

READING

Staying healthy

LEVEL

Beginner (A1)

NUMBER

EN_A1_2054R

LANGUAGE

English



Learning outcomes

- I can understand a short text about a visit to the doctor's.
- I can describe what to do when I'm not feeling well in very simple terms.





I hate **being sick**, but I like
visiting my **doctor**. She is
really nice!





Health vocabulary



” Talking about being unwell



I don't feel well and I am very **tired**.

When I **cough**, I cover my mouth with my **hand**.



Talking about being unwell



I am **sneezing**, not **coughing**.

I need a **plaster** if I have a small injury.



I have a **fever**, so I think I have **the flu**.

If you are very sick, you might need **an injection**.



At the doctor's

Steve is having a bad day. He is sitting in a room at the doctor's office. The weather in Vancouver is cold and rainy, and his leg hurts from slipping on the stairs in his apartment building. He covers his mouth with his hand as he coughs and sneezes. He feels tired and unhealthy.

Steve doesn't like going to the doctor. He only goes when he is very sick or when he gets hurt at work. He remembers being a child and going to the doctor to get an injection. He remembers crying and he is still afraid of needles. Steve knows his doctor very well, and he is very nice, but he still hates coming here.





Answer questions about the text

1 Steve's _____ is hurting.

a. arm

b. foot

c. leg

d. head

2 Steve feels tired and _____.

a. healthy

b. sleepy

c. well

d. unhealthy

3 Steve _____ like going to the doctor.

a. doesn't

b. can

c. can't

d. don't



Match the pictures to the nouns

1



2



3



4



a doctor

b injection

c glove

d patient

Match to make sentences

1 The weather in Vancouver...

2 Steve doesn't like...

3 Steve is afraid...

4 He covers his mouth...

5 Steve knows his doctor...

a to go to the doctor.

b with his hand.

c is rainy.

d very well.

e of needles.



At the doctor's

The doctor walks in with a smile on his face. 'Hi Steve, how are you?'

'Hi Doctor Smith, I'm not feeling well. My leg hurts and I think I have the flu.'

The doctor examines Steve. First, he checks his leg to see if he has a serious injury.

'I slipped on the wet stairs outside my apartment,' Steve explains.





Unscramble the words to make a sentence

because

to

is going

he has

Steve

the doctor

he

thinks

the flu.



Vocabulary

Do you know these words? Check them with your teacher and make sentences with them.

to examine

to hurt

smile

serious injury

apartment

feeling well



At the doctor's

The doctor smiles and tells him his leg is OK. It's just a twisted ankle and a few bruises. Next, the doctor checks Steve's throat and lungs. He asks Steve to cough while he listens with a stethoscope. He looks a little concerned.

'You have a lung infection. Here is a prescription for some medicine. Stay at home for a few days!'

Steve hates staying at home, but he knows it's a good idea to listen to the doctor. He thanks him for the prescription and walks out of the office. He is smiling because he doesn't need an injection.





I got a **prescription** from my doctor.

A **prescription** is a piece of paper on which a doctor writes the details of the medicine a person needs.



Multiple choice

1 The doctor tells Steve his leg is...

- a. bad.** **b. perfect.** **c. broken.** **d. OK.**

2 Steve hates to stay...

- a. at work.** **b. at home.** **c. at school.** **d. in class.**

3 Steve's doctor is...

- a. angry.** **b. bad.** **c. upset.** **d. nice.**

4 At the end of the appointment, Steve is...

- a. running.** **b. laughing.** **c. smiling.** **d. eating.**



Finish the advice

Finish the sentences as though you are a doctor. Then compare your answers with a classmate. Do you have the same advice?

- 1 You have the flu. You should...
- 2 You have a broken leg. You need to...
- 3 You have a tooth infection. You have to...
- 4 You have a headache. You should...
- 5 You are totally healthy. You...



