

GOALS

- Identify health habits
- Describe symptoms of illnesses
- Interpret doctor's instructions
- Interpret nutrition information
- Complete a health insurance form

LESSON **1**

Health habits

GOAL ➤ Identify health habits



A

What are these people doing? Which activities are healthy? Which activities are unhealthy? Make two lists below.



	Healthy Habits	Unhealthy Habits

B

Can you think of other healthy and unhealthy habits? Add them to your lists.



C Look at each health habit in the chart below and decide if it is healthy or unhealthy. Put a check mark (✓) in the correct column.

Health Habit	Healthy	Unhealthy
watching a lot of TV		
doing puzzles		
drinking too much alcohol		
drinking water		
eating fruits and vegetables		
eating junk food		
lifting weights		
meditating		
playing sports		
reading		
sleeping		
smoking		
spending time with friends and family		
taking illegal drugs		
walking		

D There are two different types of health—mental health and physical health. Mental health is anything related to your mind and psychological well-being. Physical health is anything related to your body, both from a fitness and nutritional standpoint.

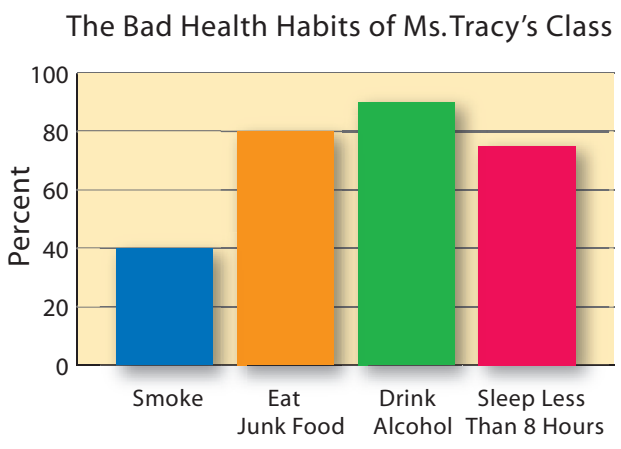
Look at the health habits you checked as healthy in the chart above. Decide which type of health each one benefits and write it in the correct column in the chart below.

Mental Health	Physical Health
doing puzzles	



E

Ms. Tracy's students took a poll in their class to find out what bad health habits they have. They presented their results in a bar graph. Read the bar graph and answer the questions.



How to Calculate Percentage

1. First, find out the total number of students in your class.
2. Then divide the total number of students into the number of students who answered the question yes.

EXAMPLE: In a class of 25 students, 15 students exercise.

$$\begin{array}{r} .60 \\ 25 \overline{)15.00} \\ \underline{15.00} \\ 0 \end{array}$$

3. Move the decimal over two places to the right to get the percentage.

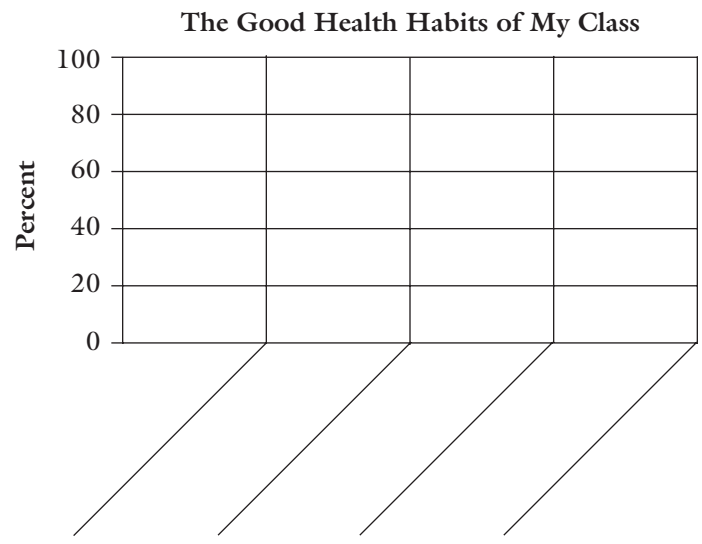
.60 = 60%

1. What percentage of students eats junk food? ____
2. What percentage of students sleeps less than eight hours? ____
3. What percentage of students *doesn't* smoke? ____
4. What percentage of students *doesn't* drink alcohol? ____
5. What is the worst health habit Ms. Tracy's class has? ____

