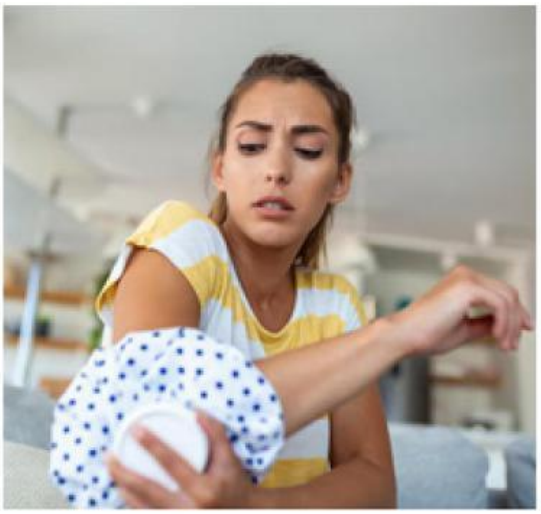
This natural remedy is known for its warming properties and is often consumed during cold weather.

Lesson C:

Problems, problems

Listening

Where do these people hurt? Look at the pictures and check (✓) the correct body part.





☐ Elbow ☐ Wrist ☐ Head ☐ Throat





☐ Eyes ☐ Head ☐ Tooth ☐ Forehead

LIVEWORKSHEETS

Listening

Watch the video and answer the questions next page

1. These are the questions Dr North asks. Number them in the right order.

» Is it the right ear or the left?

» Who's the next patient?

» Do you swim, Mr Lewis?

» What's the problem today?

2. These are the instructions Dr North gives. Number them in the correct order.

» Don't swim for a week.

» Take the pills every day for a week.

» Please sit down over here

» Use the drops every morning.



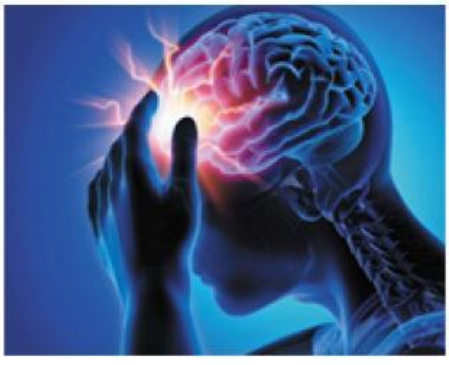
Reading

Understanding Your Body and Pain

1. Read the text and then answer the questions below

Your body is a complex system made up of many parts that work together. Sometimes, when something is wrong, your body sends signals in the form of pain. Pain is a natural way for your body to tell you that something needs attention.

For example, headaches can happen when you are tired, stressed, or dehydrated. Back pain can occur if you sit for long periods or lift heavy objects incorrectly. Muscle cramps are often caused by not drinking enough water or a lack of minerals in your diet. Listening to these signals helps you take care of your health.



LIVEWORKSHEETS

If the pain is mild, resting, drinking water, or stretching can help. But if it lasts for a long time or is very strong, it's important to visit a doctor. Your body is always talking to you make sure to listen!

1. What is pain a signal of? A) That the body is resting B) That the body is healthy C) That something is wrong in the body D) That the body needs more food	**2. What is a common cause of headaches?** A) Eating too much B) Sleeping too much C) Stress or dehydration D) Drinking water
3. Why might you experience back pain? A)Lifting heavy objects incorrectly B) Drinking too much water C) Running too fast D) Sleeping for too long	**4. What can cause muscle cramps?** A) Overeating B) Lack of water and minerals C) Excessive sleep D) Eating too many vegetables
5. What should you do if the pain is mild? A) Ignore it B) Rest, drink water, or stretch C) Take medicine immediately D) Call a doctor right away	**6. What should you do if the pain lasts for a long time or is very strong?** A) Drink more water B) Try to sleep C) Visit a doctor D)Do some exercise
7. What is the body always doing according to the text? A) Running B) Talking to you C) Stopping pain D) Growing	**8. What is a common cause of back pain mentioned in the text?** A) Too much water B) Sitting for long periods C) Eating unhealthy food D) Running too much

LIVEWORKSHEETS

Writing

1. After reading, write a short essay (5-7 sentences) about:

1. A time when you felt pain and what you did.
2. What you learned about listening to your body.
3. Two tips for staying healthy based on the reading.

Example:

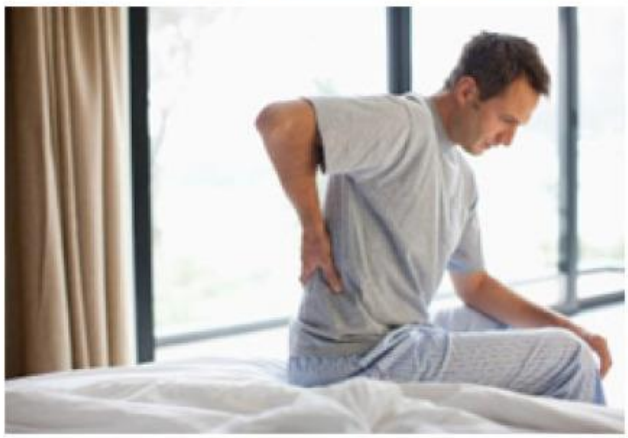
Last week, I had a headache after studying for too long without breaks. I realized I was dehydrated, so I decided to take a break and drink some water. From the reading, I learned that pain is a way for my body to communicate that something is wrong. It's important to listen to these signals. To take care of my health, I will make sure to stay hydrated and take regular breaks while studying. This way, I can avoid pain and keep my body happy.

Speaking

Look at the following problems that these people have:



Maria has frequent headaches and often feels tired.



John has backache from sitting too long at his desk.

LIVEWORKSHEETS



Sara has a stomachache so she is feeling uncomfortable.

Now, write a short response (3-5 sentences) giving advice to each person based on what you learned from the reading. Tell your advice to the class.

Example:

For Maria, I would suggest …..

For John, it might help ……..

Sara should try to ……..

LIVEWORKSHEETS