Referrals and tests

Activity 69
Write your answers. Then discuss them with another student.

Has your doctor ever given you a referral? ________________________________

Who did you go to see? ________________________________

Activity 70
Write the words from the box under the correct picture.

optician    social worker    obstetrician
physiotherapist    dentist    podiatrist

Example

social worker  1. __________________  2. __________________

3. __________________  4. __________________  5. __________________
### Activity 71

**Read and match.**

<table>
<thead>
<tr>
<th>If a patient says:</th>
<th>the doctor might say:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Example</strong></td>
<td></td>
</tr>
<tr>
<td>1. I think my diet is making me sick.</td>
<td>I want you to visit an optician.</td>
</tr>
<tr>
<td>2. My feet hurt all the time.</td>
<td>I’ll give you the name of the obstetrician.</td>
</tr>
<tr>
<td>3. I’ve hurt my back and I think I need some exercises.</td>
<td>You need to see a podiatrist.</td>
</tr>
<tr>
<td>4. I can’t see the whiteboard in class.</td>
<td>I’m going to write you a referral to a dietician.</td>
</tr>
<tr>
<td>5. I’m having a baby.</td>
<td>I can send you to a physiotherapist.</td>
</tr>
<tr>
<td>6. My girlfriend told me I’ve got bad breath.</td>
<td>I’m going to get you an appointment with a social worker.</td>
</tr>
<tr>
<td>7. I’m worried because I haven’t got anywhere to live.</td>
<td>Have you been to a dentist lately?</td>
</tr>
</tbody>
</table>

### Activity 72

**Think of some other kinds of health workers. Discuss with another student and write some conversations.**

<table>
<thead>
<tr>
<th>If a patient says:</th>
<th>the doctor might say:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Activity 73
In English, ch spelling can have a /tʃ/ or a /k/ sound.

Write a word from the box under the correct heading.
Write some more words with the same sounds.

<table>
<thead>
<tr>
<th>ch spelling with /tʃ/ sound</th>
<th>ch spelling with /k/ sound</th>
</tr>
</thead>
<tbody>
<tr>
<td>headache</td>
<td>cheap</td>
</tr>
<tr>
<td>cheap</td>
<td>children</td>
</tr>
<tr>
<td>watch</td>
<td>mechanic</td>
</tr>
<tr>
<td>stomach</td>
<td>chemist</td>
</tr>
<tr>
<td>much</td>
<td></td>
</tr>
</tbody>
</table>

Activity 74
In English, ph spelling always has a ‘f’ sound - for example: phone, graph, physiotherapist.

Read and then find three more words with ‘ph’ spelling. You can use a dictionary. Write the meaning next to the word.

<table>
<thead>
<tr>
<th>Word</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>physiotherapist</td>
<td>A trained medical person who helps people to improve physical movement or mobility</td>
</tr>
</tbody>
</table>
Unit 2  At the doctor’s surgery

Activity 75

Listen and write each word from the box under the correct heading.

<table>
<thead>
<tr>
<th>One-syllable words</th>
<th>Two-syllable words</th>
<th>Three-syllable words</th>
<th>Four-syllable words</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example</td>
<td>food</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>food</th>
<th>dietician</th>
<th>stomach</th>
<th>Medicare</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>headache</td>
<td>medication</td>
<td>tea</td>
</tr>
</tbody>
</table>

Activity 76

Listen and read.

In English, words with more than one syllable have some sounds that are longer and louder than others.

- breakfast
- coffee
- because
- optician
- referral
- podiatrist

Activity 77

Listen for syllable stress and write each word from the box under the correct heading.

<table>
<thead>
<tr>
<th>lonely</th>
<th>improve</th>
<th>allergic</th>
<th>chemist</th>
</tr>
</thead>
<tbody>
<tr>
<td>unhealthy</td>
<td>children</td>
<td>protect</td>
<td>enough</td>
</tr>
</tbody>
</table>

Example

- lonely
- improve
- allergic
- chemist
- unhealthy
- children
- protect
- enough
Activity 78

Look for each word from the box in the word puzzle and circle it. Some words read down ↓ and some read across →.

<table>
<thead>
<tr>
<th>angry</th>
<th>diet</th>
<th>fruit</th>
<th>Medicare</th>
<th>sore</th>
</tr>
</thead>
<tbody>
<tr>
<td>blood</td>
<td>doctor</td>
<td>headache</td>
<td>nervous</td>
<td>tea</td>
</tr>
<tr>
<td>breath</td>
<td>energy</td>
<td>health</td>
<td>pains</td>
<td>tests</td>
</tr>
<tr>
<td>chemist</td>
<td>enough</td>
<td>iron</td>
<td>patient</td>
<td>toast</td>
</tr>
<tr>
<td>dentist</td>
<td>feet</td>
<td>lonely</td>
<td>pies</td>
<td>worried</td>
</tr>
</tbody>
</table>

What is Ayen going to try eating and drinking for breakfast?

To find out, highlight the unused letters from the top left corner to the bottom right corner. Write them below.

Ayen is going to try eating     and drinking     .
Activity 79
Choose Task A or B. Then go to a supermarket to find the information.

Task A: Is breakfast cereal a healthy breakfast?
1. Look at some different breakfast cereal packets. Don’t forget the chocolate cereals.
2. Check the nutrition information. How many grams of sugar per 100 grams of cereal? Is this a good breakfast?
3. Do any of the breakfast cereals have iron in them?

<table>
<thead>
<tr>
<th>Cereal name</th>
<th>Grams of sugar/100g</th>
<th>Iron?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Task B: What other foods have iron in them?
1. Go on the Internet. Search for [iron + food]. Find foods with a lot of iron in them.
2. Make a list of 4 or 5 foods with lots of iron.

____________________________________  ______________________________________
____________________________________  ______________________________________
____________________________________  ______________________________________
____________________________________  ______________________________________
____________________________________  ______________________________________
About your learning

**Activity 80**

*Read the sentences below. Tick (✓) the correct boxes for yourself.*

<table>
<thead>
<tr>
<th>Activity</th>
<th>Not much</th>
<th>A little</th>
<th>A lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can talk about going to the doctor.</td>
<td>☐</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>I can fill in a ‘new patient’ form.</td>
<td>☐</td>
<td>☐</td>
<td>☑</td>
</tr>
<tr>
<td>I can use some past tense verbs.</td>
<td>☐</td>
<td>☑</td>
<td>☐</td>
</tr>
<tr>
<td>I can read and understand medicine labels.</td>
<td>☐</td>
<td>☑</td>
<td>☐</td>
</tr>
<tr>
<td>I can do a survey and make a bar chart.</td>
<td>☐</td>
<td>☑</td>
<td>☐</td>
</tr>
<tr>
<td>I can write about healthy food choices.</td>
<td>☐</td>
<td>☑</td>
<td>☐</td>
</tr>
<tr>
<td>I understand syllable stress.</td>
<td>☐</td>
<td>☑</td>
<td>☐</td>
</tr>
<tr>
<td>I know the names of some kinds of health workers.</td>
<td>☐</td>
<td>☑</td>
<td>☐</td>
</tr>
</tbody>
</table>
Healthy food

Activity 81
Look at the photo above. What do you think?

Who is in the picture?
Where is she? What is she doing?
What is she writing?

Activity 82
Watch the introduction to Unit 3 of the DVD.
Activity 83
Write each word from the box in the correct place below.

vegetables      fish      milk      cheese
bread      water      fruit      noodles

Enjoy a variety of foods every day.

Example
vegetables
legumes

1. __________
   __________

2. __________,
yogurt, __________
   __________

3. lean meat,
poultry, eggs, nuts,
   __________

4. __________,
cereals, rice, pasta,
   __________

5. drink plenty of
   __________

Extras:
choose these sometimes in small amounts

Learning tip

lean meat = meat without fat
poultry = chicken, duck etc
legumes = beans, chickpeas, lentils etc
Activity 84
Look back at the chart in Activity 83 and discuss these questions with your class.

Are there any foods on this chart that you have never eaten?
Are there any foods on this chart that you don’t like?
The chart is for Australian food. Would the foods be the same or different on a chart for your country?

