

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.

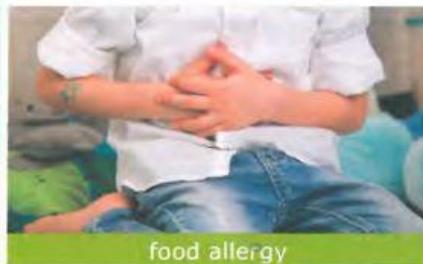
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|--------------------------|------------|--------------------------|------------|
| <input type="checkbox"/> | Dr. Keller | <input type="checkbox"/> | Dr. Mendez |
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Who is an allopathic physician,

Dr. Keller or Dr. Mendez? _____

Vocabulary. Illnesses and Symptoms.

Match the illnesses to the symptoms.



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