

To Your Health: Language Skills for Health and Wellness Scope and Sequence

Topic	Objectives	Focus Words	CASAS Competencies	Teaching Skills That Matter	ELPS
NRP 7523: HIGH BEGINNING					
1. Preventing Illness	- Answer simple questions about hygiene in prevention of illness. - Use basic vocabulary to talk and write about hygiene habits.	cough, cover, dirty, germs, sanitizer, sneeze, spread, tissue	3.5.5 Identify practices that promote cleanliness and hygiene.	HR.5 Practicing Good Hygiene	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2
2. Healthy Food Choices	- Identify healthy and unhealthy foods. - Use basic vocabulary to talk and write about nutrition. - Interpret a simple food label.	calories, dairy, fat, fresh, frozen, grains, protein, salt, sugar, vitamins	3.5.1 Interpret information about nutrition, including food labels. 3.5.2 Identify a healthy diet.	NU.1 Eating Healthy Foods NU.2 Reading Food Labels and Recipes	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2
3. Healthy Habits	- Identify healthy and unhealthy behaviors. - Ask and answer questions about lifestyle and habits. - Explain health impacts of lifestyle/ habits. - Set self-care goals and reflect on well-being.	addicted, counselor, habits, mental health, physical health, routine, screens, triggers	3.4.5 Recognize problems related to drugs, tobacco, and alcohol and identify where treatment may be obtained. 3.5.9 Identify practices that help maintain good health, such as regular checkups, exercise, and disease prevention measures.	HR.2 Exercising HR.3 Getting Enough Rest PC.2 Smoking and Tobacco Use	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2

Topic	Objectives	Focus Words	CASAS Competencies	Teaching Skills That Matter	ELPS
4. The U.S. Health Care System	- Identify different types of health care facilities and their purposes. - Identify different types of health care providers. - Identify and use health care services, including interacting with staff.	checkup, PCP, pediatrician, physician, provider, referral, specialist, urgent care	3.1.3 Identify and use health care services and facilities, including interacting with staff. 3.1.4 Identify common types of medical and health practitioners and specialists.	HC.1 Understanding Primary Care Facilities CO.1 Discussing Health Topics and Your Symptoms with Your Doctor	1.2, 2.2, 3.2, 4.1, 7.2, 8.2, 9.2, 10.2
5. Colds and Flu	- Describe common cold and flu symptoms. - Explain how to care for a cold or flu. - Ask a pharmacist about medicines for cold and flu symptoms. - Explain when to see a doctor for respiratory illnesses.	fever, flu shot, headache, over-the-counter, pharmacist, prescription, runny nose, side effects, sore throat, symptoms	3.3.1 Identify and use appropriate medications, including prescription, over-the-counter, and generic medications. 3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	CO.3 Communicating with a Pharmacist and Pharmacy Staff MT.1 Over-the-Counter and Prescription Medications	1.2, 2.2, 3.2, 4.1, 7.2, 8.2, 9.2, 10.2
6. Stomach Troubles	- Describe different kinds of stomach upset. - Suggest treatments for different stomach problems. - Recognize when to see a doctor for stomach upset.	bloated, constipated, cramps, diarrhea, digest, gas, nausea, throw up, vomit, upset	3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	CO.1 Discussing Health Topics and Your Symptoms with Your Doctor	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2