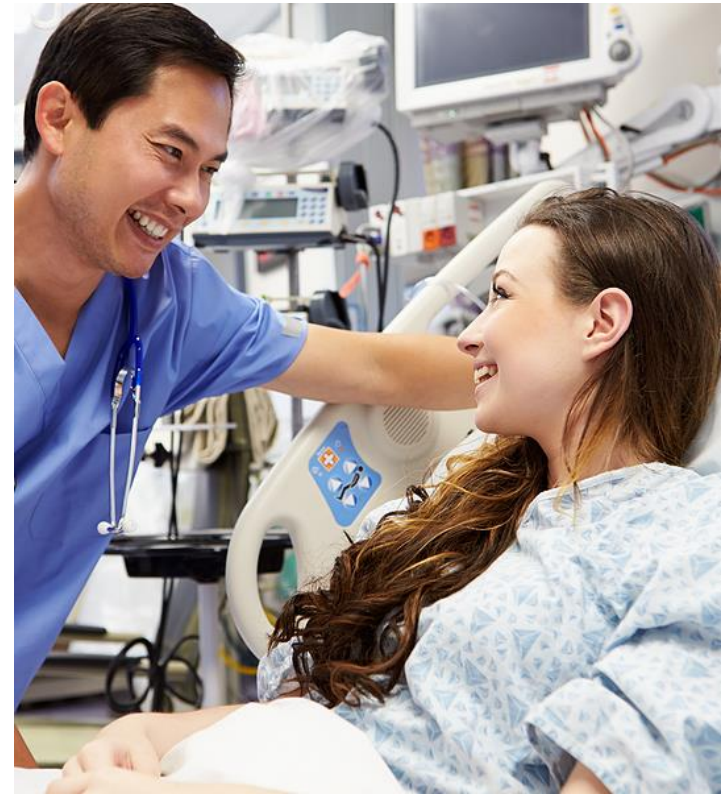
Love or hate?

Which sentence do you agree with the most? Why? Work in breakout rooms or together as a class.

1 I love going to the doctor.

2 I don't mind going to the doctor.

3 I hate going to the doctor.





Dictogloss

Your teacher is going to read to you. **Write** down what you hear your teacher say.

A white sheet of paper with horizontal lines, designed for writing. The top-left corner is folded over.



End of the lesson

Idiom

to have a spring in one's step

Meaning: to walk in a way that shows you are happy and confident

Example: She's had a spring in her step ever since she got promoted.



Additional practice



Transform these sentences using *he*

- | | | | |
|---|-------------------------------------|---|--------------------------|
| 1 | I can go to the doctor. | > | He can go to the doctor. |
| 2 | Can <u>we</u> make an appointment? | > | _____ |
| 3 | <u>We make</u> an appointment | > | _____ |
| 4 | <u>I am</u> feeling sick. | > | _____ |
| 5 | <u>They have</u> a headache. | > | _____ |
| 6 | <u>I know</u> my doctor very well. | > | _____ |
| 7 | <u>She</u> injured her leg. | > | _____ |
| 8 | Can't <u>we</u> go to the hospital? | > | _____ |





Unscramble



Take

you

medication if

have

some

a headache.



cold.

have a

tea

and rest

Drink

if you



Recovery

What do you need when you have these problems? Talk to a partner.

have a cold

can't sleep

have a
headache

have a sore
back

get sunburnt

twist your
ankle



What is happening?



What is the doctor doing in each picture?
What is wrong with the patient?



Answer key

P.8: 1) c, 2) d, 3) a

P.9: 1) b, 2) d, 3) a, 4) b

P.10: 1) c, 2) a, 3) e, 4) b, 5) d

P.12: Steve is going to the doctor because he thinks he has the flu.

P.16: 1)d, 2) b, 3) d, 4) c



Answer key

P.19:

The doctor walks in with a smile on his face.

'Hi Steve, how are you?'

'Hi Doctor Liu, I'm not feeling well. My leg hurts and I think I have the flu.'

The doctor examines Steve. First, he checks his leg to see if he has a serious injury.

'I slipped on the wet stairs outside my apartment,' Steve explains.



Answer key



P.23: 2) Can he make an appointment? 3) He makes an appointment. 4) He is feeling sick. 5) He has a headache. 6) He knows his doctor very well. 7) He injured his leg. 8) Can't he go to the hospital?

P.24: Take some medication if you have a headache. Drink tea and rest if you have a cold.



Summary

Reading a text about a doctor's visit:

- Understanding vocabulary and phrases connected to going to the doctor's in context

What to do when you're not feeling well:

- Talking about and giving advice on what to do when feeling unwell.

New vocabulary connected to health:

- *to examine, to hurt, to smile, serious, to feel well*



Vocabulary

to examine

to hurt

to smile

serious

to feel well

