



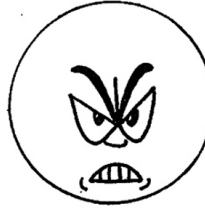
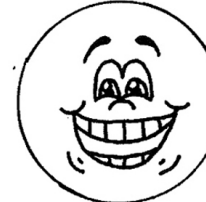



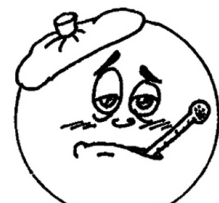
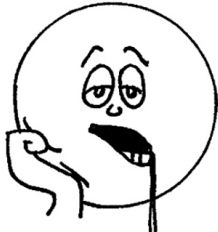









HEALTH AND WELLNESS

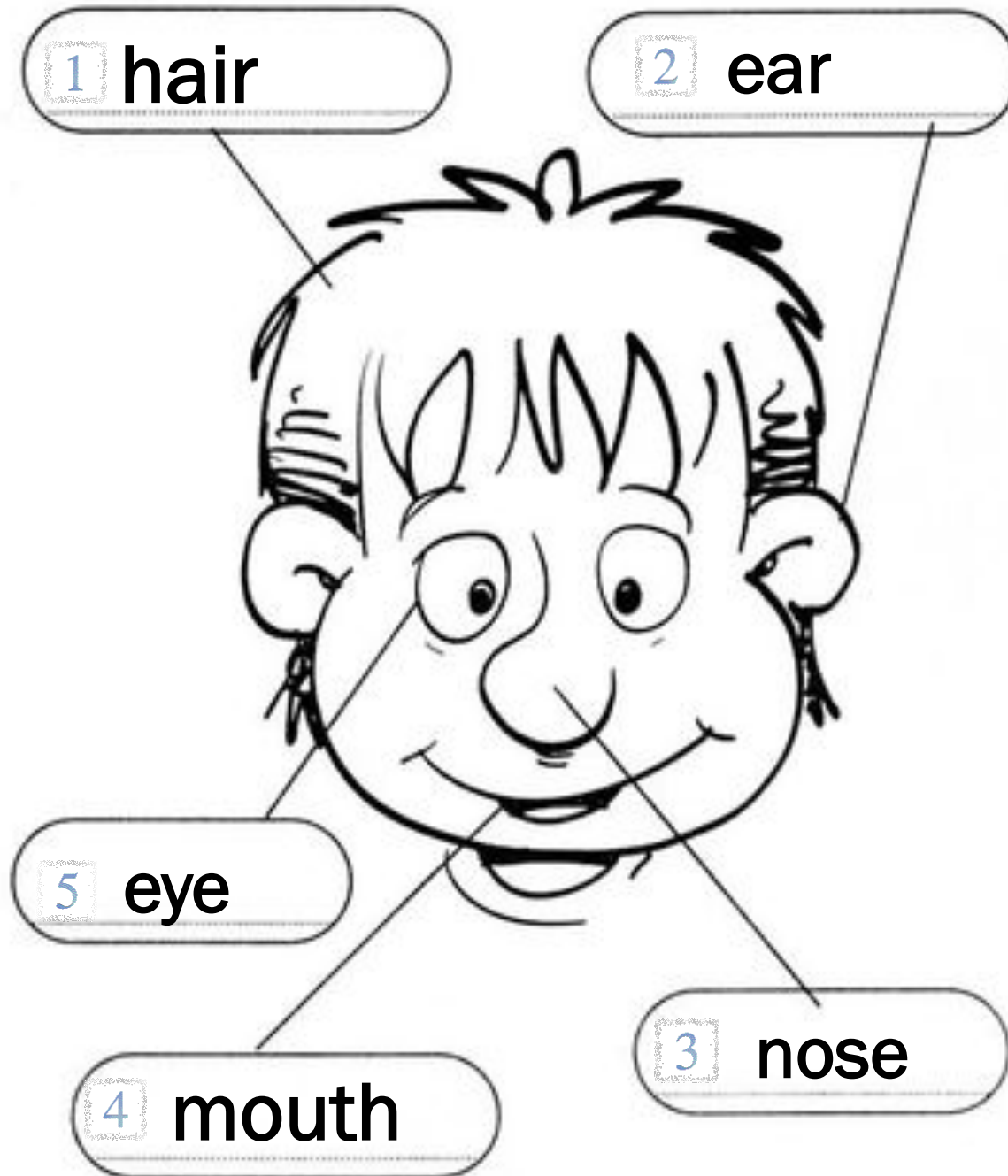
LEVEL 1/2

Complete the sentence:

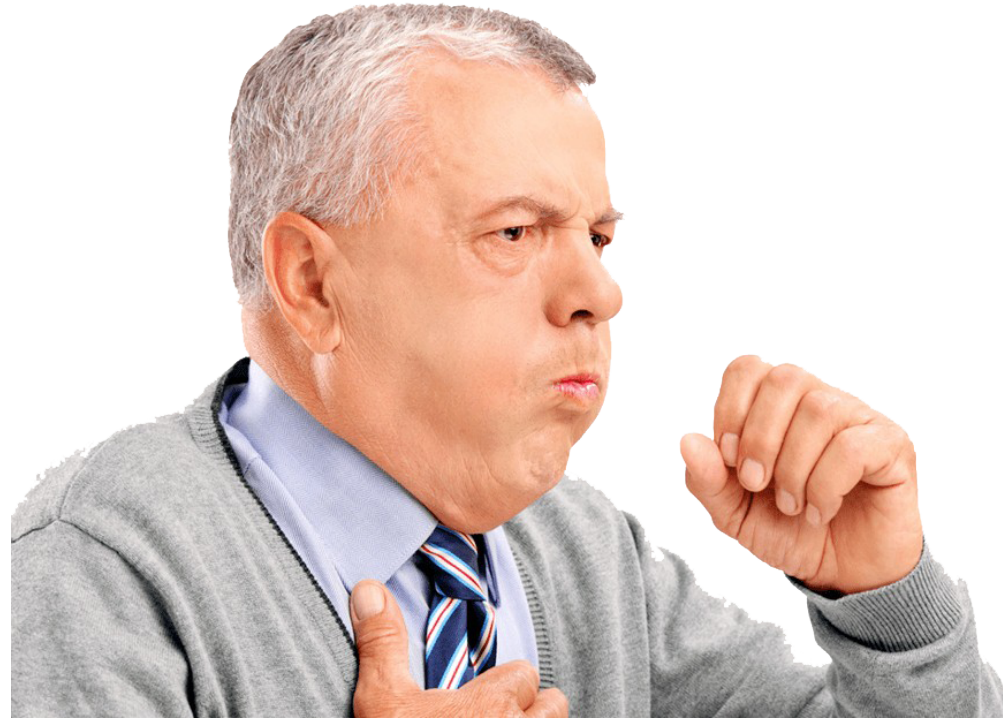
TODAY
I FEEL...

 Happy	 Sad	 Angry/Mad	 Excited
 Hungry	 Full	 Tired	 Sick
 Bored	 Confused	 Nervous	 Calm
 Surprised	 Scared	 Embarrassed	 Stressed

Warm-up: Body Parts



**WHAT'S WRONG?
WHAT'S THE MATTER?**



He has a cough.

**WHAT'S WRONG?
WHAT'S THE MATTER?**



She has an earache.

**WHAT'S WRONG?
WHAT'S THE MATTER?**



She has a fever.

**WHAT'S WRONG?
WHAT'S THE MATTER?**



They have a cold.

**WHAT'S WRONG?
WHAT'S THE MATTER?**



She has a broken leg.

**WHAT'S WRONG?
WHAT'S THE MATTER?**



He has a headache.

WHAT'S WRONG? WHAT'S THE MATTER?



She has a rash.

**WHAT'S WRONG?
WHAT'S THE MATTER?**



He has a stomach ache.

**WHAT'S WRONG?
WHAT'S THE MATTER?**



She has a toothache.

MAKING A MEDICAL APPOINTMENT



Who do you see in these pictures? Where are they? Who is the man calling? Why?

Making an Appointment:

Use these expressions to make an appointment:

Could I make an appointment please?

I would like to make an appointment.

(or *I'd* like to make an appointment)

I need an appointment for next week.

Work with a partner. One person is the secretary and the other is the patient.

Practice making an appointment.

When you go to the doctor, it is very important to describe your pain clearly. Look below:

How strong is your pain?

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10

no pain



*I don't have any
pain.*

hurts a little



It hurts a little.

hurts a lot



It hurts a lot.

severe pain



*I'm in severe
pain.*

PRACTICE: MAKE A CHART LISTING YOUR PROBLEM, SYMPTOMS AND DEGREE OF PAIN (HOW MUCH PAIN) TO TELL THE DOCTOR:

Problem	Symptoms	Degree of pain
1.		
2.		
3.		

Now write a list of all the medications and vitamins you take.

Medications



Vitamins



Talking to a Doctor

Listen to a conversation between a patient and a doctor. Sasha does not feel well and goes to see the doctor.

Dr. Smith: Hello, Sasha. How are you feeling today?

Sasha: I don't feel well.