F

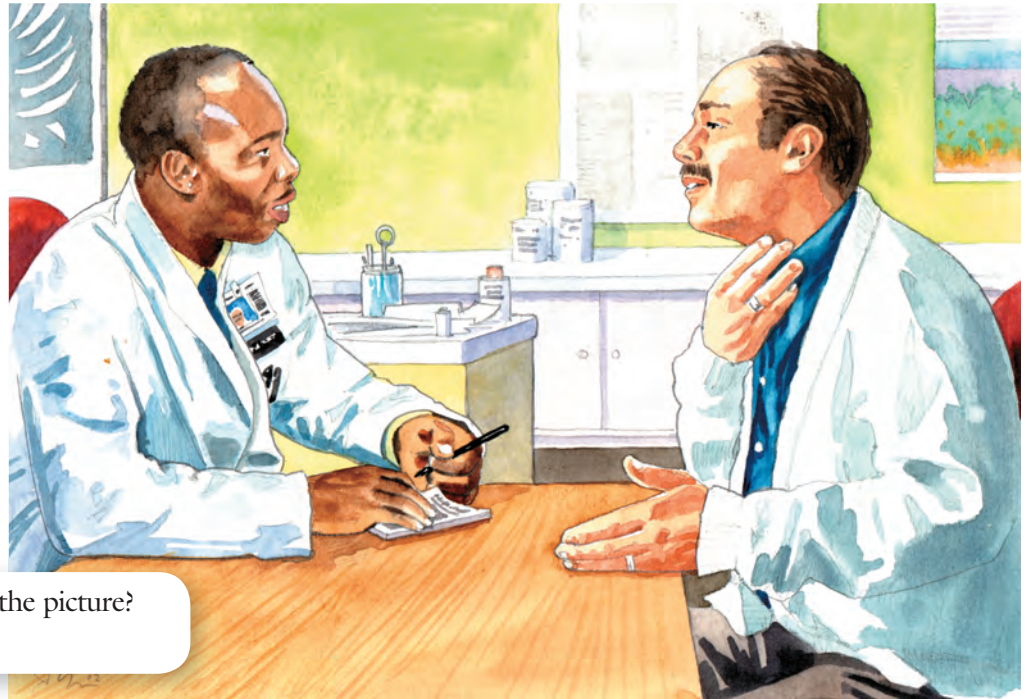
With a group of students, list four good health habits. Take a poll in your class to see who practices these health habits. Make sure you ask everyone. Make a bar graph of your findings.

EXAMPLE: health habits—exercise poll question: Do you exercise?



What's the problem?

GOAL ➤ Describe symptoms of illnesses



Who are the people in the picture?
What are they saying?

A Read the conversation between the doctor and the patient.

Doctor: Hello, John. What seems to be the problem?

John: I've been coughing a lot.

Doctor: Anything else?

John: Yes, my chest has been hurting, too.

Doctor: It sounds like you might have bronchitis. I'd like to do some tests to be sure, and then I'll give you a prescription to relieve your symptoms.

John: Thanks, Doc.

B Practice the conversation with a partner. Then, practice the conversation several more times, replacing the underlined parts with the information below.

Symptom 1	Symptom 2	Diagnosis
1. I've been blowing my nose a lot.	My body has been aching.	common cold
2. My leg's been hurting.	I haven't been walking properly.	muscle spasm
3. I've been throwing up.	I've been feeling faint and dizzy.	flu



C Study the chart with your teacher.

