

Blue Ridge Literacy  
706 S. Jefferson Street  
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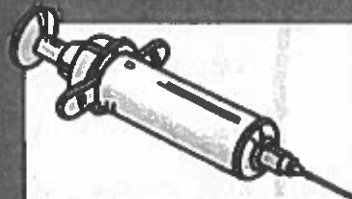
B·R·L  
BLUE RIDGE LITERACY

INTERMEDIATE

# Health Stories

Readings and Language Activities  
for Healthy Choices

Ann Gianola



**New Readers Press**  
PreLiteracy's publishing division





## LESSON 13

### Translating at the Doctor's Office

Mi-Ok has **arthritis**. It affects her hands. It is difficult for her to cook. It hurts to slice vegetables. It hurts to pick up pots. She can't open jars. Her son, Young-Jae, takes her to the doctor.

Mi-Ok speaks Korean. The doctor speaks English. Young-Jae helps his mother and the doctor understand each other. Young-Jae tells the doctor about his mother's problems. The doctor examines Mi-Ok's hands for a long time.

The doctor talks about arthritis **medication**. Young-Jae translates the information for his mother. The doctor talks about other treatments: **injections, physical therapy, and surgery**. The doctor stops speaking often. Young-Jae explains everything in Korean. Mi-Ok nods her head. She understands the information.

The doctor writes a **prescription** for her. "These **pills** may help you," he says. "I know you need your hands for cooking. Good luck."

They leave the doctor's office. Young-Jae looks at his mother. "Let's try the medication, Mom. Maybe you can cook without **pain**."

"I need time to think about this," says Mi-Ok. "Let's eat out tonight."



### Check Yes or No.

Yes No

- \_\_\_\_\_ 1. Mi-Ok has arthritis.
- \_\_\_\_\_ 2. It affects her knees.
- \_\_\_\_\_ 3. It is difficult for her to cook.
- \_\_\_\_\_ 4. She can open jars.
- \_\_\_\_\_ 5. The doctor speaks Korean.
- \_\_\_\_\_ 6. The doctor talks about arthritis medication.
- \_\_\_\_\_ 7. Young-Jae translates the information for his mother.
- \_\_\_\_\_ 8. The doctor writes a prescription for Mi-Ok.
- \_\_\_\_\_ 9. The doctor gives her an injection.
- \_\_\_\_\_ 10. Mi-Ok goes to the pharmacy for the medication.

## Which category is it?

Chinese	hips	Korean	shoulders
English	injections	medication	Spanish
hands	knees	physical therapy	surgery

Languages	Arthritis Treatments	Body Parts that Arthritis Affects
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____

## Matching: Meanings

___ 1. pills	a. containers with lids for storing food
___ 2. injections	b. medical care
___ 3. arthritis	c. to change from one language to another
___ 4. treatment	d. shots of medicine from a syringe, or needle
___ 5. jars	e. small round tablets of medicine
___ 6. translate	f. a disease or condition that causes pain in the joints

## Conversation with a Doctor

Practice the dialog with a partner.

What do you think, Doctor?

Well, there are many treatments for arthritis.

What are they?

First, let's talk about medications. There are several drugs that may help.

Can you please wait a moment? I want to translate.

Yes. We want your mother to understand everything.



## A Prescription for Arthritis Medication

Read Mi-Ok's prescription. Then answer the questions.

DOCTOR JOHN MILLER WEST VILLAGE MEDICAL GROUP	
Mi-Ok Park	
Arthredux Take one tablet daily	
DOCTOR'S SIGNATURE	<i>John Miller</i>
REFILLS: 3	

1. What is the doctor's name? \_\_\_\_\_
2. What is Mi-Ok's last name? \_\_\_\_\_
3. How many tablets should she take daily? \_\_\_\_\_
4. How many refills does she have? \_\_\_\_\_

## Listen. Check the correct picture.

1.

