

Unit 7: Health Watch

Lesson 1: Vocabulary

A Match the health problems with the pictures.



1. A the chills

2. ____ a cold

3. ____ a cough

4. ____ an earache

5. ____ a headache

6. ____ heartburn

7. ____ a sore throat

8. ____ a stiff neck

9. ____ an upset stomach

B Complete the sentences. Underline the correct word. If the health problem has no word before it, underline *no word*.

1. Min-Ji feels hot. She has a / **the** fever.
2. I feel cold. I have **a** / **the** chills.
3. Huang can't eat. He has **a** / **an** upset stomach.
4. Is there a bathroom nearby? I have **the** / (**no word**) diarrhea.
5. Call a doctor now! Mr. Barrios has **the** / (**no word**) chest pains.
6. My arm is red! I have **a** / (**no word**) rash.
7. No onions, please. Onions give me **a** / (**no word**) heartburn.
8. Ms. Wilson can't turn her head. She has **a** / **the** stiff neck.
9. My brother can't talk today. He has **a** / **an** sore throat.
10. The baby sounds very sick. He has **a** / **the** cough.

C  Play track 22. Listen. Complete the postcard with the health problems you hear.



Dear Grandma,

We are on vacation this week. Last weekend, we went camping at a state park. We did NOT have a good time. Dad cooked on the campfire every night. The food was really bad. Dad had heartburn, and I had _____. On Saturday, it rained all day. Mom got sick. She had _____ and _____. On Sunday, Janet and I went swimming. Janet got water in her ear. Now she has _____. Then Dad and I went hiking. Now I have _____ on my arms and legs. This morning we went to a hotel. No more camping for us!

Love,
Marie

Lessons 2–3: Make a doctor’s appointment

A Complete the conversation. Underline the correct word.

Receptionist: Good morning, Dr. Quintana’s office.

Carmen: Hi, this is Carmen Ruiz. I have an appointment (1) on / **in** Wednesday morning.

Receptionist: Yes, Mrs. Ruiz. Your appointment is (2) **at** / **in** 10:30.

Carmen: I need to change it. Can I come (3) **on** / **in** the afternoon?

Receptionist: I’m sorry. We don’t take appointments (4) **in** / **on** Wednesday afternoons. Our office closes (5) **on** / **at** 1:00.

Carmen: Can I come this afternoon?

Receptionist: Well, we’re closed for lunch (6) **at** / **from** 12:00 (7) **to** / **by** 1:00. But let me see here. . . . I have an opening (8) **from** / **in** an hour. Can you get here (9) **in** / **by** 11:00?

Carmen: Yes, my office is very close.

Receptionist: All right. I’ll change your appointment to today, at 11:00.

B Complete the paragraph. Write *at, by, in, on,* or *from . . . to*.

Suzanne has a dentist appointment on₁ January 5th at 8:00. Suzanne arrives 8:02, but the dentist is not ready to see her. His office is always busy. The receptionist says “Please have a seat. We will call you _____ a few minutes.” But Suzanne sits in the waiting room _____₂ 8:00 _____₃ 8:30. She is a little worried. She starts work _____₄ 9:30. She needs to leave the dentist’s office _____₅ 9:15 or she will be late. Finally, the dental assistant calls her name. After her appointment, Suzanne makes her next appointment. Her next appointment is _____₆ six months. And it is _____₇ a Saturday morning, so she doesn’t have to worry about being late for work!

C Read the appointment card. Then answer the questions. Write complete sentences.

Downtown Health Clinic
10 Central Street, Newtown, KS
(313) 555-1234
Hours: 7 A.M. – 7 P.M. Mon. – Fri.,
7 A.M. – 5 P.M. Sat., Closed Sundays

_____ Michael Park _____ has an appointment with Dr. _____ Bernard _____

Date: _____ Thursday, November 19 _____ Time: _____ 3:45 P.M. _____

New patients: Please arrive 20 minutes before appointment time.
Please call 24 hours before appointment to change or cancel.

1. What day of the week is the patient's appointment?

The appointment is on Thursday.

