

Lesson **A** *Listening*

Unscramble

A Work with a partner. Cut out the strips. Mix them up. Put the story in the correct order. The first strip is in **bold**.

B Take turns. Read the story with your partner.



Manuel was always tired.

He was too tired to walk to the store.

He was even too tired to put on his clothes.

So Manuel went to the doctor.

First, the doctor told Manuel that he had high blood pressure.

Then, he told Manuel he must lose some weight.

Manuel took the doctor's advice.

He went on a diet, and he started to eat more fish and vegetables.

He also started to exercise and take a walk every day.

Now Manuel weighs 175 pounds.

He feels wonderful!

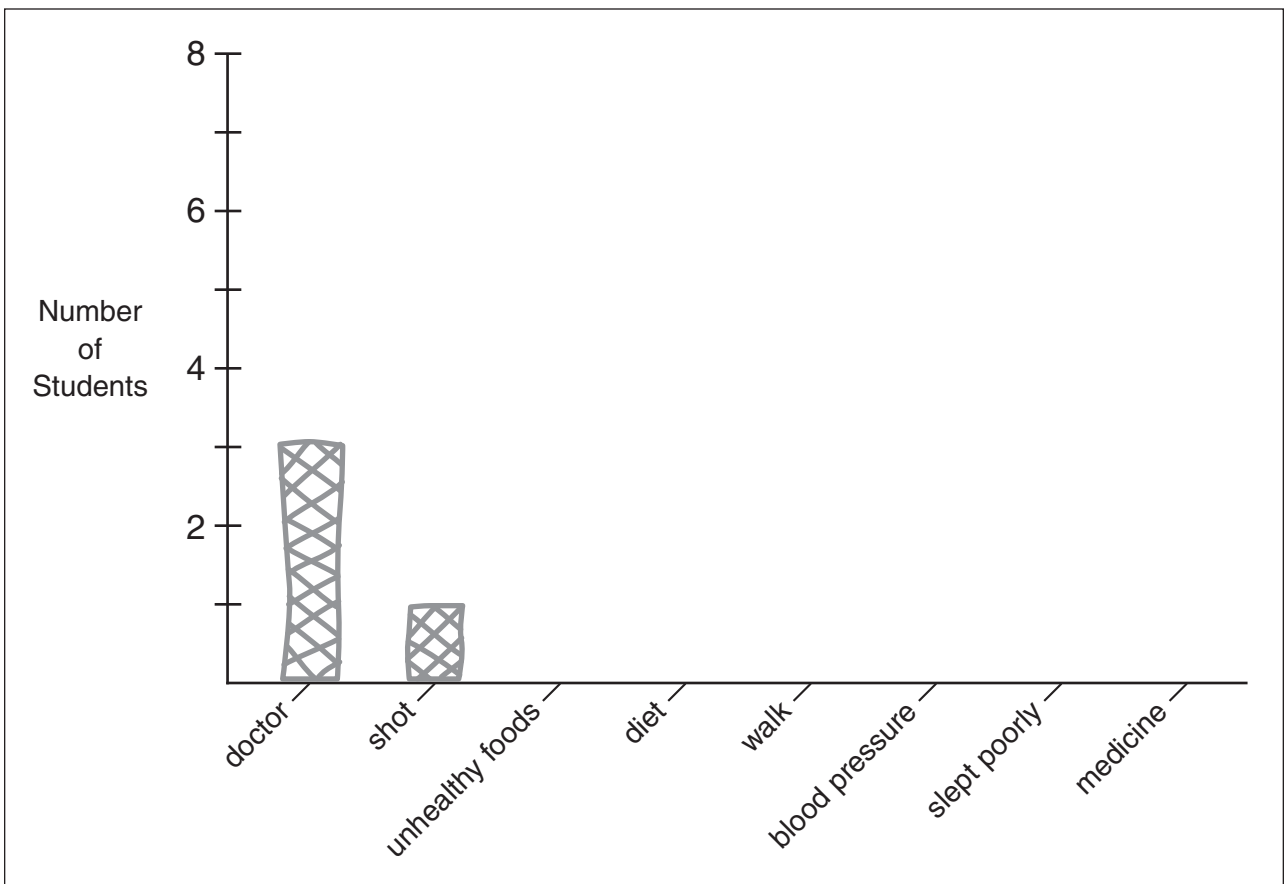
Lesson **B** *Present perfect*

Student interview

A Work in a group. Ask the questions. Write the number of students on the chart.

| Have you . . . | Number of students | |
|--|--------------------|----|
| | Yes | No |
| 1. visited the doctor recently? | 3 | 2 |
| 2. gotten a shot recently? | 1 | 4 |
| 3. eaten unhealthy foods lately? | | |
| 4. started a diet recently? | | |
| 5. taken a walk lately? | | |
| 6. checked your blood pressure recently? | | |
| 7. slept poorly recently? | | |
| 8. taken medicine recently? | | |

B Work with your group. Look at Exercise A. Complete the bar graph. Draw a bar to show the number of Yes answers for each question.