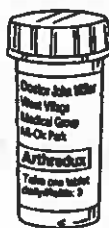


a. \_\_\_\_\_

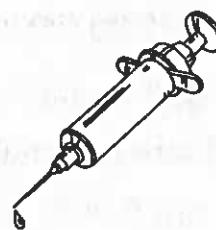


b. \_\_\_\_\_

3.



a. \_\_\_\_\_



b. \_\_\_\_\_

2.



a. \_\_\_\_\_



b. \_\_\_\_\_

## Problem Solving

My mother is going to the doctor. She speaks Korean. She doesn't understand English well. What can I do? Put a check next to the good ideas. Write other ideas on the lines below.

- |  |   |
|--|---|
| _____ tell her to study English          | _____ find medical information in Korean      |
| _____ hire a translator for her          | _____ find a doctor who speaks Korean         |
| _____ go with her and translate          | _____ send her back to Korea for help         |
| _____ send a young child to help her     | _____ give the doctor a Korean dictionary     |
| _____ ask if the office has a translator | _____ tell her it's OK to understand a little |

## What about you?

Check **Yes** or **No**. Then write the questions and ask your partner.

**Yes    No**

\_\_\_\_\_ 1. I think arthritis is a serious problem.

Do you think arthritis is a serious problem?

\_\_\_\_\_ 2. I help people in my family at doctor's appointments.

\_\_\_\_\_ 3. I translate at doctor's appointments.

\_\_\_\_\_ 4. I think it's important for a doctor and patient to understand each other.

\_\_\_\_\_ 5. I think arthritis medication helps people.

## Topics for Discussion or Writing

1. In what ways do you use your hands in the kitchen?
2. What jobs are difficult if you have arthritis in your hands?
3. In what places is it important or useful for you to have a translator?



## LESSON 14

### A Bad Cut

Javier is a cook in a restaurant. Right now he is cutting an onion for some onion soup. He is using a very sharp knife. The knife slips and cuts his **index finger**. "Ouch!" says Javier. He drops the knife and looks at the **cut**. It is long and deep. It hurts a lot. Javier grabs a clean towel. He wraps it tightly around his finger.

Helen, the restaurant manager, runs over to Javier. "Are you okay?" she asks.

"No," says Javier. "This is a bad cut."

"Let me see it," says Helen.

"Not now," says Javier. "I need to apply **pressure**." After 20 minutes, Javier and Helen look at the cut. It's still bleeding a lot.



"You need **stitches**," says Helen.

Javier calls his sister. She drives him to an **emergency clinic**. The doctor gives Javier seven stitches. Then he gives him a **tetanus shot**. Javier's sister drives him home. He needs to take the rest of the day off. "Don't worry about dinner," says his sister. "I'll bring you some onion soup from the restaurant."



### Check Yes or No.

Yes    No

- \_\_\_\_\_ 1. Javier is a restaurant manager.
- \_\_\_\_\_ 2. A knife slips and cuts Javier's index finger.
- \_\_\_\_\_ 3. The cut is long and deep.
- \_\_\_\_\_ 4. Javier wraps a dirty towel tightly around his finger.
- \_\_\_\_\_ 5. Javier applies pressure for 30 minutes.
- \_\_\_\_\_ 6. Helen tells Javier he needs stitches.
- \_\_\_\_\_ 7. Javier's sister drives him to an emergency clinic.
- \_\_\_\_\_ 8. The doctor gives Javier 17 stitches.
- \_\_\_\_\_ 9. The doctor gives him a tetanus shot.
- \_\_\_\_\_ 10. Javier needs to go back to the restaurant.

**Complete each sentence.**

applies	cuts	drops	grabs
calls	drives	gives	wraps

1. A knife slips and \_\_\_\_\_ Javier's index finger.
2. He \_\_\_\_\_ the knife and looks at the cut.
3. Javier \_\_\_\_\_ a clean towel.
4. He \_\_\_\_\_ it tightly around his finger.
5. Javier \_\_\_\_\_ pressure for 20 minutes.
6. Javier needs stitches. He \_\_\_\_\_ his sister.
7. His sister \_\_\_\_\_ him to an emergency clinic.
8. The doctor \_\_\_\_\_ him stitches and a tetanus shot.

