

UNIT 6. HEALTH

Objectives:

At the end of this unit, students are expected to:

- identify nouns in sentences;
- classify whether nouns are concrete or abstract;
- construct sentences with correct noun usage;
- apply the correct usage of health phrases in a conversation.

A. VOCABULARY: Match column A with column B.

A

- ___ 1. Ache
- ___ 2. Disease
- ___ 3. Cure
- ___ 4. Patient
- ___ 5. Symptom

B

- a. a person who receives medical care or treatment
- b. a change in the body which shows that a disease is present
- c. pain; to hurt in a way that is constant but not severe
- d. an illness that affects a person, animal or plant
- e. the act of making somebody healthy again after an illness

A.1. Pair Work: Look at the pictures below. How do they feel? Have you felt the same way before? Discuss with your seatmate. You can also tell about the worst pain you ever experienced.



B. PRONUNCIATION: Choose a partner and practice pronouncing each word properly.

➤ Risk	➤ Severe	➤ Swollen
➤ Hurt	➤ Medicine	➤ Dangerous
➤ Dizzy	➤ Harmful	➤ Unhealthy
➤ Sprain	➤ Abdomen	➤ Prescription
➤ Illness	➤ Treatment	➤ Temperature

C. CONVERSATION: Read the dialogue between the doctor and patient below. Observe the alternative ways of answering each question.

Doctor	Patient
What's the matter?	*I have a severe stomachache. *I often have nosebleeds. *I feel unwell and dizzy all the time.
For how long have you been feeling ill? How long have you felt like this?	*I have felt the pain since yesterday after lunch. *It's been a while, but I have just ignored it. *Nearly three days. It started just after I got out of bed in the morning.
Did you do anything different from usual before you started to feel this way?	*I have been exercising more. *I ate food which was not properly cooked.
Do you have fever?	*Yes, I got a high temperature *No, the nurse took my temperature before I came in and she said it's normal.
Can I have a look? Where does it hurt?	*It is right here, in the area of my abdomen. *I've sprained my ankle/ My hand is badly swollen.
Have you taken any medication?	*I took a pain reliever last night to ease the pain. *No, I haven't taken any medicine.
I will try to see what I can do to <i>cure</i> your illness. For the meantime we have to do some tests to be sure. You'll soon be well again.	*Thank you.
Take this medicine three times a day after meals. Take this medicine once a day.	*How often should I take this medicine?
You can come back next week/ in three days if you don't feel better.	*Should I come back next week if I don't feel better?

D. LANGUAGE FOCUS: Identifying Nouns. Review the above conversation and write down all the nouns you can identify.

Example: pain	
1.	7.
2.	8.
3.	9.
4.	10.
5.	11.
6.	12.

D.1. Grammar Points.

Nouns - A noun is a word that names a person, place, thing (animals), or idea.

- Concrete nouns** - name people, places, or things that you can touch, see, hear, smell, or taste.

Persons

man
teacher
Moana
children
Albert

Places

River
Home
Thailand
mountains
university

Things/animals

cat
book
motorcycle
Honda
pen

- Abstract nouns** - name ideas, concepts, events or emotions. These nouns are intangible, which means you cannot touch, see, hear, smell, or taste them using your five senses.

Idea

wisdom
religion
democracy
intelligence

Emotion/feelings

happiness
anger
surprise
fear

Concepts

charity
culture
faith
belief

Events

birthday
adventure
holiday
marriage

D.2. Study each word in the vocabulary and construct sentences using each word.

Examples:

- I can't go to the concert because I have a bad *headache*.
- Eating unhealthy foods increase the risk of *disease*.
- There is no known *cure* for this illness.
- A *patient* in the hospital collapsed while waiting for the doctor.
- Fever is one of the *symptoms* of having infection.

D.3. Sentence Construction. Make a sentence using these words.

1. _____
2. _____
3. _____
4. _____
5. _____

E. LANGUAGE PRACTICE: Take a role of either a doctor or a patient. The patient will describe their ailment, get a prescription, and get some advice from the doctor. As a doctor you will listen to ailments, ask a few questions and then prescribe medicine and give some advice. Activity materials will be provided for you. Here is a sample:

A DOCTOR'S VISIT

A – Doctor John

B – Patient/ Ellen

A: Hi. Come on in and have a seat.
Now what seems to be the problem?

B: I have a rash on my arm.

