



### 1. Look in your dictionary. Complete the poster.

For Good Health...



a. Eat a healthy diet.



b. \_\_\_\_\_ lots of fluids.



c. \_\_\_\_\_ fit.



d. \_\_\_\_\_



e. \_\_\_\_\_ immunized.



f. \_\_\_\_\_ regular checkups.

### 2. Look at the doctor's notes. True or False?

- a. The patient sought\* medical attention. true
- b. The patient should get bed rest. \_\_\_\_\_
- c. She doesn't need to take medicine. \_\_\_\_\_
- d. She must stop smoking. \_\_\_\_\_
- e. She should drink more fluids. \_\_\_\_\_

\*sought = past tense of seek

*From the desk of Dr. Mary Burns*

Stay in bed.  
 Fill prescription for antibiotics.  
 Drink a lot of water or juice.  
**NO** more smoking!!

Call for Appointment in 2 weeks.

### 3. Look in your dictionary. Complete the chart.

Problem	Doctor	Help
a. <i>vision problems</i>		glasses or <i>contact lenses</i>
b.		hearing aid
c. stress or		talk therapy or
d. knee pain		

### 4. Match.

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| <p><u>7</u> a. I see my doctor every January.</p> <p>___ b. I'd like some more vegetables, please.</p> <p>___ c. I exercise every day.</p> <p>___ d. No cigarettes for me, thanks.</p> <p>___ e. I always get a flu vaccination.</p> <p>___ f. I'll have another glass of water, please.</p> <p>___ g. I need to see the doctor today.</p> <p>___ h. It's time for my pills.</p> | <p>1. Eat a healthy diet.</p> <p>2. Seek medical attention.</p> <p>3. Get immunized.</p> <p>4. Don't smoke.</p> <p>5. Take medicine</p> <p>6. Drink fluids.</p> <p>7. Have regular checkups.</p> <p>8. Stay fit.</p> |
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### 5. What about you? Check (✓) the things you do. Explain.

Example: *stay fit—I exercise four times a week.*

- stay fit \_\_\_\_\_
- eat a healthy diet \_\_\_\_\_
- get immunized \_\_\_\_\_
- drink fluids \_\_\_\_\_
- have regular checkups \_\_\_\_\_
- follow medical advice \_\_\_\_\_
- Other: \_\_\_\_\_

**CHALLENGE** List three other kinds of doctors. What problems do they treat?  
 Example: *orthopedist—for problems with bones*