

Health Watch

7

Preview

Look at the picture.
Where is the person?
What is she doing?
How does she feel?

UNIT GOALS

- Identify health problems
- Make a doctor's appointment
- Read medicine labels
- Complete a medical history form
- Talk about an injury
- Call in when you have to miss work

1 WHAT DO YOU KNOW?

A CLASS. Look at the pictures. Which health problems do you know?

B  **CD2 T31** Look at the pictures and listen. Then listen and repeat.

2 PRACTICE

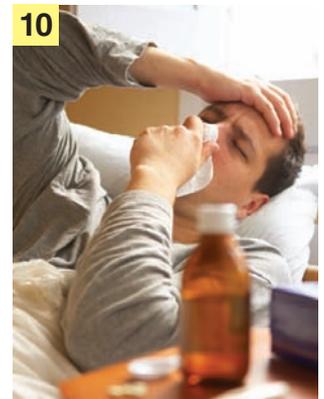
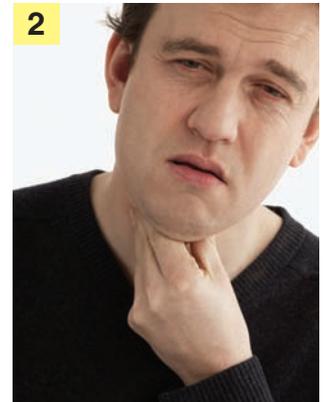
A WORD PLAY. Some expressions for health problems have the word *a* or *an* before them. Some have the word *the* before them. And some have no word before them.

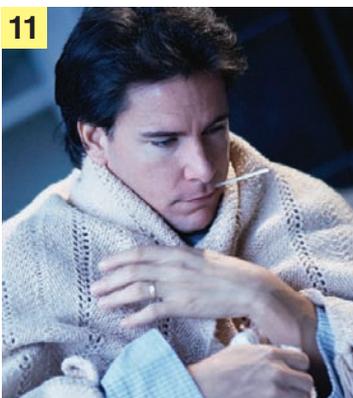
B  **CD2 T32** Listen and complete the chart. Write the health problems in the correct columns.

I have a _____.	I have _____.
<i>headache</i>	
I have the _____.	I have an _____.

B PAIRS. Point to the pictures. Ask and answer questions about the people.

- A: *What's the matter?*
- B: *She has a headache. What's the matter?*
- A: *He has chest pains.*





Health Problems

1. a headache
2. a sore throat
3. a cough
4. a cold
5. a fever
6. a rash
7. a stiff neck
8. an earache
9. an upset stomach
10. the flu
11. the chills
12. heartburn
13. diarrhea
14. chest pains

Learning Strategy

Use your language

Look at the list of health problems. Make cards for five new words. Write the word in English on one side of the card. Write the word in your language on the other side.

Show what you know!

STEP 1. Do you go to the doctor? When? Complete the sentence.

I go to the doctor when I _____.

STEP 2. GROUPS OF 3. Talk to your classmates. When do you go to the doctor?

Listening and Speaking

1 BEFORE YOU LISTEN

CLASS. Look at the pictures and read the symptoms. When do people have these symptoms?



She's dizzy.



He's nauseous.



It's itchy.



It's swollen.

2 LISTEN

A CLASS. Look at the pictures. Guess: Where is the woman? Where is the man?

B Listen to the conversation. Was your guess in Exercise A correct?

C Listen again. What is the matter with Roberto? Check all of his symptoms.

- He has a fever. He's nauseous.
- He has heartburn. He's dizzy.

D Listen again. Complete the information on the appointment card. Check the day and write the time of the appointment.



Roberto Cruz
has an appointment on

Mon. Tue. Wed. Thu. Fri. Sat.

Date October 14 At _____ A.M. P.M.

Daniel Silver, M.D.
194 Commerce Street, Suite 201
Dallas, Texas 75231

If you are unable to keep your appointment, kindly give us 24 hrs. notice.
Telephone (214) 555-8185

3 CONVERSATION

Pronunciation Watch

We often link words together without a break when we speak.