A: How long have you had the rash?

B: It's been about a week.

A: Are you taking anything for it?

B: I put some cream on it but it doesn't seem to be helping.

A: I see. Are you allergic to any medications?

B: Not that I know of.

A: I'm going to give you a prescription for some ointment. I want you to apply it three times a day. You should also avoid scratching your skin. And it's important to use as little soap as possible. Make an appointment to see me next week if it doesn't get better over the next few days.

Patient's Activity Sheet				
Doctor's Name	Medical Condition	Prescription	Prescription Directions	Other Advice
<i>Dr. John</i>	<i>rash</i>	<i>ointment</i>	<i>apply three times a day.</i>	<i>Avoid scratching skin. Don't use soap</i>

Doctor's Activity Sheet				
Name	Medical Condition	Duration	Prior Medication	Allergic to Medication? Yes/No
Ellen	rash	1 week	cream	No

Role cards:	
Patient	Doctor
Ailment: You have a rash on your arms and legs.	Ailment: rash
Duration: You have had it for about four days.	Prescribe: an ointment. Apply four times a day.
Previous Medication: You have put a cream on it.	Extra Advice: (a) Avoid scratching your skin. (b) Use as little soap as possible.

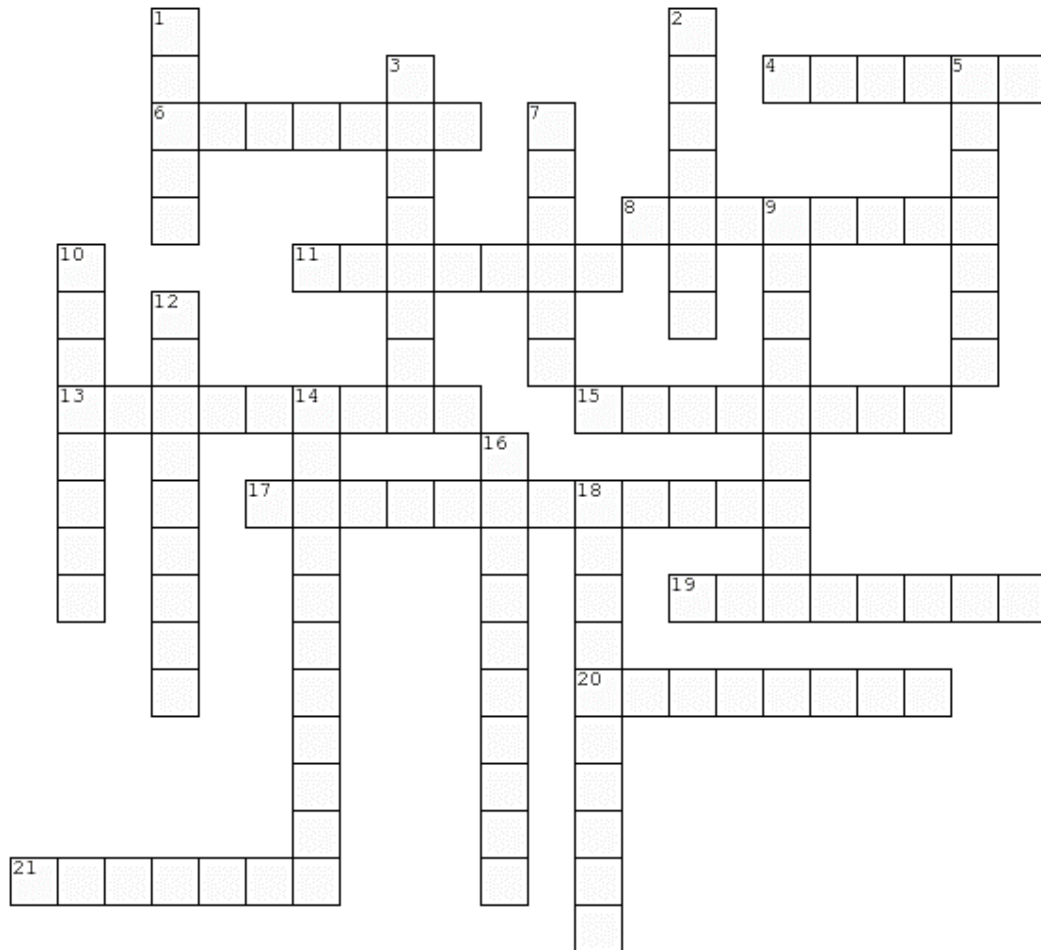
E.1. REINFORCEMENT ACTIVITY. Constructing Sentences: Choose 10 nouns from the list in **Section F** and use each in a sentence.

