Low Intermediate Level

Module:

Health

LESSONS

Making Appointments / Health Insurance ........................................... 2
Medical History .................................................................................. 10
Medicine ............................................................................................. 21
Healthy Lifestyle ............................................................................... 32
Lesson:
Making Appointments / Health Insurance

OBJECTIVES
In this lesson you will:

• Learn how to make a doctor’s appointment
• Learn about WA State health insurance

CONTENTS
In Your Country.................................................................................................................. 3
Noora’s Story ...................................................................................................................... 4
Making a Doctor’s Appointment ....................................................................................... 5
Health Insurance and The Healthcare System in the United States ......................... 8
Wrap-Up:.......................................................................................................................... 9
NEW WORDS

<table>
<thead>
<tr>
<th>Words</th>
<th>Meanings</th>
</tr>
</thead>
<tbody>
<tr>
<td>reschedule an</td>
<td>move an appointment from one time to another.</td>
</tr>
<tr>
<td>appointment</td>
<td></td>
</tr>
<tr>
<td>request a referral</td>
<td>ask your doctor to send you to another doctor.</td>
</tr>
<tr>
<td>prescription refill</td>
<td>ask your doctor for more medicine.</td>
</tr>
<tr>
<td>medical bill</td>
<td>amount of money you owe for medical treatment.</td>
</tr>
<tr>
<td>health Insurance</td>
<td>a company that helps pay your medical bills.</td>
</tr>
</tbody>
</table>

IN YOUR COUNTRY

- Where do you go when you are sick in your country?
- Did you need to make an appointment to see a doctor in your country? How did you make an appointment? Was it important to be on time?
- How did you pay for the doctor’s appointment? Did you need health insurance to see a doctor in your country?
NOORA’S STORY

Noora is from Iraq. She is a single mother with two children, ages 5 and 8. She has been in the United States for 4 months. Noora suffers from back problems due to an injury that happened during the war in Iraq. She cannot sit or stand for too long. She complains about her back pain to her neighbor. Noora’s neighbor tells her to see a doctor. Noora is nervous because she has never been to a doctor in the United States. She does not know if her insurance helps pay for the doctor’s visit. She calls the neighborhood clinic and makes an appointment for April 12th at 1:30 pm. The receptionist asks her to bring her health insurance card and come 10 minutes before the appointment time to fill out a form. On April 12th Noora goes to see the doctor. The doctor examines Noora, gives her a prescription for a painkiller and a referral to see a back specialist.

► What is wrong with Noora?
► How does she feel about going to the doctor? Why?
► What time is Noora’s appointment? What time does Noora have to come to the clinic? Why?
► What two things does the doctor give to Noora?
MAKING A DOCTOR’S APPOINTMENT

ACTIVITY: Checklist

Check all that are true.

You call the clinic to:

___ Make an appointment to see a doctor
___ Confirm an appointment
___ You feel sick and need to see a doctor
___ Reschedule (change) an appointment
___ Verify the time of the appointment
___ Speak with a nurse
___ Request a referral
___ Request a prescription refill

ACTIVITY: Calling a Clinic

Noora finds her insurance card and calls the neighborhood clinic. Read the conversation and practice it with your partner.

Receptionist: Hello. Highline Health Clinic. How may I help you?
Noora: Hi. I need to make an appointment.
Receptionist: What is the matter?
Noora: I have a pain in my back.
Receptionist: Do you want to speak with the nurse about this before you schedule?
Noora: No, thank you.
Receptionist: Ok. What is your last name?
Noora: My last name is Shakib.
Receptionist: How do you spell that?
Receptionist: And what is your first name?
Noora: My first name is Noora.
Receptionist: What is your date of birth?
Noora: I was born on March 8, 1989.
Receptionist: Do you have health insurance?
Noora: Yes, I have Washington Apple Health Insurance.
Receptionist: Please bring a photo I.D. and your insurance card with you. You will need to pay the co-pay after your visit, okay?
Noora: Yes, I’ll use cash to pay.
Receptionist: Can you come at 10:00am on Tuesday?
Noora: No. I am busy. Is there any time on Wednesday?
Receptionist: There is an appointment at 4:30pm on Wednesday, May 24th. Is that ok?
Noora: Yes, that is good. Thank you.

