

8 Health

Speakers	Web DVD	Video Summary	Page No.	E1	E2	E3	L1 L2
Wendy Mary Stephen	043	ESOL tutors briefly discuss visiting the doctor and the hospital.	2	✓	✓	✓	✓
Pat Childs	044	Pat talks about her own exercise and diet. She also considers how some Asian cooking can be unhealthy.	10	✓	✓	✓	✓
Roxana Summers (reduced sound quality)	045	Discusses Primary Care Trust and its role in the NHS, its purpose and how they evaluate its effectiveness.	18	✗	✗	✗	✓
Roxana Summers (reduced sound quality)	046	Discusses how work contributes to a healthy mind and body.	28	✗	✗	✓	✓
Pauline Fernandes (reduced sound quality)	047	Pauline talks about the role of diet and exercise in primary schools.	36	✗	✓	✓	✓

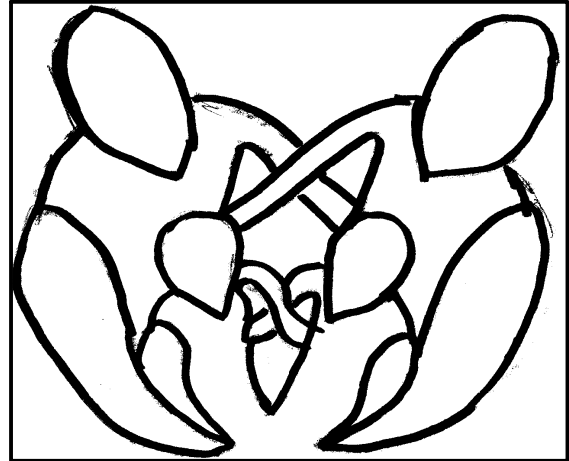
To download videos, audio files and a Microsoft Word version of this teaching workbook please visit: www.esoluk.co.uk/download.html

Answer key to multiple-choice questions: **page 46**

8 Health

Speaker: 043 Wendy, Mary, Stephen

Job: Parents



Skill

Suggested Activities

Speaking:

Describe different ailments and accidents. Suggest how to treat them or where to go for help. Role-play making doctor's appointments.

Listening:

Identify the different problems in the video and where people went.

Reading:

Read opening times for surgeries. Read first aid instructions.

Writing:

Write about the medical system in your home country. Write recipes for home remedies. Describe a time when you have been ill or looked after someone who was ill.

Transcript:

1. **Wendy:** Hello Mary, how's your son, I heard he had bad earache. Is he any better?
2. **Mary:** Thanks Wendy for asking. He... he woke up this morning crying and he did have very bad earache, so I rang the doctor's surgery to make an appointment. I had to wait until eight o'clock because the surgery opens at eight and the telephone is often very busy then because lots of people ring, but I managed to speak to the receptionist at the surgery and she gave me an appointment for four o'clock in the afternoon. So I'm going to take him to the surgery then to see the doctor.
3. **Mary:** Thank you, but I heard that your daughter, that Hannah had she had an accident?

8 Health

4. **Wendy:** Yes.
5. **Mary:** What happened?
6. **Wendy:** Yes she was in the garden and she fell over the back of a garden chair and her neck and her back were very painful, so I thought I'd better not pick her up because you can hurt your back if you move somebody. So we rang for an ambulance, phoned 999 and the ambulance people came very quickly, it was ten minutes and... and then they took her to accident and emergency and they took an x-ray of her back, but she's fine, it was bruised. So she's fine thank you.
7. **Mary:** Wendy have you ever been in hospital?
8. **Wendy:** I went into hospital a few years ago to have my baby, so I had to collect lots of things together to take with me, some things to wear in bed and dressing gown, toothbrush and soap and hairbrush and everything you need for a couple of days to stay away really.
9. **Mary:** And what about you Steven, have you ever been in hospital?
10. **Stephen:** Well yes Mary, my son broke his leg and I drove him to the hospital because I had a car, so I didn't need to call the ambulance, it wasn't an emergency. When we got to the hospital we had to wait in A and E and we had to wait quite a long time with a lot of other people. Eventually, because he was younger, he was moved to the children's ward; if you are a younger child, you have higher priority than adults.
11. So we'd been there nearly two hours and the doctor looked at him and then we had to go somewhere else for an x-ray. So then we waited an hour for the x-ray which showed he'd been broken in two places. Then he had to stay in overnight because they needed to operate in the morning. Unfortunately, he couldn't drink or eat anything before the operation and I had to stay with him overnight, but as a parent and I didn't have any money, it was very difficult for me to go and buy any food and I didn't have any money to phone anybody, and my car was parked outside and it wasn't allowed to be parked outside. So eventually, I had to sleep on the floor by the side of his bed. And he had an operation in the morning and everything turned out okay.