Present Perfect Continuous	
Example	Form
I <i>have been resting</i> for three hours.	<u>Affirmative sentence</u> : has/have + been + present participle
He <i>hasn't been sleeping</i> well recently.	<u>Negative sentence</u> : has/have + not + been + present participle
How long <i>have they lived/have they been living</i> here?	<u>Question</u> : has/have + subject + been + present participle
<ul style="list-style-type: none"> • To emphasize the duration of an activity or state that started in the past and continues in the present. Example: The president <i>has been sleeping</i> since 9 A.M. • To show that an activity has been in progress recently. Example: You've <i>been going</i> to the doctor a lot lately. • With some verbs (<i>work, live, teach</i>), there is no difference in meaning between the present perfect simple and the present perfect continuous. Example: They <i>have lived/have been living</i> here since 2000. <p>Note: Some verbs are not usually used in the continuous form. These include <i>be, believe, hate, have, know, like, and want</i>.</p>	

D Complete the sentences using the present perfect continuous form of the verbs in parentheses and suitable time expressions.

- We _____ *have been going* _____ (go) to our family doctor for a long time.
- The kids _____ (sleep) since _____.
- The couple _____ (practice) medicine in Mexico for _____.
- I _____ (work) at the same job for _____.
- How long _____ (you, study) to be an optometrist?
- Satomi _____ (feel well / not) since _____.
- The boy _____ (cough) since _____.
- Enrico _____ (take) his medicine for _____.
- Minh _____ (think) about changing jobs for _____.
- They _____ (go) to the gym together for _____.

for + period of time	since + point in time
two weeks	Tuesday
five days	5:30 P.M.
a month	1964
a long time	last night
a while	I was a child



E

Now review the present perfect simple with your teacher.

Present Perfect Simple	
Example	Form
He <i>has seen</i> the doctor. I have moved four times in my life.	<u>Affirmative sentence</u> : <i>has/have</i> + past participle
They <i>haven't been</i> to the hospital to see her.	<u>Negative sentence</u> : <i>has/have</i> + <i>not</i> + past participle OR <i>has/have</i> + <i>never</i> + past participle
<i>Have you written</i> to your mother?	<u>Question</u> : <i>has/have</i> + subject + past participle
<ul style="list-style-type: none"> • When something happened (or didn't happen) at an unspecified time in the past. Example: She <i>has never broken</i> her arm. • When something happened more than once in the past (and could possibly happen again in the future). Example: I <i>have moved</i> four times in my life. • When something started at a specific time in the past and continues in the present. Example: They <i>have lived</i> here for ten years. 	

F

Choose the present perfect simple or the present perfect continuous form of the verbs in parentheses. In some sentences, you will also need to decide if *for* or *since* should be used.

1. They _____ (be) to their new doctor several times.
2. Marco _____ (have) asthma _____ 1995.
3. She _____ (give) me a lot of help _____ I moved here.
4. I _____ (see / not) the dentist _____ a year.
5. _____ (you / see) the new hospital downtown?
6. _____ (you / wait) _____ a long time?
7. Santiago _____ (miss) two appointments this week.
8. We _____ (cook) _____ three hours.
9. He _____ (examine / not) her _____ she was a child.
10. How long _____ (you / know) Maria?

G

Work in groups of three or four. Ask and answer questions beginning with *How long*. Use the present perfect simple or present perfect continuous.

EXAMPLES: How long have you been going to the same doctor?
How long have you had a headache?

What did she say?

GOAL ➤ Interpret doctor's instructions



What are these people talking about?
What do you think they are saying?



CD 1
TR 21

A

The doctor tells Rosa several important things about her health at her checkup. Listen and number the sentences in the correct order (1-5).

- ___ “I can give you some more tests.”
- ___ “The most important thing is to stay active.”
- ___ “You’ll have to come back in two weeks.”
- ___ “If you start exercising more, your cholesterol should go down.”
- ___ “If you don’t stop eating junk food, you will have serious health problems.”



CD 1
TR 22

B

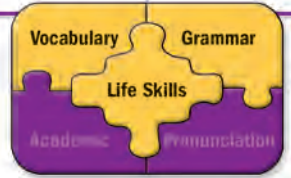
Now listen to Rosa reporting her conversation to her friend. Fill in the missing words.

