

5

Health

- Who are the people?
- Where are they?
- What are they doing?



This unit is about health.
You will learn how to:

Listening and speaking

- ☐ Give personal information about yourself
- ☐ Understand questions and explain when you are ill
- ☐ Make an appointment with the doctor and dentist
- ☐ Ask for medicines at the chemist's

Sc/E1.3a, 4b; Lr/E1.4b

Sc/E1.3b, 4a; Lr/E1.1c, 2b

Sc/E2.2a, 3d; Sd/E1.1b; Lr/E1.2e, 5c

Sc/E1.2a; Sd/E1.1b; Lr/E1.1c, 2e, 3a, 5c

Reading and writing

- ☐ Read and write information at the doctor's
- ☐ Know words for parts of the body
- ☐ Write appointments in a diary
- ☐ Read instructions on medicines

Rt/E1.1b; Rw/E1.1b, 2a, 3a; Wt/E1.1a

Rw/E1.1a; Ww/E1.1a, 1b, 1c

Wt/E1.1a

Rt/E1.1b

Registering with a doctor

Filiz and her family are new to Birmingham. She goes to register with a doctor near her house.

Activity A • At the doctor's

1 Who are the people in the picture?



2 The receptionist asks Filiz for information. Put the information in order. Listen. Write a number in the box.

First name	
Date of birth	
Family name	1
Telephone number	
Address	
Nationality	

3 Your teacher will give you some cards. Match the words on the cards with the receptionist's questions.

4 Listen again and check your answers.

Activity B • Giving personal information

Work in pairs. Your teacher will give you a form. Ask questions to complete it.

Remember

- When you give the information, say names and numbers slowly and clearly.

A doctor's surgery

Activity A • Reading about a surgery

This is the leaflet about the Ashlea Surgery in Birmingham.



Services

- Well Man Clinic
- Well Woman Clinic
- Diabetic Clinic
- Asthma Clinic

The team at the surgery

Receptionist: Annie Butler

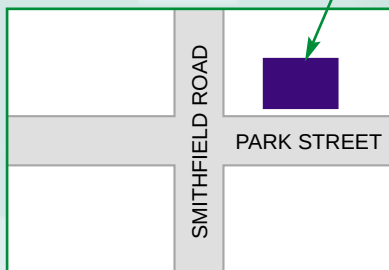
GPs: Dr Leila Green,
Dr Joseph Golden,
Dr Solym Ahmed

Nurse: Sheila Thomas

Number for appointments:
0121 987765

EMERGENCY NUMBER:
0121 987764

How to find us:



ASHLEA SURGERY

SURGERY HOURS	
Monday	8:00–4:00
Tuesday	8:00–4:00
Wednesday	8:00–6:30
Thursday	8:00–6:30
Friday	8:00–6:30
Saturday	9:00–11:30
Sunday	Closed



