



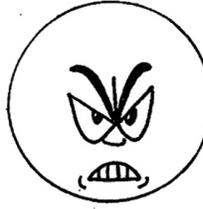
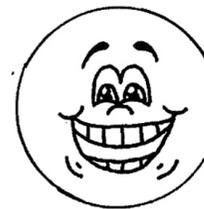
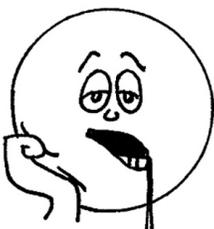
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# HEALTH AND WELLNESS

LEVEL 1/2

Complete the sentence:

**TODAY  
I FEEL...**

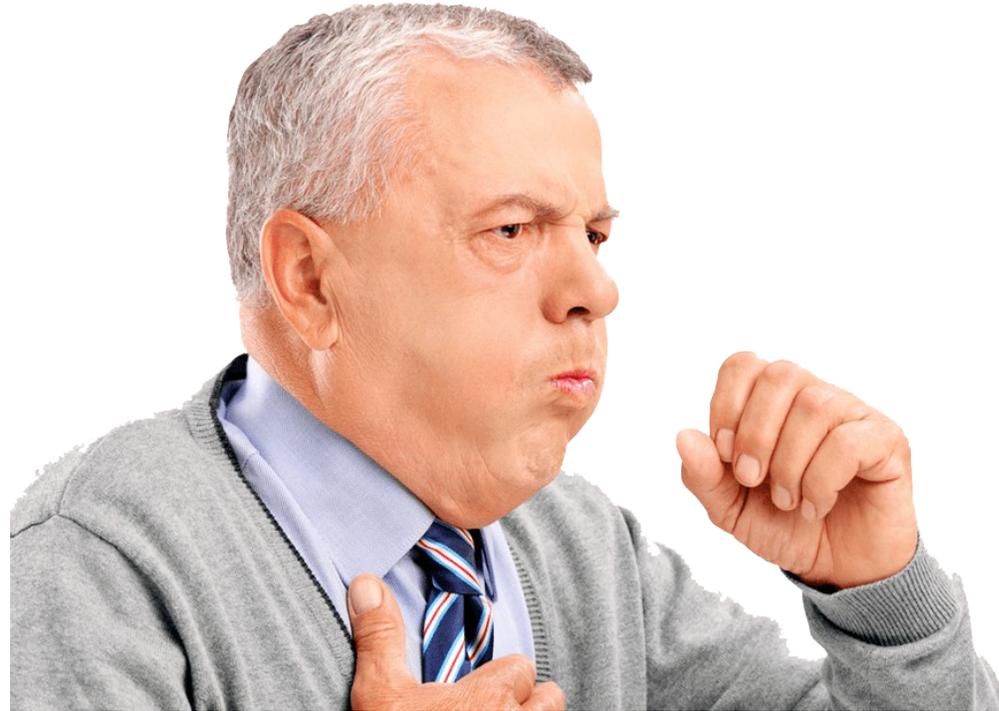
 <p>Happy</p>	 <p>Sad</p>	 <p>Angry/Mad</p>	 <p>Excited</p>
 <p>Hungry</p>	 <p>Full</p>	 <p>Tired</p>	 <p>Sick</p>
 <p>Bored</p>	 <p>Confused</p>	 <p>Nervous</p>	 <p>Calm</p>
 <p>Surprised</p>	 <p>Scared</p>	 <p>Embarrassed</p>	 <p>Stressed</p>

