Get wise

Your health and wellbeing
## Contents

### Unit 1
**Under the weather**
- Rosie and Ayen .................................................. 2
- A healthy lifestyle .................................................. 3
- Ayen at work ......................................................... 8
- Is this safe to eat? .................................................. 12
- After class ........................................................... 20
- About your learning ........................................... 20

### Unit 2
**At the doctor’s surgery**
- A new patient ....................................................... 22
- Ayen sees the doctor .............................................. 28
- The doctor’s questions ......................................... 31
- What did you have for breakfast? ......................... 35
- Referrals and tests ............................................... 40
- After class ........................................................... 45
- About your learning ........................................... 46

### Unit 3
**Healthy eating and exercise**
- Healthy food ......................................................... 48
- Your food diary ..................................................... 51
- Ayen visits the dietician ......................................... 53
- Healthy shopping .................................................. 55
- Healthy cooking .................................................... 58
- A healthy lifestyle ............................................... 60
- Getting fit ............................................................. 64
- After class ........................................................... 70
- About your learning ........................................... 70

### Unit 4
**Ayen’s birthday**
- Planning Ayen’s birthday party ............................... 72
- Food and drink at the party .................................... 74
- The party .............................................................. 78
- Quitting smoking .................................................. 81
- Wellbeing .............................................................. 83
- Improving your lifestyle ........................................ 87
- After class ........................................................... 91
- About your learning ........................................... 91

### DVD scripts .......................................................... 93
### Audio scripts .......................................................... 99
UNIT 1

Under the weather
Rosie and Ayen

Activity 1

Look at the photo above. What do you think?

Who is in the photo?
Where are they?
What are they doing?
Do they have a healthy lifestyle?

Learning tip

Your lifestyle is the way you live and the things you do.

Activity 2

Watch the introduction to Unit 1 of the DVD.
A healthy lifestyle

Activity 3

Write each phrase from the box under the correct photo.

<table>
<thead>
<tr>
<th>smoking</th>
<th>eating fruit</th>
<th>drinking water</th>
<th>learning to swim</th>
<th>eating takeaway</th>
<th>exercising</th>
<th>eating a pie</th>
<th>drinking soft drink</th>
</tr>
</thead>
</table>

Example

Sue is eating fruit

1. Rosie is

2. Rosie is

3. Ayen is

4. Peta is

5. Paul is

6. Sandy is

7. Rosie and Ayen are
**Activity 4**

Look again at Activity 3. Talk about the things they are doing in the photos. Then write the words and phrases under the correct heading.

<table>
<thead>
<tr>
<th>Healthy lifestyle</th>
<th>Not so healthy lifestyle</th>
</tr>
</thead>
<tbody>
<tr>
<td>Example drinking water</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 5**

Brainstorm with the class. Then complete the mind map.

- getting enough sleep
- relaxing
- spending time with friends
- things that are important for a healthy lifestyle

**Learning tip**

Brainstorming is a really useful learning strategy. Ask your teacher to tell you more about it.
Activity 6
Match each phrase with the correct days.

**Example**

<table>
<thead>
<tr>
<th>Phrase</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>never</td>
<td>Mon, Fri</td>
</tr>
<tr>
<td>four times a week</td>
<td>Fri</td>
</tr>
<tr>
<td>twice a week (two times a week)</td>
<td>Mon, Tues, Wed, Thurs, Fri, Sat, Sun</td>
</tr>
<tr>
<td>every day</td>
<td>Mon, Tues, Thurs, Sat</td>
</tr>
<tr>
<td>once a week</td>
<td>—</td>
</tr>
</tbody>
</table>

**Learning tip**
You can say:
- once
- twice
- three times
- four times

**Learning tip**
Look at the word order:
- I eat pies every day.
- I never exercise.

Rosie *eats* pies every day. (present simple tense)
Rosie *is eating* a pie now. (present continuous tense)
Activity 7

Look at the survey. Ask two people the questions and write their answers. Then write your own answers for the questions.

<table>
<thead>
<tr>
<th>How often do you:</th>
<th>Person 1</th>
<th>Person 2</th>
<th>Me</th>
</tr>
</thead>
<tbody>
<tr>
<td>eat pies?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>smoke?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>eat fruit and vegetables?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>learn something new?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>drink water?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>drink soft drinks?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>meet friends?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>exercise?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Activity 8

Write about yourself.