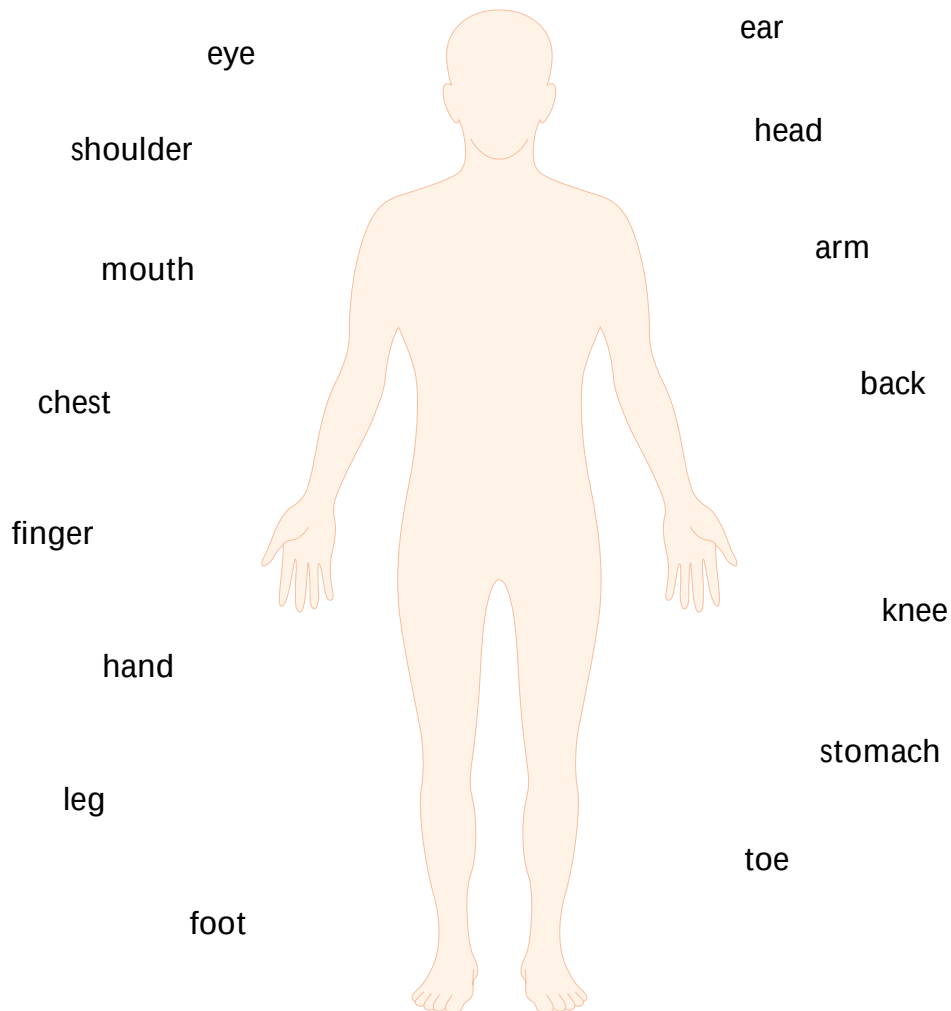
Work in pairs. Read the leaflet. Answer these questions.

- How many GPs are there at the surgery? 3
- What is the nurse's name?
- Which street is the surgery in?
- Which day is the surgery closed?
- What time does the surgery close on Wednesdays?
- What time is the first appointment on Saturdays?
- What is the number for appointments?

The body

Activity A • Words for parts of the body

1 Match the words and the parts of the body.



2 Write the plurals for these parts of the body.

ear

leg

foot

arm

finger

Remember!



hand



hands



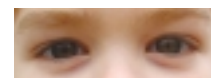
ear



ears



eye



eyes



foot



feet

My health

Activity A • What's the matter?

1 What's the matter with Gulay?

*I can't go to school today, Mum.
I've got a sore throat.*



2 Look at these five people. What's the matter with them? Listen. Write the number of the conversation in the box.



Patrick



Tom



Florida



Harry

1



Jackie



3 Work in pairs. Look at the pictures. Ask about the people.

What's the matter with?

He's got

Remember!

• When we speak we say:

I've got a headache = I have got

She's got backache = She has got

He's got toothache = He has got

Appointments

Activity A • Making an appointment

Filiz's daughter, Gulay, is ill. Filiz phones to make an appointment for Gulay.



1 Which doctor does Filiz ask for?

Dr Green ☐ Dr Golden ☐ Dr Ahmed ☐



2 When is the appointment? Tick the day and the time.

February	
Monday 17	☐
Tuesday 18	☐
Wednesday 19	☐
Thursday 20	☐
Friday 21	☐
Saturday 22	☐

09:00	☐
-------	--------------------------

09:30	☐
-------	--------------------------

09:15	☐
-------	--------------------------

09:45	☐
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3 Filiz is making an appointment for her husband at the dentist's. Listen to the conversation.

Receptionist

Filiz

Hello. West Street Dental Practice.

Hello. Can I make an appointment for my husband to see the dentist, please?

Yes, what's the name, please?

Ali Akpinar.

Can you spell that, please?

Yes, it's A-K-P-I-N-A-R. Ali Akpinar.

We've got an appointment on Friday evening.

On Friday evening. At what time?

It's at 6:30. Is that OK?

Yes, that's fine.



4 Work in pairs. Practise the conversation.

Activity B • Writing appointments in a diary

Write the appointments for Gulay and Ali in Filiz's diary.



