

Listen & Answer ▶ Track 2 | Sleep Tight!

Listen to the track and answer the questions below.



1. Should you eat right before you go to bed? _____
2. Should you turn off the TV before bedtime? _____
3. Should your bedroom be too hot or cold? _____
4. Should you drink anything before bedtime? _____
5. Should you do any exercise right before you go to bed? _____

2. Give advice about sleeping better according to the pictures.



1. _____
2. _____
3. _____
4. _____
5. _____

Speaking activity:

Read & Choose | Doctor's Advice

Dr. Keller: What's bothering you, Amy?

Amy: You know, doctor, I have a terrible headache. Even when I sleep, it hurts.

Dr. Keller: All right. You should drink a lot of water and try acupuncture. Here is an herbal tea for you, too.

Amy: Do you think I should go and lay down?

Dr. Keller: No, actually I think you should breathe some fresh air and go for a walk before bedtime.

Amy: Thank you so much, doctor.

Dr. Keller: You're welcome, Amy

Chris: Good morning, doctor.

Dr. Mendez: How do you feel, Chris?

Chris: Well, doctor, I have another headache. I took the medicine you prescribed me. It didn't help.

Dr. Mendez: What should I do? I'll give you a prescription for another medicine. It's much stronger. Let's hope it helps.

Chris: And what if it doesn't?

Dr. Mendez: We'll see then, Chris. You should sleep some more. See you next week!

Who gave the advice? Choose the correct name.

1. You should drink a lot of water.
2. You should sleep more.
3. You should go for a walk.
4. You should take medicine.
5. You should drink some herbal tea.

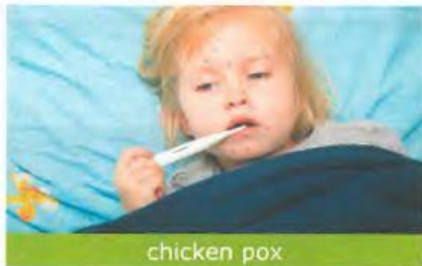
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|------------|------------|
| Dr. Keller | Dr. Mendez |
| Dr. Keller | Dr. Mendez |
| Dr. Keller | Dr. Mendez |
| Dr. Keller | Dr. Mendez |
| Dr. Keller | Dr. Mendez |

Who is an allopathic physician,

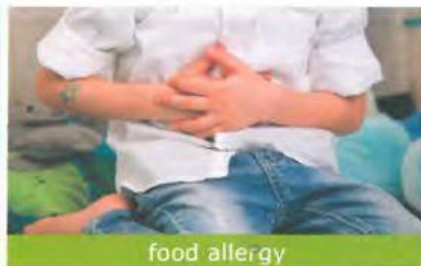
Dr. Keller or Dr. Mendez?

Vocabulary. Illnesses and Symptoms.

Match the illnesses to the symptoms.



chicken pox



food allergy



flu

Stomach cramps, nausea, vomiting, diarrhea, itching in the mouth and throat. Skin reactions are common in children.

1

Fever (usually high), headache, muscle aches, chills, extreme tiredness, dry cough, runny nose, stomach symptoms, such as nausea, vomiting and diarrhea.

2

The rash typically appears first on a child's trunk, scalp and face and consists of small, very itchy, flat red spots, which then turn into raised fluid-filled bumps.

3