. Stay/go at home.
4. Rest/talk your body.
5. Take/spend care of yourself.
6. Sleep/work at home.
7. Have/are a stomach ache.
8. Take/sit your temperature.
9. Have/be a fever.
10. Read/say the label.
10. Take/give a capsule.
11. Swallow/chew the pill.
12. Drink/eat water.
13. Go/stay to the doctor.

Match the word and the definition:

- |                     |                                    |
|---------------------|------------------------------------|
| 1. symptoms ___     | a. very high fever, you feel hot   |
| 2. side-effects ___ | b. drugs you buy to feel better    |
| 3. temperature ___  | c. you take one with water         |
| 4. medicine ___     | d. where you feel sick, what hurts |
| 5. capsule ___      | e. the medicine makes you feel bad |

Write the correct word:

Rest    doctor    Cold    worse    aspirin

1. You feel sick. You have a \_\_\_\_\_.
2. You buy medicine. You take \_\_\_\_\_.
3. You stay at home and \_\_\_\_\_.
4. You have a fever. You feel \_\_\_\_\_.
5. You need to go to the \_\_\_\_\_.



## Calling a Clinic

Vocabulary:    interpreter    patient    walk-in  
                  appointment    located    insurance

You call a clinic for the first time.

What questions do you ask? Practice the questions with a partner.

1. Do you have an interpreter?
2. Are you taking new patients?
3. Where are you located?
4. Do I need insurance?
5. How do I make an appointment?

Write the correct word:

1. Do you have an \_\_\_\_\_?
2. Are you taking new \_\_\_\_\_?
3. Where are you \_\_\_\_\_?
4. Do I need \_\_\_\_\_?
5. How do I make an \_\_\_\_\_?

**Note:** At some clinics you can only make same day appointments. You need to call as soon as the clinic is open to make an appointment for that day.

## A Clinic Phone Message

Vocabulary: clinic walk-in emergency regular  
Patient fill renew prescription schedule

### Read the Message:

Thank you for calling Open Cities Health Clinic. Our regular walk-in hours are from 8 am to 9 pm, Monday through Friday, and 12 noon to 5 pm on Saturdays. If this is an emergency, call 911. If you are a regular patient at the clinic, press 1. If you are a new patient, press 2. To fill or renew a prescription, press 3. To schedule an appointment, please call back during our office hours. To leave a message with the receptionist, press 0 or stay on the line. To hear this message again, press 4.

### Write the correct word:

1. Thank you for calling Open Cities Health \_\_\_\_\_.
2. The walk-in hours are 8 am to \_\_\_ pm, Monday through Friday.
3. The walk-in hours are 12 noon to 5 pm on \_\_\_\_\_.
4. If you are a regular \_\_\_\_\_, press 1.
5. If you are a new patient, press \_\_\_\_\_.
6. To fill or renew a \_\_\_\_\_, press 3.
7. To schedule an appointment, please \_\_\_\_\_ back.
8. To leave a \_\_\_\_\_ for the receptionist, press 0.

Match the vocabulary word with the definition:

- |                    |  |
|--------------------|--|
| 1. walk-in ___     | a. the place to see a doctor                                   |
| 2. patient ___     | b. the person who is sick                                      |
| 3. clinic ___      | c. you need to schedule an                                     |
| 4. appointment ___ | d. you go to the clinic, but you do not<br>have an appointment |

Finish the sentence:

1. I call the \_\_\_\_\_ (clinic/store).
2. I am a new \_\_\_\_\_ (student/patient).
3. I want an \_\_\_\_\_ (appointment/dinner).
4. I need to \_\_\_\_\_ (schedule/regular) the appointment.

**Closed Listening:**

Listen to your teacher read the message. Write down the missing words that you hear.

Thank you for calling Open Cities Health \_\_\_\_\_. Our regular \_\_\_\_\_ hours are from 8 am to 9 pm, Monday through Friday, and 12 noon to 5 pm on Saturdays. If this is an \_\_\_\_\_, call 911. If you are a \_\_\_\_\_ patient at the clinic, press 1. If you are a \_\_\_\_\_ patient, press 2. To fill or renew a \_\_\_\_\_, press 3. To schedule an \_\_\_\_\_, please call back during our office hours. To leave a \_\_\_\_\_ with the receptionist, press 0 or stay on the line. To hear this message \_\_\_\_\_, press 4.

## **Dialogue: Changing your appointment**

Rafael made an appointment with his dentist. He is busy and she can't go to the appointment. What does he do?

