

# Health and Medicine



**The worksheets in this chapter are based on the following areas:**

- reading signs in hospitals,
- reading health leaflets,
- reading magazine articles, and
- writing sentences.

**For help with the worksheets, you can:**

- call the NALA Freephone support line at 1800 20 20 65 on Monday to Friday between 10am and 4pm, or
- check out the Really Useful Guide to Words and Numbers Web site on [www.rug.ie](http://www.rug.ie).

# Reading: Hospital Signs

These are pictures of signs that you might see when you visit a hospital.



# Reading: Hospital Signs

Look at the hospital signs on page 70. Then write if you have to turn left or right or straight ahead for the following places. The first one is done for you.

1. To go to St. Francis's Clinic, turn right .
2. To visit Intensive Care, go \_\_\_\_\_ .
3. To use the telephone, turn \_\_\_\_\_ .
4. To get an X-ray, turn \_\_\_\_\_ .
5. To go to Occupational Therapy, turn \_\_\_\_\_ .

**Now see if you can answer these questions by writing in your answers.**

6 If you had to attend a day clinic where would you go?

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7. What do the letter I. C. U. stand for?

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8. St. Ultan's \_\_\_\_\_ is to the right.

9. Which direction would you go if you needed a blood test? \_\_\_\_\_

10. What department would you go to if you had an accident?

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# Reading: Health Leaflets

At the doctor or in the hospital waiting room, you may see lots of health leaflets.

**Read the health leaflet below on Cholesterol.**

## What is Cholesterol?

Cholesterol is made in the body but we also get it from our diet. Cholesterol is needed for cell growth, but too much of it can lead to heart disease.

## How do I lower my cholesterol?

- Eat plenty of fruit, vegetables. Choose at least 5 portions a day.
- Try to avoid a lot of meat, butter, full fat milk, biscuits and snacks.
- Eat regular meals with lots of starchy foods like bread, rice, pasta and potatoes.
- Try to eat 2 pieces of fish a week.

## What is a heart healthy diet?

- Stop smoking.
- Be more active. Try to do at least 30 minutes walking on most days.
- Learn to control stress.
- Drink less alcohol.

# Reading: Health Leaflets

Answer the questions on Cholesterol.

1. What is Cholesterol?

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2. What is it needed for in the body?

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3. Why is too much of it bad for you?

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4. List 3 ways you can lower your cholesterol.

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5. List 3 ways you can keep your heart healthy.

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# Reading: Magazines

There are many types of magazines, but all of them have a Contents page. This gives you a list of articles and stories that are in the magazine and the page you will find them on.

**Read the Contents page below and answer the questions:**

27 Lifestyle	52 TV Films
28 Fashion	57 Sport
30 Food	58 Soaps
32 Beauty	61 Music
34 Health	64 Books
35 Travel	70 Kids Fun
36 Gardens	84 Horoscopes

1. What page will you find health on? \_\_\_\_\_
2. What page are soaps on? \_\_\_\_\_
3. I love reading my star sign. I'll find this on page \_\_\_\_\_
4. What page has information on cooking? \_\_\_\_\_
5. What page will you find kids fun? \_\_\_\_\_
6. I love football. What page should I go to? \_\_\_\_\_

# Reading: Magazine Covers

Magazine covers often list the stories you will find inside. They use short words or phrases to get you interested in reading the magazine.

Put these magazine stories under the right headings.  
The first one is done for you.



**Film and TV**

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**Food**

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**Beauty**

Protect your skin now.

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**Gardens**

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# Reading: Magazine Articles

Magazine articles can be about different things but many articles look the same. There is usually a **headline** in the article and a few **paragraphs**.

Read the magazine story below.

## All I Want For Christmas is...

Peace and goodwill...and no stress!

**'Tis the season to be jolly. Yes, it is, but it can also be the season when it takes every ounce of patience not to lose it big-time!**

Family gatherings can be lovely, but they can also be a battle of wills and a time of great stress.

