

Your Health



Joan Acosta

bestofthereader.ca

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joan@joanacosta.ca

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Welcome


This e-book is part of a series called Best of The Reader. The stories in the e-books are from *The Westcoast Reader*. It is a newspaper for adults who are improving their English reading skills.


To the reader


- ✓ You can use this book in a classroom, with a tutor, or on your own.
- ✓ Each story has exercises to go with it. These exercises can help you improve your English and reading skills.
- ✓ You can check your answers at the end of the book.

Three reading levels

There are three reading levels in this book. Here are the symbols for each level:

Level 1 

Level 2 

Level 3 

To the teacher

Learners can read the articles and do the exercises individually, in pairs, or in groups.

The topics can be explored further through discussion or follow-up activities.

Teachers' Guide

The Teachers' Guide on this website has ideas on how to use the e-books with students.

Acknowledgements

The author gratefully acknowledges the financial support of Capilano University for this project.

A special thank you to the learners and teachers who helped choose the articles for this book.

All of the material in this book first appeared in *The Westcoast Reader* (1982 to 2009). Some of the articles have been updated. Most of the exercises and activities for learners are based on material from *The Westcoast Reader Teachers' Notes* (1982 to 2009).

Credits

Photos

Front cover—yoga: *The Vancouver Sun*; eye exam: Bev Burke; salad: Banquet Express

Page 7: iStockphoto; Page 10 (couple walking, boy running, woman lifting weights): iStockphoto; (swimmers, cyclist, yoga): *The Vancouver Sun*; Page 12: sudoku, grocery store, class: iStockphoto; Page 14: Bev Burke; Page 17: *The Vancouver Sun*; Page 18, 23: David Porter; Page 24: iStockphoto

Illustrations

Pages 5, 6, 8, 10, 17 (hand washing), 18, 19, 22, 24, 25, 26, 27, 28: Nola Johnston; Pages 9, 11, 14, 17 (hand soap, sanitizer), 25 (no smoking, wine, cyclist, treadmill), p 27 (blood pressure, no smoking): Guy Parsons

Choose healthy foods

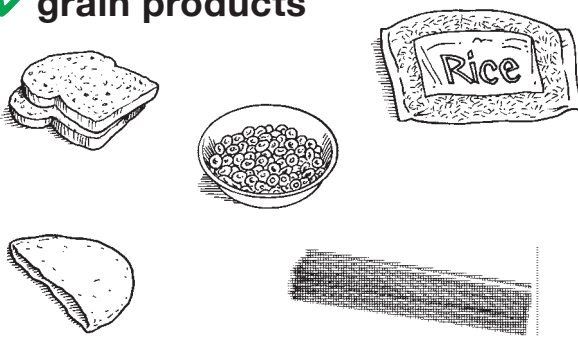
What can you do to make healthy food choices?
Eat a variety of foods. Try to eat food from each of these four groups every day.

✓ fruits and vegetables



An adult should eat 7 to 10 servings per day.

✓ grain products



An adult should eat 6 to 8 servings per day.

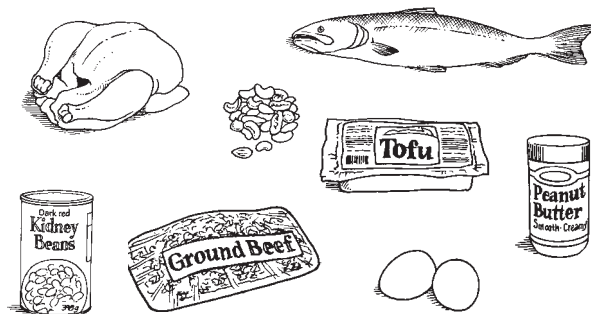
■ For information on choosing healthy food, check Canada's Food Guide at www.hc-sc.gc.ca

✓ milk products



An adult should eat 2 to 3 servings per day.

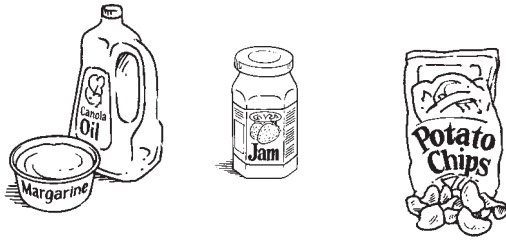
✓ meat and alternatives



An adult should eat 2 to 3 servings per day.

■ Different people need different amounts of food. For example, an active male teenager can eat more servings. A young child can eat fewer servings.

Other foods



Some foods are not in the four food groups. Eat these foods in small amounts. For example:

- butter, oil, margarine
- jam, honey, candy
- chips, pretzels

One serving

Here are some examples of one serving from Canada's Food Guide.

