

Week 6: HEALTHY LIVING

Yellow indicates goal is also **intermediate level**

Students will be able to:	Necessary Vocabulary and Phrases:
<p>Students will be able to:</p> <ol style="list-style-type: none"> 1. Identify health symptoms, feelings and describe symptoms of illness/injuries 2. Fill out a personal info card 3. Understand a medical appointment card 4. Identify cleanliness/healthy life practices 5. Identify common doctors/ health workers 6. Understand going to the doctor/ dentist 7. Make an appointment on the telephone 8. Describe what is wrong or "what is bothering you?" 9. Identify body parts 10. Understand doctors' instructions 11. Understand prescriptions/ medicine labels 12. Ask pharmacist questions about medicines <p><u>Grammar Verb Focus</u></p> <p>Ø Gram 2 – Regular verbs + contractions</p> <p>Ø Gram 3 – Auxiliary verb "do" / "do not" + contractions</p> <p>Ø Gram 4 – "Modal" verbs</p>	<p>*Health Symptoms and injuries</p> <p>-Toothache; earache; sore throat; cavity; stomachache, headache, back injuries, back trouble, a fever, temperature of 102^o (degrees), e.g.</p> <p>*Doctor's Instructions</p> <p>-Sit up on the table, please; don't eat anything after 12 midnight; your child should brush his teeth 3 times a day; step on the scale; take this medicine before/with/one hour after meals; listen to your heart; take your pulse/temperature; e.g.</p> <p>*Directions (within/outside a building, e.g.)/Interpret signs</p> <p>-First floor; upstairs to the right; turn left; go straight; go out here; Exit (go out of); Enter (go in/into); Open/Closed; e.g.</p> <p>*Use requests, instructions, questions, commands</p> <p>*Ask for clarification or to have a question repeated</p> <p>-what is bothering you?; your next appointment is on June 3rd; are you a new patient?; how old are you?; how tall are you?; use shampoo once a week; when is your appointment?; at the hospital; What is/What's bothering you?; It doesn't bother me?/bothers me; It hurts/doesn't hurt; Just a little; When/How did it happen?; When is your appointment?; e.g.</p> <p>*Fill out a personal info form</p> <p>-Order of dates (M/D/Y); order of names (first, middle, and last name); circle an answer; check the box; put an 'X' in the box; fill in the circle; e.g.</p>

Goal	Level	Textbook Reference
<p>Goal #1: Identify health symptoms, feelings, and describe symptoms of illness/ injuries</p>	<p>Literacy</p>	<p>The Basic Oxford Picture Dictionary, 2nd Ed. -- p: 62-63 - vocab: aches, pains, injuries</p>
	<p>Beginner 1</p>	<p>English in Action 1, 2nd Edition -- p. 189-193 - Basic symptoms, remedies, catch a cold/get sick. hurt/ache; p. 196-197 - exercises based on an illustration of a waiting room</p>
	<p>Beginner 2</p>	<p>English in Action 2, 2nd Edition -- p. 161 - Paragraph about a man sick in bed, exercise about what he does and doesn't do as a result</p> <p>Interactive English 1B -- p. 78-79, 82-83 - Health problems with pictures and grammar exercises</p> <p>The Pizza Tastes Great Dialogues and Stories -- p. 26-28 - describing a cold/sneezing with vocabulary, comprehension questions, and fill-in-the-blank exercises p. 32-34 - describing a sore throat with vocabulary, comprehension questions, and fill-in-the-blank exercises</p>
	<p>Intermediate 1</p>	<p>Interactive English 2A -- p. 23 - Questionnaire from doctor's office (thin/overweight) p. 25 - describing illustrations (including from a hospital)</p> <p>English in Action 3, 2nd Edition -- p. 81-84 - Flu, high blood pressure, sprains, broken bones p. 88-91 - Serious injuries, asthma</p> <p>True Stories in the News -- p. 10 - "Fifty Good Friends" - story about a man undergoing chemotherapy and losing his hair, with vocabulary and comprehension questions</p>
	<p>Intermediate 2</p>	<p>Introducing the USA -- p. 58-60 - "Helen Keller" (story introduces who Keller was and what she did, gives example of a famous/influential disabled person, and introduces vocab of blind & deaf. All Qs great for comprehension and as discussion starters.) (with the citizenship books)</p> <p>English in Action 3, 2nd Edition -- p. 82-97 - Flu, high blood pressure, sprains, broken bones p. 88-91 - Serious injuries, asthma</p> <p>Interactive English 2B- pp. 84-87 Mental Health: discusses FEELINGS & includes different moods; uses pictures and multiple choice exercises to explore different reactions, Final exercise includes writing a "thank you" note to express feelings</p> <p>Choices: An ESL Lifeskills Series for Adults: Housing -- p. 53-56 Diagnosing health problems that could occur because of poor housing standards</p> <p>A Conversation Book 2 English in Everyday Life 3rd Ed. p. 88-95 (Staying Healthy; with exercises)</p>

