

TO YOUR HEALTH!



Language Skills for Health and Wellness

Lesson 1 Extension

Song: Wash Your Hands

(To the tune of "Twinkle, Twinkle, Little Star" or with a steady clapping beat)

Wash your hands and make them clean,

Wash off all the germs unseen.

After coughs and when you sneeze,

Wash with soap and water, please.

Dirty hands can spread a lot,

Clean them well and spread germs not!



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Lesson 2 Extension

Read: Processed Foods

Have you heard of processed foods? Processed foods are foods that are not like they are in nature. They are often made in a factory. For example, an apple is a natural food. But potato chips are processed foods.

Many processed foods come in bags or boxes. They often have extra sugar, salt, and fat. These foods are easy to buy and eat, but they are not very healthy.

Eating too many processed foods can make you gain weight (your body gets bigger). It can also cause many health problems.

It's better to eat fresh fruits, vegetables, and homemade foods instead of foods made in a factory. If you can't find fresh fruits and vegetables, frozen are also good. These foods are good for your body and help you stay healthy.



Discuss

Talk about the questions in pairs or in a small group.

1. Why do people eat processed foods?
2. Why is it not a good idea to eat a lot of processed foods?
3. Do people in your home country eat a lot of processed foods?
4. Do you eat more processed foods now than you did in your home country? If yes, why?
5. Are all processed foods equally bad? Why or why not? Give examples.
6. Are there places near where you live where you can buy healthy foods?
7. What natural, whole, or homemade foods do you eat?
8. Do you have a favorite processed food that you like?

Think About It

The chart below has a list of processed foods. What are some healthier options? Write them in the chart.

Processed Foods	Healthier Option
a can of soup	homemade soup
a box of cookies	
instant noodles	
a bag of microwave popcorn	
a package of instant oatmeal	
frozen pizza	
a sports drink	
a bag of potato chips	
hot dogs	
pre-made sauces	

Lesson 3 Extension



Discuss

Read about the habit triggers and the habit choices. Then decide which habit choices are the best and which are the worst. Number the choices 1 for the best action, 2 for the action that is in the middle, or 3 for the worst choice.

Trigger	Choices
Sal is tired, but he only has 45 minutes before class.	☐ smoke a cigarette ☐ have an energy drink ☐ take a nap
Pam's kids are always hungry after school.	☐ make them wait until they are home ☐ buy fast food ☐ carry fruit or vegetables in the car
Lisa gets home late and can't sleep.	☐ drink alcohol ☐ take a bath and listen to music ☐ watch TV
Jae feels stressed after driving in traffic.	☐ eat ice cream ☐ go for a bike ride ☐ vape

Discuss

Look at the pictures of weekend habits. Answer the questions.

Which ones . . .

- are free?
- are healthy?
- look like fun?



Discuss

1. What are some of your weekend habits?
2. Are there any habits that you would like to change?
3. Is it easier to start a new habit with someone else?
4. Is it easier to change when you give yourself a reward for reaching your goal?
5. Is it easier to do the new habit the first day or after a couple of weeks?

Lesson 4 Extension

Vocabulary: Health Care Providers

Match the names of the providers with their descriptions.

CNAs (Certified Nursing Assistants)	Nurse Practitioners (NPs)
Dental Hygienists	OB-GYN Doctors (Obstetricians- Gynecologists)
Dentists	Pediatricians
Doctors	Pharmacists
Nurses	Receptionists

1. _____ are medical professionals who can diagnose illnesses (find out what's wrong), write prescriptions (give medicine), and treat patients. They have a lot of education.
2. _____ help doctors and patients. They give medicine, check patients, and help them feel better. They are very important!
3. _____ are like nurses with extra training. They can do some of the same things as doctors, like check patients and give medicine.
4. _____ are doctors who care for children. They help children stay healthy and treat them when they are sick.
5. _____ check your teeth and take care of problems like cavities (holes in your teeth).
6. _____ clean your teeth, check for problems, and teach you how to keep your teeth healthy.
7. _____ care for women's health, especially during pregnancy and childbirth.
8. _____ help nurses and patients. They help patients eat, bathe, and move around. They do important work!
9. _____ work at a clinic or hospital. They answer the phone, make appointments, and welcome patients.
10. _____ give you medicine. They make sure you get the right medicine from the doctor's prescription.



