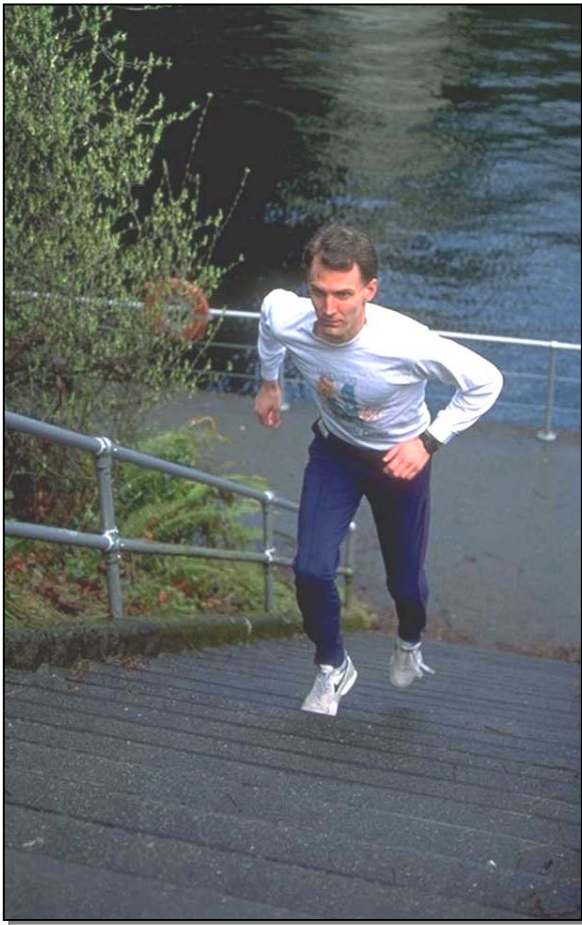


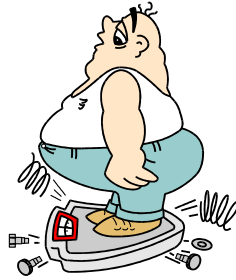
Unit 10: Health



Vocabulary



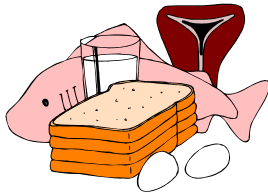
healthy
in shape



unhealthy
out of shape and overweight



sick
not well



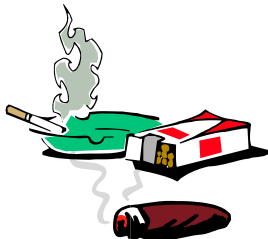
food



exercise
getting some exercise



stress
stressed out



a cigarette (cigarettes)
a cigar (cigars)



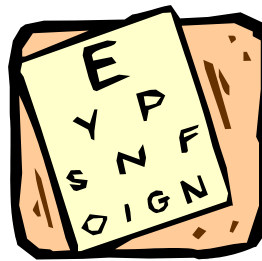
alcoholic drinks



nonalcoholic drinks



a physical exam



an eye exam



a dental exam

Important Health Words to Memorize	
The Health Word:	The Words in Your Language
1 to exercise	
2 nutrition	
3 overweight	
4 stress	
5 to sleep	
6 an exam, a checkup	
7 a lifestyle	
8 healthy	
9 sick	
10 to prevent	
11 physical	
12 dental	

How to Be Healthy

A healthy person feels good and seldom gets sick.
 A healthy person is careful to eat and drink good things.
 A healthy person usually lives longer than an unhealthy person.



To be healthy, do this:

Eat good food. Don't eat a lot of candy. Don't drink a lot of alcoholic drinks.

Get enough sleep. Be sure your children get enough sleep.

Get regular exercise.

Have fun. Take time to enjoy the people and things around you.

Don't smoke. Don't do drugs.

Learn how to handle stress.

Get regular physical, and dental checkups. Get your eyes checked, too.

Comprehension Check

1. What can you do to be healthy?

2. ▽ Why can smoking hurt your health?