Topic	Objectives	Focus Words	CASAS Competencies	Teaching Skills That Matter	ELPS
7. Making an Appointment	• Call to make a doctor's appointment. • Recognize the right to a medical interpreter and translated documents. • Answer questions on personal information.	appointment, available, confirmation, date of birth, interpreter, receptionist, request, virtual visit	3.1.2 Identify information necessary to make or keep medical and dental appointments. 3.1.7 Interpret information about patient rights. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	HC.4 Making Healthcare Appointments CO.4 Accessing Medical Interpreters	1.2, 2.2, 3.2, 4.1, 7.2, 8.2, 9.2, 10.2
8. Annual Checkup	• Recognize typical steps in an annual physical. • Respond appropriately to doctors' questions and requests. • Ask for repetition and clarification. • Fill out a medical health history form.	blood pressure, blood test, breathing, heart, height, weight, lungs, physical, pulse Can you repeat that? Can you say that again please? Can you say it more slowly? Did you say . . . ?	3.5.9 Identify practices that help maintain good health, such as regular checkups, exercise, and disease prevention measures. 3.2.1 Fill out medical health history forms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	PC.1 Going to Checkups and Screening Tests CO.2 Asking Questions while Meeting with a Health Professional	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2
9. Accidents and Injuries	• Describe common injuries. • Identify appropriate response to treat everyday injuries. • Determine when to call PCP or urgent care center, or go to the ER.	bandage, burn, broken bone, concussion, cut, sprain, stitches, X-ray	3.4.3 Interpret procedures for simple first aid. 3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	CO.1 Discussing Health Topics and Your Symptoms with Your Doctor MT.3 Managing Treatments for Minor Injuries	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2

Topic	Objectives	Focus Words	CASAS Competencies	Teaching Skills That Matter	ELPS
10. Infections and Antibiotics	- Recognize possible symptoms of infections. - Explain in simple terms what causes infections and how they are diagnosed. - Explain the purpose of antibiotics and how to take them.	antibiotics, bacteria, infection, pus, scrape, sinus, swelling, take medicine	3.3.4 Interpret information on medications and their proper and safe use. 3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	CO.1 Discussing Health Topics and Your Symptoms with Your Doctor CO.2 Asking Questions while Meeting with a Health Professional	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2
11. Allergies	- Describe allergy symptoms and treatment. - Recognize when an allergic reaction requires emergency care.	antihistamines, auto-injector device, dust, inject, injection, itch, itchy, rash, react, reaction, scratch, wheat	3.3.1 Identify and use appropriate medications, including prescription, over-the-counter, and generic medications. 3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms.	MT.1 Over-the-Counter and Prescription Medications MT.4 Managing Treatments for Chronic Conditions	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2
12. Heart Attacks and Calling 911	- Describe heart attack symptoms. - Explain importance of fast action for a heart attack. - Simulate a call to 911.	ambulance, chest pain, dizzy, emergency, faint, heart attack, high blood pressure, sweating	3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	PC.4 Understanding Strategies to Prevent Disease HC.2 Identifying and Dealing with Emergencies	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2
13. Diabetes	- Recognize symptoms of diabetes. - Explain what diabetes is in very simple terms - Identify healthy and unhealthy foods and habits for people with diabetes and prediabetes.	blood sugar, disease, energy, insulin, overweight, prevent, thirsty, urinate	3.5.9 Identify practices that help maintain good health 3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms	HC.5 Understanding Chronic Diseases and Conditions CO.1 Discussing Health Topics and Your Symptoms with Your Doctor MT.4 Managing Treatments for Chronic Conditions	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2

Topic	Objectives	Focus Words	CASAS Competencies	Teaching Skills That Matter	ELPS
14. Dental Health	- Describe common dental problems and their causes. - Explain the process of a routine dental checkup. - Give and understand advice on maintaining good oral hygiene.	brush, cavity, filling, floss, gums, mouthwash, plaque, toothbrush, toothpaste	3.5.4 Identify practices that promote dental health. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	CO.1 Discussing Health Topics and Your Symptoms with Your Doctor	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2
15. Stress and Anxiety	- Recognize emotional and physical signs and symptoms of stress and anxiety. - Understand the effects of stress on health and well-being. - Discuss ways to manage stress.	angry, anxiety, calm, nervous, panic attack, relax, stressed, worry	3.5.8 Interpret information about mental health, including psychological problems and conditions, and stress management.	MH.1 Understanding Stress and its Effects on Health MH.2 Managing Stress and Mental Health Issues	1.2, 2.2, 3.2, 4.1, 7.2, 8.2, 9.2, 10.2
16. Heat and Sun Safety	- Recognize and use words related to heat and sun safety. - Give basic advice on heat and sun safety.	cool down, confused/confusion, heat stroke, loose/loosen, shade, skin cancer, sunscreen, unconscious	3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	HC.2 Identifying and Dealing with Emergencies CO.1 Discussing Health Topics and Your Symptoms with Your Doctor	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2
Appendix A Parts of the Body: External	Name the parts of the body.	abdomen, ankle, arm, chest, elbow, face, fingers, foot, hand, head, knee, leg, neck, shoulder, toes, wrist	3.6.1 Identify parts of the body	CO.1 Discussing Health Topics and Your Symptoms with Your Doctor	
Appendix B Parts of the Body: Internal	Identify internal organs.	bladder, brain, heart, intestines, kidneys, liver, lungs, stomach, thyroid	3.6.1 Identify parts of the body	CO.1 Discussing Health Topics and Your Symptoms with Your Doctor	