Questions

► What is the date of the appointment?
► What time is the appointment?
► What time does Noora have to come to the doctor’s office? Why?
► What does she need to bring?
ACTIVITY: Making an Appointment

Talk to your classmates. Schedule appointments for them and write their names in the boxes.

<table>
<thead>
<tr>
<th></th>
<th>10:00 am</th>
<th>11:30 am</th>
<th>2:00 pm</th>
<th>3:15 pm</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mon. June 15</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tues. June 16</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wed. June 17</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Thurs. June 18</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
HEALTH INSURANCE AND THE HEALTHCARE SYSTEM IN THE UNITED STATES

What Is a Healthcare System?
A healthcare system organizes people and resources to provide medical care to a community or population. In the United States, the healthcare system is a collaboration of private companies and government institutions.

What Is Health Insurance?
Insurance is a benefit that you pay for or the government provides. If you get sick, insurance pays all or most of your medical bills. If you don’t have health insurance and you get sick, you will have to pay for all the medical care by yourself, which is very expensive.

How Can I Get Health Insurance?
There are a few ways to get health insurance.

1. Many people get health insurance through their job.
2. Some people choose to purchase their own health insurance. This can be expensive.
3. You can get insurance through the government.
   - Washington Apple Health or Medicaid is government program which provides insurance for people who are low-income, have a disability or can’t work.
   - Medicare is government insurance for people who are 65 years old or older.
WRAP-UP:
Discuss the questions in a group

- Why is health insurance important?
- How can you get health insurance if you have a job?
- What program do you qualify for if you do not have a job or are low-income?
Lesson:
Medical History

OBJECTIVES
In this lesson you will:

• Learn how to talk about health with a medical professional
• Learn how to fill out a basic medical form
• Learn your personal height and weight
• Learn about the importance of speaking with a doctor about both physical and mental/emotional health

CONTENTS
New words...................................................................................................................................... 11
In Your Country............................................................................................................................. 12
Abidah Gets Hurt ......................................................................................................................... 12
Medical Vocabulary...................................................................................................................... 14
Filling Out a Medical Form ......................................................................................................... 15
Height and Weight in The US...................................................................................................... 16
Mental and Emotional Health ..................................................................................................... 18
Wrap-Up....................................................................................................................................... 20
# NEW WORDS

<table>
<thead>
<tr>
<th>Words</th>
<th>Meanings</th>
</tr>
</thead>
<tbody>
<tr>
<td>diabetes</td>
<td>blood sugar in the body is too high; can be controlled with diet and medicine.</td>
</tr>
<tr>
<td>migraine</td>
<td>a very bad headache; plenty of water and low stress can help this from happening.</td>
</tr>
<tr>
<td>cancer</td>
<td>bad cells grow in the body; usually requires long medical treatment.</td>
</tr>
<tr>
<td>high blood pressure</td>
<td>the force of blood pushing through your body is too high; this is often caused by bad diet and stress.</td>
</tr>
<tr>
<td>asthma</td>
<td>extreme breathing difficulty; treated with medicine.</td>
</tr>
<tr>
<td>depression</td>
<td>feeling unable to be happy all the time.</td>
</tr>
<tr>
<td>allergies</td>
<td>something causes sneezing, swelling, itchiness, such as pollen or animal hair.</td>
</tr>
<tr>
<td>surgery</td>
<td>an operation at the hospital.</td>
</tr>
<tr>
<td>accident</td>
<td>something bad happens and someone gets hurt, for example someone falls, a car collision or a child touching a hot stove.</td>
</tr>
<tr>
<td>medication</td>
<td>medicine.</td>
</tr>
<tr>
<td>height</td>
<td>how tall a body is in feet or centimeters.</td>
</tr>
<tr>
<td>weight</td>
<td>how heavy a body is in pounds or kilograms.</td>
</tr>
<tr>
<td>counselor / therapist</td>
<td>a person who can help you with mental and emotional health</td>
</tr>
<tr>
<td>mental health</td>
<td>having a healthy mind</td>
</tr>
<tr>
<td>emotional health</td>
<td>having healthy feelings</td>
</tr>
</tbody>
</table>
IN YOUR COUNTRY