Dr. Smith: What's wrong? Can you tell me how you feel?

Sasha: Well, I have a terrible headache.

Dr. Smith: Hmm...Anything else? Does your throat hurt?

Sasha: Yes, it hurts a little. I have a cough too.

Dr. Smith: Do you have a fever?

Sasha: Yes, I have a low fever.

Dr. Smith: It sounds like you may have the flu.

Sasha: Oh, that's terrible.

Dr. Smith: Don't worry. I will give you some medicine and you will feel better soon.

Sasha: Okay. Can I go to work tomorrow?

Dr. Smith: No. Stay home tomorrow, get some rest, and drink plenty of juice and water.

Sasha: Thank you, Doctor.

Dr. Smith: Okay, take care of yourself and I hope you feel better soon.

Answer the questions.

1. How does Sasha feel today?
2. What are his symptoms?
3. What kind of illness does he have?
4. What does the doctor tell him?

© 2014 Pearson Education, Inc. or its affiliate(s). All rights reserved.

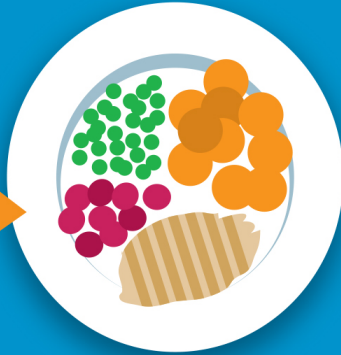
[illegible]

WHAT DO YOU DO TO RELIEVE STRESS?

5

TOP TIPS FOR RELIEVING STRESS

Eat nutritious food—fill your plate with lean meats, fresh fruits and veggies.



Exercise: Find something you enjoy and do it each day!



Drink lots of water!

Get at least 7 hours of sleep each night.



Make a task list and mark each thing off as you go.

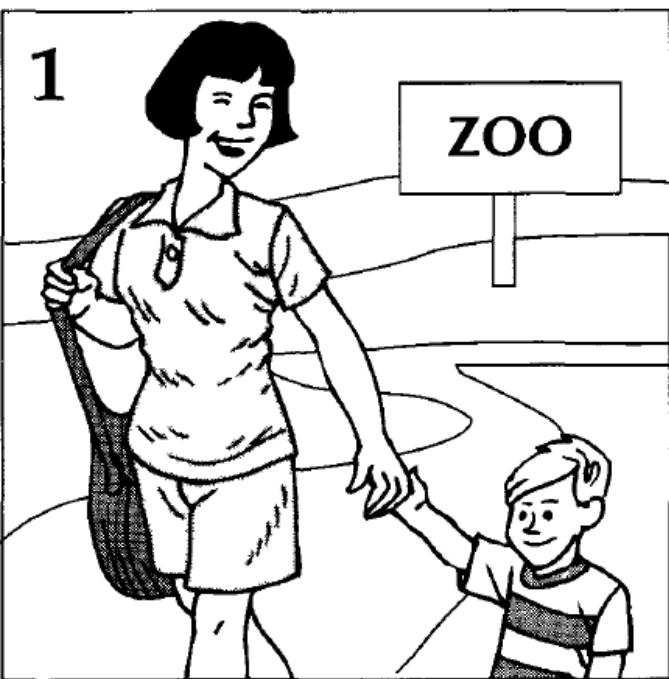


THIS WEEK'S READING ON GOGYUP:

Level 1:

Binti to the Rescue





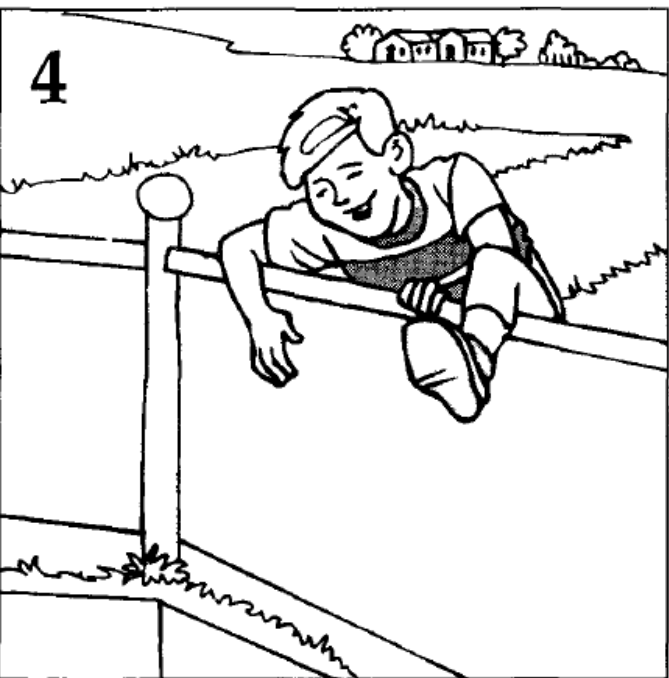
**Brian is three years old.
He is with his mother.
They are at the zoo.**



