

## Unit 10 A Staying Healthy

### Warm up

Match the symptoms to the pictures. Tell your classmates of the symptoms of an illness you have had and see if they can guest the name of the illness.

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1. Fever
2. Headache
3. Stomachache
4. Toothache
5. Cold
6. Cough

## Reading

### Going to the doctor

Going to the doctor or going to a hospital can be different experience depending on which country you are in. For example, if you are in China, you need to pay for the medicine before you go to the pharmacy. To help you understand medical procedures in China, please follow the steps laid out below. These procedures are used in the Eye and Ear Ward, the Children's Ward, the Psychiatric Ward and so on. The procedures for the Emergency Ward are different.

1. Go to the registration office and pay for the registration form.
2. Fill out the registration form and go to the outpatient department
3. Give the registration form to the nurse.
4. Wait for your name to be called.
5. Go with the nurse to the consulting room when you are called.
6. Describe your symptoms to the doctor
7. Get your prescription (if appropriate)
8. Pay the doctor's bill and the prescription at the cash office
9. Go to the pharmacy with receipt.
10. Give your receipt to the attendant and wait to be called.
11. Collect your medicine

The procedures described above may vary from one hospital to another.

### Vocabulary Task

Fill in the blanks based on what you have learned in the reading.

1. Go to hospital if you have \_\_\_\_\_.
2. Get the \_\_\_\_\_ from the doctor.
3. Find the \_\_\_\_\_ after the registration.
4. Get your \_\_\_\_\_ before you leave the doctor's office.
5. Pay the \_\_\_\_\_ before you go to pharmacy.
6. Make an \_\_\_\_\_ before you go to see the doctor.

Match the vocabulary with the correct expressions on the right.

psychiatric symptoms

feelings of stress and tension

symptoms of anxiety

signs of stomach illness

symptoms of disease

a place for non-residential healthcare

gastrointestinal symptoms

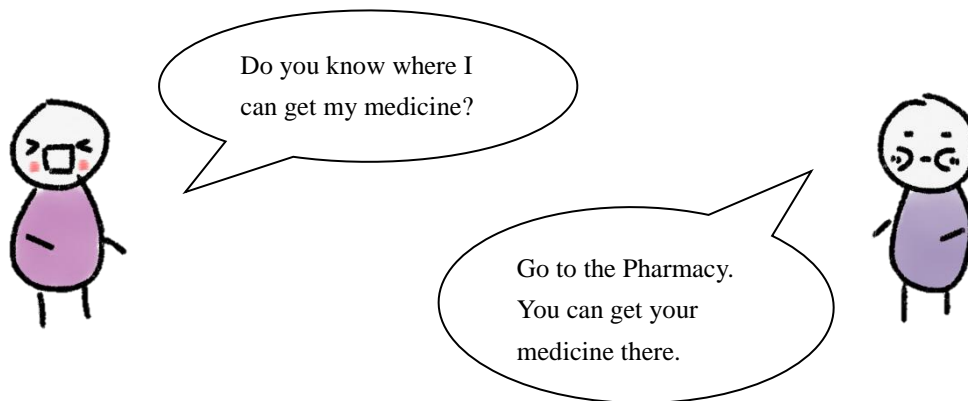
mental or emotional problems

outpatient clinic

indications of illness

## Speaking

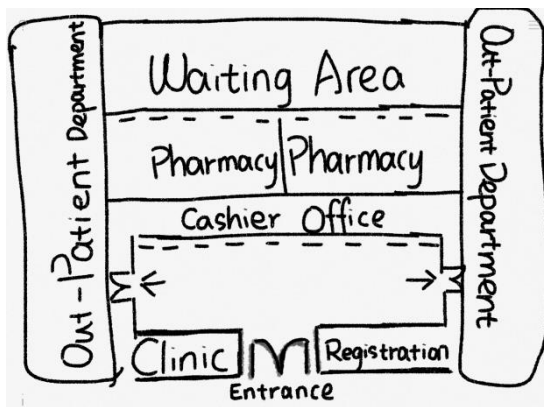
Work in pairs. Make a conversation with your partner and talk about your last experience seeing a doctor.



## Writing

Look at the map of the hospital. Imagine that your friend is sick and he needs to see a doctor.

Write directions for your friend to find a doctor in the hospital.




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## Listening

Listen to two conversations and choose two pictures about the places Lily and Tommy need to go.