Activity 85
Write three foods you like in each part of the ‘food pie’. Don’t forget the ‘extras’.
# Your food diary

## Activity 86

Fill in your food diary for yesterday. Include water and any soft drinks, tea or coffee (and how many sugars).

<table>
<thead>
<tr>
<th>Meal</th>
<th>I ate and drank</th>
</tr>
</thead>
<tbody>
<tr>
<td>breakfast</td>
<td></td>
</tr>
<tr>
<td>morning snacks</td>
<td></td>
</tr>
<tr>
<td>lunch</td>
<td></td>
</tr>
<tr>
<td>afternoon snacks</td>
<td></td>
</tr>
<tr>
<td>dinner</td>
<td></td>
</tr>
<tr>
<td>after dinner snacks</td>
<td></td>
</tr>
</tbody>
</table>

## Activity 87

Look at your food diary. Then tick (✓) the boxes below and answer the questions.

<table>
<thead>
<tr>
<th>Yesterday I ate and drank:</th>
<th>None</th>
<th>Some</th>
<th>A lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>fruit and vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>bread, rice etc</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>milk, cheese etc</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>meat, fish, eggs etc</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>water</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>soft drinks</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>extras</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

How much fruit did you eat? ______________________________________

How many ‘extras’ did you eat? ____________________________________

How many soft drinks did you have? ________________________________

---

**Learning tip**

When you ask questions, use:
- How much...? for uncountable nouns (water, rice, fish, fruit)
- How many...? for countable nouns (pieces of fruit, eggs, snacks, glasses of water)
Activity 88
Write each word or phrase from the box in the correct column.

<table>
<thead>
<tr>
<th>fruit</th>
<th>meat</th>
<th>rice</th>
<th>fish</th>
<th>soft drinks</th>
<th>extras</th>
<th>pies</th>
<th>cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>water</td>
<td>pieces of fruit</td>
<td>eggs</td>
<td>glasses of water</td>
<td>snacks</td>
<td>bread</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How much?</th>
<th>How many?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Activity 89
Work with another student. Ask and answer questions about all the things in Activity 88.

How much __________________________ did you eat/drink yesterday?
OR
How many __________________________ did you eat/drink yesterday?

Activity 90
Write sentences about yourself. Then read them to another student.

In my country I ate a lot of ____________________________
In Australia I eat a lot of ____________________________

Learning tip
did = past.
eat = present.
ate = past.
Ayen visits the dietician

Activity 91

Watch Unit 3 of the DVD.

Activity 92

Circle True or False.

Lily is a doctor.

1. Lily has got the results of Ayen’s blood tests. True False
2. Lily tells Ayen to take tablets. True False
3. Lily tells Ayen to drink 3 glasses of water a day. True False
4. Lily tells Ayen to walk quickly so her heart beats faster. True False
5. Lily takes people to the supermarket. True False
6. Ayen buys some orange drink. True False
7. Rosie and Ayen go jogging. True False
Activity 93
Write each word or phrase from the box in the correct sentence.

food diary  walk  ____________  food labels
exercise  vegetables  healthy  supermarket

Example
Ayen went to visit the ____________ dietician ____________, Lily Grace.

1. Lily talked to Ayen about eating good food, drinking plenty of water, and doing ________________________________________________.

2. She also gave Ayen a ____________________________________________________.

3. After her appointment, Ayen bought some ___________________________________________ and took them home.

4. On Thursday night, Rosie and Ayen went on Lily’s ____________________________ tour.

5. They found out about ____________________________ and didn’t buy any soft drinks.

6. Next day, they began their new ______________________________ lifestyle.

7. Ayen cooked a meal and they both went for a ________________________________.

Activity 94
Now write the sentences from Activity 93 in three paragraphs.

Paragraph 1 - the beginning
Ayen went to visit ____________________________________________________________.

Paragraph 2 - the middle
After her appointment ________________________________________________________.

Paragraph 3 - the end of the story
Next day, they began ________________________________________________________.
Healthy shopping

Activity 95

Listen to Lily’s talk and answer the questions.

Example

What does Lily tell Ayen to look at? ______ the label ______

1. What percentage of orange juice is in the orange soft drink? ____________________

2. Name one other ingredient. ________________________________________________

3. Why do people buy fruit juice drinks with only 20% juice? ____________________

4. For really healthy eating, what’s better than 100% fruit juice? ____________________

5. Tick the correct answer. Lily’s talk is about:
   □ cheap food    □ exercise    □ food labels    □ supermarkets

Learning tip

5% = 5 parts in 100.

95% water, sugar

5% orange juice
Activity 96
Write the percentages under the bottles.

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>20%</td>
<td>50%</td>
<td>75%</td>
<td>25%</td>
<td>100%</td>
</tr>
</tbody>
</table>

Example

100%

Example

75%

1. ____________ 2. ____________ 3. ____________

Activity 97
Write the percentages under the pie chart.

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>25%</td>
<td>100%</td>
<td>10%</td>
<td>75%</td>
<td>20%</td>
</tr>
</tbody>
</table>

Example

10%

Example

20%

1. ____________ 2. ____________ 3. ____________ 4. ____________
Activity 98
Read the three labels and answer the questions.

Example
Which drink has 25% juice? drink 2

1. What is the percentage of orange juice in drink 3? 

2. Which drinks have added sugar? 

3. Which drinks have preservatives? 

4. Which drink has vitamin C? 

5. What is the percentage of orange juice in drink 1? 
Healthy cooking

Activity 99
Discuss the photos with your class. Then write each word from the box under the correct photo.

Example

chop stir add cover serve
pour fry wash cook

1. ___________ 2. ___________
3. ___________ 4. ___________ 5. ___________
6. ___________ 7. ___________ 8. ___________

Activity 100
Read the words in Activity 99 to another student.
Activity 101
Write each word from the box in the correct instruction for this recipe.

Method

Example
1. Chop the vegetables and_________________________ the lentils.
2. ___________________________ the stock into a 4–5 litre pot and bring to the boil.
3. ___________________________ the carrot, tomato and lentils to the stock. Turn the heat down,________________________ the pot and_________________________ for about 30 minutes or until the lentils are soft.
4. ___________________________ the onions in the olive oil until they are soft and brown.
5. Add the cumin, lemon juice, onions, salt and pepper to the soup and_________________________ slowly over low heat for about 3 minutes.
6. ___________________________ hot with bread.

Activity 102
Tell another student how to make some food that you like.

Lentil soup
Ingredients
1 medium tomato
1 medium carrot
2 medium onions, finely chopped
2 cups split red lentils
2 litres stock (chicken or lamb)
2 tablespoons olive oil
2 teaspoons cumin
Juice of 1 lemon
Salt, pepper

If you have a blender you can blend the soup and make it smooth.
A healthy lifestyle

Activity 103
Do the quiz.

Are you living a healthy lifestyle?

1. What kind of dinner do you usually have?
   - A. Home cooked with plenty of vegetables.
   - B. Out of a packet (like instant noodles).
   - C. A bar of chocolate and a soft drink.

2. How often do you eat?
   - A. Three times a day, including breakfast.
   - B. Twice a day (no breakfast).
   - C. When I have time.

3. Do you eat breakfast?
   - A. Always – I need my breakfast!
   - B. Sometimes – if I have time.
   - C. No, never.

4. How often do you exercise?
   - A. At least three times a week.
   - B. Once or twice a week.
   - C. Never or not often.

5. How much water do you drink?
   - A. At least 2 litres a day.
   - B. A couple of small bottles of water a day.
   - C. None. But I drink lots of sports drink.

6. How do you relax after a busy day?
   - A. I go for a walk.
   - B. I watch TV.
   - C. I go to the pub.

7. What do you do when you feel ‘down’?
   - A. I go for a run or talk to someone.
   - B. I do nothing.
   - C. I have a drink or a cigarette.

Answers

Mostly A’s:
Congratulations!
You already have a healthy lifestyle.

Mostly B’s:
You’re trying, but you need to make some healthy choices.

Mostly C’s
If you’re not feeling 100% – you know why!
What changes can you make?
Activity 104
Answer the questions about yourself. Tick (✓) the best answer and then discuss your answers with another student.

