**A Healthy Excuse**

**PART TWO**

**MAIN DIALOGUE**

**EXERCISE 1** **Scanning for the Main Idea**

***Directions****: Listen to the dialogue and try to get a general idea of what is happening. Remember, you don't need to understand everything. Just try to answer the following question:*

What is the main idea of this dialogue?

a. drinking and driving

b. taking a test

c. describing an illness

**EXERCISE 2 Scanning for the Important Points**

***Directions****: Now, listen to the dialogue again to answer these questions:*

1. What does Christine say is her problem?

2. What did Christine do last night?

3. Christine’s mother is worried that Christine did something bad last night. What was it?

4. Why does Christine's mother want to call the doctor?

5. Who calls Christine? Why?

6. What is Christine’s real problem?

**EXERCISE 3A Scanning for Specific Pieces of Information**

***Directions:*** *Look at the following chart of symptoms. Discuss any vocabulary with your teacher.*

|  |  |  |  |
| --- | --- | --- | --- |
| **Symptom** |  | **Symptom** |  |
| Fever/temperature |  | Chills/shivering |  |
| Vomiting/throwing up |  | Rash |  |
| Stomach ache |  | Dizziness |  |
| Earache |  | Back ache |  |
| Headache |  | Cramps |  |
| Gas pains |  | Diarrhea |  |
| Heartburn/Acid Indigestion |  | Nausea |  |
| Constipation |  | Sore throat |  |
| Nasal congestion |  | Runny nose |  |

**EXERCISE 3B**

***Directions:*** *Listen to the dialogue one more time. While you are listening, put a check next to the symptoms that Christine says she has.*

**EXERCISE 4 Vocabulary in Context**

***Directions:*** *Listen to these sentences from the dialogue and circle the answer that**has the same meaning.*

1. a. I feel a little sick.

b. I am tired of the cold weather.

2. a. I’m sure you know that drunk driving causes car accidents.

b. I'm sure you know that alcohol can make young people sick.

3. a. Kids do bad things so their friends will like them.

b. Kids like to go out and be in big crowds.

4. a. Please let me rest.

b. Please stop bothering me.

5. a. Many people have been getting the same sickness.

b. You must feel very dizzy.

6. a. Your throat has redness.

b. Your throat doesn’t have redness.

7. a. I don’t know how to take care of you.

b. I don't think that you are sick.

**EXERCISE 5**

***Directions:*** *In pairs or small groups, discuss the following questions.*

1. Do you think Christine and her mother have a good relationship? Why /why not?

2. When do you think this dialogue takes place (time of day, time of year, and so on)?

3. Do you think Christine drank alcohol last night? Why/why not?

4. Have you ever told someone you were sick when you felt fine? If

yes, give details.

5. Have you ever told someone you were fine when you felt sick? If yes, give details.

**PART THREE EXPANSION**

**Section 1 Illnesses**

***Directions:*** *The class will be divided into pairs of students. Each member of the pair will look at his or her own chart with information about illnesses. Student A will look only at Chart A. Student B will look only at Chart B. Each student will have missing information that his or her partner can supply. For example, if you are missing the possible symptoms of the first illness on the chart, ask your partner for that information. Then, fill in the information on your chart. Do not look at your partner’s chart. If you don't know how to spell a word, ask your partner to spell it for you. If you have trouble with the vocabulary, ask your teacher for help.*

**Chart A**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Name of Illness | Possible Symptoms | Contagious | Vaccination Available | Possible Treatments |
| 1.Flu |  |  | yes | aspirin, nasal spray, cough suppressant, bed rest |
| 2.Allergy | Sneezing, rash, runny nose, itchy swollen eyes |  | no |  |
| 3.Measles | red sports all over body, itching, fever | yes |  |  |
| 4.Cancer |  | no |  | radiation, treatment, chemotherapy, surgery |
| 5.Poison oak/ivy | itching, runny blisters, no fever |  | no |  |
| 6.Ulcers |  | no |  | liquid stomach medicine, surgery |
| 7.Heart Trouble | Shortness of breath, chest pains, nausea |  | no |  |
| 8.Asthma |  | no |  | inhalers, live in area with warm, dry weather |