Think about your experiences and discuss with classmates:

➢ Were you ever hurt or sick in your country?
➢ Did you have any health problems?
➢ Did you ever go to the doctor or hospital?
➢ Does anyone in your family have an illness?

ABIDAH GETS HURT

Abidah is 28 years old. She likes to exercise and play soccer. Last weekend, Abidah fell while playing soccer. She had a severe pain in her side and shortness of breath. She decided to go to the hospital.

Abidah told her doctor about the pain. The doctor asked her some questions and told her to fill out a medical history form. Abidah told her doctor that she has asthma. The doctor asked if she could be pregnant, if she smokes cigarettes and if she ever feels depressed or tired. Abidah answered “No,” to all of these questions.

Abidah got an X-Ray and found out she had a broken rib. The doctor prescribed Abidah an inhaler to help her breathe. The doctor said that for the next six weeks she should rest and go for walks instead of playing soccer.

When she was better, Abidah joined her soccer team again. They were very happy she was back.

Talk with your class

➢ What happened to Abidah last weekend?
➢ What problems does Abidah have with her lungs?
➢ What questions did the doctor ask?
Why did the doctor ask these questions?
Have you ever had an injury or sickness?
MEDICAL VOCABULARY

ACTIVITY: Practice

Match the vocabulary to the pictures:

- migraine
- cancer
- high blood pressure
- allergies
- surgery
- accident
- asthma
- depression
- diabetes
FILLING OUT A MEDICAL FORM

Practice writing your information. Ask your teacher if you need help.

Health Information Form

PERSONAL INFORMATION

Name: ________________________________  ________________________________  ________________________________
          Last                      First                       Middle

Address: __________________________________________________________
          Street                      Apt.

          City                      State                      Zip Code

Telephone Number: ______-______-________

Date of Birth: _____ /_____ /_____

Gender:  Female  Male

Marital Status:  Single  Married  Divorced  Widowed

MEDICAL HISTORY

Have you had any of the following:

  Diabetes  No  Yes
  Migraines No  Yes
  Cancer No  Yes
  High Blood Pressure No  Yes
  Asthma No  Yes
  Depression No  Yes
**Have you had surgery?**

<table>
<thead>
<tr>
<th>Type:</th>
<th>Year:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Have you had any accidents or injuries?**

<table>
<thead>
<tr>
<th>Type:</th>
<th>Year:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Do you have any allergies?**

<table>
<thead>
<tr>
<th>Type:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**MEDICATIONS**

**Do you take any medications?**

<table>
<thead>
<tr>
<th>Medications:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

**PERSONAL HABITS**

<table>
<thead>
<tr>
<th>Do you exercise?</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Do you smoke?</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Do you drink alcohol?</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Do you use drugs?</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Do you wear a seatbelt in the car?</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>How many hours of sleep do you get each night?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
</tr>
</tbody>
</table>

---

**Signature**

**Date**
HEALTH

Lesson: Medical History
Low Intermediate Level

HEIGHT AND WEIGHT IN THE US
In the US, people use feet (ft or ') and inches (in or “) to measure height instead of centimeters (cm). People use pounds (lbs.) to measure weight instead of kilograms (kg).

