



Study pages 122 and 123 in your OPD. Do the exercise on page 123.

Are these statements true or false?

- a. The aerobics class starts at 10 AM.
- b. There's a fat-free cooking demonstration.
- c. The health fair opened at 9:00.
- d. An acupuncture treatment is free.
- e. You can buy vitamins at the Good Foods booth.
- f. The medical screening is free.
- g. A nurse is taking a woman's temperature.
- h. The eye exam is \$2.00
- i. There's a nutrition label demonstration.

Write the letter of the false sentence. Write a correct sentence.

Circle the correct underlined word in this paragraph.

Today, I went to a booth/health fair at a local clinic/demonstration. I am so glad I went!
 At the hatha yoga/medical screening booth, I found out that my blood pressure/pulse is a little high--135 over 80. The nurse told me that exercise helps, so I watched a very interesting acupuncture/aerobic exercise class. It looked easy and fun, and I'll ask my doctor if it's OK for me. Next, I had an ear/eye exam and found out that I can see perfectly--no problems there! I wanted to try an acupuncture exam/treatment, but the needles scared me a little. maybe next time. The last booth had a lecture about nutrition labels/vitamins--very interesting! I'm going to start reading them when I shop for food.

Fill in the blanks.

Come to the _____! Where: _____

When: _____

Learn and have fun at these booths:

1 _____: We'll check your blood pressure and _____ your _____ for only \$2.00.

2 _____: Can you see the big E? How about the little c? Find out here--it's _____!

3 _____: Are you getting enough protein? Listen and learn about _____.

4 _____: Exercise and relax the gentle way. 2-3 PM

5 _____: Chef Bill will show you how to cook sugar-free desserts.

6 _____: Headaches? Sore feet? Feeling blah? Try a treatment for only \$5.00.

Where can you hear...? Match the booth to the quote.

- _____ a. Bend your left leg. Raise your right arm.
_____ b. Now cover your left eye, and read the first row.
_____ c. Seventy-two beats a minute. Excellent.
_____ d. You can make this delicious dessert with no sugar!
_____ e. Notice the serving size. It's only a half cup.
_____ f. Just relax. The needle won't hurt.

nutrition lecture yoga class acupuncture treatment medical screening
cooking demonstration eye exam

Look in your dictionary. How many people are ...? Write the number.

- ___ doing aerobic exercise
___ doing yoga now
___ getting acupuncture
___ waiting to get a free exam
___ listening to the nutrition lecture
___ taking people's blood pressure
___ watching the Healthy Cooking demonstration
___ getting a low-cost exam

Discuss with a partner:

What are some things that should be in a first aid kit?

Give a talk about bicycle safety.

What foods do you really like that are not healthy?