# VOCABULARY

<table>
<thead>
<tr>
<th>patient</th>
<th>symptom</th>
<th>treatment therapy</th>
<th>headache</th>
<th>cold flu</th>
</tr>
</thead>
<tbody>
<tr>
<td>doctor</td>
<td>prescription</td>
<td>diet nutrition</td>
<td>allergies</td>
<td>fever</td>
</tr>
<tr>
<td>nurse</td>
<td>heartbeat</td>
<td>pain hurt ache</td>
<td>cough sneeze</td>
<td>thermometer</td>
</tr>
<tr>
<td>appointment</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>office clinic</td>
<td>blood pressure</td>
<td>exercise</td>
<td>upset stomach</td>
<td></td>
</tr>
<tr>
<td>hospital</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Modal verbs go before the main verb and change the meaning.

**Can/Could = a possibility or option.** “My grandmother said I could watch the news with her or wash the dishes.”

**Should = a positive or smart suggestion.** “Lydia should finish her homework before she watches videos online.”

**Have to = a necessary action.** “I have to go to work every day or I will be fired!”

*Make a healthy living plan. Draw a line from the correct modal on the left to a healthy action on the right. Multiple answers are possible!*

- I should
  - Exercise and eat healthy to lose weight
  - Become a vegetarian
  - Drink lots of water
  - Eat candy after each meal
  - Sleep at least seven hours each night
  - Call 911 for an emergency
  - Read the nutrition labels on food
  - Check my blood pressure every day
  - Ride a bike or walk to work
  - Quit smoking
  - Watch four hours of TV every day

- I could

- I have to

- I shouldn’t

---

**HEALTH PROBLEM ROLE PLAYS**

_Talk through these dialogues with your classmates to practice speaking with a doctor and a 911 operator._

**At the Clinic**

**Doctor:** Hi Sophia, how are you feeling today?

**Sophia:** Well doctor, my nose is running and I have a headache.

**Doctor:** I’m sorry you are not feeling well. Let’s check your throat. Say “Ah.”

**Sophia:** Ahhhhh.

**Doctor:** Your throat looks pretty red. How is your breathing?

**Sophia:** My chest is pretty tight and when I walk up the stairs it is difficult to breathe.

**Doctor:** That doesn’t sound very good. Let’s take your temperature.

**Sophia:** Ok.

**Doctor:** Yes, you have a fever of 100.6.

**Sophia:** Wow! I thought I was feeling a little warm!

**Doctor:** I’d like to run a test to see if you have the flu. Is that ok?

**Sophia:** Yes, of course.

**Doctor:** Once we get the answer, I will prescribe you a medicine to help you feel better.

**Sophia:** Thank you so much Doctor!

**Calling 911**

**911 Operator:** Hello, this is 911. What is the nature of your emergency?

**Michael:** My wife fell down the stairs, and she hurt her leg! Please send an ambulance!

**911 Operator:** We will sir. What is your address?

**Michael:** 1910 Maple Street in Houston, Texas.

**911 Operator:** Ok sir. An ambulance is on the way.

**What is your wife’s name?**

**Michael:** Her name is Katie. She is in a lot of pain. Is the ambulance arriving soon?

**911 Operator:** Yes, the paramedics are 5 minutes away. Sir, is your wife bleeding?

**Michael:** Yes. She has some scratches on her left arm from hitting the steps and a large cut on her leg.

**911 Operator:** Michael, is the cut on your wife’s leg actively bleeding or has it stopped?

**Michael:** It’s not bleeding anymore.

**911 Operator:** Well Michael, I can see that the paramedics have arrived. You should see them now.

**Michael:** Yes, thank you!
**HEALTHY EATING**

*Read through the recipes below. Decide if these foods are healthy or not healthy. Write your favorite recipe in the notes area on the back. How can you make it healthy?*

<table>
<thead>
<tr>
<th>Lemon Garlic Shrimp Pasta</th>
<th>Stuffed Bell Peppers</th>
<th>Banana Cream Pie</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 lb shrimp</td>
<td>5 bell peppers</td>
<td>3 bananas</td>
</tr>
<tr>
<td>1 lemon</td>
<td>1 lb cooked turkey</td>
<td>8 oz whipped cream</td>
</tr>
<tr>
<td>2 tbsp parsley</td>
<td>2 c cooked oats</td>
<td>1 pie crust</td>
</tr>
<tr>
<td>½ c chicken broth</td>
<td>1 tbsp Italian seasoning</td>
<td>1¾ c whole milk</td>
</tr>
<tr>
<td>8 oz angel hair pasta</td>
<td>1 can diced tomatoes</td>
<td>1 c parmesan cheese</td>
</tr>
<tr>
<td>1 tbsp garlic salt</td>
<td>1 c parmesan cheese</td>
<td></td>
</tr>
<tr>
<td>2 tbsp butter</td>
<td></td>
<td></td>
</tr>
<tr>
<td>1 c parmesan cheese</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Is it healthy? Why or why not?

**FLU SEASON**

*Read through the article below and answer the questions that follow.*

Wednesday started off as a pretty normal day for Andrea. She arrived at work at 8:55 in the morning and put her purse down at her desk. Her cubicle mate, Mohammed, was about to say “good morning,” but he was interrupted by his own sneeze. Andrea quickly took a few steps back before it happened or else she would have been hit by the mist. Mohammed apologized as he went to look for a tissue. Andrea said, “That’s ok, Mo! You feeling ok?” Mohammed looked up with his red eyes and runny nose. He said that their coworker, Brittney, had been coughing and sneezing at work for two days. Mo said he was starting to feel weak, and he had a headache too. “Hmmm. Mo, I think it’s a good idea that both you and Brittney take a sick day. You should visit the doctor and see if they can give you a prescription to feel better.”

She passed by her friend Liam’s desk. Liam was checking his temperature with a thermometer. “Hi Liam, you feeling ok?” Andrea asked. Liam answered, “Well, my chest has been tight and I’ve been coughing since yesterday ... and now my temperature is 101.8 degrees! I really need to finish this project, so I’ll take some vitamin C and drink some green tea. I’ll take a sick day tomorrow.”

Andrea thought that if Mohammed, Brittney, and Liam were sick, that it could be a flu outbreak. Andrea decided that she was going to protect herself. She had already gotten the flu shot last month at her job’s wellness event. Today she decided to wash her hands more often. She also thought that she should clean the doorknobs and surfaces in the employee work areas. She hadn’t seen the custodian for two days either. Maybe she was at home sick too!

**Who was the first to get sick at work?**

**Should you cover a sneeze with your hand or with a tissue?**

**Do you think vitamin C will cure Liam?**

**How does Andrea protect herself and her coworkers?**

**What do you do when you get sick?**
## HOMEWORK CHALLENGE

*Find the medical emergency contact numbers for your area.*

<table>
<thead>
<tr>
<th>The closest hospital to me:</th>
<th>The phone number for police:</th>
<th>My doctor’s office phone:</th>
</tr>
</thead>
</table>

<table>
<thead>
<tr>
<th>The hospital address:</th>
<th>The non-emergency number:</th>
<th>The closest health clinic phone:</th>
</tr>
</thead>
</table>

---

### NOTES

___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________
___________________________________________________________________

---

*If you have a special physical or communication need that may impact your participation in any of these activities, please contact library staff prior to the program to discuss accommodations. We cannot ensure the ability of appropriate accommodations without prior notification of need.*

---

This program is generously sponsored by the Houston Public Library Foundation.