- A**  **CD2 T34** Listen to the sentences. Notice how we link a consonant sound to a vowel sound. Then listen and repeat.

I have a fever.

Can you come at eight?

Can I make an appointment?

We close at noon on Friday.

- B**  **CD2 T35** Listen and repeat the conversation.

Receptionist: Hello. Westview Clinic.

Roberto: Hi. This is Roberto Cruz. I need to make an appointment, please.

Receptionist: All right. What's the matter?

Roberto: I have a fever and I'm nauseous.

Receptionist: OK. Can you come on Tuesday morning? How about at 9:00?

Roberto: Yes, that's fine.

4 PRACTICE

- A PAIRS.** Practice the conversation. Then make new conversations. Use your own names and the information in the boxes.

A: Hello. Westview Clinic.

B: Hi. This is _____. I need to make an appointment, please.

A: All right. What's the matter?

B: I have a _____ and _____.

A: OK. Can you come _____? How about at _____?

B: Yes, that's fine.

cough	my throat is swollen	on Thursday	noon
headache	I'm dizzy	this afternoon	3:00
rash	my leg is itchy	first thing tomorrow	8:30

- B ROLE PLAY. PAIRS.** Make your own conversations. Use your own names and different information.

Grammar

Prepositions of time: *on / at / by / in / from ... to*

Can you come	on	Tuesday morning?
Roberto's appointment is	at	9:00 A.M.
Please get here	by	5:00 today.
I'm going to see the doctor	in	an hour.
The pharmacy is open	from	8:00 A.M. to 9:00 P.M.

Grammar Watch

- Use **on** with a day or date.
- Use **at** with a specific time on the clock.
- Use **by** with a specific time in the future.
- Use **in** with an amount of time in the future, with a month or year, or with *the morning/afternoon/evening*.
- Use **from...to** with a starting time and an ending time.

1 PRACTICE

A Underline the correct word.

1. Can you come **on** / at 9:15 A.M. on April first?
2. You need to get here **by** / **in** 5:00.
3. The clinic is open from 8:00 A.M. **at** / **to** 5:00 P.M.
4. The office is closed **on** / **in** Saturday and Sunday.
5. The doctor can see you **from** / **in** an hour.
6. Dr. Evans has openings **at** / **from** 3:40 to 5:00 P.M.
7. My appointment is **at** / **in** 2:30 this afternoon.

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

1. The dentist has appointments available on June 6 and 7.
2. The doctor can call you back _____ a few minutes.
3. My son's appointment is _____ 4:30 today.
4. The clinic has openings _____ 3:30 _____ 5:00 tomorrow afternoon.
5. The doctor's office closes _____ noon for lunch.
6. Can I come _____ Monday?
7. The doctor wants to see you again _____ a week.
8. The drugstore is open _____ 9:00 A.M. _____ 7:00 P.M.
9. You need to call _____ 5:00 P.M. because the office closes then.
10. Is the office open _____ Saturdays?



2 PRACTICE

A Look at the appointment card. Answer the questions. Complete the sentences with *on*, *at*, *by*, *in*, or *from . . . to*.

1. What day is Elizabeth's appointment?

It is on Wednesday.

2. What time is her appointment?

It is _____.

3. When is the doctor's office open?

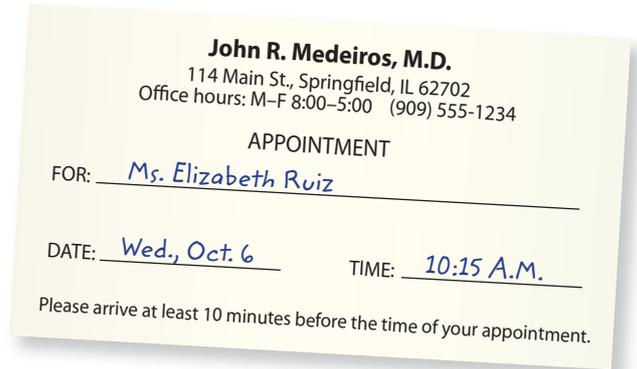
It is open _____.

