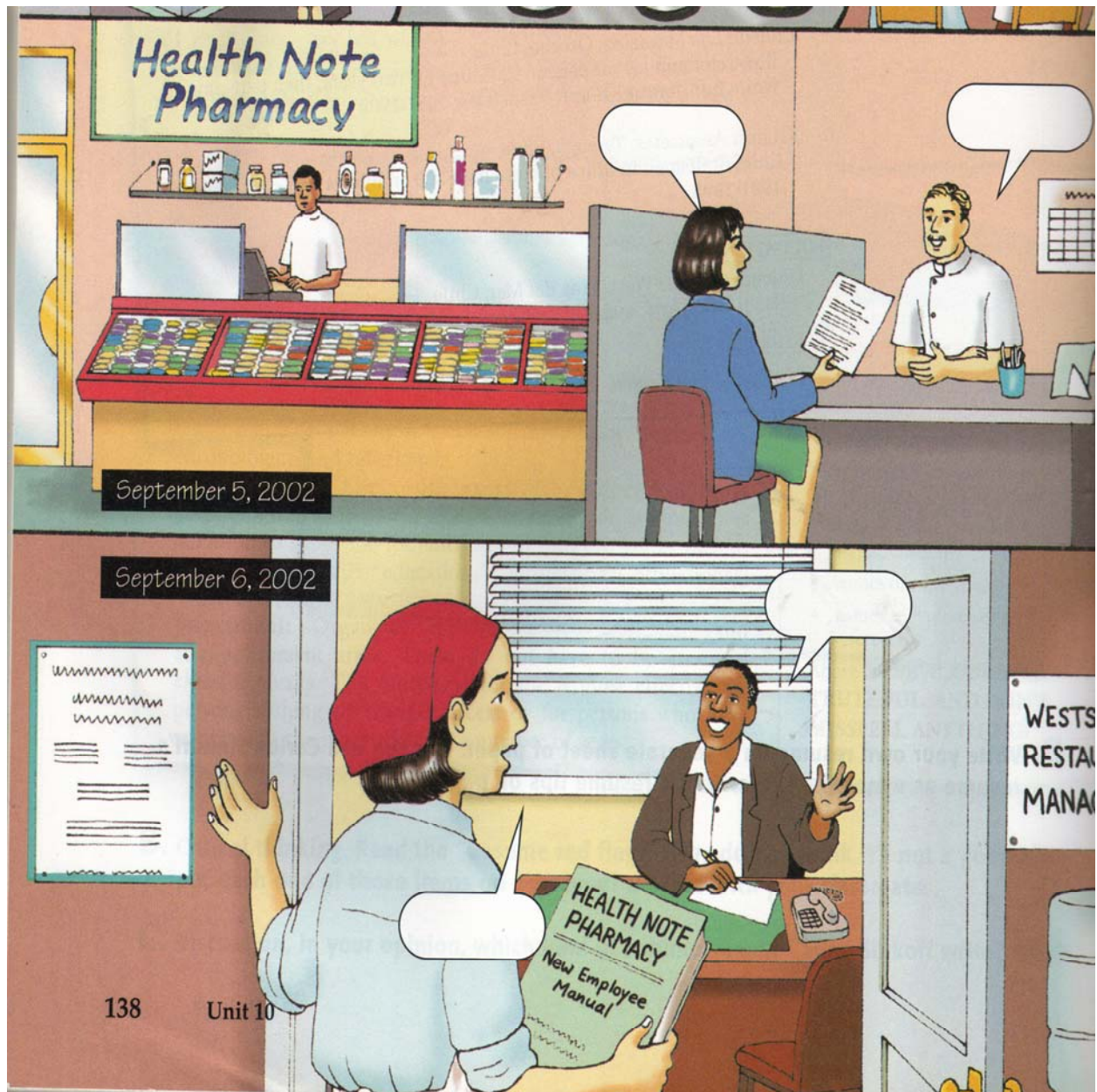


## Unit 4

### Health



รูปภาพที่ 4.1 : Workplace Plus 4 page 138

## Unit 4

### Health

#### สาระสำคัญ

การบรรยายอาการเจ็บป่วยเบื้องต้น และการสอบถามเมื่อเห็นผู้ที่อยู่ใกล้มีลักษณะอาการผิดปกติ การฟังคำถามและการตอบตรงคำถามเพื่อให้ได้ข้อมูลที่ถูกต้อง เป็นสิ่งจำเป็นเพื่อแพทย์จะทำการรักษาสำหรับให้คำแนะนำ

