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

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Claire Valier, Sabrina Kurtz-Rossi  
Gregory Smith, Katie Philp, Kristine Babbish  
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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

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

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

<table>
<thead>
<tr>
<th>U</th>
<th>D</th>
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<td>Y</td>
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<td>O</td>
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</tbody>
</table>
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
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

<table>
<thead>
<tr>
<th>Picture</th>
<th>Word</th>
<th>How do I say it?</th>
<th>What does it mean?</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Allergy" /></td>
<td>Allergy</td>
<td>AL ler JEE</td>
<td>Reaction to foods or other things, may cause rash, hives, or other problems</td>
</tr>
<tr>
<td><img src="image" alt="Fever" /></td>
<td>Fever</td>
<td>FEE ver</td>
<td>When your body temperature is too high</td>
</tr>
<tr>
<td><img src="image" alt="Headache" /></td>
<td>Headache</td>
<td>Hed A eek</td>
<td>Pain or ache in your head</td>
</tr>
<tr>
<td><img src="image" alt="Health history" /></td>
<td>Health history</td>
<td>Helth HISS tor EE</td>
<td>The health problems you had in the past</td>
</tr>
<tr>
<td><img src="image" alt="Medicine" /></td>
<td>Medicine</td>
<td>MED uh sin</td>
<td>Used when you are sick or have aches and pain to help make you feel well</td>
</tr>
<tr>
<td><img src="image" alt="Sore throat" /></td>
<td>Sore throat</td>
<td>SOR th ROT</td>
<td>When your throat hurts, it is hard to swallow</td>
</tr>
<tr>
<td><img src="image" alt="Symptoms" /></td>
<td>Symptoms</td>
<td>SIMP tums</td>
<td>Something that happens in the body that shows you have an injury or illness</td>
</tr>
</tbody>
</table>
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.
Chapter 2: Doctors

John’s Story

Read the story and answer the questions.

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?
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.
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 of family member who speaks your language.

<table>
<thead>
<tr>
<th>English</th>
<th>My Language</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arms</td>
<td></td>
</tr>
<tr>
<td>Back</td>
<td></td>
</tr>
<tr>
<td>Chest</td>
<td></td>
</tr>
<tr>
<td>Ears</td>
<td></td>
</tr>
<tr>
<td>Eyes</td>
<td></td>
</tr>
<tr>
<td>Feet</td>
<td></td>
</tr>
<tr>
<td>Hands</td>
<td></td>
</tr>
<tr>
<td>Head</td>
<td></td>
</tr>
<tr>
<td>Mouth</td>
<td></td>
</tr>
<tr>
<td>Neck</td>
<td></td>
</tr>
<tr>
<td>Nose</td>
<td></td>
</tr>
<tr>
<td>Shoulders</td>
<td></td>
</tr>
<tr>
<td>Stomach</td>
<td></td>
</tr>
</tbody>
</table>
Parts of the Body

- Head
- Shoulders
- Chest
- Stomach
- Arms
- Hands
- Feet
- Eyes
- Ears
- Mouth
- Nose
- Neck
**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.

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Now</th>
<th>Past</th>
</tr>
</thead>
<tbody>
<tr>
<td>Allergies</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cough</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dizziness</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fever</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Headaches</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Itching</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Now</th>
<th>Past</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nausea</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pain</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rash</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sore throat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stomach ache</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Websites**