Discuss

Ask and answer the questions with a partner. Use the provider names from the word box on the previous page.

1. Who helps the doctor check your temperature?
2. Who cleans your teeth?
3. Who cares for children?
4. Who helps patients eat and bathe?
5. Who answers the phone at the clinic?
6. Who gives you medicine from the doctor's prescription?
7. Who makes appointments for you to see the doctor?
8. Who checks your teeth and looks for cavities?
9. Who helps the nurse take care of patients?
10. Who helps women during pregnancy?

Read

Read and complete each paragraph of the story with the verbs from the boxes.

checked	don't have	saw	went
decided	had	wasn't	

Last week, I _____ feeling well. I _____ a bad cough and a fever. I _____ to see a doctor. I _____ health insurance, so I _____ to a free community health clinic. At the clinic, a nurse _____ my temperature and my blood pressure. Then, I _____ the doctor.

asked	listened	told
gave	said	

The doctor _____ to my lungs and _____ me some questions. She _____ I had a cold and should get some rest. She _____ me a prescription for medicine for my cough. I took the prescription to the pharmacy and the pharmacist gave me the medicine and _____ me how to take it.

check	made	need
clean	make	was

I _____ also worried about my teeth because some of them hurt sometimes. So, I _____ an appointment to see the dentist next week. The dentist will _____ my teeth for cavities and _____ sure they are healthy. The receptionist said I also _____ to see the dental hygienist sometime to _____ my teeth.

I'm glad I went to the clinic. Now I feel much better! It's important to see a doctor or dentist when you're not feeling well.

Lesson 5 Extension

Discuss: Is it a cold or the flu? What should I do?

Read the about the people in 1–5. Then, with a partner, answer the questions for each situation.

- What might be the problem?
- What should or shouldn't the person do?
- Should this person call a doctor?



1. I have a runny nose, and I'm sneezing. I think I'll go home early.
2. I have a fever. My temperature is 104 degrees Fahrenheit (40 degrees Celsius).
3. My daughter is sneezing and coughing. She wants to play with her friends.
4. My mother can't breathe very well. She has chills and a fever. Her body hurts.
5. My co-worker is taking medicine. It makes him sleepy, and he is driving.
I'm worried.

What Do You Say?

Read the workplace situations in 1–4. Which of the sentences in the Useful Language section below can you say in each situation?

1. A co-worker is coughing and sneezing.
2. You have a cold. Your manager is asking you to come to work.
3. You are a manager and your employee is sick. She is very hot, and she has trouble breathing.
4. A lot of people at your job have the flu. Your co-worker is worried because her parents live with her.

Useful Language

You should go home and get some rest.

My doctor wants me to stay home.

I don't want to give my cold to other people.

You should see a doctor.

You might have the flu.

I want to get a flu shot. Do you want to come with me?

