

Get wise

Your health and wellbeing



Published and distributed for the AMEP Research Centre
on behalf of the Department of Immigration and Citizenship
Macquarie University
Sydney NSW 2109



ISBN 978 1 74138 264 8

The AMEP Research Centre is a consortium between Macquarie University in Sydney, and the Faculty of Education at La Trobe University in Melbourne. The Research Centre was established in January 2000 and is funded by the Commonwealth Department of Immigration and Citizenship.

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Acknowledgements

We wish to thank the people who assisted in the production of this series by participating as photographic models as well as the organisations who provide staff and venues for photos.

Page 49: The Australian Guide to Healthy Eating, funded by the Australian Government Department of Health and Ageing. Prepared by The Childrens Health Development Foundation South Australia, and Deakin University Victoria. Published, with permission, by the National Centre for English Language Teaching and Research for the Adult Migrant English Programme (AMEP) Research Centre, funded by the Department of Immigration and Citizenship. © Commonwealth of Australia 2008.

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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.

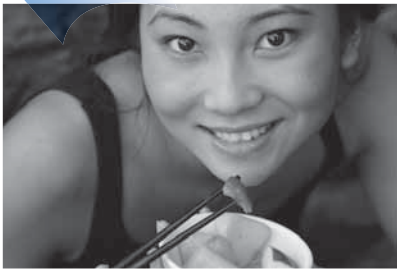
A healthy lifestyle

Activity 3

Write each phrase from the box under the correct photo.

smoking ~~eating fruit~~ drinking water learning to swim
eating takeaway exercising eating a pie drinking soft drink

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 _____

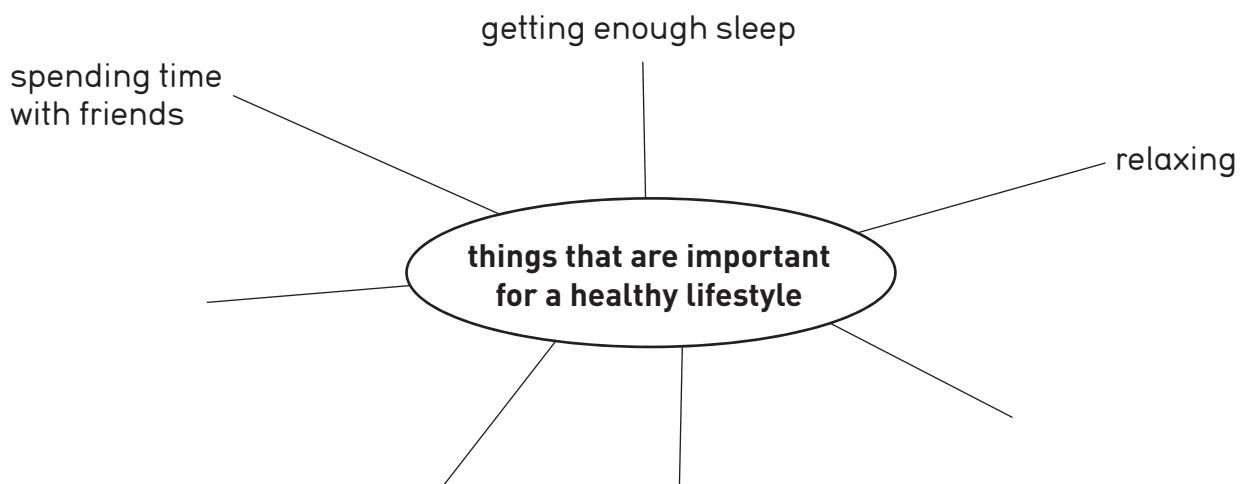
Activity 4

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.

Healthy lifestyle	Not so healthy lifestyle
Example  drinking water <hr/> <hr/> <hr/> <hr/> <hr/>	<hr/> <hr/> <hr/> <hr/> <hr/>

Activity 5

Brainstorm with the class. Then complete the mind map.



Learning tip

Brainstorming is a really useful learning strategy.
Ask your teacher to tell you more about it.



Learning tip

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

Activity 6

Match each phrase with the correct days.

Example

never
four times a week
twice a week (two times a week)
every day
once a week

Mon, Fri
Fri
Mon, Tues, Wed, Thurs, Fri, Sat, Sun
Mon, Tues, Thurs, Sat
–

Learning tip

You can say:

once	a	day
twice		week
three times		month
four times		year

Learning tip

Look at the word order:

I		eat pies	every day.
I	never	eat pies.	

Activity 7

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

How often do you:	Person 1	Person 2	Me
eat pies?			
smoke?			
eat fruit and vegetables?			
learn something new?			
drink water?			
drink soft drinks?			
meet friends?			
exercise?			