- Height: 1 ft = 12 in = 30.48 cm
- Weight: 1 lb = .45 kg

For the man in the ID example above:

- Height: 5 ft 8 in = 172 cm
- Weight: 165 lbs = 74.8 kgs

ACTIVITY: Your Height and Weight:
Practice in class or at home. Look at your ID if you have one. Write your height and weight:

<table>
<thead>
<tr>
<th>Height</th>
<th>_____ ft. _____ in.</th>
<th>_____ cm.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Weight</td>
<td>_____ lbs.</td>
<td>_____ kgs.</td>
</tr>
</tbody>
</table>
MENTAL AND EMOTIONAL HEALTH

Think about Abidah’s story again. Why do you think the doctor asked Abidah if she was depressed or tired?

When you go to the doctor, it’s important to talk about your mental and emotional health. If you feel sad, tired or stressed most of the time, this isn’t healthy. Your doctor can help.

Many people in America go to a special doctor called a counselor or a therapist to talk about their feelings. Talking about mental and emotional health is part of living a healthy lifestyle.
ACTIVITY: Answering Questions About Medical History

Work with a partner. Practice asking and answering the questions:

<table>
<thead>
<tr>
<th>MEDICAL HISTORY QUESTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. What is your full name?</td>
</tr>
<tr>
<td>2. What is your date of birth?</td>
</tr>
<tr>
<td>3. How tall are you?</td>
</tr>
<tr>
<td>4. How much do you weigh?</td>
</tr>
<tr>
<td>5. Have you had any of the following:</td>
</tr>
<tr>
<td>a. Diabetes?</td>
</tr>
<tr>
<td>b. Migraines?</td>
</tr>
<tr>
<td>c. Cancer?</td>
</tr>
<tr>
<td>d. High Blood Pressure?</td>
</tr>
<tr>
<td>e. Asthma?</td>
</tr>
<tr>
<td>f. Depression?</td>
</tr>
<tr>
<td>6. Have you had surgery?</td>
</tr>
<tr>
<td>7. Have you had any accidents or injuries?</td>
</tr>
<tr>
<td>8. Do you have any allergies?</td>
</tr>
<tr>
<td>9. Do you take any medications?</td>
</tr>
<tr>
<td>10. Do you exercise?</td>
</tr>
<tr>
<td>11. Do you smoke or drink alcohol?</td>
</tr>
<tr>
<td>12. Do you wear a seatbelt in the car?</td>
</tr>
<tr>
<td>13. How many hours of sleep do you get each night?</td>
</tr>
</tbody>
</table>
WRAP-UP

Think about you. Answer the questions. If you want, you can share with a group or your teacher.

▷ What medical history questions are most important for you to discuss with your doctor? Why?

_____________________________________________________________

_____________________________________________________________

_____________________________________________________________

_____________________________________________________________

_____________________________________________________________
Lesson:

Medicine

OBJECTIVES
In this lesson you will:

• Learn about over the counter and prescription medicines
• Learn how to read medicine labels
• Learn how to get a prescription filled at the pharmacy

CONTENTS
New Words.................................................................................................................. 22
In your country ............................................................................................................. 22
The Pharmacy ............................................................................................................. 22
What’s on the label ....................................................................................................... 24
Over-The-Counter Medicine....................................................................................... 25
Prescription Medicine ............................................................................................... 28
Wrap-Up..................................................................................................................... 31
NEW WORDS

<table>
<thead>
<tr>
<th>Words</th>
<th>Meanings</th>
</tr>
</thead>
<tbody>
<tr>
<td>label</td>
<td>detailed information about a medicine or product</td>
</tr>
<tr>
<td>dosage/dose</td>
<td>how much you should take and how often you should take it</td>
</tr>
<tr>
<td>side effects</td>
<td>small or large negative problem that happens because of a drug</td>
</tr>
<tr>
<td>refill</td>
<td>filling a container again</td>
</tr>
<tr>
<td>prescription</td>
<td>an order written by a doctor for a pharmacist to give you medicine</td>
</tr>
<tr>
<td>fill the prescription</td>
<td>the pharmacist follows the directions on the prescription</td>
</tr>
<tr>
<td>warning</td>
<td>possible danger</td>
</tr>
</tbody>
</table>

IN YOUR COUNTRY

Think about life in your country.