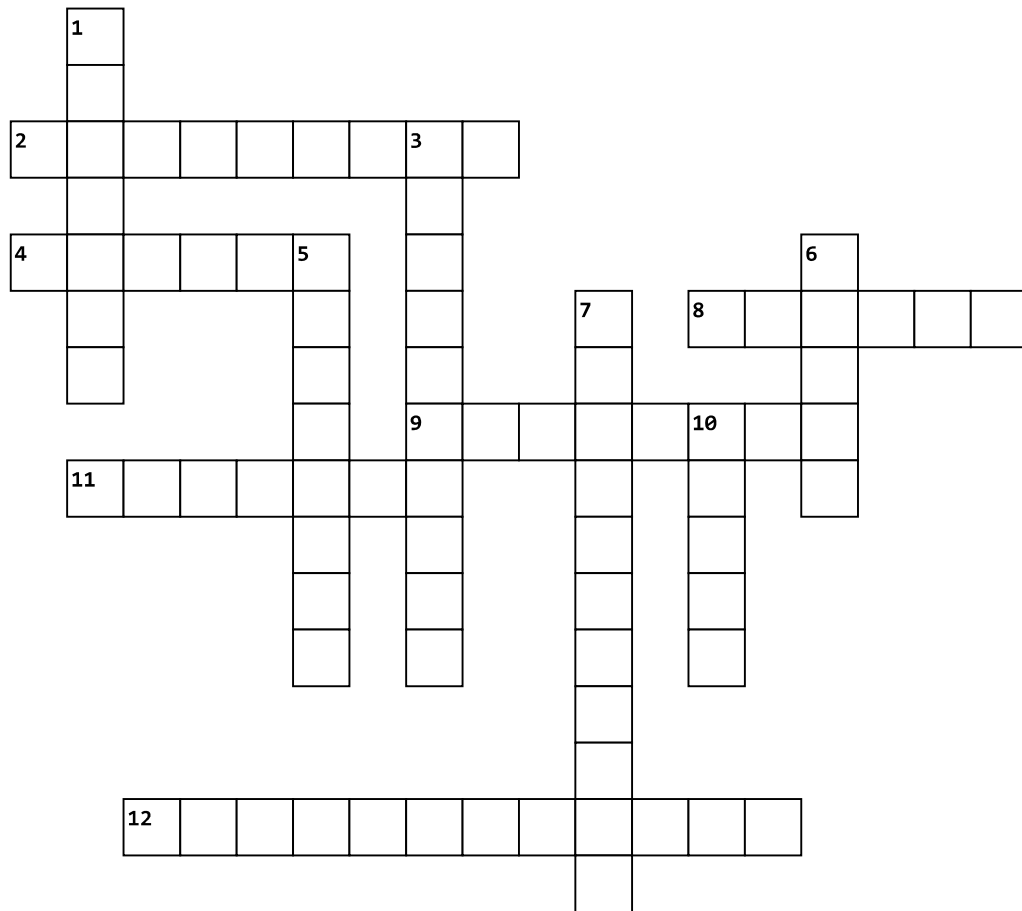
Discuss: About You

Talk about the questions with a partner.

1. When was the last time you had a cold?
2. How often do you get colds?
3. Do you usually take medicine for a cold?
4. Do you eat or drink anything special when you have a cold?
5. Have you ever had the flu? Did you go to a doctor?

Vocabulary Crossword

chills	flu shot	prescription	sore throat
cough	headache	runny nose	sneeze
fever	counter	side effects	symptoms



Across

2. liquid/mucus comes out of the nose
4. when you have a fever but you feel very cold
8. Aachoo!
9. pain in the head
11. medicine you can buy without a prescription from your doctor: over the _____
12. note or order from a doctor for medicine

Down

1. this can prevent the flu
3. pain in the back of the throat
5. the physical signs of illness
6. a high body temperature
7. unwanted reactions to medicine, like a headache or a rash
10. when your lungs fill irritated and air comes out with a strong force

Lesson 6 Extension

Vocabulary Review

Unscramble the words in () to complete the sentences. The first one is done for you.

1. After eating too much pizza, I felt really bloated (olteabd). My stomach was so big!
2. The beans gave me terrible _____ (sga) and a rumbling stomach.
3. I felt so sick that I had severe _____ (uaesna) and couldn't keep anything down.
4. The strong _____ (psramc) made me bend over and rub my stomach. It was very painful.
5. My stomach was moving too fast, and I had frequent _____ (reirdhaa) after eating the fruit. I had to stay near the bathroom all day.
6. It's important to _____ (tigesd) your food properly so your body can absorb all the nutrients.
7. I felt so sick I had to _____ (hwrot pu) after eating the bad seafood.
8. My stomach felt really _____ (pteus) after eating the spicy food.
9. I couldn't go to the toilet for days. I was very _____ (ipaconstetd).
10. When you have a stomach flu, you usually _____. (imvto)

Lesson 7 Extension



Discuss

Talk with a partner.

1. When did you last go to a doctor?
2. Did you speak to the doctor in English?
3. Did you have an interpreter?
4. Have you ever made an appointment in English?
5. What things should you bring to a doctor's appointment?
6. Can you spell your first and last name in English?
7. How do you say these phone numbers in English?
(555) 312-4057
(555) 719-3208
(555) 468-9973
8. How do you say these dates in English:
9/3/2025
10/7/2001
3/14/2011
12/2/2005
6/18/1997

Review Your Last Doctor Visit

Circle Yes/No to describe your last doctor's appointment. Then, write any comments you have about the appointment.

- | | | |
|---|-----|----|
| 1. Was your appointment in person? | Yes | No |
| 2. Was the receptionist helpful? | Yes | No |
| 3. Did you have to wait a long time? | Yes | No |
| 4. Did your doctor communicate clearly? | Yes | No |
| 5. Did you get the care you needed? | Yes | No |
| 6. Are you happy with the care? | Yes | No |

Comments:

Exchanging Information

Unscramble the words in () to complete the sentences.

