

CHRISTIAN UNIVERSITY OF THE ASSEMBLIES OF GOD



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Chair: English 2, Week 7 homework

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It's important to get rest.

1 Any suggestions?

A Check (✓) the best advice for each health problem.

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1. a backache

- ☒ use a heating pad
- ☐ get some exercise
- ☐ drink herbal tea

2. a bad cold

- ☐ see a dentist
- ☒ go to bed and rest
- ☐ go swimming

3. a burn

- ☐ take a multivitamin
- ☒ put it under cold water
- ☐ drink warm milk

4. a headache

- ☐ take some vitamin C
- ☒ take some pain medicine
- ☐ take a cough drop

5. an insect bite

- ☒ apply anti-itch cream
- ☐ use eyedrops
- ☐ drink lots of liquids

6. sore muscles

- ☐ drink lots of hot water
- ☐ take some cold medicine
- ☒ use some ointment

B Write a question about each problem in part A. Then write answers using the words from the box. Use the advice in part A or your own ideas.

It's important . . . It's sometimes helpful . . . It's a good idea . . .

1. A: What should you do for a backache?
B: It's sometimes helpful to use a heating pad.
2. A: What should you do for a bad cold?
B: It's important to go to bed and rest.
3. A: What should you do for a burn?
B: It's a good idea to put it under cold water.
4. A: What should you do for a headache?
B: It's important to take some pain medicine.
5. A: What should you do for an insect bite?
B: It's sometimes helpful to apply anti-itch cream.
6. A: What should you do for sore muscles?
B: It's a good idea to use some ointment.

rewrite these sentences. Give advice using *it's important . . .*, *it's a good idea . . .*, or *it's sometimes helpful . . .*

Grammar note: Negative infinitives

Problem	Advice	Negative infinitive
For the flu,	don't exercise a lot.	For the flu, it's a good idea not to exercise a lot.

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- For a toothache, don't eat cold foods.
For a toothache, it's important not to eat cold foods.
- For a sore throat, don't talk too much.
For a sore throat, it's important not to talk too much.
- For a burn, don't put ice on it.
For a burn, it's a good idea not to put ice on it.
- For insomnia, don't drink coffee at night.
For insomnia, it's sometimes helpful not to drink coffee at night.
- For a fever, don't get out of bed.
For a fever, it's a good idea not to get out of bed.

3 Check (✓) three health problems you have had. Write what you did for each one. Use the remedies below or your own remedies.

Health problems

- | | |
|--|--------------------------------------|
| <input checked="" type="checkbox"/> a cough | <input type="checkbox"/> a backache |
| <input checked="" type="checkbox"/> a headache | <input type="checkbox"/> the hiccups |
| <input type="checkbox"/> insomnia | <input type="checkbox"/> a sunburn |
| <input checked="" type="checkbox"/> a cold | <input type="checkbox"/> stress |

Some remedies

- take some pain medicine
- get some medicine from the drugstore
- use some lotion
- put some ointment on it
- take some cough drops
- see my doctor/dentist
- go to bed
- do nothing



Example: *Yesterday I had a bad headache, so I took some pain medicine.*

- A few months ago, I had a cold. I took some cold pills.*
- Last night, I had a headache, so I went to sleep and rest.*
- A week ago I had a cough, so I took cough syrup.*

4 Learning to laugh

A Scan the article. Check (✓) the sentence that is the better summary of the article.

- ☐ People who laugh at least once a day live longer than people who don't.
- ☒ Laughter has important health benefits for your body.



LAUGH IT OFF

Have you laughed today? If so, you probably did a good thing for your health.

Psychologists now consider laughing to be an important practice for good health. Laughter is known to reduce stress, improve the body's ability to fight disease, and make life happier and more interesting. It adds to the pleasure we get from other people and the enjoyment other people get from us.

Dr. Madan Kataria, the founder of Laughter Yoga, discovered that laughter does not have to be real to be good for the body. In Laughter Yoga, people combine yoga breathing with laughter exercises in a group. This allows people to practice laughing without the presence of humor.

Dr. Kataria has found that the body responds well just to the physical act of laughing.

Dr. Annette Goodheart was one of the first doctors in the U.S. to promote laughter for health. In her book *Laughter Therapy: How to Laugh About Everything in Your Life That is Not Really Funny*, she writes, "Everyone usually knows what they think is funny or can laugh at. But I help people laugh about things that aren't funny and support them in re-balancing and resolving their pain."

People who say that laughter is the best medicine might be right. A laugh a day keeps the doctor away!

B Check (✓) True or False.

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	True	False
1. Laughter can help the body fight disease.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2. The more you laugh, the more other people like you.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3. Laughter is healthier for you if it is real.	<input type="checkbox"/>	<input checked="" type="checkbox"/>
4. Psychologists believe it is healthy to laugh at all situations.	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5. Dr. Goodheart helped patients focus only on funny things.	<input type="checkbox"/>	<input checked="" type="checkbox"/>

C Describe a time you laughed hard at something. How did you feel afterward?

I felt very happy and it lifts my spirits a lot.

5 What do you suggest?

A Complete the word map with medicines from the list.

- | | | |
|---|--|---|
| <input checked="" type="checkbox"/> anti-itch cream | <input checked="" type="checkbox"/> herbal tea | <input checked="" type="checkbox"/> pain medicine |
| <input checked="" type="checkbox"/> bandages | <input checked="" type="checkbox"/> insect spray | <input checked="" type="checkbox"/> shaving cream |
| <input type="checkbox"/> eyedrops | <input type="checkbox"/> muscle ointment | |



B What should these people buy? Give advice. Use the containers and medicine from part A.

- Danielle is having trouble sleeping.
She should buy a box of herbal tea.
- Simon has a bad headache.
He should buy a bottle of pain medicine.
- Maria's shoulders are sore after her workout.
She should buy a can of muscle ointment.
- There may be mosquitoes where Brenda's camping.
She should buy a tube of insect spray.
- Sam has a cut on his hand.
He should buy a box of bandages.
- Graciela has dry, itchy skin on her feet.
She should buy a tube of anti-itch cream.
- Nathan cut his chin when he shaved with soap and water.
He should buy a bottle of shaving cream.
- Sally's eyes are red and itchy.
She should buy a can of eyedrops.



6 Check (✓) the correct sentences to make conversations.



1. Pharmacist: ☒ Can I help you?

☐ Should I help you?

Customer: ☐ Yes. Can I have a bottle of pain medicine?

☒ Yes. I suggest a bottle of pain medicine.

Pharmacist: Here you are.

Customer: ☐ And what do you need for a sunburn?

☒ And what do you have for a sunburn?

Pharmacist: ☐ Do you suggest this lotion?

☒ I suggest this lotion.

Customer: Thanks.

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2. Pharmacist: Hi. Can I help you?

Customer: ☐ Yes. Can I suggest something for sore muscles?

☒ Yes. Could I have something for sore muscles?

Pharmacist: ☒ Sure. Try this ointment.

☐ Sure. Could I try this ointment?

Customer: ☐ Thanks. And what should you get for the flu?

☒ Thanks. And what do you suggest for the flu?

Pharmacist: ☐ Can I have some of these tablets? They really work.

☒ Try some of these tablets. They really work.

Customer: ☐ OK, thanks. I'll take them. And you should get a box of tissues.

☒ OK, thanks. I'll take them. And could I have a box of tissues?

Pharmacist: Sure. Here you are.