**Questions are the Answer**
http://www.ahrq.gov/apps/qb/

**Choosing a Doctor: Quick Tips**
### 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?
<table>
<thead>
<tr>
<th>Picture</th>
<th>Word</th>
<th>How do I say it?</th>
<th>What does it mean?</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image" alt="Generic" /></td>
<td>Generic</td>
<td>Gen AIR ik</td>
<td>Not a name brand, usually less expensive than the name brand</td>
</tr>
<tr>
<td><img src="image" alt="Label" /></td>
<td>Label</td>
<td>LA bel</td>
<td>On the medicine bottle or box that describes how to take it</td>
</tr>
<tr>
<td><img src="image" alt="Over-the-counter" /></td>
<td>Over-the-counter (OTC)</td>
<td>O ver the COUNT er</td>
<td>Medicine anyone can buy at a store, you do not need a prescription</td>
</tr>
<tr>
<td><img src="image" alt="Pharmacy" /></td>
<td>Pharmacy</td>
<td>FARM uh see</td>
<td>Where you go to buy medicine</td>
</tr>
<tr>
<td><img src="image" alt="Pharmacist" /></td>
<td>Pharmacist</td>
<td>FARM us sist</td>
<td>A person who works in the pharmacy, the person who fills prescriptions</td>
</tr>
<tr>
<td><img src="image" alt="Prescription" /></td>
<td>Prescription (Rx)</td>
<td>Pre SCRI P shun</td>
<td>You need one of these from a doctor to buy certain medicines</td>
</tr>
<tr>
<td><img src="image" alt="Side effect" /></td>
<td>Side effect</td>
<td>SIDE e fekt</td>
<td>An unwanted result or symptom you get from taking some medicines</td>
</tr>
</tbody>
</table>
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.”

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?
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.
## Practice

Match each word with the correct definition.

<table>
<thead>
<tr>
<th>Word</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pharmacy</td>
<td>Used when you are sick or you have aches and pains to help make you well again</td>
</tr>
<tr>
<td>Over-the-counter</td>
<td>Not a name brand medicine, usually less expensive than the name brand</td>
</tr>
<tr>
<td>Prescription</td>
<td>An unwanted result or symptom you get from taking some medicines</td>
</tr>
<tr>
<td>Medicine</td>
<td>On the medicine bottle or box that describes how to take it</td>
</tr>
<tr>
<td>Pharmacist</td>
<td>Where you go to buy medicine</td>
</tr>
<tr>
<td>Warning label</td>
<td>A person who works in a pharmacy, the person who fills prescriptions</td>
</tr>
<tr>
<td>Label</td>
<td>You need one of these from a doctor to buy some kinds of medicine</td>
</tr>
<tr>
<td>Side-effect</td>
<td>Medicine you can buy at a store, you do not need a prescription</td>
</tr>
<tr>
<td>Generic</td>
<td>A label that describes dangers and what NOT to do when taking medicine</td>
</tr>
</tbody>
</table>
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.

<table>
<thead>
<tr>
<th>Name of medicine</th>
<th>Why you take it</th>
<th>How much you take</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
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<td></td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

List the OVER-THE-COUNTER medicines you take.

<table>
<thead>
<tr>
<th>Name of medicine</th>
<th>Why you take it</th>
<th>How much you take</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
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<td></td>
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</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Websites

MedlinePlus: Drugs, Supplements and Herbal Information

Medicine Vocabulary Practice
http://www.leepworld.org/englishpractice/health/medicine/index.htm
Chapter 4: Healthy Food

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

<table>
<thead>
<tr>
<th>Picture</th>
<th>Word</th>
<th>How do I say it?</th>
<th>What does it mean?</th>
</tr>
</thead>
<tbody>
<tr>
<td><img src="image1.jpg" alt="Fiber" /></td>
<td>Fiber</td>
<td>Fl bur</td>
<td>Foods that help you feel full and helps your stool come out</td>
</tr>
<tr>
<td><img src="image2.jpg" alt="Nutrient" /></td>
<td>Nutrient</td>
<td>New TREE ent</td>
<td>In foods and needed by people to stay healthy, vitamins are a kind of nutrient</td>
</tr>
<tr>
<td><img src="image3.jpg" alt="Obesity" /></td>
<td>Obesity</td>
<td>oh BEE sit ee</td>
<td>Being very overweight, a weight that is dangerous for your health</td>
</tr>
<tr>
<td><img src="image4.jpg" alt="Recipe" /></td>
<td>Recipe</td>
<td>Re si PEE</td>
<td>List of what goes into a meal and how to prepare it</td>
</tr>
<tr>
<td><img src="image5.jpg" alt="Sodium" /></td>
<td>Sodium</td>
<td>SO dee um</td>
<td>Another word for salt</td>
</tr>
<tr>
<td><img src="image6.jpg" alt="Vitamins" /></td>
<td>Vitamins</td>
<td>VI ta mins</td>
<td>A kind of nutrient in foods that help fight sickness and keep the body strong and healthy</td>
</tr>
</tbody>
</table>
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:  Vegetables:  Grains:  Protein:  Dairy:
Apples  Broccoli  Brown rice  Beef  Cheese
Bananas  Carrots  Corn bread  Black beans  Milk
Grapes  Peas  Pasta  Chicken  Yogurt
Orange  Spinach  Tortillas  Nuts
Strawberries  String beans  Wheat bread  Fish