# 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.**

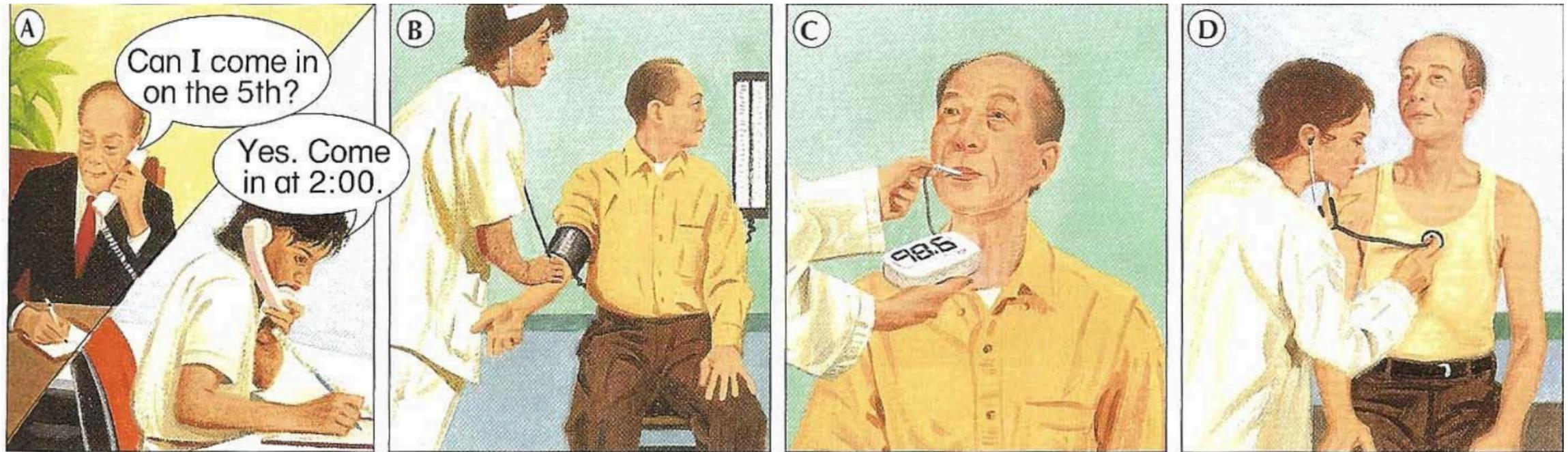
---

**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:**

<b>Problem</b>	<b>Symptoms</b>	<b>Degree of pain</b>
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?