February

Mon 17

Ali Home Office 12.30

Tue 18

Wed 19

Parents' evening Gulay's
school 7:30

Thu 20

Fri 21

Sat 22

Sun 23

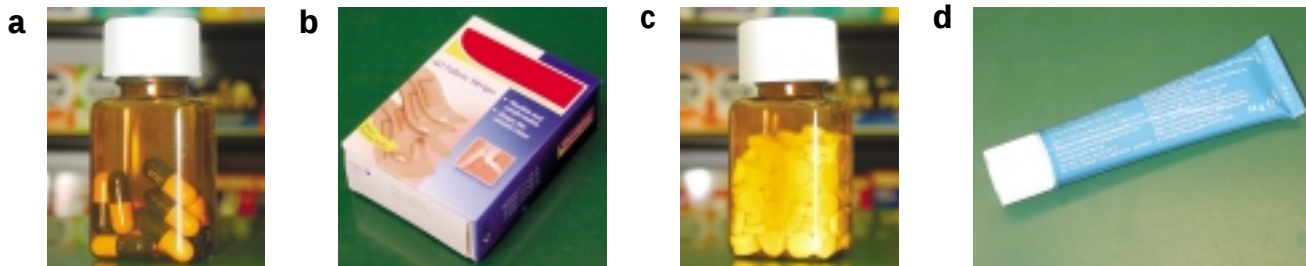
Yasar football training 9:30

At the chemist's

Activity A • Things you can buy at the chemist's

1 What are these things? Write the words under the pictures.

bottle capsules ointment packet plasters tablets tube



capsules

bottle



2 Filiz's son, Yasar, is ill.
She goes to the chemist's.
Listen. What does she buy?



3 Listen again and circle the correct words.

- a My son has got a cold / **flu**.
- b He's got earache / a temperature.
- c How much is it / are they?
- d Can I have a small / large bottle, please?



Activity B • Asking for things

Work in pairs. Role play conversations at the chemist's.
Your teacher will give you some cards.

Medicine instructions

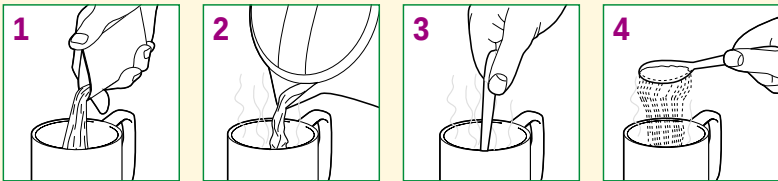
Activity A • Reading instructions for taking medicine



- 1 Read the instructions for a medicine called Betterquick. What is the medicine for?

Take *BETTERQUICK* for flu and colds

How to take:



How many to take: Adults and children 12 and over: 1 sachet every 4 hours

DO NOT GIVE TO CHILDREN UNDER 12

- 2 Match the instructions and the pictures.

- a Stir well.
- b If you want, add sugar or honey to taste.
- c Open sachet of powder and pour it into mug.
- d Fill mug with hot water.

- 3 Can a six-year-old child take Betterquick?

Activity B • Taking medicines



- 1 Listen to three people asking about medicines. Tick the correct answer.

- a 2 tablets 2 times a day ☐ 3 tablets 2 times a day ☐
- b 2 spoonfuls 3 times a day ☐ 2 spoonfuls 4 times a day ☐
- c after meals ☐ before meals ☐



- 2 Listen again and practise the questions.



- 3 Work in pairs. Role play conversations at the chemist's.

Phone call to a college

Filiz is an ESOL student at Birmingham City College. Today she is ill. She can't go to college.



Activity A • Phoning to say you're ill



- 1 Filiz telephones her college. Listen. What's the matter with her? Tick the box.

headache ☐

toothache ☐

backache ☐



- 2 Listen again. Match the questions and the answers.

a

Hello. Birmingham City College. Can I help you?

Yes, it's W40356.

b

Sorry, can you spell your surname?

Yes. My name's Filiz Akpinar. I've got bad backache and I can't come to class this afternoon.

c

What class are you in?

Yes. A-K-P-I-N-A-R.

d

What's your teacher's name?

Maria Kelly.

e

Do you know your student number?

ESOL 4.

Activity B • Saying why you can't come to class



- 1 Practise the conversation in Activity A.



- 2 Work in pairs. You are ill. Phone your college and explain why you can't come to class.

Remember!

- When we speak we use the short form.