4. It is now 8:15 A.M. on October 6. How soon is Elizabeth going to see the doctor?

She is going to see him _____.

5. What time does Elizabeth need to arrive at the doctor's office?

She should be there _____.



B PAIRS. Compare your answers.

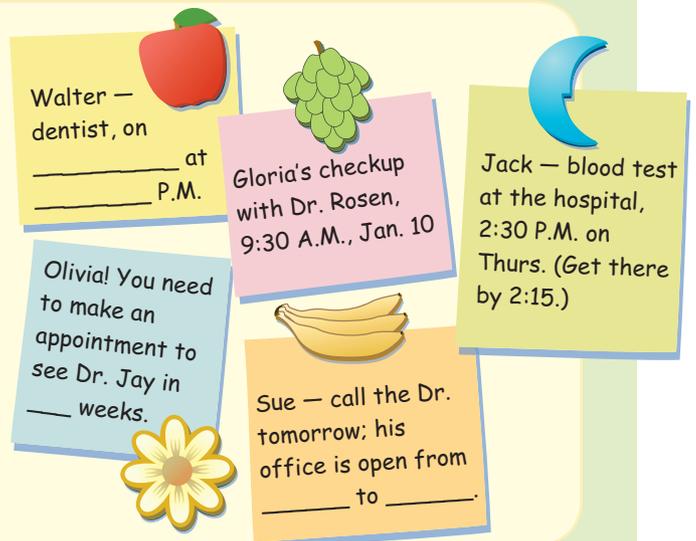
Show what you know! Make a doctor's appointment

PAIRS. Student A, look at the notes on this page. Student B, look at the notes on page 247.

Read the notes about the Lee family's appointments. Some information is missing. Take turns. Ask questions with *When* and *What time*. Write the missing information.

A: *When is Walter's dentist appointment?*

B: *On Friday at . . .*



Can you... make a doctor's appointment?

Life Skills

1 READ OTC MEDICINE LABELS

You can buy over-the-counter (OTC) medicine such as aspirin from any drugstore. For other medicine, you need to get a prescription from a doctor first.

A CLASS. What over-the-counter medicine do you buy?

B PAIRS. Read the definitions. Then read the medicine label. Find words that have the same meaning as the definitions. Write the words on the lines.

- for a short time: temporarily
- make better: _____
- because of: _____
- make less: _____
- do not use after this date: _____



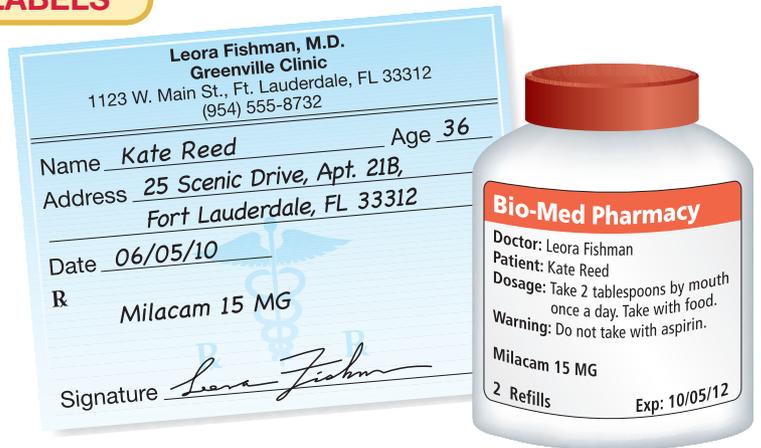
C Read the medicine label again. Match the questions and answers.

- | | |
|--|---------------------------------|
| 1. <u>b</u> What is this medicine for? | a. November 2010. |
| 2. _____ Who can take this medicine? | b. Aches and pains, and fever. |
| 3. _____ How much do I take? | c. Two caplets every six hours. |
| 4. _____ Who cannot use this product? | d. Children under 12. |
| 5. _____ What is the expiration date? | e. Adults and children over 12. |

2 READ PRESCRIPTION MEDICINE LABELS

A CLASS. Look at the prescription and the medicine label. Answer the questions.