1. What's your date of _____? (rhibt)
2. How do you _____ your last name? (lepsi)
3. Do you have a _____ ID? (tpooh)
4. Do you have an _____ card? (cuinasrne)
5. What's your insurance _____? (enmrub)

Can you answer the above questions? Practice before you make your next appointment.



Information Exchange: Appointment Dates and Times

Student A

Listen to your partner and write the dates and times for the appointments. Ask him or her to repeat if needed. Then, read the date and time back to confirm that you heard it correctly.

Useful Language: Asking Again

Sorry? Can you repeat that?

Can you say that again please?

Can you say it more slowly?

1. OK, you said . . . _____
2. _____? Yes, that's a good time for me.
3. _____ or _____?
_____ is better for me.

Then, it's your turn to be the doctor's office receptionist. Read the following to your partner. Repeat if needed.

1. The doctor can you see next Tuesday, October 16th, at 2:30 PM. Does that work for you?
2. Could you come on February 23rd at 10:00 AM?
3. Friday, June 7th, at 3:00 PM is available. Or, you could come on the following Monday, June 10th, at 9:30 AM.

Information Exchange: Appointment Dates and Times

Student B

You are the receptionist at a doctor's office. Read the following to your partner, one at a time. Repeat if needed.

1. Let me see . . . How about next week, on Thursday, March 8th, at 4:00 p.m.? Does that work for you?
2. The first appointment we have available is in November. Could you come on November 17th at 8:00 AM?
3. We have a few times available next month. August 13 at 1:30 PM or August 25th at 3:15 PM. Would either of those work for you?

Now, listen to your partner and write the dates and times for the appointments. Ask him or her to repeat if needed. Then, read the date and time back to confirm that you heard it correctly.

Useful Language: Asking Again

Sorry? Can you repeat that?

Can you say that again please?

Can you say it more slowly?

1. OK, you said . . . _____
2. _____? Yes, that's a good time for me.
3. _____ or _____?
_____ is better for me.

Lesson 8 Extension

Dialog: Annual Physical

Yair is at his annual physical.  Read the conversation and answer the questions below. Then  practice the dialog with a partner.

Dr. Miller: Good afternoon, Yair. How are you today?

Yair: I'm fine, thank you.

Dr. Miller: Great. Today is your annual checkup, so I will ask you some questions and do a basic exam. Does that sound okay?

Yair: Yes, that's fine.

Dr. Miller: First, do you have any health problems or pain?

Yair: No, I'm just a little tired sometimes.

Dr. Miller: I see. How many hours do you sleep at night?

Yair: About six.

Dr. Miller: Try to get seven or eight hours if you can. Do you smoke or drink alcohol?

Yair: No smoking. I drink one or two beers on weekends.

Dr. Miller: And do you exercise?

Yair: I go running three or four times a week.

Dr. Miller: Excellent! How's your asthma when you run?

Yair: I need to use my inhaler when I run or exercise, but it helps.

Dr. Miller: Great! Let's listen to your lungs. Can you take a deep breath?

(Yair takes a deep breath.)

Dr. Miller: They sound OK. Now, I'm going to check your blood pressure and heart.

(Doctor checks.)

- Dr. Miller:** Your blood pressure is normal, and your heart sounds good. I will also order some blood tests to check your cholesterol and sugar levels. Please come tomorrow for a blood test.
- Yair:** Come tomorrow? Okay. Do I need to do anything special?
- Dr. Miller:** Yes, please don't eat or drink anything except water after 10:00 tonight. You can come in tomorrow morning for the test.
- Yair:** No food or water after 10:00 PM. Got it. Thank you, Doctor.
- Dr. Miller:** You're welcome. I'll call you with the results. See you next year—unless something comes up.

Check Understanding

1. How does Yair feel today?
2. What small problems does Yair mention?
3. How many hours does he sleep at night?
4. Does Yair smoke?
5. What kind of exercise does he do?
6. What does he need to do when he exercises?
7. What does the doctor check during the visit?
8. Does the doctor find any problems?
9. Why does Yair need to come back tomorrow?
10. What should Yair do or not do before his blood test?