Example

(eat pies) I eat pies every day.
(exercise) I never exercise.

(eat pies) __________________________
(exercise) _________________________
Activity 9
Discuss the question with your class.

How much is healthy?

<table>
<thead>
<tr>
<th>None?</th>
<th>Some?</th>
<th>A lot?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Activity 10
Answer the question. Then discuss your answer with other students.

How healthy is your lifestyle?

☐ unhealthy  ☐ a bit unhealthy  ☐ quite healthy  ☐ very healthy

Activity 11
Read about Rosie. Then write about yourself.

My name is Rosie. I eat pies every day and I never exercise. I think my lifestyle is a bit unhealthy.

Me

My

________________________________________

________________________________________

________________________________________
Ayen at work

Activity 12

Watch Unit 1 of the DVD.

Activity 13

Circle True or False.

1. Ayen eats a big breakfast.  True  False
2. Ayen works after school.  True  False
3. Huan teaches her to make sandwiches.  True  False
4. It’s OK for Ayen to touch the sandwich.  True  False
5. The use-by date for the chicken has expired.  True  False
6. When Ayen feels sick, Huan calls 000.  True  False
7. Ayen has to work this afternoon.  True  False
**Activity 14**

Write a word from the box in the correct sentence.

quickly  breakfast  first  expired  birthday  
tongs  afternoon  sandwiches

**Example**

It's Ayen's ______ birthday ______ soon.

1. Rosie thinks Ayen should eat ____________________________.
2. At work, Ayen unpacks the food and puts it away ____________________________.
3. Ayen has to put the frozen food away ____________________________.
4. Ayen wants to learn how to make ____________________________.
5. Huan tells Ayen to use the ____________________________ and sandwich press.
6. The use-by date on the chicken ____________________________ yesterday.
7. Ayen feels sick, so she takes the ____________________________ off.

**Activity 15**

Copy two sentences from Activity 14.

1. ______________________________________________________

2. ______________________________________________________

**Activity 16**

Cover Activities 14 and 15. Listen to your teacher and write.

1. ______________________________________________________

2. ______________________________________________________

**Learning tip**

At the supermarket, the food at the back of the shelf has a later use-by date.
Activity 17
Write a word from the box under the correct photo.

| cupboard | freezer | fridge | icecream | sugar | cheese |

Where

Example

Where

What

1. Put the sugar in the ____________________.

2. Put the ____________________ in the ____________________.

3. Put the ____________________ in the ____________________.

Learning tip
cupboard = pantry = dry storage
Activity 18

Read the question and number the boxes in the correct order. Then write the sentences.

What should you put away first?

Example

Put the _______ away first, then the _______ , then the _______.

I know, freezer first, then fridge, then dry storage.

1. Put the _______ away first, then the _______ , then the _______.

2. Put the _______ away first, then the _______ , then the _______.

3. Put the _______ away first, then the _______ , then the _______.

salt       butter       frozen spinach

frozen fish       tinned tomatoes       milk
Is this safe to eat?

Activity 19

Look at the calendars below and check the use-by dates on the food. Write a word or phrase from the box under the correct photo.

<table>
<thead>
<tr>
<th>today</th>
<th>one day</th>
<th>too late</th>
<th>one week</th>
<th>two months</th>
<th>six months</th>
</tr>
</thead>
</table>

How long is it before you have to use this food? Or is it too late?

Example

<table>
<thead>
<tr>
<th>September 2007</th>
<th>August 2007</th>
<th>May 2008</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>USE BY</strong></td>
<td><strong>BEST BEFORE</strong></td>
<td><strong>BEST BEFORE</strong></td>
</tr>
<tr>
<td>18.09.07</td>
<td>31 AUG 07</td>
<td>13 JUL 08</td>
</tr>
</tbody>
</table>

1. **one day**
2. **one day**
3. **one day**
4. **too late**
5. **too late**

Learning tip

**Use by** = You should eat the food before this date.
**Best before** = The food will taste best before this date.
**Activity 20**

Discuss the poster with others in your class. Then write each word from the box in the correct place.