➢ Where did you buy medicine in your country?
➢ Did you need a doctor’s note (prescription) to buy medicine?

THE PHARMACY

A pharmacist is a person who studies and knows about different kinds of medicine. Pharmacists study in college and then take a state test to get a license. A pharmacy is a store that sells medicine. In the US, we often call these stores drugstores. Drugstores also sell other things, like shampoo, food, toiletries and magazines. The part of the drugstore that sells medicine is usually under a sign that says “Pharmacy.”
There are two kinds of medications in the United States. One kind of medicine is **over the counter** or **OTC** medicine. You can go into a drugstore and buy it. However, you have to read the label carefully. The label is in small print, but it has important information. The other kind of medication is **prescription** medication. If you want to buy this medicine, you need a prescription from a doctor. Take the prescription to the pharmacy and the pharmacist will fill the prescription.

**Questions**

- What is a pharmacist?
- What is the part of the drugstore that sells medicine?
- What does OTC stand for?

| What over the counter medicine do you take? | What prescription medicine do you take? |
WHAT’S ON THE LABEL

It’s very important to read the medicine label carefully. It has a lot of important information.
OVER-THE-COUNTER MEDICINE

Activity: Getting OTC Medicine

Sattar has a cough. Read the conversation. Then practice it with a partner.

Sattar: Excuse me. Can you help me?
Pharmacist: Sure.
Sattar: I have a cough. Do you have any over the counter medicine for it?
Pharmacist: Yes, we have one right over here.
Sattar: What is the medicine name?
Pharmacist: Robittusin.
Sattar: I don’t understand the dosage for this cough medicine.
Pharmacist: The little cup holds one dose. It says on the label you can take one dose every 4 to 6 hours.
Sattar: I can take one little cup every 4 to 6 hours?
Pharmacist: That’s right. But don’t take more than four doses during a 24-hour period.
Sattar: So, I can’t take more than 4 little cups a day?
Pharmacist: Right.
Sattar: Do I need to take it with food?
Pharmacist: You need to take it with food. That’s on the label, do you see it?
Sattar: Yes. I can see that now. Is this a generic medicine? Is there a cheaper one?
Pharmacist: No, sorry, this is not the generic one. The generic one is on Aisle 9. I can help you find it.
Sattar: I have one more question. Does this medicine have side effects?
Pharmacist: No, it doesn’t. It’s safe to take. But if you don’t feel better in a couple of days, you should see a doctor.
Sattar: Thank you for your help.
Pharmacist: You’re welcome.

TIP: Generic medicine works the same way as name brands. They have the same key ingredients.

Questions

➢ What is the dosage for Sattar’s medicine?
➢ What if she feels like she needs more?
➢ What if she doesn’t feel better after she takes the medicine?
ACTIVITY: Read the OTC Label and Answer the Questions

Questions

➤ What is the name of the medicine?
➤ What is the dosage for adults?
➤ What is the dosage for children?
➤ What is this medicine used for?
➤ Why do people take this medicine?
➤ What are some possible side effects?
➤ What cautions/warnings are listed?
PRESCRIPTION MEDICINE

ACTIVITY: Getting Prescription Medicine

Seynab has a prescription. Read the conversation. Then practice it with a partner:

Pharmacist: Hello. Can I help you?
Seynab: I have a prescription. Can you fill it for me?
Pharmacist: Yes. We can do that. Can you wait 5 minutes?
Seynab: Sure.
Pharmacist: Here is your prescription. Have you had this medicine before?
Seynab: No. I haven’t. What is the name of the medicine?
Pharmacist: It is Acetaminophen.
Seynab: Thank you. How much can I take?
Pharmacist: It says on the label that you should take 1 tablet.
Seynab: Okay. One tablet. How often should I take it?
Pharmacist: Every 6 hours.
Seynab: Do I need to take it with food?
Pharmacist: It is fine to take it with or without food.
Seynab: Okay. Are there side effects?
Pharmacist: Yes, you may get drowsy. Be careful when you drive.
Seynab: I understand. Thank you. Can I get a refill?
Pharmacist: Yes, when you finish this bottle, you have two more refills.
Seynab: Thank you.
Pharmacist: You are welcome.
ACTIVITY: Reading a Prescription Label

Read the label and answer the questions.

Queen Anne Associates

Seattle, WA 98119

(206) 962-0057

Rx # 1010 Dr. King
Seynab Alasi 6/21/20

Take one capsule every four to six hours as needed for pain.
Acetaminophen 360 mg, Codeine sulfate 20 mg/tablet
2 refills; Discard after 6/21/21
Dispensed by R.Phill.

Questions

➤ What is the name of the medicine?
➤ What is the dosage?
➤ What is the name of the doctor?
➤ Discard after what date?
➤ Are refills possible?
➤ What form is it in? Tablet, capsule, spray, liquid?
WRAP-UP

Check all that apply to you.

☐ I know the difference between over the counter and prescription medicine.

☐ I understand what information the medicine label has.

☐ I understand the dosage of different medicine.

☐ I know how to ask a pharmacist to fill my prescription.

☐ I understand what side effects are.
Lesson:
Healthy Lifestyle

OBJECTIVES
In this lesson you will:

• Learn the basics of a healthy lifestyle
• Learn the value of regular exercise and understand how to incorporate it into daily life
• Learn about cultural hygiene expectations in the U.S.
• Learn how to recognize stress and manage it

CONTENTS
In Your Country.................................................................33
Ali’s Stressful Life .................................................................33
A Healthy Lifestyle.................................................................34
Exercise ..............................................................................36
Hygiene in the U.S. ................................................................37
Work and Life Balance .........................................................37
Wrap-Up.............................................................................39
NEW WORDS

<table>
<thead>
<tr>
<th>Words</th>
<th>Meanings</th>
</tr>
</thead>
<tbody>
<tr>
<td>healthy</td>
<td>well-being, not sick</td>
</tr>
<tr>
<td>lifestyle</td>
<td>what you do every day</td>
</tr>
<tr>
<td>exercise</td>
<td>using your body to be healthy, for example, walking, swimming</td>
</tr>
<tr>
<td>hygiene</td>
<td>having a clean body, clothes and home</td>
</tr>
<tr>
<td>stress</td>
<td>feeling bad because you have too much work or responsibilities</td>
</tr>
<tr>
<td>stress Management</td>
<td>healthy activities to lower stress</td>
</tr>
<tr>
<td>breathing</td>
<td>taking air into your body</td>
</tr>
</tbody>
</table>

IN YOUR COUNTRY

Think about life in your country. Talk in a group:

- In your country, what gave you stress?
- What did you do to relax or be healthy?
- Is stress in the US different or the same?

ALI’S STRESSFUL LIFE

Ali is from Turkey. He moved to the US with his family. He got a new job at the airport. He works overtime to pay rent.

His oldest son, Semir, is 17. Semir is having a hard time with school. He doesn’t want to go to school and many days he skips class. The school has been talking to Ali about Semir. They say Semir needs to work with the school counselor and he needs to come to school or the family could get in trouble. Ali cares about his son but
he doesn’t know what to do. He can’t work overtime, take care of his family and keep track of Semir.

Ali is starting to lose sleep and he feels tired all the time. He has started drinking alcohol to help him sleep.

