Module 4 Seeing the doctor

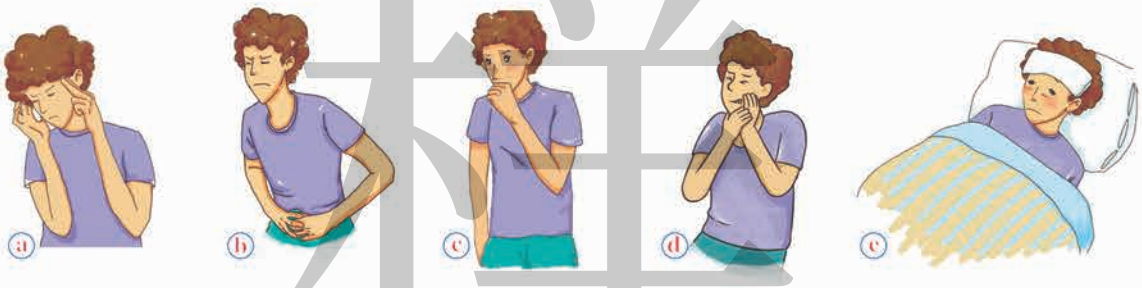
Module task: Doing a survey to find the most suitable exercise

Unit 1 I haven't done much exercise since I got my computer.

Listening and vocabulary

1 Match the words and expression in the box with the pictures.

cough ☐ fever ☐ headache ☐ stomach ache ☐ toothache ☐



2 Listen and check (√) what's wrong with Betty and Daming.

	cough	fever	headache	stomach ache	toothache
Betty					
Daming					

3 Listen and read.

Doctor: How can I help you?
Daming: I feel ill. I've got a stomach ache and my head hurts.
Doctor: How long have you been like this?
Daming: Since Friday. I've been ill for about three days!
Doctor: I see. Have you caught a cold?
Daming: I don't think so.
Doctor: Let me take your temperature... Hmm, there's no fever. What kind of food do you eat?
Daming: Usually fast food.
Doctor: Do you have breakfast?
Daming: No, not usually.
Doctor: That's the problem! Fast food and no breakfast. That's why you've got a stomach ache.
Daming: What about the headache?
Doctor: Do you do any exercise?
Daming: Not really. I haven't done much exercise since I got my computer last year.
Doctor: You spend too much time in front of the computer. It can be very harmful to your health.
Daming: OK, so what should I do?
Doctor: Well, don't worry. It's not serious. First, stop eating fast food and have breakfast every day. Second, get some exercise, such as running. And I'll give you some medicine. Take it three times a day.
Daming: Thank you, doctor.

Everyday English

- How can I help you?
- No, not usually.
- That's the problem!
- Not really.

Now complete the table about Daming.

Illness	
How long	
Why	
What to do	

4 Complete the passage with the words and expression in the box.

cough fever health stomach ache temperature

It is easy to look after your (1) _____. Just do some exercise, such as running. Do not eat fast food! It may give you a (2) _____. Most illnesses are not dangerous but when you catch a cold or get a (3) _____, you may also get a (4) _____. This means your (5) _____ is higher than usual. You must go to the doctor.

Pronunciation and speaking

5 Listen and notice the intonation.

1 How can I help you?
2 How long have you been like this?
3 Have you caught a cold?
4 Do you do any exercise?

Now listen again and repeat.

6 Work in pairs. Act out a conversation between a doctor and a patient.

Student A: You are a doctor.
Student B: You are at the doctor's. Choose one of the illnesses from the box in Activity 1.

— How can I help you?
— I've got a bad cough.

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Unit 2 We have played football for a year now.