Activity 8

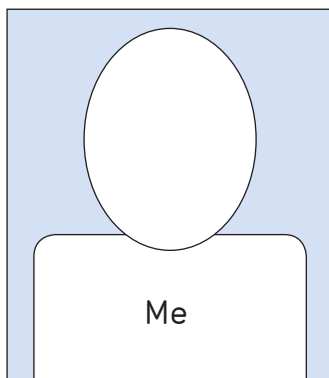
Write about yourself.



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?

drugs TV sun work sleep music exercise

None?

Some?

A lot?

Activity 10

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

How healthy is your lifestyle?



☐ unhealthy



☐ a bit unhealthy



☐ quite healthy



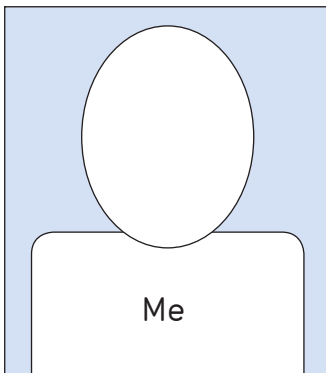
☐ very healthy

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.



My _____

Activity 12



Activity 13

Circle True or False.

It's Rosie's birthday soon.

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

Example

True ☒ False

True False

True False

True False

True False

True False

True False

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

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

I know, freezer first, then fridge, then 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



cheese



sugar



icecream

Put the icecream away first, then the cheese,
then the sugar.



salt



butter



frozen spinach

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



frozen fish



tinned tomatoes



milk

Put the _____ away first, then the _____,
then the _____.

Is this safe to eat?

Activity 19

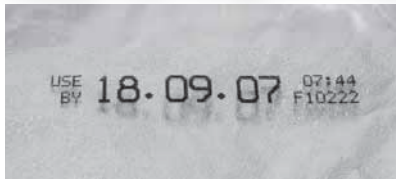
Look at the calendars below and check the use-by dates on the food. Write a word or phrase from the box under the correct photo.

today ~~one day~~ too late one week two months six months

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

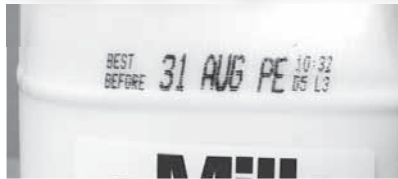
Example

SEPTEMBER 2007						
S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



one day

AUGUST 2007						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



1. _____

MAY 2008						
S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



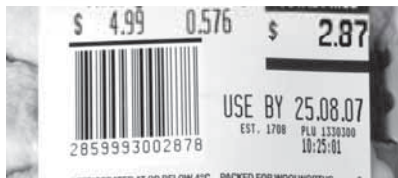
2. _____

SEPTEMBER 2007						
S	M	T	W	T	F	S
30	31					1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



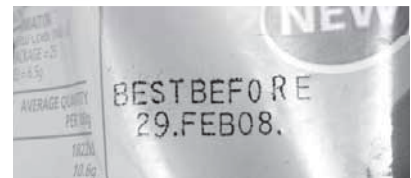
3. _____

AUGUST 2007						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



4. _____

AUGUST 2007						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



5. _____

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.

~~wash~~ clean raw date food hands open

Food safety tips

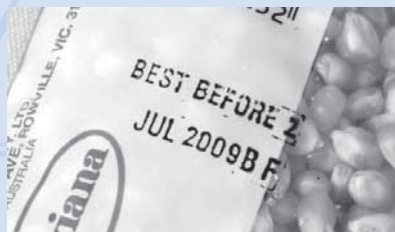
Do



1. wash your _____



2. keep the kitchen _____



3. check that the use-by _____ has not expired

Don't



4. leave the fridge door _____



5. leave _____ uncovered.



6. keep cooked and _____ food together.

Example

Do



wash fruit
and vegetables

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.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Activity 23



Listen and read.

Syllables


One-syllable words	food	fridge	cans	door
Two-syllable words	ex pired	cen tre	un pack	break fast
Three-syllable words	to ma toes	ex er cise	sand wich es	

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

One-syllable words	Two-syllable words	Three-syllable words
Example  dry		

Activity 25

Practise your spelling.

Read and say	Cover and write	Check and write again
healthy		
breakfast		
expired		
sandwich		
chicken		

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

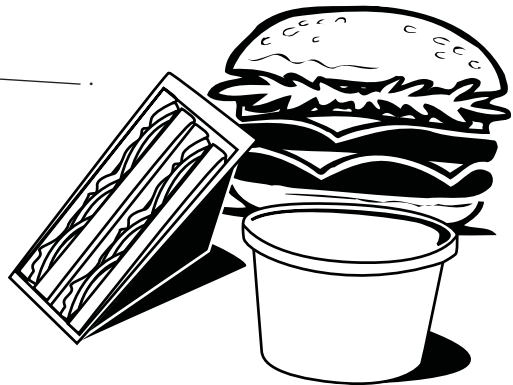
Do you buy takeaway food?

