AlloSchool

English: 3rd Year College

Unit 12 (Health) - Skills work

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Summary

I- Activities

1-1/ Activity 1 (Reading)

1-2/ Activity 2 (Listening)

1-3/ Activity 3 (Speaking)

II- Practice

2-1/ Exercise 1 (Reading)

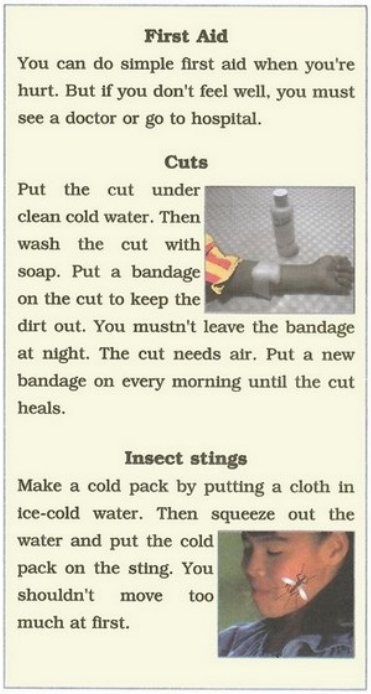
2-2/ Exercise 2 (Speaking)

2-3/ Exercise 3 (Writing)

I- Activities

1-1/ Activity 1 (Reading)

- Read and correct the statements :



First Aid

You can do simple first aid when you're hurt. But if you don't feel well, you must see a doctor or go to hospital.

Cuts

Put the cut under clean cold water. Then wash the cut with soap. Put a bandage on the cut to keep the dirt out. You mustn't leave the bandage at night. The cut needs air. Put a new bandage on every morning until the cut heals.

Insect stings

Make a cold pack by putting a cloth in ice-cold water. Then squeeze out the water and put the cold pack on the sting. You shouldn't move too much at first.

1- You should wash the cut with hot water.

2- You must put on the bandage at night.

3- Put a new bandage on every two days.

4- Put a warm pack on insect stings.

5- Leave the wet pack on the sting.

1-2/ Activity 2 (Listening)

- Listen and choose the correct answer :

A- Janet has :

1. a stomachache.
2. a toothache.
3. a cold.

B- Janet must :

1. take an aspirin.
2. take some pills.
3. take some syrup.

C- Janet mustn't :

1. go out.
2. relax.
3. get cold.

1-3/ Activity 3 (Speaking)

- Ask your partner about how to keep healthy. Tick "Yes" or "No" :

Health Quiz		
	Yes	No
1- exercise daily		
2- go to bed early		
3- get up early		
4- eat fresh food		
5- keep clean		
6- brush your teeth		
7- eat many sweets		
8- smoke		
9- drink much coffee		
10- eat fatty food.		

II- Practice

2-1/ Exercise 1 (Reading)

- Read the text and answer the questions :

John is 65 years old but he is still fit and lively. Do you know why? This is his secret. He always gets up early and goes jogging. He eats a balanced diet. He likes fresh vegetables and fruit, he doesn't like fatty food. He never smokes or drinks alcohol. He brushes his teeth after breakfast, lunch and dinner. He usually has a bath in the evening and goes to bed early. He uses his car at the weekend; on weekdays, he rides his bike to work.

1. What does John do in the morning ?

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2. Does he get up late ?

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3. What food does he prefer ?

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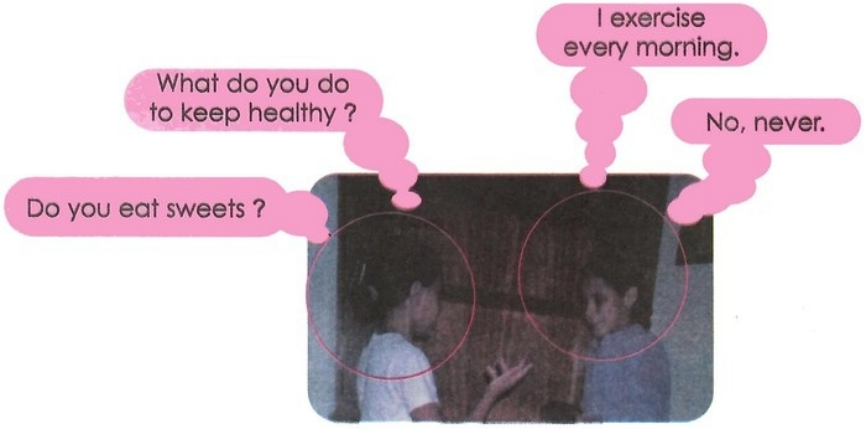
4. How often does he brush his teeth ?

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5. Does he go to work by car ?

2-2/ Exercise 2 (Speaking)

- Ask and answer with a partner :



2-3/ Exercise 3 (Writing)

- Now, write about you partner :

Example : My friend exercises every morning, ...

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