Suggested games/activities for goal #1

- Games:
 - Game #32 - Double-Sided Magnetic Human Body

- Youtube Videos - go to the Online Resources Tab in the Curriculum Binder

- Visuals:
 - Human Body Parts poster
 - Sickness: Identify Your Symptoms poster

- Hanging Files:
 - Types of Illnesses/Injuries
 - Int: First Aid

Goal	Level	Textbook Reference
Goal #2: Fill out a personal info card	Literacy	Speak out in English - pgs. 3-5 - review of naming oneself and others. pg. 95 - a basic job application with a personal information section for practice
	Beginner 1	English in Action 1, 2nd ed -- p: 201 - Patient information form including questions about insurance and allergies
	Beginner 2	English in Action 2 -- p: 7, 8, 12 - School registration
	Intermediate 1	English in Action 3 -- p. 92 - Health survey about lifestyle habits Interactive English 2A --p. 23 - Questionnaire for a doctor's appointment
	Intermediate 2	Interactive English 2B - pp. 2-7 good overview of the types of personal information needed to join a class or make a name badge etc. Includes often used abbreviations on forms etc.

Suggested games/activities for goal #2

- Youtube Videos - go to the Online Resources Tab in the Curriculum Binder

Goal	Level	Textbook Reference
Goal#3: Understand a medical appointment card	Literacy	Speak out in English -- pg. 108 - a basic patient information form
	Beginner 1	Interactive English 1B -- p. 80 - Practice reading an appointment card
	Beginner 2	Interactive English 1B -- p. 80 - Practice reading an appointment card
	Intermediate 1	English in Action 3, 1st Edition -- p. 92 - Health questionnaire about lifestyle English in Action 3, 2nd Edition --p. 94 - Health questionnaire about lifestyle
	Intermediate 2	

Suggested games/activities for goal #3

- Hanging Files
 - Sample Medical Form

Goal	Level	Textbook Reference
<p>Goal #4:</p> <p>Identify cleanliness/ healthy life practices</p>	<p>Literacy</p>	<p>The Basic Oxford Picture Dictionary, 2nd Edition -- p: 61 - Toiletries and personal hygiene vocabulary Oxford Picture Dictionary- English/Spanish, 2nd Edition -- p. 108-109 - Visuals of personal hygiene vocabulary; p. 112-113 - Visuals of medicine and pharmacy vocabulary, p. 114-115 - Vocabulary associated with taking care of one's health</p>
	<p>Beginner 1</p>	<p>English in Action 1, 1st Edition -- p. 210-211 - Sleeping well and exercise English in Action 1, 2nd Edition -- p. 198-199 - Sleeping well and exercise True Stories in the News -- pp. 57-60 "A Grandmother with Muscles" - Story about a middle aged woman who is also a body builder. Great way to discuss exercise, its benefits, healthy choices, and - literally -strong women</p>
	<p>Beginner 2</p>	<p>Interactive English 1B -- p. 66-70 - Daily routine including basic hygiene</p> <p>English in Action 2, 1st Edition -- p: 152, 200 - Healthy foods and activities English in Action 2, 2nd Edition -- pp: 68-69 - Healthy activities and daily routine</p> <p>Contact USA 2 Ch. 8 "Smoking or Non-smoking?" Reading and related exercises - good for reading comprehension and discussion of the topic</p>
	<p>Intermediate 1</p>	<p>English in Action 3, 1st Edition -- p. 82 - What to do and not to do while sick; p. 83-84 - how to care for a bad sprain/broken bone; p: 87 - Doctor's advice for becoming healthier; p. 92-93 - Story and exercises about a healthy lifestyle</p> <p>True Stories in the News -- p: 57-60 "A Grandmother with Muscles" - Story about a middle aged woman who is also a body builder. Great way to discuss exercise, its benefits, healthy choices, and - literally - strong women</p> <p>More True Stories (Second Edition) -- p. 39 - "Please Pass the Bird Brains" - story about unusual foods used as medicine in China with vocabulary and comprehension questions, p. 71 - "A Chance to Live Again" story about people/animals being frozen after dying and scientists trying to bring them back to life, with vocabulary and comprehension questions, p. 31 - "Why Can't They Quit" - story about a man trying to quit smoking in the United States, with vocabulary and comprehension questions</p>
	<p>Intermediate 2</p>	<p>English in Action 4 -- p. 68-82 - Leisure Activities such as sports and dancing with grammar practice</p> <p>True Stories in the News -- p. 57-60 "A Grandmother with Muscles" - Story about a middle aged woman who is also a body builder. Great way to discuss exercise, its benefits, healthy choices, and - literally - strong women</p> <p>Even More True Stories -- p. 27 - "Healthy Again" - story about acupuncture, with vocabulary and comprehension questions</p>