<table>
<thead>
<tr>
<th>wash</th>
<th>clean</th>
<th>raw</th>
<th>date</th>
<th>food</th>
<th>hands</th>
<th>open</th>
</tr>
</thead>
</table>

---

**Food safety tips**

<table>
<thead>
<tr>
<th>Do</th>
<th>Don’t</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. wash your ________</td>
<td>4. leave the fridge door ________</td>
</tr>
<tr>
<td>2. keep the kitchen ________</td>
<td>5. leave ________ uncovered.</td>
</tr>
<tr>
<td>3. check that the use-by ________ has not expired</td>
<td>6. keep cooked and ________ food together.</td>
</tr>
</tbody>
</table>

---

**Example**

- wash fruit and vegetables
- wash food

---

**Learning tip**

*Expired* = It is past the use-by or best-before date.
Activity 21
Look back at Activity 20 and write the food safety sentences.

Always

Example
You should always wash fruit and vegetables.

1. You should always _________________________________ your hands.
2. You _________________________________ clean.
3. _________________________________ expired.

Never

Example
You should never leave the fridge door open.

4. You _________________________________.
5. _________________________________.

Activity 22
Discuss with your class. Then write some more food safety tips.

________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
________________________________________________________________________________________________________
**Activity 23**

Listen and read.

**Syllables**

**One-syllable words**  
food  fridge  cans  door

**Two-syllable words**  
expired  centre  unpack  break  fast

**Three-syllable words**  
tomatoes  exercise  sandwich  

**Activity 24**

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>
</tr>
</thead>
<tbody>
<tr>
<td>dry</td>
<td>pies</td>
<td>doughnut</td>
</tr>
<tr>
<td></td>
<td>freezer</td>
<td>icecream</td>
</tr>
<tr>
<td></td>
<td>yesterday</td>
<td>unhealthy</td>
</tr>
<tr>
<td></td>
<td>eggs</td>
<td>chicken</td>
</tr>
<tr>
<td></td>
<td>afternoon</td>
<td>understand</td>
</tr>
<tr>
<td></td>
<td></td>
<td>touch</td>
</tr>
</tbody>
</table>

**Activity 25**

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>healthy</td>
<td></td>
<td></td>
</tr>
<tr>
<td>breakfast</td>
<td></td>
<td></td>
</tr>
<tr>
<td>expired</td>
<td></td>
<td></td>
</tr>
<tr>
<td>sandwich</td>
<td></td>
<td></td>
</tr>
<tr>
<td>chicken</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Activity 26

Answer the question. Write Yes or No under each picture.

Would you buy food here?

Example

No

1. ____________________

2. ____________________

3. ____________________

4. ____________________

5. ____________________

6. ____________________

7. ____________________
Activity 27
Discuss your answers for Activity 26 with another student. Start your sentences like this:

I’d buy food there because ...

I wouldn’t buy food there because ...

Activity 28
Complete the sentences with words from the box.

avoid  dirty  centre  long  hats  fridge  tongs  clean

Tips for buying takeaway food
Do you buy takeaway food?

Example
Follow our tips to avoid food poisoning:

Look for shops where:
• Kitchen and other areas are ____________ .
• Staff wear ____________ .
• Staff use gloves and ____________ .
• Food is cooked through.

Avoid shops where:
• Staff have ____________ hands or fingernails and ____________ hair not tied back.
• Sandwiches are not in the ____________ .
• There are pink bits in the ____________ of hamburger meat or chicken.

Learning tip
Food poisoning is when you get sick after eating bad food or drinking bad water. People often call it ‘gastro’, which is short for ‘gastroenteritis’.
Activity 29

Listen to the radio report and answer the questions.

Example

Where did the food poisoning start? In a __________ shop.

1. How many people became sick from food poisoning? _______________________.
2. How many people are in hospital after eating the rolls? _______________________.
3. What kind of rolls did the sick people eat? _______________________.
4. The problem time was between Friday June 23 and _______________________.
5. People who are sick with food poisoning should stay _______________________.
6. They should not prepare food for others until __________ hours after they get better.
7. Tick (✓) the correct answer.
   This radio report is a:
   □ sports report
   □ news report
   □ shopping report
   □ weather report

Activity 30

Work in groups. Tell the other students a story about food poisoning. If you don't know a story, your teacher can tell you one.

Do you know anyone who has had food poisoning in Australia?
What did they eat?
What happened then?
What happened after that?
Activity 31

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

| breakfast | every | fridge | once | twice |
| clean | exercise | gloves | pies | unpack |
| centre | expired | healthy | sick | use |
| date | food | hands | smoking | water |
| eat | freezer | keep | tongs | week |

How much exercise does Rosie get?

