

# Finding out about health concerns

## Check it

### THEME 1 INFORMATION SOURCES

**L** Rt/E3.5

- 1 You have found an interesting website on healthy eating. Which information tells you if the information is up-to-date?
- A latest news
  - B updated on 01/10/06
  - C [www.eat4yourfuture.com](http://www.eat4yourfuture.com)

### THEME 2 ASKING QUESTIONS

**L** SLd/L1.3

- 2 A doctor is at your bedside discussing your treatment with a nurse. What is a good way of interrupting him?
- A Gesture with your eyes or hands and say his name.
  - B Shout at him so he can hear you.
  - C Talk at the same time as him until he stops.
  - D Raise your hand to show you want to speak.

### THEME 3 LISTENING TO PEOPLE

**L** SLr/L1.3

- 3 You are really interested in what your doctor is saying. How can you show this?
- A Look down when the doctor is speaking.
  - B Listen but don't ask the doctor to repeat anything.
  - C Nod and smile when you understand.
  - D Stay silent.

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## THEME 4 DISCUSSING A HEALTH CONCERN

**E** Lr/E3.3b

- 4 Look at the speech-bubble below. What does the dietitian recommend?
- A You should take a vitamin and mineral supplement.
  - B You should eat a minimum of five portions of fruit and vegetables every day.
  - C You should eat exactly five portions of fruit and vegetables every day.

It's important to eat plenty of fruit and vegetables. That will give you fibre and important vitamins and minerals. We recommend that you eat at least five portions of fruit and vegetables every day.



## THEME 5 ATTENDING AN OUTPATIENT CLINIC

**E** Sc/E3.3b

- 5 You ask the doctor 'What is hay fever'? What would he reply?
- A It's an allergic reaction to pollen.
  - B It's a skin disease.
  - C It's a condition in which the body doesn't make enough insulin.

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### ANSWERS

- 1 B
- 2 A
- 3 C
- 4 B
- 5 A