Lesson 1: Which parts of the body can you name?

Listen to the conversation between Ernest and Roland. Then answer the following questions.

1. What happened with many students who were at the stadium?

2. Did Roberto get hurt?

3. What happened to the teacher?

4. What did the police do?

5. How does Ernest feel about this?

Listen to the following conversation and put the sentences in the correct order.

- Aida: Yes. We have mangoes, watermelon and papaya. I’ll make a fruit salad.
- Moses: Ok. What can we make?
- Aida: We had pizza the day before yesterday. We have to avoid eating greasy food too frequently. It’s not good for our health.
- Moses: I don’t want to cook. Let’s buy pizza, soda and some ice cream.
- Aida: Let’s make some turkey sandwiches. We have fresh apple juice in the refrigerator.
- Moses: Is there any fruit?
- Aida: Aren’t you hungry? Let’s make something to eat.
Lesson 2: Are you getting sick?

Read the following conversation between the doctor and Karen.

A: Buy these pills and these shots. Your knees will feel better in a couple of days.
B: Doctor, do you think I can start exercising?
A: No, you better wait until you feel better.
B: I thought I could go swimming.
A: Yes, that’s the only sport you can practice now. That will help you lose weight, tone your muscles and your knees won’t hurt.
B: Can I swim every day?
A: You can go swimming three times a week for 45 minutes.
B: Ok. Thank you, doctor.

Answer the questions according to the previous conversation.

1. What’s Karen’s health problem?

2. What does Karen want to start doing?

3. Does the doctor think that she can start exercising?

4. What’s the only sport she can practice?

Complete the following sentences with the words given below.

1. You have been __________________ a lot today. Be careful because you might catch a cold.

2. I had a shrimp cocktail and a bowl of seafood soup. And now I have a terrible __________________.

3. Take this Tylenol because you are __________________.

4. My child had a horrible stomach __________________ He had a fever and went to the bathroom many times last night.

5. The baby’s very ________________, Look he has his neck red.
Write commands that the people in the following situations will give to control the situations or to help them avoid problems.

1. Daughter: Mom, I have an exam tomorrow, and I haven’t studied. Lucy has invited me to go out tonight. I don’t know what to do.
   Mom: ___________________________ ______________________________

2. Sonya: I’ve felt terrible all the week. I have taken some home remedies, but I still feel bad.
   Sonya’s friend: ___________________________ ______________________________

3. Patient: Doctor, I know I have to lose weight, but I can’t stop eating junk food. And I don’t like to exercise.
   Doctor: ___________________________ ______________________________

4. Friend 1: You know, my mother’s very sick, and she doesn’t want to go to the doctor. I don’t know what to tell her to convince her to go.
   Friend 2: ___________________________ ______________________________

5. Ann: I think I can take these tablets or this syrup, but I don’t know how to decide.
   Ann’s friend: ___________________________ ______________________________

6. Silvia: I’ve been studying hard I haven’t sleep enough. I have a terrible headache.
   Silvia’s Mom: ___________________________ ______________________________

Write corresponding questions to the following answers.

1. ___________________________ ______________________________?
   I have decided to start jogging to lose weight.

2. ___________________________ ______________________________?
   I prefer alternative medicine.

3. ___________________________ ______________________________?
   She had an accident and has two broken toes.

4. ___________________________ ______________________________?
   I still feel sick, doctor. I have very strong headaches.

Answer the following questions with your own information.

1. Have you ever been hospitalized?
   ___________________________ ______________________________

2. Do you visit your friends when they are sick?
   ___________________________ ______________________________

3. How often do you get ill?
   ___________________________ ______________________________

4. What’s more common when people get sick, to buy over the counter medicine or to go to the doctor?
   ___________________________ ______________________________
Lesson 3: Is this illness serious, doctor?

1 Activity

Read the following conversation.

A: Why did you go to the doctor, Juan?
B: I went to the doctor because I had a pain in my lower back.
A: What did he tell you?
B: I don’t know.
A: What do you mean I don’t know?
B: You know my English is not good, and I didn’t understand him. I couldn’t ask him any questions. I felt frustrated and confused.
A: You know some English, Juan. Did you buy the medicine? Do you understand the prescription?
B: I bought the medicine, but I don’t know how to take them. Will you please help me?
A: Sure! Let me see it.

Answer the questions according to the previous conversation.

1. Where did Juan go?
   ______________________________________________________________

2. Did he understand what the doctor said?
   ______________________________________________________________

3. How did Juan feel when he didn’t understand what the doctor told him?
   ______________________________________________________________

4. Does Juan understand the prescription?
   ______________________________________________________________

5. Did Juan buy the medicine?
   ______________________________________________________________

2 Activity

Complete the following sentences with the words given below.

<table>
<thead>
<tr>
<th>dengue</th>
<th>side effects</th>
<th>symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>dehydration</td>
<td>dosage</td>
<td></td>
</tr>
</tbody>
</table>

I’ve felt very sleepy after I took the medication. The doctor didn’t tell me anything about the ___________________.

The nurse wasn’t sure about the ___________________, and I sent her to look for the doctor and ask him.

Many children were brought to the hospital with ___________________ symptoms. They were given a lot of liquids immediately.

So, you are not hungry, you feel tired, and you feel nauseous. Do you have any other ___________________?

The Aedes aegypti mosquito is the most common transmitter of ___________________.

Write corresponding questions to the following answers.

1. ________________________________
   ________________________________?
   This treatment is for dehydration.