1. She said she would give me some more tests.
2. The doctor told me the most important thing _____ to stay active.
3. She told me if _____ exercising more, _____ cholesterol should go down.
4. She said if _____ stop eating junk food, _____ have serious health problems.
5. She said _____ to come back in two weeks.

C

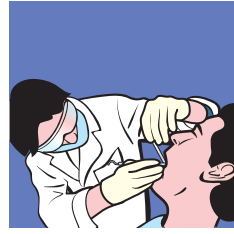
What differences do you notice between the sentences in Exercise A and Exercise B? Study the chart with your teacher.

Direct Speech	Indirect Speech	Rule
“You have to exercise more.”	The doctor <i>explained</i> (that) I had to exercise more.	<ul style="list-style-type: none"> • Change pronoun. • Change present tense to past tense.
“The most important thing is your health.”	The doctor <i>said</i> (that) the most important thing was my health.	



D Match the kinds of doctors with the type of treatment they provide.

obstetrician podiatrist chiropractor dentist pediatrician

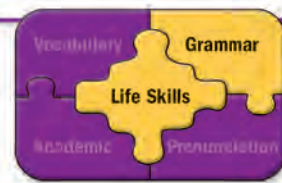


E Read the statements and decide what kind of doctor said each one. Use indirect speech to tell your partner what each person said.

EXAMPLE: “Your child is in perfect health!”
The pediatrician said my child was in perfect health.

Indirect Speech Verbs	
announced	stated
answered	said
complained	explained
replied	agreed

1. “You need to brush your gums and floss your teeth every day.”
2. “Your children are eating too many sweets and sugary foods. They need to eat more fruits and vegetables.”
3. “It is a good idea to go to prenatal classes for at least three weeks.”
4. “The shoes you are wearing aren’t good for your feet.”
5. “You’ll hurt your back if you don’t bend your knees to lift heavy objects.”
6. “You need to make an appointment to have those cavities filled.”
7. “You need to make sure you take your vitamins every day.”



F Study the chart.

Direct Speech	Indirect Speech
I want to lose weight.	I told <i>you</i> (that) I wanted to lose weight.
My test results are negative.	He notified <i>me</i> (that) my test results were negative.
It is important to check your heart rate.	My personal trainer said (that) it was important to check my heart rate.
I feel sick.	She complained (that) she felt sick.
<ul style="list-style-type: none"> • Some verbs are usually followed by an indirect object or pronoun. (<i>tell, assure, advise, convince, notify, promise, remind, teach, warn</i>) • Some verbs are NOT followed by an indirect object or pronoun. (<i>say, agree, announce, answer, complain, explain, reply, state</i>) 	

G Rewrite each quote using indirect speech with the subject and verb in parentheses.

EXAMPLE: “You need to walk for 30 minutes every day.” (the doctor, remind)

The doctor reminded me that I needed to walk for 30 minutes every day.

1. “He needs to stop smoking.” (the cardiologist, warn)

2. “You have a very balanced diet.” (the nutritionist, assure)

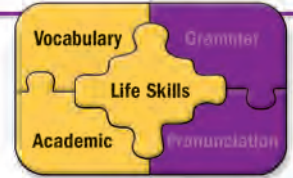
3. “She is very healthy.” (the pediatrician, agree)

4. “You eat too much junk food.” (the doctor, convince)

5. “I read nutrition labels for every food I eat.” (I, tell, the doctor)

6. “We want to start exercising together.” (our parents, announce)

H Think of a conversation you had with a doctor or health care professional. Tell your partner what the person said to you.



A Do you read the nutrition labels on the food that you buy? What do you look for? Why?

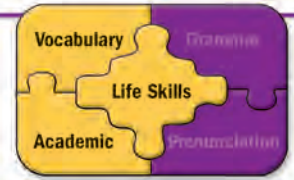
B Scan the nutrition label and answer the questions.