- ✓ 1 slice bread
- ✓ 1 medium pear
- ✓ 2 tbsp (30 mL) peanut butter
- ✓ ½ cup (125 mL) cooked rice
- ✓ 3 ounces (100 grams) chicken
- ✓ 1 to 2 eggs
- ✓ 1 cup (250 mL) milk

Food groups

Write the short form for the food group beside each picture.

Short forms

FV: Fruits and Vegetables

GP: Grain Products

MP: Milk Products

MA: Meat and Alternatives

1. Food group: _____



tomato

2. Food group: _____



tofu

3. Food group: _____



yogurt

4. Food group: _____



cereal

5. Food group: _____



chicken

6. Food group: _____



nuts

7. Food group: _____



orange

8. Food group: _____



cheese

9. Food group: _____



pita

10. Food group: _____



beef

Eat lots of fruit and vegetables

Try to eat 7 to 10 servings of fruit and vegetables every day.

Here are some examples of one serving.

✓ 1 apple

1



✓ ½ cup (125 mL) orange juice



✓ 1 potato



✓ 1 carrot



✓ 1 cup (250 mL) green salad



Find the words

Find the words in the puzzle.

Some words go across.

Some words go down.



apple



strawberry



grapes



cherry



pear

b	r	o	c	c	o	l	i	a	r
l	h	j	v	a	r	z	c	z	b
s	t	r	a	w	b	e	r	r	y
o	a	a	f	c	a	r	r	o	t
n	v	p	u	t	j	m	m	p	p
i	l	p	p	o	t	a	t	o	c
o	x	l	i	z	w	w	g	i	t
n	f	e	c	h	e	r	r	y	u
g	r	a	p	e	s	p	e	a	r
t	o	m	a	t	o	o	z	n	p



tomato



onion



carrot




broccoli



potato

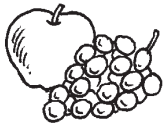
Healthy snacks

 Many snacks have lots of fat, sugar, and salt. These snacks are not good for your health.

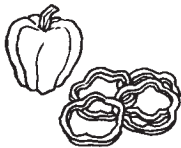
Think about the snacks you eat. Choose healthy snacks.

Eat more

■ fruit



■ vegetables



■ yogurt



■ nuts



Eat fewer

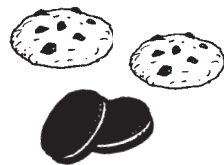
■ potato chips



■ donuts



■ cookies



■ candy bars



Make a choice

Which snack is the healthiest choice? Write the word on the line.

chocolate bar
french fries
apple

1. _____

pizza
plain popcorn
cinnamon roll

2. _____

carrot sticks
donut
chocolate chip cookie

3. _____

potato chips
cupcake
low-fat yogurt

4. _____



All kinds of exercise

What kind of exercise do you like to do?



swimming



tai chi

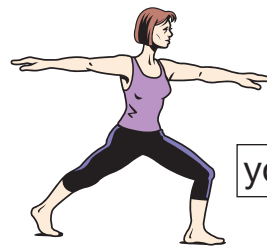
walking or running



dancing



cycling



yoga




ice skating



jumping rope

Try to exercise for 30 minutes most days.

Exercise is good for you

 Exercise is important for adults and children. Many people in Canada do not get enough exercise.

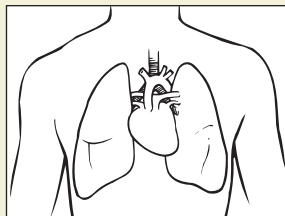
Health Canada says people need three kinds of physical activities.

1 Endurance activities

✓ Walk, run, swim, or cycle.

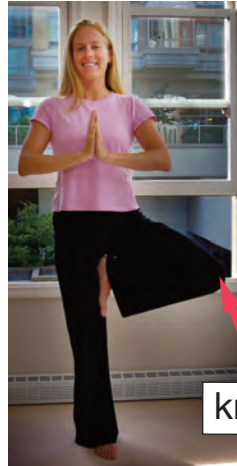


These activities help your heart and lungs. Your heart beats faster. You breathe more deeply.

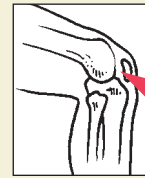


2 Flexibility activities

✓ Bend, stretch, and reach.



These activities help your joints and muscles.



knee joint

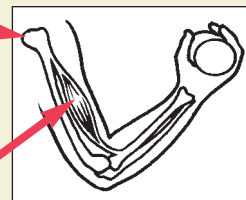
knee

3 Strength activities

✓ Lift weights. Do push-ups.

These activities make you stronger. They build muscles and bones.

bone



muscle



Keep a record



How much exercise did you do yesterday?

Write down your activities and the time. Use the chart below.

Note: Count activities that lasted 10 minutes or more.

Example: Monday

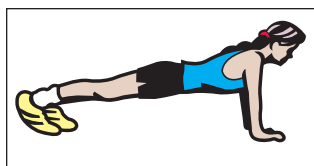
Activities	Walked to school	Walked home from school	Did tai chi	Total
Time	15 minutes	15 minutes	15 minutes	45 minutes

Date _____

Activities				Total
Time				

Finish the sentences

Fill in the blanks to finish the sentences.