Vocabulary:    patient    appointment    reschedule  
                  openings            "make it"            "work"

**Veronica:** Hello, St. Paul Dentist. How can I help you?

**Rafael:** Hi, my name is Rafael Sanchez. I can't make it to my appointment tomorrow.

**Veronica:** Okay. Do you want to reschedule?

**Rafael:** Yes.

**Veronica:** There are some openings next week in the morning. How does 10 am next Tuesday sound?

**Rafael:** I can't make it then. I work in the mornings.

**Veronica:** How about 3:00 on Wednesday?

**Rafael:** Yes, I can come then.

**Veronica:** Alright, then I'll change your appointment. We'll see you on Wednesday at 3 pm.

**Rafael:** Thank you. See you later.

**Note:** Always try to go to your appointment. Call the office if you need to cancel the appointment. Re-schedule another appointment.

Yes or no? Answer the questions.

- |                                       |        |       |
|---------------------------------------|--------|-------|
| 1. Rafael calls the Doctor.           | a. Yes | b. No |
| 2. Rafael can't make his appointment. | a. Yes | b. No |
| 3. He wants to reschedule.            | a. Yes | b. No |
| 4. There are openings in the morning. | a. Yes | b. No |
| 5. Rafael can come on Monday.         | a. Yes | b. No |
| 6. Rafael can come on Wednesday.      | a. Yes | b. No |
| 7. Rafael can come at 3:00 pm.        | a. Yes | b. No |
| 8. His appointment is at 3:00 am.     | a. Yes | b. No |

Is it negative?

1. I am very sick. I need/don't need to see the doctor.
2. I call the clinic. I make/don't make an appointment.
3. I have to reschedule. I can/can't come to the appointment.
4. He is a new patient. He has/doesn't have a doctor.
5. He is very sick. He wants/doesn't want medicine.
6. He is a walk-in at the clinic. He has/doesn't have an appointment.

Write a sentence. Use the two words:

1. fever/medicine \_\_\_\_\_
2. clinic/patient \_\_\_\_\_
3. schedule/appointment \_\_\_\_\_
4. cancel/reschedule \_\_\_\_\_

## Patient Rights

*What are your Patient Rights?*

Vocabulary:    respectful            translator            private  
                  change            copy            records

- a. A safe and respectful visit
- b. A translator
- c. The nurse tells you why you are sick.
- d. The visit is private
- e. You can understand what the nurse tells you..
- f. You can change nurses
- g. you can have a copy of your records

Circle the correct word. Write the word:

- h. A safe and respectful \_\_\_\_\_ (home/visit).
- i. A \_\_\_\_\_ (translator/driver).
- j. The nurse tells you why you are \_\_\_\_\_ (late/sick).
- k. The visit is \_\_\_\_\_ (private/public).
- l. Understand what the \_\_\_\_\_ (nurse/teacher) tells you.
- m. You can \_\_\_\_\_ (hire/change) nurses.
- n. You can have a \_\_\_\_\_ (copy/page) of your records.

**Note:** You can go to another clinic if you do not like your clinic.

Discussion Question: Do patients have rights in your country?

## Patient Responsibilities

*What are your patient responsibilities?*

Vocabulary: truth illness follow instructions

Appointment cancel bills

- a. Go to the clinic as soon as you feel very sick
- b. Ask questions
- c. Tell the truth about your illness. Do not lie.
- d. Respect the nurse and the doctor
- e. Follow the instructions from the doctor or nurse
- f. Keep your appointment. Call if you have to cancel.
- g. Pay your bills

Circle the correct word. Write the word.

- h. Go to the clinic as \_\_\_\_\_ (soon/after) as you feel sick.
- i. Ask \_\_\_\_\_ (answers/questions).
- j. Tell the \_\_\_\_\_ (lie/truth) about your illness.
- k. Respect the \_\_\_\_\_ (patient/nurse) and the doctor.
- l. Call if you have to \_\_\_\_\_ (cancel/finish).
- m. Pay your \_\_\_\_\_ (bank/bills).

**Note:** Every clinic and hospital must give you an interpreter or a translator. Do not use your children to translate for you if you are sick. You need to use an adult who can understand the nurse.

Is it a Right or a Responsibility?

1. A translator
2. Pay your bills
3. Keep your appointment
4. Your visit is private
5. Tell the truth about your illness
6. You can talk to another doctor
7. You can have a copy of records
8. Follow the directions.

Responsibility

Right

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Read the sentences. Practice it with a partner.