#### จุดประสงค์การเรียนรู้

##### ความรู้

1. บอกคำศัพท์ ส่วนวน ประโยคที่เกี่ยวกับส่วนต่าง ๆ ของร่างกายได้
2. สอบถามและบรรยายอาการของความเจ็บป่วยได้

##### ทักษะ

3. พูดบรรยายเกี่ยวกับคำศัพท์ ส่วนวน ประโยคที่เกี่ยวกับส่วนต่าง ๆ ของร่างกายได้ถูกต้อง
4. พูดและเขียนสอบถามบรรยายอาการของการเจ็บป่วยเพื่อการสื่อสารได้

##### คุณธรรม

5. เสริมสร้างลักษณะนิสัยของ**ความปลอดภัย**แก่ผู้อื่นที่มีอาการผิดปกติและใช้คำถามและคำตอบเพื่อให้ได้ข้อมูลที่จำเป็นสำหรับแพทย์ทำการรักษา

#### เนื้อหาสาระ

##### 1. Language Focus

- 1.1 Parts of the Body and Health
- 1.2 Describing Symptoms and Inquiries about Symptoms
- 1.3 Past Tense / Have + Noun / Feel + Adjective / Helpful Advice

##### 2. Worksheet

- 2.1 ใบงานที่ 1 Warm up ฝึกการพูดทสนทนาเกี่ยวกับอวัยวะต่าง ๆ ของร่างกายตามตัวอย่าง
- 2.2 ใบงานที่ 2 Listening ฝึกทักษะการฟังและออกเสียงของคำศัพท์เกี่ยวกับ Health Problems
- 2.3 ใบงานที่ 3 Listening and Speaking ฝึกทักษะการฟังและการพูดทสนทนาเกี่ยวกับ Health
- 2.4 ใบงานที่ 4 Reading ฝึกทักษะการอ่านคำศัพท์และวิเคราะห์หาความสัมพันธ์ที่เกี่ยวข้อง
- 2.5 ใบงานที่ 5 Reading ฝึกทักษะการอ่านเนื้อเรื่องและสรุปใจความสำคัญเพื่อการตอบคำถาม
- 2.6 ใบงานที่ 6 Speaking ฝึกทักษะการพูดเกี่ยวกับวิธีดูแลสุขภาพเป็นกลุ่ม
- 2.7 ใบงานที่ 7 Writing ฝึกทักษะการเขียนแนะนำเกี่ยวกับสุขภาพเป็นกิจกรรม Pair work

## Vocabularies

Words	Meaning
1. AIDS (acquired immunodeficiency syndrome)	- a medical condition that results from contracting the HIV virus
2 Influenza	- flu
3. Hypertension	- high blood pressure
4. Infectious diseases	- a disease that is spread through air or water
5. Dosage	- how much medicine you take and how many times a day you take it
6. Expiration date	- the last day the medicine can be used
7. Treatment	- something you do to get better
8. A vaccination	- an injection that stops a person from getting a serious disease
9. Be injured / Be hurt	- get injured / get hurt
10. Get a check up	- to go for a medical exam
11. Extract a tooth	- to pull out a tooth
12. Specialist	- a doctor who only treats specific medical problems

## Expressions

- That's too bad.
- I'm sorry to hear that.
- I hope you feel better soon.
- Take a pill every hour.
- Drink lots of juice
- Don't work too hard
- Don't stay up late.
- I feel sick
- I feel better
- I don't feel well.
- Go to bed.
- Use some muscle cream.
- Don't drink coffee.
- Don't go to work
- Don't exercise this week.
- Take a hot bath.
- Stay in bed.
- Don't drink soda.
- Eat a lot of vegetables
- Don't go to bed late.
- I can't loose weight.
- Staying in bed.
- Drinking fluids.
- Getting physical.