Reading and vocabulary

1 Describe the activities in the pictures. Which ones are healthy?



2 Read the passage and match the people with the pictures in Activity 1. There is one extra picture.

Healthy living

1 I was not feeling very well so the doctor checked my heart and said I needed more exercise. I have never been very active, and I do not like sports. I have always wanted a pet, so my parents gave me a dog for my birthday. Now I get exercise by taking him for a walk every day. I have had him for three months now and I feel really healthy. — Anna

2 Our teacher decided to start a girls' football team and I thought, "What a great idea!" I was the first member of the team. We have played football for a year now and we all feel very fit. Our teacher is the coach, and she also takes part in the training with us. She is in excellent condition too. — Wang Wei

3 For the last few years, I went to work on the underground. When I got to work, I always felt very sleepy and I was not happy. I bought a bike in January. Since then, it has become part of my life. Now I ride to work every day. It is my daily exercise. I arrive at work with a smile on my face. — Thomas

4 I was weak after a long illness, so I wanted to exercise more. Then a friend suggested, "Why don't we go for a run before school?" So we started running a week ago. But I do not enjoy running, and when I get to school, I feel awful. My legs hurt and I am hot all over. Perhaps I am too weak to do any exercise. What do you think? — Richard

Learning to learn

When you write your advice, you can use *you…*, *you should/should not…* and sentences like *Do…* or *Do not…*

3 Complete the notes.

Anna

1 She was not feeling very _____.

2 She needed more _____.

3 She got a pet _____ from her parents and she takes him for a _____ every day.

Wang Wei

4 She was the _____ member of the football team.

5 She has played football with the team for a _____ and all the members feel very _____.

Thomas

6 He went to work on the _____ for several years.

7 He bought a _____ in January.

8 He arrives at work with a _____ on his face.

Richard

9 He started running a _____ ago.

10 He does not _____ running.

11 He thinks he is perhaps too _____ to go for a run.

4 Complete the sentences with the words in the box.

active awful condition daily member Perhaps

1 Tom runs six miles every morning, so he is in very good _____.

2 Jill is a very _____ girl and plays lots of sports.

3 I had a very bad headache yesterday, and I felt _____.

4 Ben is a(n) _____ of the school football team.

5 You do not look very well. _____ you should see a doctor.

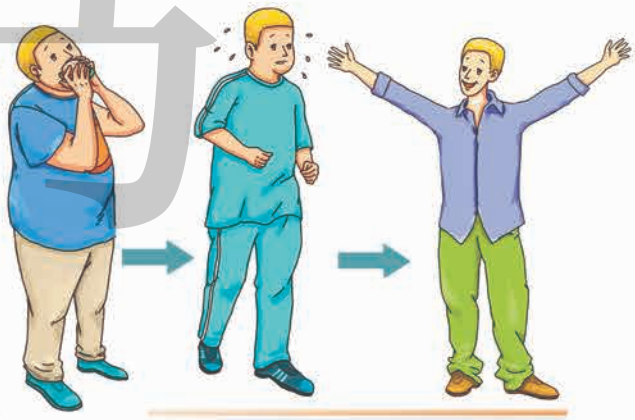
6 I saw your grandfather taking his _____ walk this morning.

Writing

5 Work in pairs. Look at the pictures of Colin. Write notes and explain:

- what the problem was
- what suggestions the doctor gave him
- what happened next
- how Colin feels now

Now write four sentences to describe what happened.



6 Write a passage about healthy living. Use the sentences you wrote in Activity 5 to help you.

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Unit 3 Language in use

Language practice

I haven't done much exercise **since I got my computer** last year.
I have had him **for three months** now.
Since then, it has become part of my life.

1 Work in pairs. Ask and answer the questions.

— *How long have you had your bike?*
— *I've had it for about two years.*

1 How long have you studied at this school?
2 How long have you studied English?
3 How long have you known your best friend?
4 How long have you lived in this place?
5 How long have you used this book?