8 Health

043 Questions: answers at back or visit www.esoluk.co.uk

- 1) At number 2, why is the telephone busy at eight o'clock?
 - a. because everyone wants to speak to the doctor
 - b. because that is when the surgery opens
 - c. because people want to know when the surgery opens
 - d. because people want to see the doctor

- 2) At number 2, why does Mary say 'I **managed** to speak to the receptionist'?
 - a. because she had to wait a short time
 - b. because she had to wait a long time
 - c. because she is a manager

- 3) At number 6, why didn't Wendy move her daughter when she fell?
 - a. her daughter was too heavy
 - b. she did not know where she was hurt
 - c. she didn't want to damage her back
 - d. her daughter did not want to be moved

- 4) At number 6, how long did it take for the ambulance to arrive?
 - a. 1 hour
 - b. 5 seconds
 - c. 10 minutes
 - d. 30 minutes

- 5) At number 8, why did Wendy go to hospital?
 - a. to visit a friend
 - b. she was poorly
 - c. she was pregnant
 - d. to speak to a nurse

- 6) At number 10, what is meant by 'A and E'?
 - a. accident and emergency
 - b. arrive and exit
 - c. admit and examine
 - d. allow and enter

- 7) At number 10, what is meant by 'higher priority'?
 - a. more important
 - b. not important
 - c. do something quicker

8 Health

d. do something slower

8) At number 11, what can't you do before an operation?

- a. sleep
- b. eat
- c. drink
- d. eat or drink

9) At number 11, why couldn't Stephen buy any food?

- a. because he was going to have an operation
- b. because everything was closed
- c. because he had no money
- d. you are not allowed to eat in the hospital ward

10) Why do you think Stephen slept at the hospital?

- a. because he missed his bus home
- b. because he lost his house key
- c. because his son was scared
- d. because he liked the hospital bed

8 Health

043 listening/reading gapfill:

The words removed below are the key words used most by this speaker.

- Listen to a small section at a time and try to hear the missing words, **or/and**
- read the text and fill in the gaps.
- Interactive gapfill and spelling test at: www.esoluk.co.uk/043.html

Words: *accident ambulance appointment emergency hospital operation overnight parked surgery x-ray*

1. **Wendy:** Hello Mary, how's your son, I heard he had bad earache. Is he any better?

2. **Mary:** Thanks Wendy for asking. He ... he woke up this morning crying and he did have very bad earache, so I rang the doctor's [1] _____ to make an [2] _____. I had to wait until eight o'clock because the [3] _____ opens at eight and the telephone is often very busy then because lots of people ring, but I managed to speak to the receptionist at the [4] _____ and she gave me an [5] _____ for four o'clock in the afternoon. So I'm going to take him to the [6] _____ then to see the doctor.

3. **Mary:** Thank you, but I heard that your daughter, that Hannah had she had an accident?

4. **Wendy:** Yes.

5. **Mary:** What happened?

6. **Wendy:** Yes she was in the garden and she fell over the back of a garden chair and her neck and her back were very painful, so I thought I'd better not pick her up because you can hurt your back if you move somebody. So we rang for an [7] _____, phoned 999 and the [8] _____ people came very quickly, it was ten minutes and. and then they took her to [9] _____

8 Health

and [10] _____ and they took an [11] _____ of her back, but she's fine, it was bruised. So she's fine thank you.

7. **Mary:** Wendy have you ever been in hospital?

8. **Wendy:** I went into [12] _____ a few years ago to have my baby, so I had to collect lots of things together to take with me, some things to wear in bed and dressing gown, toothbrush and soap and hairbrush and everything you need for a couple of days to stay away really.

9. **Mary:** And what about you Steven, have you ever been in hospital?