### **Talk about health problems**

- |                        |                          |                          |                      |
|------------------------|--------------------------|--------------------------|----------------------|
| - I have a stomachache | - I'm homesick.          | - I have a sore throat.  | - I have the flu.    |
| - I have a backache    | - I have an earache      | - I have a headache      | - I have a toothache |
| - I have a cold        | - I have a cough         | - I have a fever         | - I have a sore eyes |
| - Be in shock          | - I have a heart attack. | - Get an electric shock. | - Burn yourself      |

### **Giving instructions / Helpful advice**

- |                           |                             |
|---------------------------|-----------------------------|
| - Take / Don't take ..... | - Go to / Don't go to ..... |
| - Eat / Don't eat .....   | - Do / Don't do .....       |

### **Practice**

#### **Conversation 1**

A: Point to your neck.

B: This is my neck.

A: These are my feet.

#### **Conversation 2**

A: What's wrong? Do you have a headache?

B: No, I don't

A: Do you have an earache?

B: Yes, I have an earache.

A: That's too bad.

#### **Conversation 3**

A: How do you feel today?

B: I feel fine, thanks. What about you?

A: I feel really terrible. I have a headache.

B: I'm sorry to hear that.

#### **Conversation 4**

A: I can't sleep at night.

B: Get up and do some work.

A: Don't drink coffee in the evening.

## Language Points:

### 1. **Past** tense for problem health

- \* burn - **burned**
- \* drown - **drowned**
- \* swallow – **swallowed**
- \* overdose – **overdosed**
- \* choke – **choked**
- \* have - **had**
- \* get – **got**
- \* bleed – **bled**
- \* can't – **couldn't**
- \* break – **broke**
- \* fall – **fell**

### 2. **Have** + **noun**; **feel** + **adjective**

- \* I have **a sore throat**. (Affirmative)
- \* I **feel sick**. (Affirmative)
- \* I **don't feel well**. (Negative)

### 3. Imperatives = **Verb 1** +..... (for affirmative/ for negative = **Don't** + verb 1)

- \* **Don't stay** up late.
- \* **Take** a pill every four hours.
- \* **Drink** lots of juice.
- \* **Go** to bed and sleep.
- \* **Get** some exercise every day.
- \* **Call** your family on the phone.
- \* **Be** something fun every evening.
- \* **Don't eat** dessert.
- \* **Go** out to a restaurant.
- \* **Don't go** to school this week.

## ใบความรู้ที่ 4

### Wrap up

#### Health Problems

- |                 |                    |                  |                 |                |
|-----------------|--------------------|------------------|-----------------|----------------|
| - a backache    | - an earache       | - a headache     | - a stomachache | - a toothache  |
| - a cold        | - a cough          | - a fever        | - the flu       | - sore eyes    |
| - a sore throat | - nasal congestion | - sneeze         | - feel dizzy    | - blood nose   |
| - feel nauseous | - insect bite      | - sprained ankle | - sunburn       | - strep throat |

#### Helpful Advice

- |                                   |                                    |                                     |
|-----------------------------------|------------------------------------|-------------------------------------|
| - Go to bed and sleep.            | - Go out to a restaurant.          | - Eat some toast and drink some tea |
| - Don't go to school this week.   | - Don't go outside.                | - Don't eat dessert.                |
| - Don't eat any heavy food today. | - Take two aspirin.                | - Close your eyes for ten minutes.  |
| - Go home and relax.              | - Do something fun every evening   | - Get some exercise every day.      |
| - Call your family on the phone.  | - Go to a store and buy some food. | - Stay in bed.                      |

**Ex.1** – I can't lose weight. I like dessert. Cake is my favorite food!

**Ex.2** – My job is very stressful. I usually work 10 hours a day on weekends. I have backaches and headache almost every day.

**Ex.3** – I can never get up on time in the morning. I'm always late for work. I guess I'm not a morning person.

**Ex.4** I'm new in town, and I don't know any people here. How can I make some friends?

#### Expressions

\* A: How are you?