**Matching: Meanings**

- |                       |   |
|-----------------------|---|
| _____ 1. pressure     | a. losing blood from the body           |
| _____ 2. cut          | b. the force from pushing on something  |
| _____ 3. tetanus      | c. an injury from something sharp       |
| _____ 4. bleeding     | d. a disease from an infection in a cut |
| _____ 5. stitches     | e. the finger next to the thumb         |
| _____ 6. index finger | f. medical sewing to close a bad cut    |

## Conversation at the Emergency Clinic

Practice the dialog with a partner.

What happened?

**I cut my finger badly.**

When?

**About a half hour ago.**

Did you put anything on it?

**No. Just a towel.**

This is deep. You need stitches.

When was your last tetanus shot?

**Maybe six or seven years ago.**

You need another one today.



## Caring for Stitches

Read the instructions that tell Javier how to care for his stitches. Then answer the questions.

- Keep your stitches dry for the first 24 hours.
- Put antibiotic ointment on your stitches twice a day.
- Return to the clinic in five days.
- Take a pain reliever if necessary.
- Watch for signs of infection. Come in immediately if you notice any redness, drainage, warmth, or swelling.

1. For how long does Javier need to keep his stitches dry? \_\_\_\_\_

2. How often does he need to put on antibiotic ointment? \_\_\_\_\_

3. When does he need to return to the clinic? \_\_\_\_\_

4. What does he need to watch for? \_\_\_\_\_

## Sequence the pictures.

Listen and number the pictures in the correct order.

a. \_\_\_\_\_



c. \_\_\_\_\_



b. \_\_\_\_\_



d. \_\_\_\_\_



## Checklist

Here are things that can help a bad cut. Put a check next to the things you have at home. Write other things that can help on the lines below.

\_\_\_\_\_ clean towel

\_\_\_\_\_ emergency clinic information

\_\_\_\_\_ antibiotic ointment

\_\_\_\_\_ adhesive tape

\_\_\_\_\_ bandages

\_\_\_\_\_ sterile gauze

\_\_\_\_\_ tetanus shot

\_\_\_\_\_ antiseptic

\_\_\_\_\_ tweezers

\_\_\_\_\_ needle and thread for surgical stitches

## What about you?

Check Yes or No. Then write the questions and ask your partner.

**Yes    No**

\_\_\_\_\_ 1. I sometimes cut myself.

Do you sometimes cut yourself?

\_\_\_\_\_ 2. I have things to take care of a cut at home.

\_\_\_\_\_ 3. I have things to take care of a cut at work.

\_\_\_\_\_ 4. I have a person to call in an emergency.

\_\_\_\_\_ 5. I know where I can get medical help in my area.

## Topics for Discussion or Writing

1. What kinds of injuries do people have where you work?
2. Where can you get medical help in your area? What is the nearest hospital or emergency clinic?
3. Who can you call when you need help? Why do you call this person?





## LESSON 1

### Choosing Juice

Zahra is at the supermarket. She is with her daughter, Lela. Zahra is looking for orange juice. Her family drinks orange juice every morning. Zahra finds the juices in aisle four. Lela points to a big orange bottle. "Let's buy that one, Mom. It's delicious. I drink it at my friend's house."

Zahra picks up the bottle. Then she looks at the **Nutrition Facts** label. This orange juice has many **ingredients**. It has water and a lot of sugar. It has only 10% orange juice. Then there is a long list of **chemicals**. There is also **dye** for color. Zahra doesn't want her family to drink it.

Zahra puts down the bottle. "Sorry," she says. "I'm not buying that one. It isn't very **healthy**." Zahra picks up another bottle. She reads the label. It says 100% orange juice. She puts it in her shopping cart. "Okay," says Zahra. "Now we need milk."