1. How happy are you with your answers to the quiz?
   - [ ] Very happy
   - [ ] A little happy
   - [ ] Not very happy
   - [ ] Very unhappy

2. Do you think you have a healthy lifestyle?
   - [ ] Yes, it’s very healthy
   - [ ] It’s okay
   - [ ] No, it’s not very healthy

3. Do you think you need to make any changes to your lifestyle?
   - [ ] Yes, lots of changes
   - [ ] Maybe a few changes
   - [ ] No, I’m fine

Activity 105
Listen to Ayen and Rosie and tick (✓) the correct column.

<table>
<thead>
<tr>
<th>Things Rosie and Ayen should</th>
<th>Do more often</th>
<th>Cut down</th>
<th>Quit</th>
</tr>
</thead>
<tbody>
<tr>
<td>drink water</td>
<td>Example</td>
<td></td>
<td></td>
</tr>
<tr>
<td>eat takeaway food</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>eat fruit</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>smoking</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>exercise</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>eat home cooked meals</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>drink coffee</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>eat vegetables</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>eat breakfast</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Activity 106
Read the two food diaries.

<table>
<thead>
<tr>
<th>Kumar - July 6th</th>
<th>Grace - July 6th</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>1 cup porridge</td>
<td>2 cups black coffee</td>
</tr>
<tr>
<td>½ cup milk</td>
<td>Morning snacks</td>
</tr>
<tr>
<td>2 pieces toast</td>
<td>1 carton yogurt</td>
</tr>
<tr>
<td>2 eggs</td>
<td>1 apple</td>
</tr>
<tr>
<td><strong>Morning snacks</strong></td>
<td>Lunch</td>
</tr>
<tr>
<td>doughnut</td>
<td>1 orange</td>
</tr>
<tr>
<td>sports drink</td>
<td>Afternoon snacks</td>
</tr>
<tr>
<td></td>
<td>cappuccino</td>
</tr>
<tr>
<td></td>
<td>cake</td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>bag of hot chips</td>
<td>2 cups salad</td>
</tr>
<tr>
<td>cola drink</td>
<td>chocolate bar</td>
</tr>
<tr>
<td></td>
<td><strong>Dinner</strong></td>
</tr>
<tr>
<td>cheese</td>
<td>2 cups salad</td>
</tr>
<tr>
<td>bread (2 slices)</td>
<td>chocolate bar</td>
</tr>
<tr>
<td>lamb and vegetable stew</td>
<td></td>
</tr>
<tr>
<td>icecream</td>
<td></td>
</tr>
<tr>
<td><strong>Evening snacks</strong></td>
<td><strong>Evening snacks</strong></td>
</tr>
<tr>
<td>biscuits (2)</td>
<td></td>
</tr>
<tr>
<td><strong>Water</strong></td>
<td><strong>Water</strong></td>
</tr>
<tr>
<td>2 glasses</td>
<td>8 glasses</td>
</tr>
<tr>
<td><strong>Exercise</strong></td>
<td><strong>Exercise</strong></td>
</tr>
<tr>
<td>walk – 1km to and from bus</td>
<td>Gym class</td>
</tr>
</tbody>
</table>

Activity 107
Discuss the questions about Kumar and Grace.

What do you think about Kumar’s lifestyle and diet? What about Grace’s?
How could Kumar and Grace improve their lifestyle?
What should they eat less of?
What should they eat more of?
Activity 108
Read about what Kumar needs to do. Now work with a partner. Look at Grace’s food diary and write about what she needs to do.

Yesterday Kumar didn’t eat any fruit and he ate and drank too many extras. He needs to eat more fruit and cut down on extras. He needs to drink more water. He also needs to do a bit more exercise.

Activity 109
Now look at your food diary from Activity 86 and write about yourself.
Getting fit

Activity 110
Write a word from the box under the correct photo.

cycling    bushwalking    aerobics    kick-boxing
football    skateboarding    swimming    netball    basketball

Example
1. ______________________  2. ______________________
3. ______________________  4. ______________________  5. ______________________
6. ______________________  7. ______________________  8. ______________________

Activity 111
Discuss with another student and then write your answers.

Which kinds of exercise can you do alone?

Which kinds of exercise can you do with other people (friends or a team)?
Activity 112
Write each word or phrase from the box in the correct space.

own  classes  friends  group or team  discounts  everyday

Ways to get fit

You can get fit:

Example
• on your ____________ going walking or swimming.
• with ______________ going bushwalking or skateboarding.
• as part of ______________ life like walking or cycling.
• with a ______________ doing cycling, netball, football or basketball.
• by going to exercise ______________ like aerobics, dancing or kick-boxing.

Some classes offer ______________ for people with student or Health Care cards.

Activity 113
Read these reasons for getting fit. Number your top three reasons (1, 2, and 3), then discuss with another student.

Why get fit?
Exercising regularly can help you to:

☐ look healthier ☐ improve your mental health
☐ manage your weight ☐ meet new people
☐ feel better about yourself ☐ live longer
☐ reduce stress ☐ have more energy
Activity 114
Write about how you think exercise can help you.

Example
Exercise can help me to **manage my weight**
and to **live longer**.

Exercise can help me to _______________________
______________________________
and to _______________________
______________________________

Activity 115
Discuss with another student and then write your answers.

What kind of exercise did you do before you came to Australia?
______________________________

What kind of exercise do you do now? ______________________

What kind of exercise would you like to try? ______________________

Activity 116
Use your ideas from Activity 115 to write about yourself.

Example
Before I came **to Australia I walked a lot**.
Now **I go walking with Rosie**.
I’d like to try **netball**.

Before I came ______________________
______________________________

Now ______________________
______________________________

I’d like ______________________
______________________________
**Unit 3  Healthy eating and exercise**

**Activity 117**
Practise your spelling.

<table>
<thead>
<tr>
<th>Read and say</th>
<th>Cover and write</th>
<th>Check and write again</th>
</tr>
</thead>
<tbody>
<tr>
<td>exercise</td>
<td></td>
<td></td>
</tr>
<tr>
<td>colour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>flavour</td>
<td></td>
<td></td>
</tr>
<tr>
<td>energy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>weight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>juice</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Learning tip**

A good speller:
- knows that (in English) some sounds have different spellings (eg red, bread)
- knows that one spelling can have different sounds (eg eat, breakfast).
- looks for patterns (eg swimming, jogging, running).
- always checks their writing to see if every word looks right.

**Activity 118**
Circle the spelling pattern.

**Example**

<table>
<thead>
<tr>
<th>healthy</th>
<th>unhappy</th>
<th>quickly</th>
<th>plenty</th>
</tr>
</thead>
</table>
1. colour | flavour |
2. head | bread |
3. exercise | example |

**Learning tip**

One way to improve your spelling is to remember patterns.
Activity 119

Write each word from the box under the correct heading.

In English, c spelling can have a /k/ or a /s/ sound.

- **cooked**, cycling, cup, cigarette
- cereal, can, rice, colour

letter c with a /k/ sound
(before a, o, u, consonants)

Example

cooked

---

letter c with a /s/ sound
(before e, i, y)

Example

cigarette

---

Activity 120

Listen for syllable stress and write each word from the box under the correct heading.

- relax, regularly, improve, began, recipe
- supermarket, exercise, healthier, yogurt
- tomato, aerobics, ingredients, breakfast
- preservative, lentils, appointment

Example

relax

---
Activity 121

Look for each word from the box in the word puzzle and circle it. Some words read down ↓ and some read across →.

<table>
<thead>
<tr>
<th>added</th>
<th>cycling</th>
<th>fish</th>
<th>less</th>
<th>salad</th>
</tr>
</thead>
<tbody>
<tr>
<td>basketball</td>
<td>day</td>
<td>flavours</td>
<td>more</td>
<td>serve</td>
</tr>
<tr>
<td>bread</td>
<td>eggs</td>
<td>improve</td>
<td>pasta</td>
<td>skin</td>
</tr>
<tr>
<td>cereals</td>
<td>energy</td>
<td>jogging</td>
<td>quit</td>
<td>tired</td>
</tr>
<tr>
<td>cheese</td>
<td>extras</td>
<td>label</td>
<td>rice</td>
<td>vegetables</td>
</tr>
</tbody>
</table>

I M P R O V E Q E J B C
COADDEDUXORY
HRSBIGSTIGEC
ETIREDTRGAL
ECAEUTISAIIDI
STNSAESNCDN
EINEDBLRIGEG
SCRFVOURS
KEGSEBEECEF
IDAYRESHAMAI
NSALADLESSLS
BASKETBALLSH

What is Rosie cutting down on?