\* A: What's the matter? / What's wrong?

B: I am not so good, actually.

B: I have a headache.

\* A: How do you feel?

B: I feel sick. / I don't feel well. / I feel better already.

#### Expressing Sympathy

\* That's too bad. / I'm sorry to hear that. / I hope you feel better soon.

#### Giving instructions & Advice

\* Drink eight cups of water every day.

\* Wear a seat belt when you are driving.

\* Get enough calcium.

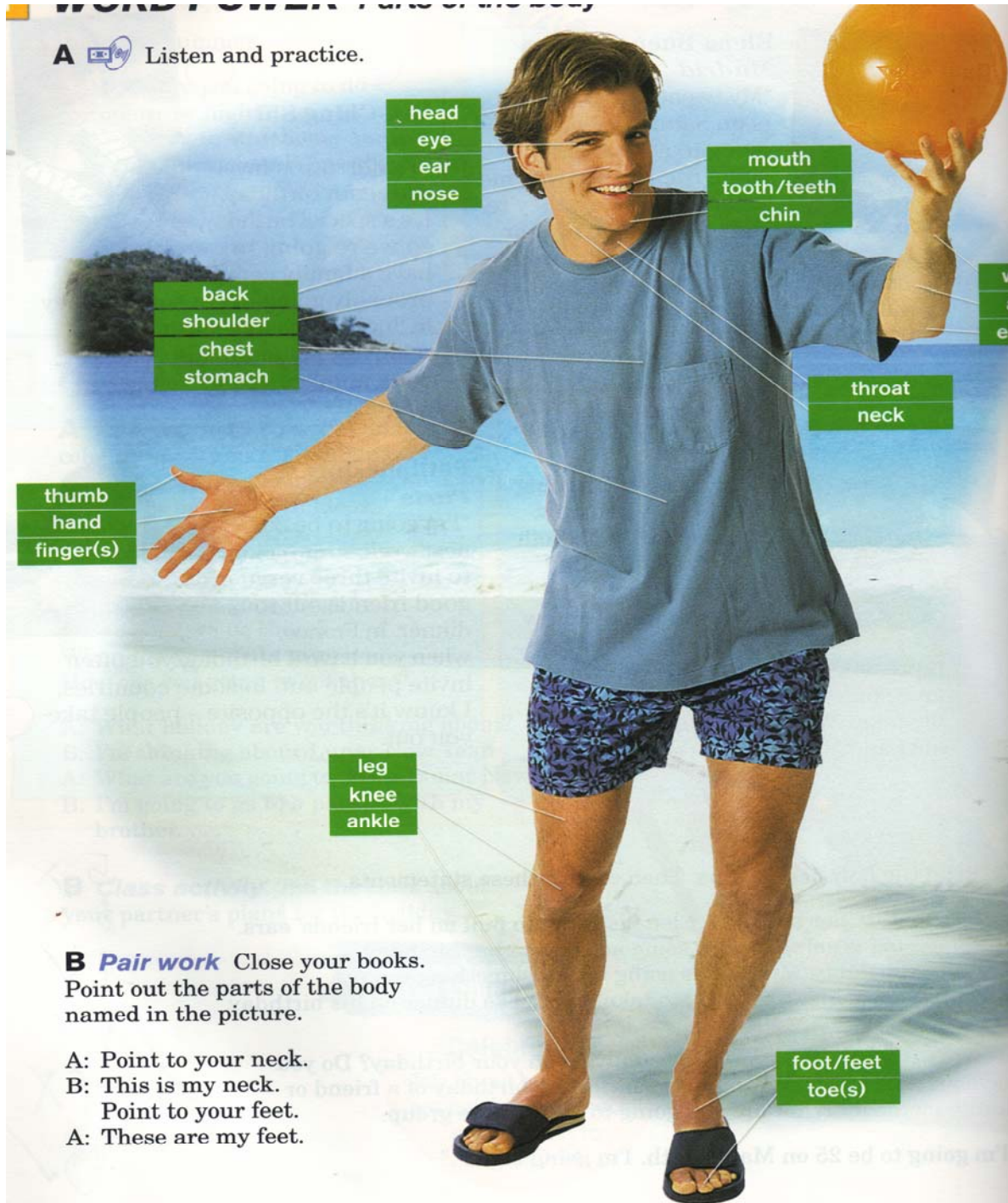
\* Don't eat any heavy food today.



