

Application of Techniques in Long Texts

Text: “Community Health Check Week”

Paragraph 1:

Last week, the local clinic organized a “Community Health Check Week.” Many people from the neighborhood visited the clinic to receive free health tests. The clinic wanted to help people learn more about their health.

Paragraph 2:

The tests included blood pressure checks, glucose tests, and simple nutrition evaluations. Nurses explained the purpose of each test and answered questions from the visitors.

Paragraph 3:

On Wednesday, more than 120 people came to the clinic. Most of them were older adults. Many said they wanted to check their health because they had not visited a doctor in a long time.

Paragraph 4:

At the end of the week, the clinic shared a short report. They said that many people learned about healthy habits, and several participants decided to schedule full medical appointments for the next month.

Questions

1. What was the name of the event last week?

2. What tests were included during the event?

3. What type of people visited the clinic on Wednesday?

4. What did several participants decide at the end of the week?

Choose the correct answer and drag in the correct place.

a. They decided to schedule full medical appointments.

- b.Blood pressure checks, glucose tests, and nutrition evaluations.
- c.Mostly older adults.
- d.The event was called “Community Health Check Week.”

Text: “The Importance of Drinking Water”

Paragraph 1:

Water is very important for the human body. Doctors say that drinking enough water helps the body work well. Many people forget to drink water during the day, especially when they are busy at work or school.

Paragraph 2:

In a recent article, nutritionists explained that adults should drink around two liters of water every day. Drinking water helps maintain energy, improves concentration, and supports digestion. It is also very important for people who exercise.

Paragraph 3:

Some clinics now give small workshops to teach patients about hydration. In these workshops, nurses show how to record daily water intake and how to identify signs of dehydration, such as headache and dry mouth.

Questions

1. Why is water important for the body?

2. How much water should adults drink every day?

3. Who teaches patients about hydration in clinics?

4. What are two signs of dehydration?

Choose the correct answer and drag in the correct place.

- a.Because it helps the body work well.
- b.Headache and dry mouth.

- c.Nurses.
- d.About two liters per day.

◊ **Text: “Health Survey in a Nursing School”**

Paragraph 1:

A nursing school conducted a health survey among first-year students. The survey asked questions about sleep habits, stress levels, and study routines. Most students said they slept only six hours per night.

Paragraph 2:

The report showed that many students felt tired during morning classes. Some said they drank a lot of coffee to stay awake. Teachers were worried because lack of sleep can affect learning.

Paragraph 3:

Because of the results, the school created a “Healthy Study Program.” The program includes short workshops on sleep hygiene, relaxation exercises, and time-management strategies.

Questions

1. What topics did the health survey ask about?

2. How many hours do most students sleep?

3. Why were teachers worried?

4. What did the school create after the survey?

Choose the correct answer and drag in the correct place.

- a.Six hours per night.
- b.Sleep habits, stress levels, and study routines

- c.A “Healthy Study Program.”
- d.Because lack of sleep affects learning.

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