Suggested games/activities for goal #4

- Games:

- Game #50 - Guess who?
- Game # - Ha Choo!

- Visuals:

- Physical Activity and Calories Burned
- Personal Hygiene and Cleanliness
- Various visuals in red visual aids container
- Various visuals in black binder on visual aids

- Hanging Files:

- Healthy Lifestyle Vocab.
- Healthy Life Practices Flashcards
- Newspaper Articles (Intermediate)

- Speaking Activity:

- Ask students personal information questions in complete sentences.
- Review past tense of: live, born, have, enjoy, wear, be, and come.
- Mad libs - this can fit into any topic. It would be fun to work through several with advanced students. Discussion is important here.

Goal	Level	Textbook Reference	
Goal #5: Identify common doctors/ health workers	Literacy	Oxford Picture Dictionary- English/Spanish, 2nd Edition -- pp. 119-121 - Visuals of medical specialists and hospital staff	
	Beginner 1	English in Action 1, 1st Edition -- p: 205 - Asks students to identify their doctors, matching for health specialists	
	Beginner 2		
	Intermediate 1		English in Action 3, 1st Edition -- p. 81 - Names of health specialists and some problems people would see them for
			English in Action 3, 2nd Edition -- p. 83 - Activity C about medical specialists
Intermediate 2			

Suggested games/activities for goal #5

- Hanging Files
 - Different Types of Doctors

- Visuals
 - Community Helpers (see Topic 7 Jobs and Working)

Goal	Level	Textbook Reference
<p>Goal #6: Understand going to the doctor/dentist</p>	<p>Literacy</p>	<p>Oxford Picture Dictionary- English/Spanish, 2nd Edition -- pp. 118-119 - Vocabulary associated with a visit to the doctor/dentist; 120-121 - Hospital vocabulary</p> <p>The Basic Oxford Picture Dictionary, 2nd Edition -- p. 66-67 - Vocabulary associated with a visit to a medical office</p>
	<p>Beginner 1</p>	<p>English in Action 1, 2nd Ed. -- p. 189, 193 - toothache/dentist, matching health problems with advice</p>
	<p>Beginner 2</p>	<p>English in Action 2, 1st ed. -- p. 203 - Identifying when someone needs to see a dentist</p> <p>The Pizza Tastes Great Dialogues and Stories -- pp. 23-25 - toothache and going to the dentist with vocabulary, comprehension questions, and fill-in-the-blank exercises</p>
	<p>Intermediate 1</p>	<p>English in Action 3, 1st Edition -- p. 80 - Illustration of dentist's exam room and prompts for discussion</p> <p>English in Action 3, 2nd Edition -- p. 82 - discuss what happens at a physical examination</p> <p>Take Care of Yourself -- pp. 73-107 - Exercises for visiting a clinic, dentist, eye doctor, ER Can't find</p>
	<p>Intermediate 2</p>	<p>True Stories in the News -- p: 73-76; A Strong Little Boy - A boy falls into an icy lake and survives. Fire department, paramedics, doctors, and hospitals are all part of the story</p> <p>English in Action 3, 1st Edition -- p: 80-83, 87 - Different doctors and basic procedures, understanding doctor's advice; p: 85 - exercise with common questions that hospital patients are asked; p: 88-89 - emergency medical workers; p: 94 - conversations about patients</p> <p>English in Action 3, 2nd Edition -- pp: 82-87 - different vocabulary and grammar exercises about injuries, illnesses, and the doctor's office; pp: 90-91, 96-97- emergencies</p> <p>True Stories in the News -- p: 10-12 "Fifty Good Friends" - About a cancer patient and the friends and family he has supporting him. Good for discussing the hospital and doctors</p> <p>More True Stories (Second Edition) -- p: 15 - "The Gift" - story about a sister who undergoes surgery to receive her brother's heart with vocabulary and comprehension questions, p. 10 - 1st ed.</p>