Nutrition Facts		
Serving Size 2 oz. (56gm)		
Servings Per Container 8		
Amount Per Serving		
Calories 200	Calories from Fat 10	
% Daily Value*		
Total Fat 1g		2%
Saturated Fat 0g		
Cholesterol 0mg		
Sodium 0mg		
Total Carbohydrate 42g		14%
Dietary Fiber 2g		8%
Sugars 1g		
Protein 7g		
Vitamin A		0%
Calcium		0%
Thiamin		35%
Niacin		15%
Vitamin C		0%
Iron		10%
Riboflavin		15%
Folate		30%
*Percent Daily Values are based on a 2,000-calorie diet. Your daily values may be higher or lower depending on your caloric needs:		
Calories	2,000	2,500
Total Fat	Less than 65g	80g
Sat Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g
Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4
Ingredients: Semolina, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid		

- How much protein is in one serving of this product? _____
- How many calories are in one serving of this product? _____ How many of those calories are from fat? _____
- What vitamins and/or minerals does this product contain per serving?

- How many carbohydrates are in one serving of this product? _____
- How much fat is in one serving of this product? _____ How much of the fat is saturated? _____
- How much of this product is one serving? _____
- How many servings are in the box? _____



These words can be found on a nutrition label. (See the highlighted words on the nutrition label on page 90.) Write the correct letter next to each definition. Use each letter only once.

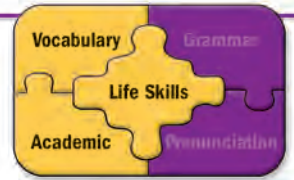
- | | | |
|------------------|-----------------|----------------|
| a. saturated fat | e. serving size | h. cholesterol |
| b. sodium | f. protein | i. vitamins |
| c. calories | g. ingredients | j. fiber |
| d. carbohydrates | | |

- ___ 1. This is the amount of food that a person actually eats at one time.
- ___ 2. This is the amount of energy supplied by a kind of food.
- ___ 3. This is a type of fat. It can contribute to heart disease.
- ___ 4. This ingredient of food is not digested but it aids digestion.
- ___ 5. This type of nutrient indicates the salt content of food.
- ___ 6. This helps to build and repair muscles. It is found mainly in meat, fish, eggs, beans, and cheese.
- ___ 7. These are whatever is contained in a type of food. On a nutrition label, they are presented in order of weight from most to least.
- ___ 8. These are the best source of energy and can be found in breads, grains, fruits, and vegetables.
- ___ 9. Eating too much of this can cause you to have heart disease and to be overweight.
- ___ 10. These nutrients are found in food and help to keep your body healthy.



How much do you know about the nutrients on food labels? Discuss the questions below with a small group.

1. Why is it good to read nutrition labels?
2. What do complex carbohydrates do for your body?
3. What does saturated fat do to your body?
4. What type of person should watch his or her sodium intake?
5. How much protein should you eat per day?
6. Why are simple carbohydrates good?
7. Why is it good to eat fiber?



E Read the information about food labels.

Reading Nutritional Information on Food Labels

Knowing how to read the food label on packaged foods can help you build better eating habits. Here’s a rundown of the basics you’ll find on a food label and how you can use the information to improve your daily diet:

1. **Serving Size** The serving size on the label is supposed to be close to a “real-life” serving size—no more listing a teaspoon of salad dressing when most of us use a tablespoon. The information on the rest of the label is based on data for one serving. Remember, a package may contain more than one serving.
2. **Calories** The number of calories tells you how many calories are in one serving. The number of calories from fat tells you how many of those calories come from fat. Try to find foods with low amounts of calories from fat.
3. **Fat** This is where you look if you are trying to count fat grams. Total fat is important to watch, but saturated fat is particularly bad for you. Saturated fat raises your blood cholesterol level, which could lead to heart trouble.
4. **Cholesterol** Along with the saturated-fat information above, cholesterol amounts are important for anyone concerned about heart disease. High levels of cholesterol can lead to serious heart problems later in life.
5. **Sodium** Sodium (or salt) levels are important to monitor if you have high blood pressure.

