

LIFE SKILLS

- Making a doctor appointment
- Calling in sick

- Reporting a child's absence from school

1 CONVERSATION MAKING A DOCTOR APPOINTMENT

Practice with a classmate. Make appointments for these medical problems. Use your name and any time you wish.



- A. Doctor's office.
- B. Hello. This is _____ (first & last name) _____. I'd like to make an appointment.
- A. What's the problem?
- B. I have a bad _____.
- A. Can you come in tomorrow at _____ (time) _____?
- B. Tomorrow at _____ (time) _____? Yes. Thank you.

omitted



1. stomachache



2. headache



3. backache



4. cough



5. earache



6. sore throat



7. fever



8. stiff neck

2 CONVERSATION CALLING IN SICK

Practice with a classmate.



- A. Hello. This is _____ (first & last name) _____. I'm sorry, but I can't come to work today. I'm sick.
- B. I'm sorry to hear that. What's the matter?
- A. _____.
- B. Okay. I hope you feel better soon.
- A. Thank you.

omitted

3 CONVERSATION & WRITING REPORTING ABSENCE FROM SCHOOL

Practice with a classmate.

- A. Hello. This is _____ (first & last name) _____. My son/daughter _____ (child's name) _____ will be absent from school today. He's/She's sick.
- B. Okay. Thank you for calling.

omitted

Write a note to the teacher the next day.

Dear _____ (teacher's name) _____, _____ (date) _____
 My son/daughter _____ (name) _____ was absent from school yesterday because _____.
 Sincerely,
 _____ (your name) _____

Read the medicine labels. Decide if the sentences are True (T) or False (F).

<p>BAXTER ASPIRIN Directions: Drink a full glass of water with each dose. Adults: Take 1 or 2 tablets every 4 hours or 3 tablets every 6 hours. Ask a doctor before using if you have stomach problems.</p>	<p>Directions: Acutron Cough Syrup Adults & children 12 years of age and over: 2 teaspoons twice a day. Children 6–12 years: 1 teaspoon twice a day. Stop use and see a doctor if cough lasts more than 7 days. WARNING: May cause drowsiness. Do not drive or operate equipment while taking this medicine.</p>	<p>LABOPROFIN RX#47812 DATE: 6/15/11 ERIC ANDERSON ONE CAPSULE EVERY 3 HOURS AS NEEDED FOR PAIN. TAKE WITH FOOD IF STOMACH UPSET OCCURS. USE BEFORE 6/15/12. DR. CHOU</p>
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- T 1. You should stop taking Acutron Cough Syrup if your cough doesn't get better after seven days.
- F 2. Dr. Chou wrote a prescription for Laboprofin on June fifteenth, 2012.
- F 3. An adult can take three Baxter Aspirin tablets every four hours.
- F 4. Eleven-year old children can take two teaspoons of Acutron Cough Syrup a day.
- T 5. When you take two Baxter Aspirin tablets you should drink a glass of water.
- F 6. Eric Anderson should stop taking Laboprofin if he gets a stomachache.

Read the magazine article. Decide if the sentences are True (T) or False (F).

Medicine Safety Tips

Pharmacies have many aisles of medicine for every kind of ailment. There are decongestants and nose drops for stuffy noses, throat lozenges for sore throats, aspirin and other pain relievers for headaches, antihistamines for allergies, and antacids for stomachaches. Although you don't need a prescription for any of these over-the-counter drugs, they can hurt you if don't use them correctly.

Before you take a non-prescription medicine, be sure to read the label carefully. The label tells you what the medicine is for, its ingredients, the correct dosage (how much to take and how often), and the expiration date. If you take two or more medicines at the same time, read the labels carefully to make sure you don't take too much of an ingredient. Throw away the medicine if it is past the expiration date.

The warning on the label tells you when not to use the medicine, when to stop taking it, and possible problems or side effects you might have such as stomach pains. This information can help you decide if this is the right medicine for you. If you don't understand the label, talk to the pharmacist or your doctor. If you take the medicine and you don't feel better, see a doctor. You might have a more serious health problem that requires stronger medication.