Suggested games/activities for goal #6

- Games:
 - Game #11 - Build-A-Sentence
- Youtube Videos - go to the Online Resources Tab in the Curriculum Binder
- Hanging Files:
 - Doctor's Visits Dialogues
- Visuals
 - People, Places, and Things poster (see Grammar section)

Goal	Level	Textbook Reference
Goal #7: Make an appointment on the telephone	Literacy	<p>Basic Oxford Picture Dictionary, 2nd Edition -- pgs. 62-63 - injuries and reasons to make an appointment</p> <p>Speak out in English -- pgs. 110-111 - practice the vocabulary needed to make an appointment</p>
	Beginner 1	<p>English in Action 1, 1st Edition -- p. 206 - Practice calling a clinic receptionist</p> <p>English in Action 1, 2nd Edition -- pp. 196-197 - In the waiting room</p>
	Beginner 2	<p>Interactive English 1B -- p. 80 - Example of an appointment card with exercise</p>
	Intermediate 1	<p>English in Action 3, 1st Edition -- pg. 83 - Understanding the doctor's orders as potentially given over the phone</p> <p>English in Action 3, 2nd Edition -- p. 88 - Understanding the doctor's orders</p>
	Intermediate 2	<p>Interactive English 2B -- pgs. 14-18 - Talking about schedules and conveying the information</p>

Suggested games/activities for goal #7

- Games:
 - Game #11 - Build-A-Sentence
 - Game #32 - Double-Sided Magnetic Human Body

Goal	Level	Textbook Reference
<p>Goal #8: Describe what is wrong or “what is bothering you”</p>	<p>Literacy</p>	<p>The Basic Oxford Picture Dictionary, 2nd Edition - p. 62-65 - Vocabulary associated with aches, pain, injuries, treatments, first aid, and health care items</p> <p>Oxford Picture Dictionary -- p. 82-83 - Medical emergencies and first aid vocabulary</p>
	<p>Beginner 1</p>	<p>English in Action 1, 1st Edition -- p: 212 - Illustration of different aches/pains, exercise on remedies</p> <p>English in Action 1, 2nd Edition -- p: 191-192 - Where does it hurt/what symptoms do you have?</p>
	<p>Beginner 2</p>	<p>Interactive English 1B -- p: 78-79, 82-83 - Health problems, describing what hurts</p> <p>The Pizza Tastes Great -- p: 29-31 - describing “what’s wrong” and going to a doctor’s appointment with vocabulary, comprehension questions, and fill-in-the-blank exercises.</p>
	<p>Intermediate 1</p>	<p>English in Action 3 -- p: 87 - Chest pains/heart attack , rashes, animal bites; 92-93 - reading about asthma (describing breathing problems)</p> <p>Interactive English 2A -- pp. 20-25 - Several good exercises to explore feelings</p> <p>More True Stories (Second edition) -- p: 38 - “Margaret Patrick... Meet Ruth Eisenberg” = story about two women who play the piano with only one hand after they had a stroke, with vocabulary and comprehension questions</p>
	<p>Intermediate 2</p>	<p>English in Action 4 -- p: 154-155 - Emotions and states of being</p> <p>Interactive English 2B -- pp: 84-87 - different feelings/emotions, p: 86 Culture Tip!</p>

