



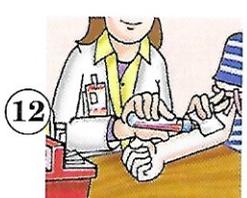
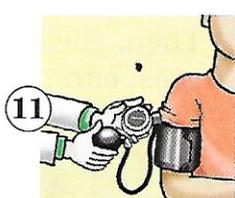
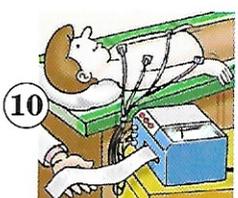
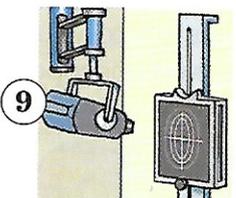
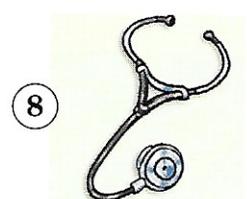
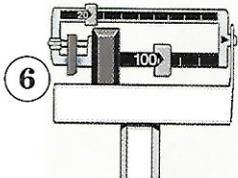
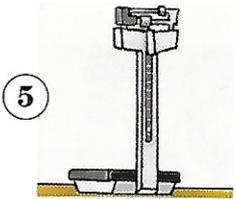
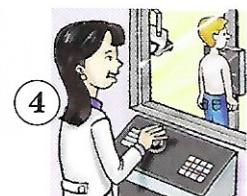
11

Past Tense Review
Count/Non-Count
Noun Review

Must
Mustn't vs. Don't Have to
Must vs. Should

- Medical Examinations
- Medical Advice
- Health
- Nutrition
- Making a Doctor Appointment
- Calling in Sick
- Reporting Absence from School
- Medicine Labels
- Medicine Safety Tips
- Nutrition and Recipes

VOCABULARY PREVIEW

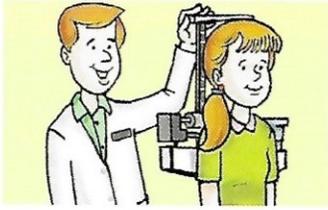


1. doctor
2. nurse
3. lab technician
4. X-ray technician

5. scale
6. weight
7. height
8. stethoscope

9. chest X-ray
10. cardiogram
11. blood pressure
12. blood test

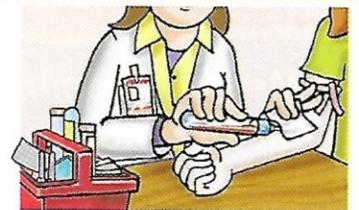
The Checkup



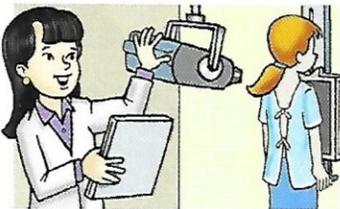
You'll stand* on a scale, and the nurse will measure your height and your weight.



The nurse will take your blood pressure.



The lab technician will do some blood tests.



The X-ray technician will take a chest X-ray.



Then the nurse will lead* you into an examination room.



The doctor will come in, shake* your hand, and say "hello."



She'll ask you some questions about your health.



Then, she'll examine your eyes, ears, nose, and throat.



Next, she'll listen to your heart with a stethoscope.



After that, she'll take your pulse.