1. *I don't understand.*
2. *Why am I sick?*
3. *What medicine do I take?*
4. *I want an interpreter.*
5. *What does this paper say?*
6. *I want another nurse.*
7. *I want to see my records.*
8. *What is my bill?*

Discussion Questions:

Do you go to the clinic? What happens at the clinic? What do you say if you don't understand the nurse? What do you say if you have a problem?

## A Visit to the Clinic

vocabulary:      appointment      reason      fill out  
paperwork      waiting room      nurse

**Receptionist:** Can I help you?

**Pablo:** Yes. I need to see a doctor.

**Receptionist:** Do you have an appointment?

**Pablo:** No, I don't.

**Receptionist:** What's the reason for your visit?

**Pablo:** I feel really bad. I have the flu. My body hurts.

**Receptionist:** Have you been to the clinic before?

**Pablo:** No. This is my first time here.

**Receptionist:** Okay. I need you to fill out some paperwork. When you're done, take a seat in the waiting room. The nurse will call your name when she's ready for you.

**Pablo:** Okay. Thank you.

Answer the questions:

1. Pablo talks to the            a. receptionist    b. doctor    c. nurse
2. Pablo needs to see a        a. dentist        b. doctor    c. teacher
3. “Do you have an...        a. appointment   b. visit      c. time
4. Pablo has the                a. chills         b. tired      c. flu
5. “Have you been to the    a. school        b. clinic      c. hospital
6. He has to fill out some    a. paperwork    b. apply      c. tests
7. He sits in the \_\_\_ room    a. corner        b. desk       c. waiting
8. The nurse will call his    a. employer     b. name       c. house

Circle the correct verb:

1. Are/Is you a regular patient?
2. I need/am to see a doctor.
3. Does/do you have an appointment?
4. I have/has the flu.
5. Have you went/been to the clinic?
6. This was/is my first time here.

Match the word and the verb:

1. go to \_\_\_                      a. some paperwork
2. talk to \_\_\_                    b. the clinic
3. fill out \_\_\_                    c. the waiting room
4. sit in \_\_\_                      d. the receptionist

## A Medical Exam

Vocabulary:    nurse        exam        weigh  
blood pressure        temperature        interpreter

- The nurse calls your name.
- The nurse takes you to an exam room.
- Your interpreter stays in the room.
- The nurse weighs you.
- The nurse takes your blood pressure.
- The nurse takes your temperature.
- The nurse asks you some questions.

### Did you understand?

- |   |     |    |
|---|-----|----|
| 1. The nurse calls your name.               | Yes | No |
| 2. The nurse takes you to the store.        | Yes | No |
| 3. Your interpreter stays in the room.      | Yes | No |
| 4. The nurse weighs the interpreter.        | Yes | No |
| 5. The nurse takes your temperature.        | Yes | No |
| 6. The nurse takes your blood pressure.     | Yes | No |
| 7. The interpreter asks you some questions. | Yes | No |

## Questions at your Exam

Vocabulary: primary health care provider allergic  
medical history current experience pain

*The nurse asks you:*

1. Who is your primary health care provider?
2. Are you currently taking any medication?
3. Are you allergic to any drugs or medication?
4. What symptoms do you have?
5. Are you currently experiencing any pain?

Match the word with the definition.

- |                              |   |
|------------------------------|---|
| 1. symptom___                | a. drugs you take to feel better                    |
| 2. allergic___               | b. how you feel now?                                |
| 3. experiencing_____         | c. any illnesses, surgery, or problems you have had |
| 4. primary care physician___ | d. the doctor you usually have                      |
| 5. medical history___        | e. Where does it hurt? What feels bad?              |
| 6. medication ___            | f. now, today                                       |
| 7. currently ___             | g. a drug makes you feel sick                       |

Discussion Questions: What can you say if you don't want to answer the question?

## Questions about a Prescription

vocabulary: medicine      take      pill      liquid  
swallow      side-effect      dizzy

The nurse or the doctor writes a prescription. The prescription is for medicine to help you get better. You need a prescription to buy medication at a pharmacy. Ask the nurse about the medication:

<u>Question</u>	<u>Means the same as</u>
1. <b>What</b> is the medicine?	What drugs are in it?
2. <b>Why</b> do I need it?	How will it help me get better?
3. <b>How</b> do I take the medicine?	Do I take it with water? Do I take it with food? Do I chew or <u>swallow</u> it?
4. <b>When</b> do I take the medicine?	Every day? One time a day? Two or three times a day?
5. <b>What</b> does it <u>look like</u> ?	Is it a <u>pill</u> ? Is it a <u>liquid</u> ?
6. <b>How long</b> do I take it?	How many days?
7. <b>What</b> are the <u>side-effects</u> ?	How will it make me feel? Will it make me feel tired? Will it make me feel <u>dizzy</u> ?

