

# ESL Session Series

## Session 7: Health and Wellness

### Hello Student!

This session will help you practice:

- Health vocabulary and medical terms
- Describing symptoms and problems
- Making doctor's appointments
- Understanding medicine instructions
- Talking about healthy habits
- Writing about your health routine

### Section 1: Conversation Practice

How to do this:

1. Read each conversation phrase
2. Practice saying it clearly and naturally
3. Try using hand gestures or facial expressions

### Describing How You Feel

Example: "I don't feel well today." 🤒

Try saying it like:

- "I have a headache and a sore throat."
- "My stomach hurts and I feel nauseated." Your Practice: \_\_\_\_\_ Tutor's tip: \_\_\_\_\_

### Making a Doctor's Appointment

Example: "I need to make an appointment with Dr. Smith." 📅

Try saying it like:

- "Do you have any available appointments on Friday?"
- "I'd like to schedule a check-up as soon as possible." Your Practice: \_\_\_\_\_ Tutor's tip: \_\_\_\_\_

## At the Pharmacy

Example: "I need to pick up my prescription." 💊

Try saying it like:

- "Do I need to take this medicine with food?"
- "Are there any side effects I should know about?" Your Practice: \_\_\_\_\_ Tutor's tip: \_\_\_\_\_

## Talking About Healthy Habits

Example: "I try to exercise three times a week." 🏃

Try saying it like:

- "I eat vegetables with every meal."
- "I get at least eight hours of sleep every night." Your Practice: \_\_\_\_\_ Tutor's tip: \_\_\_\_\_

## Section 2: Body Parts and Health Vocabulary

How to do this:

1. Learn the words and their meanings
2. Practice pronouncing each word
3. Use the words to describe health issues

### Parts of the Body

- **head** - the top part of your body containing your brain, eyes, ears, nose, and mouth
- **neck** - the part connecting your head to your shoulders
- **shoulder** - the part where your arm connects to your body
- **arm** - the upper limb from shoulder to hand
- **elbow** - the joint in the middle of your arm
- **hand** - the part at the end of your arm with fingers
- **chest** - the front part of your torso
- **back** - the rear part of your body
- **stomach/abdomen** - the front middle part of your body
- **leg** - the limb from hip to foot
- **knee** - the joint in the middle of your leg

- **foot** - the part at the end of your leg

## Common Health Problems

- **cold** - a minor illness with coughing, sneezing, and runny nose
- **flu** - a more serious illness similar to a cold but with fever and body aches
- **fever** - abnormally high body temperature
- **headache** - pain in the head
- **sore throat** - pain or irritation in the throat
- **cough** - expelling air suddenly and noisily from the lungs
- **allergies** - abnormal reactions to substances like pollen or certain foods
- **rash** - red, irritated area on the skin
- **sprain** - injury to a joint from twisting
- **cut** - an opening in the skin caused by something sharp

Match the health problem with its description:

1. Pain in your head \_\_\_\_\_
2. High body temperature \_\_\_\_\_
3. Irritation in your throat \_\_\_\_\_
4. Sudden, forceful expulsion of air \_\_\_\_\_
5. Red, irritated skin \_\_\_\_\_

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

## Section 3: Dialogues at the Doctor's Office


How to do this:

1. Practice these dialogues with your tutor
2. Pay attention to your intonation
3. Try to sound clear when explaining symptoms

## Making an Appointment

Receptionist: Good morning, Dr. Johnson's office. How can I help you? 

Patient: Hello, I'd like to make an appointment with Dr. Johnson, please. 

Receptionist: Are you a current patient? 

Patient: Yes, I am. My name is Maria Garcia. ↵

Receptionist: What's the reason for your visit? ↗

Patient: I've had a cough and sore throat for a few days. ↵

Receptionist: We have an opening tomorrow at 2:00 PM or Friday at 10:30 AM. ↗

Patient: Tomorrow at 2:00 would be perfect. ↵

Receptionist: Great, I've scheduled you for tomorrow at 2:00 PM. Please arrive 15 minutes early to complete any paperwork. ↵

Patient: Thank you very much. I'll see you tomorrow. ↗ ↵

## At the Doctor's Office

Doctor: Hello, Maria. What brings you in today? ↗

Patient: I've been feeling sick for about three days now. ↵

Doctor: Can you describe your symptoms? ↗

Patient: I have a sore throat, a bad cough, and I feel very tired. ↵

Doctor: Do you have a fever? ↗

Patient: Yes, it was 100.4 degrees this morning. ↵

Doctor: I'm going to examine your throat and listen to your lungs. ↵

(After examination)

Doctor: You have a viral infection. It's not strep throat, but you should rest and drink plenty of fluids. ↵

Patient: Do I need any medicine? ↗

Doctor: Yes, I'll prescribe something for your cough and sore throat. Take it three times a day with food. ↵

Patient: How long until I feel better? ↗

Doctor: You should start feeling better in a few days, but take all the medicine as prescribed. ↵

Patient: Thank you, Doctor. ↗ ↵

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

## Section 4: Medicine Instructions

How to do this:

1. Learn the common instructions for taking medicine
2. Practice saying the dosage and frequency
3. Role-play explaining instructions to someone else

## Common Instructions

- Take one tablet twice a day

- Take with food
- Take on an empty stomach
- Take before/after meals
- Take every 4-6 hours as needed
- Do not exceed four tablets in 24 hours
- May cause drowsiness
- Do not operate heavy machinery
- Finish all medication even if you feel better
- Keep refrigerated
- Shake well before using
- For external use only

Read these medicine labels and explain the instructions:

**Label 1:** Amoxicillin 500mg

Take one capsule three times a day for 10 days.