Lesson 9 Extension

Read

An Accident at Work

Tom was working in a big warehouse. One morning, he was standing on a tall ladder to take a box from a high shelf. Suddenly, his foot slipped. Tom fell to the floor and felt a sharp pain in his arm. He looked at it and thought, "I think I have a broken bone." His boss called a taxi to take him to the urgent care clinic.



At the clinic, the doctor asked Tom some questions and looked at his arm. "We need to take an X-ray," the doctor said. After the X-ray, the doctor showed Tom the picture. "Yes, your bone is broken," the doctor explained. "You need a cast." Tom did not know this word. The doctor explained, "A cast is a hard cover around your arm. It keeps the bone in one place so it can heal."

The nurse put a white cast on Tom's arm. It felt heavy at first, but Tom was happy the pain was better. The doctor said, "You must wear the cast for six weeks. Then your arm will be strong again." Tom smiled and said, "Thank you, doctor. I will be careful next time I use a ladder."

Check Understanding

Talk about the questions with a partner.

1. Where was Tom working when the accident happened?
2. What happened to Tom when he was on the ladder?
3. What did the doctor do to check Tom's arm?
4. What is a cast, and why did Tom need one?
5. How long did the doctor say Tom should wear the cast?

Discuss

Talk in a small group.

Have you ever broken a bone?

What happened?

Did you get an X-ray?

Did you have a cast?

How long did you have the cast?

Did you need crutches to walk (like the man in the picture)?



Lesson 10 Extension

Grammar Focus

We can use adjectives that end in *-ed* and *-en* to describe health problems. Use the chart to write sentences.

The patient's	cut	is are	broken.
	ear		bruised.
	nose		congested.
	fingers		infected.
	knee		scraped.
	lungs		swollen.
	throat		

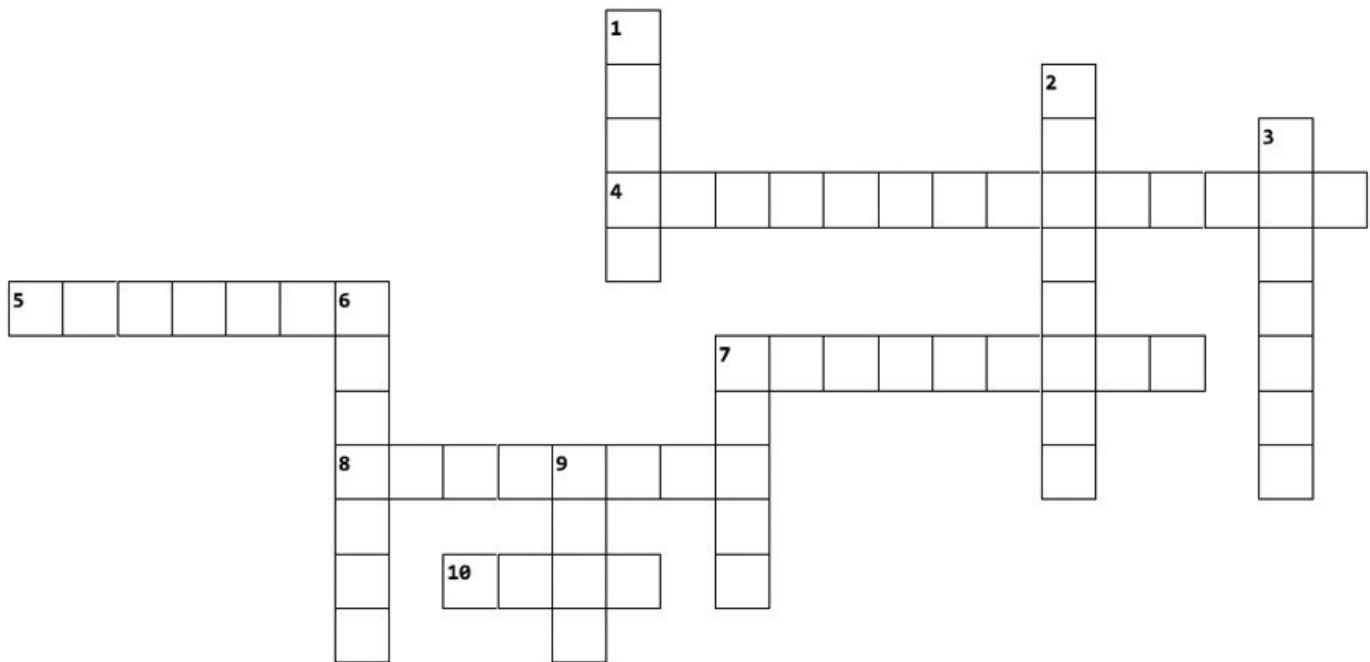
1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Lesson 11 Extension