**Chart B**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Name of Illness | Possible Symptoms | Contagious | Vaccination Available | Possible Treatments |
| 1.Flu | fever, chills, runny nose, sore throat | yes |  |  |
| 2.Allergy |  | no |  | antihistamines, injections, change diet |
| 3.Measles |  |  | yes | bed rest, keep patient away from other people, especially pregnant women |
| 4.Cancer | lumps, rectal bleeding, losing weight, blue or black skin growths, swelling under armpits or in throat |  | no |  |
| 5.Poison oak/ivy |  | no |  | creams, lotions, antihistamines, injections |
| 6.Ulcers | indigestion, sharp, stabbing pain in stomach |  | no |  |
| 7.Heart Trouble |  | no |  | easier living, medicine, surgery |
| 8.Asthma | Breathing is very difficult and has a wheezing sound. |  | no |  |

**EXERCISE 1 B**

***Directions:*** *Look at the chart and listen to the dialogues. For each dialogue, take notes about the symptoms and treatments. Remember to use abbreviations and symbols. Then, write down the name of the illness or condition that you think the people in the dialogue have.*

|  |  |  |
| --- | --- | --- |
| Symptoms | Treatments | Condition/Illness |
| Dialogue 1 |  |  |
| Dialogue 2 |  |  |
| Dialogue 3 |  |  |

**EXERCISE 2A**

***Directions****: Read the following passage and discuss the meaning with your teacher.*

We have talked about many different kinds of illnesses so far in this chapter. Some of these illnesses are temporary and not very serious, while others are chronic and very dangerous. One disease that has killed many people is called AIDS. It is very important for you to know about this illness.

**What is AIDS?**

AIDS stands for Acquired (not born with) Immune (your body’s ability to fight disease) Deficiency (not working properly) Syndrome (a group of signs and symptoms). A virus called *HIV* causes AIDS. The AIDS virus can affect people in different ways. People carrying HIV can give the virus to others, even if they don't have any symptoms. It can take several years for any signs of the illness to appear. People with AIDS often get sick with many illnesses that their bodies are not able to fight. Some of the diseases are fatal, and there is no cure for AIDS right now.

**How do people get AIDS?**

AIDS is very difficult to get. It is not contagious like a cold or the flu. It is only spread through blood and sex. People who are at risk for AIDS:

1. Have unsafe sex (sex without a condom) with someone who is infected with the HIV virus.
2. Share intravenous (I.V.) needles with someone who is infected with the AIDS virus.

3. Receive blood transfusions of blood products from someone infected with the AIDS virus. (Since 1985, tests have been used to make sure that the blood supply is safe).

4. Are born to a woman infected with the AIDS virus.

**You cannot get AIDS by:**

1. Going to a public event or riding public transportation.

2. Eating in restaurants.

3. Swimming in public pools.

4. Being bitten by an insect.

5. Sharing clothing, dishes, food, or toilet seats with someone who has

AIDS.

6. Coughing or sneezing; hugging or playing with someone who has AIDS.

7. Donating blood to a blood bank.

**What are the symptoms of AIDS?**

At first, the symptoms of AIDS can look like common illnesses such as a cold or the flu. Some of the symptoms are:

1. Chronic diarrhea.

2. Fever, chills, or night sweats lasting longer than several weeks.

3. Extreme weight loss (losing more than ten pounds) without a reason.

4. Swollen glands in the neck or under the arms lasting more than two weeks.

5. White spots or sores in the mouth.

6. Dry cough or shortness of breath.

7. Memory loss or confusion.

Remember, these symptoms are common in other illnesses as well. With

AIDS, however, these symptoms can last longer or be much more serious. If you have these symptoms, you should see a doctor.

**How can I find out if I have the AIDS virus?**

To find out if you have the AIDS virus, there is a special blood test you can take called the HIV Antibody Test. Most communities have health centers listed in your telephone book, where you can take the test for free. If the test result is positive, it means that you have the AIDS virus. If the test result is negative, it means that you do not have the AIDS virus.

**Can AIDS be treated?**

There is no cure for AIDS at this time. However, many new more powerful drugs and treatments have been developed to help People With Aids (P.W.A.s) live longer and more comfortably.

**How can I protect myself from AIDS?**

The best way to protect yourself from getting AIDS is to make sure that you know the facts about how this disease is, and is not, spread. If you share this information with your family and friends, fewer people will be at risk for this disease.

**EXERCISE 2B**

***Directions:*** *Listen to the following conversations and decide whether or not the people speaking or being spoken about are at risk for getting AIDS. Circle your answer.*

1. At risk

Not at risk

2. At risk

Not at risk

**PART FOUR**

**FOCUS: NUMBER STRESS**

Many nonnative English speakers have trouble hearing the difference between numbers in the teens (*thirteen, fourteen, fifteen,* and so on) and numbers in increments of ten (*thirty, forty, fifty,* and so on). English uses stress (increased loudness and length of the sound) to clarify the difference between these numbers.