2. What is the date of the appointment?

3. What is the doctor's name?

4. What is the phone number of the clinic?

5. What street is the clinic on?

6. When does the clinic open on Mondays?

7. What time does the clinic close on Saturdays?

8. Imagine it is now 3:20 P.M. on November 19. How soon is the patient's appointment at the clinic?

9. The patient has never been to the clinic before? What time should he arrive at the clinic?

Lesson 4: Read medicine labels

- A** Read the definitions. Match the definitions with the words from the box.
Write the words on the lines.

dosage expiration date over-the-counter (OTC) medicine
~~patient~~ prescription refill
warning

1. The person who sees a doctor for medical help: _____ patient _____
2. The date you should throw away medicine: _____
3. Medicine you can buy without an order from a doctor: _____
4. An order for medicine from a doctor: _____
5. The amount of medicine you take and when you take it: _____
6. The number of times you can get more medicine: _____
7. Information about a danger: _____

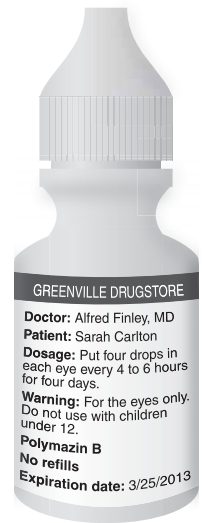
- B** Read the medicine label. Then read the statements. Circle *True* or *False*.


- | | | |
|--|------|--------------|
| 1. Take this medicine for a headache. | True | False |
| 2. Take 2 tablets every hour. | True | False |
| 3. Don't take more than 2 tablets in one day. | True | False |
| 4. Children age 12 and older can take this medicine. | True | False |
| 5. You must not use this medicine after July 2012. | True | False |



C Read the prescription medicine label. Answer the questions.

1. Who is this prescription for? Sarah Carlton
2. What part of the body is the medicine for? _____
3. How much medicine does Sarah take? _____
4. How often does she take the medicine? _____
5. How many refills can she get? _____
6. What is the expiration date? _____



D  Play track 23. Listen to a customer talking to a pharmacist. Complete the conversation with the words you hear.

Pharmacist: Mr. Bronson, your prescription is ready. Is this the first time you are taking Naproxen?

Mr. Bronson: Yes, it is. How much do I take?

Pharmacist: Take _____ tablets _____ a day.

Mr. Bronson: Do I take them with _____?

Pharmacist: Yes. Take the tablets at breakfast, lunch, and dinner.

Mr. Bronson: And how long do I take them?

Pharmacist: _____.

Mr. Bronson: All right.

Pharmacist: This medicine can make you feel _____ or nauseous. If this happens, stop taking the medicine and call your _____.

Mr. Bronson: OK.

Pharmacist: Do you understand these _____?

Mr. Bronson: Yes, I do. Thank you.

Lessons 5–6: Talk about an injury

A Complete the sentences. Use the past forms of the verbs in parentheses.

1. Oscar (**get**) _____ got _____ hurt during a baseball game.
2. The new cook (**cut**) _____ her hand with a knife yesterday morning.
3. Jorge (**have**) _____ a car accident a year ago. He (**hurt**) _____ his back.
4. Mrs. Henderson (**break**) _____ a tooth. She had to go to the dentist.
5. In-Ho (**fall**) _____ on the stairs. He (**sprain**) _____ his wrist.

B Complete the sentences. Use the past tense of the words in the box.

fall have sprain

1. Maria _____ had _____ a bad accident in her house. She _____ down the stairs, and she _____ her arm.

break get go

2. Andrew _____ hurt at work. He _____ his ankle, and he _____ to the emergency room.

get have take

3. Mei-Lin _____ sick last week. She _____ the flu.
I _____ her to the doctor.

C Look at the pictures. What happened? Write a sentence to describe each person's injury. Use the past tense.



1. He hurt his back. _____ 4. _____



2. _____ 5. _____



3. _____ 6. _____

D MAKE IT PERSONAL. Describe a time when you or someone you know got hurt. What happened? Write sentences. Use the simple past tense.

My sister broke her arm when she was 11 years old.
She fell from a tree.

Lesson 7: Read about ways to cure a headache

BEFORE YOU READ

Scan the article. Look at the words in bold. What are four ways to cure a headache?

READ

 Play track 24. Listen. Read the article.