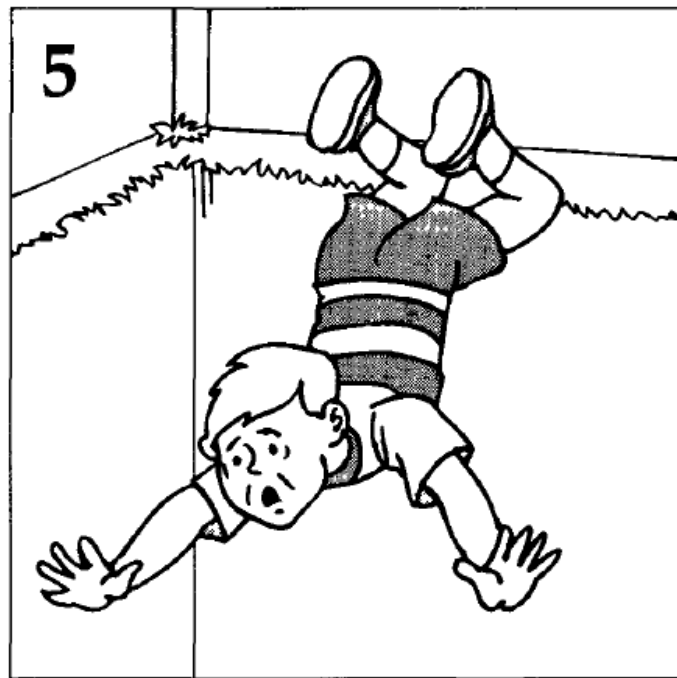
**They are going
to see the gorillas.**



Brian runs to the gorillas.



He climbs a fence.



He falls.



He falls 18 feet.¹



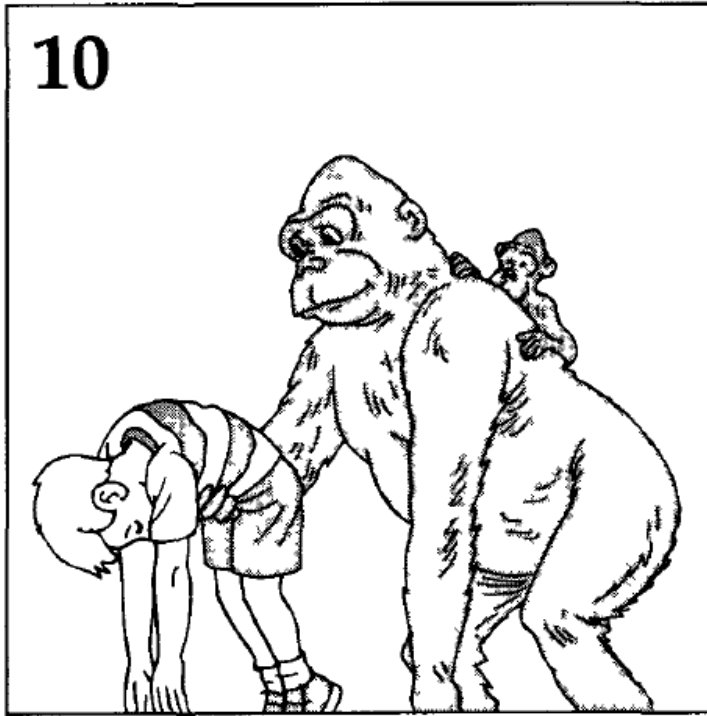
**He is on the ground.
He doesn't move.**