Topic	Objectives	Focus Words	CASAS Competencies	Teaching Skills That Matter	ELPS
NRP 7525: WOMEN'S AND CHILDREN'S HEALTH (HIGH BEGINNING)					
1. Menstrual Health	- Describe menstrual and premenstrual symptoms. - Use vocabulary related to menstruation and reproductive health. - Simulate discussion of menstrual health with a doctor.	acne, blood, cramps, hormones, period, menstrual cycle, pads, pregnant, tampons, uterus	3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	PC.1 Going to Checkups and Screening Tests CO.1 Discussing Health Topics and Your Symptoms with Your Doctor	1.2, 2.2, 3.2, 7.2, 8.2, 9.1, 10.1
2. Family Planning	- Discuss family planning with a health care provider. - Discuss various birth control methods and their advantages and disadvantages. - Discuss medical support for couples who want to start a pregnancy.	birth control, condom, contraception, fertility treatment, gynecologist, implant, IUD, prevent, prevention, health care providers	3.5.6 Interpret information and identify agencies that assist with family planning. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	WM.4 Sexually Transmitted Infections and Contraception	1.2, 2.2, 3.2, 4.1, 7.2, 8.2, 9.1, 10.1
3. Reproductive Health	Interpret information about STIs and their prevention.	confidential, genitals, herpes, HIV/AIDS, itch, partner, sexually transmitted infections (STIs), sores, unprotected sex	3.4.4 Interpret information about AIDS and other STIs. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	WM.4 Sexually Transmitted Infections and Contraception	1.2, 2.2, 3.2, 4.1, 7.2, 8.2, 9.1, 10.2
4. UTIs and Yeast Infections	- Interpret information about symptoms and treatments for UTIs and yeast infection. - Describe symptoms to a medical professional.	bladder, burns, cream, kidneys, urinary tract infection, urine, vaginal discharge, yeast infection	3.5.9 Identify practices that help maintain good health, such as regular checkups, exercise, and disease prevention measures. 3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms.	CO.1 Discussing Health Topics and Your Symptoms with Your Doctor	1.2, 2.2, 3.2, 7.2, 8.2, 9.1, 10.2

Topic	Objectives	Focus Words	CASAS Competencies	Teaching Skills That Matter	ELPS
5. Cancer Screening	- Explain the importance of preventative cancer screening and regular checkups. - Explain the purpose of a mammogram and a pap test.	cancer, exam, mammogram, negative test, positive test, reproductive system, screening, survivor, vaccine, virus	3.5.9 Identify practices that help maintain good health, such as regular checkups, exercise, and disease prevention measures. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	PC.1 Going to Checkups and Screening Tests PC.4 Understanding Strategies to Prevent Disease WM.3 Breast and Reproductive Cancers	1.2, 2.2, 3.2, 4.1, 7.2, 8.2, 9.1, 10.2
6. Menopause	- Recognize and explain common symptoms and experiences of menopause. - Discuss cultural perspectives on women's aging. - Speak to a doctor or health care professional about symptoms and options for relief.	aging, hot flashes, irregular periods, irritable, middle-aged, night sweats, support	3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	AG.3 Aging and Elder Health	1.2, 2.2, 3.2, 4.1, 7.2, 8.2, 9.1, 10.2
7. Pregnancy and Prenatal Care	- Use some common terms to talk about pregnancy care and symptoms. - Ask and answer questions about prenatal care and pregnancy.	due date, fetus, (go into/ be in) labor, morning sickness, OB-GYN, prenatal vitamins, trimester, ultrasound, vomiting	3.5.9 Identify practices that help maintain good health, such as regular checkups, exercise, and disease prevention measures. 3.6.2 Interpret medical-related vocabulary. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	WM.2 Pregnancy, Childbirth, and Breastfeeding	1.2, 2.2, 3.2, 7.2, 8.2, 9.1, 10.2
8. Childbirth	- Recognize stages of labor. - Use key vocabulary to discuss childbirth.	birth plan, contractions, C-section, delivery, give birth, labor, midwife, placenta, premature, water breaks	3.1.3 Identify and use health care services and facilities, including interacting with staff. 3.1.4 Identify common types of medical and health practitioners and specialists. 3.6.2 Interpret medical-related vocabulary.	WM.2 Pregnancy, Childbirth, and Breastfeeding	1.2, 2.2, 3.2, 4.1, 7.2, 8.2, 9.1, 10.1

