



Mi Universidad

Actividades

Nombre del Alumno: Keren Magaly Sánchez Antonio

Nombre del tema: Body parts and advices for each illness

Parcial: I

Nombre de la Materia: Inglés III

Nombre del profesor: Liliana Rubí Gutiérrez Penagos

Nombre de la Licenciatura: Enfermería

Cuatrimestre: 3ro

9 GRAMMAR FOCUS

Imperatives

Get some rest.

Drink lots of juice.

Take one pill every evening.

Don't stay up late.

Don't drink soda.

Don't work too hard.

GRAMMAR PLUS see page 113

Complete these sentences. Use the correct forms of the words in the box.

✓ call ✓ stay ✓ not go not drink

✓ see ✓ take ✓ not worry not eat

1. Call a dentist.
2. Don't worry too much.
3. Take a hot bath.
4. Don't go to school.

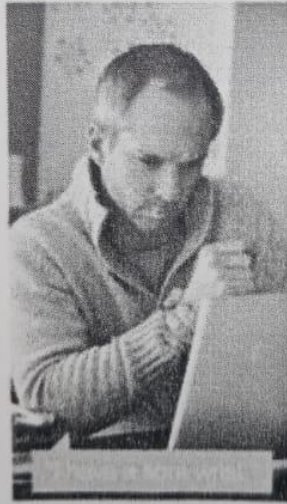
5. Stay in bed.
6. See a doctor.
7. Don't drink coffee.
8. Don't eat any candy.

10 SPEAKING Good advice?

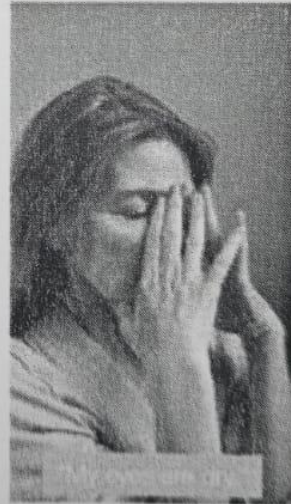
- A Write two pieces of advice for each problem.



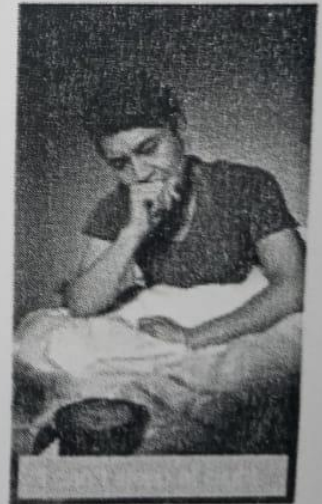
1. Apply an ointment
Don't move too much



2. Put on an ice pack
Apply an ointment



3. Get some eye drops
Take a pill everyday



4. Don't stay up late
Get some rest

B GROUP WORK Act out the problems from part A. Your classmates give advice.

A: I don't feel well.

B: What's the matter?

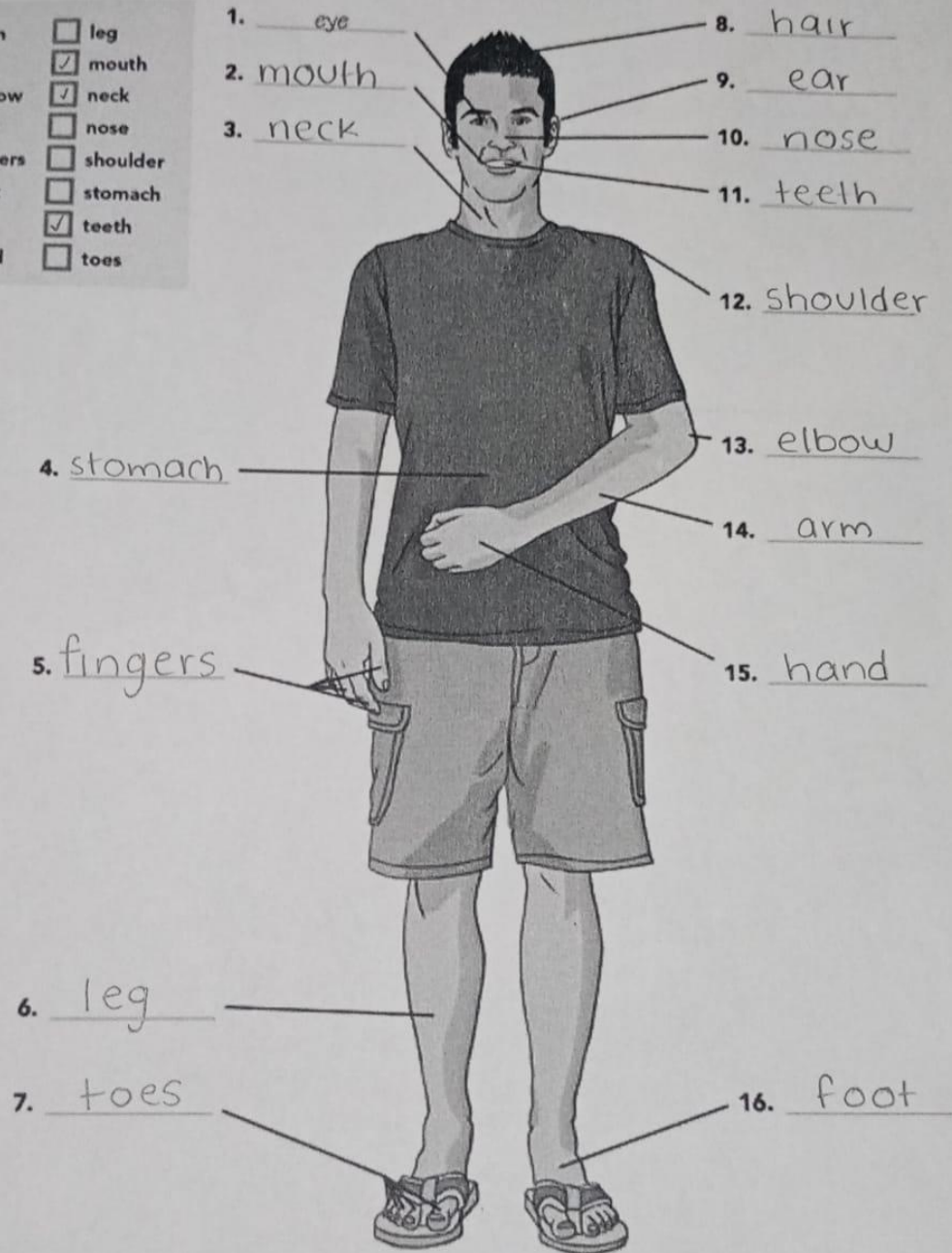
A: My feet hurt.

B: I have an idea. Take a hot bath. And don't...

WORKBOOK

1 Label the parts of the body. Use the words in the box.

- | | |
|---|---|
| <input type="checkbox"/> arm | <input type="checkbox"/> leg |
| <input type="checkbox"/> ear | <input checked="" type="checkbox"/> mouth |
| <input type="checkbox"/> elbow | <input checked="" type="checkbox"/> neck |
| <input checked="" type="checkbox"/> eye | <input type="checkbox"/> nose |
| <input type="checkbox"/> fingers | <input type="checkbox"/> shoulder |
| <input type="checkbox"/> foot | <input type="checkbox"/> stomach |
| <input type="checkbox"/> hair | <input checked="" type="checkbox"/> teeth |
| <input type="checkbox"/> hand | <input type="checkbox"/> toes |



7 Write two pieces of advice for each problem.

1. I have a sore throat.
2. I have a toothache.
3. I have a cough.
4. I have a cold.
5. I have a stomachache.
6. I have a headache.
7. I have the flu.
8. I have a fever.

Don't go to work today. Drink some chamomile tea.
 Don't eat candies or spicy food. Take a pill every day.
 Drink cough syrup. Drink a lot of water.
 Eat a chicken soup. Don't drink cold water.
 Don't eat spicy food. Drink a chamomile tea.
 Get some rest. Take an aspirin.
 Wear warm clothes. Don't visit cold places.
 Put cold cloths on your head. Take some rest.

8 Health survey

A How healthy and happy are you?
 Complete the survey.

How often do you . . . ?

	Often	Sometimes	Hardly ever	Never
get a headache	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
get an earache	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
get a cold	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
get the flu	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
get a stomachache	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
stay up late	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
feel sleepy	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
get a fever	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input checked="" type="checkbox"/>

B Write four sentences about your health. Use the information from the survey in part A.

Examples:

I sometimes stay up late, but I hardly ever feel sleepy.

I hardly ever get a cold or the flu.

1. I sometimes get a headache, mostly in hot seasons
2. I often stay up late, because I can't sleep
3. I often feel sleepy. I can't fall sleep
4. I never get a fever. I get a fever like once a year

Tú, que eres enfermero/a, actúa como si un familiar o amigo tuviera algún problema de salud y crea un diálogo entre tú y él/ella en donde le des consejos de qué debe hacer y qué medicamentos usar

Nurse: Hello! I see you're not feeling very well. What's the matter?

Friend: Hello, yes, I feel a little bad. I have a headache, stuffy nose and a bit of a cough.

Nurse: It sounds like you might have a cold or the flu. The first thing you should do is rest enough so that your body can recover. Also, make sure you stay well hydrated by drinking water and hot liquids like tea or soups.

Friend: Thanks for the tips. Is there any medication I can take to relieve these symptoms?

Nurse: For headache and fever, you can take paracetamol following the instructions on the package. This medicine will help to reduce the temperature and relieve pain. For a stuffy nose, you can try oral decongestants or nasal sprays . If your cough is dry and irritating, cough syrups or drops may help.

Friend: Perfect, I'll look for those medicines at the pharmacy. What else can I do to feel better?

Nurse: Make sure you get enough rest and avoid excessive physical exertion while you recover. Also, you can do steam inhalations to help clear the airways. Just pour hot water into a bowl and place a towel over your head to carefully inhale the steam.

Friend: I'll try, sounds comforting. Should I stay home until I fully recover?

Nurse: It is recommended that you stay home while you have symptoms to avoid infecting others and allow your body to recover without exposing yourself to more germs. If possible, rest and avoid crowded places.

Friend: Understood, I will take all necessary care. Thank you for your advice and attention.

Nurse: You're welcome, it's always a pleasure to help. If symptoms worsen or persist for more than a few days, don't hesitate to see a doctor for further evaluation. I hope you feel better soon and make a full recovery! Take care of yourself.