10. **Stephen:** Well yes Mary, my son broke his leg and I drove him to the [13] _____ because I had a car, so I didn't need to call the [14] _____, it wasn't an [15] _____. When we got to the [16] _____ we had to wait in A and E and we had to wait quite a long time with a lot of other people. Eventually, because he was younger, he was moved to the children's ward; if you are a younger child, you have higher priority than adults.

11. So we'd been there nearly two hours and the doctor looked at him and then we had to go somewhere else for an [17] _____. So then we waited an hour for the [18] _____ which showed he'd been broken in two places. Then he had to stay in [19] _____ because they needed to operate in the morning. Unfortunately, he couldn't drink or eat anything before the [20] _____ and I had to stay with him [21] _____, but as a parent and I didn't have any money, it was very difficult for me to go and buy any food and I didn't have any money to phone anybody, and my car was [22] _____ outside and it wasn't allowed to be [23] _____ outside. So eventually, I had to sleep on the floor by the side of his bed. And he had an [24] _____ in the morning and everything turned out okay.

8 Health

043 punctuation activity:

1. Replace all the commas (,) full-stops (.) apostrophes (') question marks (?)
2. When punctuating, underline difficulties where spoken English does not follow the same 'rules' as written English.
3. Replace capital letters where needed.
4. Check your answers by reading the full text.

wendy: hello mary hows your son i heard he had bad earache is he any better

mary: thanks wendy for asking he... he woke up this morning crying and he did have very bad earache so i rang the doctors surgery to make an appointment i had to wait until eight oclock because the surgery opens at eight and the telephone is often very busy then because lots of people ring but i managed to speak to the receptionist at the surgery and she gave me an appointment for four oclock in the afternoon so im going to take him to the surgery then to see the doctor

mary: thank you but i heard that your daughter that hannah had she had an accident

wendy: yes

mary: what happened

wendy: yes she was in the garden and she fell over the back of a garden chair and her neck and her back were very painful so i thought id better not pick her up because you can hurt your back if you move somebody so we rang for an ambulance phoned 999 and the ambulance people came very quickly it was ten minutes and... and then they took her to accident and emergency and they took an x-ray of her back but shes fine it was bruised so shes fine thank you

8 Health

Speaker: 044 Pat Childs

Job: Hospital Information Officer



Skill

Suggested Activities

Speaking:

Ask students to tell each other ways they can stay fit and healthy.

Listening:

Listen for detail for Pat's diet and exercise.

Reading:

Read information leaflets or posters about healthy diets. Read recipes and decide if they are healthy or not. Read sports centre timetables.

Writing:

Write healthy recipes or menus. Plan an exercise programme for yourself.

Transcript:

1. **Pat:** I make sure that I swim once a week, I go to yoga and I walk. I walk out on the moor lands and the hills, but I also walk a lot around the city to get myself to places. If I can get up and walk somewhere in half an hour, then I do walk there. I also run and I've run for a lot of years.
2. **Stephen:** So a lot of exercise, walking, running, swimming. What about your diet? What kind of things do you eat?
3. **Pat:** Where diet's concerned, well I don't eat red meat at all, or I don't eat any meat. I do eat fish and I watch the amount of dairy products I eat, but I do eat lots of vegetables, fresh fruit and seeds and pulses.
4. **Stephen:** Pulses okay, so that's a very healthy lifestyle. What about people from other cultures? Do they have... do they have a healthy lifestyle, healthy diets?

8 Health

5. **Pat:** Well when it comes to some of the Asian cooking, I myself do like curries and I have had holidays in India and I just feel that the Indian and Pakistani foods perhaps they're not healthy in the manner in what they're cooked in and that isn't butter, it's gee. Whereas in Europe, we tend to use oils, like olive oil, sunflower oil, groundnut oil, which are a far more healthier type of fat than as in Indian and Pakistani cooking.
6. Also in... the Chinese tend to fry as well, so their things aren't always fried in the correct fat. But I know that the soya that's eaten in Japan and China is very good for you, and I do tend to eat some of that myself.
7. **Stephen:** Okay thank you very much Pat.

8 Health

044 Questions: answers at back or visit www.esoluk.co.uk

1) At number 1, what does Pat do once a week?