3. ♦ What is stress? What kinds of things can cause stress?

Pronunciation

Your teacher will model the words in each group. Please repeat them as directed.

weight

alcohol

stress

nutri-

weight

alcohol

stressed

nutrition

overweight

alcoholic

stressful

nutritious

underweight

nonalcoholic

unstressed

innutritious

alcoholism

Clap the Stress

X

X x

X x x

x X x

stress

stressful

alcohol

nutrition

stressed

handle

exercise

nutritious

weight

dental

physical

unhealthy

age

person

regular

important

height

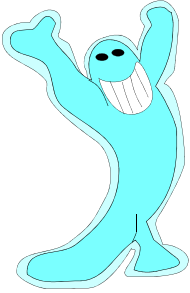
people

memorize

around you

Conversations

Conversation 1



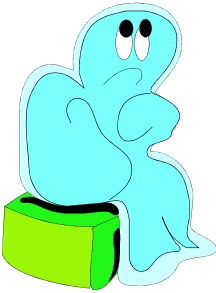
Person 1. What are you so happy about?

Person 2. *I'm feeling so much better since I started walking everyday.*

Person 1. Good for you! You look great, too.

Person 2. *Thanks.*

▽ Conversation 2



Person 1. What's the matter?

Person 2. *I don't feel good.*

Person 1. In what way?

Person 2. *I just yelled at the kids—for no reason.*

Person 1. You sound stressed out. Let's go for a little walk. It might help you to relax.

◆ Conversation 3



Person 1. What's the matter with him?

Person 2. *I don't know. He's been acting like that all day.*

Person 1. What time did he go to bed last night?

Person 2. *About 11. He watched a movie until then.*

Person 1. That's the problem! Kids his age need 8 to 10 hours of sleep at night.

Comprehension Check

1. List 3 healthy things you do that make you happy:

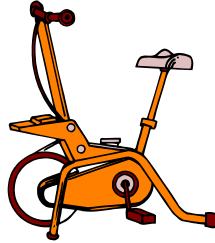
2. ▽ List 3 things that cause you stress (make you feel stressed out):

3. ◆ List 3 things parents can do to help their children stay healthy:

Vocabulary: Some Ways to Exercise



to do aerobics
He's doing aerobics.



an exercise bike



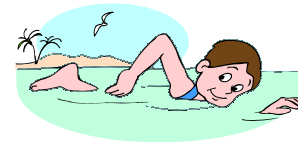
to jog
She's jogging.



to jump rope
He's jumping rope.



to stretch
She's stretching.



to swim
He's swimming.

Do You Exercise?

Physical exercise is an important part of staying healthy. Here are just a few of the reasons:

- it can help you lose weight
- it can strengthen your heart and lungs
- it can improve your blood pressure
- it can lower your stress level

Do you get some exercise every day?

___ yes

___ no

Do you exercise for at least 30 minutes a day?

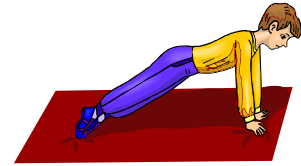
___ yes

___ no

If you said YES to both questions, good for you!

If you said NO to either question, talk to your doctor about an exercise plan.

Some Tips About Exercising



Good exercise must be regular.
You must do it every day—or every other day.

Good exercise includes 3 types of activity:

Endurance—to be able to do something a little longer each time.

Strength—to get stronger because you are using your muscles more.

Flexibility—to be able to bend and turn without injuring yourself.

Jogging is an example of working on endurance.

Doing pushups (see the picture) helps you work on strength.

Stretching exercises help you work on flexibility.

People should do at least 30 minutes of exercise every day. It can be two 15-minute jogs or raking leaves or climbing stairs. Or you can do 10 minutes of activity at three different times during the day.

WARNING! Check with your doctor about what exercises are best for you.