## ใบงานที่ 4.1

### Warm up: Speaking

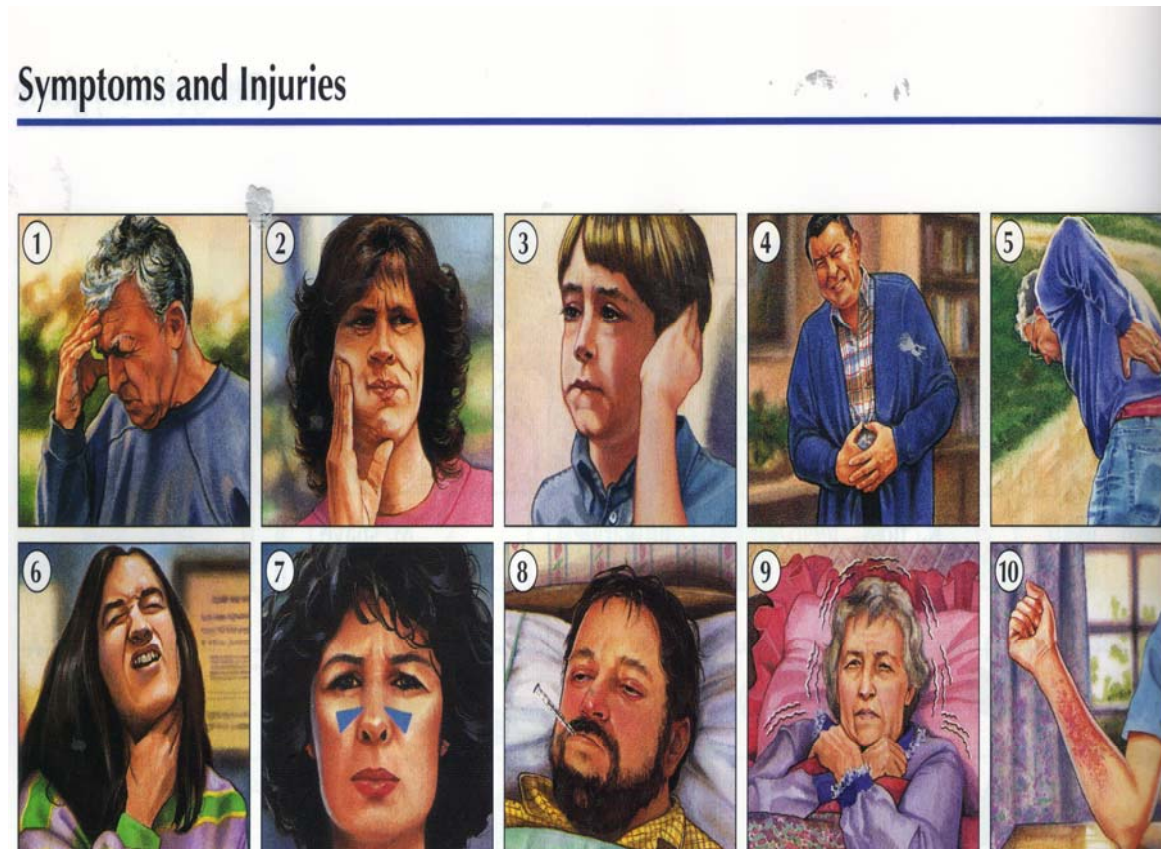
**Exercise 1:** Point to the body in the picture and ask about the part of the body.



## ใบงานที่ 4.2

### Listening: Health Problems

**Exercise 2:** Study these symptoms and injuries and answer what it is called in English.



รูปภาพที่ 4.3 :Picture Dictionary (OXFORD) Page 78

### Answer:

1. ....
2. ....
3. ....
4. ....
5. ....
6. ....
7. ....
8. ....
9. ....
10. ....