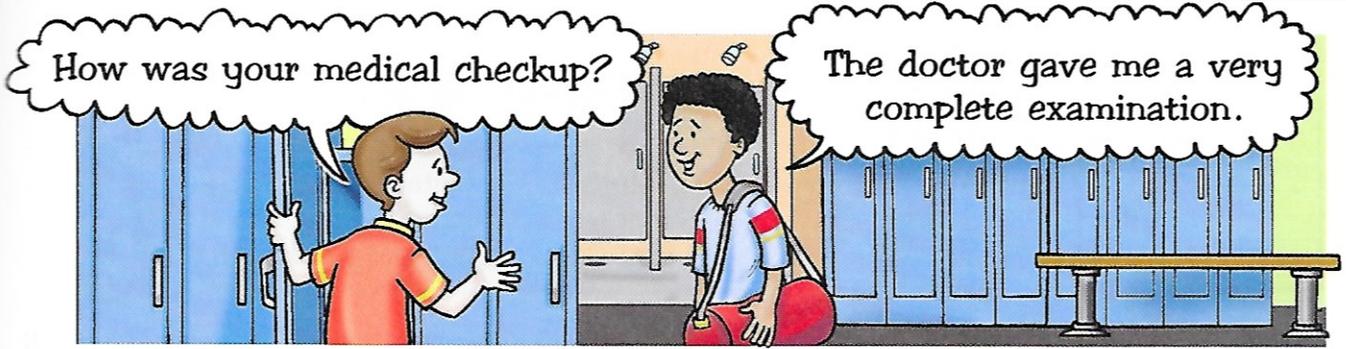
Then, she'll do a cardiogram.



Finally, the doctor will talk with you about your health.

* stand – stood lead – led shake – shook

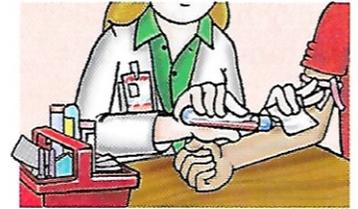
Your Checkup



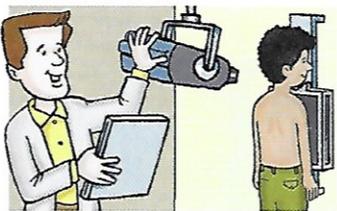
1. I stood on a scale _____



2. _____



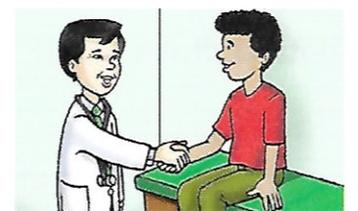
3. _____



4. _____



5. _____



6. _____



7. _____



8. _____



9. _____



10. _____



11. _____



12. _____

I
He
She
It
We
You
They

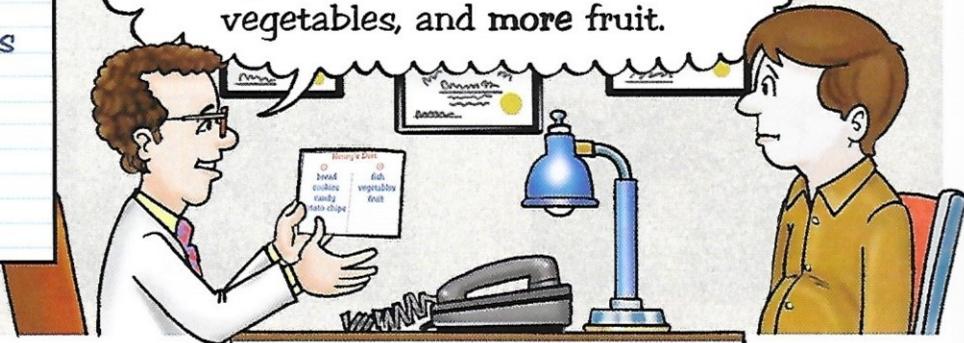
} must work.

more / less	more / fewer
bread	cookies
fish	potatoes
fruit	eggs
rice	vegetables

Henry had his yearly checkup today. The doctor told him he's a little too heavy and put him on this diet:

Henry's Diet	
⊖	⊕
bread	fish
cookies	vegetables
candy	fruit
potato chips	

You must eat **less** bread, **fewer** cookies, **less** candy, and **fewer** potato chips. Also, you must eat **more** fish, **more** vegetables, and **more** fruit.



Shirley's Diet	
⊖	⊕
fatty meat	lean meat
potatoes	grapefruit
rice	green vegetables
rich desserts	



Arthur's Diet	
⊖	⊕
butter	margarine
eggs	yogurt
cheese	skim milk
ice cream	

1. Shirley also had her annual checkup today. The doctor told her she's a little too heavy and put her on this diet:

She must eat _____

2. Arthur was worried about his heart. He went to his doctor for an examination, and the doctor told him to eat fewer fatty foods.

He must eat/drink _____



Buster's Diet	
⊖	⊕
fatty meat	lean meat
dog biscuits	water

My Diet	
⊖	⊕

3. Buster went to the vet yesterday for his yearly checkup. The vet told him he's a little too heavy and put him on this diet:

He must eat/drink _____

4. You went to the doctor today for your annual physical examination. The doctor told you you're a little overweight and said you must go on a diet.

I must eat/drink _____

LISTENING

Listen and choose the correct word to complete the sentence.



- | | |
|---------------|------------------|
| 1. a. cake | 4. a. rice |
| b. cookies | b. desserts |
| 2. a. bread | 5. a. fatty meat |
| b. vegetables | b. eggs |
| 3. a. soda | 6. a. cheese |
| b. grapefruit | b. potato chips |



What foods are good for you? What foods are bad for you? Make two lists.

Good for Me	Bad for Me

READING



CAROL'S APPLE CAKE

Carol baked an apple cake yesterday, but she couldn't follow all the instructions in her cookbook because she didn't have enough of the ingredients. She used less flour and fewer eggs than the recipe required. She also used less butter, fewer apples, fewer raisins, and less sugar than she was supposed to. As a result, Carol's apple cake didn't taste very good. As a matter of fact, it tasted terrible!



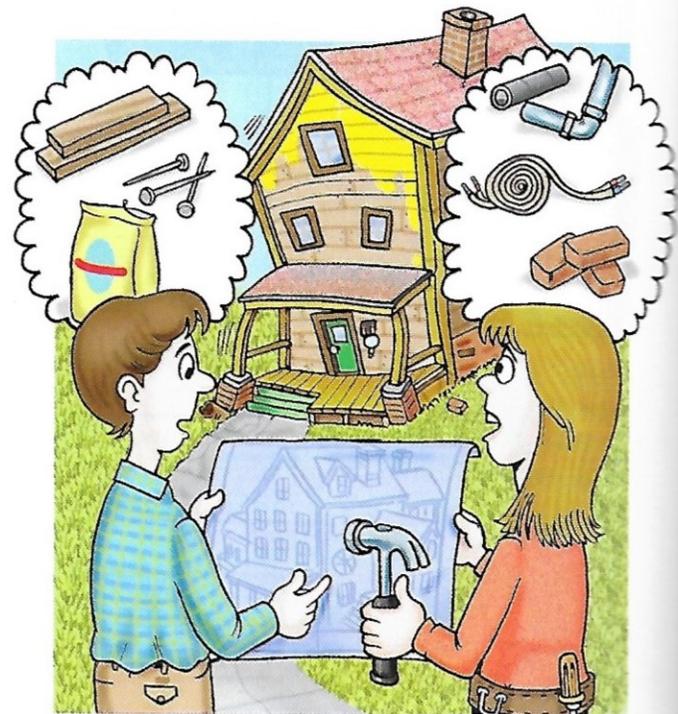
PAUL'S BEEF STEW

Paul cooked beef stew yesterday, but he couldn't follow all the instructions in his cookbook because he didn't have enough of the ingredients. He used less meat and fewer tomatoes than the recipe required. He also used fewer potatoes, less salt, less pepper, and fewer onions than he was supposed to. As a result, Paul's beef stew didn't taste very good. As a matter of fact, it tasted awful!

✓ READING CHECK-UP

WHAT'S THE WORD?

Steve and Judy built their own house last year, but they couldn't follow the blueprints exactly because they didn't have enough money to buy all the construction materials they needed. They used _____¹ wood and _____² nails than the blueprints required. They also used _____³ cement, _____⁴ pipes, _____⁵ electrical wiring, and _____⁶ bricks than they were supposed to. As a result, their house didn't last very long. As a matter of fact, it fell down last week!



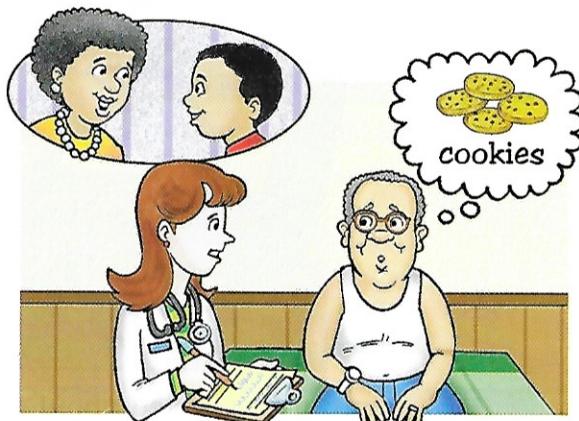
They Must Lose Some Weight

mustn't
(must not)

don't
doesn't } have to



- A. I had my yearly checkup today.
 B. What did the doctor say?
 A. He said I'm a little too heavy and I must lose some weight.
 B. Do you have to stop eating **ice cream**?
 A. No. I don't have to stop eating **ice cream**. But I mustn't eat as much **ice cream** as I did before.



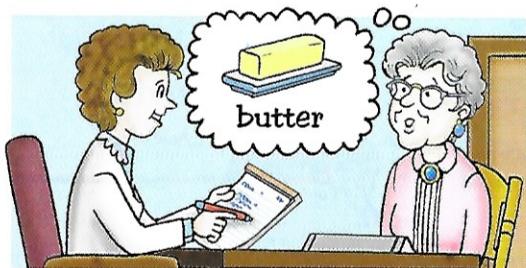
- A. Grandpa had his yearly checkup today.
 B. What did the doctor say?
 A. She said he's a little too heavy and he must lose some weight.
 B. Does he have to stop eating **cookies**?
 A. No. He doesn't have to stop eating **cookies**. But he mustn't eat as many **cookies** as he did before.



1. I had my yearly checkup today.



2. Billy had his yearly checkup today.



3. Grandma had her yearly checkup today.



4. Rover had his yearly checkup today.

Really, Doctor?

should

must

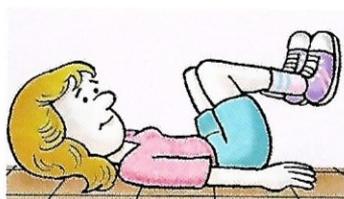


- A. I'm really worried about your heart.
- B. Really, Doctor? Should I stop eating rich desserts?
- A. Mr. Jones! You **MUST** stop eating rich desserts! If you don't, you're going to have serious problems with your heart some day.

- A. I'm really worried about your _____.
- B. Really, Doctor? Should I _____?
- A. (Mr./Miss/Mrs./Ms.) _____! You **MUST** _____!
If you don't, you're going to have serious problems with your _____ some day.



1. *knees*
stop jogging



2. *back*
start doing exercises



3. *stomach*
stop eating spicy foods



4. *blood pressure*
take life a little easier



5. *hearing*
stop listening to loud rock music



6.

How to Say It!

Asking for Advice

- A. *I have a cold.* { What should I do?
Do you have any advice?
Do you have any suggestions?
- B. *I think you should drink some hot tea.*



Practice the conversations on this page, using these expressions for asking for advice.

INTERACTIONS

HOME REMEDIES

Different people have different remedies for medical problems that aren't very serious. For example, people do different things when they burn a finger.



Some people rub butter on their finger.



Other people put a piece of ice on their finger.



Other people put their finger under cold water.

Practice conversations with other students. Ask for advice about these medical problems, and give advice about "home remedies" you know.

I have a cold.



I have a toothache.



I have a stomachache.



I have a bloody nose.



I have the hiccups.



PRONUNCIATION *Must & Mustn't*

Listen. Then say it.

I must eat more fruit.

He must eat fewer cookies.

You mustn't eat cake.

They mustn't eat ice cream.

Say it. Then listen.

We must eat less cheese.

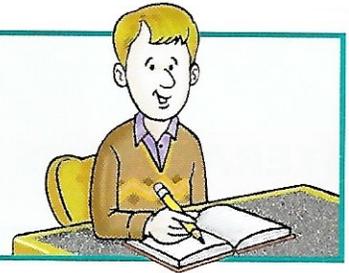
She must eat more vegetables.

I mustn't eat butter.

They mustn't eat potato chips.



There are a lot of rules in daily life—things you must do and things you mustn't do. Think about the rules in **YOUR** life—at school, on the job, in your home, and in your community. Write about these rules in your journal.



GRAMMAR FOCUS

MUST

I	must work.	I	mustn't eat candy.
He		He	
She		She	
It		It	
We		We	
You		You	
They		They	

MUSTN'T VS. DON'T HAVE TO

I don't have to stop eating cookies.
But I mustn't eat as many cookies as I did before.

MUST VS. SHOULD

Should I stop eating rich desserts?
You must stop eating rich desserts.

COUNT/NON-COUNT NOUNS:

NON-COUNT

He must eat	more	bread.
	less	fish. meat.

COUNT

He must eat	more	cookies.
	fewer	potatoes. eggs.

Choose the correct word.

- I'm a little heavy. I know I (must mustn't) lose some weight.
- You (must shouldn't) stop jogging. If you don't, you're going to have problems with your knees.
- My doctor says I must eat (fewer less) eggs and (fewer less) butter.
- You (must mustn't) eat as (many much) candy or as (many much) cookies as you did before.
- I (don't have to must) stop eating ice cream, but I (have to mustn't) have it every day.
- I know I should eat (fewer less) french fries, but I love them. My doctor says I (must mustn't) eat as many as I do now.
- My husband has high blood pressure. I always tell him he (mustn't should) stop putting so (much many) salt on his food.
- Michael's cookies didn't taste very good. He used (fewer less) flour and (fewer less) raisins than the recipe required. He knows that next time he (must mustn't) follow the recipe more carefully.

PRONUNCIATION *Must & Mustn't*

Listen. Then say it.

I must eat more fruit.

He must eat fewer cookies.

You mustn't eat cake.

They mustn't eat ice cream.

Say it. Then listen.

We must eat less cheese.

She must eat more vegetables.

I mustn't eat butter.

They mustn't eat potato chips.



There are a lot of rules in daily life—things you must do and things you mustn't do. Think about the rules in YOUR life—at school, on the job, in your home, and in your community. Write about these rules in your journal.



GRAMMAR FOCUS

MUST

I
He
She
It
We
You
They

must work.

I
He
She
It
We
You
They

mustn't eat candy.

MUSTN'T VS. DON'T HAVE TO

I don't have to stop eating cookies.
But I **mustn't** eat as many cookies as I did before.

MUST VS. SHOULD

Should I stop eating rich desserts?
You **must** stop eating rich desserts.

COUNT/NON-COUNT NOUNS:

NON-COUNT

He must eat

more
less

bread.
fish.
meat.

COUNT

He must eat

more
fewer

cookies.
potatoes.
eggs.

Choose the correct word.

- I'm a little heavy. I know I (**must** **mustn't**) lose some weight.
- You (**must** **shouldn't**) stop jogging. If you don't, you're going to have problems with your knees.
- My doctor says I must eat (**fewer** **less**) eggs and (**fewer** **less**) butter.
- You (**must** **mustn't**) eat as (**many** **much**) candy or as (**many** **much**) cookies as you did before.
- I (**don't have to** **must**) stop eating ice cream, but I (**have to** **mustn't**) have it every day.
- I know I should eat (**fewer** **less**) french fries, but I love them. My doctor says I (**must** **mustn't**) eat as many as I do now.
- My husband has high blood pressure. I always tell him he (**mustn't** **should**) stop putting so (**much** **many**) salt on his food.
- Michael's cookies didn't taste very good. He used (**fewer** **less**) flour and (**fewer** **less**) raisins than the recipe required. He knows that next time he (**must** **mustn't**) follow the recipe more carefully.

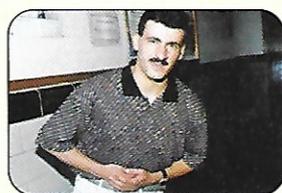
1 CONVERSATION MAKING A DOCTOR APPOINTMENT

1

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 Gabriel Martinez (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.



1. stomachache



2. headache



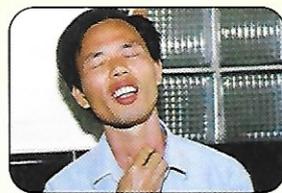
3. backache



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 Gabriel Martinez (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.

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.

Write a note to the teacher the next day.

Dear _____ (date) _____ (teacher's name),
 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).

2

<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.
- T 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.
- T 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.
- T 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.
- F 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.

3

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

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 D.
 - eat a lot of salt
 - eat more protein foods than grains
 - fry foods
 - eat fewer desserts
- C is a protein food.
 - Butter
 - Lettuce
 - Fish
 - Whole wheat bread
- Whole grain products DON'T include B.
 - brown rice
 - whole milk
 - whole grain cereal
 - whole wheat bread
- Fat from B is unhealthy fat.
 - fish
 - mayonnaise
 - nuts
 - vegetable oil
- To prepare lemon chicken, you C.
 - add two tablespoons of mustard
 - broil the chicken for forty-five minutes
 - cut up the chicken before you cook it
 - microwave it
- We can infer that chicken skin A.
 - 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 A.
A. height
B. heart
C. health
D. tests
- The technician will take C.
A. an examination room
B. your eyes, ears, nose, and throat
C. an X-ray
D. a medical checkup
- My doctor is concerned about my weight. She put me on a B.
A. physical examination
B. diet
C. stethoscope
D. suggestion
- My pie wasn't very good. I didn't follow the D in the cookbook.
A. blueprints
B. construction
C. exercises
D. instructions
- Do you know any B for a cold? 4
A. recipes
B. remedies
C. questions
D. problems
- My doctor says I must lose some C.
A. energy
B. advice
C. weight
D. blood pressure
- I always read the label carefully. Many medicines have A.
A. side effects
B. pharmacies
C. ailments
D. ingredients
- This food is healthy because it has a lot of D.
A. fat
B. salt
C. sugar
D. 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>Victor's Cough Syrup Directions: 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. Stop use and see a doctor if cough lasts more than 5 days.</p>
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- Adults can take B.
A. 16 teaspoons of Victor's Cough Syrup a day
B. 8 Comfort Cold capsules a day
C. 15 Comfort Cold capsules a day
D. 3 Paxton's Pain tablets every 4 hours
- Nine-year-old children can take B a day.
A. 12 Paxton's Pain tablets
B. 8 teaspoons of Victor's Cough Syrup
C. 4 Paxton Pain tablets
D. 4 Comfort Cold capsules

SKILLS CHECK

Words:

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

I can ask & answer:

- Ask What's the problem?
Ask What's the matter?
Answ Should I stop eating rich desserts?
i What should I do?
i 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:

- Ask rules in daily life