Vocabulary Review

Use the clues to complete the crossword with the words from the box.

allergic	flowers	peanuts	scratch
antihistamines	injection	rash	wheat
dust	itchy	reaction	



Across

4. Medicine for allergies
5. Pretty plants with petals; for example, roses
7. Medicine put in with a needle; a shot
8. having a bad reaction to something, like pollen or peanuts
10. tiny bits of dirt in the air

Down

1. a grain used to make bread and pasta
2. when your body is affected by an allergy, it has a _____.
3. small nuts some people can't eat
6. to rub your skin with your fingers when it is irritated
7. When something like a rash or mosquito bite is _____, it makes you want to scratch.
9. red spots or a bumpy red area on your skin

Lesson 12 Extension

Some Irregular Past Tense Verbs

You have probably learned about regular past tense verbs with the -ed ending. And you may have learned about the many irregular past tense verbs that you need to study to learn. Many of the irregular past tense verbs are so common you might know them already.

For example, can you guess and write the present tense forms of these common irregular past tense verbs? Use the list on the next page if you need to.

- | | | | |
|---------|-------|-----------|-------|
| 1. was | _____ | 9. came | _____ |
| 2. were | _____ | 10. fell | _____ |
| 3. went | _____ | 11. knew | _____ |
| 4. had | _____ | 12. gave | _____ |
| 5. told | _____ | 13. left | _____ |
| 6. said | _____ | 14. felt | _____ |
| 7. made | _____ | 15. could | _____ |
| 8. saw | _____ | | |

Did you know?

80 percent of the verbs in English conversation are present tense and past simple tense. If you learn these forms you'll be able to speak and understand a lot of English! Start by learning the 50 most common irregular verbs. Try to learn and practice 10 each week until you know them all. Search online for "top 50 irregular verbs flashcards."

The 50 Most Common Irregular Verbs

Base Verb	Past Simple
be	was/were
become	became
begin	began
break	broke
bring	brought
build	built
buy	bought
catch	caught
choose	chose
come	came
cost	cost
cut	cut
do	did
draw	drew
drink	drank
drive	drove
eat	ate
fall	fell
feel	felt
find	found
fly	flew
forget	forgot
get	got
give	gave
go	went

Base Verb	Past Simple
have	had
hear	heard
keep	kept
know	knew
leave	left
let	let
lose	lost
make	made
mean	meant
meet	met
pay	paid
put	put
read	read (/red/)
run	ran
say	said
see	saw
sell	sold
send	sent
sit	sat
speak	spoke
spend	spent
take	took
teach	taught
tell	told
write	wrote

Now, change the verbs in () to their irregular past forms to retell Aria's story.

Aria _____ (is) at work when suddenly she
_____ (feels) a sharp pain in her chest. The next thing she
_____ (knows), she was in an ambulance on the way to
the hospital.

A few hours later, a doctor _____ (comes) into her hospital
room and _____ (tells) her that she had had a heart attack. Aria
_____ (can't) believe it because she was only 38!

When she _____ (leaves) the hospital, Aria decided to make
some changes. She quit smoking because she _____ (knows)
smoking was bad for her heart.

Later, when she _____ (sees) her cardiologist, a special
heart doctor, he _____ (tells) her that young people can sometimes
have heart attacks too. The cardiologist also _____ (says) that she
_____ (has) high blood pressure. He _____ (gives)
her medicine and _____ (tells) her to eat healthier.

After this experience, Aria _____ (feels) lucky to be alive.

With a partner, try to retell Aria's story in your own words without looking back at the text. Use past tense verbs.

Lesson 13 Extension

Discuss

Work with a partner. Complete the chart with healthy and unhealthy habits to prevent or manage diabetes.



You should . . .	You shouldn't . . .
go for a walk after dinner.	
	watch too many hours of television.
grill chicken and make a salad on the weekends.	
	eat a lot of desserts and sugary snacks.
take the stairs instead of the elevator.	
eat brown rice with vegetables.	

Make a Health Plan

Read the following stories. Make a health plan for each person: What are some things each person should and shouldn't do?