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9. Infant Care	- Use key vocabulary to discuss infant care. - Give advice and encouragement to new parents.	bottle, breastfeed, burp, car seat, crib, diaper, formula, newborn, pediatrician, poop	3.6.5 Interpret information on the development, care and health and safety concerns of children.	AG.1 Infancy and Childhood Health and Safety	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2
10. Infant Health	- Discuss when to call a doctor when a baby is sick. - Simulate a call to a pediatrician about a sick baby. - Explain the purpose of vaccinations and their importance.	ear infection, fever, fussy, rash, shot, take someone's temperature, thermometer, tooth is coming in, vaccination	3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions. 3.6.5 Interpret information on the development, care and health and safety concerns of children.	AG.1 Infancy and Childhood Health and Safety	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2
11. Infant and Child Safety	- Use key vocabulary to read and talk about infant safety (choke, baby gate, lock). - Identify how to babyproof a home.	baby gates, babyproof, burn, choke, crawl, electrical outlet, locks, sharp	3.6.5 Interpret information on the development, care and health and safety concerns of children.	AG.1 Infancy and Childhood Health and Safety	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.1
12. Common Childhood Illnesses	- Interpret information on common childhood illnesses. - Interpret a note from school about head lice. - Simulate calling a doctor's office about a child with an infection.	a cold, contagious, croup, dehydration, eye drops, head lice, nauseous, pink eye, stomach bug, stuffy nose	3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions. 3.6.5 Interpret information on the development, care and health and safety concerns of children.	AG.1 Infancy and Childhood Health and Safety	1.2, 2.2, 3.2, 4.1, 7.2, 8.2, 9.2, 10.2
13. Child Development	- Recognize major child developmental milestones. - Use basic vocabulary to discuss children's physical, cognitive, and social-emotional development. - Discuss cultural differences in child-rearing practices.	cognitive skills, delay, develop, development, distraction, milestone, motor skills, social skills, toddler, typical	3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions. 3.6.5 Interpret information on the development, care and health and safety concerns of children.	AG.1 Infancy and Childhood Health and Safety	1.2, 2.2, 3.2, 4.1, 7.2, 8.2, 9.2, 10.2