For numbers in the teens, the stress is always on the second syllable: *teen.*

**Example:** He was in the hospital for fourteen days.

For numbers in increments of ten, the stress is always on the first syllable.

**Example:** He was in the hospital for forty days.

As you can see, the stress and meanings are both very different. If you do not hear the difference in stress, there may be serious misunderstandings.

**EXERCISE 1**

***Directions:*** *Listen to the following sentences. Circle the number you hear.*

1. a.15

b.50

2. a.15

b.50

3. a.1335

b.3035

4. a.13

b.30

5. a.14

b.40

6. a.14

b.40

7. a.16

b.60

8. a.17

b.70

9. a.19

b.90

10. a.18

b.80

**EXERCISE 2**

***Directions:*** *Listen to the sentences and write the number you hear.*

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**PART FIVE**

**LISTENING PRACTICE**

**EXERCISE 1**

***Directions:*** *You will hear seven questions. Read the three possible responses and circle the correct answer.*

1. a. A fever of 102 degrees.

b. A little under the weather.

c. Yes, I am.

2. a. Yes, a lot.

b. Sneezing, runny nose, and chills.

c. I bought Hakker’s cough suppressant.

3. a. Yes, and we got some medicine right away.

b. No, she’s never had that disease.

c. No, she’ll get one when she starts school.

4. a. He told me to get some aspirin.

b. She suggested that I use some rubbing alcohol.

c. He wants me to take penicillin.

5. a. Use an inhaler.

b. Take a laxative.

c. Try some antacid tablets.

6. a. Some bandages and sterile cotton.

b. Some mouthwash and dental floss.

c. Some deodorant and athlete’s foot cream.

7. a. Yes, I've heard there is.

b. I don’t know. We should ask a doctor.

c. I think it’s easy to catch that disease.

**EXERCISE 2**

***Directions:*** *You will hear seven sentences. Read the three choices and circle the correct answer.*

1. a. He’s probably itching.

b. He’s probably coughing.

c. He’s probably vomiting.

2. a. She has AIDS.

b. She has asthma.

c. She has cancer.

3. a. I owe you fifty cents.

b. I owe you eighty-five cents.

c. I owe you fifteen cents.

4. a. It might be a stomach virus.

b. It might be cancer.

c. It might be asthma.

5. a. She will probably have the disease for a long time.

b. She will probably die from this disease.

c. She will probably get better soon.

6. a. The doctors don’t know what Mr. Mason’s symptoms are.

b. The doctors don’t think that Mr. Mason is sick.

c. The doctors don’t know how to help Mr. Mason.

7. a. They probably both have colds.

b. Bob probably has a cold.

c. Jerry probably has a cold.

**EXERCISE 3**

***Directions:*** *You will hear four conversations. At the beginning of each conversation, you will hear a question. Listen to the conversation. Then, circle the best answer.*

1. a. cancer

b. stomach flu

c. a cold

2. a. diarrhea

b. chills

c. fever

3. a. She probably needs a prescription.

b. She probably needs a checkup.

c. She probably needs a vaccination.

4. a. He has allergy problems.

b. He needs a checkup.

c. He is sick.

**EXERCISE 4**

***Directions****: Listen to the sentences. Choose the correct vocabulary word.*

1. a. antihistamines

b. swollen

c. injection

2. a. gargle

b. antiseptic

c. inhaler

3. a. penicillin

b. antacid

c. inhaler

4. a. sneezing

b. chills

c. itching

5. a. itching

b. diarrhea

c. nasal congestion

6. a. gargle

b. sterile cotton

c. dosage

7. a. laxative

b. antihistamine

c. gargle

8. a. contagious

b. vaccination

c. antiseptic

9. a. nausea

b. rash

c. dizziness

10. a. heart trouble

b. allergies

c. poison oak

**PART SIX**

**USING IT: HEALTH AWARENESS CAMPAIGN**

It is very important that people get good information about how to stay healthy. In this exercise, you will make an information poster to teach people how to protect themselves and their loved ones from some serious illnesses.

***Directions:*** *In groups, choose an important health concern from the list below:*

AIDS awareness Childhood immunization

Breast cancer awareness Prostate cancer screening

Prenatal care Skin cancer prevention

Create a poster that is really eye catching. Make sure that the information is clear and easy to understand and that it leaves the reader thinking about the topic. Choose your words and pictures very carefully. To get information about your topic, you can visit local health agencies or hospitals, go to the library, and use the Internet. Try to be creative. Your goal is to get people to become aware and interested in these very important topics. You can be very serious in your poster or you might use humor. In either case, you want your poster to get a lot of attention.