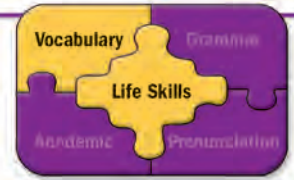
6. **Carbohydrates** These fit into two categories—complex carbohydrates (dietary fiber) and simple carbohydrates (sugars). You want to eat more complex carbohydrates and fewer simple carbohydrates. Diets high in complex carbohydrates have been shown to fight cancer and heart disease. Simple carbohydrates are good for energy, but if you eat too many of them, you can expect your waistline to grow.
7. **Fiber** Fiber consists of complex carbohydrates that cannot be absorbed by the body. It aids digestion and can help lower blood cholesterol. High fiber foods include fruits, vegetables, brown rice, and whole-grain products.
8. **Protein** The food label doesn’t specify a daily percentage or guideline for protein consumption because so much depends on individual needs. An athlete needs more than an office worker, but in a typical 2,000-calorie diet, most people need no more than 50 grams of protein per day.
9. **Vitamins and Minerals** The FDA requires only Vitamin A, Vitamin C, iron, and calcium amounts to be on food labels although food companies can voluntarily list others. Try and get 100 % of each of these essential vitamins and minerals every day.
10. **Ingredients** Ingredients are listed on food labels by weight from the most to the least. This section can alert you to any ingredients you may want to avoid because of food allergies.

F How much do you know about nutrition now? Decide if each statement is true or false. Fill in the correct circle.

	True	False
1. Reading food labels can improve your eating habits.	<input type="radio"/>	<input type="radio"/>
2. Diets high in complex carbohydrates can help fight cancer and heart disease.	<input type="radio"/>	<input type="radio"/>
3. Saturated fat lowers your blood cholesterol level.	<input type="radio"/>	<input type="radio"/>
4. You should watch your sodium intake if you have high blood pressure.	<input type="radio"/>	<input type="radio"/>
5. Most people need at least 100 grams of protein per day.	<input type="radio"/>	<input type="radio"/>
6. Simple carbohydrates are good for energy.	<input type="radio"/>	<input type="radio"/>
7. Foods with fiber can help lower cholesterol.	<input type="radio"/>	<input type="radio"/>

Do you want dental coverage?

GOAL ➤ Complete a health insurance form



- A** If you were looking for a good health insurance company, what things would you look for? Check (✓) the items below that would be most important for you. Share your answers with the class.

- | | |
|--|---|
| <input type="checkbox"/> dental coverage | <input type="checkbox"/> low deductible |
| <input type="checkbox"/> prescription plan | <input type="checkbox"/> low co-pay |
| <input type="checkbox"/> vision plan | <input type="checkbox"/> good choice of providers |
| <input type="checkbox"/> low premium | <input type="checkbox"/> good reputation |

- B** Most insurance companies offer two types of coverage—HMO and PPO. What do these two terms stand for?

HMO: _____

PPO: _____

- C** What are the differences between an *HMO* and *PPO*? Work with a small group and write *HMO* or *PPO* on the line before each statement.

1. _____ higher out-of-pocket expenses
2. _____ low or sometimes free co-pay
3. _____ you can see any doctor you want to at any time
4. _____ you must choose one primary-care physician
5. _____ higher monthly premium
6. _____ lower monthly premium
7. _____ you must get a referral from your primary-care physician to see another doctor
8. _____ low or sometimes no out-of-pocket expenses



Skim the health insurance application on this page and the next page. Put a check (✓) next to every part you can answer. Underline the parts you are not sure about.

Employee Applicant Information

First Name: _____ Middle Name: _____ Last Name: _____

Home Address:

Street: _____ City: _____ State: _____ Zip Code: _____

Sex: Male Female

Social Security Number: _____ - _____ - _____

Date of Birth: (mm / dd / yyyy) _____ / _____ / _____

Marital Status: ___ Married ___ Single

Work Phone: (_____) _____ - _____ Home Phone: (_____) _____ - _____

Job Title: _____

Hours Worked Per Week: _____

Annual Salary: _____

Tobacco: Have you or your spouse used any tobacco products in the past 12 months?