1. Ann does push-ups every day. This activity helps build her u c and b .



2. Juan cycles to work every day. This activity helps his e a and u .

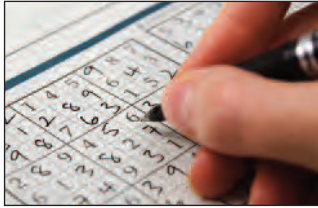


3. Magda does yoga every day. This activity helps build her o t and s l .

Keep your brain active

📖 Here are some things you can do to keep your brain active.

- ✓ Do a crossword puzzle or a sudoku puzzle every day.



- ✓ Memorize a shopping list. Then go shopping without the list.

Canned tomatoes, olive oil, lentils, milk, yogurt...



- ✓ Take a class. Learn a new language.

Una mesa para dos, por favor.



- ✓ Work on a jigsaw puzzle.



- ✓ Enjoy a good book. Read every day.



- ✓ Play checkers, chess, or cards.



- Exercise your body and your brain every day.
- Eat healthy foods.
- Spend time with friends and family.

The Westcoast Reader 2/2007 • Source: Alzheimer's Prevention Foundation

Memory game

A Read the words in List 1 once. Then turn over the paper and write down as many words as you can remember. Do the same with List 2.

List 1

apple, alligator, baby, bird, butterfly, cardboard, corn, flag, flower, hammer, hill, house, money, ocean, pencil, pillow, rock, shoes, table, window

money
hammer
table
apple

List 2

angry, bored, kind, happy, noisy, careful, shy, sleepy, quiet, small, easy, strong, dirty, interested, thankful, lazy, famous, silly, nervous, important



B Read each list to a classmate. See how many he or she can remember.

Finish the sentences

Use the words in the boxes to finish the sentences.

1. _____ lots of fruits and vegetables.
2. _____ a yoga class.
3. _____ a new language.
4. _____ your brain active.
5. _____ board games with your friends.
6. _____ books, newspapers, and magazines.
7. _____ exercise every day.

Learn

Try to

Eat

Play

Take

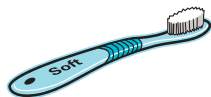
Keep

Read



Take care of your teeth

- ✓ Brush your teeth twice a day.



- ✓ Use toothpaste with fluoride.



- ✓ Use a soft toothbrush.



- ✓ Floss your teeth once a day.



- ✓ Go to a hygienist once or twice a year.

- ✓ Go to a dentist right away if you have a problem.



Take care of your eyes

It is important to have your eyes checked regularly. Many people get an eye exam every two years.



Here are some tips to keep your eyes healthy.

- ✓ Wear safety glasses when you use power tools. For example, a weed cutter.



- ✓ Wear sunglasses to protect your eyes from ultraviolet (UV) rays. You need protection in summer and winter.



How are the words related?

Look at this sentence: Cats is to meow as cows is to _____.
Think about how “cats” and “meow” are related. Now look at the next word: “cows.” What word has the same kind of relationship? The answer is “moo.” Cats meow and cows moo. Cats is to meow as cows is to moo.

Write the correct words on the lines. The first one is done for you.


1. Tooth is to teeth as dentist is to dentists
2. Eye is to face as finger is to _____
3. Brush is to brushing as eat is to _____
4. One is to once as two is to _____
5. Toothpaste is to teeth as shampoo is to _____
6. Sun is to summer as snow is to _____

Which words go together?

Match each word on the left with a word on the right. Write both words on the line.

1. power cutter _____
2. ultraviolet glasses _____
3. safety rays _____
4. weed tools _____

Protect yourself from colds and flu

 In Canada, many people get colds and flu in the winter.

Viruses cause colds and flu. These viruses pass easily from person to person.

Here are some ways to protect yourself and other people.

Get a flu shot

A flu shot helps protect people from the flu. Call your public health unit or your doctor to find out about flu shots.



Note: Flu shots do not give people the flu. And they do not protect people from colds or stomach flu.

Wash your hands

Cold and flu viruses can live on your hands and on things you touch. Protect yourself and other people by washing your hands often.

What to use

✓ Use regular hand soap and water.



or

✓ Use a hand sanitizer that has alcohol in it.



How to wash your hands

1 Wet your hands with warm running water.



2 Rub on regular soap. Lather well. Rub your hands together for about 15 seconds.

3 Rub all parts of your hands and wrists.



4 Rinse well under warm running water.

5 Dry your hands with a clean towel.



 **More on page 18**

Cover your cough

✓ Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the garbage.



✓ Cough into your arm if you don't have a tissue. Don't cough into your hand.



Stay home

✓ Stay home from work or school if you are sick. Stay away from crowds.