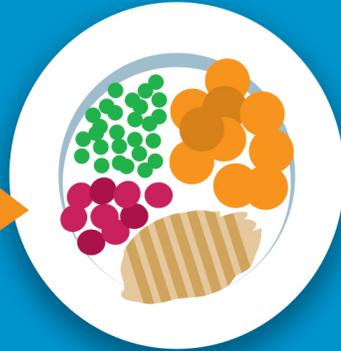


# WHAT DO YOU DO TO RELIEVE STRESS?

# 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.

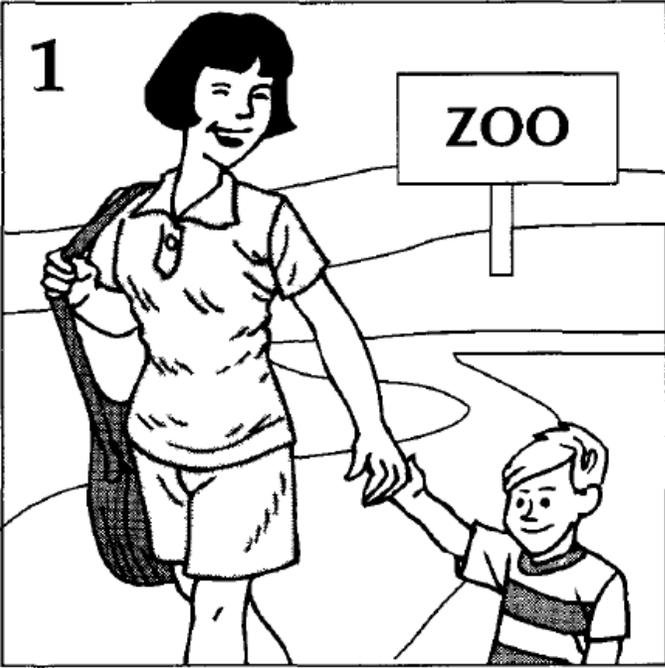


# THIS WEEK'S READING ON GOGYUP:

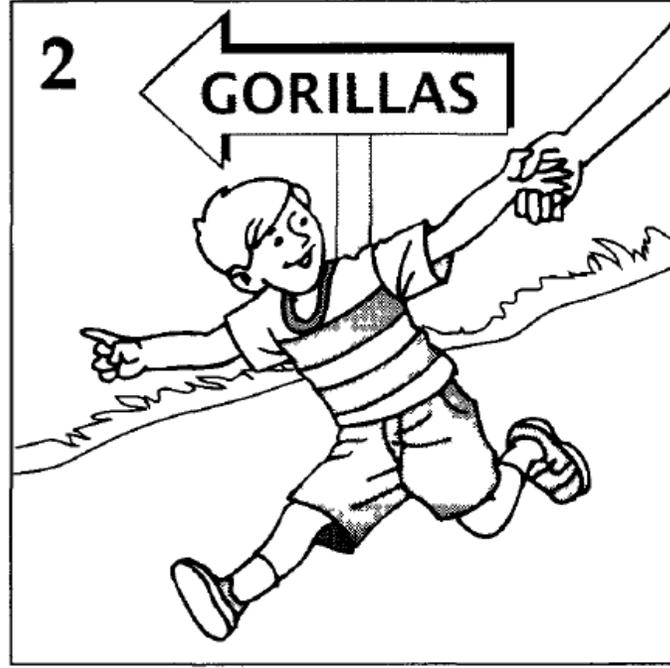