So, how do you get through the festive season and keep the peace?

You want to be a good host, loving and thoughtful. But when your tipsy father-in-law-jokes about your cooking, you want to explode!

Try and relax and take a few hours off to be on your own. It is a good idea to do this on Christmas Eve to make you feel better.

**Headline** of the story – this tells you what the story is going to be about.

### Paragraphs

A paragraph is a number of sentences grouped together. As you can see, there are 5 paragraphs in the story.

# Reading: Magazine Articles

Read the magazine story on page 76 and answer these questions.

1. What is the headline of the article?

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2. Which time of year can be stressful?

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3. What advice do they give on keeping stress levels down?

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Write your own tips for relaxing for a magazine story. Use the words in the box below. The first one is done for you.



4. Go for a walk.

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5.

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6.

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7.

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8.

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# Writing: Sentences

All sentences begin with a capital letter and end with a full stop or a question mark.

However, sentences must also have an **action word** in them. Action words are doing and feeling words. Some action words are:

**drink**      **swim**      **think**      **love**

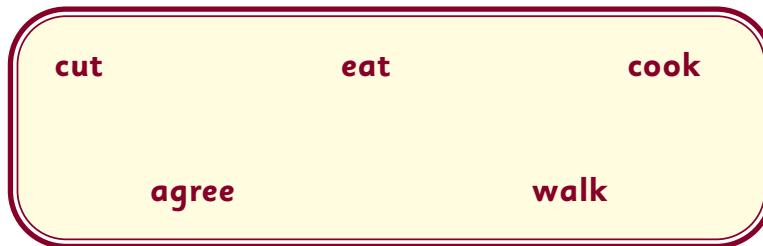
- I **drink** 5 pints of water every day.
- I **swim** in the sea in the summer.
- I **think** children should cut down on fast food.
- I **love** reading.

**Underline the action words in these sentences about health.**  
**The first one is done for you.**

1. Children need calcium for growing bones.
2. I like drinking coffee but too much of it is bad for my health.
3. I think vegetables are very good for you.
4. Sitting in the sun too much can cause skin cancer.
5. Doctors think that Omega 3 is good for concentration and learning.
6. I believe that one glass of red wine every day is good for you.
7. I try to play tennis twice a week.
8. The family decided to leave the car at home and walk instead.

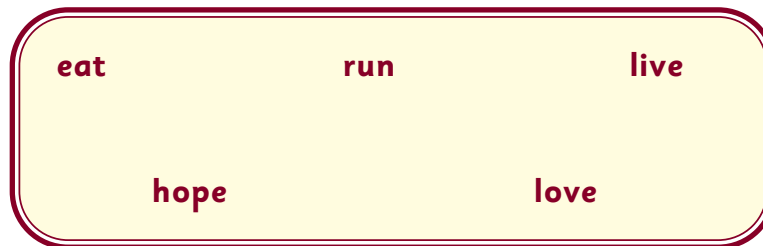
# Writing: Sentences

Fill in the correct action words from the box in the sentences below.



1. When cooking, \_\_\_\_\_ off the fat and rind from meat.
2. Doctors \_\_\_\_\_ that smoking can cause heart disease.
3. Try to \_\_\_\_\_ a balanced diet every day.
4. Use olive oil instead of fat when you \_\_\_\_\_.
5. \_\_\_\_\_ to work instead of getting the bus.

See if you can put the action words in the box below into sentences of your own.



6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

# Word Quiz

Find the answers to these clues from the letters in the word cholesterol. The first one is done for you.

**cholesterol**

1. To guide or turn a car or ship (5)     s t e e r
2. An opening in the ground (4)     h
3. Wheels move along like this. (4)     r
4. To allow, sounds like 'bet' (3)     l
5. The opposite to cold (3)     h
6. Another word for decay (3)     r
7. Another word for many (4)     l
8. To take it easy or to sleep (4)     r