"Let's buy the pink, strawberry-flavored milk," says Lela. "It's delicious. I drink it at my friend's house."



### Check Yes or No.

Yes    No

- |       |       |  |
|-------|-------|--|
| _____ | _____ | 1. Zahra and Lela are at the supermarket.                |
| _____ | _____ | 2. Zahra is looking for pink, strawberry-flavored milk.  |
| _____ | _____ | 3. Her family drinks orange juice once a week.           |
| _____ | _____ | 4. Lela points to a big orange bottle in aisle four.     |
| _____ | _____ | 5. Zahra looks at the Nutrition Facts label.             |
| _____ | _____ | 6. This orange juice has 90% fruit juice.                |
| _____ | _____ | 7. It has a long list of chemicals and dye for color.    |
| _____ | _____ | 8. Zahra wants her family to drink it.                   |
| _____ | _____ | 9. Zahra picks up a bottle that has 100% orange juice.   |
| _____ | _____ | 10. Lela drinks 100% orange juice at her friend's house. |



**Complete each sentence.**

bottle	dye	juice	shopping cart
chemicals	family	label	supermarket

1. Zahra and her daughter are at the \_\_\_\_\_.
2. Lela points to a big orange \_\_\_\_\_.
3. Zahra looks at the Nutrition Facts \_\_\_\_\_.
4. This orange \_\_\_\_\_ has many ingredients.
5. It has a long list of \_\_\_\_\_.
6. There is also \_\_\_\_\_ for color.
7. Zahra doesn't want her \_\_\_\_\_ to drink it.
8. She puts 100% juice in her \_\_\_\_\_.

**Matching: Opposites**

- |                  |                |
|------------------|----------------|
| ___ 1. healthy   | a. small       |
| ___ 2. picks up  | b. night       |
| ___ 3. delicious | c. tasteless   |
| ___ 4. morning   | d. bad for you |
| ___ 5. big       | e. few         |
| ___ 6. many      | f. puts down   |

## Conversation in the Supermarket

Practice the dialog with a partner.

I'm looking for 100% orange juice.

**How about this one? It's delicious.**

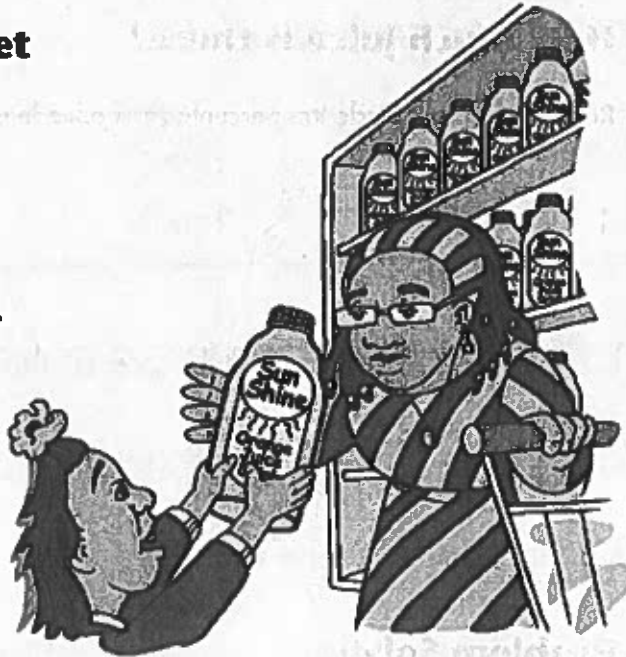
Let me read the Nutrition Facts label.

**What does it say?**

It has only 10% orange juice.

**What is in the other 90%?**

It has things we don't want to drink.



## Nutrition Facts Label

Read the ingredients on the Nutrition Facts label below. Then answer the questions.