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

Rosie has ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___ ___.
After class

Activity 32
Look at the food and drink in your kitchen.

1. Make a list in the table below.
2. Write the use-by dates in the right-hand column.
3. Is anything past the use-by date? Will it be okay if you eat it?

Today’s date __________________

<table>
<thead>
<tr>
<th>Food in my Fridge</th>
<th>Use-by date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Freezer</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Fridge</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td>Cupboard</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

About your learning

Activity 33
Read the sentences below. Tick (✓) the correct boxes for yourself.

I can talk about what’s healthy. Not much A little A lot
I understand about food storage.         
I understand about preparing food safely.
I can write about my lifestyle.
I can talk about food safety.
I can understand a radio report.
UNIT 2

At the doctor’s surgery
A new patient

Activity 34

Look at the photo above. What do you think?

Who is in the photo?
Where are they?
What card do you need when you go to the doctor?
What is the receptionist giving to Ayen?
What questions could the doctor ask?

Activity 35

Watch the introduction to Unit 2 of the DVD.
Activity 36
Write a word or phrase from the box under the correct photo.

Example

1. bulk billing

Medicare card       Health Care card       receptionist
new patient form    bulk billing           medical centre

2. 

3. 

4. 

5. 
Activity 37
Read and answer the questions.

Cooperville Medical Centre
14 High Street, Greenacre • Telephone: 9912 7635

Practice hours
Monday to Wednesday  8.45 am – 6.00 pm  Dr Kim Lim and Dr Larry Brown
Thursday and Friday  8.45 am – 5.00 pm  Dr Shakti Paul and Dr Sue Masters
Saturday  8.45 am – 1.00 pm  Dr Shakti Paul
Sunday Closed

We accept cash, Visa and EFTPOS payments.

The following people will be bulk billed Monday to Friday:
☐ Children aged 12 and under
☐ Health Care card holders
☐ Other pension card holders

NO BULK BILLING ON SATURDAYS

Example
What is the name of the Medical Centre? Cooperville Medical Centre

1. Where is the Medical Centre?

2. What days does Dr Masters work?

3. Who works half a day on Saturday?

4. Who will the Centre bulk bill? (give one answer)

5. What days does the Centre bulk bill?

6. What’s the telephone number of the Centre?

Learning tip
Bulk billing means that the government pays the doctor for you.

Activity 38
Discuss the questions with your class.

Have you been to the doctor in Australia? Did the doctor bulk bill? Did you fill in a new patient form?
Activity 39

Look at the first part of Ayen’s new patient form. Then write your own details on the blank form.

**Example**

NEW PATIENT – INFORMATION DETAILS

Please circle: Mr Mrs [Ms] Miss

Surname: HAMED

First names: AYEN

Date of Birth: 14/07/1990

Address: 22 BELL AVENUE

Suburb: GREENACRE Postcode: 2190

Home phone: 9988 4567 Work phone: 9988 4321

Mobile: 0405 060 551

**NEW PATIENT – INFORMATION DETAILS**

Please circle: Mr Mrs Ms Miss

Surname: ________________________________

First names: ____________________________

Date of Birth: __/__/______

Address: __________________________________________________________

Suburb: ___________________________ Postcode: _______

Home phone: ______________ Work phone: ______________

Mobile: __________________________
### Activity 40
Look at the next part of Ayen’s new patient form. Then write your own details on the blank form.

![Example Image]

**CARD DETAILS**
Medicare card number: **6463 90875** Expiry date: **11/2011**
Do you have a:
- Health Care card? [✓] Yes [ ] No
  Number: **2546 87325 X** Expiry date: **5/2010**
- Pension card? [ ] Yes [✓] No
  Number: 
  Expiry date:

![Me Image]

**CARD DETAILS**
Medicare card number: 
Expiry date: 
Do you have a:
- Health Care card? [ ] Yes [✓] No
  Number: 
  Expiry date: 
- Pension card? [ ] Yes [ ] No
  Number: 
  Expiry date:

### Activity 41
Match each item on the left with the correct information on the right.

<table>
<thead>
<tr>
<th>NEXT OF KIN</th>
<th>Example</th>
<th>SIGNATURE:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Name:</td>
<td>Example</td>
<td></td>
</tr>
<tr>
<td>Phone number:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>What is their relationship to you?</td>
<td>friend (sharing house)</td>
<td>Rosie Holland</td>
</tr>
</tbody>
</table>

**ALLERGIES**
Do you have any allergies? 
**SIGNATURE:**
Activity 42

Read and answer the questions. Then discuss your answers with another student.