Writing

1. What healthy meal does Larisa make her family?

2. What healthy meal will you make for your family?
Chapter 4: Healthy Food

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.

<table>
<thead>
<tr>
<th>Fiber</th>
<th>Nutrition</th>
<th>Sodium</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit</td>
<td>Obesity</td>
<td>Vegetables</td>
</tr>
<tr>
<td>Nutrient</td>
<td>Recipe</td>
<td>Vitamins</td>
</tr>
</tbody>
</table>

**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
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?

<table>
<thead>
<tr>
<th>Staying Healthy Goals</th>
<th>What will you do to reach this goal?</th>
</tr>
</thead>
</table>
| **1** Eat Healthy Food. | - Eat an apple.  
- Try spinach.  
- Use less sugar.  
- ___________________ |
| **2** Keep a Healthy Weight. | - Ask your doctor what’s a healthy weight for you.  
- Make a weight goal and ask family to help you reach it.  
- ___________________ |
| **3** Exercise More. | - Walk at lunch time.  
- Play with my kids.  
- Take the stairs.  
- ___________________ |
| **4** Don’t Smoke. | - If you smoke, don’t smoke inside.  
- Help a friend quit smoking.  
- Call 1-800-784-8664 for tips.  
- ___________________ |
| **5** Get a Checkup. | - Find a primary care center.  
- Make an appointment.  
- Sign up for health insurance.  
- ___________________ |
| **6** Take Care of Stress. | - Do something fun.  
- Call a friend.  
- Go for a walk.  
- ___________________ |
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/
<table>
<thead>
<tr>
<th>Picture</th>
<th>Word</th>
<th>How do I say it?</th>
<th>What does it mean?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Appointment</td>
<td>uh POINT ment</td>
<td>A time to meet or agree to see someone</td>
</tr>
<tr>
<td></td>
<td>Allergy</td>
<td>AL ler JEE</td>
<td>Reaction to certain foods or other things, may cause rash, hives, sneezing, or other problems</td>
</tr>
<tr>
<td></td>
<td>Checkup</td>
<td>CHECK up</td>
<td>A visit to the doctor when you are not sick, also called a well visit</td>
</tr>
<tr>
<td></td>
<td>Co-pay</td>
<td>CO paa</td>
<td>When you pay a set fee every time you go to the doctor and your health insurance pays the rest</td>
</tr>
<tr>
<td></td>
<td>Emergency</td>
<td>ee MER gen see</td>
<td>When there is a serious problem and you need help right away</td>
</tr>
<tr>
<td></td>
<td>Fever</td>
<td>FEE ver</td>
<td>When your body temperature is too high</td>
</tr>
<tr>
<td></td>
<td>Fiber</td>
<td>Fi bur</td>
<td>Foods that help you feel full and helps your stool come out</td>
</tr>
<tr>
<td></td>
<td>Generic medicine</td>
<td>Gen AIR ik MED uh sin</td>
<td>Not a name brand medicine, usually less expensive than the name brand</td>
</tr>
<tr>
<td></td>
<td>Headache</td>
<td>Hed A eek</td>
<td>Pain or ache in your head</td>
</tr>
<tr>
<td></td>
<td>Health history</td>
<td>Helth HISS tor EE</td>
<td>The health problems you had in the past</td>
</tr>
<tr>
<td>Picture</td>
<td>Word</td>
<td>How do I say it?</td>
<td>What does it mean?</td>
</tr>
<tr>
<td>---------</td>
<td>-----------------------------</td>
