HEALTH
Parts of the body

Label the picture with the words from the box.

- head
- arm
- hand
- fingers
- thumb
- leg
- knee
- foot
- stomach
- back

1
2
3
4
5
6
7
8
9
10
Symptoms

1 Write the symptoms from the box below each picture.

| a headache | a sore throat | a temperature |
| head lice  | stomach ache  | a rash        |

1 ………………………………………… ………………………………………… ………………………………
2 ………………………………………………………… ………………………………………………………..
3 ………………………………………………………… ………………………………………………………..
4 ………………………………………………………… ………………………………………………………..
5 ………………………………………………………… ………………………………………………………..
6 ………………………………………………………… ……………………………………………………….

Now write a sentence for each picture.
Remember to use a capital letter and a full stop.

Example: He has got stomach ache.

1 ………………………………………………………………………………………………………………….
2 ………………………………………………………………………………………………………………….
3 ………………………………………………………………………………………………………………….
4 ………………………………………………………………………………………………………………….
5 ………………………………………………………………………………………………………………….
6 ………………………………………………………………………………………………………………….

Ws/E1.1a construct a simple sentence, using basic word order and verb forms
Ws/E1.2a use basic punctuation to aid understanding of where sentences begin and end
Asking for things

Work with your partner. Take turns to ask for the things below. For each one, decide whether to use a, an or some.

Example: Could I have an aspirin, please?
Yes, of course. Here you are.

<table>
<thead>
<tr>
<th>vitamin tablets</th>
<th>aspirin</th>
<th>antiseptic cream</th>
</tr>
</thead>
<tbody>
<tr>
<td>cough medicine</td>
<td>throat lozenges</td>
<td>ear drops</td>
</tr>
<tr>
<td>plaster</td>
<td>plasters</td>
<td>cotton wool</td>
</tr>
</tbody>
</table>
Inside the body

1 Label the different body parts with the words from the box.

<table>
<thead>
<tr>
<th>lungs</th>
<th>heart</th>
<th>kidney</th>
<th>brain</th>
<th>spine</th>
<th>liver</th>
</tr>
</thead>
</table>

2 Look at the picture. Where do the different body parts go?

1 ........................................ 2 ........................................ 3 ........................................

4 ........................................ 5 ........................................ 6 ........................................

3 Which of these parts can people damage by …

a) smoking
b) carrying heavy objects
c) drinking too much alcohol
d) eating too much fatty food?
Health Checks

Write the correct words from the box below the pictures.

<table>
<thead>
<tr>
<th>blood test</th>
<th>x-ray</th>
<th>scan</th>
</tr>
</thead>
<tbody>
<tr>
<td>examination</td>
<td>operation</td>
<td>eye test</td>
</tr>
</tbody>
</table>

1 .................................... 2 .................................... 3 ....................................

4 .................................... 5 .................................... 6 ....................................

Where do you go for the different health checks? Complete the chart.

<table>
<thead>
<tr>
<th>Hospital</th>
<th>Doctor's surgery</th>
<th>Optician</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Healthy living

Look at the pictures below. Which things are good for you and which things are bad for you? Tell your partner.

Remember to use 'are' for plural words.

Examples
Fruit is good for you.
Hamburgers are bad for you.

Useful words
- cigarettes
- fruit
- vegetables
- alcohol
- hamburgers
- exercise

Sc/E1.4a make simple statements of fact
A letter from the hospital

Read the letter and then answer the questions.

Ms Hawa Ahmed
20 Cromwell House
Canter Road
London
E1 4BX

30th June
Dear Ms Ahmed,

You have an appointment for a scan.
Clinic: Antenatal (baby clinic)
Doctor: Dr Riley
Date: Tuesday 14th July
Time: 10:30 am

Please bring any medicines you are taking.
If you cannot attend, please telephone the Outpatients Department on 020 6700 5211 to make another appointment.

Yours sincerely,
Mary Carr
Clinic Administrator

1 What is the appointment for? .................................................................

2 What date is the appointment? ..............................................................

3 What time? ............................................................................................

4 What is the name of the doctor? ..............................................................

5 What must Hawa bring? ...........................................................................

6 What must Hawa do if she can't go? ........................................................
Leaving a message at the school office

Your child is ill and cannot go to school. Practise phoning the school office to leave a message for your child's teacher.

Good morning. Mowlem School. How can I help you?

Yes, of course. What's the message?