Important Exercise Words to Memorize

The Exercise Word:	The Words in Your Language
1 to exercise	
2 regular	
3 endurance	
4 strength	
5 flexibility	
6 an activity	
7 long, longer, longest	
8 strong, stronger, strongest	

Comprehension Check

1. List 2 ways you can work on endurance.

2. List 2 ways you can work on getting stronger.

3. List 2 ways you can work on flexibility (bending and turning).

5. ▽ Name some things that families can do together for good exercise.

6. ◆ *Physical exercise* is when you exercise your body. *Mental exercise* is when you exercise your mind. Name some activities that are good mental exercises.

Practice with a Partner

1. Tell each other your answers to the above questions.
2. Can you add to your answers by working together? Write down your new ideas.
3. Be prepared to share your new answers with your teacher or with the class.

Vocabulary: Some Important Food Words



bread



dairy products



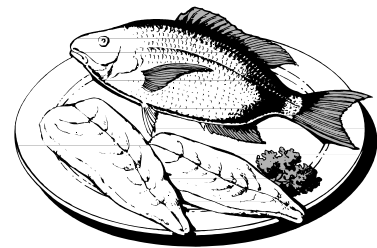
desserts



alcoholic beverages
beer, wine and liquor



nonalcoholic beverages
tea and coffee



fish
seafood

◆ The Food Pyramid

The picture on the next page is a food pyramid. It shows what food is most healthy and what food is not very healthy. The healthiest foods are at the bottom of the pyramid. It's OK to eat them often. The unhealthiest foods are at the top of the pyramid. Eat them in small quantities.

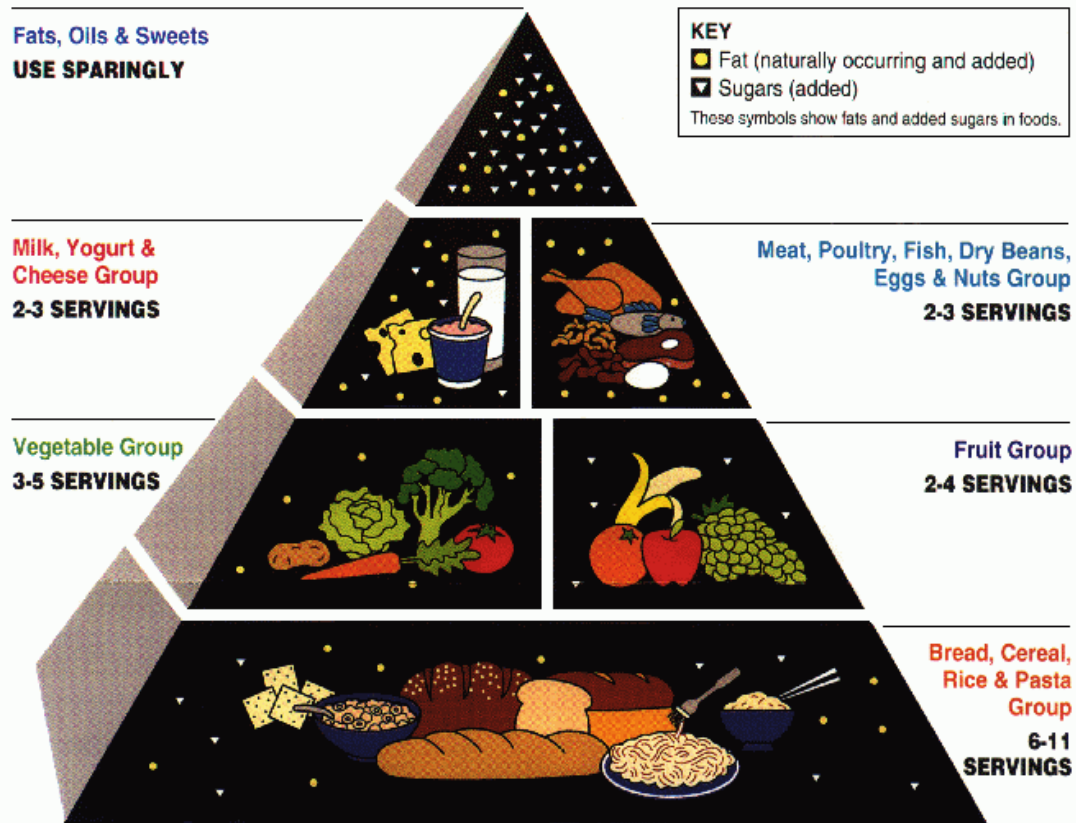
The food pyramid on the next page is based on traditional American food. The food pyramid after it is based on the Mexican culture.