To find out, highlight the unused letters from the top left corner to the bottom right corner. Write them below.

Rosie is cutting down on ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___.
After class

Activity 122

Choose ONE of these activities to do.

1. Go to a supermarket (or look in your cupboards) and look at the labels on different drinks and juices. Which ones have the most fruit juice? Which have the most sugar? Did you get any surprises?

2. Keep your own food and exercise diary for a week. Look at the results. How healthy is your lifestyle?

3. Find a recipe for a healthy meal and cook it. Bring the recipe to class.

About your learning

Activity 123

Read the sentences below. Tick (✓) the correct boxes for yourself.

Not much    A little    A lot

I understand about eating a variety of foods.
I can talk and write about different foods.
I can read and fill in a health quiz.
I can write about my fitness.
I understand syllable stress.
I can read food labels.
I can read a recipe.
UNIT 4

Ayen’s birthday
Planning Ayen’s birthday party

Activity 124

Look at the photo above. What do you think?

Who is in the living room?
What are they doing? (clue: It’s Ayen’s birthday soon!)
Is Rosie smoking?

Activity 125

Watch the introduction to Unit 4 of the DVD.
Activity 126

Read the party invitations and discuss with your class. Then match the meanings with the correct parts of the invitations.

**Invitation 1**

You are invited to my party.

When?
Saturday July 14 at 7.30 pm

Where?
Rosie’s place at
22 Bell Avenue, Greenacre

Dress?
Casual

Drinks?
Alcohol-free

Bring something to put on the BBQ.

RSVP by July 14 on 9988 4567

Looking forward to seeing you
Ayen

1. Bring some meat or fish, or tofu, or a vegetable burger to cook on the BBQ.

Example

Please tell us if you are going to come to the party.

2. Don’t wear your best clothes.

3. There will be no alcohol at the party.

**Invitation 2**

Invitation to

Betty and Tom’s anniversary party

16 Forth Street, Connor
6 pm to 9 pm

BYO

Bring a plate

No presents please. Your company is the best present.

1. Bring some food to share – maybe biscuits and dip, or meatballs, a salad or something sweet.

2. Bring a bottle of drink (soft drink or alcohol – whatever you prefer).

3. Don’t bring a present!

Activity 127

Discuss the questions with your class.

Have you been to a party in Australia? How was the party the same or different from parties in your country? What food and drink do people take to parties in Australia?
Food and drink at the party

Activity 128
Read and discuss in groups.

Parties and alcohol – Being a good party host
If you are serving alcohol at your party, you should:
• make sure you also have some low-alcohol and no-alcohol drinks
• use small glasses
• have food available.

Tell your guests if there is alcohol in any cocktails or mixed drinks.
If anyone drinks too much, don’t let them drive – call them a taxi, ask a non-drinker to give them a lift home, or give them a bed for the night.

Learning tip
One standard drink = 10g of alcohol = 1 middy of beer (285ml)
= 1 small glass of wine (100ml) = 1 shot of spirits (30ml)

Activity 129
Listen. Then fill in the chart and answer the questions.

<table>
<thead>
<tr>
<th>How much should you drink?</th>
<th>Maximum in one day</th>
<th>Occasional maximum (eg at a party)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men</td>
<td>4 standard drinks</td>
<td>_____ standard drinks</td>
</tr>
<tr>
<td>Women</td>
<td>_____ standard drinks</td>
<td>4 standard drinks</td>
</tr>
</tbody>
</table>

1. Is it safe to drink every day of the week? ______________________________________
2. Is it OK to ‘save up’ and have 10 drinks on Saturdays? ___________________________
3. Should younger people drink more or less than older people? _________________
4. What two things can be a ‘deadly mix’? _______________________________________
5. Tick the correct answer. The article is about:
   ☐ Alcohol guidelines   ☐ Having a party   ☐ Drinking more water   ☐ Glasses

Learning tip
Check on the Internet that the guidelines are still the same.
Activity 130
Do the quiz with a friend.

Do you know your alcohol limits?
A lot of people know the guidelines, but don’t know what a ‘standard’ drink is (it’s 100 ml of wine, 285 ml of beer or a 30 ml shot of spirits).

How many standard drinks of alcohol in each of these drinks? Check your answers underneath the photos.

1.  
2.  
3.  
4.  
5.  

Learning tip
1.5 = 1½ (one and a half)

Activity 131
Work with another student. Read and then discuss the questions.

What would you say? What would you do?

You go to a party in a car with friends. Then you see that your driver is drinking.

Your best friend is drinking and you’re worried about her safety.

You don’t drink. Someone says, ‘Go on, you have to have a drink!’

Your friend binge drinks and you’re worried about his health.

Learning tip
I would tell her ... I’d say ... I think I’d tell him ...
Activity 132
Write the names of the party food from the box under the photos.

pita bread  cucumber and yogurt dip  pineapple juice  meatballs
vegetable platter  kebabs  orange juice  bean dip  samosas

Example

cucumber and yogurt dip 1. ______________________  2. ______________________

3. ______________________  4. ______________________  5. ______________________

6. ______________________  7. ______________________  8. ______________________

Activity 133
Discuss the questions with a partner.

Look at the food in Activity 132. Are all the food groups from Activity 83 included?
What food would you serve at a party?
What drinks would you serve?
Activity 134

Read Ayen’s menu and shopping list. Then work with your class to write a menu and shopping list for a class party.

Ayen’s party menu

Bean dip
Cucumber and yogurt dip
Vegetable platter
Pita bread
Chicken kebabs
Meatballs
Vegie samosas
Orange juice
Pineapple juice

Your party menu

Ayen’s shopping list

Chicken - 2 kg
Lamb - 1 kg
Capsicum - 1 green, 1 red
Snow peas - small bag
Beans - 500 g
Celery - bunch
Carrots - 1 kg
Mushrooms - ½ kg
Cucumber - 2
Yogurt - plain - large
Orange juice - 3
Pineapple juice - 2
Samosas - 3 packs
Pita bread - 2 packs
Kebab sticks
Paper plates - 20
Serviettes - pack

Your shopping list
The party

Activity 135

Watch Unit 4 of the DVD.

Activity 136

Circle True or False.

Rosie and Ayen are doing a wellbeing checklist.

1. Rosie is feeling really happy.  
   True  False

2. Rosie has quit smoking.  
   True  False

3. At first, Ayen didn’t want to invite Sam because he drinks too much.  
   True  False

4. Luka brings some beer to the party.  
   True  False

5. Ayen looks and feels very healthy.  
   True  False

6. No one dances at the party.  
   True  False
Activity 137

Watch the DVD again, and tell the story to a partner. Use the pictures and sentence beginnings to help you. Try to use past tense verbs.

1. A week before her 19th birthday, Ayen...

2. Then...

3. Rosie...

4. On the day of the party...

5. At the party...

6. After a while...

7. They...

8. Ayen looked and felt great.
Activity 138

Number the sentences to tell the story from the DVD.

☐ On the day of the party, Ayen chopped vegetables for a platter.
☐ After a while, Luka, Sar Mi and Kuol arrived.
☐ Then she emailed them to her friends.
☐ They gave Ayen a present.
☐ A week before her 19th birthday, Ayen wrote invitations to her party.
☐ At the party, people danced.
☐ Ayen looked and felt great.
☐ Rosie wrote a shopping list.

Learning tip

Wrote and gave are both irregular past tense verbs. Ask your teacher for a list of other irregular past tense verbs.

Activity 139

Write the past tense of these regular verbs. Use the spelling rules.

Add -ed

- Example
  - cook ➤ cooked
  - look
  - email

Just add -d

- Example
  - notice ➤ noticed
  - dance
  - arrive

Double the letter, then add -ed

- Example
  - chop ➤ chopped
  - stop

Change y to ied

- Example
  - try ➤ tried
  - carry
  - worry
Quitting smoking

Activity 140

Read the information and answer the questions.

Some quit tips
1. Try going for a short walk when you really want a cigarette.
2. Stay away from caffeine. Don’t drink coffee or eat chocolate for the first few weeks if you can help it.
3. Ask people not to smoke around you and not to offer you a cigarette.
4. Expect to feel a little different for the first two weeks. You may feel emotional and unwell for a short time.
5. Call the Quitline 13 7848 (13 QUIT) for advice and support. The Quit website www.quit.org.au has information in other languages.

Example
What can you do when you want a cigarette? Go for a short walk

1. What should you NOT drink for a few weeks?
2. What should you NOT eat for a few weeks?
3. How might you feel when you quit?
4. What’s the Quitline phone number?
5. Where can you find information in other languages?
6. Tick the correct answer. This information is about:
   - using the internet
   - ways to stop smoking
   - ways to get fit
   - drinking coffee

Activity 141

Discuss the questions with a partner and then write some tips.

1. Have you ever given up anything addictive – such as cigarettes, coffee, cola or online gaming?
2. How did you give up? What tips could you give to others trying to give up?

Ask

Stay away from

Learning tip

Some things are addictive – once you start, it’s very hard to stop.

Don’t


**Activity 142**

**Discuss the questions and tick (✓) your answers.**

Where do you get your information about health and wellbeing?

- Websites
- Quizzes in magazines or online
- Friends
- Books
- Magazines
- TV shows
- School or class
- Other ________________

Who would you go to see if you had a problem?

- Teacher
- Counsellor
- Doctor
- Health professional
- Family
- Religious leader
- Youth centre staff
- Other ________________

**Activity 143**

**Listen and write the answers.**

**Example**

How does Rosie feel? ______ A bit sad.

1. Does Rosie think she is depressed? ____________________________
2. What is one thing the doctor suggests? _________________________
3. What has Rosie already started doing? _________________________
4. What else does she want to do? _______________________________
5. When will Rosie visit Dr Masters again? _________________________
6. But she should come back straight away if _______________________
7. Why does Dr Masters say ‘Well done’? _________________________

**Activity 144**

**Discuss with your class.**

Do you know anyone who has quit smoking?
How did they feel?
Do you know anyone who has been depressed?
How did they get help?

**Learning tip**

Depression is a big problem for young Australians. About 1 in 5 (or 20%) will get depressed at least once in their life.
Wellbeing

Activity 145

Complete the checklist for yourself. Then discuss your answers with others in your class.

Wellbeing checklist

Wellbeing is more than eating vegies and going to the gym. For mental health, you need friends and support. How many of these things can you tick?

Friendship
- I have 2 or 3 close friends I can talk to.
- I have several other friends I enjoy seeing.
- I do something fun with friends at least once a week.

Help
- I know a good doctor or health professional.
- I know someone I can talk to about personal worries.
- I know where to get help if I ever feel really bad.

Lifestyle
- I have a fun way to exercise and keep fit.
- My diet is mostly healthy.
- I have a hobby or interest – something that I love to do.
- I belong to a club or group.

Stress
- I can have fun and relax without always needing alcohol or drugs.
- I usually sleep well.

How I see myself
- I’m happy with my body.
- I’m happy with who I am.
- I have some beliefs that help me get through tough times.
- I have some goals for my life.
Activity 146
Match the problem and the suggestion.

<table>
<thead>
<tr>
<th>Your friend says:</th>
<th>You suggest:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example</td>
<td></td>
</tr>
<tr>
<td>I hate my body!</td>
<td>Have you thought of joining a club?</td>
</tr>
<tr>
<td>I don’t have many friends.</td>
<td>Maybe you could invite us all to a picnic or the park?</td>
</tr>
<tr>
<td>Nobody ever invites me anywhere.</td>
<td>Why don’t you have a talk to the counsellor about that?</td>
</tr>
</tbody>
</table>

Language for giving advice
Have you thought of …ing?  Why don’t you …?  Maybe you could …?
(You should is a little bit strong! Be careful how you use it.)

Activity 147
Work in pairs. Read the problems and suggestions from Activity 146 to each other.

Activity 148
Work in groups. Role-play asking for help and making suggestions.

One person has a problem. The other people make suggestions.

I’ve got a lot of friends, but we never talk – we just go to movies.
It’s hard for me to make goals or feel hopeful.
My doctor is a man – I can’t talk to him about personal stuff.

I think my friend isn’t eating and I’m worried about her.
I’d like to meet more girls, but I don’t drink so I don’t go to pubs.
I don’t know how to get fit – I’ve got a bad leg.
Activity 149

Listen and read.

There are 44 sounds in English. There are 24 consonant sounds and 20 vowel sounds. You can often find them listed in the front or the back of a dictionary. Words are made up of both vowel and consonant sounds. Look at the table as you listen to the examples below.

<table>
<thead>
<tr>
<th></th>
<th>Consonants</th>
<th>Vowels</th>
</tr>
</thead>
<tbody>
<tr>
<td>sad</td>
<td>/s/ and /d/</td>
<td>/æ/</td>
</tr>
<tr>
<td>about</td>
<td>/b/ and /t/</td>
<td>/ɑ/ and /æ/</td>
</tr>
<tr>
<td>cooked</td>
<td>/k/ and /k/ and /t/</td>
<td>/ʊ/</td>
</tr>
</tbody>
</table>

Learning tip

Because English spelling doesn’t always match the sound, some dictionaries use a phonetic alphabet. Ask your teacher about it.

Activity 150

Listen and underline the vowel sounds.

Example

capsicum     counsellor     relax     party
cucumber     alcohol       addictive     invitation
depressed     exercise     lifestyle     active

Activity 151

Listen for syllable stress and write each word from the box under the correct heading.

addictive     counsellor     active     cucumber     unusual
lifestyle     party     exercise     depression     embarassed

Example

active
Activity 152

Read the sentences. Now listen and repeat.

When a vowel sound follows a consonant sound, we join the consonant sound to the vowel sound.

1. There’s a checklist here.
2. You’ve given up smoking.
3. I feel a bit sad.
4. Keep away from people who are smoking.

Activity 153

Listen and mark the links.

1. Bring some meat or fish.
2. Ask people not to smoke around you.
3. Could you get out more? Do some exercise?
4. My lifestyle is a little bit active.
5. I gave up smoking.

Activity 154

In English, g spelling can have a /g/ or a /gz/ sound.

Write a word from the box under the correct heading.

| got       | orange | gave       | glasses       |
| ginger    | vegetable | gym       | yogurt        |

**g spelling with /g/ sound**
(before a, o, u, or consonants)

**g spelling with /dʒ/ sound**
(before e, i, y)

Example

<table>
<thead>
<tr>
<th>got</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

Example

<table>
<thead>
<tr>
<th>gym</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
<tr>
<td></td>
</tr>
</tbody>
</table>

Learning tip

Words like get, give and girl don’t follow the rule.
Improving your lifestyle

Activity 155
Read and answer the questions.

Rosie’s Saturday

On Saturday morning, Rosie and Ayen both woke up late. They went for a long walk in the park because Ayen wanted to get fit and lose some weight. Then they went to a café for coffee.

When they got home, Rosie cooked eggs and toast for breakfast.

After breakfast, Rosie went to the community centre to ask about classes. She decided to do a drawing class on Tuesday nights and a yoga class on Sunday mornings. Then she went home and cooked some soup for lunch. She felt pleased.

1. Number the sentences in the order they happen in the story.

   a. Rosie made some soup.
   b. Rosie and Ayen had a healthy breakfast.
   c. Rosie and Ayen did some exercise.
   d. Rosie and Ayen had coffee.
   e. Rosie enrolled for two classes.

2. Where did Rosie and Ayen walk? __________________________________________

3. Why did Ayen want to walk? (give one reason) ______________________________

4. Where did Rosie go to ask about classes? ____________________________________

5. What classes did Rosie decide to do? ________________________________________

6. How did Rosie feel? ______________________________________________________
Activity 156
How could these people improve their lifestyle? Write a phrase in the correct space.

Example

I’d like to do more exercise, but I don’t have time.

I could _______ walk to class every day _______

1. I’d like to eat better, but I hate cooking.

I could _______

2. I’d like to be stronger.

I could _______

3. I’d like to make some goals.

I could _______

4. I’d like to learn something new, but I don’t know what.

I could _______

5. I’d like to have more friends.

I could _______

Activity 157
Look at Activity 156 and write about yourself.

Example

I’d like to go out and meet more people.

I could go to a dance class.

Me
Activity 158
Write your own wellbeing plan.

Example

My wellbeing plan
I'm going to:

• keep away from people who are smoking
• cut down on coffee
• eat more vegies
• go to a class and learn something new

Example

My wellbeing plan
I'm going to:

• drink more water and less sports drink and cola
• change to low-alcohol beer (maximum of 3)
• talk to someone about my sleep problems
• play football at the park after class

Me

My wellbeing plan
I'm going to:
**Activity 159**

Look for each word from the box in the word puzzle and circle it. Some words read down \( \downarrow \) and some read across \( \rightarrow \).

<table>
<thead>
<tr>
<th>bad</th>
<th>clothes</th>
<th>goal</th>
<th>park</th>
<th>smoking</th>
</tr>
</thead>
<tbody>
<tr>
<td>better</td>
<td>cucumber</td>
<td>health</td>
<td>pineapple</td>
<td>told</td>
</tr>
<tr>
<td>BYO</td>
<td>depressed</td>
<td>invite</td>
<td>present</td>
<td>weight</td>
</tr>
<tr>
<td>carrot</td>
<td>exercise</td>
<td>invitation</td>
<td>quit</td>
<td>yogurt</td>
</tr>
<tr>
<td>celery</td>
<td>fitness</td>
<td>lose</td>
<td>relax</td>
<td></td>
</tr>
</tbody>
</table>

What are Ayen's friends going to do now?

To find out, highlight the unused letters from the top left corner to the bottom right corner. Write them below.

Ayen's friends are going to  _______  _______  _______  _______  _______  _______.
After class

Activity 160
Choose one of the tasks to do.

Plan a ‘Get Healthy’ day for another group. Include some activities and healthy food and drink.

OR

Go to your local youth centre or community centre. Find out if they have any cooking classes or other activities to keep you healthy.

About your learning

Activity 161
Read the sentences below. Tick (✓) the correct boxes for yourself.

<table>
<thead>
<tr>
<th></th>
<th>Not much</th>
<th>A little</th>
<th>A lot</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can write a healthy food menu.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>I can complete a wellbeing checklist.</td>
<td></td>
<td></td>
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<tr>
<td>I know a bit about quitting smoking.</td>
<td></td>
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<tr>
<td>I know a bit about alcohol guidelines.</td>
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<tr>
<td>I understand vowel and consonant sounds.</td>
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<td>I understand linking between words.</td>
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<tr>
<td>I can write my own wellbeing plan.</td>
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DVD scripts
Unit 1 Under the weather

Rosie: Hello. Wow, you got the pies. Great! Fantastic!
Rosie: I feel like I should pay you something.
Ayen: Not at all, Rosie. You don’t charge me much rent.

Rosie: Morning.
Ayen: Morning!
Rosie: Hey, Ayen, it’s your birthday soon isn’t it?
Ayen: Yeah, on the 18th.
Rosie: How would you like a party?
Ayen: Here?
Rosie: Yeah. That’d be great. Thanks.
Ayen: Yeah. You’re not having any breakfast?
Rosie: No.
Rosie: You’ve got to eat breakfast, Ayen. It’s good for you!
Ayen: Not hungry. Thanks anyway.
Rosie: You’re not looking very well. Are you okay?
Ayen: Yeah. I’ll be okay.
Rosie: You workin’ after school today?
Ayen: Yeah.
Rosie: Can you try and get some curry pies this time? If there are any left over?
Ayen: Okay. See ya.
Rosie: Yeah, see ya tonight!

Huan: Could you unpack these, Ayen?
Ayen: Sure.
Huan: They have to be put away quickly, there are a lot of perishables.
Ayen: I know ‘freezer first, then fridge, then dry storage’, and ‘put the new packets behind the old’.
Huan: That’s right. Huong has to leave early today. Would you like to learn front of shop service?
Ayen: Yes!

Huan: Good. Always use the tongs and make sure you don’t use the same tongs for different products. Now, tomato.
Huan: Always ask if the customer wants pepper or salt.
Ayen: Would you like pepper or salt?
Huan: Just pepper please ... Now use the sandwich press to cut the bread. Remember, never touch the food directly, even if you’re wearing gloves.
Ayen: That’s three dollars please.
Huan: Excellent.
Ayen: Oh, I think that this chicken is past its use-by date. You said we shouldn’t use it if the expiry date has passed.
Huan: Oh yes. It expired yesterday. We can’t use it. Thanks, I missed that. We’ll just throw it out. Could you get some new chicken from the fridge. Check the expiry date on the package and write it on the sticker... Are you okay? You didn’t eat the chicken did you?
Ayen: No, no.
Huan: Whoa ... Ayen, should I call triple 0?
Ayen: No, I’m fine.
Huan: No you’re not. You can’t work while you’re sick. There’s a clinic on High Street. Take the afternoon off and go there.
Ayen: Okay.
Huan: Promise?
Ayen: Okay.
Huan: Can you get there by yourself?
Ayen: Yeah, I know where it is. Thanks, Huan.
Huan: No worries. Take care of yourself!

Unit 2 At the doctor’s surgery

Receptionist: Hello, can I help you?
Ayen: I need to see a doctor, please.
Receptionist: There’ll be a bit of a wait I’m afraid.
Ayen: That’s okay.
Receptionist: Could I have your Medicare card please? Thank you. Now, I’ll ask you to fill in this new patient form ... just all your details ... there’s a pen.
Dr Masters: Your blood pressure’s fine. Now, are you taking any medication?
Ayen: No.
Dr Masters: Could you be pregnant?
Ayen: No no. No. Never.
Dr Masters: Have you had any headaches?
Ayen: Sometimes.
Dr Masters: How often?
Ayen: Maybe twice a week.
Dr Masters: And what do you do for your headaches?
Ayen: Panadol.
Dr Masters: I see. Is anything making you sad or worried at the moment?
Ayen: No, not really.
Dr Masters: Everything’s okay at home. That’s good … Now tell me, do you get regular exercise?
Ayen: Well I walk to the bus stop to get to school most days but that’s it. I don’t have time for anything else.
Dr Masters: And are you getting enough sleep? You should be getting about eight hours sleep a night.
Ayen: Sometimes I can’t sleep. But I feel tired a lot.
Dr Masters: Okay. If you’d like to hop up onto the examining table, I’m just going to feel your tummy, so you can leave your clothes on.
Dr Masters: That’s it. Now I’m just going to lift up your top and you tell me if it’s sore.
Dr Masters: It’s a bit tender there?
Ayen: Yeah.
Dr Masters: And there?
Ayen: Yes.
Dr Masters: And here?
Ayen: No, that’s okay.
Dr Masters: What did you have for breakfast this morning?
Ayen: Nothing.
Dr Masters: And lunch?
Ayen: A pie.
Dr Masters: And dinner last night?
Ayen: A pie.
Dr Masters: And lunch yesterday?
Ayen: A pie.
Dr Masters: Okay, you can come and sit down again.

Dr Masters: Ayen, I have to ask this. Why do you eat so many pies?
Ayen: Oh, I get them free from work. I work at the bakery.
Dr Masters: I see. But you know you need a balanced diet with fibre and fruit and vegetables if you want to stay healthy? Do you have anyone at home who cooks?
Ayen: Yes … Rosie.
Dr Masters: And what does Rosie cook?
Ayen: She cooks the pies … you know, in the microwave.
Dr Masters: Okay … and Rosie is your … ?
Ayen: She’s my friend … I met her at church. I rent a room in her house. It’s really cheap so I can save up for a flat to rent on my own.
Dr Masters: I see. And do you drink lots of water?
Ayen: I drink a lot of tea …
Dr Masters: Mmmm … not the same thing. Well, I’m going to take a blood sample to check your iron levels.
Ayen: What’s that for?
Dr Masters: It’s to check the iron levels in your blood.
Ayen: Why’s that important?
Dr Masters: If your iron levels are low, you’ll feel really tired.
Ayen: Yes but I’ve got these bad pains.
Dr Masters: Don’t worry. It’s not serious. I really think your problem is dietary.
Ayen: Dietary?
Dr Masters: Yes, you’re having stomach cramps because you’re not eating healthy food. You need a good diet. We have a saying, “You are what you eat”. And that simply means that if you want to stay healthy you need to eat healthy foods. And, you need to get some regular exercise … and what you feel here … and here is also very important. I’m going to write you a referral to see Lily Grace. She’s a dietician. She can advise you what to eat. She works at Newtown Health. You won’t have to pay because you have a Health Care Card.
Dr Masters: Okay. Here’s your slip for the blood test. The nurse can do that here today. Just see the receptionist. And here’s your referral to the dietician. You have to take this referral letter with you to the clinic.
Ayen: Can I have her number?
Dr Masters: Yes, it’s on the envelope. Make the appointment as soon as possible, but in the meantime, eat lots of leafy vegetables and foods like beans and lentils. You’re from Sierra Leone aren’t you?
Ayen: Yes.
Dr Masters: Your traditional cooking includes many of these foods. I know it’s hard when you’re in a new country to know what to eat – there are so many new things to get used to. So don’t forget your traditional meals. And drink lots of water. Now, this is the name of some medicine you can buy from the chemist.
Ayen: Do I need a prescription?
Dr Masters: Not for this. Just take two tablets right before bedtime till you start feeling better. A lot of my patients also find that drinking hot water and lemon really helps a lot. Now, ring me in two days to get the results of your blood tests. You may need to take some iron tablets if your levels are low. And start eating healthy food right now, otherwise your cramps will get worse. Okay?
Ayen: Okay. Thanks doctor.

Unit 3 Healthy eating and exercise

Huan: Hello Huan speaking.
Ayen: Hi Huan. It’s Ayen.
Huan: Ayen, how are you?
Ayen: I still have the cramps, so I won’t be able to come to work today.
Huan: Did you go to the doctor?
Ayen: Yes. She says the problem is my diet. But it might take a day for the cramps to go away.
Huan: So you’re not eating properly. Maybe you need more fruit and vegetables.
Ayen: Yes. She said that. And I need to see a dietician.
Huan: Well, rest until you feel better.
Ayen: I’ll be fine. I’ll see you tomorrow. Bye.
Huan: Bye.

Receptionist: Community Health Centre.
Ayen: Hello, I’d like to make an appointment to see Lily Grace please.
Receptionist: Do you have a referral?
Ayen: Yes. Yes, I have a referral.
Receptionist: We have a space tomorrow at 10 am.
Ayen: Oh, I’m sorry, I have school then. Can I see her in the afternoon?
Receptionist: Let me see. Yes, yes you can see her at 4 pm on Friday the 20th. Is that okay?
Ayen: That’s okay. 4 pm on Friday the 20th. Thank you.
Receptionist: Now could I have your name please?
Receptionist: Okay, so we’ll see you at 4 pm this Friday.
Ayen: Thank you. Bye.
Receptionist: Bye ...

Lily: Hello Ayen. My name is Lily.
Ayen: Hi.
Lily: Your doctor sent me the results of your blood test.
Ayen: She said I’m low in iron.
Lily: Yes. But it can be fixed with a proper diet. Now I’m going to ask you a few questions.
Lily: Thanks. Now you must eat the required amount of each type of food. And you must drink at least eight glasses of water each day.
Ayen: Eight!
Lily: At least eight glasses. Now you don’t have to boil the water. It’s safe to drink from the tap.
Ayen: Okay.
Lily: And could you make this food diary. Write down everything you eat and drink and the exercise you do each day?
Ayen: Sure.
Lily: When you exercise, even if it’s just a long walk, make sure that you walk fast enough for your heart to beat faster.
Ayen: Uh huh.
Lily: It would be good to involve your housemate in this too.
Ayen: Rosie?
Lily: Yes. It’s more fun and it can be easier with someone else. I’m taking a group of clients on a supermarket tour on Thursday night. This will help you know what foods are the best to buy. We meet at the supermarket on Main Street at 7 pm. Rosie can come too.
Ayen: Okay.
Lily: Good. I’ll see you then. And I’ll make a follow-up appointment for three weeks’ time.
Ayen: Oh. Thanks Lily.
Lily: Thanks Ayen.

Unit 4 Ayen’s birthday

Rosie: Anything else?
Ayen: Celery.

Rosie: There’s a quiz here: “Are you stressed?”
Ayen: Let’s do it. You should get top marks now that you’ve given up smoking.
Rosie: I don’t know about that. I keep thinking I should be feeling better but I don’t yet. I feel sort of sad.
Ayen: Oh. I’m sorry to hear that, Rosie. You know, the doctor asked me if I was feeling worried or sad. Maybe you should go to see her. She’s really nice.
Rosie: Yeah? But what can she do?
Ayen: I don’t know. But she knows a lot. She’ll know the right person to refer you to.
Rosie: Yeah … Maybe I will. So, how many people are coming tonight?
Ayen: About thirty. I couldn’t decide whether to invite Sam.
Rosie: Oh, why?
Ayen: He’s been acting weird lately – and he drinks too much.
Rosie: Well, at least he doesn’t take drugs … A lot of young people do.
Ayen: I’m not sure about that.
Rosie: Sam? Really? You know, sometimes when young people drink or use drugs, it’s to cover up deeper problems.
Ayen: You mean maybe my doctor could help him too?
Rosie: Maybe. Did you invite him to the party?

Ayen: No, but I’ll call him now.
Rosie: Good.
Rosie: And remind him it’s an alcohol-free party.

Ayen: Hi Luka! Hi Sar Mi!
Luka: Happy birthday Ayen.
Sar Mi: Happy birthday Ayen.
Ayen: Thanks.
Sar Mi: Kuol’s here, he’s just talking to someone outside.
Luka: You want some?
Ayen: No thanks. I prefer juice these days. There are glasses on the kitchen bench.
Sar Mi: Thanks.
Luka: Hey look at you! You look great! Happy birthday.
Ayen: Thanks, I feel great too!
Luka: That present’s from me, too. We all put in.
Ayen: Thanks.
Kuol: Come on!
Audio scripts
Unit 1 Under the weather

Activity 23
Listen and read.
One-syllable words
food   fridge   cans   door
Two-syllable words
expired   centre   unpack   breakfast
Three-syllable words
tomatoes   exercise   sandwiches

Activity 24
Listen and write each word from the box under the correct heading.
dry   pies   doughnut   freezer
icecream   yesterday   unhealthy   eggs
chicken   afternoon   understand   touch

Activity 29
Listen to the radio report and answer the questions.
An outbreak of food poisoning linked to a bread shop in Greenacre has now affected 232 people, health authorities say.
Fifty-six people are in hospital with gastroenteritis caused by food poisoning.
All of the affected people ate either pork or chicken rolls from the Hot’n Tasty bread shop in Greenacre West.
Anyone who may have eaten the rolls from the bread shop between Friday June 23 and Tuesday June 27 should go to the doctor if they feel sick.
Anyone who has food poisoning should stay home and not prepare food for others until 48 hours after symptoms have stopped.