- a. goes swimming
- b. goes shopping
- c. goes out for dinner
- d. goes to sleep

2) At number 1, how does Pat travel around the city?

- a. she gets a taxi
- b. she gets a bus
- c. she rides a bike
- d. she walks

3) At number 1, what has Pat done for many years?

- a. horse riding
- b. dancing
- c. jogging (running)
- d. skiing

4) At number 2, what is meant by 'diet'?

- a. the amount of food you eat
- b. the types of food you eat
- c. what time of day you eat
- d. how you eat your food

5) At number 3, what type of meat does Pat not eat'?

- a. no meat
- b. red meat
- c. white meat
- d. fish

6) At number 2, what is meant by '**I watch** the amount of dairy products I eat'?

- a. I look at everything I eat
- b. I eat a large amount
- c. I eat it looking in a mirror
- d. I only eat a small amount

7) What type of food does Pat like to eat?

- a. fruit and vegetables

8 Health

- b. fish and chips
- c. jelly and ice cream
- d. pasta and rice

8) At number 5, why does Pat think some curries are not healthy?

- a. because you get large portions
- b. because they are fried in gee
- c. because they are cooked in oil
- d. because they are not fried in gee

9) At number 5, what is meant by 'the manner'?

- a. how something is done
- b. how you speak to someone
- c. how something is not done
- d. how you look at someone

10) At number 6, what is 'soya'?

- a. food made from potatoes
- b. food made from flour
- c. a type of vegetable
- d. food made from a bean plant

8 Health

044 listening/reading gapfill:

The words removed below are the key words used most by this speaker.

- Listen to a small section at a time and try to hear the missing words, **or/and**
- read the text and fill in the gaps.
- Interactive gapfill and spelling test at: www.esoluk.co.uk/044.html

Words: *cooking healthier healthy Indian lifestyle meat soya tend walk*

1. **Pat:** I make sure that I swim once a week, I go to yoga and I [1] walk. I [2] _____ out on the moor lands and the hills, but I also [3] _____ a lot around the city to get myself to places. If I can get up and [4] walk somewhere in half an hour, then I do [5] _____ there. I also run and I've run for a lot of years.

2. **Stephen:** So a lot of exercise, walking, running, swimming. What about your diet? What kind of things do you eat?

3. **Pat:** Where diet's concerned, well I don't eat red [6] _____ at all, or I don't eat any [7] _____. I do eat fish and I watch the amount of dairy products I eat, but I do eat lots of vegetables, fresh fruit and seeds and pulses.

4. **Stephen:** Pulses okay, so that's a very [8] _____ [9] _____. What about people from other cultures? Do they have ... do they have a [10] _____ [11] lifestyle, [12] _____ diets?

5. **Pat:** Well when it comes to some of the Asian [13] _____, I myself do like curries and I have had holidays in India and I just feel that the [14] _____ and Pakistani foods perhaps they're not [15] _____ in the manner in what they're cooked in and that isn't butter, it's gee. Whereas in Europe, we [16] _____ to use oils, like olive oil, sunflower oil, groundnut oil, which are a far more [17] _____ type of fat than as in [18] _____ and Pakistani [19] _____.

8 Health

6. Also in. the Chinese [20] _____ to fry as well, so their things aren't always fried in the correct fat. But I know that the [21] _____ that's eaten in Japan and China is very good for you, and I do [22] _____ to eat some of that myself.

7. **Stephen:** Okay thank you very much Pat.

8 Health

044 punctuation activity:

1. Replace all the commas (,) full-stops (.) apostrophes (') question marks (?)
2. When punctuating, underline difficulties where spoken English does not follow the same 'rules' as written English.
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pat: i make sure that i swim once a week i go to yoga and i walk i walk out on the moor lands and the hills but i also walk a lot around the city to get myself to places if i can get up and walk somewhere in half an hour then i do walk there i also run and ive run for a lot of years

stephen: so a lot of exercise walking running swimming what about your diet what kind of things do you eat

pat: where diets concerned well i dont eat red meat at all or i dont eat any meat i do eat fish and i watch the amount of dairy products i eat but i do eat lots of vegetables fresh fruit and seeds and pulses

stephen: pulses okay so thats a very healthy lifestyle what about people from other cultures do they have... do they have a healthy lifestyle healthy diets

pat: well when it comes to some of the asian cooking i myself do like curries and i have had holidays in india and i just feel that the indian and pakistani foods perhaps theyre not healthy in the manner in what theyre cooked in and that isnt butter its gee whereas in europe we tend to use oils like olive oil sunflower oil groundnut oil which are a far more healthier type of fat than as in indian and pakistani cooking