There may be a pyramid online for your culture. One place to look is:

<http://www.nal.usda.gov/fnic/>. Go to that page on the Internet. Then click on

Food Guide Pyramid and 🍎 **Ethnic/Cultural Food Guide Pyramids**. There is information about healthy eating in more than 30 languages on this Internet site.

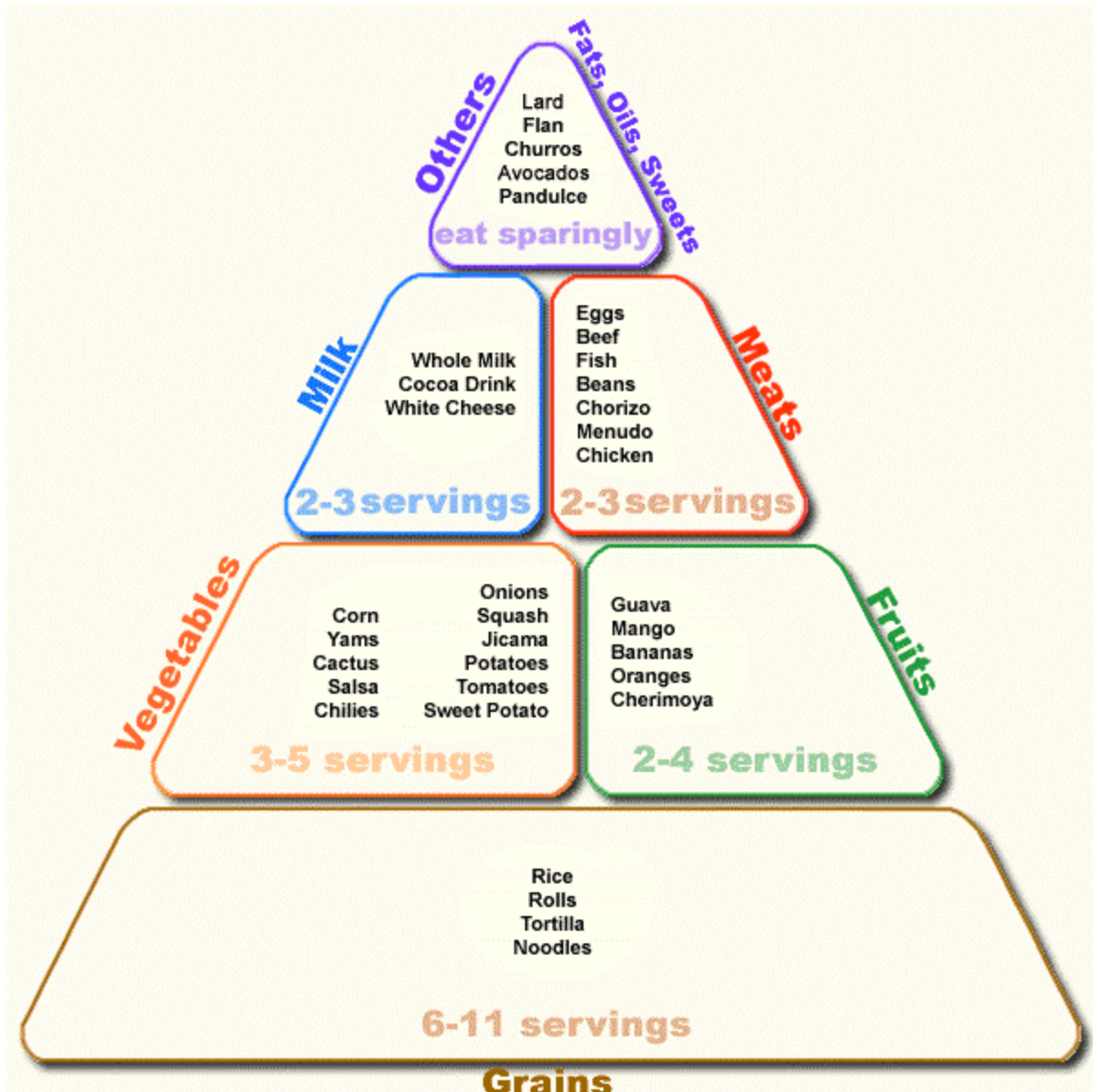
A Food Pyramid Based on Traditional American Food