I'm ill = I am ill

He's ill = He is ill

I'm not well = I am not well

She isn't well = She is not well

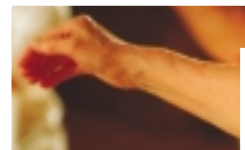
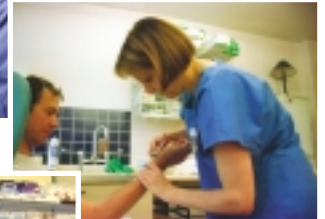


Check it

Activity A • Health words

Look at the pictures and find the words.

s	e	a	r	a	c	h	e	v
x	h	t	b	c	h	s	p	m
n	n	u	r	s	e	k	f	h
y	r	b	k	s	m	w	c	p
q	d	e	n	t	i	s	t	y
r	o	v	b	m	s	n	l	p
n	c	w	d	b	t	x	f	f
m	t	c	k	t	z	l	j	e
t	o	o	t	h	a	c	h	e
b	r	n	l	p	r	f	h	t
c	r	t	n	f	m	s	v	n



Activity B • At the doctor's and the chemist's

Complete the sentences with the words in the box.

Can I have How many How much I've got ~~Can I make~~

- a Can I make an appointment to see the doctor?
- b earache.
- c tablets do I take?
- d a packet of paracetamol?
- e are they?



Mini-projects

Activity A ● Find a leaflet

Go to your local doctor's surgery and ask for a leaflet about the services.

Activity B ● Your GP

Complete this information about your GP.

GP'S NAME: _____

ADDRESS: _____

PHONE NUMBER: _____ EMERGENCY NUMBER: _____

Activity C ● The dentist

What is the name and address of your local dentist?

• Name: • Address:

• Telephone number:

How am I doing?

I can

Yes

I need more practice

Give personal information about myself

☐☐

Understand questions and explain when I am ill

☐☐

Make an appointment with the doctor and dentist

☐☐

Ask for medicines at the chemist's

☐☐

Read and write information at the doctor's

☐☐

Know words for parts of the body

☐☐

Write appointments in a diary

☐☐

Read instructions on medicines

☐☐



Filling in a form

Activity A • Capital letters and small letters

Match the words.

- | | |
|------------------------|---------------|
| a first name | ADDRESS |
| b family name | FIRST NAME |
| c address | DATE OF BIRTH |
| d telephone | AGE |
| e age | NATIONALITY |
| f date of birth | TELEPHONE |
| g nationality | FAMILY NAME |



2 Fill in the form with your details.

Green Oak Health Centre

Family name

First name

Date of birth

Address

.....

.....

.....

.....

Telephone number

Nationality

Male / Female (please circle)