Who wrote the prescription?
 Who is it for?
 Who do you give a prescription to?
 Where can you get this medicine?
 What information is on the label?



B Read the medicine label in Exercise A again. Match the questions and answers.

- | | |
|---|---------------------|
| 1. <u>e</u> What is the name of the medicine? | a. Two. |
| 2. ____ How often do I take it? | b. Two tablespoons. |
| 3. ____ What is the dosage? | c. October 2012. |
| 4. ____ What is the expiration date? | d. Once a day. |
| 5. ____ How many refills can I get? | e. Milacam. |

CD2 T36

C  Listen and check your answers. Then listen and repeat.

3 PRACTICE

PAIRS. Take turns being the customer and the pharmacist. Ask and answer the questions in Exercise B about the prescription medicine.

Bio-Med Pharmacy	
Doctor: Mark Smith	Patient: Bill Lake
Dosage: Put one drop in each eye every 4 to 6 hours for seven days.	
Warning: For the eyes only.	
Polymazin B Eyedrops	
No Refills	Exp: 08/12/11



Bio-Med Pharmacy	
Doctor: Paul Jones	Patient: Mei-Yu Sun
Dosage: Apply to affected skin 3 times a day for seven days.	
Warning: For external use only. Do not eat. Do not put in eyes.	
Bactobane 2% Ointment	
1 Refill	Exp: 12/02/11



4 LIFE SKILLS WRITING

Complete a medical history form. See page 262.

Can you...read medicine labels?

Listening and Speaking

1 BEFORE YOU LISTEN

A Look at the pictures. Match each picture with a sentence from the box. Write the sentences on the lines.



1. I fell.



2. _____



3. _____



4. _____



5. _____



6. _____

I burned my hand.
 I sprained my ankle.
 I cut my finger.
 I broke my arm.
~~I fell.~~
 I hurt my head.

B PAIRS. Compare your answers.

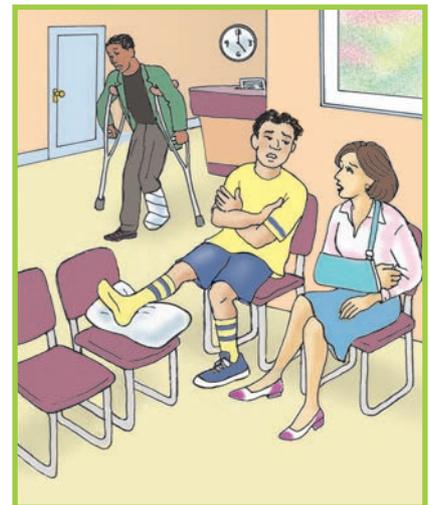
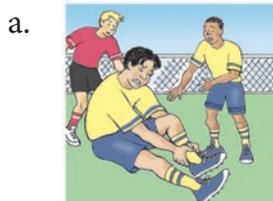
2 LISTEN

A CLASS. Look at the picture. Where are Manolo and Ellie?

B Listen to the conversation. Read the sentences. Circle True or False.

- | | | |
|--|------|-------|
| 1. Ellie broke her arm. | True | False |
| 2. Ellie had an accident at a soccer game. | True | False |
| 3. Manolo thinks he sprained his ankle. | True | False |

C Listen to the whole conversation. What happened to Manolo? Circle the letter.



3 CONVERSATION

CD2 T39

- A**  Listen to the sentences. Notice the pronunciation of the underlined *t*'s. Then listen and repeat.

Whatare you doing here?
I was at a soccer game.
What's the matter?

CD2 T40

- B**  Listen to the sentences. Which underlined *t*'s have the sound /d/? Circle the numbers.

1. Whata about you?
2. I hurtt my ankle.
3. That's too bad.
4. See you later.

CD2 T41

- C**  Listen and repeat the conversation.

Manolo: Hi, Ellie. What are you doing here?
Ellie: Oh, hi, Manolo. I had an accident. I broke my arm.
Manolo: Oh, no! I'm sorry to hear that.
Ellie: Thanks. What about you?
Manolo: I hurt my ankle at a soccer game. I think I sprained it.
Ellie: That's too bad.