SOURCE: <http://www.nal.usda.gov/fnic/>

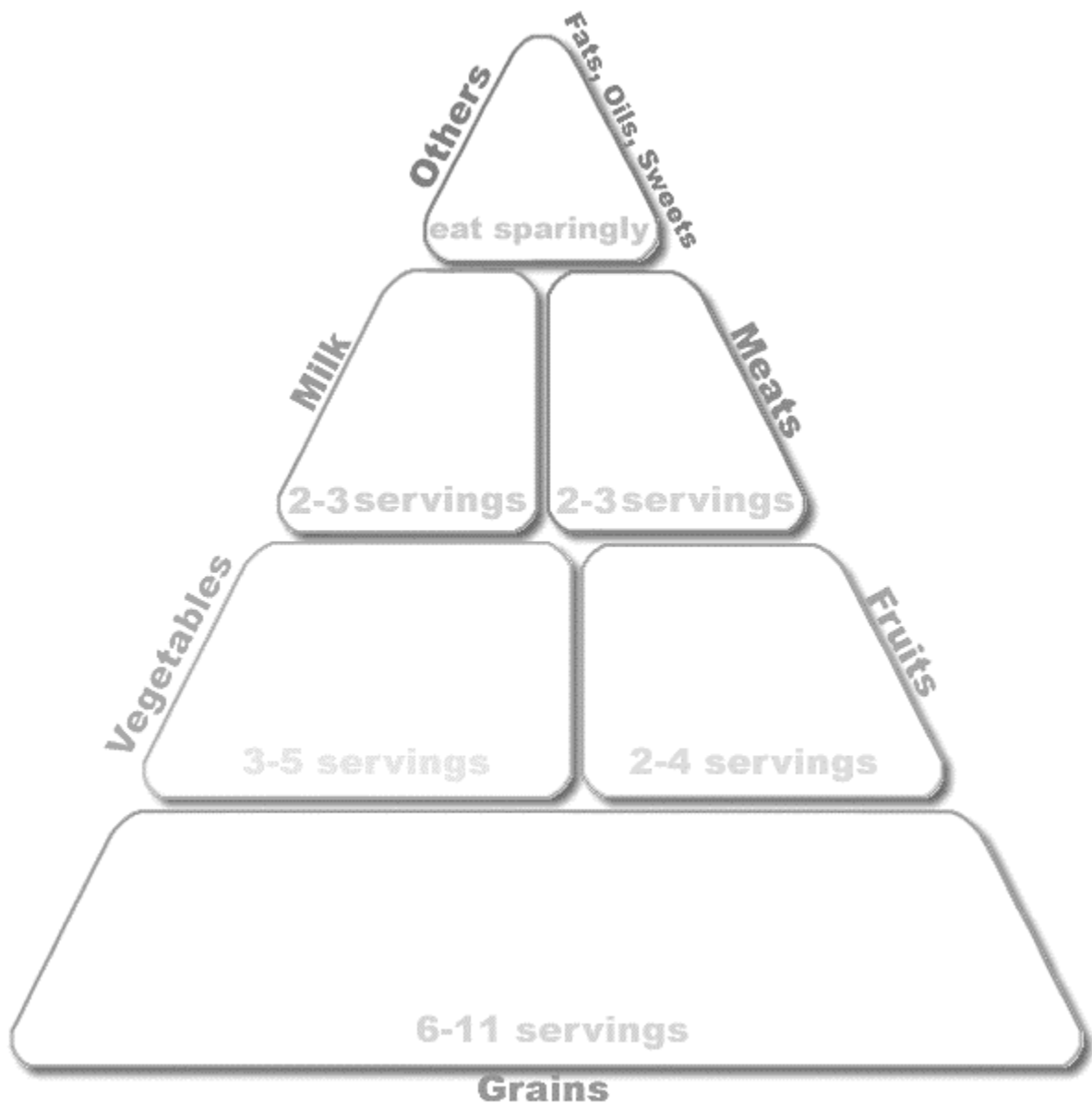
Important Food Pyramid Words to Memorize	
The Food Pyramid Word:	The Word in Your Language:
1 fats	
2 oils	
3 sweets (candy, cake, pies)	
4 servings	
5 sparingly	
6 dairy products (milk, yogurt, cheese)	
7 meat	
8 poultry	
9 beans	
10 nuts	
11 cereal	
12 pasta	

