

STAYING HEALTHY FOR BEGINNERS

An English Learner's Guide to
Health Care and Healthy Living



Developed by the Florida Literacy Coalition, Inc.



Staying Healthy For Beginners

An English Learner's Guide to
Health Care and Healthy Living

Sabrina Kurtz-Rossi

Claire Valier

Gregory Smith

Florida Literacy Coalition, Inc.

Florida's Adult and Family Literacy Resource Center

www.floridaliteracy.org

2014

This publication was made possible through a grant from the
Florida Department of Education, Division of Career and Adult Education.

ACKNOWLEDGEMENTS

We would like to acknowledge and thank the following individuals and organizations for their support in the development of this publication.

**Florida Department of Education,
Division of Career and Adult Education**

Pilot Programs

Miami Dade College

El Sol

Family Literacy Academy of Immokalee

Expert Reviewers

Alden Valdes, Maria Alejandra Yrigoyen-Hoffman,
Sandra Freeman, Vickie Granati, Elizabeth Brumer,
Russell Tennyson, Pat Ogden, RN, MPH

Development Team

Claire Valier, Sabrina Kurtz-Rossi

Gregory Smith, Katie Philp, Kristine Babbish

Graphic Design: Corey Alexander

Invaluable Others

U.S. Department of Education, Office of Career,
Technical and Adult Education

Kratos Learning Solutions

Teresa Sweeney, I-Fang Cheng

Florida Blue Foundation

CREDITS

Stock Photography and Illustrations by




















Dollar Photo Club®, the Centers for Disease Control and Prevention™ Public Health Image Library,
and the National Cancer Institute Visuals Online

Sources Include: Ask Me 3, National Patient Safety Foundation, ChooseMyPlate.gov, USDA

**This publication and additional books in the Staying Healthy series can be downloaded for free at
<http://www.floridaliteracy.org>**

The opinions expressed herein do not necessarily represent the positions or policies of the Florida Department of Education. This resource is designed for educational purposes only. The information is not intended to substitute for informed medical advice. You should not use this information to diagnose or treat a health problem or disease without consulting a doctor or qualified health care provider. This book provides links to websites to help you find health information and services. Florida Literacy Coalition does not necessarily endorse or recommend the organizations that produce these websites or the information that they provide.

Table of Contents

<p>Chapter 1</p>		<p>Health Care</p>	<p>Page 1</p>																						
<p>Chapter 2</p>		<p>Doctors</p>	<p>Page 8</p>																						
<p>Chapter 3</p>	<table border="1" data-bbox="551 922 855 1144"> <thead> <tr> <th colspan="2">Drug Facts</th> </tr> </thead> <tbody> <tr> <td>Active ingredient (in each tablet)</td> <td>Purpose</td> </tr> <tr> <td>Chlorpheniramine maleate 2 mg</td> <td>Antihistamine</td> </tr> <tr> <td colspan="2">Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:</td> </tr> <tr> <td>■ sneezing ■ runny nose ■ itchy, watery eyes</td> <td></td> </tr> <tr> <td>■ itchy throat</td> <td></td> </tr> <tr> <td colspan="2">Warnings</td> </tr> <tr> <td colspan="2">Ask a doctor before use if you have</td> </tr> <tr> <td>■ glaucoma</td> <td></td> </tr> <tr> <td>■ a breathing problem such as emphysema or chronic bronchitis</td> <td></td> </tr> <tr> <td>■ trouble urinating due to an enlarged prostate gland</td> <td></td> </tr> </tbody> </table>	Drug Facts		Active ingredient (in each tablet)	Purpose	Chlorpheniramine maleate 2 mg	Antihistamine	Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:		■ sneezing ■ runny nose ■ itchy, watery eyes		■ itchy throat		Warnings		Ask a doctor before use if you have		■ glaucoma		■ a breathing problem such as emphysema or chronic bronchitis		■ trouble urinating due to an enlarged prostate gland		<p>Medicine</p>	<p>Page 16</p>
Drug Facts																									
Active ingredient (in each tablet)	Purpose																								
Chlorpheniramine maleate 2 mg	Antihistamine																								
Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:																									
■ sneezing ■ runny nose ■ itchy, watery eyes																									
■ itchy throat																									
Warnings																									
Ask a doctor before use if you have																									
■ glaucoma																									
■ a breathing problem such as emphysema or chronic bronchitis																									
■ trouble urinating due to an enlarged prostate gland																									
<p>Chapter 4</p>		<p>Healthy Food</p>	<p>Page 23</p>																						
<p>Chapter 5</p>		<p>Staying Healthy</p>	<p>Page 30</p>																						
<p>Glossary and Index</p>	<table border="1" data-bbox="539 1735 866 1968"> <tbody> <tr> <td></td> <td>Allergy</td> <td>AL ler JEE</td> <td>Reaction to certain things, may cause rash, sneezing, or other prob</td> </tr> <tr> <td></td> <td>Checkup</td> <td>CHECK up</td> <td>A visit to the doctor wh not sick, also called a w</td> </tr> <tr> <td></td> <td>Co-pay</td> <td>CO paa</td> <td>When you pay a set fee you go to the doctor an insurance pays the rest.</td> </tr> <tr> <td></td> <td>Emergency</td> <td>ee MER gen see</td> <td>When there is a serious you need help right aw.</td> </tr> <tr> <td></td> <td>Fever</td> <td>FEE ver</td> <td>Your body is too hot, an perature is high</td> </tr> </tbody> </table>		Allergy	AL ler JEE	Reaction to certain things, may cause rash, sneezing, or other prob		Checkup	CHECK up	A visit to the doctor wh not sick, also called a w		Co-pay	CO paa	When you pay a set fee you go to the doctor an insurance pays the rest.		Emergency	ee MER gen see	When there is a serious you need help right aw.		Fever	FEE ver	Your body is too hot, an perature is high	<p>Words and Definitions</p>	<p>Page 34</p>		
	Allergy	AL ler JEE	Reaction to certain things, may cause rash, sneezing, or other prob																						
	Checkup	CHECK up	A visit to the doctor wh not sick, also called a w																						
	Co-pay	CO paa	When you pay a set fee you go to the doctor an insurance pays the rest.																						
	Emergency	ee MER gen see	When there is a serious you need help right aw.																						
	Fever	FEE ver	Your body is too hot, an perature is high																						