2 Complete the questionnaire about healthy living. Use *since* or *for* where necessary.

Healthy Living Questionnaire

1 What kind of exercise do you do?

2 How long have you done this kind of exercise?

3 Do you play in a school sports team?

4 If yes, how long have you played in the team?

5 Do you have a healthy diet?

6 If yes, when did you start having a healthy diet?

3 Complete the sentences.

1 — I fell ill two days ago.
— So you've _____ ill for two days?
— That's right.
2 — I saw the doctor three days ago.
— So you haven't _____ her in the last three days?
3 — I'll walk to school for the first time tomorrow.
— So you've never _____ to school before?
4 — I came into hospital two days ago.
— So you've already _____ in hospital for two days?
5 — How long _____ you _____ a headache?
— Oh, it began about two hours ago.

4 Complete the passage with the words and expressions in the box.

cold coughs exercise fast food stomach ache weak well

For a long time John did not feel (1) _____. He often had (2) _____ and colds. He went to see a doctor. The doctor told him to take more (3) _____ and stop eating (4) _____. So he started riding a bike to school. At first, he felt tired and (5) _____. Then he got fitter and started enjoying it. Since he started riding a bike, he has not had a(n) (6) _____ and he has not had a(n) (7) _____ since he stopped eating fast food.

5 Complete the conversation with the sentences in the box.

Can I help you? How long have you been like this?
That's it. What's wrong with me?

Doctor: (1) _____
Bill: Well, I've got a pain in my back.
Doctor: (2) _____
Bill: For about two weeks.
Doctor: Let me have a look. Where do you work?
Bill: I work in an office.
Doctor: Do you play computer games?
Bill: Yes, a lot. I usually play computer games late at night.
Doctor: (3) _____
Bill: (4) _____
Doctor: Well, you spend too much time in front of the computer.
Bill: What can I do?
Doctor: Stand up and do some exercise from time to time. Don't play computer games too much.

Now work in pairs. Read out the conversation.

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6 Read the passage and match the problems with the advice.

What can I do?

1 I would like to take more exercise, but I have not found a favourite sport. The coach has not chosen me to play in the football team because I am not fit, and I am not a good player. I went running in the park to get fit, but I felt lonely and sad. What can I do? — Alan

2 I went to school by bus in the past, and I did not feel fit. So last month I decided to take more exercise and started walking to school. I have walked to school for three weeks now. I am getting a lot fitter and I feel healthier. The problem is, all my friends take the bus to school and I do not have anyone to talk with on the way! What can I do? — Barbara

3 I love playing computer games with my friends. I also watch TV and eat fast food. I know it is not healthy and sometimes I get a stomach ache. The problem is, I do not know how to stop and become fitter and healthier. I do not want to spend all my life sitting in a chair. What can I do? — John

Have you tried this?

a) Walking has helped you get fitter, so why not ask a friend to walk to school with you?

b) How about asking a friend to go running with you? Have you practised to improve your football skills?

c) Why not turn off the computer and TV and join a sports club? Go with your friends so that you will still spend time together. And how about choosing some healthy food to eat?

Work in pairs. Do you have similar problems? Talk about your advice.

7 Listen and complete the passage.

The man feels (1) _____. He is hot and (2) _____. He has been like this for about (3) _____. He has got a temperature and a (4) _____ but has not got a (5) _____ or a cough. The doctor suggests he should (6) _____ and take the medicine (7) _____ a day. And he should (8) _____ until he feels better.

Around the world

The World Health Organization

The World Health Organization (WHO) was set up in 1948 to help ordinary people all over the world, especially in developing countries. It cures, prevents and controls serious diseases such as malaria, and educates people about how to protect their health. The WHO has helped millions of people by training doctors and nurses, and by teaching mothers how to take better care of their children.



Module task: Doing a survey to find the most suitable exercise

8 Work in groups. Do a survey to find what exercise your group members do and the effects.

- What exercise do you often do?
- When did you begin doing it?
- How often do you do it?
- Is it good for you?
- How do you feel after you do the exercise?