Take care of yourself

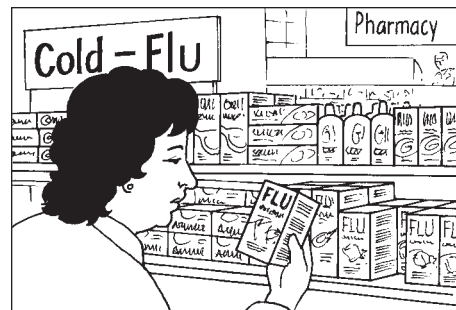
✓ Rest and get lots of sleep.



✓ Drink extra water, tea, and juice.

✓ Over-the-counter medicine can make you feel better. You don't need a prescription.

What medicine should you take? Ask a pharmacist.



Note: Do not give medicine for adults to children. Ask a pharmacist what to give your child.

Go to the doctor

✓ See a doctor or go to the emergency department of your nearest hospital if you have:

- problems breathing
- a pain in your chest
- a high fever that does not go away after three days

True or false

Circle T if the sentence is true. Circle F if the sentence is false (not true).

- | | | |
|---|---|---|
| 1. A virus causes the flu. | T | F |
| 2. Flu shots protect people from colds. | T | F |
| 3. You should always cough into your hand. | T | F |
| 4. Stay away from crowds if you have the flu. | T | F |
| 5. You need a prescription to buy over-the-counter medicine. | T | F |
| 6. Flu and cold viruses do not pass easily from person to person. | T | F |
| 7. You should wash your hands often. | T | F |
| 8. Use a hand sanitizer with alcohol in it. | T | F |


Find the words

Find these words in the puzzle.
Some words go across and
some go down.

colds	rest
cough	sick
fever	sneeze
flu	soap
hands	tissue
medicine	wrists

t	c	v	t	i	c	f	n	x	a	m
i	s	o	a	p	r	m	l	x	f	e
s	l	i	p	r	u	r	t	e	l	d
s	c	o	u	g	h	e	b	f	u	i
u	m	o	m	c	i	s	k	e	q	c
e	h	a	n	d	s	t	i	v	k	i
s	n	e	e	z	e	z	e	e	t	n
a	b	r	s	l	a	r	g	r	n	e
r	z	j	z	w	r	i	s	t	s	t
c	o	l	d	s	i	g	d	q	l	j
k	u	s	i	c	k	n	j	b	h	z

How to read a medication label

 Maritza had an ear infection. Her doctor gave her a prescription. She went to the pharmacy. She got the prescription filled. Here is the label on the ear drops.

prescription number

name of pharmacy

doctor's name

patient's name

instructions

date the prescription was filled

name of drug

date the drug expires

drug identification number

how many times you can refill the prescription

Rx: 123456

Dr. Krinke

XYZ Pharmacy
400 Maple Street
Anywhere, BC

Maritza Smith

April 2, 2010

Drug Exp. 2011 09

7.5 mL Garasone


DIN: 00682217

Repeats: 0

Look at the medication label above and write short answers on the lines.

1. What is the name of the drug? _____
2. When was the prescription filled? _____
3. What does DIN stand for? _____
4. How many times a day should Maritza use the drops? _____
5. How many times can the patient refill the prescription? _____
6. How many days should Maritza use the drops? _____


Reduce your risk of getting cancer


 No one is sure what causes cancer. But here are some things people can do to reduce the chance of getting cancer.

✓ Don't smoke. 

✓ Get 30 minutes or more of physical activity most days.




✓ Limit the amount of alcohol you drink. 

 ✓ Eat lots of fruit, vegetables, and legumes. Limit the amount of fat you eat.

Note: Beans, peas, lentils, peanuts, and soybeans are legumes.

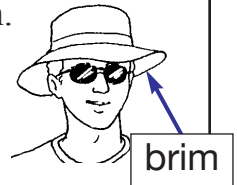
✓ Protect yourself from the sun.

■ Limit the time you spend in the sun between 11 a.m and 3 p.m.

■ Wear sunscreen with SPF 30. 

■ Wear a hat with a brim.

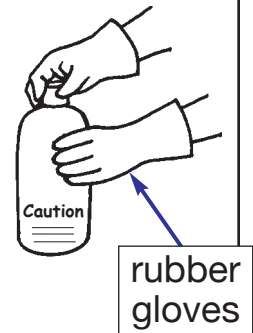
■ Wear sunglasses with UV protection.



✓ Tell your doctor or dentist about any change in your body.



✓ Follow instructions carefully when you use hazardous materials at home or at work.



Fact or opinion?

An opinion is an idea that a person or a group of people believes. It is not a fact. You can show that a fact is true. You cannot show that an opinion is true.

Here are some opinions:

- Oranges taste better than apples.
- Learning English is easy.
- B.C. is the best province in Canada.

Here are some facts:

- Cancer is a disease.
- The Pacific Ocean is salty.
- Quebec is bigger than B.C.

Write F beside each fact. Write O beside each opinion.

- _____ 1. The sun's ultraviolet (UV) rays can cause a sunburn.
- _____ 2. Soybeans are legumes.
- _____ 3. If you eat lots of legumes you will not get cancer.
- _____ 4. The sun's UV rays are strongest between 11 a.m. and 3 p.m.
- _____ 5. People who smoke always get cancer.

What's the category?

Write the name of the category after each list of words.


1. cherries, peaches, oranges, bananas _____
2. biking, running, swimming, hiking _____
3. peanuts, soybeans, lentils, peas _____
4. beer, wine, whisky, rum _____
5. cancer, diabetes, tuberculosis, polio _____

Diabetes is a serious disease

Hashim has diabetes



Hashim tests his blood every day with a special meter.

 Hashim Mitha has diabetes. It is a serious disease. It does not go away.

A healthy life

Two years ago, Hashim found out that he has diabetes. He is healthy now because he takes good care of himself.

What does Hashim do to take care of himself?

- ✓ He takes medicine.
- ✓ He tests his blood.
- ✓ He plans his meals carefully.
- ✓ He exercises.
- ✓ He goes to his doctor for checkups.
- ✓ He goes to his eye doctor and his dentist once a year.

Did you know?

- In Canada, more than 2 million people have diabetes.
- One in three Canadians has diabetes and does not know it.
- Diabetes is serious. It can make you very sick. It can affect many parts of your body.
- A blood test can tell you if you have diabetes.

 **More on page 24**

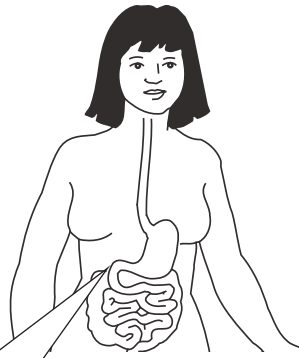
The Westcoast Reader 4/07

What causes diabetes?

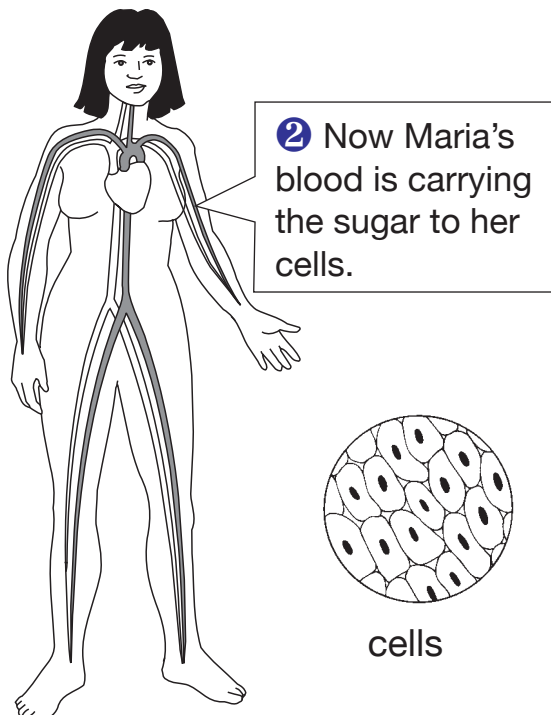
Everyone needs food to live. Our bodies change most food into sugar. The sugar gives us energy.

Sometimes our bodies cannot use the sugar from food. This problem is called diabetes.

For example:

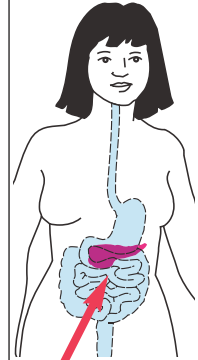


1 Maria ate lunch a few hours ago. Her body is changing the food into sugar.

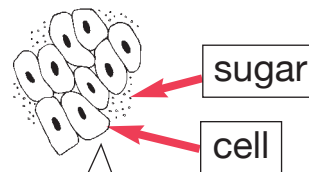


2 Now Maria's blood is carrying the sugar to her cells.

3 To use the sugar, the cells need insulin. Insulin helps the sugar get into the cells. Insulin is a hormone. It comes from the pancreas. The pancreas is behind the stomach.

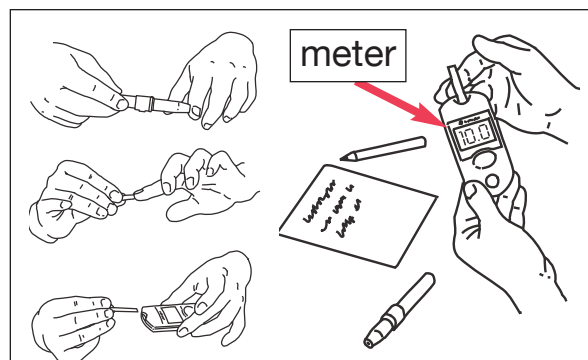


pancreas



4 Maria's pancreas does not make enough insulin. This means that the sugar cannot get into her cells.

5 The sugar stays in Maria's blood. Then her blood sugar becomes too high. Maria has diabetes.



Maria pricks her finger. She checks her blood with a meter.

