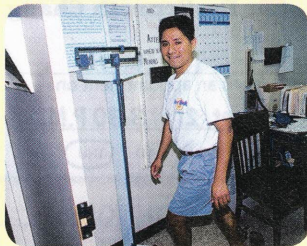
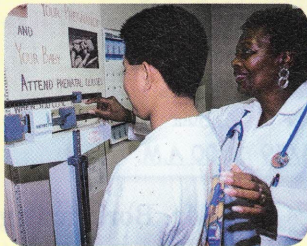


1 A MEDICAL EXAM FOLLOWING INSTRUCTIONS

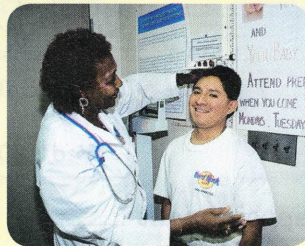
Practice with a classmate. Say these instructions and do the actions.



Stand on the scale.



I'm going to check your weight.



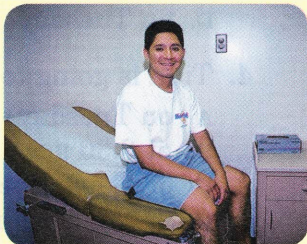
Let's measure your height.



I'm going to check your blood pressure.



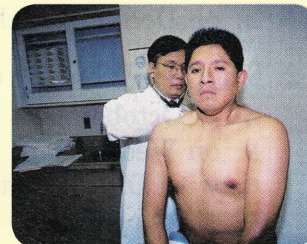
I'm going to take your temperature.



Sit on the examination table.



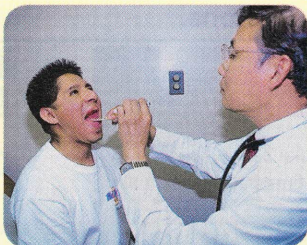
I'm going to listen to your heart.



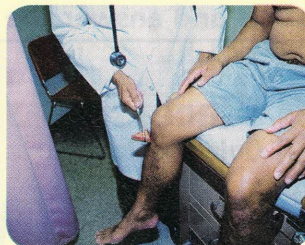
Take a deep breath.



Exhale.



Open your mouth and say, "Ahh!"



I'm going to check your reflexes.



Get dressed.

2 CLOZE READING A MEDICAL EXAM

Complete the story. Fill in the past tense of the correct verb.

First, I stood¹ on the scale. The nurse _____² my weight. Then she _____³ my height. She _____⁴ my blood pressure, and she _____⁵ my temperature. Then I _____⁶ on the examination table. The doctor _____⁷ to my heart. I _____⁸ a deep breath, and then I _____⁹. After that, I _____¹⁰ my mouth and _____¹¹, "Ahh!" Then the doctor _____¹² my reflexes. Finally, I _____¹³ dressed.

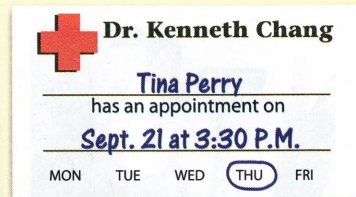
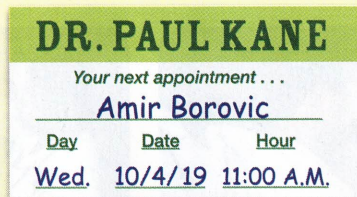
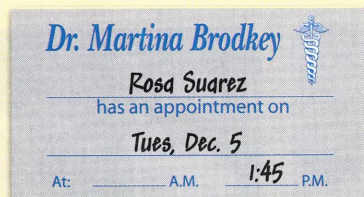
Irregular Verbs

get – got
say – said
sit – sat
stand – stood
take – took

THINK & SHARE Do you have a medical exam every year? Where? Is it difficult to get a medical exam? Discuss with your classmates.

MEDICAL APPOINTMENT CARDS

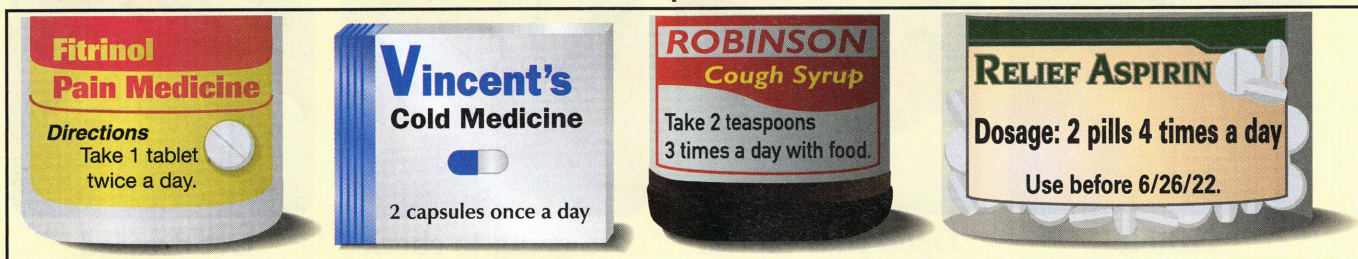
Look at the medical appointment cards and answer the questions.



- Rosa Suarez has an appointment _____.
A. with Dr. Paul Kane
B. on Thursday
C. at 11:00 A.M.
D. on December 5th
- Tina Perry has an appointment _____.
A. in October
B. on Wednesday
C. with Dr. Kenneth Chang
D. at 1:45 P.M.
- Mr. Borovic is going to see Dr. Kane _____.
A. on October 4th
B. in April
C. in the afternoon
D. on Tuesday
- Tina is going to see Dr. Chang _____.
A. on Tuesday
B. at 3:30 P.M.
C. on September 20th
D. in the morning

MEDICINE LABELS AND DOSAGES

Look at the medicine labels and answer the questions.



- What's the aspirin *dosage*? (How much aspirin can you take each time?) _____
- How often can you take the aspirin? _____
- How often can you take the cold medicine? _____
- How much cold medicine can you take each time? _____
- How often can you take the cough syrup? _____
- How many teaspoons of cough syrup can you take in a day? _____
- How often can you take the pain medicine? _____
- How much pain medicine can you take in a day? _____
- When is the last day you can take the aspirin? _____
- What do you have to take with the cough syrup? _____

Read the magazine article.

A Healthy Life

People today don't have time to live a healthy life. They don't have much time to prepare and eat healthy food at home, and they don't have time to exercise. When they have some free time at the end of a busy day, they usually just sit and watch TV. Is that how you live your life? Then it's time to change!

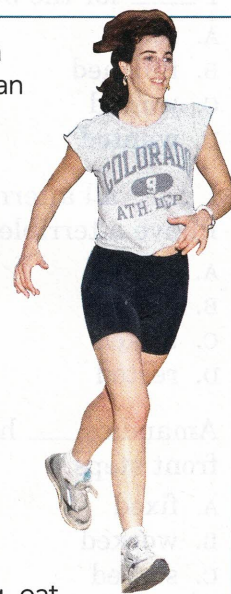
First, get up from the sofa and exercise! Choose something you can do often, such as jogging, swimming, or just walking. Exercise thirty minutes three days a week. When you begin to exercise, be careful. Exercise for only a short time at first. Each day do a little more. When your back or stomach hurts, it's time to stop and rest.



You don't have to join a health club to exercise. You can make exercise a part of your everyday activities. Walk or ride a bicycle when you go to school or work. Don't take the elevator. Instead, walk up and down the stairs. On weekends take long walks.

Eat the right foods. Start each day with a healthy breakfast. Find time to sit down and have a good lunch. These meals give you the energy you need to be active during the day. In the evening, eat a small dinner. Don't eat desserts like ice cream and cake. Don't go to fast-food restaurants very often. Instead, eat healthy food at home.

Yoga is good exercise, and it can help you relax. Get a good night's sleep. Men and women usually need seven to eight hours of sleep every night. Finally, have a medical checkup every year. It's your life. Be healthy!



What does the article tell you to do to live a healthy life? Choose the correct answer.

- Exercise _____.
 - thirty minutes every day
 - thirty minutes a week
 - thirty times a week
 - three times a week
- Eat _____.
 - a big dinner
 - ice cream and cake
 - a healthy breakfast
 - at fast-food restaurants
- _____ once a year.
 - Get a good night's sleep
 - Go for a medical exam
 - Take long walks
 - Be healthy
- It's important to _____.
 - join a health club
 - eat a good lunch
 - take the elevator
 - get 10 hours of sleep each night
- Don't _____.
 - relax
 - have a medical checkup
 - eat ice cream and cake
 - ride a bicycle
- _____ ISN'T a good way to exercise.
 - Watching TV
 - Jogging
 - Swimming
 - Walking

Choose the correct answer.

1. I ____ for the bus all morning.
A. rode
B. finished
C. waited
D. wanted

2. I ____ all afternoon, and now I have a terrible backache.
A. sang
B. sat
C. talked
D. rested

3. Amanda ____ her broken front steps.
A. fixed
B. worked
C. served
D. asked

4. I want to make an ____ to see the doctor.
A. interview
B. appointment
C. afternoon
D. application

5. Henry ate cookies all day, and now he has ____.
A. a fever
B. an earache
C. a cold
D. a stomachache

6. I ____ at work at 9:00 this morning.
A. arrived
B. showed
C. rode
D. turned

7. My son ____ his homework at 8:30.
A. looked
B. stayed
C. finished
D. watched

8. We ____ a video of our trip to Japan.
A. asked
B. showed
C. sang
D. rested

Mark your answers in the answer box.

Answers				
1	(A)	(B)	(C)	(D)
2	(A)	(B)	(C)	(D)
3	(A)	(B)	(C)	(D)
4	(A)	(B)	(C)	(D)
5	(A)	(B)	(C)	(D)
6	(A)	(B)	(C)	(D)
7	(A)	(B)	(C)	(D)
8	(A)	(B)	(C)	(D)
9	(A)	(B)	(C)	(D)
10	(A)	(B)	(C)	(D)

Dr. Philip Johnson
Angela Ortega
has an appointment on
Fri., Sept. 9
At 9:30 A.M. _____ P.M.

Dr. Jennifer Wong
Appointment
Michael Silva
Day Date Hour
Mon. 9/5/19 3:45 P.M.

9. Michael Silva has an appointment _____.
A. on May 11th
B. with Dr. Johnson
C. on Monday afternoon
D. a half past nine

10. Angela is going to see Dr. Johnson _____.
A. at 3:45
B. on Monday
C. in the afternoon
D. in September

SKILLS CHECK

Words:

- ☐ backache
- ☐ cold
- ☐ cough
- ☐ earache
- ☐ fever
- ☐ headache
- ☐ sore throat
- ☐ stomachache
- ☐ toothache

I can ask & answer:

- ☐ How are you?
- ☐ How do you feel today?
- I feel great!
- I feel fine.
- I feel okay.
- So-so.
- Not so good.
- I feel terrible.

- ☐ What's the matter?
- ☐ What seems to be the problem?
- ☐ What did you do yesterday?
- ☐ Do you want to make an appointment?
- ☐ Can you come in tomorrow at *two o'clock*?

I can:

- ☐ follow instructions during a medical exam
- ☐ read medical appointment cards
- ☐ read medicine labels & dosages
- ☐ identify ways to stay healthy

I can write about:

- ☐ a party I enjoyed
- ☐ food I ate and drank yesterday