



# ENGLISH

## Chapter 11 Session B

**3rd**  
SECONDARY

**MAKE A DIFFERENCE**  
Suggestions



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## Trinidad and Tobago and Its Cultural Relationship with the Ocean



Trinidad and Tobago, a two-island nation in the southern Caribbean, is home to nearly 1.4 million people whose existence is tied to the sea. Trinidadians ('Trinis,' as citizens proudly call themselves) and Tobagonians say they are blessed with a particular phenomenon in that their country consists of 15 times more ocean than land area. They firmly believe they have to pay attention to the marine and coastal environments, home to fish, sharks, turtles, coral reefs and numerous marine organisms.

Trinidadians understand that oceans are part of what it means to be a Trini. There is a traditional ritual when a baby is born: at a specific time, babies are taken to the beach to dip their feet in the saltwater so that they can grow up healthy. When you are sick or there is something wrong with you, such as an upset stomach, you should go to the beach to drink some of the salt water.

Oceans play an essential role in human well-being, producing half of the oxygen for life on the planet. Therefore, Trinidadians and Tobagonians are aware of the importance of sustainable development, which includes action on ocean-related issues such as reducing plastic pollution and addressing the impact of climate change. Protecting the ocean to protect humanity is their goal.

1



Read and listen to the information.

Then check (✓) the correct information.

a Trinidad and Tobago...

☐

has an intimate relationship with the sea.

☐

consists of one island in the southern Caribbean.

b Trinis feel...

☐

the marine and coastal environments aren't of vital importance.

☐

they are blessed by living in a region where the ocean covers more area than the land.



**c** When babies are born...

☐ they are taken to the sea to dip their feet in the saltwater.

☐ they are blessed by a local priest.

**d** Trinis believe...

☐ boiling and bathing in seawater can heal many diseases.

☐ drinking sea water helps heal an upset stomach.



e Trinidadians and Tobagonians...

☐

know the importance of sustainable development.

☐

think they don't need to worry about actions on ocean-related issues.



**2** In your country, are there any cultural traditions related to nature? Describe (it / one of them) and its impact on people's lives.

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## Health Problems



- 1 Read the words in the box. Which words can you use to describe pictures a-d?

broken arm

☐

insect bite

☐

cold

☐

sick

☐

cough

☐

sore throat

☐

cut

☐

stomachache

☐

earache

☐

temperature

☐

headache

☐

2



Listen and repeat.



**3** Choose the correct words.

- a** A **headache / stomachache** is when you have a pain in your head.
- b** He went outside without a coat in January and now he has **a cold / an insect bite**.
- c** She has a **sore throat / stomachache** because she ate her dinner very quickly.
- d** I was talking all day yesterday and now I have **a sore throat / a broken arm**.



- 4** Answer the questions. Use the words in the box.

drink water   have a cough drop   lie down  
put on a bandage   take an aspirin

What do you do when you have...

... a headache? *I take an aspirin and I lie down.*

**a** ... a sore throat? \_\_\_\_\_

**b** ... a cough? \_\_\_\_\_

**c** ... a cut? \_\_\_\_\_

**d** ... a temperature? \_\_\_\_\_

- 5  **INTERFACE** Work in pairs. Ask and answer the questions in activity 4.



## READING 2

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1



Read and listen to the interview.  
What does John Martin do in his free time?

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# Mountain Rescue!

John Martin works for the rescue service in the National Park.

**Q: John, is this your only job?**

**A:** No, I'm an electrician, but in my free time I'm a volunteer for the rescue service.

**Q: What are the most common problems?**

**A:** A very common problem is exhaustion. If someone in your group looks tired, you should all rest. You should also carry high energy food, like chocolate.

**Q: And what should I do if someone has a broken leg or arm? Should I move them?**

**A:** No, you shouldn't move them. You should call for help.



**Q: Who should I contact?**

**A:** You should call 911 to speak to the police. While you wait, you should keep the person warm.

**Q: What about for minor things like insect bites?**

**A:** Use cold water or a special cream, but if the person has a temperature you should contact a doctor.



**2** What is John Martin's advice for these situations?

**a** Someone feels tired.

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**b** Someone has a broken leg.

---

**c** You need to speak to the police.

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**d** Someone has an insect bite.

---

**e** Someone has a temperature.

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## VOCABULARY 2

### Health Problems

- 1 Look at the pictures and complete the words.

a She has a cold.

b He has a c\_\_\_\_\_.

c He has a t\_\_\_\_\_.

d She has a c\_\_\_\_\_.

e She feels s\_\_\_\_\_.

- 2** Match a word in box A with a word in box B and write the health problems. Do you write them as one or two words?

**A** ~~broken~~ ear head insect  
sore stomach

**B** ache (x3) ~~arm~~ bite throat

*broken arm*

**a** \_\_\_\_\_

**b** \_\_\_\_\_

**c** \_\_\_\_\_

**d** \_\_\_\_\_

**e** \_\_\_\_\_

- 3** Look at the pictures and complete the sentences with the words in the box. Then match the sentences a-f to the responses 1-6.

broken arm   cut   headache  
insect bite   sore throat   stomachache

- a** I have a nasty \_\_\_\_\_ on my hand.



- b** I have a \_\_\_\_\_ on my finger.





c This \_\_\_\_\_ is terrible.



d My \_\_\_\_\_ is getting worse.



e I think I have a \_\_\_\_\_!



f I have a \_\_\_\_\_ and I feel sick.



- 1 Do you want some cough drops?
- 2 Come on, let's go to the hospital.
- 3 I think I have some special cream somewhere.
- 4 Put on a bandage; there are some in the bathroom.
- 5 Do you need an aspirin?
- 6 Drink some water, then lie down.