‘Next of kin’ is usually family, but Ayen doesn’t have family in Australia so she wrote the name of a good friend.

1. Who is your next of kin in Australia? ________________________________
2. Are you allergic to any medicine or food? ________________________________

Activity 43

Fill in this new patient form

NEW PATIENT FORM – HOPEVILLE MEDICAL CENTRE

Please tick:  Mr  Mrs  Ms  Miss  Other ____________________________
Family name: ____________________________
Given names: ____________________________
Date of birth: ______ / ______ / ______
Address: ____________________________
Suburb: ____________________________ Postcode: ______
Home phone: ______ ______ ______ ______ Work phone: ______ ______ ______ ______
Mobile: ______ ______ ______ ______

CARD DETAILS
Medicare card number: ____________________________ Expiry date: ______ / ______
Do you have a:
• Health care card?  Yes  No
  Number: ____________________________ Expiry date: ______ / ______
• Pension card?  Yes  No
  Number: ____________________________ Expiry date: ______ / ______

NEXT OF KIN
Name: ____________________________ Phone number: ______ ______ ______ ______
What is their relationship to you? ____________________________

ALLERGIES
Do you have any allergies? ____________________________

SIGNATURE: ____________________________
Ayen sees the doctor

Activity 44

Watch Unit 2 of the DVD.

Activity 45

Circle True or False

Ayen sometimes gets headaches.
1. Ayen always sleeps well.
2. The doctor feels Ayen’s stomach.
3. Ayen had a pie for lunch and a pie for breakfast.
4. Ayen eats a lot of pies because she gets them free.
5. Ayen drinks a lot of water.
6. The doctor will send her to a dietician.
7. Ayen will have to pay the dietician $100.
**Activity 46**

**Write each word from the box in the correct place.**

<table>
<thead>
<tr>
<th>stomach pains</th>
<th>diet</th>
<th>home</th>
<th>dietician</th>
</tr>
</thead>
<tbody>
<tr>
<td>questions</td>
<td>doctor</td>
<td>water</td>
<td>test</td>
</tr>
</tbody>
</table>

**Example**

Ayen went to the doctor because she had **stomach pains**.

1. First the _____________ checked Ayen’s blood pressure.
2. Then she asked Ayen a lot of _____________ about her health.
3. She felt Ayen’s stomach and asked about her _____________.
4. After the check-up, the doctor told Ayen to eat more healthy food and _____________.
5. She gave Ayen a letter to take to a _____________.
6. Then Ayen had a blood _____________, to check her iron.
7. After that she went _____________.

**Activity 47**

**Write the sentences from Activity 46 in two paragraphs.**

**Then read the story to another student.**

**Paragraph 1**

- the problem

Ayen went to _____________.

**Paragraph 2**

- the solution

After the check-up, _____________.
Activity 48
Read and discuss with your teacher.

When you write or tell a story, you use time and sequence markers. For example:

First the doctor checked Ayen’s blood pressure.
Then she asked Ayen a lot of questions about her health.
After the check-up, the doctor told Ayen to eat more healthy food …
Then Ayen had a blood test to check her iron.
After that she went home for a sleep.

Do you know any other time and sequence markers?

Activity 49
Read.

<table>
<thead>
<tr>
<th>Regular verbs - past</th>
<th>Irregular verbs - past</th>
</tr>
</thead>
<tbody>
<tr>
<td>The doctor <strong>checked</strong> Ayen’s blood pressure.</td>
<td>She <strong>felt</strong> Ayen’s stomach.</td>
</tr>
<tr>
<td>She <strong>asked</strong> a lot of questions.</td>
<td>She <strong>gave</strong> Ayen a letter.</td>
</tr>
</tbody>
</table>

Activity 50
Discuss with other students and complete the table.

<table>
<thead>
<tr>
<th>Regular verbs</th>
<th>Irregular verbs</th>
</tr>
</thead>
<tbody>
<tr>
<td>Present</td>
<td>Past</td>
</tr>
<tr>
<td>check</td>
<td></td>
</tr>
<tr>
<td></td>
<td>asked</td>
</tr>
<tr>
<td>work</td>
<td></td>
</tr>
<tr>
<td></td>
<td>filled in</td>
</tr>
<tr>
<td>need</td>
<td></td>
</tr>
</tbody>
</table>
The doctor’s questions

Activity 51

Listen and tick (✓) the things the doctor asks Ayen about.

☐ Medication
☐ Pregnancy
☐ Headaches
☐ Alcohol
☐ Drugs
☐ Worry
☐ Boyfriends
☐ Exercise
☐ Sleep
☐ Diet
☐ Cooking
☐ Drinking water
☐ Family

Activity 52

Discuss the questions with your class.

Doctors in Australia often ask about lifestyle, relationships, or feelings. What questions does your doctor ask you? Can worry make someone sick?
Activity 53

What do these people do for headaches? Listen and number.

Example

a. [ ]  b. [ ]  c. [ ]  d. [ ]

a. [ ]  b. [ ]  c. [ ]  d. [ ]

e. [ ]  f. [ ]  g. [ ]  h. [ ]

Activity 54

Discuss with your class.

Do you get headaches? What do you do when you get a headache?
Do you ever take headache tablets? Do you read the label first?
Do you know any other things people do when they have a headache?
When should you go to a doctor about a headache?
Activity 55
Read the label and then answer the questions.

12 Paracetamol Tablets

- Take with water every 4-6 hours if needed.
- Adults and children over 12 years: 1 or 2 tablets (maximum 8 tablets in 24 hours).
- Children 7-12 years: ½ to 1 tablet (maximum 4 tablets in 24 hours).
- Not recommended for children under 7 years of age.
- Do not take for longer than 48 hours except on medical advice.
- Do not take with other products containing paracetamol.

Example

How many of these Paracetamol tablets can an adult take at a time? 1 or 2

1. How many can you take in 24 hours?
   - ________________ for adults and older children
   - ________________ for children 7-12 years

2. For how many hours can you safely take the tablets without seeing a doctor? _____

3. Can you give these tablets to a baby? ...................................................

4. What should you do if someone takes too many (overdoses)? ...................................................

   or ...................................................

5. Too many Paracetamol tablets can hurt or damage your ...................................................

6. What does EXP Feb 09 mean? ...................................................

Learning tip

Do not take except on medical advice = Don’t take unless the doctor says it is okay.
Activity 56

Listen to the radio report and answer the questions.

Example

About how many hours sleep do teenagers need each night? **At least 8½ hours**

1. Teens’ body clocks often keep them awake until ________________ pm.
2. Teens’ body clocks often make them sleep until after ________________ am.
3. What can happen if you don’t have enough sleep? (Write one problem.) ________________
4. If you want to sleep well, your bedroom should be _______ and ____________ (Write two words.)
5. What drinks can stop you sleeping well? (Write one.) ________________
6. Tick (✓) the correct answer. This radio report is about
does not select any

Activity 57

Discuss the questions with your class. Write the answers.

How do you think they feel?

| nervous | frightened | stressed | angry | lonely | upset |

1. Aziz has no friends yet. In class he always sits on his own. _____________________
2. Johnson is working 16 hours a day, 7 days a week. _____________________
3. Ana hears noises outside her house late at night. _____________________
4. Luka has a job interview tomorrow. _____________________
5. SaySay Po’s girlfriend has left him for someone else. _____________________
Unit 2  At the doctor’s surgery

What did you have for breakfast?

Activity 58
Discuss the questions with another student.
Do you eat breakfast?
Do you think breakfast is important? Why? Why not?

Activity 59
Match sentences with the same meanings.

Learning tip

<table>
<thead>
<tr>
<th>Sentence</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>I never eat breakfast.</td>
<td>0%</td>
</tr>
<tr>
<td>I sometimes eat breakfast.</td>
<td></td>
</tr>
<tr>
<td>I usually eat breakfast.</td>
<td>50%</td>
</tr>
<tr>
<td>I always eat breakfast.</td>
<td>100%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Meaning</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>every day.</td>
<td>0%</td>
</tr>
<tr>
<td>maybe five or six days a week.</td>
<td>25%</td>
</tr>
<tr>
<td>maybe two or three days a week.</td>
<td>50%</td>
</tr>
<tr>
<td>not at all.</td>
<td>100%</td>
</tr>
</tbody>
</table>

Activity 60
What do people have for breakfast? Listen and number.