Lesson C *Used to*

Conversation cards

A Everyone takes a card.

B Find a classmate. Ask your question. Your classmate answers. Change cards.

C Find another classmate. Ask your new question. Your classmate answers. Change cards again.



| | | | |
|---|---|---|---|
| What kind of exercise did you use to do in your country? | Did you use to walk to school in your country? Why or why not? | Did you use to study English in your country? Why or why not? | How late did you use to stay up when you were a child? |
| Did you use to eat fast food in your country? Why or why not? | Did you use to cook dinner every night in your country? Why or why not? | Did you use to drink coffee in your country? Why or why not? | Did you use to drive to work in your country? Why or why not? |
| What time did you use to get up when you were a teenager? | What did you use to do after school when you were a child? | Who did you use to play with when you were a child? | What kind of pet did you use to have when you were a child? |
| What transportation did you use to use in your country? | What school did you use to go to in your country? | What sports did you use to play when you were a teenager? | What music did you use to listen to when you were a teenager? |

Lesson **D** *Reading*

Jigsaw reading

A Form a group of four. Each person will read a different article.

B Read your article to yourself.



Article 1

Have you ever seen green grass with lots of yellow flowers in it? Those flowers are probably dandelions. People are usually not happy to have dandelions in their yard because they think these plants are a problem. There are over 100 kinds of dandelions, and they grow very easily.

Article 2

Don't throw dandelions away – eat them! The dandelion plant is very nutritious. The leaves are high in vitamin C and vitamin A. People eat them cooked or raw, in soups or in salads. Some people use the flowers to make wine. Others use the roots to make a stir-fry or dry them to make a drink like coffee.

Article 3

People have used the dandelion plant as medicine for more than 600 years. The root helps to remove water that the body does not need. The leaves help with digestion and treat skin problems. The dandelion may also prevent disease. You can get dandelion in pill, tea, or liquid form.

Article 4

Vineland, New Jersey, is known as the dandelion capital of the United States. Farmers in Vineland grow dandelions to sell around the world. The town has a dandelion festival every year. They serve chicken stuffed with dandelion, dandelion sausage, and many other dishes made with dandelions.

Lesson **D** *Reading*

Jigsaw reading

- C** Tell the group about your article. Listen to learn about the other articles.
Complete the chart with your group.

| | |
|--------------------|--|
| Plant | |
| Description | |
| Food uses | |
| Health uses | |
| Other | |

- D** Talk to your group. Ask and answer the questions.

1. Have you ever used the dandelion for food or medicine?
2. Have you ever used any plants in your yard for food or medicine?
Give some examples.

Lesson E Writing

Partner dictation

Student A

A Read the sentences to Student B. Student B will write the sentences.

1. Its plant has a tall stem, but people eat the root. The root is thick.
2. Its roots look like straight pieces of dried wood. They are long.
3. The root can be very long. The leaves are long and shaped like a lion's teeth.


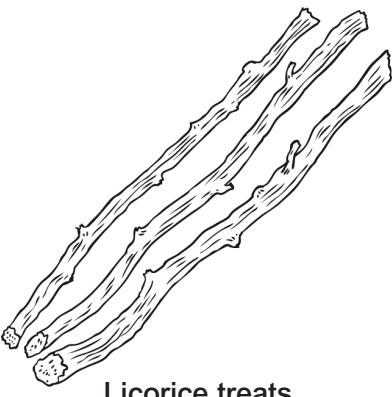
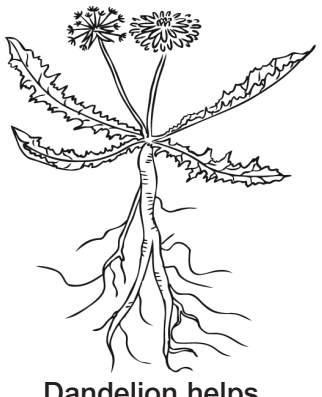
B Listen to Student B. Write the sentences.

4. _____
5. _____
6. _____

C Check Student B's sentences.

D Cut out the cards. Mix them up with your partner's cards. Work with your partner. Match the sentences with the pictures.

E Work with your partner. Write about one of the plants.

| | | |
|--|---|---|
|  <p>Ginger helps digestion.</p> |  <p>Licorice treats sore muscles.</p> |  <p>Dandelion helps prevent disease.</p> |
|--|---|---|

Lesson E Writing

Partner dictation

Student B

A Listen to Student A. Write the sentences.