Employee: ___ Yes ___ No Spouse: ___ Yes ___ No

Dental: Do you want dental coverage? ___ Yes ___ No

Prescription Card: Do you want a prescription card? ___ Yes ___ No

Dependants: Dependants you want covered on this policy.

Spouse: _____

Date of Birth: (mm / dd / yyyy) _____ / _____ / _____ Sex: ___ Male ___ Female

Child #1 : _____

Date of Birth: (mm / dd / yyyy) _____ / _____ / _____ Sex: ___ Male ___ Female

Child #2: _____

Date of Birth: (mm / dd / yyyy) _____ / _____ / _____ Sex: ___ Male ___ Female



A-1: Within the last four (4) years, have you or any dependant received or been recommended to have treatment for any disorders or conditions of the following? Please check all that apply.

- Back Stroke Intestinal Colon Kidney Muscular Heart or Circulatory
 Cancer Diabetes Respiratory Mental or Emotional Liver

A-2: Within the last four (4) years, have you or any dependant used drugs not prescribed by a physician, been advised to have treatment or been treated for drug abuse, alcoholism or been a member of Alcoholics Anonymous? Yes No

A-3: Have you or any dependant ever had a positive blood test indicating HIV antibodies or been treated and/or advised by a medical practitioner as having Acquired Immune Deficiency Syndrome (AIDS), AIDS Related Complex (ARC), or any other immune system deficiency? Yes No

A-4: Have you or any dependant been hospitalized, had surgery, or had more than \$5,000 in medical expenses in the last twelve (12) months? ___ Yes ___ No

A-5: Are you or any dependant pregnant? ___ Yes ___ No

If "Yes," what is your estimated due date? _____

A-6: Within the last four (4) years, have you or any dependant received or been recommended to have treatment for any disorders or conditions of the following? Please check all that apply.

- Ear Hernia Thyroid Breast
 Eye Allergy Digestive System
 Joint Asthma Reproductive Organs
 Ulcer Arthritis High Blood Pressure

A-7: Within the last four (4) years, have you or any dependant received treatment or been advised to seek treatment for any reason not already mentioned? ___ Yes ___ No

Employee Name: _____

Date: (mm/dd/yyyy) _____ / _____ / _____

E Work in pairs. Use a dictionary to help you understand the parts of the form that you underlined.

F Work with a small group to answer the following questions.

1. Why do you think health insurance companies need all of this information?
2. Why is it important to have health insurance?

G Now that you understand all the parts of the application, fill it out.
Note: If any information is too personal, just think about the answer and don't write it in your book.

Review

A In your opinion, what are the three most important good health habits to have? (Lesson 1)

1. _____
2. _____
3. _____

B In your opinion, what are the three worst health habits to have? (Lesson 1)

1. _____
2. _____
3. _____

C Complete the sentences using the present perfect simple or present perfect continuous form of the verb in parentheses. (Lesson 2)

1. I (not/eat) _____ meat for three years.
2. Sara (go) _____ to yoga classes since September.
3. Andres (drink) _____ two liters of water today.
4. I (not / sleep) _____ well recently.
5. I (never / smoke) _____ a cigarette.
6. Why (you / choose) _____ such a stressful job?
7. Marna (wheeze) _____ since last night.
8. We (see) _____ the same doctor for over ten years.
9. My father (have) _____ diabetes since he was a child.
10. The children (not / brush) _____ their teeth very well.



Write the type of doctor you would see if you were having problems with the following. (Lesson 3)

1. feet _____
2. back _____
3. pregnancy _____
4. baby's ears _____
5. teeth _____



Change the sentences from direct speech to indirect speech. (Lesson 3)

1. "My daughter is sick."
Maria said that _____.
2. "We won't be able to come to the meeting."
Luis and Ricardo told me _____.
3. "They don't have time to go out."
Hanif said _____.
4. "You need to take the medicine on an empty stomach."
The doctor explained that _____.
5. "Your son is eating too much sugar."
The pediatrician said _____.
6. "My back has been hurting for two months."
I told the chiropractor _____.
7. "You need to take your prenatal vitamins every day."
The obstetrician told me _____.
8. "Your husband needs to stay off his feet for a few hours a day."
The podiatrist warned me _____.