Take with food.

Finish all medication even if symptoms improve.

**Label 2:** Ibuprofen 200mg

Take two tablets every 6 hours as needed for pain.

Take with food or milk.

Do not exceed 6 tablets in 24 hours.

May cause stomach upset.

**Label 3:** Cough Syrup

Take one tablespoon (15ml) every 4 hours as needed.

May cause drowsiness.

Do not drive or operate machinery.

Keep away from children.

Your Practice: Explain each medication's instructions in your own words

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

## Section 5: Healthy Habits Vocabulary

How to do this:

1. Learn the vocabulary for healthy habits
2. Practice using these words in sentences
3. Discuss your own healthy habits

### Exercise

- **workout** - a session of exercise
- **cardio** - exercise that raises your heart rate
- **strength training** - exercise to build muscle
- **stretch** - extend your limbs to increase flexibility
- **jog** - run at a slow, steady pace
- **yoga** - a practice involving poses and breathing

### Nutrition

- **balanced diet** - eating appropriate amounts of different foods
- **protein** - nutrients found in meat, beans, eggs
- **carbohydrates** - nutrients found in bread, rice, pasta
- **vitamins** - essential nutrients needed in small amounts
- **fiber** - plant material that aids digestion
- **hydrate** - drink water or fluids

### Sleep and Stress

- **insomnia** - difficulty falling or staying asleep
- **meditation** - mental exercise for relaxation
- **stress** - mental or emotional strain
- **relaxation** - state of being free from tension
- **mindfulness** - awareness of present thoughts and feelings
- **well-being** - state of being comfortable, healthy, or happy

Complete these sentences with appropriate vocabulary:

1. I try to do 30 minutes of \_\_\_\_\_ every day to keep my heart healthy.

2. Eggs, chicken, and beans are good sources of \_\_\_\_\_.
3. It's important to \_\_\_\_\_ by drinking at least 8 glasses of water daily.
4. I practice \_\_\_\_\_ for 10 minutes each morning to reduce stress.
5. A \_\_\_\_\_ includes fruits, vegetables, proteins, and whole grains.

Your Practice: \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

## Section 6: Reading Practice: Healthy Lifestyle

How to do this:

1. First listen to your tutor read
2. Then read out loud, sentence by sentence
3. Pay attention to punctuation and intonation

Living a healthy lifestyle is important for everyone. It can help you feel good, have more energy, and reduce your risk of getting sick. ↘

One of the most important aspects of a healthy lifestyle is regular exercise. Experts recommend at least 30 minutes of moderate activity most days of the week. This could be walking, swimming, biking, or dancing. ↗ ↘

Eating a balanced diet is also essential. Try to eat plenty of fruits and vegetables, whole grains, lean proteins, and healthy fats. Limit foods high in sugar, salt, and unhealthy fats. ↘

Don't forget about water! Staying hydrated is crucial for your body to function properly. Most adults should drink about 8 glasses of water each day. ↗ ↘

Getting enough sleep is another key part of being healthy. Most adults need 7-9 hours of sleep each night. Having a regular sleep schedule can help you feel more rested. ↘

Managing stress is important too. Too much stress can affect your physical and mental health. Find healthy ways to cope with stress, such as exercise, meditation, or talking with friends. ↗ ↘

Regular check-ups with your doctor are also part of a healthy lifestyle. These visits can help catch health problems early when they're easier to treat. ↘

Remember, small changes can make a big difference in your health. You don't have to change everything at once. Start with one or two healthy habits and build from there. ↗ ↘

### Reading Questions:

1. How much exercise is recommended each week? \_\_\_\_\_
2. Name three things that are part of a balanced diet. \_\_\_\_\_
3. How much water should most adults drink each day? \_\_\_\_\_
4. How many hours of sleep do most adults need? \_\_\_\_\_
5. Why are regular doctor visits important? \_\_\_\_\_

Tutor's tip: \_\_\_\_\_

## Section 7: Writing Practice: My Health Routine

How to do this:

1. Write 6-8 sentences about your health routine
2. Include information about exercise, diet, sleep, and stress management
3. Use vocabulary from this lesson

My Health Routine:

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Remember to include:

- Your exercise habits
- What you typically eat
- Your sleep schedule
- How you manage stress
- Any health goals you have

Tutor's tip: \_\_\_\_\_

## Wrap-Up: For Next Time

Words I Want to Learn:

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Things to Practice:

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