



Ways to Get Well



A. Seek medical attention.



B. Get bed rest.



C. Drink fluids.



D. Take medicine.

Ways to Stay Well



E. Stay fit.



F. Eat a healthy diet.



G. Don't smoke.



H. Have regular checkups.



I. Get immunized.



J. Follow medical advice.

More vocabulary

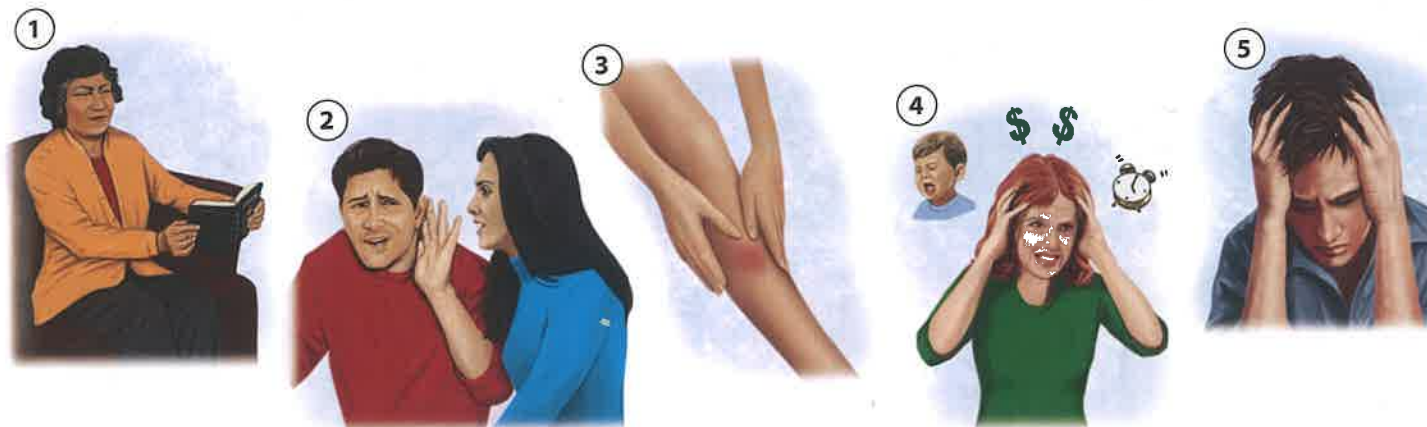
**injection:** medicine in a syringe that is put into the body  
**immunization / vaccination:** an injection that stops serious diseases

Survey your class. Record the responses.

- 1. How do you stay fit?
  - 2. Which two foods are a part of your healthy diet?
- Report: I surveyed ten people who said they \_\_\_\_.



Types of Health Problems



- 1. vision problems
- 2. hearing loss
- 3. pain
- 4. stress
- 5. depression

Help with Health Problems



- 6. optometrist
- 7. glasses
- 8. contact lenses
- 9. audiologist
- 10. hearing aid



- 11. physical therapy
- 12. physical therapist



- 13. talk therapy
- 14. therapist



- 15. support group

Ways to ask about health problems

Are you in pain?  
Are you having vision problems?  
Are you experiencing depression?

Pair practice. Make new conversations.

A: Do you know a good optometrist?  
B: Why? Are you having vision problems?  
A: Yes, I might need glasses.