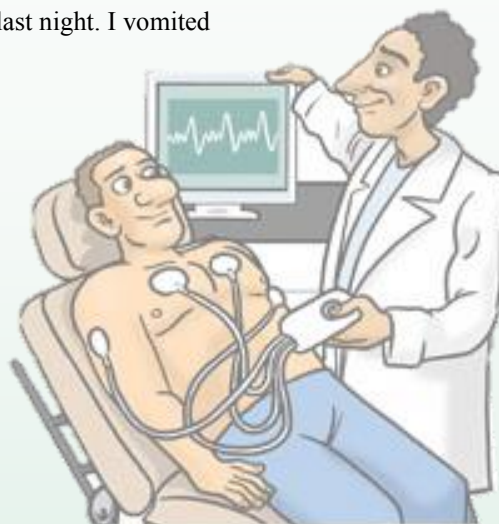
Listen again and decide if the statements below are true (T)/ false (F)

- ( ) Tommy can see the doctor before he registered.
- ( ) Tommy has a stomachache.
- ( ) Doctor's office is in the right corner on the second floor.
- ( ) Tommy can see the doctor directly without waiting after he registered.

## Dialogue

Tommy doesn't feel well, so he is going to see a doctor at No.5 Hospital in Zhuhai.

- Tommy: I don't feel well. I had a stomachache last night. I vomited all night.
- Doctor: What did you eat yesterday?
- Tommy: I ate seafood and ice-cream.
- Doctor: You have gastroenteritis. Maybe the seafood was off. Here is your prescription for some medicine that will clear it up.
- Tommy: Where can I get the medicine?
- Doctor: You need to pay first. Go to the second floor and pay at the Cash Office. Then, go to the first floor and collect your medicine.
- Tommy: Okay, thanks. Anything else?
- Doctor: Don't eat cold or spicy food for a few days. Drink hot water regularly. If you don't get better, come back and see me.
- Tommy: Thank you doctor.



## Speaking

Read Tommy's dialogue with the doctor. Then make your own dialogue with your partner about a visit to a doctor.

## Vocabulary Task

Fill in the blanks with the words/ phrases below (not every item can be used)

vomit      prescription      pay the bill      symptoms      stomachache

1. In Chinese restaurant, you need to \_\_\_\_\_ before you eat.
2. Tina doesn't have a good appetite today. She has a \_\_\_\_\_.
3. If you want to get medicine from the pharmacy, you should get a \_\_\_\_\_ first.
4. High temperature, cough and sleepiness are the \_\_\_\_\_ of flu.

## Grammar Task

Tommy has a gastrointestinal disorder. However, he is greedy and always wants to eat snacks.

The following is a dialogue between Tommy and his friend. If you are a friend of Tommy, what would you say to him? Please use imperatives to complete the dialogue.

Tommy: It's too hot today. I want an ice-cream.

Friend: Don't you remember you have stomachache? \_\_\_\_\_.

Tommy: Oh, no! I'm burning. I just want something cold. How about ice water?

Friend: It's still unhealthy. \_\_\_\_\_.

Tommy: Alright, alright! What can I have?

Friend: Take care of your health. Eat healthy food and \_\_\_\_\_.



## Speaking

Work with your partner and act out the dialogue based on the grammar task above.

## Grammar Awareness

Imperative

1. The Imperative is used to:

- Give advice, warnings or requests.
- Usually omit the subject "you" and use the verb stem.
- Sometimes use exclamation mark at the end of a written sentence.

Warnings	Use imperative to raise someone's awareness when they are in danger or emergent situations.	Eg: Be careful!  Watch out!
Advice	Use imperative to give advice is more direct.	Eg: Don't sleep too late.  Go to find your supervisor.
Requests	Use imperative to express request, usually add please in front of the verb to make it more polite.	Eg: Please give me the book.  Please wait in line.

### 1. Affirmative (statements)

V <sub>basic</sub> (+Object)+	E.g., Go to the waiting area.
Be+predicative (N/Adj)+	E.g., Be a good girl!
Let+ Object +V <sub>basic</sub> +	E.g., Let me help you.