Topic	Objectives	Focus Words	CASAS Competencies	Teaching Skills That Matter	ELPS
14. Autism, ADHD, and Learning Differences	- Identify some common types of learning disabilities. - Interpret information on learning disabilities and related accommodations and treatment. - Role play a conversation about a child's learning disability with a teacher and school counselor.	accommodations, ADHD (attention deficit hyperactivity disorder), APD (audio processing disorder), autism, brain, disability, dyscalculia, dysgraphia, dyslexia	2.8.6 Interpret information from schools and communicate with school personnel. 2.8.7 Interpret information about educational support services, such as counseling, accommodations, and financial aid and identify ways to access them. 3.6.5 Interpret information on the development, care and health and safety concerns of children.	AG.1 Infancy and Childhood Health and Safety AG.4: Navigating Educational Systems and Resources	1.2, 2.2, 3.2, 7.2, 8.2, 9.2, 10.2
15. Caregiver Well-Being	- Describe the problem of caregiver stress, including causes, signs, symptoms, and health effects. - Discuss ways to prevent or relieve caregiver stress.	balance, burnout, caregiver, guilty, memory loss, overwhelmed, rewarding, take care of	3.5.8 Interpret information about mental health, including psychological problems and conditions, and stress management. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions. 3.6.6 Interpret information about health issues related to aging.	MH.1 Understanding Stress and Its Effects on Health MH.2 Managing Stress and Mental Health Issues	1.2, 2.2, 3.2, 4.1, 7.2, 8.2, 9.2, 10.2
16. Healthy Relationships	- Describe healthy relationships. - Identify unhealthy relationships. - Identify resources for victims of abuse.	communication, confusing, control, honest, relationship, respect, scared, shout, support, trust	3.1.5 Identify and access counseling services. 5.3.9 Identify rights, responsibilities, and legal obligations in domestic relationships and how to report problems.	AG.3: Promoting Healthy Relationships and Social-Emotional Development WM.5 Domestic and Sexual Abuse	1.2, 2.2, 3.2, 4.1, 7.2, 8.2, 9.2, 10.2
Appendix Female Reproductive System	Identify parts of the female reproductive system and their functions.	cervix, fallopian tube, ovaries, uterus, vagina	3.6.1 Identify parts of the body	CO.1 Discussing Health Topics and Your Symptoms with Your Doctor	

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NRP 7524: LOW INTERMEDIATE					
1. Food Safety	- Identify how to handle, prepare, and store food safely. - Summarize food safety information in speaking or writing. - Call telehealth for advice on what to do for stomach virus or food poisoning. - Research to find how long foods keep. (lesson extension)	food poisoning, germs, handle, leftovers, raw, refrigerate, surfaces, thaw, thermometer	3.5.3 Identify how to handle, prepare, and store food safely. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	PC.4 Understanding Strategies to Prevent Disease HR.5 Practicing Good Hygiene	1.3, 2.3, 3.2, 5.1 (Ext), 7.3, 8.3, 9.2, 10.2
2. Healthy Weight and Lifestyle	- Explain the connection between obesity and poor health. - Identify practices that help and maintain good health, such as regular checkups, exercise, and disease prevention methods. - Discuss low-cost and no-cost exercise options.	active, body fat, calories, gain, lifestyle, lose (weight), overweight, struggle	3.5.1 Interpret information about nutrition, including food labels. (extension activity) 3.5.9 Identify practices that help maintain good health, such as regular checkups, exercise, and disease prevention measures.	NU.1 Eating Healthy Foods NU.2 Reading Food Labels and Recipes (extension activity) PC.4 Understanding Strategies to Prevent Disease	1.3, 2.3, 3.2, 5.1 (Ext), 7.3, 8.3, 9.2, 10.2
3. Household Safety	- Identify common household hazards and safety measures. - Use basic vocabulary and phrases related to household safety. - Role play a call to the poison control hotline.	choke, (electrical) cord, electrical outlet, household cleaner, out of reach, poison, safety hazard, secure	3.4.2 Identify safety measures that can prevent accidents and injuries. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	PC.5 Staying Safe from Injury or Accidents HC.2 Identifying and Dealing with Emergencies	1.3, 2.3, 3.2, 5.1 (Ext), 8.3, 9.2, 10.2

