Colegio Patriarca San José.
I EXTRA-CLASS ASSIGNMENT. III TERM
Assigned on October 17th. Due on October 24th 2022.
Eleventh Grade:
Student`s Name: _____ 11-1

Total Points: 35
Obtained Points: _____
Total Percentage: 10%
Obtained Percentage: _____

Directions. Listen and follow each corresponding direction. **You only have one chance to do it.**

Exercise 1

People are talking about Diabetics. What are the causes, symptoms and solutions? Listen and type the missing vocabulary words.



Todd: Hello, Mike.
Mike: Hey.
Todd: Now, Mike, you are diabetic.
Mike: That's right.
Todd: OK, so that means you _____diabetes.
Mike: That's right.
Todd: Can you explain what diabetes is?
Mike: OK, basically, your body... everybody has an _____ in their body called a pancreas. Your pancreas _____a hormone called insulin and insulin coverts your body - the _____ you take into your body - it converts it into energy. Now all food you eat, all sugar.... all drinks you drink, they all are basically sugar. They have sugar in them, and they come into your _____, it's digested and it changes into plain sugar. The insulin changes that sugar into _____, and then for diabetics their pancreas _____ making insulin, so your body just collects all this sugar and it can't get rid of it, but it has no energy, like no fat, so diabetics would typically start to lose weight, and they're peeing... going to the bathroom all the time, and the reason is cause the excess sugar that's building up in their body.
Todd: Now this is something you've had since you were a child?
Mike: That's right. I've had it for over 25 years. I got it when I was about twelve years old.
Todd: Wait a minute! So you're not _____ with it? It just suddenly one day, you became diabetic.
Mike: That's right. Yeah. It's... They're not sure why. They still don't know but it's probably partly genetic, so I think if you have it in your family there's a _____ you can have it yourself and these days, people are, you know, getting it more and more.
Todd: Right, so how is your life different, that being a diabetic?
Mike: Well, of course, I have to be much more careful with my _____. I think probably the most _____ thing, if anybody's diabetic, listening to this, the most important thing is to make sure you're always checking your blood sugars, and making sure that your blood, that your blood sugar levels are controlled. That's the most _____.
Todd: So, that's the main thing you have to do?
Mike: Yeah, absolutely.
Todd: And how do you check that?
Mike: Well, I have a.... it's called a glucometer, and you prick your _____with a little needle and the blood comes out, you put it on a little strip, and the strip goes in the glucometer and it gives you a _____of your blood-sugar level.
Todd: But basically, you still have a normal life. You know, your life isn't different compared to normal _____ - other people's.
Mike: Yes.
Todd: Right.
Mike: Of course. Yeah, _____ are pretty much normal, except for me in general, but my lifestyle and everything else is the same.
Todd: Thanks, Mike.
Mike: Sure

LIVEWORKSHEETS

Exercise 2.

People are talking about heart day. What are they talking about this important organ? Listen and type the corresponding vocabulary word on each correct space.



Paul: Good morning. It is the 29th of September and it is world _____ day. Today we will be speaking with Dr Angela Green, who is with the healthy heart clinic. Welcome, Dr Green.
Dr Green: Thank you. It is good to be here on this very _____ occasion.
Paul: Dr Green, can you tell us more about world heart day?
Dr Green: Of course, world heart day was created almost _____ years ago. Since heart disease is the number one killer across the globe, it's a way to make people more aware.
Paul: So how many people _____ from heart disease each year?
Dr Green: It is estimated that it kills about 18.6 million people.
Paul: So, where do these people come from? Is it only developed _____ or certain regions in the world?
Dr Green: No, not at all. Heart disease affects people everywhere. For example, about 75% of cardiac deaths are in low- and middle-income countries. These people do not have the benefit of decent programs that can assess early heart _____ . And in 2019, 32% of global deaths were from heart disease. And of this number, 85% were because of a heart attack or stroke. So, this is a worldwide problem. You must remember that heart disease can be avoided. This number does not have to be so high.
Paul: Are you saying all these _____ are unnecessary?
Dr Green: Yes, all of these deaths could have been prevented. And that is why the World Heart Federation wants to highlight this problem. The more people are aware of the problem, the more chance of them getting help.
Paul: So what can be done?
Dr Green: It really is a behavior issue. People need to change their bad _____ . Heart disease is often the result of such bad habits. For example, causes can be poor diet, smoking, high salt levels, stress and high alcohol use. And lack of exercise, of course.
Paul: How about _____ pressure? Is this also related to heart health?
Dr Green: Yes. People often see the two as separate, but hypertension is due to increased blood pressure. Any reading of 140/90 or higher is trouble. And again, most of this can be easily fixed by changing personal habits, especially _____ salt in your diet.
Paul: How many people are affected by high blood pressure?
Dr Green: Worldwide, about 1.28 billion have this condition.
Paul: What! That is incredible. What a shocking _____ .
Dr Green: Yes. Indeed, it is. But like I said, changing habits can reduce this number significantly. We _____ refer to hypertension as the silent killer as many people are totally unaware that they have it. I believe the number is about 46% of people with this _____ do not know they have it.
Paul: Well, Dr Green, thank you for joining us for world heart day.
Dr Green: Thank you. And I would like to remind _____ out there, maybe it is time to get a blood pressure check or change some habits.

LIVEWORKSHEETS

Exercise 3.

Listen and choose the correct option. Tick on the correct choice.



1) What organ do they mention?

a) pancreas

b) kidney

c) heart

2) He says it is _____ countries.

a) increasing is some

b) common in most

c) illegal in some

3) He gives an example of _____ .

a) countries that do donations.

b) organs people need most

c) people who need donations

4) What is his feelings or position about medical tourism?

a) He is neutral about it.

b) He promotes it.

c) He is against it.

5) He says in some countries _____ .

a) people must donate organs

b) there are strict laws

c) it is encouraged

LIVEWORKSHEETS