1. _____

2. _____

3. _____


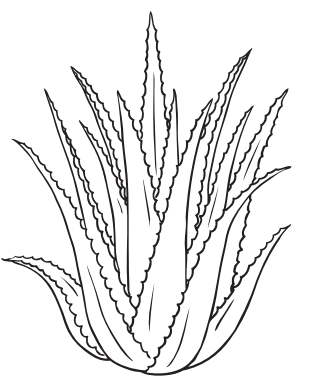

B Read the sentences to Student A. Student A will write the sentences.

4. Its leaves are long and narrow. People eat the bulb. The bulb has pieces, called cloves.
5. Its leaves are very thick and have spines on the edges.
6. It is a tall plant, and its flowers have straight petals.

C Check Student A's sentences.

D Cut out the cards. Mix them up with your partner's cards. Work with your partner. Match the sentences with the pictures.

E Work with your partner. Write about one of the plants.

| | | |
|---|---|--|
|  <p>Garlic treats high blood pressure.</p> |  <p>Aloe vera is good for burns.</p> |  <p>Echinacea is a treatment for colds.</p> |
|---|---|--|

Another view**Share information****Student A****A** Ask Student B questions. Write the answers on the Health History Form.**A** What is the name of the patient?**B** Igor Alexander.

| Health History Form | |
|--|--|
| Name: <u>Igor Alexander</u> | Address: <u>306 Second Street</u> <u>Washington, D.C. 20066</u> |
| Birthdate: _____ | General health: <input type="checkbox"/> excellent <input checked="" type="checkbox"/> good <input type="checkbox"/> fair <input type="checkbox"/> poor |
| Reason for today's visit: _____ | Date problem began: _____ |
| Have you ever had any of the following? | |
| <input checked="" type="checkbox"/> allergies <input type="checkbox"/> asthma <input type="checkbox"/> chest pain <input type="checkbox"/> heart disease | |
| <input type="checkbox"/> arthritis <input checked="" type="checkbox"/> back pain <input checked="" type="checkbox"/> diabetes <input type="checkbox"/> high blood pressure | |
| Other history | |
| Do you smoke? <input checked="" type="checkbox"/> no <input type="checkbox"/> yes | Do you exercise regularly? <input type="checkbox"/> no <input type="checkbox"/> yes |
| Diet <input type="checkbox"/> good <input type="checkbox"/> fair <input type="checkbox"/> poor | Are you pregnant? <input checked="" type="checkbox"/> no <input type="checkbox"/> yes |
| Are you currently taking medications? <input type="checkbox"/> no <input type="checkbox"/> yes | |
| If yes, list all the medications, including vitamins and herbal supplements. | |
| 1. _____ | |
| 2. _____ | |
| 3. <u>Insulin</u> | |
| List any major illness, injury, or surgery in the past year. | |
| Event: <u>Flu</u> | Date: <u>March</u> |
| _____ | _____ |
| Signature: <u>Igor Alexander</u> Date: _____ | |

B Look at the Health History Form. Answer Student B's questions.**C** Check your form with Student B.

Another view**Share information****Student B****A** Look at the Health History Form. Answer Student A's questions.**A** What is the name of the patient?**B** Igor Alexander.

| Health History Form | |
|---|---|
| Name: <u>Igor Alexander</u> | Address: _____ _____ |
| Birthdate: <u>August 28, 1945</u> | General health: <input type="checkbox"/> excellent <input type="checkbox"/> good <input type="checkbox"/> fair <input type="checkbox"/> poor |
| Reason for today's visit: <u>Back pain</u> | Date problem began: <u>October 10, 2013</u> |
| Have you ever had any of the following? | |
| <input type="checkbox"/> allergies <input type="checkbox"/> asthma <input type="checkbox"/> chest pain <input type="checkbox"/> heart disease <input type="checkbox"/> arthritis <input type="checkbox"/> back pain <input type="checkbox"/> diabetes <input type="checkbox"/> high blood pressure | |
| Other history | |
| Do you smoke? <input type="checkbox"/> no <input type="checkbox"/> yes | Do you exercise regularly? <input type="checkbox"/> no <input checked="" type="checkbox"/> yes |
| Diet <input checked="" type="checkbox"/> good <input type="checkbox"/> fair <input type="checkbox"/> poor | Are you pregnant? <input type="checkbox"/> no <input type="checkbox"/> yes |
| Are you currently taking medications? <input type="checkbox"/> no <input checked="" type="checkbox"/> yes | |
| If yes, list all the medications, including vitamins and herbal supplements. | |
| 1. <u>Ibuprofen</u> | |
| 2. <u>Vitamin C</u> | |
| 3. _____ | |
| List any major illness, injury, or surgery in the past year. | |
| Event: _____ | Date: _____ |
| <u>Knee surgery</u> | <u>August</u> |
| Signature: <u>Igor Alexander</u> | Date: <u>November 14, 2013</u> |

B Ask Student A questions. Write the answers on the Health History Form.**C** Check your form with Student A.