A Food Pyramid Based on Traditional Mexican Food



SOURCE: <http://www.nal.usda.gov/fnic/>

A Personal Food Pyramid



Think about the foods you eat regularly. Think about your favorite foods. Put foods you eat on the food pyramid. (You can either draw them or write their names.)

▽ Do you eat the right amount of these foods? If not, what changes can you make to be more healthy?

◆ What new foods can you add that would help you be more healthy in what you eat?

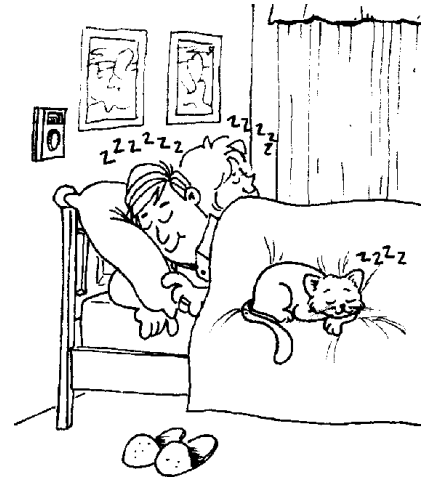
Are You Getting Enough Sleep?

How many hours of sleep did you get last night?
How many hours of sleep do you usually get?
What about the kids? Are they getting enough sleep?

Most children between 5 and 12 years old need about 8 to 10 hours of sleep at night. Many adults need 7 to 9 hours of sleep at night.

Each person's needs are a bit different.
Find out what seems best for you.
Then try to get enough sleep every night.

Here are some tips for people who have trouble sleeping:
Try to go to bed at about the same time every night.
Don't drink anything that has caffeine in it after dinner.
Take a warm bath before just before you go to bed.



Comprehension Check

1. How many hours of sleep does a 10-year-old child need? _____
2. How many hours of sleep do you need? _____
3. Do all adults need the same amount of sleep? _____
4. ▽ Why should most people not drink coffee just before they go to bed?

5. ◆ If someone is having trouble sleeping at night, what can that person do?



Cultural Notes

In the USA:

Americans have many health problems, even though the United States is a modern country. Here are some of the biggest health problems:

- 35 of every 100 Americans are overweight (they weigh too much)
- 13 of every 100 children and teenagers are overweight
- The 2 leading causes of death in the USA are heart disease and cancer.
- Americans are out of shape. More than 60 percent of American adults are not regularly active, and 25 percent of the adult population does not do any physical exercise.

Now for some good news: The life expectancy for Americans is about 77 years.

In Your Country:

What are some of the biggest health problems?

What is the life expectancy?

What are some of the leading causes of death?

Are most people in good physical shape? (Do they get enough physical activity?)