Topic	Objectives	Focus Words	CASAS Competencies	Teaching Skills That Matter	ELPS
4. Mental Health	- Describe feelings. - Offer support to others in difficult situations. - Identify at least three coping strategies. - Identify sources of help for mental illness.	anxiety, cope with, counselor, depressed, depression, focus on, overwhelmed, strategies, stressed out	3.5.8 Interpret information about mental health, including psychological problems and conditions, and stress management.	MH.1 Understanding Stress and Its Effects on Health MH.2 Managing Stress and Mental Health Issues MH.4 Suicide Prevention	1.3, 2.3, 3.2, 7.3, 8.3, 9.2, 10.2
5. Paying for Health Care	- Explain what health insurance is, why it is important, and different types of plans and provisions. - Compare health insurance policy provisions. - Communicate with medical staff about health insurance information.	copay, deductible, insurance, network, PCP (primary care provider), premium, provider, specialist	3.1.6 Interpret information about health care plans, insurance, and benefits. 3.2.4 Interpret medical bills. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	PY1. Health Insurance Coverage and Claims PY.3 Medical Bills and Payments	1.3, 2.3, 3.2, 5.1 (Ext), 7.3, 8.3, 9.2, 10.2
6. Common Infections and Antibiotics	- Explain how infections spread and how they can be prevented. - Recognize possible symptoms of infections. - Explain the purpose of antibiotics and the importance of taking the full course. - Ask about a medication's side effects	antibiotics, bacteria, fluids, infection, mucus, prescription, side effects, symptoms, virus	3.3.4 Interpret information on medications and their proper and safe use. 3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	MT.1 Over-the-Counter and Prescription Medications CO.3 Communicating with a Pharmacist and Pharmacy Staff	1.3, 2.3, 3.2, 7.3, 8.3, 9.2, 10.3 (Ext)

Topic	Objectives	Focus Words	CASAS Competencies	Teaching Skills That Matter	ELPS
7. Tick- and Mosquito-Borne Diseases	- Identify causes and symptoms of Lyme disease and West Nile virus. - Explain how to protect yourself from ticks and mosquitoes. - Make a doctor's appointment, agreeing upon date and time.	body aches, bite, carry diseases, hide, insect repellent, joint pain, prevent, prevention, protect, rash, tweezers	3.1.2 Identify information necessary to make or keep medical and dental appointments. 3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	HC.4 Making Healthcare Appointments CO.1 Discussing Health topics and Your Symptoms with Your Doctor PC.4 Understanding Strategies to Prevent Disease	1.3, 2.3, 3.2, 5.3 (Ext), 7.3, 8.3, 9.3 (Ext), 10.2
8. Work Accident Concussion / ER Visit	- Explain what a concussion is and its causes. - List symptoms of a concussion. - Give simple advice on what to do after someone experiences a concussion, including when to seek medical attention. - Make a 911 call about an emergency.	accident, brain, concussion, confusion, conscious/ unconscious, dizzy, injury, knocked out, vision	3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	HC.2 Identifying and Dealing with Emergencies MT.3 Managing Treatments for Minor Injuries	1.3, 2.3, 3.2, 7.3, 8.3, 9.2, 10.2
9. Heart Health	- Describe causes, risks, symptoms, and treatment of heart disease. - Understand the causes of high blood pressure and ways to treat it. - Use vocabulary to describe cardiovascular health. - Repeat back to confirm understanding of a pharmacist's instructions.	arteries, blood pressure, chest pain, cholesterol, heartbeat, irregular, pump blood, shortness of breath	3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	MT.1 Over-the-Counter and Prescription Medications MT.2 Reading Medicine Labels and Taking Medication Correctly	1.3, 2.3, 3.2, 5.3 (Ext), 7.3, 8.3, 9.2, 10.2