More on page 25

Three types of diabetes

 There are three types of diabetes.

Type 1 diabetes

People who get Type 1 diabetes are usually very young. They often get very sick, very suddenly.

Example

Sara is eight years old. Her body doesn't make insulin. She must have insulin shots every day. She must also check her blood sugar.



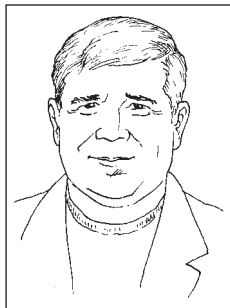
Sara eats healthy meals and snacks. She tries not to eat foods with lots of fat or sugar. Sara goes swimming and plays soccer.

Type 2 diabetes

Type 2 is the most common form of diabetes. People who get it are usually over 40 years old.

Example

Paul is 54 years old. He got Type 2 diabetes three years ago. His body makes insulin. But it can't use the insulin.



Paul eats well and exercises. He does not need any medicine right now. But he might need some in the future.

Diabetes while pregnant

Some women get diabetes while they are pregnant.

Example

Cecilia is 29 years old. She got diabetes while she was pregnant. The diabetes went away after her baby was born.



Cecilia might get Type 2 diabetes in the future. She goes to her doctor regularly for checkups.

Find the words

The eight words in the puzzle are in the story on this page. Some words go across and some go down.

m	e	d	i	c	i	n	e
p	s	i	a	m	p	c	b
b	u	a	n	t	g	h	l
o	g	b	l	y	w	e	o
u	a	e	f	p	c	c	o
o	r	t	p	e	s	k	d
p	r	e	g	n	a	n	t
i	n	s	u	l	i	n	e

 More on page 26

Do you have diabetes?

Some people have signs of diabetes. For example, they feel very thirsty and very tired.

Some people have diabetes, but they have no signs of the disease.

Signs of diabetes

Here are some signs of diabetes.

✓ I feel very thirsty.



✓ I feel very tired.

✓ I urinate (pee) often.



✓ I feel very hungry.

✓ Things look blurry.



✓ I am losing weight quickly, but I am not on a diet.

✓ My hands or feet tingle.



✓ I have a sore that is healing very slowly.



✓ My feet feel numb.



✓ My skin is dry and itchy.

✓ I feel nauseous. I sometimes vomit.



Test for diabetes

Do you think you might have diabetes? See your doctor. You can have a blood test. It will show if you have diabetes.



Will I get diabetes?

No one knows for sure why some people get diabetes. Here are some things to do.

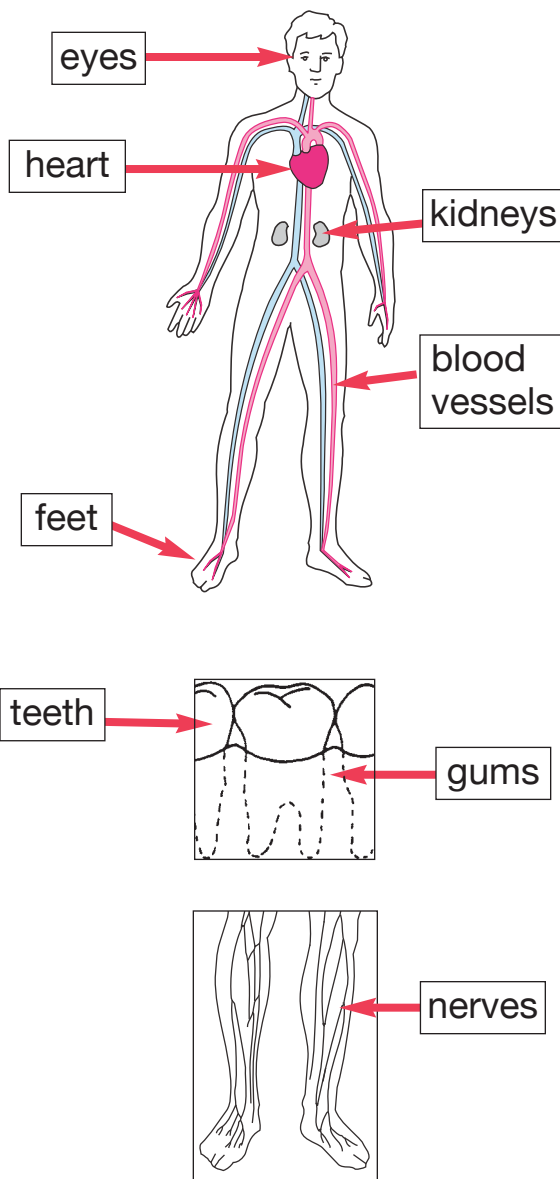
- Talk to your doctor.
- Eat healthy foods.
- Exercise.
- Stay at a healthy weight.