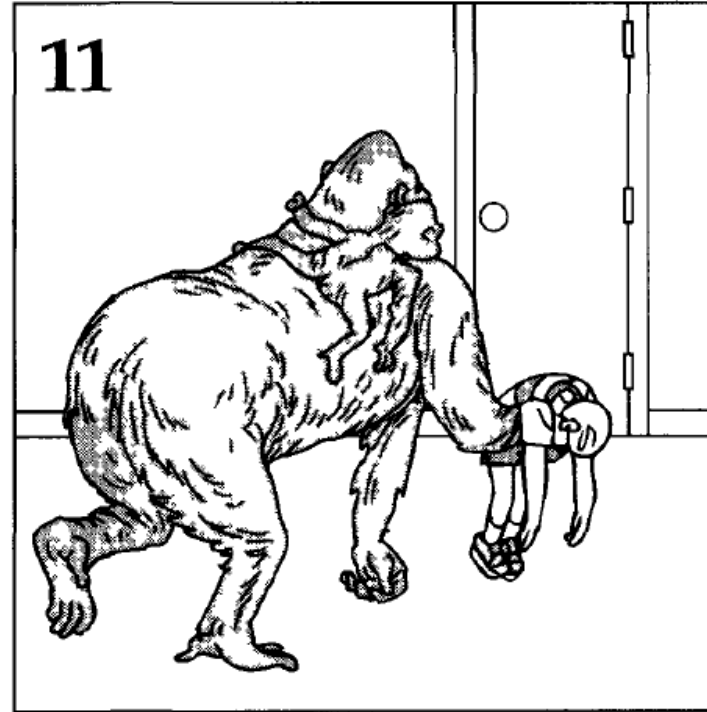
**Brian is with the gorillas
now. Seven gorillas walk
to him.**



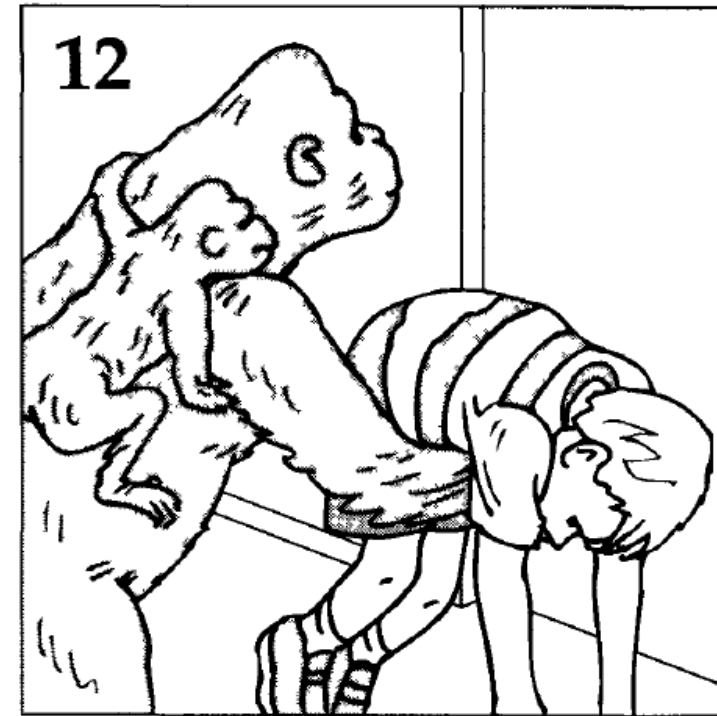
**One gorilla is a mother.
Her name is Binti. She
has her baby on her back.**



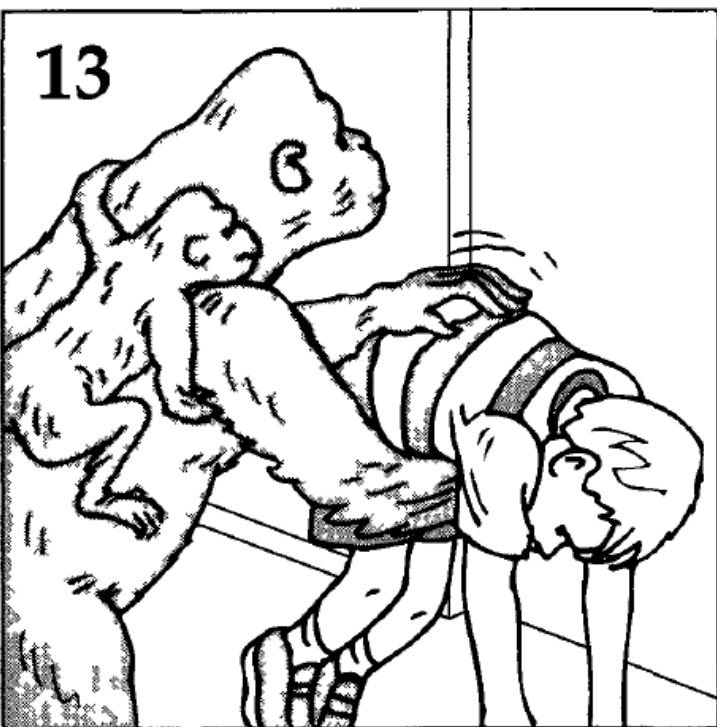
Binti picks up Brian.



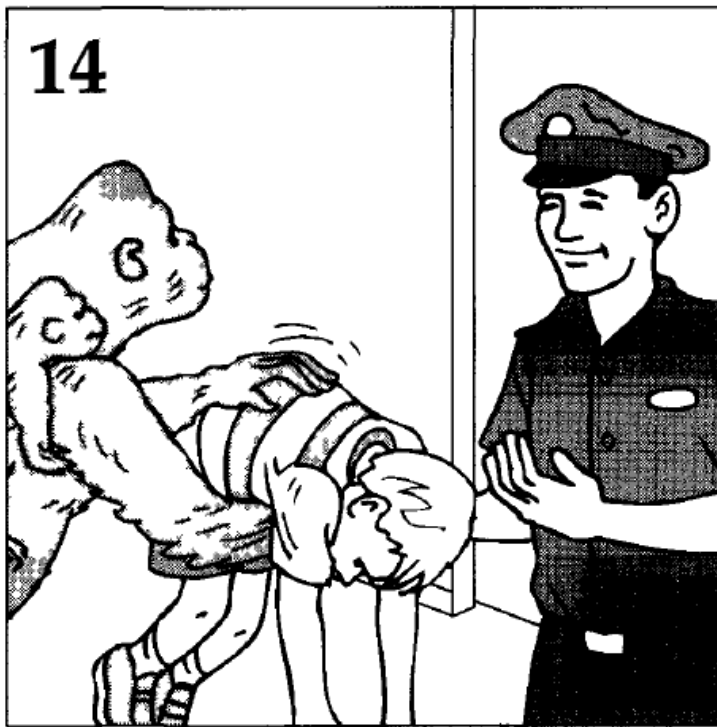
She carries him to a door.



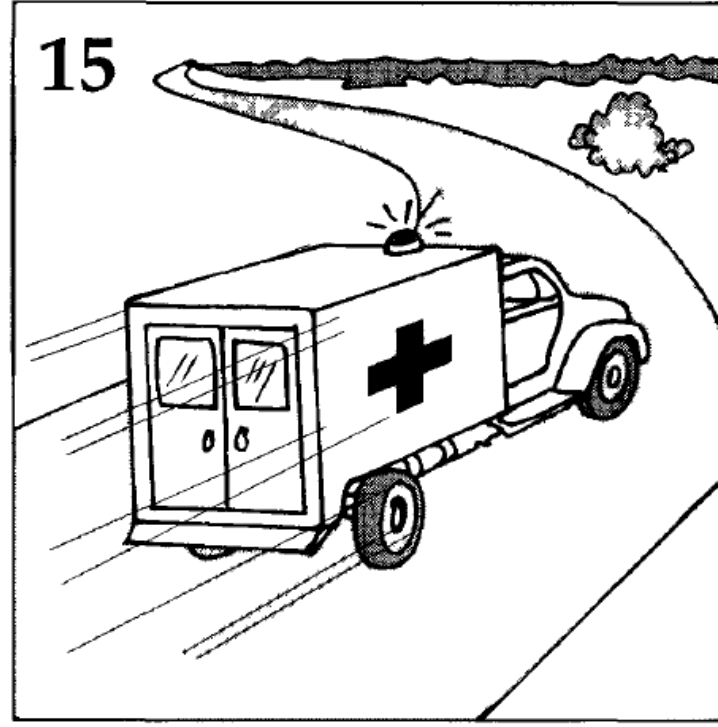
**She stands at the door.
She holds Brian.**