### **SUN SHINE ORANGE JUICE DRINK**

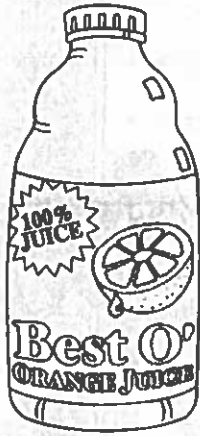
CONTAINS: WATER, HIGH FRUCTOSE CORN SYRUP,  
ORANGE JUICE, CITRIC ACID, (VITAMIN C), NATURAL  
FLAVORS, MODIFIED CORNSTARCH, CANOLA OIL,  
SODIUM CITRATE, SODIUM HEXAMETAPHOSPHATE,  
SODIUM BENZOATE TO PROTECT FLAVOR, YELLOW #5.  
**Contains 10% Juice.**

1. What is the name of the drink? \_\_\_\_\_
2. What is the first ingredient? \_\_\_\_\_
3. What is the chemical that protects the flavor? \_\_\_\_\_
4. What gives the drink its color? \_\_\_\_\_
5. How much of the drink is orange juice? \_\_\_\_\_

## How much juice is there?

Read each label. Circle the percentage of juice in each product. Write the percentage on the line.

1. \_\_\_\_\_



2. \_\_\_\_\_



## Problem Solving

My child wants some food from the supermarket that isn't very healthy. What can I do? Put a check next to the good ideas. Write other good ideas on the lines below.

\_\_\_\_\_ buy it one time

\_\_\_\_\_ show her the chemicals on the label

\_\_\_\_\_ tell her to buy it with her money

\_\_\_\_\_ say it isn't very healthy

\_\_\_\_\_ read all the ingredients to her

\_\_\_\_\_ tell her you will buy it another day

\_\_\_\_\_ look for something healthier

\_\_\_\_\_ pretend you don't understand her

\_\_\_\_\_ tell her it's too expensive

\_\_\_\_\_ tell her to eat it at her friend's house

## What about you?

Check Yes or No. Then write the questions and ask your partner.

**Yes    No**

\_\_\_\_    \_\_\_\_    1. I drink orange juice every morning.

Do you drink orange juice every morning?

\_\_\_\_    \_\_\_\_    2. I look at Nutrition Facts labels.

\_\_\_\_    \_\_\_\_    3. I think it's OK to have chemicals in juice.

\_\_\_\_    \_\_\_\_    4. I think it's OK to have dye in juice.

\_\_\_\_    \_\_\_\_    5. I buy only 100% orange juice.

## Topics for Discussion or Writing

1. What kind of juice do you buy at the supermarket? What other drinks do you buy?
2. What information do you look at on a Nutrition Facts label?
3. What things don't you want your family to eat or drink? Why?



## LESSON 2

### Allergic to Shellfish

Mali is at a seafood restaurant. She likes seafood. But there is some seafood that Mali can't eat. She can't eat shellfish. She is **allergic** to it. **Breathing** is difficult when she eats shellfish. She gets a **rash** and an **upset stomach**. It's very dangerous for Mali to eat shrimp, crab, lobster, oysters, clams, and other shellfish. If she eats shellfish, she needs medical help right away.

The waiter comes to take her order. Mali orders grilled halibut. Then she says, "I am allergic to shellfish." Mali also has a message for the cook. "Please tell him to be careful with my dinner." She says that her food can't touch shellfish. She can get very sick from eating a tiny amount. Mali wants the cook to clean the counter, grill, and utensils very well.

"Of course," says the waiter.  
 "I know about **food allergies**. I am  
 allergic to peanuts."

"Okay," says Mali. "I'm glad  
 you understand."

"So you want the grilled  
 halibut," says the waiter. "May I also  
 recommend the crab salad?"