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 bread 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

E	X	E	R	C	I	S	E	P	T	U	B
X	A	V	S	E	W	M	H	I	O	N	R
P	C	E	S	N	E	O	H	E	N	P	E
I	L	R	I	T	E	K	A	S	G	A	A
R	E	Y	C	R	K	I	N	W	S	C	K
E	A	T	K	E	O	N	D	A	R	K	F
D	N	U	S	E	T	G	S	T	W	A	A
F	R	E	E	Z	E	R	L	E	K	T	S
O	N	C	E	O	T	H	E	R	B	K	T
O	T	W	I	C	E	G	L	O	V	E	S
D	A	T	E	U	F	R	I	D	G	E	S
S	T	O	H	E	A	L	T	H	Y	P	P

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 _____

Food in my	Use-by date
Freezer	
_____	_____
_____	_____
_____	_____
Fridge	
_____	_____
_____	_____
_____	_____
Cupboard	
_____	_____
_____	_____
_____	_____

About your learning

Activity 33

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

	Not much	A little	A lot
I can talk about what's healthy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand about food storage.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I understand about preparing food safely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can write about my lifestyle.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can talk about food safety.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I can understand a radio report.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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.

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

Example



bulk billing



1. _____



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

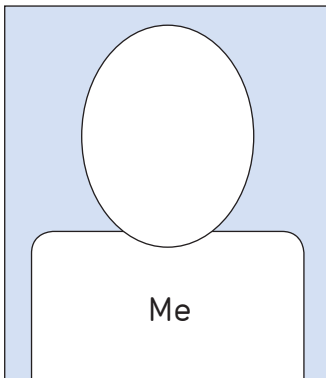
Date of Birth: 14/07/1990

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: _____

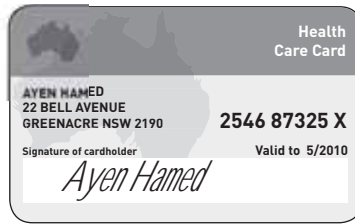
Suburb: _____ Postcode: _____

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



CARD DETAILS

Medicare card number: 6463 90875 Expiry date: 11/2011

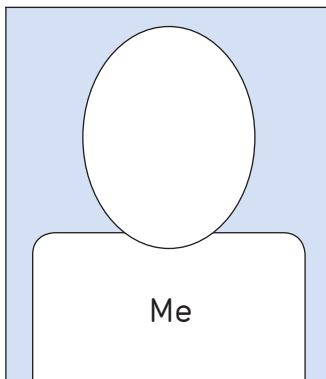
Do you have a:

- Health Care card? ☒ Yes ☐ No

Number: 2546 87325 X Expiry date: 5/2010

- Pension card? ☐ Yes ☒ No

Number: _____ Expiry date: _____



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.

NEXT OF KIN

Name: _____

Phone number: _____

What is their relationship to you? _____

ALLERGIES

Do you have any allergies? _____

SIGNATURE: _____

Example

9988 4567

friend (sharing house)

shellfish

Ayen Hamed

Rosie Holland

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.

Example

True False

True False

True False

True False

True False

True False

True False

True False

Activity 46

Write each word from the box in the correct place.

stomach pains	diet	home	dietician
questions	doctor	water	test

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 drink more _____.
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.

Regular verbs – past	Irregular verbs – past
The doctor checked Ayen's blood pressure.	She felt Ayen's stomach.
She asked a lot of questions.	She gave Ayen a letter.

Activity 50

Discuss with other students and complete the table.

Regular verbs		Irregular verbs	
Present	Past	Present	Past
check			felt
	asked	give	
work			had
	filled in	tell	
need		go	

The doctor's questions

Activity 51

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



- | | | |
|-------------------------------------|-------------------------------------|---|
| <input type="checkbox"/> Medication | <input type="checkbox"/> Worry | <input type="checkbox"/> Cooking |
| <input type="checkbox"/> Pregnancy | <input type="checkbox"/> Boyfriends | <input type="checkbox"/> Drinking water |
| <input type="checkbox"/> Headaches | <input type="checkbox"/> Exercise | <input type="checkbox"/> Family |
| <input type="checkbox"/> Alcohol | <input type="checkbox"/> Sleep | |
| <input type="checkbox"/> Drugs | <input type="checkbox"/> Diet | |

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?



What do you do for your headaches?

Activity 53

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

Example



a.



b.



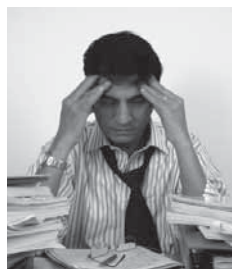
c.