Unit 2 At the doctor’s surgery

Activity 51
Listen and tick.
Dr Masters: Okay, your blood pressure’s fine. Are you taking any medication?
Ayen: No.
Dr Masters: Could you be pregnant?
Ayen: Oh no. No. Never.
Dr Masters: Have you had any headaches?
Ayen: Sometimes.
Dr Masters: How often?
Ayen: Maybe twice a week.
Dr Masters: What do you do for your headaches?
Ayen: Panadol.
Dr Masters: I see. Is anything making you sad or worried at the moment?
Ayen: No, not really.
Dr Masters: Everything’s okay at home. That’s good … Now tell me, do you get regular exercise?
Ayen: Well I walk to the bus stop to get to school most days but that’s it. I don’t have time for anything else.
Dr Masters: And are you getting enough sleep? You should be getting about eight hours sleep a night.
Ayen: Sometimes I can’t sleep. But I feel tired a lot.
Dr Masters: Okay. If you’d like to hop up onto the examining table, I’m just going to feel your tummy, so you can leave your clothes on.
Ayen: Okay.
Dr Masters: Now I’m just going to lift up your top … and you tell me if it’s sore.
Dr Masters: It’s a bit tender there?
Ayen: Yeah.
Dr Masters: And here?
Ayen: Yes.
Dr Masters: And here?
Ayen: No, that’s okay.
Dr Masters: What did you have for breakfast today?
Ayen: Nothing.
Dr Masters: And lunch?
Dr Masters: A pie.
Dr Masters: And dinner last night?
Ayen: A pie.
Dr Masters: And lunch yesterday?
Ayen: A pie.
Dr Masters: Okay, you can sit down again now.
Dr Masters: Ayen, I have to ask this. Why do you eat so many pies?
Dr Masters: Oh, I get them for free from work. I work at the bakery.
Dr Masters: I see. But you know you need a balanced diet with fibre and fruit and vegetables if you want to stay healthy? Do you have anyone at home who cooks?
Ayen: Yes, Rosie.
Dr Masters: And what does Rosie cook?
Ayen: She cooks the pies ... you know, in the microwave.

Dr Masters: Okay and Rosie is your ... ?

Ayen: She's my friend ... I met her at church. I rent a room in her house. It's really cheap so I can save up for a flat to rent on my own.

Dr Masters: I see. And do you drink a lot of water?

Ayen: I drink a lot of tea ...

**Activity 53**

What do these people do for headaches?

**Listen and number.**

**Example**

1. What do you do for your headaches?
   I take paracetamol.

2. What do you do for your headaches?
   Nothing. I just keep working.

3. What do you do for your headaches?
   I have a neck massage.

4. What do you do for your headaches?
   I go for a walk in the park.

5. What do you do for your headaches?
   I go to the doctor.

6. What do you do for your headaches?
   I drink lots of water.

7. What do you do for your headaches?
   I go to bed for the day.

8. What do you do for your headaches?
   I do yoga.

**Activity 56**

Listen to the radio report and answer the questions.

Announcer: Good morning. Today's talk is on healthy eating. It is given by Dr Maria Anderson from the Australian Medical Association.

Doctor: You can think of your body as being like a car. A car needs fuel. It uses petrol. Your body needs fuel too. It uses food.

If you put the wrong fuel in a car, it will not run well. Your body is the same. If you eat unhealthy food you will get sick.

Healthy eating gives you energy and helps you stay strong. It will improve your skin, hair and nails. Healthy eating will also improve your fitness and help you to study more effectively.

Breakfast is an important part of healthy eating. Try eating banana on toast, beans, fruit or yogurt. Stay away from breakfast foods that have a lot of sugar, like sugary cereals. They will give you energy, but it will not last long.

**Activity 75**

Listen and write each word from the box under the correct heading.

food
dietician
stomach
Medicare
headache
medication
tea
overdose
Activity 76
Listen and read.
In English, words with more than one syllable have some sounds that are longer and louder than others.
breakfast
coffee
because
optician
referral
podiatrist

Activity 77
Listen for syllable stress and write each word from the box under the correct heading.
lonely
improve
allergic
chemist
unhealthy
children
protect
enough

Unit 3  Healthy eating and exercise

Activity 95
Listen to Lily’s talk and answer the questions.

Lily:
I know, this drink looks good and healthy Ayen, but you’ve got to look at the label, not just the picture.
The label has got the ingredients, so you can see what it’s made from.
This drink has got orange juice in it, but only 5%. That’s just a tiny bit! Look. Water, sugar, 5% orange juice, food acid, flavours, preservatives, colour. So, the picture makes it look healthy, but it’s not!
Always read food labels carefully. Some fruit juice drinks have only 20% juice. They are cheaper, but they are also full of sugar.
Let’s look for a 100% fruit juice with no added sugar or preservatives.
And remember, for really healthy eating, you’re better to eat fresh fruit and drink water.

Activity 105
Listen to Ayen and Rosie and tick the correct column.

Ayen: Oh, no, look at my quiz answers! I don’t think my lifestyle is very healthy. And it’s true, I feel tired and my skin isn’t very good.

Rosie: Well, you should eat breakfast more often. I told you that!
Ayen: Maybe I need to do more exercise and drink more water too.
Rosie: Yeah, and I know I need to quit smoking and cut down on coffee. But I don’t want to stop eating pies just yet! It’s too hard trying to make all those changes at once.
Ayen: Maybe we could eat less takeaway food from the shop and more home-cooked food? With more vegies and more fruit?
Rosie: And we could help each other! We could both do more exercise – but do it together.

Activity 120
Listen for syllable stress and write each word from the box under the correct heading.
relax  regularly  improve  began
recipe  supermarket  exercise  healthier
yogurt  tomato  aerobics  ingredients
breakfast  preservative  lentils  appointment

Unit 4 Ayen’s birthday

Activity 129
Listen. Then fill in the chart and answer the questions.

Rosie: Oh, Ayen. Look at this magazine article on safe drinking. I think my brother should read this! And your friend Sam!
Ayen: What does it say?
Rosie: Well, it says men should only have a maximum of four standard drinks in one day. And occasionally, for example at a party, they can have a maximum of six standard drinks. For women it’s less. Women should only have a maximum of two standard drinks a day, with an occasional maximum of four standard drinks.
It also says that you should have at least one or two alcohol-free days a week, so that you’re not drinking every day.
And ... it’s not a good idea to save up your drinks and have, say 10 drinks on a Saturday, because binge drinking is dangerous.
Ayen: What’s binge drinking?
Rosie: Oh, it’s like when people have too many drinks at one time – it’s really bad for your body.
Ayen: Mmm. Interesting. I didn’t know all that information. Does it say anything else?
Rosie: Let’s see. Yes. It says these maximums are for adults – younger people need to drink less, if they drink at all. And they should know that alcohol and drugs can be a deadly mix.

Ayen: You mean it could kill you if …

Activity 143
Listen and write the answers.

Doctor Kim: So, Rosie, you’re feeling a bit sad?

Rosie: Yes, I gave up smoking and I felt great at first, but now I don’t feel very good. A website I read said that’s normal but I don’t think I’m depressed. I don’t feel hopeless or anything.

Dr Masters: Mm. There are some lifestyle things that you can do that will help. Could you get out more? Do some exercise? Maybe join a club?

Rosie: Well, I’ve started walking. And I’d like to do some art or something. I might ask at the Community Centre to see if they’ve got classes.

Dr Masters: Look, Rosie, I think you know what you need to do. Why don’t you come back in three weeks and we’ll see how you’re feeling then.

Rosie: Okay.

Dr Masters: But if you start to feel worse, come in and see me straight away, okay? And well done, Rosie – quitting is hard, but such a good thing to do for yourself.

Rosie: Thanks.

Activity 149
Listen and read.

There are 44 sounds in English. There are 24 consonant sounds and 20 vowel sounds. You can often find them listed in the front or the back of a dictionary. Words are made up of both vowel and consonant sounds. Look at the table as you listen to the examples below.

sad about cooked

capsicum counsellor relax party

cucumber alcohol addictive invitation

depressed exercise lifestyle active

Activity 150
Listen and underline the vowel sounds.

capsicum counsellor relax party

cucumber alcohol addictive invitation

depressed exercise lifestyle active

Activity 151
Listen for syllable stress and write each word from the box under the correct heading.

addictive counsellor active cucumber

lifestyle party exercise depression

Activity 152
Now listen and repeat.

1. There’s a checklist here.

2. You’ve given up smoking.

3. I feel a bit sad.

4. Keep away from people who are smoking.

Activity 153
Listen and mark the links.

1. Bring some meat or fish.

2. Ask people not to smoke around you.

3. Could you get out more? Do some exercise?

4. My lifestyle is a little bit active.

5. I gave up smoking.