HEALTH CARE

CHAPTER 1

Picture Story

What is happening in these pictures?

Emergency Room








- What is an emergency room?
- Where do you go for an emergency?

Primary Care

- Where do you go for basic health care?
- When was your last checkup?

Word List

LOOK AT THE PICTURE. READ THE WORD. SAY THE WORD. READ WHAT IT MEANS.

Picture	Word	How do I say it?	What does it mean?
	Appointment	uh POINT ment	A time to meet or agree to see someone
	Checkup	CHECK up	A visit to the doctor when you are not sick, also called a well visit
	Co-pay	CO paa	When you pay a set fee every time you go to the doctor and your health insurance pays the rest
	Emergency	ee MER gen see	When there is a serious problem and you need help right away
	Health insurance	In SHER uns	A program where you pay each month and then the program pays for your health care
	Medical interpreter	in TERP ret er	A person who is trained to translate for doctors and patients
	Primary care center		A place you go for basic health care needs. It could be a health center, clinic or doctor's office

Reading

Where do I go for health care?

- When you are well, see your doctor for a **checkup**. Your doctor will look for problems you do not see or feel. Finding a health problem early may save your life.
- When you are sick, go to your **primary care center**. Your primary care center is the place you go for all your basic health care needs. Call your primary care center to make an **appointment**.
- When you have an **emergency**, go to the hospital emergency room or call 911. An emergency is when you have a serious medical problem that needs to be addressed right away.



The best way to pay for health care is to have health insurance.

To learn how you can get health insurance and how to get help paying for it, call
1-800-318-2596
or go to the Health Insurance Market Place,
www.healthcare.gov

Maria's Story

Read the story and answer the questions.

- 1** Last year, Maria was sick. She did not go to the doctor. One night she could not breathe. Her husband took her to the **emergency** room. She stayed in the hospital for three days.
- 2** Maria is sick again. She has a bad cough. She does not want the cough to get worse. She does not want to go to the emergency room. She calls the health center to make an **appointment**. She also asks for an interpreter.
- 3** At the health center they ask Maria, "What is your name?" They ask, "Do you have **health insurance**?" Maria gives them her health insurance card.
- 4** They give her a form to fill out. The form is in English only. Maria asks if they have the form in Spanish. Maria asks for an **interpreter**.

THIS IS MARIA.



Writing

1. Why did Maria go to the emergency room?
2. Why does she make an appointment at the health center?
3. What do they ask Maria when she arrives at the health center?
4. Why does she ask for an interpreter?

Speaking

Practice this dialogue with a partner.

Dialogue

Health Center: Hello, health center. How may I help you?

Patient: Hello, this is Fatima Tuma. I want to make an appointment.

Health Center: How do you spell your name?

Patient: T U M A

Health Center: What is the problem?

Patient: I have a **headache** and **sore throat**.

Health Center: Do you have a fever?

Patient: No, I don't.

Health Center: Okay, come in tomorrow at 10 am.

Patient: Thank you.



Dialogue

Health Center: Hello, health center. How may I help you?

Patient: Hello, this is _____. I want to make an appointment.

Health Center: How do you spell your name?

Patient: _____.

Health Center: What is the problem?

Patient: I have _____ and _____.

Health Center: Do you have a fever?

Patient: _____.

Health Center: Okay, come in _____ at 10 am.

Patient: Thank you.



Practice

1. What is your name? _____
2. What is your address? _____
3. What is your phone number? _____
4. What is your email address? _____
5. Where do you go for health care? _____
6. What health insurance do you have? _____

Find these words in the word search puzzle.

- Appointment
- Breathe
- Checkup
- Copay
- Cough
- Emergency
- Insurance
- Interpreter
- Patient

U	D	C	G	I	E	J	A	Z	V	A	N	C	I	G
R	F	K	K	T	U	B	D	M	L	S	I	D	P	X
Q	B	S	U	R	Y	C	V	I	C	V	N	E	D	I
G	R	P	Y	C	Z	I	K	T	K	O	T	G	V	G
J	E	E	A	O	W	U	R	I	V	W	E	E	P	N
D	A	I	H	U	R	O	O	N	G	M	R	M	A	F
F	T	P	Z	G	D	F	C	S	K	P	P	E	T	N
P	H	N	C	H	E	C	K	U	P	L	R	R	I	J
E	E	G	R	K	F	A	R	R	H	R	E	G	E	G
V	X	T	B	D	C	O	P	A	Y	P	T	E	N	Q
D	V	U	A	P	P	O	I	N	T	M	E	N	T	J
X	F	Z	L	U	O	Y	G	C	Y	D	R	C	N	E
V	X	K	V	P	R	N	W	E	N	L	P	Y	O	O

Action

Find a local health center. Make an appointment.