Signs

Activity A • Signs in a health centre



1 Read the signs.

RECEPTION

TOILETS

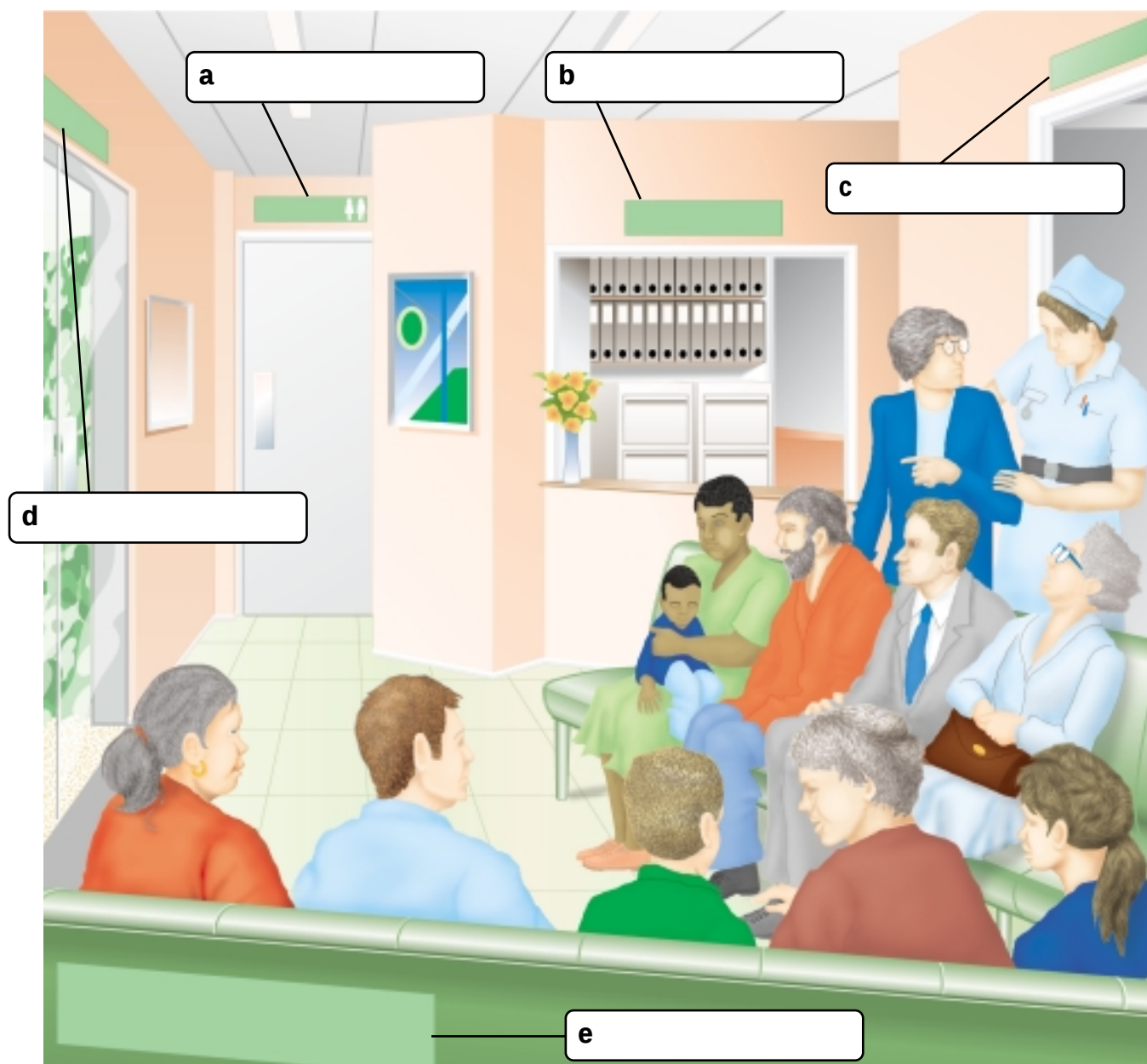
WAITING AREA

WAY OUT

COMMUNITY NURSE



2 Look at a picture of the health centre. Where do you find the signs? Write the words on the picture.





Instructions

Activity A • Reading instructions



1 Look at the texts. Which ones are instructions? Tick the boxes.

A

Dosage

- Adults and children over 12 years: 1 or 2 tablets 3 times a day
- Children under 12: 1 tablet 3 times a day

DO NOT TAKE MORE THAN 6 TABLETS IN 24 HOURS

☐

B

MARTLEY MEDICAL CENTRE

Surgery hours

Monday – Friday: 8:00–7:30
 Saturday: 9:00–12:30
 Sunday: closed

☐

C

Meadow Walk Dental Practice

Your next appointment

Mr Harris

4:30 Tuesday 2nd May

☐

D

DOSE

Take every 4–6 hours
 Adults and children over 12:
 one 5 ml spoonful
 Children 6–12:
 one 2.5 ml spoonful

Keep out of reach
 of children

☐

E

Garland Dental Clinic

- We care for your teeth
- NHS treatment available
- New patients and children welcome
- Saturday morning and late evening appointments

☐


2 Work in pairs. Decide where you can find these different texts.



Spelling

Activity A • Word endings **-ck**, **-ch** or **-che**?



1 Listen to the sentences. Mark the **k** sound.

- a My back hurts.
- b I've got toothache.
- c He's got problems with his stomach.
- d I'm sick.
- e She's got a headache.
- f Is your neck OK?

2 Make two lists of the words with the **k** sound.

- ck	- ch/che
back	toothache

3 Can you add other words to the list?

Activity B • Remembering spellings

Try these ways to help you remember spellings.

1 Choose a word in the list you want to learn to spell.

- Trace it with your finger. Is it short or long? What is the shape?
- How many letters are there?
- What are the first and last letters?
- Say the word.