Your doctor might write a prescription for medicine you will get at a pharmacy. Tell the doctor about any other medications you are taking because it can be dangerous to mix medicines. Prescription medicine has more possible side effects than over-the-counter medicine, so it's especially important to understand the directions and warnings on the label and to ask your doctor and pharmacist questions.

- F 1. Antihistamines are for stomachaches.
- F 2. Doctors prescribe over-the-counter drugs.
- F 3. Non-prescription medicine isn't as strong as prescription medicine.
- F 4. It's good to mix medicines.
- T 5. Dosage instructions tell you how many times a day to take the medicine.
- T 6. Stomachaches are a possible side effect.
- F 7. The warning on the label tells you what the medicine is for.

Read the magazine article and answer the questions.

A Healthy Diet

Are you overweight? Do you feel tired all the time? Eating healthier foods will give you energy and will help you lose those extra pounds. It will also protect you from high blood pressure, heart problems, and other diseases.

Eat small amounts of many different kinds of food each day. It's important to eat food that is high in vitamins, minerals, and other nutrients and low in sugar, salt, and unhealthy fats. Eat fruits, vegetables, whole grains (whole wheat bread, brown rice, whole grain cereal), and low-fat dairy products (low-fat milk, low-fat yogurt). These foods provide most of the vitamins and minerals that you need, such as calcium and potassium. Include protein in your diet. You can get protein from meat, chicken, fish, eggs, beans, and nuts. Protein is important, but you should eat more fruits, vegetables, grains, and dairy products than protein.

Most of the fat you eat should come from fish, nuts, and vegetable oil. Fat from meat, chicken, butter, margarine, cream, mayonnaise, fried foods, and snack foods is bad for your heart.

Lemon Chicken

Ingredients
 1 chicken, cut up
 2 Tbsp. vegetable oil
 2 Tbsp. lemon juice
 1 tsp. mustard
 pepper

Tbsp.= tablespoon
 tsp.= teaspoon

Place the chicken in a baking pan. Mix the vegetable oil, mustard, and lemon juice and pour it over the chicken. Add pepper to taste. Bake at 375° for 45 minutes.

Buy fish or lean meat. If there is fat on the meat, cut off the fat before you cook it. For example, cook chicken without the skin. Don't cook with a lot of oil. It's better to grill, broil, or microwave food than to fry it.

Sugar doesn't have any nutrients, and it's bad for your teeth. Drink water or diet soda instead of soda, and eat very few sweet snacks and desserts. Try to eat less than a teaspoon of salt a day. Too much salt can give you high blood pressure.

Food that is low in salt, sugar, and fat can be delicious! There are many wonderful spices and other ingredients that you can add for flavor. Learn how to cook and eat the healthy way!

- According to this article, you should _____.
 - eat a lot of salt X
 - eat more protein foods than grains X
 - fry foods X
 - eat fewer desserts
- _____ is a protein food.
 - Butter
 - Lettuce
 - Fish
 - Whole wheat bread
- Whole grain products DON'T include _____.
 - brown rice
 - whole milk
 - whole grain cereal
 - whole wheat bread
- Fat from _____ is unhealthy fat.
 - fish
 - mayonnaise
 - nuts
 - vegetable oil
- To prepare lemon chicken, you _____.
 - add two tablespoons of mustard X
 - broil the chicken for forty-five minutes X
 - cut up the chicken before you cook it X
 - microwave it X
- We can infer that chicken skin _____.
 - is fatty
 - has too much salt
 - is sweet
 - is lean

WRITING Your Favorite Healthy Foods

What fruits do you like? What are your favorite vegetables? What are your favorite protein foods? What other healthy foods do you like? Write about them.

PROJECT A Class Recipe Book

Write a recipe for your favorite healthy food. Share your recipe with the class. Then work together and make a class recipe book!