Level 1:

## **Binti to the Rescue**





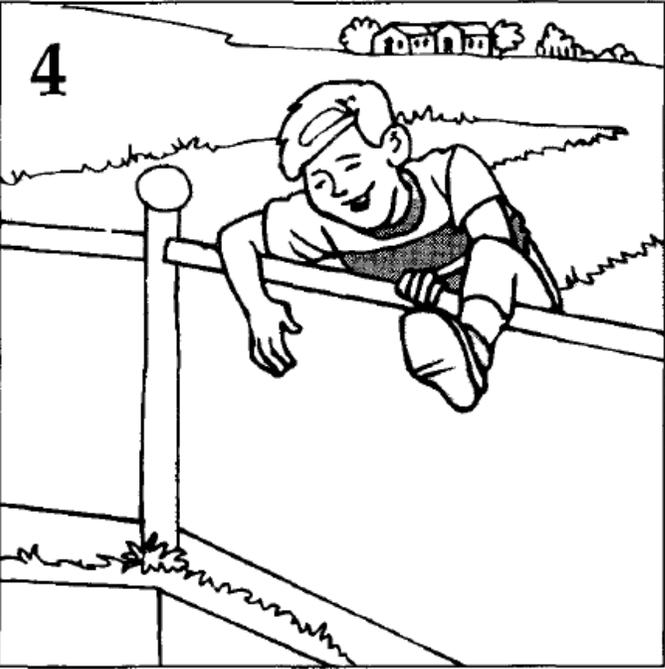
**Brian is three years old.  
He is with his mother.  
They are at the zoo.**



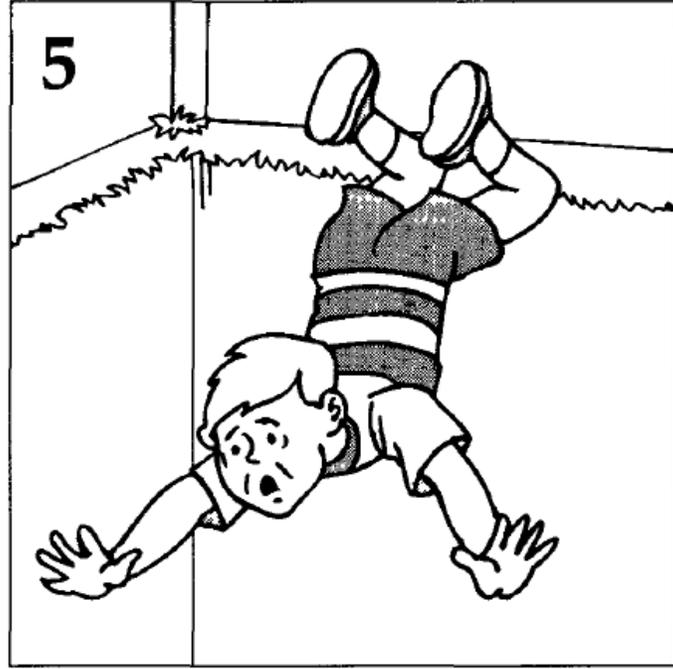
**They are going  
to see the gorillas.**



**Brian runs to the gorillas.**



**He climbs a fence.**



**He falls.**



**He falls 18 feet.<sup>1</sup>**



7

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



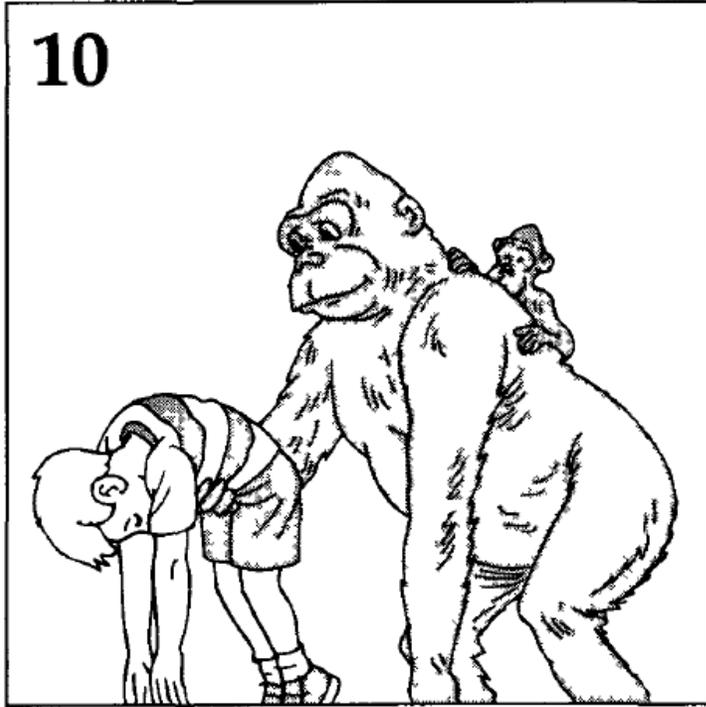
8

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



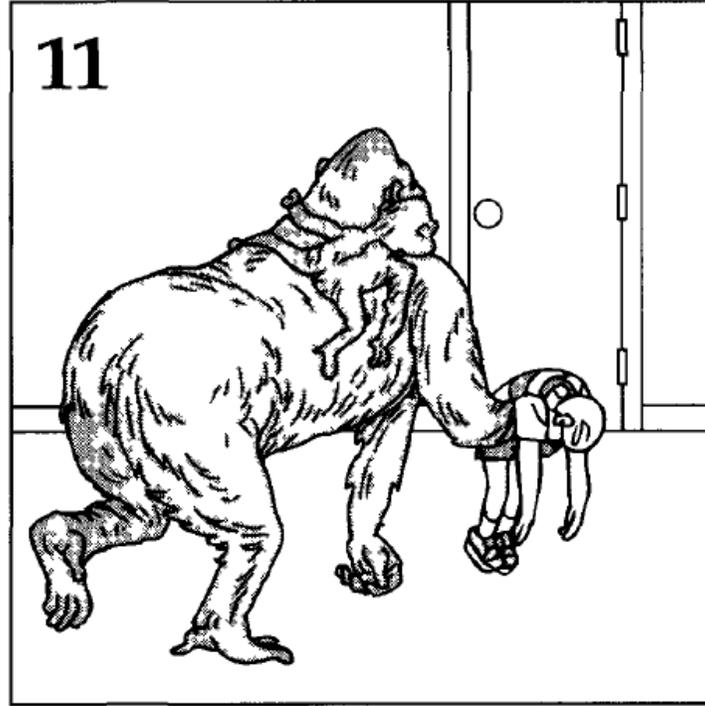
9

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