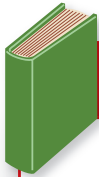


Match the descriptions to the nutrition items. (Lesson 4)

- | | |
|----------------------|--|
| 1. ___ calories | a. listed on a food label by weight |
| 2. ___ carbohydrates | b. complex carbohydrates that cannot be absorbed by the body |
| 3. ___ cholesterol | c. salt |
| 4. ___ saturated fat | d. dietary fiber and sugar |
| 5. ___ fiber | e. try to get 100% of each every day |
| 6. ___ ingredients | f. energy supplied by food |
| 7. ___ protein | g. a type of fat that can contribute to heart disease |
| 8. ___ serving size | h. the amount of food a person eats at one time |
| 9. ___ sodium | i. helps build and repair muscles |
| 10. ___ vitamins | j. too much of this could lead to heart disease |



What is important to you when looking for health insurance? Make a list. (Lesson 5)



My Dictionary

Do you remember what you learned about word families in the Pre-Unit? If not, look back at page P7 in Lesson 3 of the Pre-Unit.

Complete as much of the chart as you can with words from this unit. Then, complete the word families using your dictionary.

Noun	Verb	Adjective	Adverb
_____	advise	_____	_____
insurance	_____	_____	XXXXX
_____	XXXXX	habitual	_____
medicine	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Look in your dictionary and see if any new words you have written down have other “family members.” Add them to your dictionary.

Learner Log

In this unit, you learned many things about health. How comfortable do you feel doing each of the skills listed below? Rate your comfort level on a scale of 1 to 4.

1 = Need more practice 2 = OK 3 = Good 4 = Great!

Life Skill	Comfort Level				Page
I can identify good and bad health habits.	1	2	3	4	_____
I can report illnesses and symptoms to a doctor.	1	2	3	4	_____
I can identify different types of doctors.	1	2	3	4	_____
I can tell someone what the doctor told me.	1	2	3	4	_____
I can identify vitamins and the nutritional content of foods.	1	2	3	4	_____
I can interpret and fill out health insurance forms.	1	2	3	4	_____

If you circled 1 or 2, write down the page number where you can review this skill.

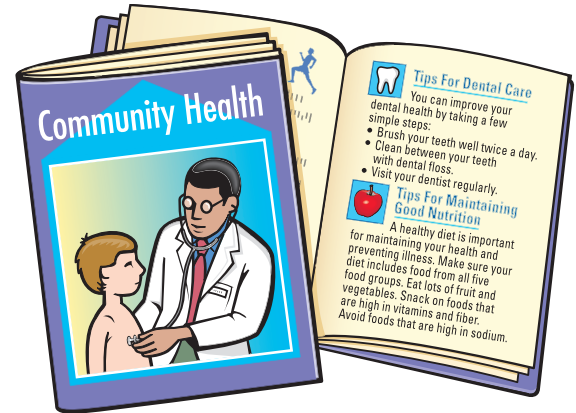
Reflection

- I learned _____.
- I would like to find out more about _____.

Team Project

Create a community health pamphlet.

With a team, you will create a pamphlet to distribute to the community about good health practices.



1. Form a team with four or five students. Choose positions for each member of your team.

POSITION	JOB DESCRIPTION	STUDENT NAME
Student 1: Team Leader	See that everyone speaks English and participates.	
Student 2: Writer	Take notes and write information for pamphlet.	
Student 3: Designer	Design and add art to pamphlet.	
Students 4/5: Spokespeople	Prepare the team for presentation. Present pamphlet to the class.	

2. With your group, decide what information should go in your pamphlet, such as good health habits, types of doctors, nutrition, insurance information, etc.
3. Write the text and decide on the art to use in your pamphlet.
4. Put your pamphlet together.
5. Present your pamphlet to the class.