Pronunciation Watch

When the letter *t* is between two vowel sounds, it often sounds like a quick /d/ in North American English.

4 PRACTICE

- A PAIRS.** Practice the conversation. Then make new conversations. Use your own names and the information in the boxes.

A: Hi, _____. What are you doing here?
B: Oh, hi, _____. I had an accident. _____
A: Oh, no! I'm sorry to hear that.
B: Thanks. What about you?
A: I hurt my _____ at a soccer game. I think I sprained it.
B: That's too bad.

I cut my hand.
I burned my finger.
I fell.

foot
wrist
back

- B ROLE PLAY. PAIRS.** Make your own conversations. Use your own names and different information.

Grammar

Grammar Watch

Simple past: Irregular verbs

Affirmative

Ellie	had	an accident.
She	broke	her arm.
Manolo	got	hurt.
He	hurt	his ankle.

Common irregular verbs

Base form	Past-tense form	Base form	Past-tense form
break	broke	get	got
cut	cut	have	had
fall	fell	hurt	hurt

• See page 286 for more past-tense forms.

1 PRACTICE

A Complete the sentences. Underline the correct verbs.

- I don't want my son to play soccer. Sometimes players get / **got** hurt.
- Oh, no! I think I **break** / **broke** my leg.
- Pilar **cuts** / **cut** her finger and went to the hospital.
- He **hurts** / **hurt** his ankle on the stairs yesterday.
- My grandfather sometimes **falls** / **fell** in the house. I'm worried.
- They **have** / **had** an accident last Saturday.
- My son **breaks** / **broke** his foot and went to the emergency room.
- My daughter is sick today. She **has** / **had** a sore throat.



B Write sentences about the past. Use a verb from the box.

~~break~~ cut fall get have hurt

- Oscar / his ankle Oscar broke his ankle.
- my son / his finger / with a knife _____
- you / a fever / last night _____
- we / sick _____
- my grandmother / in the bathroom _____
- Sun-Ah / her arm _____

2 PRACTICE

A PAIRS. Look at the pictures. What happened last weekend? Decide together.

Jessica had an accident in the kitchen. She . . .



B WRITE. On a separate piece of paper, write two sentences about each picture in Exercise A. Write about what happened.

Show what you know! Talk about an injury

STEP 1. Complete the questions.

Did you ever hurt _____?

Did you ever break _____?

Did you ever have _____?

STEP 2. GROUPS OF 5. Ask your partners your questions. Take notes.

A: *Did you ever break your toe?*

B: *No, but I broke my finger at work last year.*

STEP 3. Tell the class about your partners.

Can you...talk about an injury?

Reading

1 BEFORE YOU READ

A CLASS. What is stress? When do you feel stressed?

B PAIRS. Scan the article. Look at the words and sentences in color. Answer the questions.

1. What two questions does the article answer?
2. What are four causes of stress?

Reading Skill: Using Formatting Clues

Authors sometimes use formatting such as boldface type, bullets, and color to help readers find the main points.

2 READ

CD2 T42



Listen. Read the article.

STRESS

Everyone feels stress sometimes. But some people have so much stress that they become sick.

What causes stress?

Change The biggest source of stress is change. It may be a bad change, like losing a job or getting divorced. But even a good change, like going on vacation, causes stress!

Loss of Control You also feel stress in situations that are out of your control. Maybe you are stuck in traffic or your kids are sick. When you can't change the bad things in your life, you feel stress.

Negative Attitudes The way you think can cause stress. For example, you worry a lot or you think too much about the bad things in your life. These kinds of negative attitudes cause stress.



Unhealthy Habits Finally, the way you live can cause stress. Do you eat too much junk food? Do you work too many hours? These kinds of unhealthy habits add stress to your life.

How can you manage stress?

- Find out what causes stress in your life. Pay attention to the times you feel stressed out.
- Think about ways to change the things that cause you stress.
- Accept the things you can't change. Sometimes you can't avoid a stressful situation. You need to find a way to live with it.
- Talk about it. Sometimes you need help. Talk about your stress with a family member, friend, counselor, or doctor.