9 Decide what exercise is the most suitable for you.

10 Talk about your decision and your reasons with the rest of the class.

move /muːv/ *v.* 搬家；改变……的位置 (12)
send /send/ *v.* (sent /sent/, sent) 派遣去；命令……去 (12)
Germany /'dʒɜːməni/ 德国 (12)
France /frɑːns/ 法国 (12)
tower /'taʊə/ *n.* 塔 (12)
ancient /'eɪnʃənt/ *adj.* 古老的；古代的 (12)
king /kɪŋ/ *n.* 国王；君王 (12)
queen /kwiːn/ *n.* 女王；王后 (12)
Arabic /'ærəbɪk/ *n.* 阿拉伯语 (12)
* **way** /weɪ/ *n.* 方面；态度 (12)
mix /mɪks/ *v.* 相混合；融合 (12)
miss /mɪs/ *v.* 惦念；怀念；想念 (12)
count /kaʊnt/ *v.* 数；清点 (12)
count down 倒数；倒计时 (12)

Module 3

earth /ɜːθ/ *n.* 地球 (18)
* **moon** /muːn/ *n.* 月亮；月球 (18)
news /njuːz/ *n.* 新闻；消息 (18)
planet /'plænɪt/ *n.* 行星 (18)
reach /riːtʃ/ *v.* 到达；抵达 (18)
yet /jet/ *adv.* 还，尚（用于表示某事在某一时间尚未发生，但未来也许会发生） (18)
just /dʒʌst/ *adv.* 刚才；刚刚 (18)
model /'mɒdl/ *n.* 模型 (18)
spaceship /'speɪsʃɪp/ *n.* 航天器；宇宙飞船 (18)
project /'prɒdʒekt/ *n.* 计划；工程；项目 (18)
no problem 没问题（用于表示乐于做某人要求做的事） (18)
latest /'leɪtɪst/ *adj.* 最近的；最新的 (18)
* **on** /ɒn/ *prep.* 在（播放）中；关于…… (18)
discover /dɪ'skʌvə/ *v.* 发现；找到 (18)
astronaut /'æstrəˌnɔːt/ *n.* 宇航员 (18)
space travel 航天旅行 (18)
none /nʌn/ *pron.* 没有一人；没有一个；一点儿也没有 (20)
environment /ɪn'vaɪrənmənt/ *n.* 环境 (20)
* **that** /ðæt/ *pron.* 那，那个（指代已被提及的事物） (20)
solar /'səʊlə/ *adj.* 太阳的；与太阳有关的 (20)
system /'sɪstəm/ *n.* 系统；体系 (20)
solar system 星系；（尤指）太阳系 (20)
group /gruːp/ *n.* 群；组 (20)
galaxy /'gæləksi/ *n.* 星系 (20)
universe /'juːnɪˌvɜːs/ *n.* 宇宙 (20)
* **light** /laɪt/ *n.* 光；光线；光亮 (20)
impossible /ɪm'pɒsəbl/ *adj.* （事情）办不到的，不可能的 (20)
out /aʊt/ *adv.* 在远方 (20)
communicate /kə'mjuːnɪkeɪt/ *v.* 联系；交流 (20)

Module 4

cough /kɒf/ *n.* 咳嗽
v. 咳嗽 (26)
fever /'fiːvə/ *n.* 发烧；发热 (26)
headache /'hedeɪk/ *n.* 头痛 (26)
stomach /'stʌmək/ *n.* 腹部；肚子 (26)
ache /eɪk/ *n.* 痛；疼痛 (26)
stomach ache 胃痛；腹痛 (26)
toothache /'tuːθeɪk/ *n.* 牙痛 (26)
* **ill** /ɪl/ *adj.* 不健康的；有病的 (26)
* **this** /ðɪs/ *pron.* 这，这个（指刚提到的或显而易见的人、物或事实等） (26)
since /sɪns/ *prep.* 自……以来
conj. 自……以来 (26)
cold /kəʊld/ *n.* 感冒；伤风 (26)
catch a cold 感冒 (26)
* **take** /teɪk/ *v.* (took /tʊk/, taken /'teɪkən/)