<td>------------------</td>
<td>---------------------------------------------------------------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Health insurance</td>
<td>Health In SHER uns</td>
<td>A program where you pay each month and then the program pays for your health care.</td>
<td></td>
</tr>
<tr>
<td>Label</td>
<td>LA bel</td>
<td>On the bottle or box to describe the medicine and how to take it.</td>
<td></td>
</tr>
<tr>
<td>Medical interpreter</td>
<td>MED uh cal in TERP ret er</td>
<td>A person who is trained to translate information from doctor to patient and from patient to doctor.</td>
<td></td>
</tr>
<tr>
<td>Medicine</td>
<td>MED uh sin</td>
<td>Used when you are sick or have aches and pain to help make you feel well.</td>
<td></td>
</tr>
<tr>
<td>Nutrition</td>
<td>New TRISH un</td>
<td>How the body uses food to stay healthy.</td>
<td></td>
</tr>
<tr>
<td>Obesity</td>
<td>oh BEE sit ee</td>
<td>Being very overweight, a weight that is dangerous for your health.</td>
<td></td>
</tr>
<tr>
<td>Over-the-counter (OTC)</td>
<td>O ver the COUNT er</td>
<td>Medicine anyone can buy at a store, you do not need a prescription.</td>
<td></td>
</tr>
<tr>
<td>Pharmacy</td>
<td>FARM uh see</td>
<td>Where you go to buy medicine.</td>
<td></td>
</tr>
<tr>
<td>Pharmacist</td>
<td>FARM us sist</td>
<td>A person who works in the pharmacy, a person who fills prescriptions.</td>
<td></td>
</tr>
<tr>
<td>Prescription (Rx)</td>
<td>Pre SCRIP shun</td>
<td>You need one of these from a doctor to buy some kinds of medicines.</td>
<td></td>
</tr>
<tr>
<td>Picture</td>
<td>Word</td>
<td>How do I say it?</td>
<td>What does it mean?</td>
</tr>
<tr>
<td>---------</td>
<td>-----------------</td>
<td>------------------</td>
<td>-----------------------------------------------------------------------------------</td>
</tr>
<tr>
<td><img src="image" alt="Clinic" /></td>
<td>Primary care center</td>
<td>The place you go for all your basic health care needs, could be a health center, health clinic, or doctor’s office</td>
<td></td>
</tr>
<tr>
<td><img src="image" alt="Recipe" /></td>
<td>Recipe</td>
<td>Re si PEE</td>
<td>List of what goes into a meal and how to prepare it</td>
</tr>
<tr>
<td><img src="image" alt="Side effect" /></td>
<td>Side effect</td>
<td>SIDE e fekt</td>
<td>An unwanted result or symptom, you get from taking some medicines</td>
</tr>
<tr>
<td><img src="image" alt="Sodium" /></td>
<td>Sodium</td>
<td>SO dee um</td>
<td>Another word for salt</td>
</tr>
<tr>
<td><img src="image" alt="Sore throat" /></td>
<td>Sore throat</td>
<td>SOR th ROT</td>
<td>When your throat hurts, it is hard to swallow</td>
</tr>
<tr>
<td><img src="image" alt="Symptoms" /></td>
<td>Symptoms</td>
<td>SIMP tums</td>
<td>Something that happens in the body that shows you have an injury or illness</td>
</tr>
<tr>
<td><img src="image" alt="Warning label" /></td>
<td>Warning label</td>
<td>WAR ning LA bel</td>
<td>Describes dangers and what NOT to do when taking medicines</td>
</tr>
<tr>
<td><img src="image" alt="Vitamins" /></td>
<td>Vitamins</td>
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