Example

<table>
<thead>
<tr>
<th>Option</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>curry and rice</td>
<td></td>
</tr>
<tr>
<td>bread or toast</td>
<td></td>
</tr>
<tr>
<td>fruit</td>
<td></td>
</tr>
<tr>
<td>cereal</td>
<td></td>
</tr>
<tr>
<td>beans</td>
<td></td>
</tr>
<tr>
<td>an egg</td>
<td></td>
</tr>
<tr>
<td>noodles</td>
<td></td>
</tr>
<tr>
<td>tea or coffee</td>
<td></td>
</tr>
</tbody>
</table>
Activity 61

Write about yourself.

Example
I never eat breakfast.

I always eat breakfast.
I usually eat rice. Sometimes I eat toast.
I usually drink tea.

I __________________________ eat breakfast.
I __________________________ eat __________________________.
I __________________________ drink __________________________.

Activity 62

Listen to the radio report and answer the questions.

Example
What fuel does a car use? __Petrol__

1. What fuel does your body use? __________________________

2. What happens if you put the wrong fuel in a car? __________________________

3. What is one thing healthy eating can do? __________________________

4. What is one good breakfast? __________________________

5. Why are sugary breakfasts a bad idea? __________________________

6. Tick (✓) the correct answer.
   This information is about:
   □ cars          □ healthy eating          □ healthy exercise          □ sleep
Activity 63
1. Look at Ayen’s survey. Add up the ticks and write the totals.

<table>
<thead>
<tr>
<th></th>
<th>nothing</th>
<th>toast or bread</th>
<th>rice or noodles</th>
<th>cereal</th>
<th>fruit</th>
<th>beans or eggs</th>
<th>tea or coffee</th>
<th>other</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>✓</td>
<td></td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>2</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>3</td>
<td></td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>4</td>
<td>✓</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>5</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>6</td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>7</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>8</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>9</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>10</td>
<td>✓</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Total</td>
<td>3</td>
<td>4</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2. Use Ayen’s answers to the survey. Complete the bar chart.

3. Complete the sentences. Use the bar chart.

Example
Three people don’t eat breakfast.

1. Four people eat ___________________________ or bread.
2. Two people eat ___________________________ or ___________________________.
3. No one eats ___________________________. Only ____________________________ person eats fruit.
4. Two people eat beans or ___________________________.
5. ____________________________ people drink coffee or tea.
6. ____________________________ people eat or drink other things.
Activity 64
Do your own survey. Ask ten people and tick (√) their answers.

<table>
<thead>
<tr>
<th>What do you usually eat and drink for breakfast?</th>
</tr>
</thead>
<tbody>
<tr>
<td>nothing</td>
</tr>
<tr>
<td>1</td>
</tr>
<tr>
<td>2</td>
</tr>
<tr>
<td>3</td>
</tr>
<tr>
<td>4</td>
</tr>
<tr>
<td>5</td>
</tr>
<tr>
<td>6</td>
</tr>
<tr>
<td>7</td>
</tr>
<tr>
<td>8</td>
</tr>
<tr>
<td>9</td>
</tr>
<tr>
<td>10</td>
</tr>
<tr>
<td>Total</td>
</tr>
</tbody>
</table>
Unit 2 At the doctor’s surgery

Activity 65
Copy the results of your survey from Activity 64.

<table>
<thead>
<tr>
<th></th>
<th>nothing</th>
<th>toast or bread</th>
<th>rice or noodles</th>
<th>cereal</th>
<th>fruit</th>
<th>beans or eggs</th>
<th>tea or coffee</th>
<th>other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Activity 66
Make your own bar chart.

<table>
<thead>
<tr>
<th>Number of people</th>
<th>10</th>
<th>9</th>
<th>8</th>
<th>7</th>
<th>6</th>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

What people in my class usually eat for breakfast

Activity 67
Write sentences about your survey results.
What do people in your class (or group) eat for breakfast?

_________ people don’t eat breakfast. ___________ people eat __________________

________________________

________________________

________________________

Activity 68
Discuss the questions with your class.
What is a healthy breakfast?
Do you think your breakfast is healthy?
Would you like to try a different breakfast? What would you like to try?