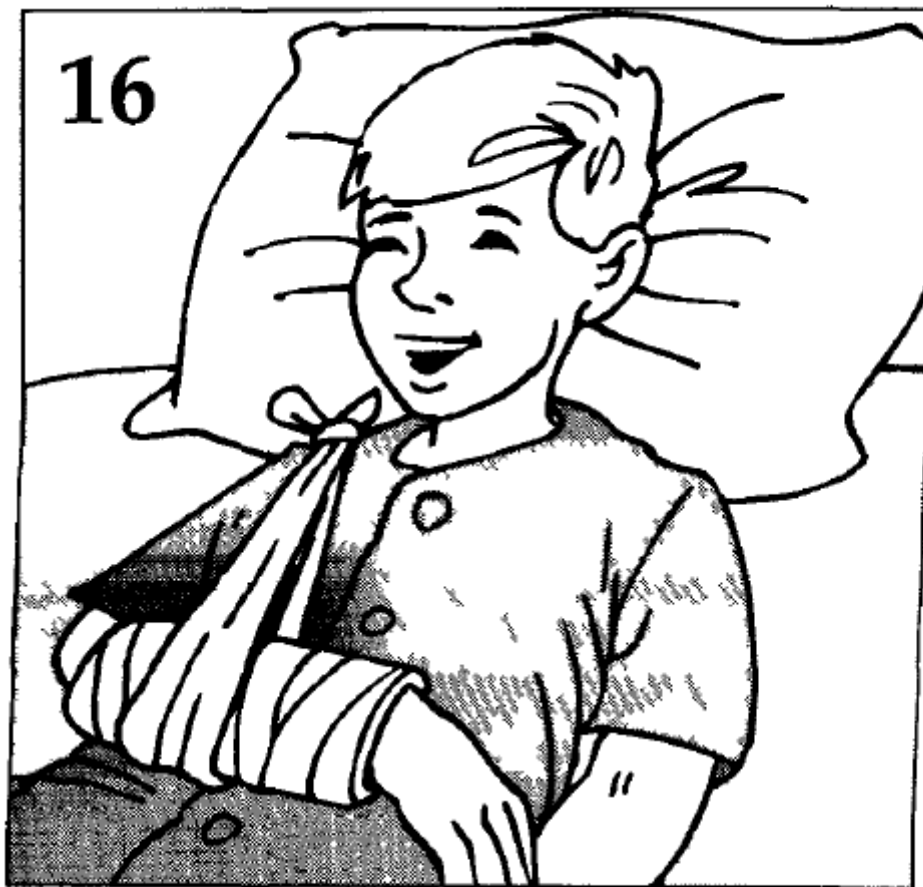
**She pats Brian
on the back.
Binti is a good mother!**



**A man comes to the door.
Binti gives Brian
to the man.**



Brian goes to the hospital.



16

He has a broken arm, but
he is OK.



17

Brian's mother is happy.
"Thank you, Einti,"
she says.

3. PRONUNCIATION

Listen to your teacher. Say the words.

go
old
hold
broken

to
move
zoo
you

mother
come
doesn't
up
but
run

at
pat
back
man
stand
happy

is
his
give
pick
with

he
she
see
feet
three

4. SPELLING

Listen to your teacher say the words. Write the missing letters. Then copy the words.

1. ye a rs years

2. m ___ the ___ _____

3. c ___ im ___ _____

4. ___ en ___ e _____

5. m ___ ve _____

6. do ___ r _____

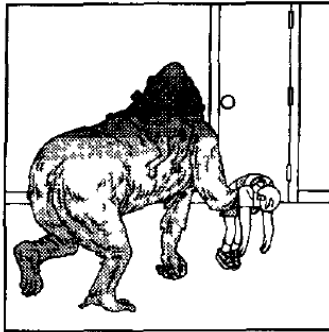
5. VOCABULARY

What do you see in the pictures? Write the words.

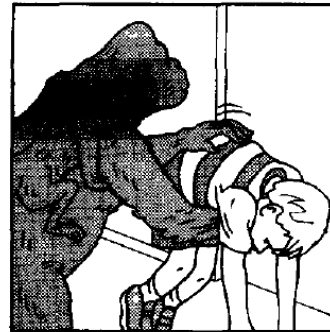
run
climb

fall
pick up

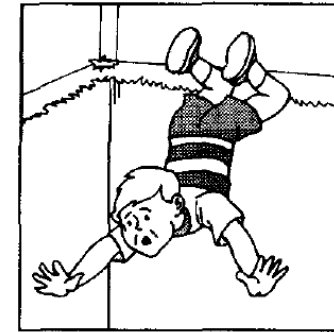
carry
pat



1. carry



2. _____



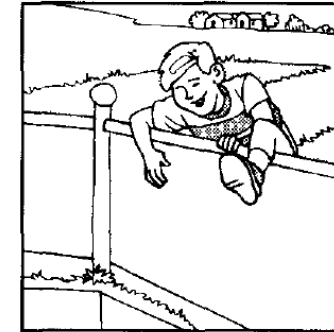
3. _____



4. _____



5. _____



6. _____

6. COMPREHENSION

Circle YES or NO.

1. Brian is at the zoo with his mother.

YES

NO

2. They are going to see the penguins.

YES

NO

3. Brian runs to the gorillas.

YES

NO

4. He climbs a fence.

YES

NO

5. He falls.

YES

NO

6. He is with the gorillas.

YES

NO

7. One gorilla is Binti.	YES	NO
8. Binti is a father.	YES	NO
9. Binti pushes Brian with her nose.	YES	NO
10. Binti picks up Brian and carries him to a door.	YES	NO
11. She gives Brian to a man.	YES	NO
12. Brian has a broken arm, but he is OK.	YES	NO

THIS WEEK'S READING ON GOGYUP:

Level 2:

How to have a balanced health triangle



HOW TO HAVE A BALANCED HEALTH TRIANGLE

Taking care of your health is a process. It has three important parts.