➡ More on page 27




Diabetes is serious

Diabetes is serious.
It can make you very sick.
It can affect many parts
of your body.
For example:



Take care of yourself

 Do you have diabetes? It does not go away. Take care of yourself. Here are some things you can do every day.

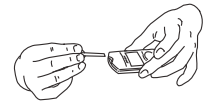
✓ Eat healthy food.



✓ Plan your meals.

✓ Exercise.

✓ Test your blood sugar.



✓ Take your diabetes medicine.

✓ Take care of your feet.



✓ Keep a record book.

Other things you can do

Here are some other things you can do.

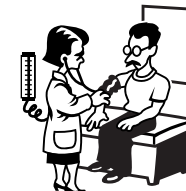
✓ Get information about diabetes.



✓ Quit smoking.



✓ Get your blood pressure checked.



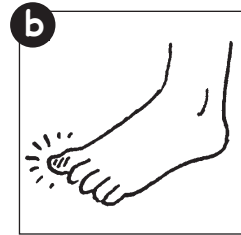
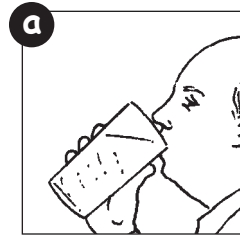
✓ Lose weight if you need to.



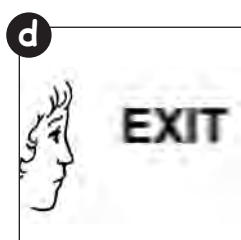
Some signs of diabetes

Write the letter for the picture on the blank before the sentence.

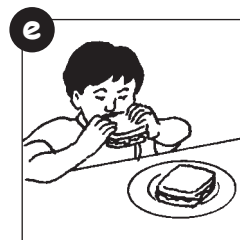
___ 1. I feel very tired.



___ 2. I feel very thirsty.



___ 3. I urinate (pee) often.



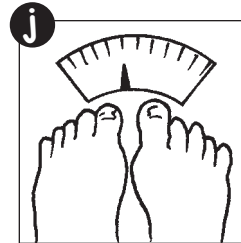
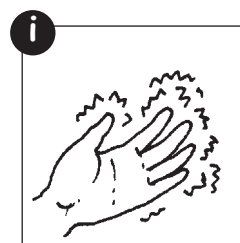
___ 4. I feel very hungry.

___ 5. Things look blurry.



___ 6. I am losing weight quickly,
but I am not on a diet.

___ 7. My hands or feet tingle.

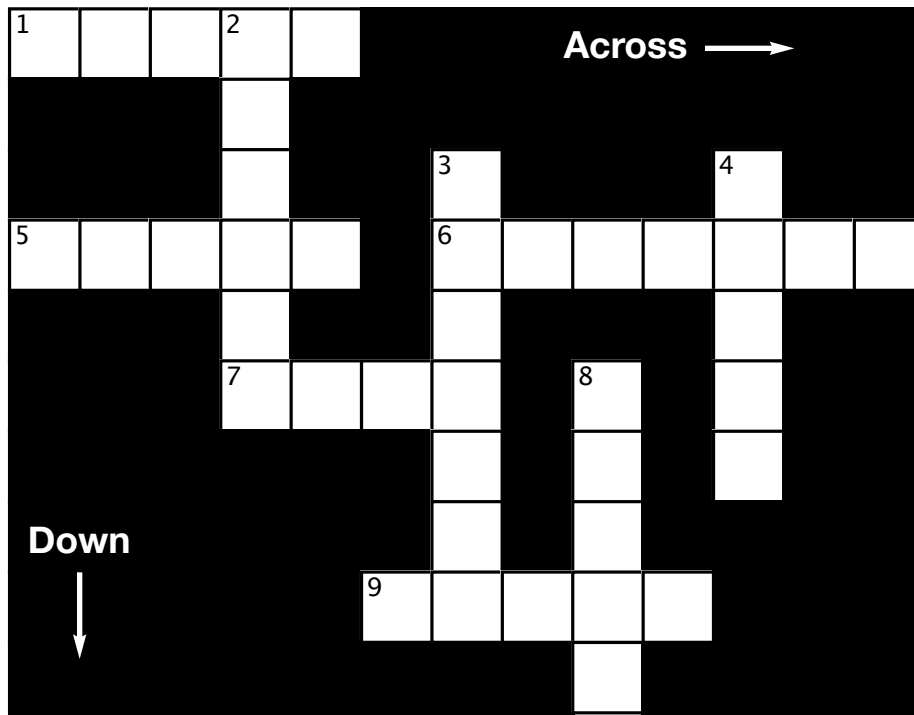


___ 8. I have a sore that is healing
very slowly.

___ 9. My feet feel numb.

___ 10. I feel nauseous.
I sometimes vomit.

Crossword: Diabetes

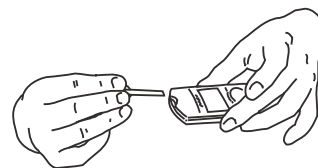


Across

1. Our bodies change most food into _____.
5. Some _____ get diabetes while they are pregnant.
6. Our bodies need a hormone called _____.
7. Most people with diabetes have _____ 2 diabetes.
9. People with diabetes check their blood with a _____.