## ใบงานที่ 4.3

### Listening and Speaking

**Exercise 3:** Listen and repeat the conversation.

#### Conversation 5

Jee: Hey, Joo. How are you?

Joo: Oh, I'm not so good, actually.

Jee: Why? What's the matter?

Joo: Well, I have a headache. And a backache.

Jee: Maybe you have the flu.

Joo: No, I think I just miss Japan – I feel a little homesick.

Jee: That's too bad. But I think I can help. Let's have lunch at that new Japanese restaurant.

Joo: That's a great idea. Thanks, Brian. I feel better already!

#### Conversation 6

Santi: Hello, Ms. Sri. How are you today?

Sri : I feel terrible.

Santi: So, what's wrong, exactly?

Sri : I'm exhausted.

Santi: Hmm. Why are you so tired?

Sri : I just can't sleep at night.

Santi: OK. Let's take a look at you.

Sri : I'm going to give you some pills. Take one pill every night after dinner.

Santi: OK.

Sri : And don't drink coffee, tea or soda.

Santi: No soda?

Sri : No. And don't work too hard.

Santi: All right. Thanks, Sri.

## ใบงานที่ 4.4

### Speaking

**Exercise 4:** Practice speak to the vocabulary and find the ‘odd one out’

No.	Vocabulary	Vocabulary	Vocabulary	Answer
1	a consultant	a surgeon	a doctor	.....
2	to wound	to damage	to injure	.....
3	a waiting list	an appointment	a consultation	.....
4	to cure	to treat	to heal	.....
5	to admit	to discharge	to transfer	.....
6	a wheel chair	a bed	a trolley	.....
7	a Zimmer - frame	a walking stick	crutches	.....
8	homeopathy	massage	osteopathy	.....
9	deodorant	insect bite	bloody nose	.....
10	toothbrush	teenage	toothpaste	.....

## ใบงานที่ 4.5

### Reading

**Exercise 5:** Read the article and then complete the advice.

1. To get exercise, .....
2. To help your bones, .....
3. To help your muscles,.....
4. To keep your gums healthy, .....
5. To have enough energy for the morning, .....
6. To challenge your brain, .....
7. To help your body in many ways, .....
8. To help your skin, .....
9. To floss your teeth, .....
10. To save thousand lives, .....

## 10 READING



# 10 SIMPLE WAYS TO IMPROVE YOUR HEALTH

Cover the reading. Can you think of some ways to improve your health?

Believe it or not, you **can** greatly improve your health in these ten simple ways:

1

### Eat breakfast.

Breakfast gives you energy for the morning.

2

### Go for a walk.

Walking is good exercise, and exercise is necessary for good health.

3

### Floss your teeth.

Don't just brush them. Flossing keeps your gums healthy.



4

### Drink eight cups of water every day.

Water helps your body in many ways.

5

### Stretch for five minutes.

Stretching is important for your muscles.



6

### Wear a seat belt.

Every year, seat belts save thousands of lives.



7

### Do something to challenge your brain.

For example, do a crossword puzzle or read a new book.



8

### Moisturize your skin and use sunscreen.



9

### Get enough calcium.

Your bones need it. Yogurt and milk have calcium. Or drink orange juice with calcium added.



10

### Take a "time-out" – a break of about 20 minutes.

Do something different. For example, get up and walk. Or sit down and listen to music.

Source: Cooking Light® Magazine

## ใบงานที่ 4.6

### Speaking

**Exercise 6:** Group work / Talk about these questions and get the information.

1. Which of these ten things do you do regularly?

.....

2. What else do you do for your health?

.....

3. Can you think of some ways to improve your health?

.....

4. Do you think how eating breakfast is useful?

.....

5. Do you know how many cups of water you drink every day?

.....

6. How long of a time – out do you take for your relaxation?

.....

7. What do you use to keep your skin?

.....

8. Which activities do it useful for challenging your brain?

.....

9. What is good exercise for good health?

.....

