Review

A **Match each condition with the doctor who treats it. Then use the information to practice the conversation and make new conversations.**

1. b My skin is very red and itchy.	a. dentist
2. _____ My heart is beating quickly.	b. dermatologist
3. _____ My husband is always sneezing.	c. gynecologist / obstetrician
4. _____ My baby is coughing.	d. cardiologist
5. _____ My mother's toe hurts.	e. pediatrician
6. _____ There is something in my eye.	f. ophthalmologist
7. _____ My brother has a cavity.	g. podiatrist
8. _____ I feel nervous all the time.	h. allergist
9. _____ My sister is pregnant.	i. psychiatrist

Student A: My skin is very red and itchy. What should I do?

Student B: You should see a dermatologist.

B **Make sentences using the present perfect and *for* or *since*.**

1. Hugo has a backache / Monday
   Hugo has had a backache since Monday.
2. my neck hurts / two days
3. Maria feels dizzy / yesterday
4. my children have a cold / Friday
5. Pedro is sick / two weeks
6. I have an earache / 10:00 a.m.
7. they are absent from work / one month

Learner Log

I can identify parts of the body. ☐ Yes ☐ No ☐ Maybe

I can communicate symptoms. ☐ Yes ☐ No ☐ Maybe

C Complete each future conditional statement.

1. If you eat out every night, you will spend a lot of money.
2. _____ if he goes to the best doctors in the country.
3. If _____, they will look and feel great.
4. If Paulo smokes a pack of cigarettes a day, _____.
5. If _____, you will get sick.
6. If _____, you will improve your flexibility.
7. If you read nutritional labels, _____.
8. If _____, you will have a lot of cavities.

D Read the information. Then decide if the statements below are *True* or *False*. Check (✓) the correct answer.

Find your balance between food and physical activity

- Be sure to stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain.
- For sustaining weight loss, at least 30 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

Know the limits on fats, sugars, and salt (sodium)

- Make the most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans fats, and sodium low.
- Choose food and beverages low in added sugars. Added sugars contribute calories with few, if any, nutrients.

	True	False
1. Children need to exercise for only 20 minutes a day.	☐	☐
2. Choose foods that are low in added sugar.	☐	☐
3. If you want to lose weight, you should exercise between 60 and 90 minutes a day.	☐	☐
4. Fish and nuts are good fats.	☐	☐

Learner Log I can identify and analyze health habits.
Yes No Maybe

Review

E **With a partner, ask and answer questions about the nutrition information on a package of frozen peas. Decide if frozen peas are a healthy choice.**

Frozen Peas Nutrition Facts	
Ingredients: green peas, salt	
Serving size: 2/3 cup (88g)	
Servings Per Container: About 5	
Calories 70	
Calories from Fat 5	
Total Fat 0.5g	1%
Sat. Fat 0g	0%
Cholesterol 0mg	0%
Sodium 100mg	4%

Amount/Serving	%DV*
Total Carbohydrate 12g	4%
Fiber 4g	16%
Sugars 6g	
Protein 5g	
Vitamin A	6%
Vitamin C	15%
Calcium 0%	0%
Iron 4%	4%

*Percent Daily Values are based on a 2,000-calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

1. Are the peas high in fat?
2. Are the peas low in sodium?
3. Do they contain any protein? How much?
4. What vitamins do they contain? Are they high in vitamins?
5. Are the peas a good source of calcium?
6. Do you think peas are a healthy food choice?

F **Look back at the article in D on page 139. Write two pieces of advice that you would like to follow.**

1. _____
2. _____

G **Make a chart in your notebook. Put each word into the correct category. Use a dictionary to check your answers.**

active	cough	gain	hospital	~~ophthalmologist~~	sore	stretch
ankle	dentist	gentle	~~itchy~~	protect	stay	tired
cholesterol	diabetes	healthy	maintain	raw	stress	~~worry~~

Noun	Verb	Adjective
~~ophthalmologist~~	worry	~~itchy~~

Learner Log

I can analyze nutrition information. ☐ Yes ☐ No ☐ Maybe

I can interpret fitness information. ☐ Yes ☐ No ☐ Maybe