Down

2. Diabetes can _____ a person's eyes.
3. Diabetes is a serious _____.
4. A _____ test can show if you have diabetes.
8. There are _____ types of diabetes.

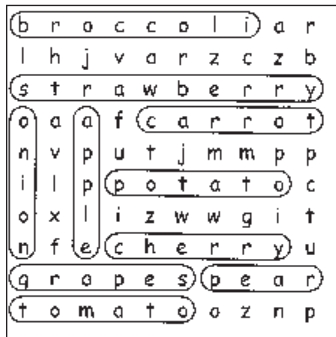


Answers for exercises

Food groups (p 6)

1FV 2MA 3MP 4GP 5MA
6MA 7FV 8MP 9GP 10MA

Find the words (p 7)



Make a choice (p 8)

- apple
- plain popcorn
- carrot sticks
- low-fat yogurt

Finish the sentences (p 11)

- muscles and bones
- heart and lungs
- joints and muscles

Finish the sentences (p 13)

- Eat
- Take
- Learn
- Keep
- Play
- Read
- Try to

Two words in one (p 15)

- toothbrush
- birthday
- popcorn
- upstairs
- airplane

What's the word? (p 15)

- teeth
- Floss
- toothpaste
- once, twice
- dentist, problem

How are the words related? (p 16)

- dentists
- hand
- eating
- twice
- hair
- winter

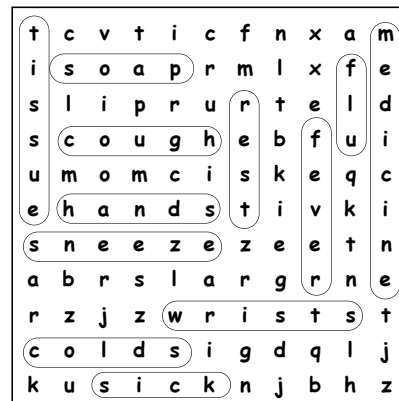
Which words go together? (p 16)

- power tools
- ultraviolet rays

True or false (p 19)

1T 2F 3F 4T 5F 6F 7T 8T

Find the words (p 19)



How to read a medication label (p 20)

- Garasone
- April 2, 2010
- drug identification number
- 4 times a day
- 0 (zero)
- 7 days

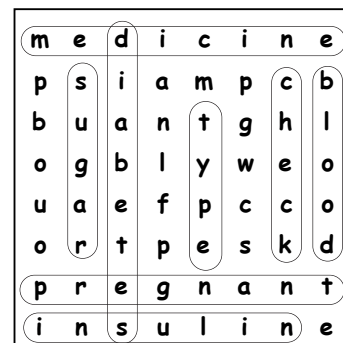
Fact or opinion (p 22)

1F 2F 3O 4F 5O

What's the category? (p 22)

- fruits
- sports (exercise, activities)
- legumes
- alcohol
- diseases

Find the words (p 25)

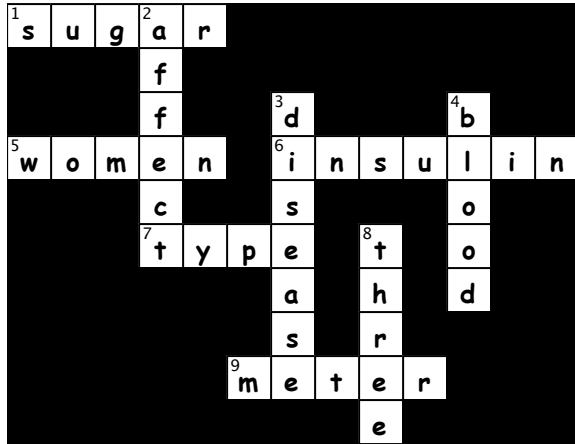


Some signs of diabetes (p 28)

1f 2a 3h 4e 5d 6j 7i 8b 9g 10c

Answers for exercises

Crossword: Diabetes (p 29)



Scavenger hunt



Look quickly for the answers in this e-book.

1. Two things to do to prevent the flu

2. A snack with lots of sugar and fat

3. Two signs of diabetes

4. An exercise that helps build bones

5. Two things to do to reduce your risk of getting cancer