One part is your physical health. This represents your body. It takes into account disease and fitness. The second part is your mental health. This refers to how you handle anxiety or stress. The third part is your social health. This involves your relationships with other people.

A health triangle is a visual too. It can help you think about and take care of these three parts of health. Here are some ways to do so.



PROTECTING YOUR PHYSICAL HEALTH

Eat Right. Eating healthy meals is a good way to improve your health. Healthy foods include fruits, vegetables, and whole grains. They also include proteins like chicken or beans. It is important to eat healthy foods. Limit sugary foods like soda and cookies. Try to avoid fried foods.

Drink Water. Drinking water helps you digest food. Drink 9 to 13 cups of water every day.



Exercise. Experts recommend 30 minutes of exercise four to five times a week. This can include running or swimming.

Get 7 to 9 Hours of Sleep. A full night's sleep keeps you healthy. It helps you concentrate better the next day.

Bathe Regularly and Wash Your Hands. Regular bathing helps keep you clean. You should also wash your hands regularly. Use warm water and soap. It prevents germs from spreading.

PRESERVING YOUR MENTAL HEALTH

Take Good Care of Your Mental Health. Treat it carefully like your physical health.

A mental illness is serious. It is different than feeling sad. Feeling sad or unhappy sometimes is normal. The feelings usually go away. Mental illnesses like depression affect someone's mood. They also affect their thoughts and behavior for a longer time. Daily life can be very hard. Doctors can usually help.

Asking for help is important. It can also be hard to do. Try talking to your parent, teacher or school counselor. They might recommend seeing a therapist.

Do Things You Enjoy. It is important to do things that make you happy. This can improve your mood. It can keep you calm.

Practice Deep Breathing. Taking deep breaths can relieve stress. Doing this often can be soothing.

IMPROVING YOUR SOCIAL HEALTH

Build Up a Community. Social health involves a network of friends and family. These are people who support us.

Volunteer. Join a group that helps the community or the environment. You will feel more connected. It can help you make new friends.

Invite Others. Be the one who invites other people to do things together. This can be a simple thing like friends coming over to watch a movie.

Show Interest in Others. Ask others what they are interested in and what they like. It's good way to make friends.

POST-READING COMPREHENSION

Which of these statements would be MOST important to include in an objective summary of the article?

- (A) The health triangle is a helpful tool for visualizing your total well-being.
- (B) Physical health represents your biological welfare and how to protect your body from illness or injury.
- (C) Consuming a well-balanced diet is one of the best ways to fuel your physical health.
- (D) You don't have to compete in Ultra-Marathons in order to reap the physical benefits of exercise.



What is the relationship between the following selections from the article?

The triangle is made up of three sides, each representing an important side of your health: Physical, Mental and Social.

Bolstering each side of the triangle will help you lead a healthy life.

- (A) Both sentences provide specific details that show how good health is related to a balanced health triangle.
- (B) The first provides a definition of the balanced health triangle and the second gives a positive example.
- (C) The first introduces the balanced health triangle and the second confirms the importance of each side.
- (D) Both sentences make general claims about a person's health as it relates to the three sides of the triangle.

Read the following paragraphs from the article.

Build up a community. Social health is bolstered by networks of friends and family members who support us, give us guidance, and celebrate joyful moments in life. They provide a crucial sense of belonging that is necessary to our overall health.

Be open to trying new things. If someone invites you to a new restaurant or a festival you've never been to, then go along with it. Even if it is not exactly what you would prefer to do, be flexible for the sake of meeting new people.

How do these paragraphs support the author's position?

- (A) by showing how social health requires taking action
- (B) by showing why some people may neglect their social health
- (C) by providing examples of ways to strengthen social health
- (D) by providing examples of each of the sides of the health triangle

Read the following paragraphs from the article.

Build up a community. Social health is bolstered by networks of friends and family members who support us, give us guidance, and celebrate joyful moments in life. They provide a crucial sense of belonging that is necessary to our overall health.

Be open to trying new things. If someone invites you to a new restaurant or a festival you've never been to, then go along with it. Even if it is not exactly what you would prefer to do, be flexible for the sake of meeting new people.

How does the author respond to people who dismiss mental health concerns?

- (A) The author suggests mental health concerns affect the health triangle more than physical ones.
- (B) The author suggests mental health concerns are often apparent to mental health professionals.
- (C) The author states mental health concerns are just as important as physical health concerns.
- (D) The author states mental and physical health concerns are not related to social health concerns.