### Check Yes or No.

**Yes    No**

- |       |       |   |
|-------|-------|---|
| _____ | _____ | 1. Mali likes seafood.  |
| _____ | _____ | 2. Mali can eat shellfish.  |
| _____ | _____ | 3. Mali is allergic to halibut.   |
| _____ | _____ | 4. Breathing is difficult when she eats shellfish.                            |
| _____ | _____ | 5. It's very dangerous for Mali to eat shrimp, crab, and<br>other shellfish.  |
| _____ | _____ | 6. Mali has a message for the cook.   |
| _____ | _____ | 7. Her food can touch shellfish.  |
| _____ | _____ | 8. It's okay for Mali to eat a tiny amount of shellfish.                      |
| _____ | _____ | 9. She wants the cook to clean the counter, grill, and<br>utensils very well. |
| _____ | _____ | 10. The waiter is also allergic to shellfish.                                 |

## Which category is it?

breathing problems	crab	lobster	swelling
clams	cutting board	rash	upset stomach
counter	grill	shrimp	utensils

Signs of Allergic Reaction	Things in the Kitchen	Shellfish
1. _____	1. _____	1. _____
2. _____	2. _____	2. _____
3. _____	3. _____	3. _____
4. _____	4. _____	4. _____

## Matching: Opposites

\_\_\_\_\_ 1. dangerous

a. easy

\_\_\_\_\_ 2. tiny

b. careless

\_\_\_\_\_ 3. sick

c. unhappy

\_\_\_\_\_ 4. difficult

d. huge

\_\_\_\_\_ 5. careful

e. well

\_\_\_\_\_ 6. glad

f. safe

## Conversation in a Restaurant

Practice the dialog with a partner.

Please help me!

**What's the matter?**

I can't breathe!

**I'll call 911 right now.**

I think it's an allergic reaction.

**What else can I do?**

Help me with my medication.



## Allergic Reactions to Food

Read the information about allergic reactions to food. Then answer the questions.


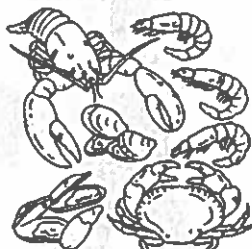
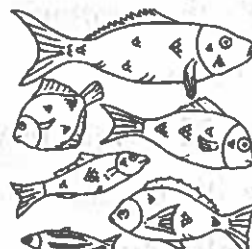
### *Save a Life!*

Allergic reactions to food are serious. Call 911 if breathing is difficult. Some people carry epinephrine or emergency medication. Help the person with medication, if necessary. Perform CPR if a person stops breathing. Wait for paramedics to arrive.

1. What is the emergency telephone number? \_\_\_\_\_
2. When do you call that number? \_\_\_\_\_
3. What do some people carry? \_\_\_\_\_
4. What can you help a person with, if necessary? \_\_\_\_\_
5. When do you perform CPR? \_\_\_\_\_



## Match the words and pictures.

fish	seafood	shellfish
1. 	2. 	3. 
_____	_____	_____

## Checklist

Here is part of a menu at a seafood restaurant. Put a check next to the kinds of seafood that Mali can eat. Write other safe seafood items on the lines below.

\_\_\_ shrimp

\_\_\_ salmon

\_\_\_ crab

\_\_\_ halibut

\_\_\_ oysters

\_\_\_ cod

\_\_\_ scallops

\_\_\_ tuna

\_\_\_ lobster

\_\_\_ swordfish

\_\_\_ clams

\_\_\_ mussels

\_\_\_ lobster

\_\_\_ trout

\_\_\_ bass

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## What about you?

Check Yes or No. Then write the questions and ask your partner.

Yes    No

\_\_\_\_    \_\_\_\_    1. I like seafood.

### Do you like seafood?

\_\_\_\_    \_\_\_\_    2. I eat shrimp, crab, lobster, oysters, clams, and other shellfish.

\_\_\_\_    \_\_\_\_    3. I have a food allergy.

\_\_\_\_    \_\_\_\_    4. I sometimes get a rash and an upset stomach.

\_\_\_\_    \_\_\_\_    5. I tell people that I am allergic to things.

## Topics for Discussion or Writing

1. What can happen when someone has an allergic reaction to food?
2. How can someone not get sick if he or she has a food allergy?
3. Why is it a good idea to tell people about a food allergy?