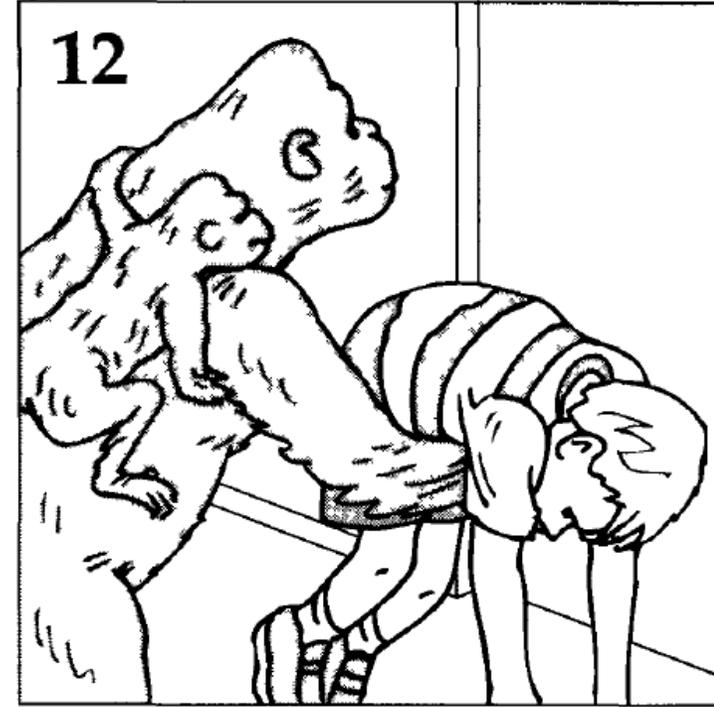
10

**Binti picks up Brian.**



11

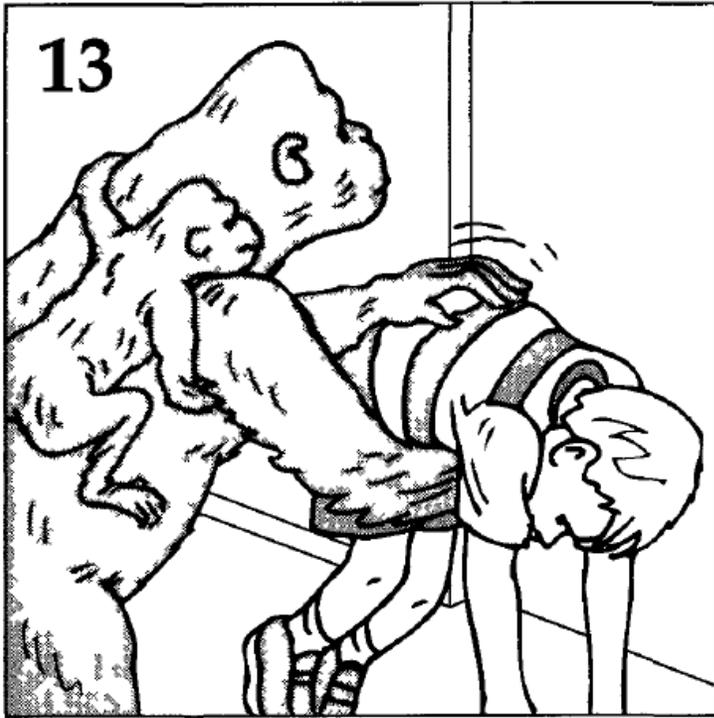
**She carries him to a door.**



12

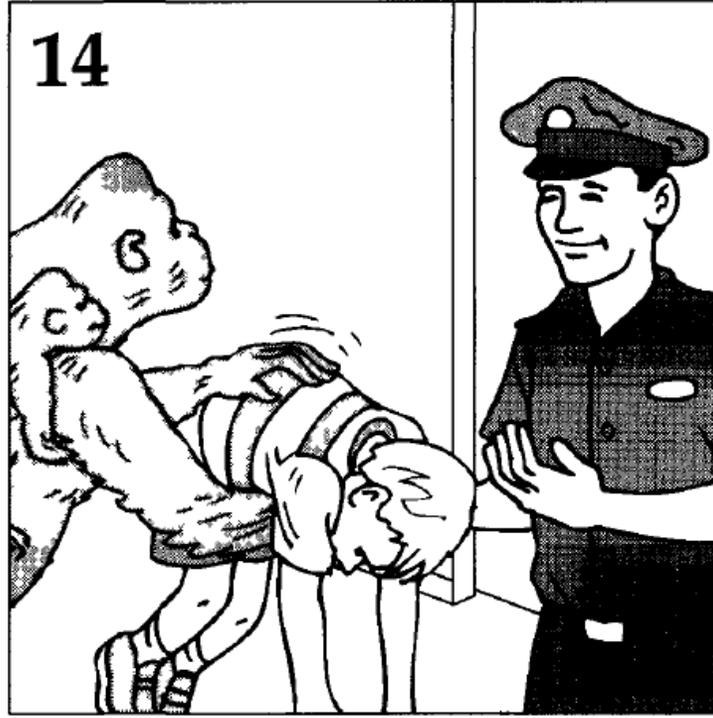
**She stands at the door.  
She holds Brian.**

13



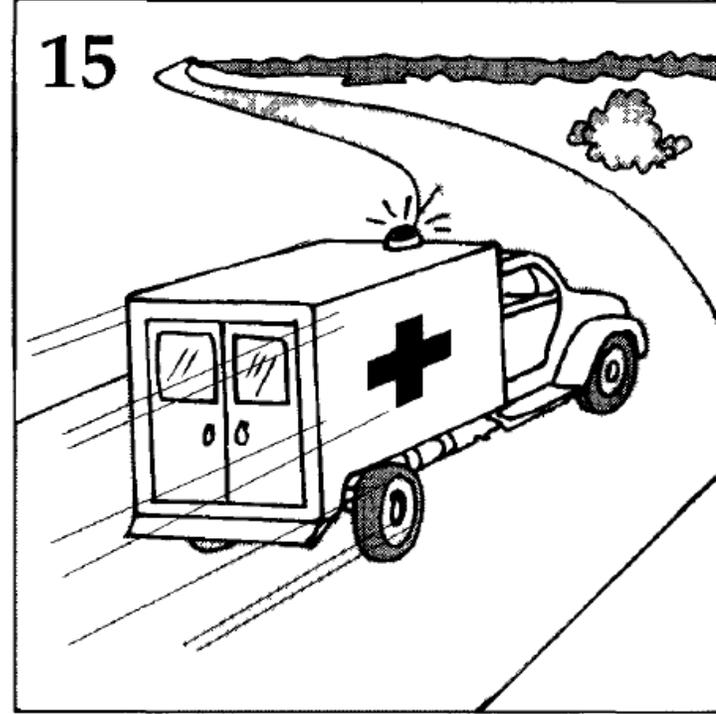
She pats Brian  
on the back.  
Binti is a good mother!