Step 1: Use a phone book, call 211, or use the internet.

Step 2: Search for a health center near you.

- Health center name _____
- Health center phone number _____
- Health center address _____

Step 3: Call the health center to make an appointment for a checkup.

What is 211?

211 is a phone service that tells you information about free and low-cost services near you. To learn more, call 211 now.

Websites

Center for Medicaid and Medicare

<http://www.cms.hhs.gov/apps/contacts>

Health Insurance Market Place

<http://www.healthcare.gov>

MedlinePlus: Recognizing Medical Emergencies

<http://www.nlm.nih.gov/medlineplus/ency/article/001927.htm>



DOCTORS

CHAPTER

2

Picture Story

What is happening in these pictures?

Asking Questions



- What is the doctor asking the patient?
- What is the patient asking the doctor?

Describing Symptoms

- What body part is the patient pointing to?
- Why is the patient visiting the doctor?

Word List

LOOK AT THE PICTURE. READ THE WORD. SAY THE WORD. READ WHAT IT MEANS.

Picture	Word	How do I say it?	What does it mean?
	Allergy	AL ler JEE	Reaction to foods or other things, may cause rash, hives, or other problems
	Fever	FEE ver	When your body temperature is too high
	Headache	Hed A eek	Pain or ache in your head
	Health history	Helth HISS tor EE	The health problems you had in the past
	Medicine	MED uh sin	Used when you are sick or have aches and pain to help make you feel well
	Sore throat	SOR th ROT	When your throat hurts, it is hard to swallow
	Symptoms	SIMP tums	Something that happens in the body that shows you have an injury or illness

Reading

What will the doctor ask me?

- What are your **symptoms**? Before you go to the doctor, practice describing your symptoms in English. Practice with a friend or family member.
- What **medicines** do you take? Before you go to the doctor, write down the names of medicines you take and how much you take each day. Give this list to your doctor. Or you can bring you medicines with you and show them to your doctor.
- What is your **health history**? Your health history is the health problems you have now or had in the past. Your doctor will ask you to fill out a health history form.



What will I ask the doctor?

Be sure you understand the answers to these questions before you leave your **appointment**.

- What is my main problem?
- What do I need to do?
- Why is it important for me to do this?



It is your doctor's job to clearly explain the answers to these questions.

It is your job to be sure you understand the answers before you leave the doctor's office.

John's Story

Read the story and answer the questions.

THIS IS JOHN.



- 1 John is 50 years old. He is a healthy man. Once a year he goes to the doctor for a **checkup**. John's father was not a healthy man.
- 2 He calls his health center to make an **appointment**. He says, "I need to make an appointment for a checkup." The woman on the phone says, "Please come in on Tuesday at 4:30 pm."
- 3 When he arrives at the health center, the woman at the front desk gives him a **health history** form. He fills out the health history form while he waits for the doctor.
- 4 The form asks, "Do you have any **allergies**?" The form asks, "Do you take any **medicines**?" He thinks of questions to ask the doctor. Then the nurse says, "The doctor is ready to see you."

Writing

1. How does John stay healthy?
2. Why does he call the health center?
3. What do they give John when he arrives at the health center?
4. What questions do you think John will ask his doctor?

Speaking

Practice this dialogue with a partner.

Dialogue

Doctor: Hello, my name is Dr. Weston. How may I help you?

Patient: I have pain in my back.

Doctor: Do you have any other symptoms?

Patient: Yes, it hurts when I walk.

Doctor: I can give you some medicine to help. Take it two times a day.

Patient: How long should I take the medicine?

Doctor: Take all the medicine. It should last about one week.

Patient: Thank you, doctor.



Dialogue

Doctor: Hello, my name is Dr. _____. How may I help you?

Patient: I have pain in my _____.

Doctor: Do you have any other symptoms?

Patient: Yes, it hurts when I _____.

Doctor: I can give you some medicine to help. Take it _____.

Patient: How long should I take the medicine?

Doctor: Take all the medicine. It should last about _____.

Patient: Thank you, doctor.