Side-effects: rash, itch, bumps, dizziness, trouble sleeping, fatigue, diarrhea, stomach ache.

Match the question and the answer.

- |   |                                   |
|---|-----------------------------------|
| <b>What</b> is the medicine?              | a. Take all of the pills.         |
| <b>Why</b> do I need it?                  | b. You take one pill twice a day. |
| <b>How</b> do I take the medicine?        | c. You may feel dizzy.            |
| <b>When</b> do I take the medicine?       | d. Swallow the pill with water.   |
| <b>What</b> does it <u>look like</u> ?    | e. It is an antibiotic.           |
| <b>How long</b> do I take it?             | f. It is a small red tablet.      |
| <b>What</b> are the <u>side-effects</u> ? | g. It will stop the flu virus.    |
| <b>What</b> else do I need to know?       | h. Take the pills for five days.  |

Write the correct word:

1. When/What is the medicine?
2. How/why do I need it?
3. How/What do I take the medicine?
4. When/who do I take the medicine?
5. How/what does it look like?
6. How many/how long do I take it?
7. When/what are the side effects?
8. What/who else do I need to know?

Discussion Questions:

1. What kinds of medicine do you get from the nurse? Do you ask questions about the medicine?
2. What other questions can you ask?

## **Pharmacy Dialogue Part 1: Drop off a Prescription**

Vocabulary: drop off prescription allergic Insurance

**Ivars:** How can I help you?

**Ana:** I want to fill my prescription.

**Ivars:** Do you have an insurance card?

**Ana:** Yes. Here it is.

**Ivars:** Are you allergic to any drugs?

**Ana:** What did you say? I don't understand.

**Ivars:** Do any drugs make you feel sick?

**Ana:** No.

Circle the correct answer.

1. Who is the pharmacist?            a. Ana                                    b. Ivars
2. Ana wants to fill                    a. a prescription                    b. a form
3. What card does she need?        a. business                            b. insurance
4. Ivars asks, "Are you                a. allergic                                b. sick

## **Pharmacy Dialogue Part 2: Pick up a Prescription**

**Vocabulary:**    pick up    ready    co-pay    check    refill

**Ana:** Hi. I want to pick up my prescription.

**Ivars:** It's ready. The co-pay is ten dollars.

**Ana:** Can I write a check?

**Ivars:** Yes. Write the check to "Tolstoy Pharmacy."

**Ana:** Here you go.

**Ivars:** Thanks. Come back if you need a refill.

**Ana:** Okay.

**Match the words:**

- |                         |                 |
|-------------------------|-----------------|
| 1. Pick up your ____    | a. check        |
| 2. Co-pay is ____       | b. ten dollars  |
| 3. Write a ____         | c. refill       |
| 4. Come back for a ____ | d. prescription |

## Insurance/ Payment

Vocabulary: health insurance payment bill  
sliding scale credit fee social worker

Diego gets sick with the flu. He keeps working. He doesn't have a doctor or health insurance, so he doesn't go to get help. After a few days he still doesn't feel better. One morning he wakes up and has a very high fever.

*What can he do?*

- a. go to a hospital
- b. go to a clinic
- c. buy medicine at the store
- d. do nothing

*What is the best thing he can do? Why?*

---

No health insurance?

1. Pay more money to visit the doctor
2. Pay part of your bill every month
3. Go to a clinic, not a hospital.
4. Take care of yourself when you start to feel sick
5. Talk to a social worker
6. Go to a low-cost clinic with a sliding-scale fee
7. Buy generic brand medicine at the store
8. Keep good credit so you can make monthly bill payments

### **Cultural Comparison**

How is health care different in your home country and the U.S.?  
How is it the same?

Your country \_\_\_\_\_ The U.S.

1. Take care of yourself

2. Go to a doctor or a nurse

3. Take care of your family

4. Take medicine

5. Get a prescription

6. Stay home and rest

7. Health insurance

8. Emergency

Grammar: Could/ Should

Read the problem. Write what you could do to help the problem.

Write what you should do to help the problem. Tell your class.

Example: You have a flu for more than 5 days.

What **could** you do?

Buy medicine at the store. Stay at home. Do nothing.

What **should** you do?

Go to see a doctor.

1. You have no insurance. You get a bad fever.

What **could** you do?

---

What **should** you do?