3 CHECK YOUR UNDERSTANDING

A Read the article again. Circle *True* or *False*.

- | | | |
|--|-------------|--------------|
| 1. Even good changes, like getting married, can cause stress. | True | False |
| 2. Being in a situation you can't control causes stress. | True | False |
| 3. Eating too much junk food is an example of a negative attitude. | True | False |
| 4. You can always avoid stressful situations. | True | False |
| 5. Talking with someone can help you manage stress. | True | False |

B Take the stress quiz. Then count your points. How much stress do you have?

Stress Quiz

Circle the number that is true for you.

	Never	Sometimes	Every day
1. I get headaches.	1	2	3
2. I get stomachaches.	1	2	3
3. I have trouble sleeping.	1	2	3
4. I can't concentrate.	1	2	3
5. I worry about small things.	1	2	3
6. I get angry easily.	1	2	3
7. I want to be alone.	1	2	3
8. I argue with my friends and family.	1	2	3

Total Score

___ + ___ + ___ + ___ + ___ = ___

Not Much Stress 8-18

Some Stress 19-29

A lot of Stress 30-40



C PAIRS. Compare your scores. Talk about how stress affects your life.

My score is 30. I get headaches at work and have trouble sleeping . . .

Show what you know!

PRE-WRITING. Write a list of things in your life that cause stress.

NETWORK. Find classmates with the same causes of stress. Form a group. Talk about ways you can manage stress.

WRITE. Write about the stress in your life. See page 271.

Listening and Speaking

1 BEFORE YOU LISTEN

- A READ. CLASS.** Look at the picture and read about Hugo. Then answer the questions.

Hugo is at the dental clinic. He woke up with a bad toothache this morning. He was supposed to work from 10:00 A.M. to 6:00 P.M. today. At 9:30, he called his supervisor and explained his problem. He had to miss work today.



1. What is Hugo's problem?
2. Why did Hugo call his work supervisor?

- B CLASS.** Have you ever had to miss work or school?

2 LISTEN

- A**  **CD2 T43** Look at the pictures of Soo-Jin calling her work supervisor. Listen to the conversation. Answer the questions.

1. Why is Soo-Jin calling?
 - a. She's going to be late.
 - b. She's going to miss work.
2. Where is Soo-Jin going?
 - a. to the hospital
 - b. to the doctor's office
 - c. to the dentist's office



- B**  **CD2 T44** Listen to the whole conversation. What is Soo-Jin going to do later?

- a. call her supervisor
- b. go to work
- c. call the doctor

3 CONVERSATION

- A**  **CD2 T45** Listen to the sentences. Notice the thought groups. Then listen and repeat.

I'm sorry / to hear that.
Do you think / you'll be in / tomorrow?
I have to / take my son / to the clinic.

- B**  **CD2 T46** Listen and repeat the conversation.

Paula: Hello. Paula Charles speaking.
Soo-Jin: Hi, Paula. This is Soo-Jin. I can't come in today because I have to go to the doctor. I don't feel well.
Paula: Sorry to hear that. Thanks for calling, and take care of yourself.
Soo-Jin: Thanks.

Pronunciation Watch

We use pauses to break sentences into smaller thought groups. These pauses make sentences easier to say. They also organize the meaning of the sentence. This helps the listener understand.

4 PRACTICE

- A PAIRS.** Practice the conversation. Then make new conversations. Use your own names and the information in the boxes.

A: Hello. _____ speaking.

B: Hi, _____. This is _____. I can't come in today because I have to _____.

A: Sorry to hear that. Thanks for calling, and _____.

B: Thanks.

take my son to the clinic

He has a fever.

I hope he feels better

take care of my mother

She's sick.

I hope she gets well soon

go to the dentist

I broke my tooth.

good luck

- B ROLE PLAY. PAIRS.** Make your own conversations. Use your own names and different information.

Grammar

Ways to express reasons		
Soo-Jin missed work yesterday	because	she didn't feel well.
She went to the doctor	for	a prescription.