### 2. Negative

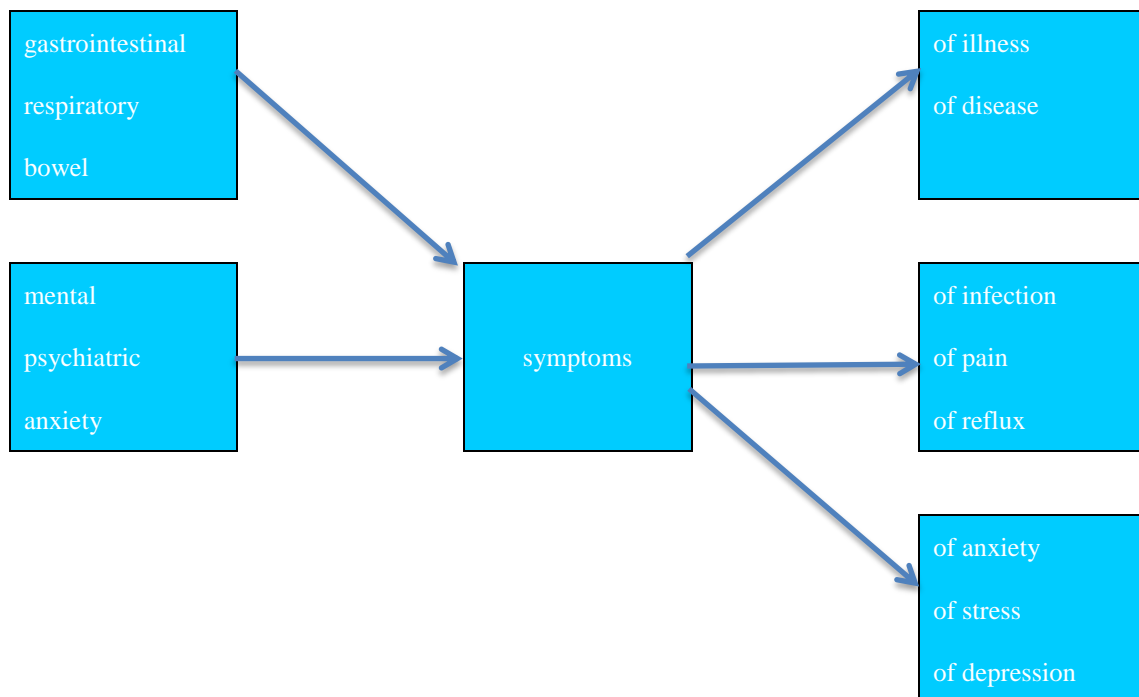
Don't +V <sub>basic</sub> +	E.g., Don't be late!
Let + Object + not +V <sub>basic</sub> +	E.g., Let her not leave.
No+	E.g., No drinking!

### 3. Used in Question

....., will/shall ...?	E.g., Give me a call, will you?
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## Word Awareness

The top left box shows how symptoms of stomach-related illnesses are described. The bottom left box lists mental disorders. The top right box shows the description of symptoms of general sickness. The middle right box shows symptoms of pain and more specific illness, while the bottom right box again lists mental problems.





Examples:

Has a child recently had cough or other respiratory symptoms?

Some strange metal symptoms began.

For anxiety symptoms, diagnosis is complicated.

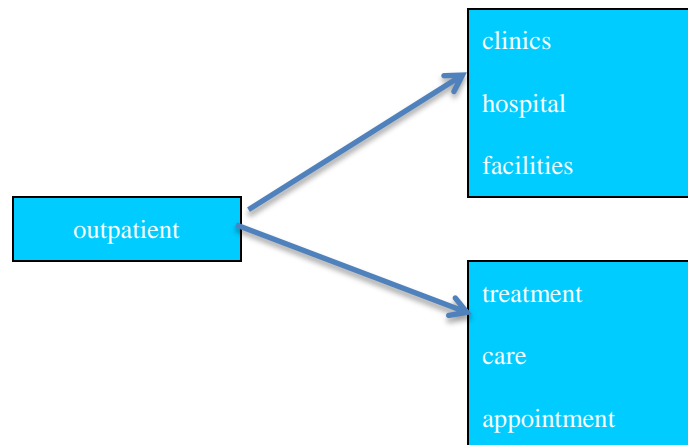
Reflux symptoms may not have apparent cause.

People who had greater symptoms of anxiety tend to use drugs and alcohol.

I have symptoms of illness, such as fever, cough or cold.

Symptoms of infection can include a hacking cough, shortness of breath and weakness.

The top right boxes show places where outpatient treatment is available. The bottom right box shows types and means of treatment available.



Examples:

After examination he referred him to the outpatient clinic.

Surgery was canceled Thursday at the outpatient hospital.

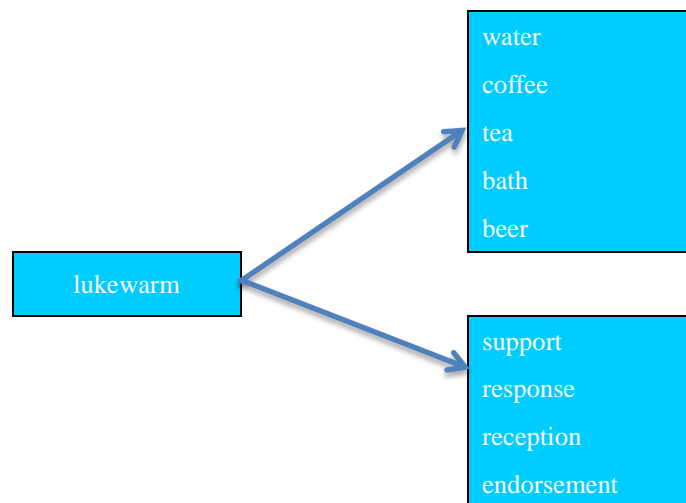
It's still home to outpatient clinics and other treatment and research facilities.