14

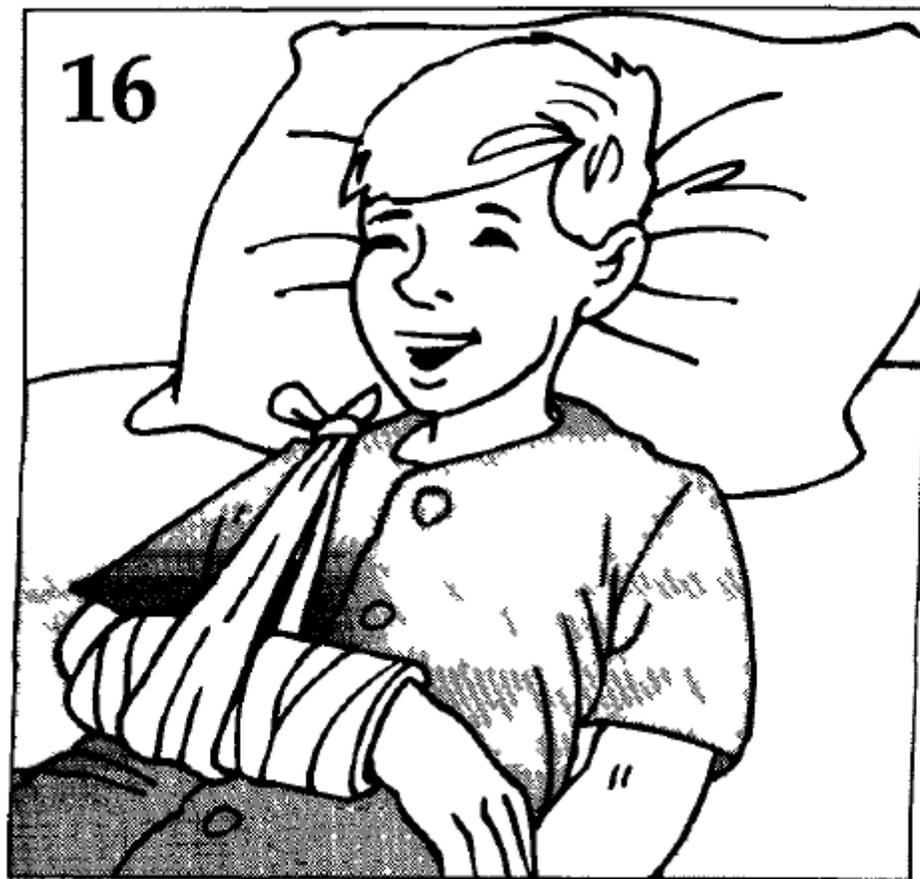


A man comes to the door.  
Binti gives Brian  
to the man.

15



Brian goes to the hospital.



He has a broken arm, but  
he is OK.



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      \_\_\_\_\_

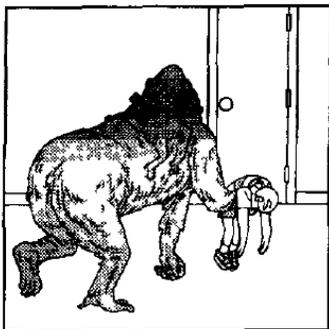
# 5. VOCABULARY

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

run  
climb

fall  
pick up

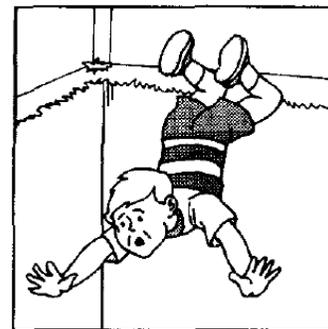
carry  
pat



1. carry



2. \_\_\_\_\_



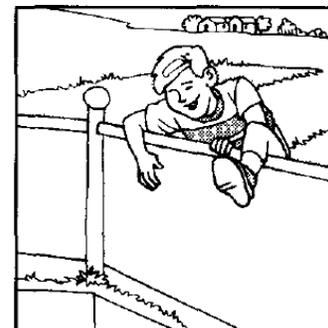
3. \_\_\_\_\_



4. \_\_\_\_\_



5. \_\_\_\_\_



6. \_\_\_\_\_

---

## 6. COMPREHENSION

---

Circle YES or NO.

- |   |                                      |                          |
|---|--------------------------------------|--------------------------|
| 1. Brian is at the zoo with his mother. | <input checked="" type="radio"/> YES | <input type="radio"/> NO |
| 2. They are going to see the penguins.  | <input type="radio"/> YES            | <input type="radio"/> NO |
| 3. Brian runs to the gorillas.          | <input type="radio"/> YES            | <input type="radio"/> NO |
| 4. He climbs a fence.                   | <input type="radio"/> YES            | <input type="radio"/> NO |
| 5. He falls.                            | <input type="radio"/> YES            | <input type="radio"/> NO |
| 6. He is with the gorillas.             | <input type="radio"/> YES            | <input type="radio"/> 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



---

# 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.