Grammar Watch

- Use *because* + a subject and a verb.
- Use *for* + a noun.

PRACTICE

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

1. I can't go to school because I have a cold.
2. I have to go to the drugstore _____ some medicine.
3. My wife is going to the doctor _____ a blood test.
4. Carlo went to the clinic _____ he hurt his back.
5. I went to the store _____ some cold medicine.
6. I was absent yesterday _____ I had a fever.



B Look at the words. Where do the people have to go? Why? Write one sentence with *because* and one sentence with *for*.

1. Jack / the pharmacy / some medicine

Jack has to go to the pharmacy because he needs some medicine.

2. Janelle / the doctor / a flu shot

3. Gladys / the dentist / a checkup

1 GRAMMAR

A Complete the sentences. Use the simple past of a verb from the box.

break cut fall get ~~have~~

1. I had a cold for three weeks, but now I feel fine.
2. Poor Rosa! She _____ down the stairs and hurt her back.
3. Henry had an accident at work and _____ a bone in his foot.
4. Be careful with that knife. Jim _____ his hand with it yesterday.
5. I went to the doctor's office, and I _____ a prescription.

B Complete the conversations. Use the words in the boxes.

at by for ~~on~~

1. **A:** What are you doing on Wednesday afternoon?
B: I'm going _____ a checkup.
A: When is your appointment?
B: It's _____ 4:30, but I need to go early. They want me to be there _____ 4:15.

at because by from in to

2. **A:** I need to see a doctor _____ I think I have an infection.
B: Can you be here _____ an hour?
A: I'm sorry, I can't. I work _____ 3:00 _____ 11:00.
B: How about tomorrow? We have an opening _____ 9:00.
A: That's fine. Thank you.
B: OK. Please be here _____ 8:45.



2 ACT IT OUT

What do you say?

STEP 1. CLASS. Review the Lesson 2 conversation between the receptionist and Roberto (CD 2 track 33).

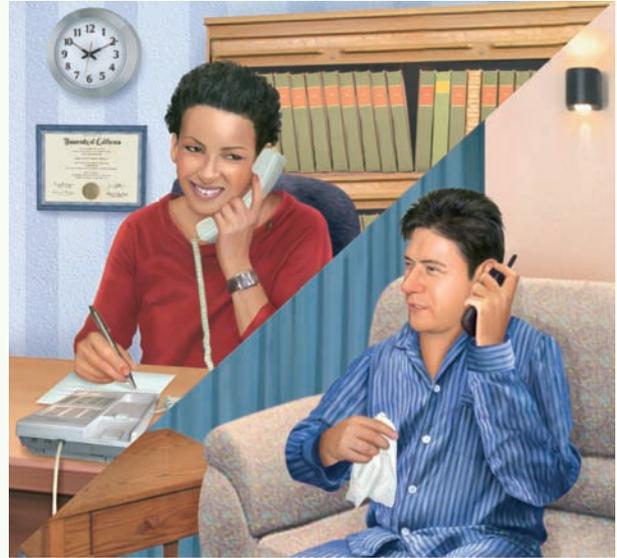
STEP 2. ROLE PLAY. PAIRS. Student A, you are the patient. Student B, you are the receptionist at the doctor's office.

Student A:

- Call the doctor's office and ask for an appointment.
- Explain your medical problem.
- Agree on a time you can come.

Student B:

- Ask about the patient's health problem.
- Suggest a time for the appointment.



3 READ AND REACT

Problem-solving

STEP 1. Read about Ramona's problem.

Ramona has a coworker named Mike. Mike often calls in late or sick to work. Tonight he calls in sick again. Ramona knows that he is not sick. She knows that Mike plans to attend a baseball game tonight. Ramona's boss asks her to cover Mike's hours. Ramona doesn't want to work late tonight.

STEP 2. PAIRS. What is Ramona's problem? What can she do? Here are some ideas.

- She can work late.
- She can tell her boss that Mike is not really sick.
- She can say, "I'm sorry, I can't work late tonight."
- She can _____.

4 CONNECT

For your Goal-setting Activity, go to page 252.
For your Team Project, go to page 280.