8 Health

Speaker: 045 Roxana Summers

Job: Community Involvement
Manager for Leeds PCT



Skill	Suggested Activities
Speaking:	In pairs or groups students could list as many health facilities as they can in the UK. They could discuss how health services are run in their home countries.
Listening:	Listen for information on PCTs. What services do they run and how do they monitor patient satisfaction?
Reading:	Read health leaflets from doctor's and other surgeries.
Writing:	Conduct a survey of students' uses of local health facilities and their satisfaction with them.

Transcript:

1. **Mary:** Primary Care Trusts
2. Primary care is the health care provided by your doctor, nurse, dentist, optician or pharmacist. All of these services are managed by a primary care trust, PCT.

Each city or area has a PCT.

PCTs control 80% of the NHS budget.

Your PCT must provide enough services for people within your area.

8 Health

Your PCT must make sure all services are accessible.

Your PCT must provide hospitals and dentists in your area.

Your PCT must provide opticians and patient transport in your area.

Your PCT must provide pharmacies and GPs in your area.

3. **Wendy:** Can you tell me what's the PCT?
4. **Roxana:** That is a very good question, yes I agree with you. It stands for Primary Care Trust and it means that we take care of a lot of the services that are delivered in the local area, but they are mainly to do with pharmacists, opticians, dentists and GPs, community nursing teams as well. So we don't really have to deliver services like from the hospital, they are managed from the hospital and also mental health services are delivered by what is called the Mental Health Trust.
5. **Wendy:** And where do you go to find the opinions of these local people? What kind of places do you go into?
6. **Roxana:** One of the things... one of the main tasks that I have to do on a yearly basis is the patient survey and that is a survey of people who live in the local area, who are registered with local GPs. As you know, everybody in this country has the right to register with a GP and although there might be repetitions if you wish, but we ask the GPs to provide us with the names and addresses for some patients and we send them a questionnaire and we ask them questions about the quality of the services that we provide.
7. Like I said earlier, the opticians, the dentist, the health visiting service and pharmacists as well, and so we have a very good idea of what people think and feel about the services and we have like an action plan that we draft on a yearly basis so that the next year the services are hopefully better. That's one of the ways and that is if you wish eight hundred and fifty people are selected randomly from across the whole of the patch. So you stand all... everyone stands an equal chance of being selected. It's only people over 18 years of age, so in a way, we need to make a special effort to get the views from people who are younger than...
8. **Wendy:** Children.
9. **Roxana:** ...exactly, younger children, yeah. So that's one way of doing it. Also we have a complaints system in the PCT and that feedback is very valuable because it's mistakes and errors that we don't want to be caught doing again. It's another way of getting views from the public and then there's lots of teams in the PCT who do work where they involve members of the public as part of their development.

8 Health

10. For example, you might have a group of people, a group of nurses working with people with breathing difficulties and they enlist those patients into the group to plan how to deliver better services. Because in a way, the ones who know how best to deliver a service, it's those who are receiving it. So we work from that assumption.
11. **Wendy:** Okay thank you.

8 Health

045 Questions: answers at back or visit www.esoluk.co.uk

- 1) At number 2, what is meant by 'NHS budget'?
 - a. healthcare provided by the government to run the National Health Service
 - b. money provided by the government to run the National Health Service

- 2) At number 2, what is meant by 'services are accessible'?
 - a. health services are in your area
 - b. people can find health services
 - c. people are able to go and use health services
 - d. health services are open 24 hours a day

- 3) At number 4, where does Primary Care Trust not run services?
 - a. colleges
 - b. parks
 - c. schools
 - d. hospitals

- 4) At number 6, what is a 'patient survey'?
 - a. asking people questions to improve health services
 - b. asking people why they are in hospital
 - c. asking people why they go to the doctor, dentist, etc

- 5) At number 6, how often does PCT do a patient survey?
 - a. once a month
 - b. once a year
 - c. every day
 - d. once a week

- 6) At number 7, what is an 'action plan'?
 - a. a list of how many people go to their GP
 - b. a written statement listing how many GPs are needed
 - c. a written statement explaining what is going to be improved
 - d. a list of all the GPs and their patients

- 7) At number 7, what is meant by 'the whole of the patch'?
 - a. the entire area
 - b. a few doctors
 - c. all the GPs and their patients

8 Health

8) At number 9, what is meant by 'we don't want to be caught doing again'?