10. What do your bones need?

.....

## ใบงานที่ 4.7

### Writing: Pair work

**Exercise 7:** Write about the health problems and give advice by the given phrases.

Take two aspirin.

Go to bed and sleep.

Go out to a restaurant.

Close your eyes for ten minutes.

Go to a store and buy some food

Don't eat desserts.

Don't go outside.

Call your family on the phone.

Go home and relax.

Don't go to school this week

Eat some toast and drink some

Get some exercise every day.

Don't eat any heavy food today.

Health Problems	Giving Advice
1. I can't sleep at night.	.....
2. I have the flu.	.....
3. I can't lose weight.	.....
4. I'm homesick.	.....
5. My job is very stressful.	.....
6. There's no food in the house.	.....
7. I have a stomachache.	.....
8. I have a backache.	.....
9. I feel sad.	.....
10. I have a cold.	.....



**แบบทดสอบประจำหน่วยที่ 9**

**Choose the best answer.**

1. I've got a ..... headache.  
a) splitting                      b) banging                      c) hurting                      d) crashing
2. I think I've got a ..... I feel terribly hot.  
a) rage                      b) stroke                      c) fever                      d) temperature
3. You don't look well. Let me ..... your temperature.  
a) make                      b) measure                      c) do                      d) take
4. It's nothing. It's just a ..... headache.  
a) weak                      b) soft                      c) mild                      d) gentle
5. You look tired – you probably need a ..... night's sleep.  
a) fine                      b) perfect  
c) wonderful                      d) good
6. My grandfather's ninety, but he's still ..... the best of health.  
a) with                      b) in  
c) at                      d) for
7. I'm feeling a bit under..... I think perhaps I'll go and see a doctor tomorrow.  
a) a storm                      b) a cloud  
c) the weather                      d) the rain
8. I've got a sore throat and a bit of a headache. I think I may be going ..... with something.  
a) on                      b) through  
c) along                      d) down
9. Before having a heart attack, many patients report feeling under..... for several days.  
a) the moon                      b) the weather  
c) a storm cloud                      d) to the top
10. Don't worry; it's just a flu bug that's going round. You'll be back..... in a day or two.  
a) in the air                      b) on the form  
c) on your feet                      d) to the top.

## Answer

Exercise 1 คำศัพท์จากรูปภาพเกี่ยวกับอวัยวะของร่างกาย

### Exercise 2

- |                |                     |                        |                |             |
|----------------|---------------------|------------------------|----------------|-------------|
| 1. headache    | 2. toothache        | 3. earache             | 4. stomachache | 5. backache |
| 6. sore throat | 7. nasal congestion | 8. fever / temperature | 9. chills      | 10. rash    |

Exercise 3: ประเมินผลการปฏิบัติตามบทสนทนา

### Exercise 4:

- |                      |                       |                             |
|----------------------|-----------------------|-----------------------------|
| 1. go for a walk     | 2. drink orange juice | 3. stretch for five minutes |
| 4. floss your teeth  | 5. eat breakfast      | 6. read a new book          |
| 7. drink water       | 8. use sunscreen      | 9. keeps your gum           |
| 10. wear a seat belt |                       |                             |

Exercise 5: แนวคำตอบ

1. I go for a walk regularly.
2. I swim and exercise by slim shape.
3. I think taking care of your health always.
4. It gives you energy for the morning.
5. There are eight cups of water every day.
6. Take a “time – out” – a break of about 20 minutes.
7. Moisturize your skin and use sunscreen.
8. Do a crossword puzzle or read a new book.
9. Walking is good exercise, and exercise is necessary for good health.
10. Get enough calcium for your bones.

Exercise 6 แนวคำตอบตามเนื้อเรื่อง

Exercise 7 แนวคำตอบตามคำแนะนำที่กำหนด

### แบบทดสอบ

- |        |         |        |        |
|--------|---------|--------|--------|
| 1. = a | 2. = d  | 3. = d | 4. = b |
| 5. = d | 6. = b  | 7. = c | 8. = d |
| 9. = b | 10. = c |        |        |