Example: I felt a <i>pain</i> in my shoulder after the accident.
1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

F. HOMEWORK (writing): Write at least 10 sentences about your understanding of this phrase “Health is Wealth.” You can answer questions such as, why staying healthy is important? Why can you say that health is more valuable than money?

G. SUPPLEMENTAL SELF-LEARNING ACTIVITY (Vocabulary)

G.1 Crossword. Complete the crossword below. Use the vocabulary for your clue.



Across

- 4. an emotional wound or shock having long-lasting effects
- 6. something that aids or promotes well-being
- 8. the study of heredity and variation in organisms
- 11. causing or capable of causing damage
- 13. of or relating to the sense of smell
- 15. a sudden violent spontaneous occurrence of disease
- 17. salty fluid secreted by sweat glands
- 19. occurring or existing before birth
- 20. the condition in which an organism can resist disease
- 21. of or relating to the heart

Down

- 1. an established custom
- 2. a condition promoting sanitary practices
- 3. a condition in which things are not in their expected places
- 5. a male massager
- 7. the act of bending low with the limbs close to the body
- 9. a state of surviving; remaining alive
- 10. exercise that increases the need for oxygen
- 12. a manner of living that reflects one's values and attitudes
- 14. tending to cure or restore to health
- 16. concerned with identifying the nature or cause of something
- 18. the trait of refraining from something, especially alcohol

G.2 Health Vocabulary. Study the meaning of the following words.

1. Abnormal	not typical or usual or regular
2. Abstinence	the trait of refraining from something, especially alcohol
3. Addictive	causing or characterized by addiction
4. Aerobics	exercise that increases the need for oxygen
5. Allergy	hypersensitivity reaction to a particular allergen
6. Anemia	a deficiency of red blood cells
7. Appetite	a feeling of craving something
8. Benefit	something that aids or promotes well-being
9. Calorie	unit of heat raising 1 gram of water by 1 degree centigrade
10. Cardiac	of or relating to the heart
11. Check-up	a physical examination by a doctor
12. Circulation	the movement of blood through the heart and blood vessels
13. Crouch	the act of bending low with the limbs close to the body
14. Deadly	causing or capable of causing death
15. Diagnostic	concerned with identifying the nature or cause of something
16. Disorder	a condition in which things are not in their expected places
17. Drug	a substance that is used as a medicine or narcotic
18. Endurance	a state of surviving; remaining alive
19. Epidemic	a widespread outbreak of an infectious disease
20. Excess	the state of being more than full
21. Flexible	able to bend easily
22. Fracture	breaking of hard tissue such as bone
23. Genetics	the study of heredity and variation in organisms
24. Habit	an established custom
25. Harmful	causing or capable of causing damage
26. Hygiene	a condition promoting sanitary practices
27. Immunity	the condition in which an organism can resist disease
28. Involuntary	not subject to the control of the will
29. Lifestyle	a manner of living that reflects one's values and attitudes
30. Masseur	a male massager
31. Nauseous	causing a sick feeling
32. Olfactory	of or relating to the sense of smell
33. Outbreak	a sudden violent spontaneous occurrence of disease
34. Panic	an overwhelming feeling of fear and anxiety
35. Perspiration	salty fluid secreted by sweat glands

G.3. Phrase and word search. Study the useful health phrases. Look for the underlined word or phrase in the table below. Example: “*to feel poorly*”