- a. Manny loves cheeseburgers. He works in a fast food restaurant, and he can eat a lot of cheeseburgers. He saves money, and he is happy. He gets thirsty at work, so he drinks a lot of soda. Then his doctor tells him he is prediabetic.
- b. Karl is 65, and he doesn't work. He lives alone with his cat. He likes to watch sports on television, but he doesn't like to cook. When he is hungry, he orders pizza or he eats chips from a bag. His doctor tested him for diabetes, and the test came back positive.
- c. Orelia works in an office on the fifth floor of an office building. She and her coworker Stephanie answer the phone and help people with papers. There are a lot of cookies and sodas for meetings, and the two women eat a lot of snacks. Then Stephanie tells Orelia she has prediabetes. The two women decide to help each other make some changes.

Make a Diabetes-Friendly Shopping List

Your friend just found out she has diabetes. Read her shopping list. How can she change it, so she can manage her disease?

fish	lettuce
chicken	oranges
cheese	cereal
white bread	white rice
cookies	soda
tomatoes	

Lesson 14 Extension Activities

Vocabulary Review

Write the words from the box under the pictures.

cavity

gums

floss

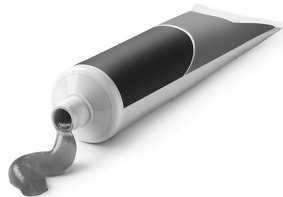
toothbrush

toothpaste

1.



3.



5.



2.



4.





Discuss

Talk with a partner. What *should* or *shouldn't* the person do?

1. Phuong just ate lunch and has food between his teeth.
2. Natalia drinks a large coffee with cream and four sugars every day.
3. Felix uses the same toothbrush from last year.
4. Danilo has tooth pain, swelling in his gums, and bleeding.
5. Oksana always drinks a soda with dinner.

Role Play

Can you make an appointment at the dentist's office? With a partner, try it in this role play between a patient and a receptionist. Student A has a bad toothache and is calling the dentist's office to make an appointment to see the dentist. Student B is the receptionist taking the call. Take turns with both roles.

Useful language for the patient (Student A):

- My _____ hurts.
- It started (when?).
- My gums are swelling.
- I think I have a cavity.
- I have a broken tooth.

Useful language for the receptionist (Student B):

- How can I help you?
- Would you like to make an appointment?
- Are you having any pain?
- When do you want to come in?
- Can you come / How's Thursday, April 19 at 2:00 PM?
- Do you have insurance? What's your insurance information?

Lesson 15 Extension

Things That Make You Feel Good

The reading in the lesson talked about ways to stop stress. Many of these mentioned focusing on our senses: seeing, hearing, touching, smelling, and feeling.

Think and Imagine

In this activity, think about things that make you feel good. Close your eyes and imagine. You can do this activity in English or your native language, but try to think of how you could say things in English, and if it's something you want to be able to talk about, find out how to say it.



Do this activity quietly. Later, you can share anything you want to share with the class.

1. What are some sounds that you especially like?

For instance, some people like the sound of rain on windows, the sound of a coffee pot, the sounds of cooking dinner, or the sound of church bells.

The sound of . . . makes me feel . . .

2. Can you imagine the voice of a dear friend or family member? Does it make you smile?
3. What is your favorite kind of weather? Is it hot, cold, warm, or cool? Is the sky sunny, cloudy, or rainy? Where would you be in this weather? What would you be able to smell or hear?
4. Where is one of your favorite outdoor places to go? What is one thing you like to see there? One thing you like to hear? One thing you like to do there?

5. The reading mentioned flowers and spices. Is there a flower or a spice you especially like to smell? What is it? Why do you like the smell?
6. Is there a smell that reminds you of your childhood? What do you remember about that time?
7. Do you like to move your body? What activities do you especially enjoy? Do you like to dance? Go to the gym? Run? Jump? When is the last time you did it?
I like to . . . The last time I did it was . . .
8. Think of a color you especially like. How does the color make you feel? (happy, calm, something else?) What things are that color? Can you see them in your imagination?



Discuss

In small groups or with a partner, talk about any of the things you thought about that you would like to share. Or, if you prefer, just listen.