Choose the correct answer.

- The doctor measured my _____.
 - height
 - heart
 - health
 - tests
- The technician will take _____.
 - an examination room
 - your eyes, ears, nose, and throat
 - an X-ray
 - a medical checkup
- My doctor is concerned about my weight. She put me on a _____.
 - physical examination
 - diet
 - stethoscope
 - suggestion
- My pie wasn't very good. I didn't follow the _____ in the cookbook.
 - blueprints
 - construction
 - exercises
 - instructions
- Do you know any _____ for a cold?
 - recipes
 - remedies
 - questions
 - problems
- My doctor says I must lose some _____.
 - energy
 - advice
 - weight
 - blood pressure
- I always read the label carefully. Many medicines have _____.
 - side effects
 - pharmacies
 - ailments
 - ingredients
- This food is healthy because it has a lot of _____.
 - fat
 - salt
 - sugar
 - vitamins

Look at the medicine labels. Choose the correct answer.

<p>Paxton's Pain Medicine Directions Adults: Take 2 tablets every 4 hours, or 3 tablets every 6 hours. Children 6 years to under 12 years: 1 tablet every 6 hours. Use before 11/15/12</p>	<p>Comfort Cold Medicine Directions Adults: Take 2 capsules 4 times a day. Children 6 years to under 12 years: 1 capsule twice a day. Use before 9/15/12</p>	<p>Directions: Victor's Cough Syrup</p> <table border="1"> <tr> <td>Adults & children 12 years of age and over: 4 teaspoons twice a day.</td> <td>Children 6 years to under 12 years: 2 teaspoons twice a day</td> </tr> </table> <p>Stop use and see a doctor if cough lasts more than 5 days.</p>	Adults & children 12 years of age and over: 4 teaspoons twice a day.	Children 6 years to under 12 years: 2 teaspoons twice a day
Adults & children 12 years of age and over: 4 teaspoons twice a day.	Children 6 years to under 12 years: 2 teaspoons twice a day			

- Adults can take _____.
 - 16 teaspoons of Victor's Cough Syrup a day ✗
 - 8 Comfort Cold capsules a day
 - 15 Comfort Cold capsules a day ✗
 - 3 Paxton's Pain tablets every 4 hours ✗
- Nine-year-old children can take _____ a day.
 - 12 Paxton's Pain tablets ✗
 - 8 teaspoons of Victor's Cough Syrup ✗
 - 4 Paxton Pain tablets
 - 4 Comfort Cold capsules ✗

SKILLS CHECK

Words:

- | | | |
|--|--|--|
| <input checked="" type="checkbox"/> blood pressure | <input checked="" type="checkbox"/> examination | <input checked="" type="checkbox"/> nose |
| <input checked="" type="checkbox"/> blood test | <input checked="" type="checkbox"/> health | <input checked="" type="checkbox"/> nurse |
| <input checked="" type="checkbox"/> cardiogram | <input checked="" type="checkbox"/> heart | <input checked="" type="checkbox"/> scale |
| <input checked="" type="checkbox"/> checkup | <input checked="" type="checkbox"/> height | <input checked="" type="checkbox"/> stethoscope |
| <input checked="" type="checkbox"/> chest X-ray | <input checked="" type="checkbox"/> lab technician | <input checked="" type="checkbox"/> throat |
| <input checked="" type="checkbox"/> doctor | <input checked="" type="checkbox"/> measure | <input checked="" type="checkbox"/> weight |
| <input checked="" type="checkbox"/> ears | <input checked="" type="checkbox"/> neck | <input checked="" type="checkbox"/> X-ray technician |
| <input checked="" type="checkbox"/> eyes | | |

I can ask & answer:

- What's the problem?
- What's the matter?
- Should I stop eating rich desserts?
- What should I do?
- Do you have any advice/suggestions?

I can:

- follow instructions during a medical checkup
- make a doctor appointment
- call in sick
- report a child's absence from school

I can write about:

- rules in daily life