T	O	F	E	E	L	P	O	O	R	L	Y	Q	R	G	Y	J	O	F	C
A	N	D	T	Z	U	F	H	P	S	X	R	E	C	O	V	E	R	Y	V
Y	K	C	X	B	E	R	U	S	S	E	R	P	D	O	O	L	B	G	N
O	I	U	L	F	T	V	O	I	V	G	F	U	T	T	G	X	W	R	M
F	I	T	E	O	G	X	Y	C	B	T	R	E	G	G	Z	P	G	U	H
I	E	S	R	X	N	Z	F	K	N	C	X	P	W	F	X	U	B	N	N
L	S	A	E	L	J	T	Z	Q	W	Z	Y	A	S	Z	H	L	X	N	B
L	D	N	G	G	K	O	H	C	A	T	C	H	A	C	O	L	D	Y	F
I	G	D	K	N	U	O	C	E	X	V	E	S	F	H	T	A	V	N	T
N	T	B	P	B	P	T	B	N	M	A	X	G	V	E	Y	M	B	O	Y
G	Y	R	Y	L	R	H	L	L	V	E	D	W	S	S	C	U	Y	S	T
F	W	U	Q	O	F	G	P	Y	R	Z	N	X	B	T	V	S	H	E	A
V	B	I	X	C	H	Y	C	Z	V	D	U	D	J	Y	D	C	G	T	O
I	J	S	Z	K	B	O	J	O	P	S	H	L	K	C	B	L	H	F	R
K	L	E	G	E	L	B	E	W	L	R	G	K	W	O	U	E	K	Q	H
D	T	S	J	D	W	J	D	Y	Z	O	T	F	P	U	Y	H	L	A	T
V	R	X	C	N	U	W	C	F	W	X	U	Y	S	G	B	J	V	X	E
T	V	C	X	O	D	G	Y	Z	D	H	B	R	R	H	H	R	T	Z	R
Q	W	O	R	S	T	M	F	C	F	T	O	D	N	M	Y	W	U	W	O
G	C	Q	H	E	D	O	A	C	H	E	S	A	N	D	P	A	I	N	S

aches and pains
 colour
 on the mend
 blocked nose
 catch a cold
 chesty cough
 cuts and bruises
 to feel poorly

fit
 GP
 filling
 tooth out
 heavy cold
 recovery
 sick
 pull a muscle

runny nose
 sore throat
 blood pressure
 shape up
 STD

G.4. Some Health phrases. Study the following health phrases.

- **aches and pains**: minor pains that continue over a period of time
- **to be a bit off colour**: to feel a little ill
- **to be at death's door**: (informal) to be very ill indeed
- **on the mend**: recovering after an illness
- **to be under the weather**: (informal) to not feel well
- **blocked nose**: when the nose has excess fluid due to a cold
- **catch a cold**: to get a cold
- **chesty cough**: a cough caused by congestion around the lungs
- **cuts and bruises**: minor injuries
- **to feel poorly**: to feel ill
- **fit as a fiddle**: to be very healthy
- **to go down with a cold**: to become ill
- **GP**: General Practitioner (family doctor)
- **to have a filling**: to have a tooth repaired
- **to have a tooth out**: to have a tooth removed
- **heavy cold**: a bad cold
- **to make an appointment**: to arrange a time to see the doctor
- **to make a speedy recovery**: to recover quickly from an illness
- **to phone in sick**: to call work to explain you won't be attending work due to illness
- **prescription charges**: money the patient pays for medicine authorized by a doctor
- **pull a muscle**: strain a muscle
- **runny nose**: a nose that has liquid coming out of it
- **sore throat**: inflammation that causes pain when swallowing
- **high blood pressure**: a common disorder in which blood pressure remains abnormally high
- **Shape up**: develop in a positive way
- **STD**: a communicable infection transmitted by sexual intercourse or genital contact

G.5. Health vocabulary pronunciation practice – click or go to this website to learn how to pronounce various health terminologies. Sound is available for all the vocabulary on this page. Simply click on any word to hear it.

*Click or go here: <https://www.speaklanguages.com/english/vocab/health>

G.6. Look for the meaning of the following words:

accident		hair	
ambulance		hand	
ankle		head	
appointment		health	
arm		hear (v)	
aspirin		heart	
baby		heel	
bandage		hospital	
bleed (v)		hurt	
blood (n)		ill	
body		illness	
bone		injure	
brain		keep fit	
break		knee	
breath		leg	
breathe		lie down	
chemist		medicine	
chin		nose	
clean		nurse	
cold (n)		operate	
comb		operation	
cough (n & v)		pain	
cut		painful	
damage		pharmacy	
danger		pill	
dangerous		prescription	
dead		problem	
dentist		recover	
die		rest (n)	
diet		run	
doctor		shoulder	
ear		sick	
earache		skin	
emergency		soap	
exercise		sore throat	
eye		stomach	
face		stomach ache	
fall		stress	
Feel better		swim	
fever		tablet	
finger		take exercise	
Fit		temperature	
flu		thumb	
foot		tired	
gain weight		toes	
get better/worse		tooth	