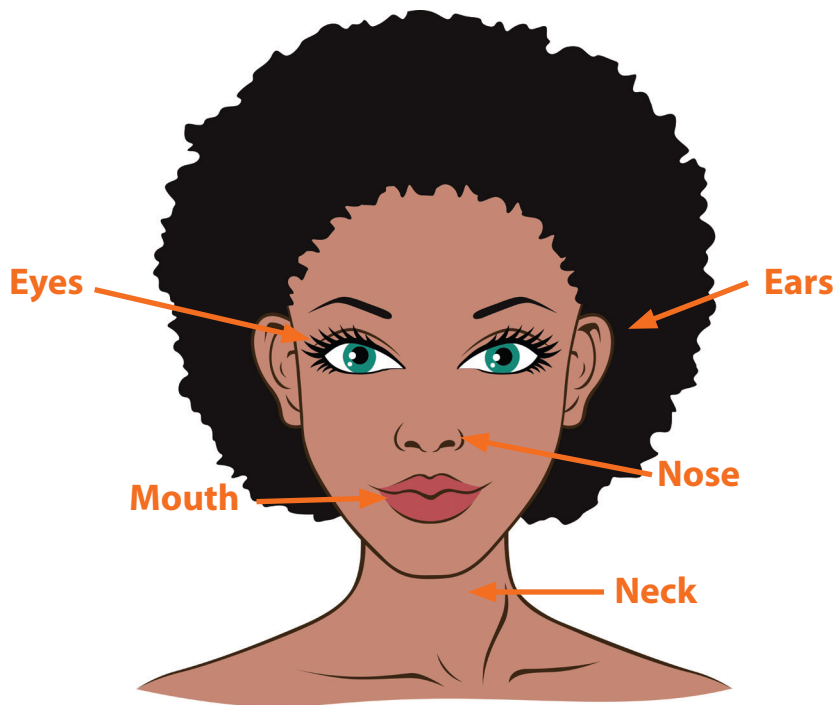
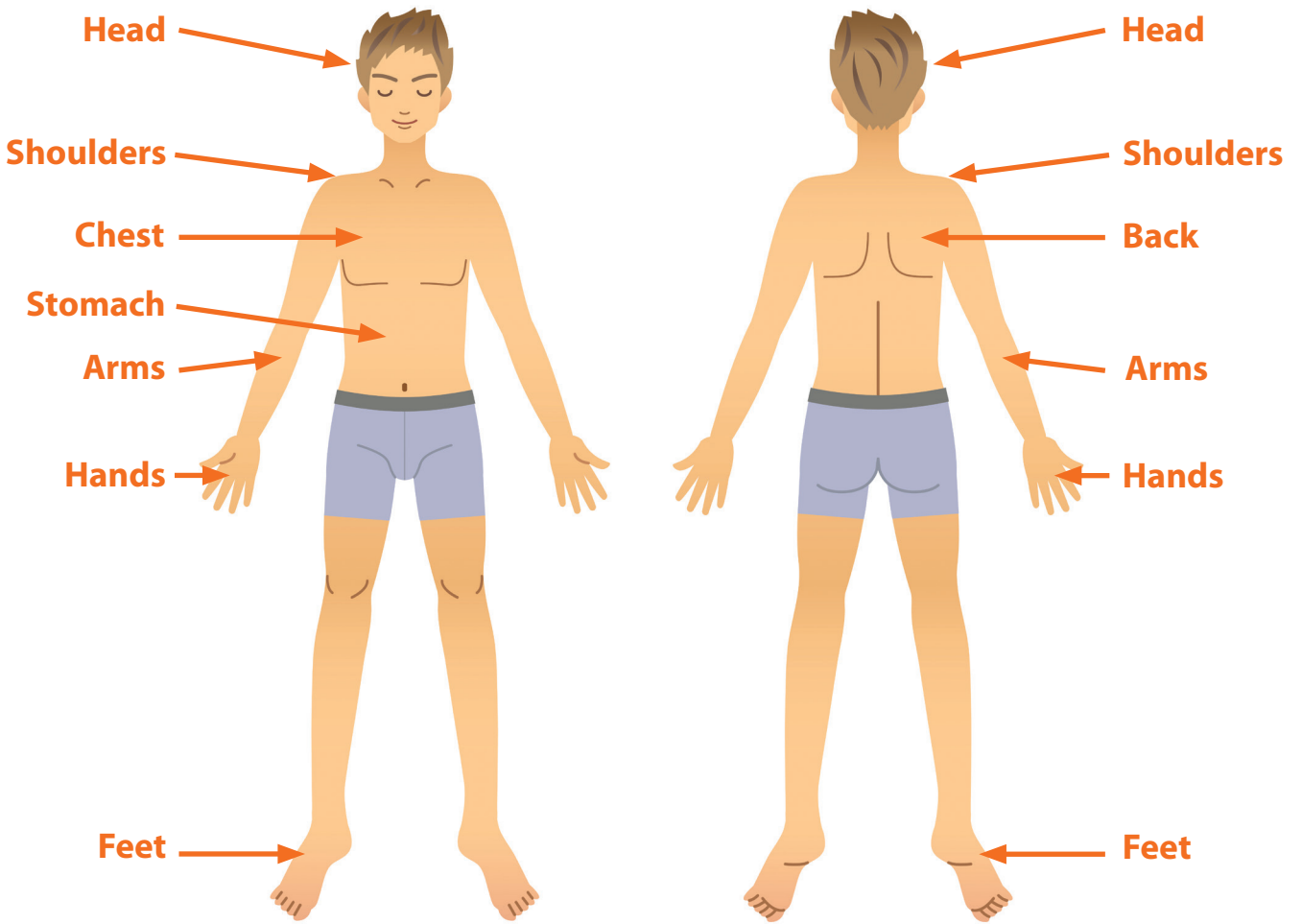
Practice

Read the body parts words out loud in English. Then write the words in your own language. Use the pictures on the next page to help you locate the body parts

Use your dictionary or ask a friend or family member who speaks your language

English	My Language
Arms	
Back	
Chest	
Ears	
Eyes	
Feet	
Hands	
Head	
Mouth	
Neck	
Nose	
Shoulders	
Stomach	

Parts of the Body



Action

Fill out this health history form. Use your dictionary to look up the words you don't know. Save this form and bring it with you to your next checkup.

Name: _____ Date of birth: _____

How is your health? Excellent Good Fair Poor

Have you been to the doctor for checkup within the last year? Yes No

Have you been to the dentist for a cleaning within the last year? Yes No

Check the symptoms you have now or had in the past.

Symptom	Now	Past
Allergies		
Cough		
Dizziness		
Fever		
Headaches		
Itching		

Symptom	Now	Past
Nausea		
Pain		
Rash		
Sore throat		
Stomach ache		

Websites

Questions are the Answer

<http://www.ahrq.gov/apps/qb/>

Choosing a Doctor: Quick Tips

<http://www.healthfinder.gov/HealthTopics/Category/doctor-visits/regular-check-ups/choosing-a-doctor-quick-tips>

Drug Facts

Active ingredient (in each tablet) Purpose
 Chlorpheniramine maleate 2 mg Antihistamine

Uses temporarily relieves these symptoms due to hay fever or other upper respiratory allergies:

- sneezing ■ runny nose ■ itchy, watery eyes
- itchy throat

Warnings

Ask a doctor before use if you have

- glaucoma
- a breathing problem such as emphysema or chronic bronchitis
- trouble urinating due to an enlarged prostate gland

Ask a doctor or pharmacist before use if you are taking tranquilizers or sedatives

When using this product

- You may get drowsy ■ Avoid alcoholic drinks
- Alcohol, sedatives, and tranquilizers may increase drowsiness
- Be careful when driving a motor vehicle or operating machinery
- Excitability may occur, especially in children

If pregnant or breastfeeding, ask a health professional before use.

Keep out of reach of children. In case of overdose, get medical help or contact a Poison Control Center right away.

Directions

Adults and children 12 years and over	Take 2 tablets every 4 to 6 hours; not more than 12 tablets in 24 hours
Children 6 years to under 12 years	Take 1 tablet every 4 to 6 hours; not more than 6 tablets in 24 hours
Children under 6 years	Ask a doctor

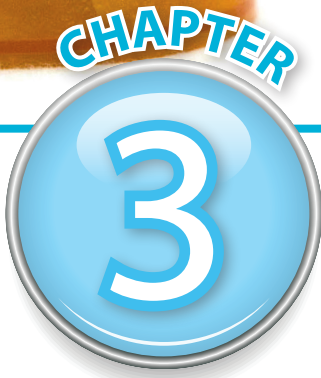
Other information Store at 20-25° C (68-77° F)

- Protect from excessive moisture

Inactive ingredients D&C yellow no. 10, lactose, magnesium stearate, microcrystalline cellulose, pregelatinized starch



MEDICINE



Picture Story

What is different about these two pictures? What is the same?

Over-the-counter Medicine (OTC)

- What can you learn about this medicine from the label?

Prescription Medicine (Rx)

- What can you learn about this medicine from the label?

Word List

LOOK AT THE PICTURE. READ THE WORD. SAY THE WORD. READ WHAT IT MEANS.

Picture	Word	How do I say it?	What does it mean?
	Generic	Gen AIR ik	Not a name brand, usually less expensive than the name brand
	Label	LA bel	On the medicine bottle or box that describes how to take it
	Over-the-counter (OTC)	O ver the COUNT er	Medicine anyone can buy at a store, you do not need a prescription
	Pharmacy	FARM uh see	Where you go to buy medicine
	Pharmacist	FARM us sist	A person who works in the pharmacy, the person who fills prescriptions
	Prescription (Rx)	Pre SCRIP shun	You need one of these from a doctor to buy certain medicines
	Side effect	SIDE e fekt	An unwanted result or symptom you get from taking some medicines

Reading

What does a medicine label tell you?

A medicine label tells you about the medicine. It tells you:

- the name of the medicine.
- who the medicine is for.
- about possible side effects.
- about possible dangers (warnings).

A medicine label tells you how to take the medicine. It tells you:

- **how to take** the medicine.
- **how much** medicine to take.
- **how often** to take it.

Do not share prescription medicines with friends or family. Medicines can cause sickness and even kill a person when used the wrong way.



Alicia's Story

Read the story and answer the questions.

Alicia went to the doctor. The doctor gave her a prescription. Alicia took the prescription to the pharmacy. She gave the prescription to the pharmacist. The pharmacist filled the prescription and gave her the medicine. Alicia asked the pharmacist, "How do I take this medicine?" The pharmacist said, "Take two pills, twice a day."

ABC/Pharmacy, 615 E. 23rd Street, Hialeah, FL 33107

(305) 555-6554

Rx# 10178 13222

Rodrigues, Alicia

54 Bloom Street
Hialeah, FL 33024

Take 2 tablets by mouth twice daily

Minocycline 100 MG tablets

Dr. HANES, A

No refills

Qty. 30

Discard After 03/24/2015

Important: Finish all medicine unless otherwise directed by your doctor.

Writing

1. What is the name of the medicine?
2. How much medicine will Alicia take each day?
3. How often will she take it each day?
4. How many pills are in the bottle?
5. What does the warning label say?

Speaking

Practice this dialogue with a partner.

Dialogue

Pharmacist: Hello, how can I help you?

Patient: I need to find an **over-the-counter** medicine for allergies.

Pharmacist: What are your symptoms?

Patient: I have a headache and sneeze often.

Pharmacist: Here is a medicine that works for many people. Try this medicine.

Patient: Will this medicine cause **side effects**?

Pharmacist: The **label** says this medicine may make you feel sleepy.

Patient: Is there a medicine that will not make me sleepy?

Pharmacist: Yes, try this one.

Patient: Thank you.



Dialogue

Pharmacist: Hello, how can I help you?

Patient: I need to find an **over-the-counter** medicine for _____.

Pharmacist: What are your symptoms?

Patient: I have _____ and _____ often.

Pharmacist: Here is a medicine that works for many people. Try this medicine.

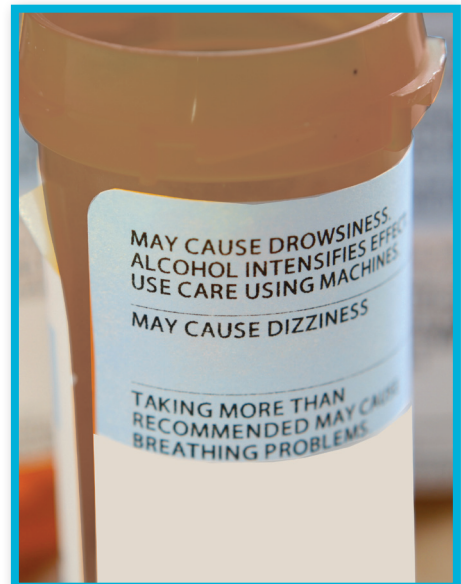
Patient: Will this medicine cause **side effects**?

Pharmacist: The **label** says this medicine may make you feel _____.

Patient: Is there a medicine that will not make me _____?

Pharmacist: Yes, try this one.

Patient: Thank you.



Practice

Match each word with the correct definition.

Word	Definition
___ 1. Pharmacy	A Used when you are sick or you have aches and pains to help make you well again
___ 2. Over-the-counter	B Not a name brand medicine, usually less expensive than the name brand
___ 3. Prescription	C An unwanted result or symptom you get from taking some medicines
___ 4. Medicine	D On the medicine bottle or box that describes how to take it
___ 5. Pharmacist	E Where you go to buy medicine
___ 6. Warning label	F A person who works in a pharmacy, the person who fills prescriptions
___ 7. Label	G You need one of these from a doctor to buy some kinds of medicine
___ 8. Side-effect	H Medicine you can buy at a store, you do not need a prescription
___ 9. Generic	I A label that describes dangers and what NOT to do when taking medicine

Action

Make a list of all the medicine you take. Write the name of the medicine, why you take the medicine, and how much medicine you take.

List the **PRESCRIPTION** medicines you take.

Name of medicine	Why you take it	How much you take

List the **OVER-THE-COUNTER** medicines you take.

Name of medicine	Why you take it	How much you take

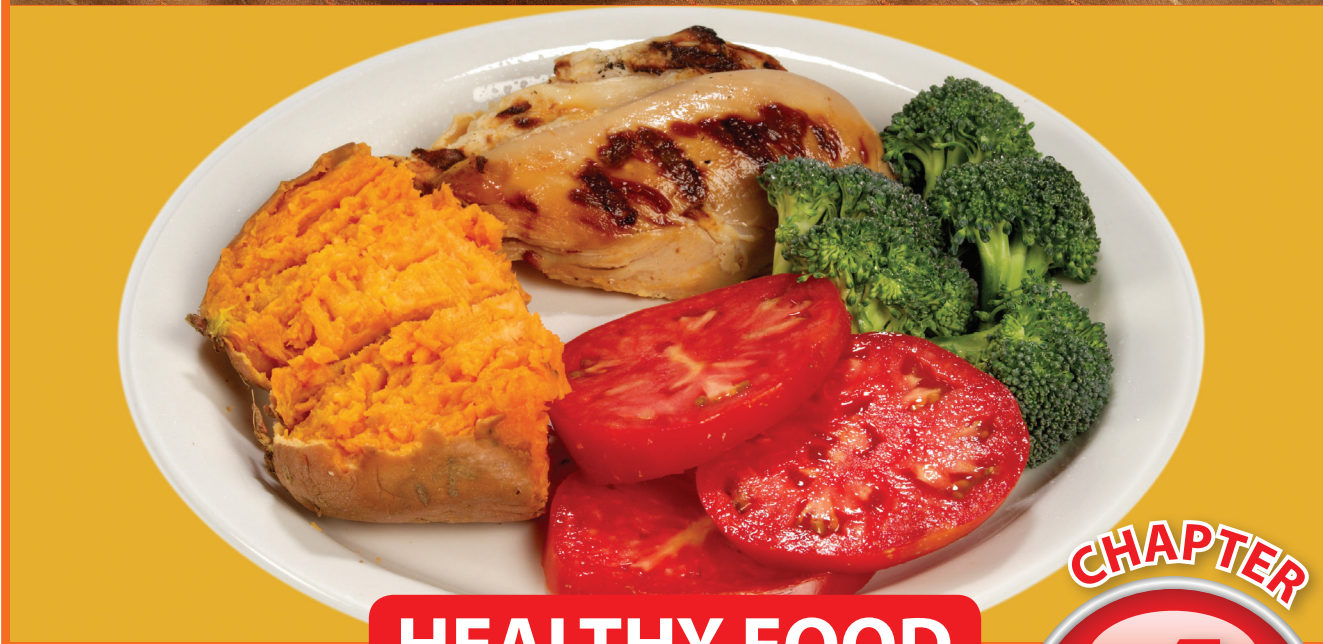
Websites

MedlinePlus: Drugs, Supplements and Herbal Information

<http://www.nlm.nih.gov/medlineplus/druginformation.html>

Medicine Vocabulary Practice

<http://www.reepworld.org/englishpractice/health/medicine/index.htm>



HEALTHY FOOD

CHAPTER 4

Picture Story

What is different about these two pictures? What is the same?

Fast Food

- Which are the foods that are not healthy?
- Why are they not healthy?

Healthy Food

- Which are the foods that are healthy?
- Why are they healthy?

Word List

LOOK AT THE PICTURE. READ THE WORD. SAY THE WORD. READ WHAT IT MEANS.			
Picture	Word	How do I say it?	What does it mean?
	Fiber	FI bur	Foods that help you feel full and helps your stool come out
	Nutrient	New TREE ent	In foods and needed by people to stay healthy, vitamins are a kind of nutrient
	Obesity	oh BEE sit ee	Being very overweight, a weight that is dangerous for your health
	Recipe	Re si PEE	List of what goes into a meal and how to prepare it
	Sodium	SO dee um	Another word for salt
	Vitamins	VI ta mins	A kind of nutrient in foods that help fight sickness and keep the body strong and healthy

Reading

What is Healthy Eating?

Healthy eating means the body is getting the foods it needs to stay healthy. Healthy eating can prevent **obesity** and other health problems.



More Variety

To stay healthy you need to eat foods from the five food groups. These five food groups are 1) Fruits, 2) Vegetables, 3) Grains, 4) Protein Foods, and 5) Dairy.



More Fruits and Vegetables

One of the best things you can do for your health is eat more fruits and vegetables. Fruits and vegetables give you the **fiber** and **vitamins** your body needs to stay healthy.

These are some vitamins found in foods.



Larisa's Story

Read the story and answer the questions.

Larisa's family eats too much meat and not enough fruits and vegetables. Larisa wants to make her family a healthy meal. Help Larisa make a healthy meal for her family. Choose foods from the five food groups.

Fruits:

Apples
Bananas
Grapes
Orange
Strawberries

Vegetables:

Broccoli
Carrots
Peas
Spinach
String beans

Grains:

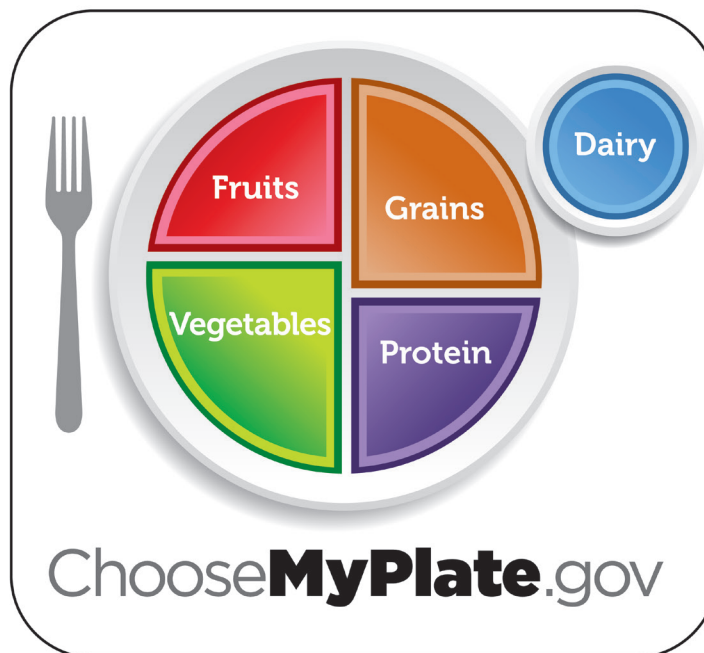
Brown rice
Corn bread
Pasta
Tortillas
Wheat bread

Protein:

Beef
Black beans
Chicken
Nuts
Fish

Dairy:

Cheese
Milk
Yogurt



Writing

1. What healthy meal does Larisa make her family?
2. What healthy meal will you make for your family?

Speaking

Practice this dialogue with a partner.

Dialogue

Larisa: What fruits do you like to eat?

Marc: I like to eat oranges and apples.

Larisa: What vegetables do you like to eat?

Marc: I like to eat broccoli and carrots.

Larisa: Do you like to eat spinach?

Marc: No, I do not like to eat spinach. Do you?

Larisa: No, I do not like spinach, either.

Larisa: Do you like to eat strawberries?

Marc: Yes, strawberries are my favorite food.



Dialogue

Larisa: What fruits do you like to eat?

Marc: I like to eat _____ and _____.

Larisa: What vegetables do you like to eat?

Marc: I like to eat _____ and _____.

Larisa: Do you like to eat _____?

Marc: _____ like to eat _____. Do you?

Larisa: _____ like to eat _____.

Larisa: Do you like to eat _____?

Marc: Yes, _____ are my favorite food.

Crossword

Complete the crossword puzzle. Use these words.

- Fiber
- Nutrition
- Sodium
- Fruit
- Obesity
- Vegetables
- Nutrient
- Recipe
- Vitamins

		1								2				
				3							4			
								5						
6							8							
7														

ACROSS

- 3. found in foods that help your body stay healthy and strong
- 5. the fleshy part of a plant
- 6. how the body uses food to keep healthy
- 7. directions and list of ingredients for making and preparing food

DOWN

- 1. being very overweight, a weight that is dangerous to your health
- 2. helps food more through the body
- 3. part of a plant you cook or eat raw
- 4. another name for salt
- 8. vitamins are an example of this

Action

Think of a healthy meal you like to cook. Write down all the ingredients. Write down the steps you take to prepare the meal. Share your recipe with a friend.

Ingredients
1.
2.
3.
4.
5.
6.



Steps
1.
2.
3.
4.
5.
6.

Websites

MyPlate Food Groups

<http://www.choosemyplate.gov/food-groups/>

Food Vocabulary Practice

<http://www.reepworld.org/englishpractice/health/food/index.htm>



STAYING HEALTHY

CHAPTER

5

How can you stay healthy?

- There are many things you can do to stay healthy. Not smoking is one of the most important things you can do to prevent poor health and stay healthy.
- Eating healthy foods helps your body stay strong and not get sick. More exercise is also good for both your mind and your body.
- Setting and reaching health goals will improve your health and the health of your family at all ages.

These **6** staying healthy goals will help prevent poor health and keep you and your family healthy. What will you do TODAY to reach these goals?

Staying Healthy Goals	What will you do to reach this goal?
<p>1 Eat Healthy Food.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Eat an apple. <input type="checkbox"/> Try spinach. <input type="checkbox"/> Use less sugar. <input type="checkbox"/> _____
<p>2 Keep a Healthy Weight.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Ask your doctor what's a healthy weight for you. <input type="checkbox"/> Make a weight goal and ask family to help you reach it. <input type="checkbox"/> _____
<p>3 Exercise More.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Walk at lunch time. <input type="checkbox"/> Play with my kids. <input type="checkbox"/> Take the stairs. <input type="checkbox"/> _____
<p>4 Don't Smoke.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> If you smoke, don't smoke inside. <input type="checkbox"/> Help a friend quit smoking. <input type="checkbox"/> Call 1-800-784-8664 for tips. <input type="checkbox"/> _____
<p>5 Get a Checkup.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Find a primary care center. <input type="checkbox"/> Make an appointment. <input type="checkbox"/> Sign up for health insurance. <input type="checkbox"/> _____
<p>6 Take Care of Stress.</p> 	<ul style="list-style-type: none"> <input type="checkbox"/> Do something fun. <input type="checkbox"/> Call a friend. <input type="checkbox"/> Go for a walk. <input type="checkbox"/> _____

Check Your Learning

Answer these questions to check your learning. The correct answers are listed on the next page.

1. Where do you go for healthcare when you are sick?
 - a. Emergency room
 - b. Primary care center
 - c. Prescription
2. What is the best way to pay for health care?
 - a. Cash
 - b. Credit card
 - c. Health insurance
3. Which is a symptom of the flu?
 - a. Fever
 - b. Allergies
 - c. Medicine
4. What is on a health history?
 - a. Questions about your appointment
 - b. Questions about your insurance
 - c. Questions about your health
5. Where do you buy prescription medicine?
 - a. Pharmacy
 - b. Pharmacist
 - c. Over-the-counter
6. Which medicines are less expensive?
 - a. Name brand medicine
 - b. Generic medicine
 - c. Label
7. How many food groups are there?
 - a. Ten
 - b. Six
 - c. Five
8. What is another word for sodium?
 - a. Soap
 - b. Salt
 - c. Sugar

Answers

b, c, a, c, a, b, c, b

Websites

- Health Finder
<http://healthfinder.gov/myhealthfinder/>
- Medline Plus
<http://www.nlm.nih.gov/medlineplus/>

Glossary

Picture	Word	How do I say it?	What does it mean?
	Appointment	uh POINT ment	A time to meet or agree to see someone
	Allergy	AL ler JEE	Reaction to certain foods or other things, may cause rash, hives, sneezing, or other problems
	Checkup	CHECK up	A visit to the doctor when you are not sick, also called a well visit
	Co-pay	CO paa	When you pay a set fee every time you go to the doctor and your health insurance pays the rest
	Emergency	ee MER gen see	When there is a serious problem and you need help right away
	Fever	FEE ver	When your body temperature is too high
	Fiber	FI bur	Foods that help you feel full and helps your stool come out
	Generic medicine	Gen AIR ik MED uh sin	Not a name brand medicine, usually less expensive than the name brand
	Headache	Hed A eek	Pain or ache in your head
	Health history	Helth HISS tor EE	The health problems you had in the past

Picture	Word	How do I say it?	What does it mean?
	Health insurance	Helth In SHER uns	A program where you pay each month and then the program pays for your health care
	Label	LA bel	On the bottle or box to describe the medicine and how to take it
	Medical interpreter	MED uh cal in TERP ret er	A person who is trained to translate information from doctor to patient and from patient to doctor
	Medicine	MED uh sin	Used when you are sick or have aches and pain to help make you feel well
	Nutrition	New TRISH un	How the body uses food to stay healthy
	Obesity	oh BEE sit ee	Being very overweight, a weight that is dangerous for your health
	Over-the-counter (OTC)	O ver the COUNT er	Medicine anyone can buy at a store, you do not need a prescription
	Pharmacy	FARM uh see	Where you go to buy medicine
	Pharmacist	FARM us sist	A person who works in the pharmacy, a person who fills prescriptions
	Prescription (Rx)	Pre SCRIP shun	You need one of these from a doctor to buy some kinds of medicines

Picture	Word	How do I say it?	What does it mean?
	Primary care center		The place you go for all your basic health care needs, could be a health center, health clinic, or doctor's office
	Recipe	Re si PEE	List of what goes into a meal and how to prepare it
	Side effect	SIDE e fekt	An unwanted result or symptom, you get from taking some medicines
	Sodium	SO dee um	Another word for salt
	Sore throat	SOR th ROT	When your throat hurts, it is hard to swallow
	Symptoms	SIMP tums	Something that happens in the body that shows you have an injury or illness
	Warning label	WAR ning LA bel	Describes dangers and what NOT to do when taking medicines
	Vitamins	VI ta mins	A kind of nutrient in foods that help fight sickness and keep the body strong and healthy

Notes



Florida Literacy Coalition, Inc.

Florida's Adult and Family Literacy Resource Center

**235 S. Maitland Ave.
Suite 102
Maitland, FL 32751**

(407) 246 - 7110

www.floridaliteracy.org

**This publication was made possible through a grant from the
Florida Department of Education, Division of Career and Adult Education**