HOW DO YOU CURE A HEADACHE?

Everyone gets headaches at one time or another. But people have different ways to relieve their pain. Many people take over-the-counter medicine, such as aspirin or pain reliever. But some people use home remedies. These are ways to treat an illness with food, plants, or common items around the house. People from around the world have different home remedies for headaches. Here are just a few. Try one the next time you get a headache!

➡ **Hot and cold**

Some home remedies use hot or cold temperatures to cure headaches. In England, some people take hot baths or showers. They let the hot water warm the backs of their necks. In Ecuador, people wet a cloth with cold water and hold it to their foreheads for fifteen minutes.

➡ **Massage**

Many people use massage to relieve headache pain. In Argentina, people press on the bridge of their noses, moving their fingers in small circles. In Canada, they

massage a spot behind their ears. In China, they massage a spot on their hands between the thumb and pointing finger.

➡ **Food**

Some home remedies for headaches use food. In Japan, they eat a soup made with ginger, hot water, honey, and potato. In Morocco, people drink a tea made with mint, lime, garlic, and honey. Sometimes people don't eat the food they use; they put it on their bodies. In Lebanon, they cut potatoes into slices and place them on their foreheads.

➡ **Aroma**

Can smells cure a headache? Maybe! Some people in the United States heat water and apple vinegar on a stove and breathe in the strong aroma. Other people use the aroma of herbs, such as peppermint and lavender.



CHECK YOUR UNDERSTANDING

A What is the main idea of the article? Circle the letter.

- a. You can use food to cure headaches.
- b. People around the world use home remedies to cure headaches.
- c. Home remedies are better than over-the-counter medicines.

B Read the article again. Match the countries and the headache remedies.

- | | |
|-----------------------|---|
| 1. ____ Argentina | a. massage your hands |
| 2. ____ Ecuador | b. place a potato slice on your forehead |
| 3. ____ Morocco | c. drink soup with ginger, hot water, honey, and potato |
| 4. ____ England | d. massage behind your ears |
| 5. ____ Canada | e. put cold cloths on your forehead |
| 6. ____ Lebanon | f. drink tea with mint, lime, garlic, and honey |
| 7. ____ United States | g. massage your nose |
| 8. ____ China | h. put hot water on your neck |
| 9. ____ Japan | i. breathe aromas with vinegar or herbs |

C MAKE IT PERSONAL. Do you know any home remedies from your country? Do you use home remedies?

In Pakistan, we eat an apple with some salt to cure a headache. It is better than aspirin!

A Complete the sentences. Underline *for* or *because*.

1. Hector took some cold medicine **for** / **because** he had the flu.
2. Cesar has bad heartburn. He went to the doctor **for** / **because** a prescription.
3. Hua had a headache. He went to the drugstore **for** / **because** some pain reliever.
4. Aunt Rita's foot is swollen **for** / **because** she fell in the bathtub. She needs to buy a rubber safety mat.
5. Mrs. Hwang needs new glasses. She called her eye doctor **for** / **because** an appointment.
6. I need to call my boss. I can't go to work today **for** / **because** I hurt my ankle.



B Complete the sentences. Write *because* or *for*.

1. My daughter Ju-Yeon didn't go to school today _____ because _____ she didn't feel well. I went to the drugstore _____ some flu medicine.
2. Eva took her baby to the clinic _____ she needed a checkup. The doctor asked her to come back next week _____ a blood test.
3. I went the dental clinic _____ I had a bad toothache. I had to wait a long time _____ they were very busy.
4. I went to the doctor _____ a flu shot. I wanted to get the shot _____ I had the flu last year and I missed a lot of work.
5. Camila always misses class. Last week she was absent _____ she had a sore throat. Today she's absent _____ she has to work.

C Look at the pictures. Answer the questions. Write complete sentences. Use the words in parentheses. There may be more than one correct answer.

1. Why did Roberto go to the drugstore?

(because) He went to the drugstore because
he needed eye drops.

(for) _____



2. Why did Sharon miss work?

(because) _____



3. Why did Haseem call 911?

(because) _____



4. Why did Isabel go to the doctor?

(because) _____

(for) _____



5. Why did Anton call his supervisor?

(because) _____