What's your child's name?

Could you spell that, please?

Thank you very much for letting us know. Could I just check your telephone number, please?

That's 020 ........................................... ?

Thank you very much. I hope ........................................... feels better soon.

Goodbye.

Sc/E1.4a make statements of fact clearly
Lr/E1.4a listen and respond to requests for personal information
Understanding labels

1 Read the instructions from the bottles and then answer the questions.

![Medicine A](image1)

**For headache, rheumatic pains and neuralgia**

**Dose**

Adults and children over 12, one or two tablets. **Not to be taken by children under 12 years.**

The dose may be taken three or four times daily, at intervals of not less than four hours.

Do not exceed the stated dose.

![Medicine B](image2)

**Stomach upsets & indigestion**

Adults

1-2 teaspoons (5-10ml)

Children 3-12 years

1 teaspoon (5ml)

Can be taken in milk or water.

<table>
<thead>
<tr>
<th>What is it for?</th>
<th>Medicine A</th>
<th>Medicine B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is it a tablet or a liquid?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>How much can adults take?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Can children under 12 years old take it?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

2 Match the words with the meanings.

dose | every day

daily | the amount of medicine you should take

interval | take more than you need

exceed | period of time

Rt/E2.1b obtain information from texts
Symptoms and illness

1 Here are some symptoms. Try to find out what they mean. You can write the meaning in English or your first language.

1 Diarrhoea ____________________________
2 Constipated ____________________________
3 Period pains ____________________________
4 Morning sickness ____________________________
5 Vomiting a lot ____________________________
6 Depressed ____________________________

2 Have got, has got, am or is?
Write a sentence for each word:

1. Diarrhoea
I

2. Constipated
He

3. Period pains
She

4. Morning sickness
I

5. Vomiting a lot
He

6. Depressed
She

3 Read the text and discuss the questions with your partner.

Rushna is worried about her friend Salma.
Every month Salma gets very bad period pains.
She also gets a headache before her period.
Sometimes she is angry or depressed before her period.
“I think it’s PMT”, said Rushna.

How does Salma feel before her period?
2 How does she feel when she has her period?
3 What does Rushna think Salma’s symptoms are?

Rt/E2.1b obtain information from texts
4 Match each verb to the past form.

is __________________ was
am
have got
has got __________________ had got

5 Here is a note to a teacher. Read the note and then write a letter to your child’s teacher.

24 Hanbury House,
Old Bow Road,
London E2 3FT.
020 7729 3646

1st June 2003

Dear Mrs Kay,

Jalil was absent yesterday because he had a high temperature. Please can you tell me about the work that he missed so that he can do it at home?

Yours sincerely,

J. Ali (Mrs)

Wu/E2.1a compose a simple text, selecting the appropriate format for the purpose.
Healthy eating during pregnancy

Folic acid
It’s very important to have enough folic acid in your diet when you are pregnant. This helps the baby’s spine and brain to develop properly. The food groups below contain folic acid:

- dark green vegetables
- cereals, especially wholegrain (e.g. Shredded Wheat, Shreddies)
- bananas, grapefruit and oranges
- beans and pulses
- milk and yogurt
- yeast or malt extract (e.g. Marmite)

1 Look at the pictures different types of food below. Which ones contain folic acid?

2 Think of the food you have in your kitchen at home. Write a list of the things that contain folic acid.

................................................................................................................................................

................................................................................................................................................

................................................................................................................................................

................................................................................................................................................
Making a doctor’s appointment

Momtaz is making an appointment to see her doctor. Listen to the conversation.

- Hello, Poplar Health Centre.
- Hello. I’d like to make an appointment to see a doctor this week, please.
- We’ve got something on Wednesday morning with Dr Walker.
- What time?
- Ten o’clock
- That’s fine.
- What’s your name?
- Momtaz Begum
- How do you spell that?
- M-O-M-T-A-Z
- And what’s your date of birth?
- 1st March 1970
- O.K. See you on Wednesday at ten o’clock.
You are making an appointment to see the doctor. Complete the conversation with your own details and practise with your partner.

- Hello, Poplar Health Centre.
- Hello. I'd like to make an appointment to see a doctor this week, please.
- We've got something on Wednesday morning with Dr Walker.
- What time?
- Ten o'clock
- That's fine.
- What's your name?
- How do you spell that?
- And what's your date of birth?

- O.K. See you on Wednesday at ten o'clock.