Lesson 16 Extension

Vocabulary Review

Look at the pictures and complete the sentences with words from the box.

hats

long-sleeved shirts

shade

sunglasses

sunscreen

1. This man is sitting in the _____.



2. She's wearing _____.



3. They're putting on _____.



4. The farm workers are wearing
_____, long pants, and
_____ to protect themselves from
the sun.



Grammar: Giving Advice

We use *should* and *could* to talk about advice and possible solutions. *Should* is *stronger* than *could*.

should	Julio should sit in the shade.	I think this is the best solution.
could	He could sit under a tree, or he could use an umbrella.	These are possible solutions.

Discuss

Describe the photos. Where are the people and what are they doing? How can they protect themselves from the sun? Tell your partner. Use *should* and *could*.



Exchanging Information

1. birth
2. spell
3. photo
4. insurance
5. number

Lesson 8 Extension

Check Understanding

1. fine
2. He's a little tired sometimes.
3. about 6
4. No
5. He runs./ goes running.
6. use his asthma inhaler
7. The doctor checks his lungs, his blood pressure, and his heart.
8. No
9. for a blood test
10. He can't eat or drink water after 10 PM (and before his blood test).

Lesson 9 Extension

1. in a warehouse
2. His foot slipped and he fell.
3. He looked at his arm and took an X-ray.
4. It's a hard cover for his arm (or another broken bone) that keeps the bone in one place so it can heal.
5. 6 weeks

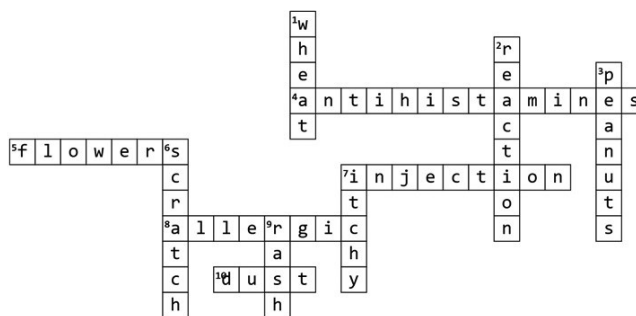
Lesson 10 Extension

Grammar Focus

2. The patient's cut is infected / swollen.
3. The patient's ear is bruised / infected / scraped / swollen.
4. The patient's nose is broken / bruised / congested / scraped / swollen.
The patient's fingers are broken / bruised / infected / scraped / swollen.
5. The patient's knee is broken / bruised / infected / scraped / swollen.
6. The patient's lungs are congested / infected.
7. The patient's throat is bruised / congested / swollen.

Lesson 11 Extension

Crossword



Lesson 12 Extension

- | | | |
|---------|----------|-----------|
| 1. is | 6. say | 11. know |
| 2. are | 7. make | 12. give |
| 3. go | 8. see | 13. leave |
| 4. have | 9. come | 14. feel |
| 5. tell | 10. fall | 15. can |

Paragraph 1: was, felt, knew

Paragraph 2: came, told, couldn't

Paragraph 3: left, knew

Paragraph 4: saw, told, said, had, gave, told

Paragraph 5: felt

Lesson 13 Extension

Discuss

Answers will vary.

Health Plan

1. Manny shouldn't eat a lot of cheeseburgers. He should find something healthy he can eat. He shouldn't drink soda. He should drink water instead.
2. Karl should get some exercise and eat healthier foods.
3. Orelia shouldn't eat cookies and drink soda. She should bring healthy snacks to work, like fresh fruit. The women should use the stairs in the building instead of the elevator. Maybe they can go for walks at lunch.

Diabetes-Friendly Shopping List

Suggested changes:

white bread → whole grain bread (brown bread)

cookies → apples or carrot sticks

white rice → brown rice

soda → water, seltzer, or herbal tea

Lesson 14 Extension

Discuss

1. Phuong should floss and brush his teeth.
2. Natalia should try not to drink coffee, or drink her coffee with less sugar.
3. Danilo should go to the dentist.
4. Oksana should drink water, not soda.

Vocabulary

1. gums
2. floss
3. toothpaste
4. toothbrush
5. cavity

Lesson 15 Extension

Answers will vary.

Lesson 16 Extension

Vocabulary

1. shade
2. sunglasses
3. sunscreen
4. long-sleeved shirts, hats

Discuss

The man could/should wear a hat and long-sleeved shirt. He could/should put on sunscreen and sunglasses. He should take breaks and drink a lot of water.

The woman should / could wear a long-sleeved shirt and long pants. She could/should wear a hat and put on sunscreen.