---

2. Your husband starts to have bad pain in his heart.

What **could** you do?

---

What **should** you do?

---

3. You get headaches a lot.

What **could** you do?

---

What **should** you do?

---

## Clinic vs. Hospital

Vocabulary: emergency    hospital    clinic

You have an **emergency**. Go to the hospital.

You do **not have an emergency**. Go to a clinic.

1. You have an emergency. Go to the \_\_\_\_\_.
2. You do not have an emergency. Go to a \_\_\_\_\_.

Where should you go? Check clinic or hospital.

<u>Problem:</u>	<u>Clinic</u>	<u>Hospital</u>
cold	_____	_____
flu	_____	_____
stomach ache	_____	_____
broken bone	_____	_____
burned skin	_____	_____
rash	_____	_____
heart pains	_____	_____
can't breathe	_____	_____
headaches	_____	_____
infection	_____	_____
bleeding	_____	_____
bug bite	_____	_____
allergies	_____	_____

**Note:** It costs more money to go to the hospital than a clinic. You only go to the hospital for very bad problems.

## Types of Health Care

Vocabulary:    medical    teeth    dental    depressed  
                  mental    Psychiatrist    psychologist    depression

There are different types of health care in the U.S.

Your body feels bad. You need medical care.

Nurses and doctors give medical care.

Your teeth hurt. You need dental care.

Dentists give dental care.

You feel depressed or very unhappy. You need mental care.

A psychologist gives mental care. You can talk with them.

A psychiatrist gives mental care. You can get a prescription.

### Circle the correct word.

1. Your body hurts. You need \_\_\_\_\_ (mental/medical) care.
2. Your teeth hurt. You need \_\_\_\_\_ (dental/health) care.
3. You feel depressed. You need \_\_\_\_\_ (mental/dental) care.
4. Your body hurts. You need a \_\_\_\_\_ (nurse/teacher).
5. Your teeth hurt. You need a \_\_\_\_\_ (nurse/dentist).
6. You feel depressed. You need a \_\_\_\_\_ or a  
\_\_\_\_\_ (teacher/psychiatrist).  
\_\_\_\_\_ (psychologist/dentist).

Match the word with the type of care:

- |              |            |
|--------------|------------|
| 1. body ___  | a. mental  |
| 2. head ___  | b. dental  |
| 3. teeth ___ | c. medical |

What kind of care do they give?

- |                     |           |           |            |
|---------------------|-----------|-----------|------------|
| 1. Doctor ___       | a. mental | b. dental | c. medical |
| 2. Dentist ___      | a. mental | b. dental | c. medical |
| 3. Psychologist ___ | a. mental | b. dental | c. medical |
| 4. Nurse ___        | a. mental | b. dental | c. medical |
| 5. Psychiatrist ___ | a. mental | b. dental | c. medical |

How many syllables? Circle the number.

- |                 |     |     |       |      |
|-----------------|-----|-----|-------|------|
| 1. Nurse        | One | Two | Three | Four |
| 2. Dentist      | One | Two | Three | Four |
| 3. Medical      | One | Two | Three | Four |
| 4. Mental       | One | Two | Three | Four |
| 5. Psychiatrist | One | Two | Three | Four |
| 6. Depressed    | One | Two | Three | Four |

**Note:** Depression is an illness. Some symptoms you feel: very tired, no appetite, feeling sad, no energy, you can't sleep. Many people are depressed. Some people with depression do not like to talk about it. It is okay if you feel depressed.

## Stress

vocabulary: stress worry problem angry fix

### Where does stress come from?

Too much work

Too many things to think about

Bad things happen to you

Problems in your life with money, jobs or family

### Symptoms:

You worry a lot

You have problems sleeping

You feel angry

You feel that you can't fix any of your problems

1. I have too many things to do. I have \_\_\_\_\_ (stress/money).

2. I have stress. I \_\_\_\_\_ (sleep/worry) about many things.

### Circle the word that does not fit:

Stress comes from:

1. Too much \_\_\_ a. food b. work c. sleep d. sun

2. Problems with \_\_\_ a. family b. money c. books d. job

3. You can feel \_\_\_ a. worried b. happy c. sad d. angry

4. You can't \_\_\_ a. sleep b. eat c. talk d. worry

What can you do to help with stress?

1. Talk to someone.
2. Ask for help.
3. Try to do something to fix the problem.
4. Rest and do something you like to do.
5. Sleep, eat good food and exercise.

Discussion Questions:

1. Do people in your country talk about stress?
2. You have too much stress. What do you do?