**A HEALTHY LIFESTYLE**

Work on your own or with a group. How often do you think you should do the activities below? Write your answers:

<table>
<thead>
<tr>
<th>Activity</th>
<th>How Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise</td>
<td></td>
</tr>
<tr>
<td>Sleep</td>
<td></td>
</tr>
<tr>
<td>Smoke or vape</td>
<td></td>
</tr>
<tr>
<td>Eat healthy food</td>
<td></td>
</tr>
<tr>
<td>Drink water</td>
<td></td>
</tr>
<tr>
<td>Drink coffee</td>
<td></td>
</tr>
<tr>
<td>Watch TV, use a phone or computer</td>
<td></td>
</tr>
</tbody>
</table>
Take a shower

Relax / Spend time with family or friends

See the answers to the Healthy Lifestyle activity below:

- Are the answers the same or different from your guesses?
- What surprises you?
- Discuss your responses with the whole class.

**Answers**

<table>
<thead>
<tr>
<th>Activity</th>
<th>How Often</th>
</tr>
</thead>
<tbody>
<tr>
<td>Exercise</td>
<td>30 minutes 5 times a week</td>
</tr>
<tr>
<td>Sleep</td>
<td>7-9 hours a day</td>
</tr>
<tr>
<td>Smoke or vape</td>
<td>Never</td>
</tr>
<tr>
<td>Eat healthy food</td>
<td>Every day</td>
</tr>
<tr>
<td>Drink water</td>
<td>8 glasses a day</td>
</tr>
<tr>
<td>Drink coffee</td>
<td>Fewer than 4 cups of coffee per day (400 mg of caffeine)</td>
</tr>
<tr>
<td>Watch TV, use a phone or computer</td>
<td>2 hours a day for adults and teens</td>
</tr>
<tr>
<td></td>
<td>1 hour a day for children 2 to 12</td>
</tr>
<tr>
<td></td>
<td>Never for children under 2</td>
</tr>
<tr>
<td>Take a shower</td>
<td>Every 1-2 days</td>
</tr>
<tr>
<td>Relax / Spend time with family or friends</td>
<td>Every day</td>
</tr>
</tbody>
</table>

*Source: Mayo Clinic*

**Think About You:**

- How often do you do these things?
- What do you need to do more?
EXERCISE

How much do you exercise? Work with your class and teacher. Think of different ways to get more exercise every week:

ACTIVITY: Stretching

Sit down or stand up. Practice the stretches:
HYGIENE IN THE U.S.

In the U.S., it’s important to have good hygiene. Look at the pictures below. How often should you do the things below? Match the pictures to the answers:

- Take a shower 2 times a day
- Brush your teeth As needed
- Wear deodorant Every 1–2 days
- Wash your clothes Every day
- Clean your home Once a week

WORK AND LIFE BALANCE

Think about Ali and his stressful life

- What happened to Ali recently?
- Why is he stressed?
ACTIVITY: Stress Quiz

Check what happened to you in the last year:

☐ moved to the U.S.
☐ moved to a new home
☐ looked for a new job
☐ started a new job
☐ had a new baby
☐ paid a lot of bills
☐ had an illness or accident
☐ went to school
☐ had many appointments
☐ took care of family or friends
☐ ________________________________

Question

Think about you

► Do you have a lot of stress? Why or why not?

ACTIVITY: Stress Management

Think about Ali.

► How did he manage his stress?
► Is he healthy or not?
Work together in a group. What are some **healthy** ways you can manage your own stress?

_________________________________________________

_________________________________________________

_________________________________________________

_________________________________________________

**Activity: Breathing**

One way to help with stress is to breathe slowly and deeply. Practice in class or at home.

- Place one hand on your chest and the other on your belly.
- Inhale deeply through your nose for a count of four, making sure your belly is expanding and not your chest. Exhale through your mouth for a count of four.
- Continue this breathing cycle for a few minutes.
- Feel the stress leave your body while your mind becomes calm.

Image: www.destressmonday.org

**WRAP-UP**

Think about you. Write 3 things you will do to make your life healthier. Tell your teacher before you leave.

I will...
1. __________________________________________
2. __________________________________________
3. __________________________________________