2. ________________________________
   ________________________________?
   You can take this medication only twice in a day.

3. ________________________________
   ________________________________?
   If you forget to take the medication, wait until it's
   the time to take the next dose.

4. ________________________________
   ________________________________?
   No, you can't drink orange juice or lemonade
   while you're taking this medication.

Complete the following sentences with the correct form of
the verb in parenthesis.

1. My brother ________________ an accident
   because he was under medication while he was
   driving. (have)

2. She ________________ to take any chemical
   medication. She prefers alternative medicine.
   (want, negative)

3. She ________________ terrible last night. She
   couldn’t sleep. (feel)

4. Where did you put the prescription? I
   ________________ it to you when we arrived
   home. (give)

5. My mother ________________ the blood test
   answer yet. (get, negative)

6. The child ________________ last night. She’s
   not feeling well. (cry)
Lesson 4: Why do you feel so sad?

1. **Activity**

Read the following conversation.

A: I can’t stand it anymore!
B: Hey, what’s the problem, Yanira? Try to relax.
A: How can I relax? Every night I wake up in the middle of the night to feed my baby. And every morning my family is waiting for me to cook them breakfast.
B: Doesn’t your husband do anything?
A: He always says he’s busy. You want to know more? I usually arrive late to work, and my supervisor is angry with me. I can never get to my job on time.
B: You really need to make your husband understand that he is responsible for the house chores, too.
A: To make things worse, I have to pay the bills and worry about money. I feel completely stressed out.
B: Sorry to tell you this, but you’ll get worse if you don’t control the situation at home and at work.
A: I know. Thank you for listening to me.

Answer the questions according to the previous conversation.

1. What’s Yanira’s problem?

2. Does Yanira’s husband do anything at home?

3. What kind of problems does Yanira have?

4. Is Miriam worried about Yanira’s situation?

5. How does Yanira feel?

2. **Activity**

Complete the following sentences with the words given below.

- better
- depressed
- ambitious
- horrible
- motivated
- cheerful

1. Sidney’s feeling ______________ after a week of recovery.
2. Don’t talk to her about this problem, she can get worse. She’s very ______________ because of her divorce.
3. Dina got ______________ again when she was told she was going to be the new coordinator.
4. Rene’s too ______________. He’s always trying to get the best part for him.
5. My mother has felt ______________ since my sister left for the U.S.
6. He’s so ______________ because he won the lottery.
Activity 3

Answer the following questions with your own information.

1. Which adjective would you use to describe Lady Diana?

2. Which are the qualities that an English teacher should have?

3. How would you describe your mother?

4. In your class, who’s ambitious? Who’s cheerful? Who’s impatient?

Activity 4

Write corresponding questions for the following answers.

1. Everybody was tired of her insults and decided to talk to the principal.

2. Yes, we were exhausted from the two-hour walk.

3. They opposed to listening to us because they didn’t want to help with the project.

4. No, she wasn’t confused by her boss, but she was confused by your instructions.

Activity 5

Complete the following conversation.

Edith: I miss going to the beach. I haven’t gone there for about two years.

You: Why?

Edith: When I was at the beach I stepped on a dead animal, and my foot got infected.

You: 

Edith: It is. I had to spend a lot of money to get cured. I’m afraid to go to the beach since that incident.

You: 

Edith: I’ll think about it.
Lesson 5: What do people do to stay healthy?

1. Activity

Read the following conversation.

A: Hi! Did you know that Raúl is back from the U.S.? Have you seen him?
B: No. Have you?
A: Yes, I saw him last weekend, and he’s obese.
B: I don’t believe you. When I met him, he was very active and used to eat fresh, nutritious food every day.
A: Well, things change. While he was in the United States, he got a job as a taxi driver. He didn’t get much exercise, and he ate a lot of fast food. For breakfast and lunch he ate at a fast food restaurant. For dinner he ate food that he could microwave.
B: I’m sorry to hear that.
A: The worse thing is that he can’t breathe when he walks up stairs. His body has changed a lot in one year! He’s not healthy anymore!
B: Let’s see if he wants to start jogging with us. Maybe he wants to lose some weight and try to have a healthy lifestyle now that he’s back.

Answer the questions according to the previous conversation.

1. Who’s back from the U.S.?

2. What does Raúl look like now that he’s back in the country?

3. What did Raúl use to do when he was living in El Salvador?

4. What health problem does Raul have?

5. What does Bill want to do?

2. Activity

Write corresponding questions to the following answers.

1. ____________________________________________________________________________

        ?

No, she never includes greasy food in her diet.

2. ____________________________________________________________________________

        ?

Yes, I jog every morning.

3. ____________________________________________________________________________

        ?

I think yoga would help you get better.

4. ____________________________________________________________________________

        ?

I think that people get motivated to exercise if they are with others.

3. Activity

Complete the following sentences with the words given below.

<table>
<thead>
<tr>
<th>careless</th>
<th>foolishness</th>
<th>dancer</th>
</tr>
</thead>
<tbody>
<tr>
<td>heartless</td>
<td>hopeless</td>
<td></td>
</tr>
</tbody>
</table>

1. William’s __________ made his parents get very upset. His actions made them feel uncomfortable.

2. If you are ______________, you’ll have an accident.

3. Don’t be ______________. We’ll get the money for the school project.

4. That boy is a great _____________. He can dance all kind of music.

5. She felt ______________ when she was told her son had died in the war.