In poor area, paying for outpatient care is a key problem.

You need to make an outpatient appointment before you go to see a doctor.

The top right box shows the literal meaning of *lukewarm*, where it is used to refer to the temperature of different liquids. The bottom right box shows metaphorical collocations for *lukewarm*, where situations are seen to have 'temperature'.





Examples:

He's back with a plastic cup of lukewarm water.

He said nothing but opened a quart of lukewarm beer from the reserve he slept on.

And when James offered lukewarm support, it didn't look like the star player had the coach's back.

His band released a record earlier this year to lukewarm response.

## Words you need to know

**administration** (n.) the process or act to do something. 施行；执行 The recordings were helpful in administration and analysis of assessment.

**bill** (n.) a piece of paper that shows how much you owe somebody for goods or services. 账单。 As I paid the bill, the man at the counter politely accepted it

**characteristic** (n.) a typical feature or quality that something or somebody has. 特点；特征；品质。

Parent and student characteristics also varied across sites.

**consult** (v.) Talk to somebody for information or advice. 请教咨询；请教 If you don't feel better, consult your doctor.

**department** (n.) a section of a large organization. 部；司；局；处；系. The school district has a communications department called the Office of Strategic Communications.

**dosage** (n.) an amount of something to be taken, usually medicine or a drug. (药的) 剂量。 Prison doctors had Eteaki on a double dosage because of the severity of his disease.

**gastroenteritis** (n.) an illness of the stomach. 胃炎。 Gastroenteritis can cause vomiting and diarrhoea.

**identical** (adj.) similar in every detail. 完全同样的；相同的。 Her dress is identical to mine.

**lukewarm** (adj.) slightly warm. 微热的；不冷不热的。 The water was only lukewarm – too lu

**medicine** (n.) a substance that you take or swallow in order to cure an illness. 药;药水。 If you want to recover quickly, you should take the medicine.

**outpatient** (n.) a part of the hospital that deals with non-residential patients. 门诊病人。The government should provide outpatient care to poor people for free.

**overdose** (n.) an excessive amount of a drug taken at one time, which can lead to illness or death. (一次用药) 过量。A drug overdose can kill you.

**pay** (v.) to give somebody money for work, goods and/or services. 付费; 付酬。Pay the bill first, and then collect your purchases.

**pharmacy** (n.) a place in a hospital where medicines are prepared. 配药室; 药房 You can buy over the counter (OTC) in the pharmacy.

**precaution** (n.) ways to prevent problems or to avoid danger. 预防措施; 预防; 防备 Jewish schools have been closed as a precaution.

**prescribe** (v.) to tell somebody take a particular medicine. 给...开(药); 开(处方) Doctors always prescribe Valium for you when they don't know what else to do. **prescription** (n.) medicine that your doctor has ordered for you. 医生开的药 The prescription medicine can only buy in the hospital in China.

**psychiatric** (adj.) relating to psychiatry or to mental illness. 精神病的; 精神病学的 Svensson received institutional psychiatric care. **register** (v.) to record somebody's name on an official list. 登记, 注册 Before you go to school, you should register online first.

**registration** (n.) the act of making an official record of something/somebody. 挂号; 登记; 注册. Registration is required within a 30-day period. **respiratory** (adj.) connected with breathing. 呼吸的 I think I had a respiratory symptom.

**respiratory** (adj.) connected with breathing. Example: It caused an outbreak of severe acute respiratory diseases that led to a high mortality rate among horses. 呼吸的

**sachet** (n.) a closed plastic or paper package that contains a very small amount of powder. (塑料或纸质) 密封小袋 This is a sachet of flour.

**stir** (v.) to move something around by using spoon or something similar. 搅拌; 搅和 She stirred her tea slowly with an egg.

**symptom** (n.) a change in your body or mind that shows that you are not healthy. 症状 An eating disorder is often a symptom of a serious underlying psychological problem.

**vomit** (v.) to bring food from the stomach back out through the mouth. 呕; 吐; 呕吐 Imogene thought she'd vomit again if she stayed in that house one more minute.