2 Close your book and try to write the word.

toothache

neck

stomach

headache



Audio scripts

Page 2 Registering with a doctor

Activity A

Receptionist: Hello. Can I help you?
Filiz: Oh, yes, hello. I'd like to register with the GP here.
Receptionist: OK. What's your family name?
Filiz: Akpinar.
Receptionist: Can you spell that?
Filiz: Yes. A-K-P-I-N-A-R.
Receptionist: And what's your first name?
Filiz: Filiz. F-I-L-I-Z.
Receptionist: OK. What's your nationality?
Filiz: Turkish.
Receptionist: And what's your date of birth?
Filiz: 18 ... 12 ... 1969.
Receptionist: Right. And where do you live?
Filiz: 21 New Street, Birmingham BR22 9YH.
Receptionist: Sorry, what's the postcode again?
Filiz: BR22 9YH.
Receptionist: Do you have a telephone number?
Filiz: Yes. It's 0121 83652.

Page 5 My health

Activity A

One

Man 1: Are you OK?
Man 2: No. Not really!
Man 1: Why? What's the matter?
Man 2: I've got backache! It's always bad when the weather gets cold.

Two

Woman 1: Ow!
Woman 2: What's the matter?
Woman 1: Oh, this tea's too hot. I can't drink very hot tea at the moment. I've got bad toothache.

Three

Boy 1: You don't look well.
Boy 2: No, I think I'm going to ask Mr Mohammed if I can miss football this afternoon.
Boy 1: What's the matter?
Boy 2: I've got stomachache. I think I ate something bad at lunchtime!

Four

Woman: Oh, know what, I feel terrible.
Man: Why? What's the matter with you?
Woman: I've got terrible earache. It's very painful.
Man: Bad earache! You need to go to the doctor.

Five

Woman: You look terrible. What's the matter?
Man: I've got a really bad headache.
Woman: Take some paracetamol. It's good for headaches. I think I've got some in my handbag.

Page 6 Appointments

Activity A1/2

Receptionist: Hello. Ashlea Surgery.
Filiz: Hello. Can I make an appointment for my daughter to see Dr Green, please?
Receptionist: Yes. What's the name?
Filiz: Gulay Akpinar.
Receptionist: Can you spell her first name, please?
Filiz: Yes. It's G-U-L-A-Y. Gulay Akpinar.
Receptionist: OK. Dr Green's next free appointment is on Thursday morning.
Filiz: Thursday. OK.
Receptionist: Right. Is 9:30 OK?
Filiz: Yes, that's fine. Thank you very much.

Activity A

Receptionist: Hello. West Street Dental Practice.
Filiz: Hello. Can I make an appointment for my husband to see the dentist, please?
Receptionist: Yes, what's the name, please?
Filiz: Ali Akpinar.
Receptionist: Can you spell that, please?
Filiz: Yes, It's A-K-P-I-N-A-R. Ali Akpinar.
Receptionist: We've got an appointment on Friday evening.
Filiz: On Friday evening. At what time?
Receptionist: It's at 6:30. Is that OK?
Filiz: Yes, that's fine.



Page 8 At the chemist's

Activity A

- Chemist: Can I help you?
- Filiz: Yes ... my son has got flu and he's got a temperature and a headache.
- Chemist: How old's your son?
- Filiz: Ten.
- Chemist: Well, we have this children's paracetamol. It's very good.
- Filiz: How much is it?
- Chemist: £3.25 for a large bottle or £2.50 for a small bottle.
- Filiz: OK. Can I have a small bottle, please?

Page 9 Medicine instructions

Activity B

- a**
- Chemist: Here's your prescription, Mr Davis.
- Customer: How many tablets do I take?
- Chemist: Take three tablets twice a day ... and make sure you finish the course.
- b**
- Chemist: This cough medicine's very good.
- Customer: How much do I take?
- Chemist: Take two spoonfuls, three times a day.
- c**
- Chemist: Try these tablets. They're very good for stomach problems.
- Customer: When do I take them?
- Chemist: Take them before meals.

Page 10 Phone call to a college

Activity A

- Receptionist: Hello. Birmingham City College. Can I help you?
- Filiz: Yes. My name's Filiz Akpinar. I've got bad backache and I can't come to class this afternoon.
- Receptionist: Sorry, can you spell your surname?
- Filiz: Yes. A-K-P-I-N-A-R.
- Receptionist: OK. What class are you in?
- Filiz: ESOL 4.
- Receptionist: OK. And what's your teacher's name?
- Filiz: Maria Kelly.
- Receptionist: Do you know your student number?
- Filiz: Yes, it's W40356.
- Receptionist: OK. I've got all that. Thanks for phoning.

Page 16 Spelling

Activity A

- a** My back hurts.
- b** I've got toothache.
- c** He's got problems with his stomach.
- d** I'm sick.
- e** She's got a headache.
- f** Is your neck OK?