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	
<ul style="list-style-type: none">• 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: $\frac{1}{2}$ 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.	<p>WARNING: If you take an overdose, or suspect someone has taken an overdose, ring the Poisons Information Centre 131 126 or go to a hospital straight away, even if you feel well, because of the risk of liver damage.</p> <p>DO NOT USE IF FOIL IS BROKEN</p> <p>EXP Feb 09</p>

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.



Are you getting enough sleep?

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

☐ houses

☐ sleep

☐ drinking

☐ headaches



Is anything making you sad or worried?

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. _____

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



Example

I **never** eat breakfast.

I **sometimes** eat breakfast.

I **usually** eat breakfast.

I **always** eat breakfast.

every day.

maybe five or six days a week.

maybe two or three days a week.

not at all.

Activity 60



What do people have for breakfast? Listen and number.



a. curry and rice ☐



b. bread or toast ☐



c. fruit ☐



d. cereal ☐



e. beans ☐ 1



f. an egg ☐



g. noodles ☐



h. tea or coffee ☐

Activity 61

Write about yourself.



Example

I never eat breakfast.

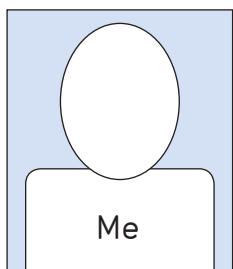


Example

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

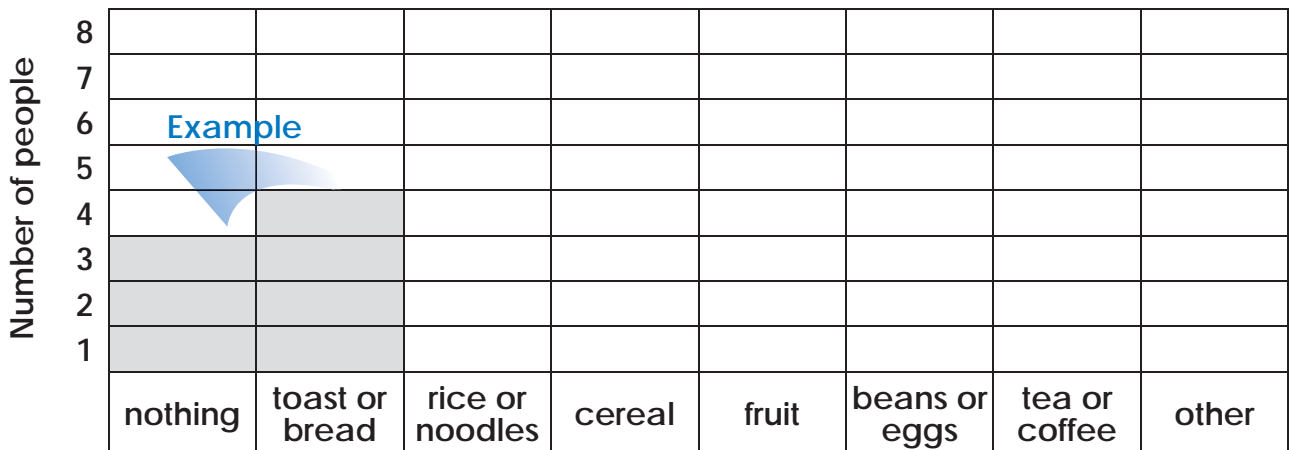
☐ sleep

Activity 63

1. Look at Ayen's survey. Add up the ticks and write the totals.

What do you usually eat and drink for breakfast?								
	nothing	toast or bread	rice or noodles	cereal	fruit	beans or eggs	tea or coffee	other
1		✓			✓		✓	
2	✓							
3			✓					✓
4		✓				✓	✓	
5								✓
6	✓							
7		✓					✓	
8		✓				✓	✓	
9			✓				✓	✓
10	✓							
Total	Example 3	Example 4						

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.

- Four people eat _____ or bread.
- Two people eat _____ or _____.
- No one eats _____. Only _____ person eats fruit.
- Two people eat beans or _____.
- _____ people drink coffee or tea.
- _____ people eat or drink other things.

Activity 64

Do your own survey. Ask ten people and tick (✓) their answers.

		What do you usually eat and drink for breakfast?							
		nothing	toast or bread	rice or noodles	cereal	fruit	beans or eggs	tea or coffee	other
1 2 3 4 5 6 7 8 9 10									
Total									

Activity 65

Copy the results of your survey from Activity 64.

	nothing	toast or bread	rice or noodles	cereal	fruit	beans or eggs	tea or coffee	other
Total								

Activity 66

Make your own bar chart.

		What people in my class usually eat for breakfast							
Number of people	10								
	9								
	8								
	7								
	6								
	5								
	4								
	3								
	2								
	1								
		nothing	toast or bread	rice or noodles	cereal	fruit	beans or eggs	tea or coffee	other

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?