Topic	Objectives	Focus Words	CASAS Competencies	Teaching Skills That Matter	ELPS
10. Healthy Aging	- Identify common age-related diseases and explain their effects on the body in simple terms. - Describe habits that contribute to healthy aging including diet, exercise, mental activity, and relationships.	age, arthritis, bones, dementia, memory, muscles, osteoporosis, physical therapy, stiff	3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.6 Interpret information about health issues related to aging.	AG.3 Aging and Elder Health HR.2 Exercising HR.4 Staying Mentally Active NU.1 Eating Healthy Foods, PC.4 Understanding Strategies to Prevent Disease	1.3, 2.3, 3.2, 7.3, 8.3, 9.2, 10.2
11. Gum Health	- Identify common causes of gum disease. - Describe daily dental care habits that help prevent gum disease. - Explain the long-term consequences of untreated gum disease. - Identify and explain common treatments for gum disease.	dental hygienist, fall out, gum disease, infect/infected, inflamed, loose, oral hygiene, plaque, recede	3.5.4 Identify practices that promote dental health. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	HC.4 Making Healthcare Appointments PC.4 Understanding Strategies to Prevent Disease	1.3, 2.3, 3.2, 7.3, 8.3, 9.2, 10.2
12. Cancer Screening and Treatment	- Describe what cancer is in general terms. - Explain importance of cancer screening. - Interpret a chart about the most common types of cancer. - Discuss common types of cancer, risk factors, and causes. - Identify common cancer treatments.	cancer screening, cells, chemotherapy, genes, radiation therapy, risk, treatment, tumor	3.1.7 Interpret information about patient rights. 3.6.3 Interpret information about illnesses, diseases, and health conditions and their symptoms.	ME.3 Prostate Cancer PC.4 Understanding Strategies to Prevent Disease HC.5 Understanding Chronic Disease and Conditions	1.3, 2.3, 3.2, 7.3, 8.3, 9.2, 10.2

Topic	Objectives	Focus Words	CASAS Competencies	Teaching Skills That Matter	ELPS
13. Hospital Stays	- Anticipate what to expect during a hospital stay. - Discuss hospital stays using appropriate vocabulary. - Ask for clarification. - Simulate a conversation between a hospital patient and a nurse.	admitted, discharged, emergency contacts, fill out forms, monitor, procedure, recover, surgery, vitals	3.1.7 Interpret information about patient rights. 3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	CO.2 Asking Questions while Meeting with a Health Professional HC.2 Identifying and Dealing with Emergencies	1.3, 2.3, 3.2, 7.3, 8.3, 9.2, 10.2
14. Stroke	- Identify the warning signs of stroke. - Identify the risk factors for stroke. - Explain importance of fast action - Use vocabulary for talking about stroke symptoms. - Simulate a call to 911.	balance, droop, numb, show signs of, speech, (have a) stroke, vision loss, weak	3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	HC.2 Identifying and Dealing with Emergencies	1.3, 2.3, 3.2, 7.3, 8.3, 9.2, 10.2
15. Asthma	- Explain what asthma is and how it is treated using simple terms. - Identify triggers and symptoms of asthma.	airways, asthma, inhaler, lungs, mold, pollution, tight/tighten, trigger, wheezing	3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	HC.5 Understanding Chronic Diseases and Conditions MT.4 Managing Treatments for Chronic Conditions CO.1 Discussing Health Topics and Your Symptoms with a Doctor	1.3, 2.3, 3.2, 7.3, 8.3, 9.2, 10.2
16. Vaccines	- Describe what vaccines are and how they work. - Explain why vaccines are important. - Name at least four illnesses for which there are vaccines.	booster, contagious, deadly, dose, due for, get vaccinated, immune system, medical records, serious, vaccine	3.6.3 Interpret information about illnesses, diseases, and health conditions, and their symptoms. 3.6.4 Communicate with a doctor or other medical staff regarding condition, diagnosis, treatment concerns, etc., including clarifying instructions.	CO.1 Discussing Health Topics and Your Symptoms with a Doctor PC.4 Understanding Strategies to Prevent Disease	1.3, 2.3, 3.2, 5.3, 7.3, 8.3, 9.2, 10.3

Topic	Objectives	Focus Words	CASAS Competencies	Teaching Skills That Matter	ELPS
Appendix A Parts of the Body: Exterior	Name the parts of the body.	abdomen, ankle, arm, chest, elbow, face, fingers, foot, hand, head, knee, leg, neck, shoulder, toes, wrist	3.6.1 Identify parts of the body	CO.1 Discussing Health Topics and Your Symptoms with Your Doctor	
Appendix B Parts of the body: Internal	Identify internal organs.	appendix, bladder, brain, colon, heart, intestines, kidneys, liver, lungs, stomach, thyroid	3.6.1 Identify parts of the body	CO.1 Discussing Health Topics and Your Symptoms with Your Doctor	