

When the teacher says these words, point to the body part or act out the word. Hint: use page 110 of the OPD.

headache
sore throat
backache
chills
sneeze
cough
bloody nose
sprained ankle
swollen finger
dizzy

- 1.If you have a _____ you might limp. Show what a limp looks like.
- 2.If you have a limp, you might need crutches. Draw a pair of crutches on the board.
- 3.If you have a _____, your nose bleeds. You might need a tissue. What is a tissue?
- 4.If you are _____, your head spins. You have dizziness. Dizziness is an adjective that describes how you feel when you are dizzy. You say, "I am dizzy." You say, "I have dizziness." The doctor might ask, "Are you _____?" or "Do you have _____?"
- 5.If you are sick at your stomach, you are nauseous. You feel you might _____ or throw up.

I. Read the vocabulary words on page 111 of the OPD.

II. Answer these questions using the vocabulary on page 111.

- 1.When an older person is unable to remember things, they might have _____.
- 2.If you have a swollen neck and feel bad, you might have _____.
- 3.If you have red sores that itch, you might have _____.
- 4.If your nose is running and you have fever and a headache, you might have a _____.
- 5.If your baby's ear is hurting, he might have an _____.
- 6.If cats make you sneeze, you might have cat _____.
- 7.If your child's throat is sore and red, she might have _____.
- 8.If you have _____, it is hard to breathe. You might have to use an inhaler.
- 9.People with _____ have to take insulin.
- 10.People with _____ can have very sore joints.
- 11.The HIV virus causes _____.
- 12._____ is a disease of the lungs.
- 13._____ effects the brain.
- 14._____ effects the joints.
- 15.Another word for heart disease is _____.
- 16.An _____ disease is one that spreads through air or water.

III. More vocabulary. Read and discuss each sentence.

- 1.Put your hand on your wrist and feel your pulse. Your pulse is how fast your heart beats.
- 2.A sharp pain is severe (very painful). It hurts a lot. If you break your arm, you will feel a sharp pain in your arm.
- 3.A dull pain or dull ache is not as severe. A headache is sometimes a dull pain. Sometimes we feel like the pain is pulsing. That means going in and out. We say it is a throbbing pain.

4. A germ is a very small bacteria or virus that causes illness. You get germs when people sneeze on you. If you cough into a kleenex, or your shirt sleeve, you don't spread as many germs. If you wash your hands often, you don't get as many germs.

5. If something itches, you want to scratch it. A mosquito bite itches. A rash sometimes itches.

6. If you are around someone with a cold, you might get a cold. You catch a cold. You cannot catch allergies. You cannot catch cancer. But you can catch flu. You can catch a cold.

7. A home remedy is a cure that you make at home. It is not a drug the doctor gives you. Sometimes your mother or grandmother has home remedies for an illness.

IV. Discussion

1. Do you get sick a lot?

2. Do your children get sick?

3. When your children are sick, do you often catch their illness?

4. Have you ever had an ear infection or strep throat?

5. What do you do to prevent illness?

6. Do you have any home remedies for illness?

7. Did your grandmother know any home remedies?

8. Do you think home remedies work?

9. What illnesses have you had?

10. Have you been to a doctor in the U.S.?

11. Have you been to a hospital here?

12. Do you have any allergies? What are you allergic to?

V. Idioms- Fill in the blank with the correct idiom.

1. It took a while to heal his back pain but he's finally better again. He is _____.

Answer:

alive and kicking

back on his feet

having a check-up

at death's door

2. After she fell off her horse she was bruised all over. She was _____.

Answer:

over the hill

green around the gills

out of shape

black and blue

3. I thought the pain was almost gone but then it suddenly got worse again. The pain _____.

Answer:

flared up

blacked out

broke down

passed out

4. My back is really hurting. It's _____.

Answer:

black and blue

killing me

on the mend

feeling blue