Answers

Page 2 Registering with a doctor

Activity A1

Filiz and the receptionist at the surgery

Activity A2

First name – 2
Date of birth – 4
Family name – 1
Telephone number – 6
Address – 5
Nationality – 3

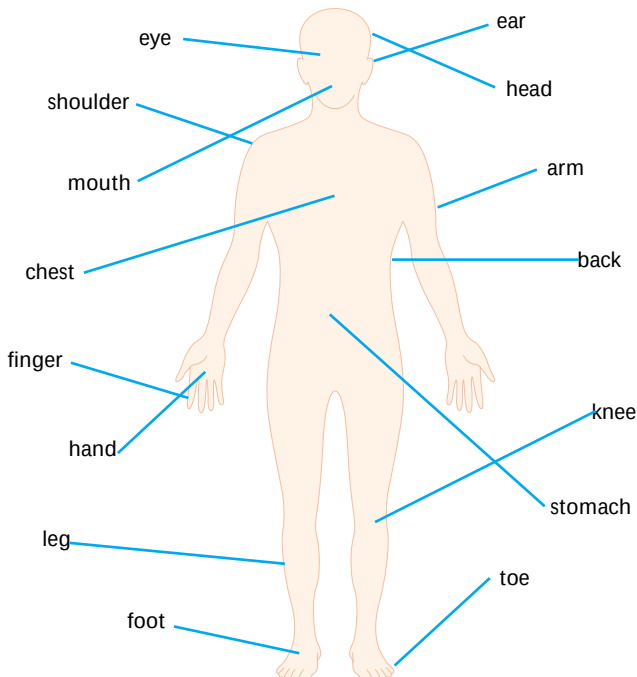
Page 3 A doctor's surgery

Activity A

- b** Sheila Thomas
- c** Park Street
- d** Sunday
- e** 6.30
- f** 9.00
- g** 0121 987765

Page 4 The body

Activity A1



Activity A2

ear – ears
leg – legs
foot – feet
arm – arms
finger – fingers

Page 5 My health

Activity A1

She's got a sore throat.

Activity A2

Patrick – 5
Tom – 3
Florida – 2
Harry – 1
Jackie – 4

Page 6 Appointments

Activity A1

Dr Green

Activity A2

Thursday, 9:30

Page 7 Filiz's diary

Activity B

Suggested answers:

Thursday – 9:30 Gulay to doctor
Friday – 6:30 Ali to dentist

Page 8 At the chemist's

Activity A1

- b** plasters, packet
- c** tablets, bottle
- d** ointment, tube

Activity A2

A small bottle of children's paracetamol

Activity A3

- b** a temperature
- c** is it
- d** small



Page 9 Medicine instructions

Activity A1

Flu and colds

Activity A2

b 4 c 1 d 2

Activity A3

No

Activity B1

- a 3 tablets 2 times a day
- b 2 spoonfuls 3 times a day
- c before meals

Page 10 Phone call to a college

Activity A1

backache

Activity A2

- b Yes. A-K-P-I-N-A-R.
- c ESOL 1.
- d Maria Kelly.
- e Yes, it's W40356.

Page 11 Check it

Activity A

s	e	a	r	a	c	h	e	v
x	h	t	b	c	h	s	p	m
n	n	u	r	s	e	k	f	h
y	r	b	k	s	m	w	c	p
q	d	e	n	t	i	s	t	y
r	o	v	b	m	s	n	l	p
n	c	w	d	b	t	x	f	f
m	t	c	k	t	z	l	j	e
t	o	o	t	h	a	c	h	e
b	r	n	l	p	r	f	h	t
c	r	t	n	f	m	s	v	n

Activity B

- b I've got
- c How many
- d Can I have
- e How much

Page 13 Filing in a form

Activity A1

- b family name – FAMILY NAME
- c address – ADDRESS
- d telephone – TELEPHONE
- e age – AGE
- f date of birth – DATE OF BIRTH
- g nationality – NATIONALITY

Page 14 Signs

Activity A2

- a WAITING AREA
- b TOILETS
- c COMMUNITY NURSE
- d WAY OUT
- e RECEPTION

Page 15 Instructions

Activity A1

A, D

Page 16 Key words

Activity A1/2

-ck: back, sick, neck

-ch/-che: toothache, stomach, headache