Class Action Activities

Here are some ideas. Decide which is most helpful to your class. If none of these ideas will help you any, create one that will. Your teacher will help you organize and carry out the project.

1. Invite a personal trainer or a physical therapist to the class to talk about and demonstrate ways to exercise safely.
2. Download and print out good health guidelines. You'll find a lot of good materials at <http://www.nal.usda.gov/fnic/>.

Personal Action Activity



Choose one of the following things to do. Choose the one that will help you the most. If neither of these will help you, please write and do one that will.

1. Talk with your family or a friend about improving either your weight or your daily exercise. How can you help each other?
2. Use the Personal Action Worksheet to work on a question or problem of your own choosing that has something to do with your health or your family's health.
3. Use the following food pyramid to explain to your kids about healthy eating.





SOURCE: www.familyfoodzone.com/pyramid/index.html

Community Action Worksheet

	Do This:	Notes/Results:																						
<p>STEP 1</p> <p style="font-size: 2em; color: blue; text-align: center;">?</p>	<p>1. What is your question?</p> <p>OR</p> <p>2. What is your problem?</p>																							
<p>STEP 2</p> 	<p>Where to get good, free information. Mark the ones you will try:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%; border: none;"><input type="checkbox"/> family or friends</td> <td style="width: 50%; border: none;"><input type="checkbox"/> school</td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> classmates</td> <td style="border: none;"><input type="checkbox"/> Better Business Bureau</td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> police</td> <td style="border: none;"><input type="checkbox"/> church</td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> bulletin boards</td> <td style="border: none;"><input type="checkbox"/> library</td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> TV or radio</td> <td style="border: none;"><input type="checkbox"/> boss or someone else at work</td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> newspaper</td> <td style="border: none;"><input type="checkbox"/> community center</td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> books/magazines</td> <td style="border: none;"><input type="checkbox"/> recreation center</td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> encyclopedia</td> <td style="border: none;">_____</td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> phone book</td> <td style="border: none;">_____</td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> map</td> <td style="border: none;">_____</td> </tr> <tr> <td style="border: none;"><input type="checkbox"/> Internet</td> <td style="border: none;">_____</td> </tr> </table>	<input type="checkbox"/> family or friends	<input type="checkbox"/> school	<input type="checkbox"/> classmates	<input type="checkbox"/> Better Business Bureau	<input type="checkbox"/> police	<input type="checkbox"/> church	<input type="checkbox"/> bulletin boards	<input type="checkbox"/> library	<input type="checkbox"/> TV or radio	<input type="checkbox"/> boss or someone else at work	<input type="checkbox"/> newspaper	<input type="checkbox"/> community center	<input type="checkbox"/> books/magazines	<input type="checkbox"/> recreation center	<input type="checkbox"/> encyclopedia	_____	<input type="checkbox"/> phone book	_____	<input type="checkbox"/> map	_____	<input type="checkbox"/> Internet	_____	
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<input type="checkbox"/> books/magazines	<input type="checkbox"/> recreation center																							
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<input type="checkbox"/> phone book	_____																							
<input type="checkbox"/> map	_____																							
<input type="checkbox"/> Internet	_____																							
<p>STEP 3</p> 	<p>1. Get the information.</p> <p>2. Write down things that will help you.</p> <p>3. Discuss the information with your class or friends or family.</p> <p>(Take plenty of notes, or get brochures, or copy things that will help you.)</p>																							
<p>STEP 4</p> <p style="font-size: 1.5em; color: green; text-align: center;">DO IT!</p>	<p>1. Do what you think is best, based on the information you found.</p> <p>2. Write down the results.</p> <p>3. Write down other action you want to take.</p>																							

Personal Action Worksheet

	Do This:	Notes/Results:																						
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My Favorite Ways to Exercise

Write or tell your teacher about your favorite ways to exercise. Or tell how your family exercises together.

One of My Favorite Recipes

Write down (or tell your teacher) a recipe for one of your favorite foods.

Draw or paste a picture of the food here: