

2

Keeping healthy



- + What do you know about the health services in your area?
- + Can you use and spell words about health services?

What you will do

In this unit, you will develop your listening, reading and spelling skills. You will write about local health services and make an appointment with a doctor.

Listening and speaking

Skill

- ☐ Listen for key words

Skill code

SLlr/E1.1, 2; SLd/E1.1

Reading and writing

Skill

- ☐ Reading information
- ☐ Reading words by working them out
- ☐ Writing words and sentences

Skill code

Rt/E1.2; Rs/E1.1; Rw/E1.1

Rw/E1.2

Ww/E1.1, 3; Ws/E1.1; Wt/E1.1

Project work

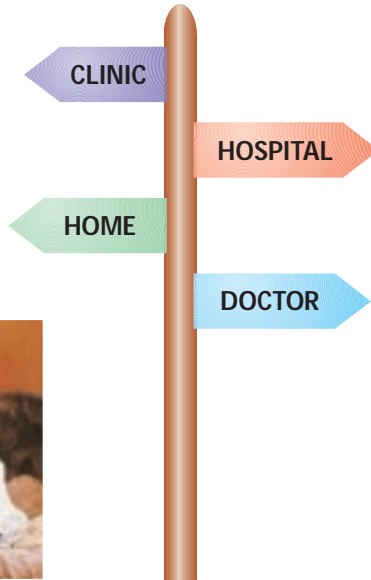
In this unit, you will listen to and read texts about a local health centre and answer questions about texts in sentences.

Not sure what to do?

Activity A • Reading and speaking

As a group talk about each of the pictures below. When would you go there?

Your teacher will write your ideas and new words on the board.



Activity B • Listening and writing

Listen to the audio clip. Write where you would send each person under the picture.



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.....



.....



.....

Activity C • Reading

How do you remember new words? Discuss the sentences below with your teacher.

- 1 Maria I look after myself when I have a cold.
- 2 Mia When I need a check-up I go to the clinic.
- 3 Matt When I broke my leg I went to hospital.
- 4 Sam I went to see the doctor when I was sick.

Activity D • Reading

Your teacher will give you a set of word cards for each sentence.

Put the words in the right order.

- 1 cold I after look when myself I have a.
- 2 a check-up I go need I to the clinic When.
- 3 hospital When my leg I broke to went.
- 4 see was went to I doctor the when I sick.

Activity E • Writing

Finish the sentences below.

- 1 If I have a cold
- 2 If you have an accident, go to
- 3 If you are sick, go to

Word bank

When you want to read a word:

Look at the word and break it into letters.

cold c – o – l – d

Put letter patterns together.

c – o – ld

Find a word inside a word.

cold c – old

Ask your teacher to show you other ways to work out words you want to read.

Word bank 1

clinic hospital

doctor broke

sick cold health

care ill

Key words for keeping healthy

Activity A • Reading

Some words tell us the main points. These are called key words.

Key words help us to read and write sentences.

'I', 'cold' and 'home' are key words.

When I have a cold, I stay at home.



Read the sentences below. Underline or circle the key words in each sentence.

- 1 I take Malik to the doctor for a blood test.
- 2 We go to the see the nurse for flu jabs.
- 3 I go once a month for my check-up.
- 4 I go to see the doctor when I am sick.



Activity B • Listening and writing

Listen to the audio clip. Write the key words you hear about each person below.

Person	Health care needed	Place/person
Malik and mother 	blood test	Doctor
Edna and Frank 		

Activity C • Writing

- 1 In pairs, write four sentences using the key words from word bank 2 on this page.

.....

.....

.....

.....

- 2 Put the new key words onto cards. Add them to your word cards.
- 3 Move the word cards around to make your own sentences.
- 4 Add more words you want to remember to your word bank.

Activity D • Speaking and listening

In pairs, talk about a time when you have been ill.

Where did you go? What happened?

Work in pairs. Use key words to tell another person about a time when you were ill.

Word bank 2

surgery blood test
person

Add you own words



Remember!

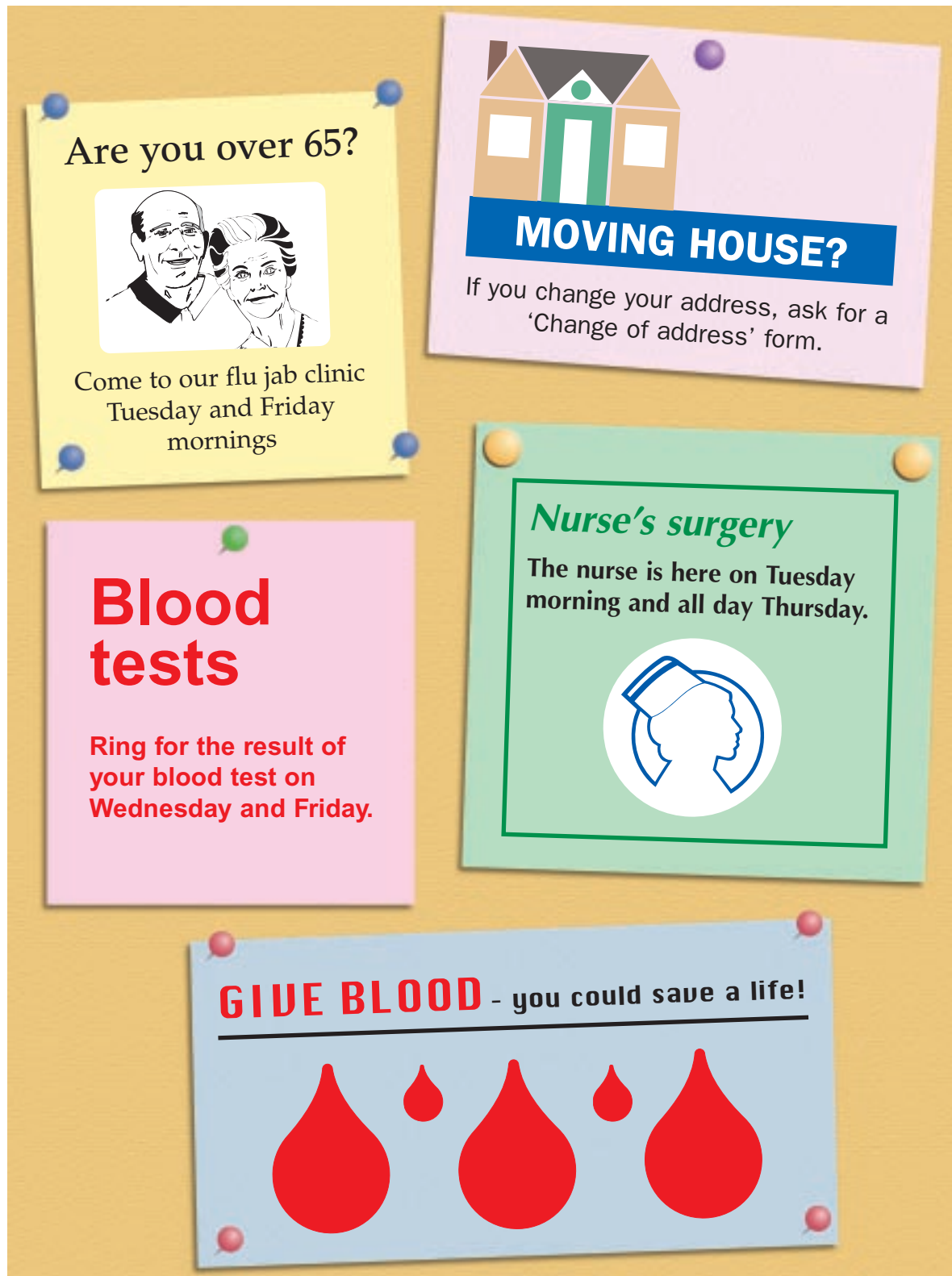
Key words give the main points.



At the surgery

Activity A • Reading and speaking

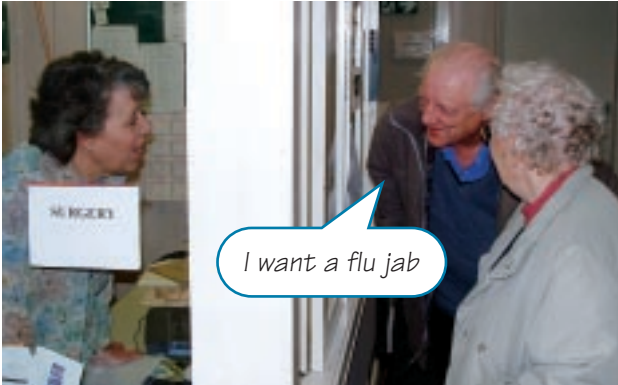
Talk about the noticeboard. Do you have a board like this in your surgery?
What kind of notices do you have on your board?





Activity B • Listening

In pairs, listen to the audio clip. Read the notices on page 6.
Write down the key words under each picture.



When can I have a flu jab?

Key words: Tuesday/Friday mornings



What do I do if I change my address?

Key words:



When can you see the nurse?

Key words:



How do you get the result of your blood test?

Key words:

Use the key words to finish these sentences.

- 1 When you move house you must
- 2 You can see the nurse on
- 3 You can ring for the result of a blood test

Use the noticeboard to practise asking and answering more questions.

Learner A asks the questions.

Learner B answers the questions.

Activity C • Writing

In small groups, make your own posters for a waiting room noticeboard.

Making an appointment

Activity A • Reading

Sam is ill. He wants to see the doctor. Read the sentence underneath each picture.



Sam has been sick.



He wants to see a doctor.



Sam can see Dr. Porter.



Sam wants to see his own doctor, Dr. Moore.



Sam cannot see his doctor. He has to pick up Ben.



Sam can see his own doctor if he takes Ben with him after school.



Activity B • Listening and writing

Listen to the audio clip. This will tell you more about Sam.

Answer the questions below.

1 Why did Sam ring the doctor's?

Sam rang the doctor because

2 Why could Sam **not make** 3:15 pm?

Sam had to pick up

3 How can Sam see his own doctor?

He can see his own doctor if he

Taking the medicine



Activity A • Listening and speaking

Listen to the audio clip.

- 1 What is the matter with Sandra?
- 2 What is the matter with Maria?

Activity B • Writing

- 1 In pairs, look at the pictures below. What can you say about each picture?

Your teacher will write words you want to use on the board.



Maria has been up all night with Sandra. She is ill.



She rings the doctor and asks for



Maria opens
.....



Sandra is
The doctor says
.....



The doctor looks at Maria and asks her
.....



Maria and Sandra are both ill. The doctor gives
.....

- 2 Finish the sentences for each picture.
- 3 Use all your word cards and word bank 3 to help you.



Activity C • Listening and speaking

Listen to Maria talking to the doctor.

Your teacher has the same questions on flashcards.
Take turns to pick a card and say the answer.

- 1 Who is ill?
- 2 What is the matter with Sandra?
- 3 Which parts of Sandra does the doctor look at?
- 4 What colour are her throat and ears?
- 5 What did the doctor give Maria?



Activity D • Reading, writing and listening

Listen to the doctor telling Maria when to give Sandra her medicine.

- 1 Read the medicine labels.

SANDRA GRANT

Take 1 teaspoon 3 times daily
with food.

Finish your medicine.

Maria Grant

Take 1 tablet AT NIGHT with
water.

DO NOT DRIVE AFTER
TAKING THIS MEDICINE

- 2 Finish the sentences below.

- a When must Sandra take her medicine?

Sandra must

- b How much medicine must Sandra take?

Sandra

- c What time of day must Maria take her medicine?

Maria

- d Can Maria drive after she has taken her medicine?

Maria

- 3 In your own words, write some sentences about what Sandra and Maria must do with their medicine. Use all your word cards and word bank 3 to help you.

Word bank 3

ears throat visit
medicine teaspoon
night finish tablet
drive daily

Add your own words.

Tips for reading

Activity A • Reading

Pictures help you to read.

Other words in the sentence help you to work out the meaning of the word.

Letter patterns help you to sound out the word.

went → w-e-nt sent → s-e-nt



Sam **went to see**
the **doctor** today.

If a long word is hard to read, you can split the word into parts and try to work out as much of it as you can.

sentence

sen

ten

ce

You may not know the ending. This may be the hardest part to work out.

You may be able to sound out the letters s-e-n.

You may know the word 'ten', which is inside the word 'sentence'.

Work in pairs to split these words into parts to help you read them.

doctor	morning	afternoon
address	hospital	person

Spelling

Activity A

When you try to spell new words look at the shape of the word and the letter patterns.

bake b a k e

Look at the last part of the word 'bake'. Have you seen it in other words?

bake → b + ake



take → t + ake

cake → c + ake

make → m + ake

fake → f + ake

Add new words you want to learn to spell.

Look at the letters. Picture the 'ake' pattern in your head as you say the word.

Circle 'ake' in the words below.

Sandra does not like to take her medicine. So her mum and dad bake her a cake and put the medicine in it. Sandra does not know – the cake is a fake.



Make new words by changing the first letter(s) of these words:

bad = b + ad	
tell = t + ell	
cold = c + old	

Your teacher will give you letter cards to make up new words.

Pass the words round the group. How many can you think of?

Activity B • Speaking and writing

You can make different words by changing a letter, for example, s – ay, p – ay.

If the last part of the word sounds the same, you can make up a funny rhyme or rap.

Think of words that rhyme. Change one or two letters.

Read this with your teacher, fill in the gaps and then write your own rhyme.

Dr. Day has spent all his pay. He wonders what his wife
will s _ _.

Nurse Min has one big sin. She throws her rubbish and
misses the b _ _.

On reception there's no Mrs Frost. She went into town
and got herself l _ _ _.

Poor old Ned, his nose is red. We had better send him off
to b _ _.

Mr. Trump had a nasty bump. His leg is sore from the big
red l _ _ _.



Activity C • Writing

Look at the words from your word bank.

For any words that you do not know how to spell, follow this method to learn them.

Look at the word. Look at the shape of the word.

Are there any letter patterns to help you?

Make a picture of the word in your mind.

For example: 'son' in 'person' or you can find 'ten' in 'sentence'.

Say the word, by letter or groups of letters.

You can sound out the letters, for example: r – in – g.

When you have found your own way to learn the word, cover it.

Practise writing the word.

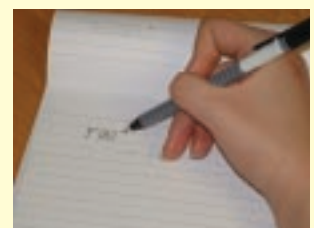
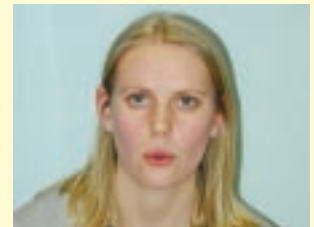
Check the word letter by letter.

If it is wrong, cross out the word. Write it again.

Repeat the 'Look, Say, Cover, Write, Check' method.

Leave it a bit longer each time you try to remember the word.

Ask your teacher to check your spellings.





Integrated skills

Key words

Read the notice and underline the key words.

This man
saved my life...



If you want to save a life, become a donor.
 Call **08457 711 711** or visit **www.blood.co.uk**
 You can give blood at Hove Medical Centre
 Tuesday from 1:00 pm to 6:00 pm.

Word bank 4

blood
donor
sample
tea



Complete the sentences

- 1 Listen to the audio clip on how to give blood.
- 2 Your teacher will give you the jumbled sentences on cards. Put the sentences in the right order and write them underneath the pictures on page 17.

- a your takes **The** a blood nurse sample from thumb
- b blood nurse your takes **The**
- c blood give minutes **You** in ten
- d of tea **Lie** down and a cup have
- e you are ready minutes **After** ten to go



If it is your first time,
fill in a form.



The nurse takes a

.....
.....



The nurse

.....
.....



You give

.....
.....



Lie down

.....
.....



After ten

.....
.....

Write sentences

There has been an article about giving blood in the local paper.

- 1 Do you agree or disagree with giving blood?
- 2 Write three sentences saying what you think.
- 3 Use the word cards and the word bank to help you.



Check it

Activity A • Spelling

As a group, look at the words and phrases below. Make sure you know what they mean. Work out ways to learn the spellings. For example, split up the longer words.

Word bank	Notes
1 clinic	
2 check-up	
3 surgery	
4 blood test	
5 flu jab	
6 medicine	

Activity B • Complete the sentences

Finish the sentences below. Write a full sentence for each.

- 1 If you have a cold
- 2 If you need a blood test
- 3 If you want a flu jab
- 4 If they have a bad cut

Activity C • Tips for reading

In groups, make a poster showing tips to help you read new words. Make examples of all the things that help you to understand text. Make it big enough for you to see when you are working.

How am I doing?

Look back at the skills listed on page 1. Complete the sentence below.

I am confident with

I need more practice with

Date



Answers

Page 2 Activity B

Maria stay at home
Matt hospital
Mia hospital clinic
Sam doctor's surgery

Page 3 Activity D

- 1 Maria I look after myself when I have a cold.
- 2 Mia When I need a check-up I go to the clinic.
- 3 Matt When I broke my leg I went to hospital.
- 4 Sam I went to see the doctor when I was sick.

Page 3 Activity E

- 1 If I have a cold, I sit at home and look after myself.
- 2 If you have an accident, go to the hospital.
- 3 If you are sick, go to see the doctor.

Page 4 Activity A

Key words

- 1 I, Malik, doctor, blood test
- 2 nurse, flu jabs
- 3 once a month, check-up
- 4 sick, see, doctor

Page 4 Activity B

Malik and mother: blood test, check, run down, tired; doctor
Edna and Frank: flu jab, October, over 65, keeps fit; nurse's surgery

Page 7 Activity B

Key words

- 1 Tuesday, Friday mornings
- 2 change, address, form
- 3 nurse, Tuesday morning, Thursday, all, day
- 4 blood test, ring, Wednesday, Friday

Page 9 Activity B

- 1 Sam rang the doctor because he has been sick.
- 2 Sam had to pick up Ben.
- 3 He can see his own doctor if he comes after school with Ben.

Page 10 Activity A

- 1 Sandra is ill.
- 2 Maria is tired. She has been up all night.

Page 10 Activity B

Maria has been up all night with Sandra. She is ill.
She rings the doctor and asks for a home visit.
Maria opens the door.
Sandra is ill. The doctor says she has a virus.
The doctor looks at Maria and asks her if she is ill.
Maria and Sandra are both ill.
The doctor gives them medicine.

Page 11 Activity C

- 1 Sandra is ill.
- 2 She has a virus.
- 3 Her ears and her throat.
- 4 Red.
- 5 Medicine.

Page 11 Activity D

- a Sandra must take her medicine three times a day, with food.
- b Sandra must take one teaspoon each time.
- c Maria must take her medicine at night.
- d Maria cannot drive.

Page 14 Activity A

had, sad, lad, fad, mad, pad,
hell, fell, sell, yell, well, bell
fold, told, bold, gold, hold, sold

Page 14 Activity B

say, bin, lost, bed, lump

Page 17 Complete the sentences

- 1 If it is your first time fill in a form.
- 2 The nurse takes a blood sample from your thumb.
- 3 The nurse takes your blood.
- 4 You give blood in ten minutes.
- 5 Lie down and have a cup of tea.
- 6 After ten minutes you are ready to go.

Answers for the 'Check it' section may vary from learner to learner.

Learner's word bank



Audio scripts

Page 2 Activity B Audio script 1

Maria: I look after myself when I have a cold. I never really go to the doctor's. You have to wait for an appointment and then the doctor usually says go to bed, rest and drink lots of liquid. So I buy a big box of tissues, a bottle of orange juice and I stay at home and keep warm.

Matt: When I broke my leg, I had to go to hospital. I went to A & E, which is short for accident and emergency. You go there if you have a serious injury or you lose a lot of blood. It would have been great fun to ride in the ambulance but my leg hurt so much it was all I could think about. They put my leg in plaster. I couldn't ride my bike for months.

Mia: I am having a baby. It is my second baby and the last time my blood pressure was high so I have to go to the clinic at the hospital once a month for my check-ups. They look after me very well and I talk to lots of other mums when I am there. I enjoy going. It is like a day out.

Sam: I was really sick all last night and I feel awful. I want to see the doctor as soon as I can to get some medicine. I will have to ring for an appointment. I hope I can get one today. I want to see my own doctor, not a doctor I hardly know. I am going to ring as soon as the surgery opens.

Page 4 Activity B Audio script 2

Malik's mother: I take Malik to the doctor's when he needs a blood test. The doctor keeps a careful check on him to make sure he doesn't get run down. Otherwise he gets really tired.

Edna and Frank: We go to the nurse's surgery for flu jabs in October. We are over 65. We get a call from the surgery to make an appointment with the nurse. You don't feel a thing. It is worth it because it keeps us fit and we manage to avoid flu all winter.

Page 7 Activity B Audio script 3

Are you over 65?

Come to our flu jab clinic Tuesday and Friday mornings.

Moving house?

If you change your address, ask for a 'Change of address' form.

Nurse's surgery

The nurse is here on Tuesday morning and all day Thursday.

Blood tests

Ring for the result of your blood test on Wednesday and Friday.

Give blood

You could save a life!

Page 9 Activity B Audio script 4

Receptionist: Good morning...Barton medical centre...Sally speaking, can I help you?

Sam: Can I have appointment to see the doctor? I've been sick all night.

Receptionist: Let me see...yes. I can give you an appointment at 9:30 a.m. is that OK for you?

Sam: Yes that's fine. Is it with Dr. Moore?

Receptionist: No, it's with Dr. Porter.

Sam: Who is Dr. Porter? That's not my doctor.

Receptionist: Dr. Porter's a new doctor.

Sam: I would rather see my own doctor. Have you got an appointment with Dr. Moore this morning?

Receptionist: No, I'm sorry, Dr. Moore is busy all morning. I can give you an appointment with him at 3:15 pm this afternoon.

Sam: No, that's no good. I have to pick up Ben from school.

Receptionist: How about 4:30 pm? Can you bring the children with you?

Sam: Yes, that'll be fine.

Receptionist: What's your name please?

Sam: Sam Best.



Receptionist: What's your address?
Sam: 34, Brick Road.
Receptionist: That's 4:30 pm this afternoon with Dr. Moore.
Sam: Dr. Moore at 4:30 p.m.
Receptionist: Yes, that's right.
Sam: Thank you. That's fine. Goodbye.

Page 10/11 *Activities A and C* Audio script 5

Part 1

Sandra is feeling very hot and she has been crying all night. She has kept Maria awake and she is very tired. She does not feel very well herself. She is worried about Sandra and so she rings the doctor and asks for a home visit. Sandra is too ill to go out. The doctor comes and Maria opens the door for him. The doctor goes to see Sandra. He looks at her ears and her throat. They are red and she is feeling very hot. The doctor says that Sandra has an ear and throat virus and he will give her some medicine. He looks at Maria and asks her if she feels ill. Maria says she does not feel at all well and thinks she has got the same virus as Sandra. Maria and Sandra are both ill so the doctor gives them both medicine.

Part 2

The doctor tells Maria that Sandra should have her medicine three times a day with food. She must finish the bottle.

The doctor tells Maria that she needs to take one tablet at night with a drink of water. He says it may make her sleepy and she must not drive after she has taken the tablet.

Page 16 *Complete the sentences* Audio script 6

Hi, my name is Alice and I am your nurse at this Blood Donor Clinic. We are here once a month at the medical centre.

If you are new, you will need to fill in your personal details here so we can have a record of them. After that, we take a quick sample of blood from your thumb...it is just a drop really to make sure you are not anaemic.

If that is OK then we take your blood. Just sit down on the couch and relax.

It only takes about ten minutes to get three-quarters of a pint of blood. It is very quick.

When you have finished, we give you a cup of tea and let you rest for a few minutes.

After that, you are ready to go. Giving blood is quick and easy... and it does not hurt a bit.