（用机器）测定，量取，拍摄
（尤指有规律地）吃，喝 (26)
take sb.'s temperature 量某人的体温 (26)
fast food 快餐食品 (26)
health /helθ/ *n.* 健康（状况） (26)
* **well** /wel/ *adj.* 健康的 (28)
heart /hɑːt/ *n.* 心；心脏 (28)
active /'æktɪv/ *adj.* 积极的；活跃的 (28)
pet /pet/ *n.* 宠物；宠畜 (28)
member /'membə/ *n.* 成员；会员 (28)
take part (in sth.) 参加，参与（某事） (28)
condition /kən'dɪʃn/ *n.* 状况；身体状况 (28)
in excellent condition 健康状况很好 (28)
sleepy /'sliːpi/ *adj.* 困的；想睡的 (28)
* **then** /ðen/ *adv.* 当时；那时 (28)
daily /'deɪli/ *adj.* 每天的；天天的 (28)
weak /wiːk/ *adj.* 弱的；虚弱的 (28)
illness /'ɪlnəs/ *n.* 病；疾病 (28)
* **exercise** /'eksəˌsaɪz/ *v.* 运动；锻炼 (28)
awful /'ɔːfl/ *adj.* 极讨厌的；极坏的 (28)
feel awful 感到不舒服 (28)
all over 浑身；到处 (28)
perhaps /pə'hæps/ *adv.* 可能；也许 (28)

Module 5

cartoon /kɑː'tuːn/ *n.* 漫画；动画片 (34)
handsome /'hænsəm/ *adj.* 漂亮的；英俊的 (34)
smart /smɑːt/ *adj.* 聪明的；机灵的 (34)
sky /skaɪ/ *n.* 天；天空 (34)
fight /faɪt/ *v.* (fought /fɔːt/, fought) 与……战斗
n. 战斗；斗争 (34)
* **cool** /kuːl/ *adj.* 时髦的；酷的 (34)
hero /'hɪərəʊ/ *n.* 英雄；男主角 (34)
humorous /'hjuːmərəs/ *adj.* 幽默的；滑稽的 (34)
can't help doing sth. 忍不住做某事 (34)
laugh /lɑːf/ *v.* 笑；发笑 (34)
* **lesson** /'lesn/ *n.* 经验；教训 (34)
orange-and-white /ˌɒrɪndʒ ənd 'waɪt/ *adj.* 橙白相间的 (36)
ugly /'ʌgli/ *adj.* 难看的；丑陋的 (36)
win the heart of sb. 赢得某人的心 (36)
schoolbag /'skuːlbæg/ *n.* 书包 (36)
lead /liːd/ *v.* (led /led/, led) 领导；率领 (36)
* **clever** /'klevə/ *adj.* 聪明的；机灵的 (36)
as /æz; əz/ *conj.* 当……时 (36)
mess /mes/ *n.* 脏乱；凌乱 (36)
heaven /'hevn/ *n.* 天国；天堂 (36)
expect /ɪk'spekt/ *v.* 期盼；等待 (36)
artist /'ɑːtɪst/ *n.* 艺术家；画家 (36)
invent /ɪn'vent/ *v.* 发明；创造 (36)
copy /'kɒpi/ *n.* (一) 本；(一) 份 (36)
black-and-white /ˌblæk ənd 'waɪt/ *adj.* 黑白的 (36)
own /əʊn/ *adj.* 自己的 (36)
private /'praɪvət/ *adj.* 私人的；个人的 (36)
create /krɪ'eɪt/ *v.* 创造 (36)
satisfy /'sætɪsfaɪ/ *v.* 满足；使满意 (36)

Module 6

fan /fæn/ *n.* 扇子 (48)
stamp /stæmp/ *n.* 邮票 (48)
tidy up 使整齐；使整洁 (48)
shelf /ʃelf/ *n.* 隔板；架子 (48)
have a look 看一看 (48)
as /æz; əz/ *prep.* 作为；当 (48)
coin /kɔɪn/ *n.* 硬币 (48)
note /nəʊt/ *n.* 纸币 (48)
pound /paʊnd/ *n.* 英镑 (48)