Suggested games/activities for goal #8

- Youtube Videos - go to the Online Resources Tab in the Curriculum Binder
- Hanging Files:
 - Irregular Verbs
- Books:
 - *Take Care of Yourself: Health Care Grammar and Activities*

Goal	Level	Textbook Reference
Goal #9: Identify body parts	Literacy	<p>The Basic Oxford Picture Dictionary, 2nd Edition -- p. 58-60 - Vocabulary associated with parts of the body</p> <p>Oxford Picture Dictionary, 2nd Edition -- p. 74-75 - Visuals of body vocabulary, both inside and outside the body.</p>
	Beginner 1	English in Action, 1st Edition -- p: 198, 200 - Pictures and names of various body parts
	Beginner 2	Interactive English 1B -- p: 72-77 - Pictures identifying some body parts
	Intermediate 1	<p>True Stories in the News -- p. 49-52 "I Ran for Everybody" - inspiring story about a disabled man who ran across the U.S. Can be used to talk about disabilities & cancer, good discussion starters for higher level students</p> <p>More True Stories (Second Edition) -- p. 23 - "The Twins of Siam" - story about conjoined twins with vocabulary and comprehension questions</p> <p>English in Action -- p. 83 talks about an ankle injury. Pictures and questions are good</p>
	Intermediate 2	

Suggested games/activities for goal #9

- Games:
 - Game #32 - Double-Sided Magnetic Human Body
- Youtube Videos - go to the Online Resources Tab in the Curriculum Binder
- Hanging Files:
 - Identifying Body Parts
- Visuals:
 - Human Body Parts poster

Goal	Level	Textbook Reference
Goal #10: Understand doctor's instructions	Literacy	Oxford Picture Dictionary -- pgs. 64-67. Pictures of a doctor's office and procedures that go on inside.
	Beginner 1	Interactive English 1A -- pgs. 32-43. Practice describing what hurts and what a conversation with a doctor can look like. Speak out in English -- pg. 112 - A conversation with the doctor including typical instructions.
	Beginner 2	Interactive English 1B - pgs. 73-75 (typical doctor questions), pgs. 78-80 (describing hurts and making an appointment)
	Intermediate 1	English in Action 3 -- pg. 83 - Understanding the doctor's orders
	Intermediate 2	Interactive English 2B -pgs. 38-44. Describing the frequency with which you do activities

Suggested games/activities for goal #10

- Games:
 - Game #11 - Build-A-Sentence
 - Game #9 - My Word! Junior
 - Game #32 - Double-Sided Magnetic Human Body

- Youtube Videos - go to the Online Resources Tab in the Curriculum Binder

- Hanging Files:
 - Doctor's Visits Dialogues

Goal	Level	Textbook Reference
Goal #11: Understand prescriptions / medicine labels	Literacy	
	Beginner 1	English in Action 1, 2nd Edition -- p: 194-195 - Reading prescriptions correctly
	Beginner 2	Interactive English 1B -- pg. 81 - Reading medicine label and understanding what it means
	Intermediate 1	
	Intermediate 2	

Suggested Games/Activities for Goal #11

- Games:
 - Game #11 - Build-A-Sentence

Goal	Level	Textbook Reference
Goal #12: Ask pharmacist questions about medicine	Literacy	Oxford Picture Dictionary, 2nd Edition - pgs. 62-64 (symptoms and treatments)
	Beginner 1	English in Action 1, 2nd ed -- pg. 189 (symptoms vocab)
	Beginner 2	Interactive English 1B -- pg. 78 (symptoms matching)
	Intermediate 1	English in Action 3 -- pg. 85 (Asking questions and practicing dialogue), pg. 86-87 (asking health-related questions and giving answers)
	Intermediate 2	Interactive English 2B -- pgs. 84-89 (Describing mental health and what can impact it) A Conversation Book 2 English in Everyday Life 3rd Ed. p. 98-99 (Pharmacy with exercises)

Suggested games/activities for goal #12

- Games:
 - Game #11 - Build-A-Sentence