- a. we don't want people complaining
- b. we don't want to make the same mistakes again
- c. we don't want people at PCT complaining

9) At number 10, what is meant by 'they enlist those patients'?

- a. they give those patients medical care
- b. they ask those people to join
- c. they ask only people with breathing difficulties
- d. people who have need to see nurses

10) At number 10, what is meant by 'we work from that assumption'?

- a. we go to work
- b. we all work together on that
- c. we start from that idea

8 Health

045 listening/reading gapfill:

The words removed below are the key words used most by this speaker.

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Words: *deliver delivered dentist dentists managed patients services survey teams trust yearly*

1. **Mary:** Primary Care Trusts

2. Primary care is the health care provided by your doctor, nurse, [1] _____, optician or pharmacist. All of these [2] services are [3] delivered by a primary care [4] _____, PCT.

Each city or area has a PCT.

PCTs control 80% of the NHS budget.

Your PCT must provide enough [5] _____ for people within your area.

Your PCT must make sure all [6] _____ are accessible.

Your PCT must provide hospitals and [7] _____ in your area.

Your PCT must provide opticians and patient transport in your area.

Your PCT must provide pharmacies and GPs in your area.

3. **Wendy:** Can you tell me what's the PCT?

4. **Roxana:** That is a very good question, yes I agree with you. It stands for Primary Care [8] _____ and it means that we take care of a lot of the

8 Health

[9] _____ that are [10] _____ in the local area, but they are mainly to do with pharmacists, opticians, [11] _____ and GPs, community nursing [12] _____ as well. So we don't really have to [13] _____ [14] services like from the hospital, they are [15] _____ from the hospital and also mental health [16] services are [17] _____ by what is called the Mental Health [18] _____.

5. **Wendy:** And where do you go to find the opinions of these local people? What kind of places do you go into?

6. **Roxana:** One of the things. one of the main tasks that I have to do on a [19] _____ basis is the patient [20] _____ and that is a [21] _____ of people who live in the local area, who are registered with local GPs. As you know, everybody in this country has the right to register with a GP and although there might be repetitions if you wish, but we ask the GPs to provide us with the names and addresses for some [22] _____ and we send them a questionnaire and we ask them questions about the quality of the [23] _____ that we provide.

7. Like I said earlier, the opticians, the [24] _____, the health visiting service and pharmacists as well, and so we have a very good idea of what people think and feel about the [25] _____ and we have like an action plan that we draft on a [26] _____ basis so that the next year the [27] _____ are hopefully better. That's one of the ways and that is if you wish eight hundred and fifty people are selected randomly from across the whole of the patch. So you stand all. everyone stands an equal chance of being selected. It's only people over 18 years of age, so in a way, we need to make a special effort to get the views from people who are younger than.

8. **Wendy:** Children.

8 Health

9. **Roxana:**...exactly, younger children, yeah. So that's one way of doing it. Also we have a complaints system in the PCT and that feedback is very valuable because it's mistakes and errors that we don't want to be caught doing again. It's another way of getting views from the public and then there's lots of [28] _____ in the PCT who do work where they involve members of the public as part of their development.

10. For example, you might have a group of people, a group of nurses working with people with breathing difficulties and they enlist those [29] _____ into the group to plan how to [30] _____ better [31] _____. Because in a way, the ones who know how best to [32] _____ a service, it's those who are receiving it. So we work from that assumption.

11. **Wendy:** Okay thank you.

8 Health

045 punctuation activity:

1. Replace all the commas (,) full-stops (.) apostrophes (') question marks (?)
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wendy: can you tell me whats the pct

roxana: that is a very good question yes i agree with you it stands for primary care trust and it means that we take care of a lot of the services that are delivered in the local area but they are mainly to do with pharmacists opticians dentists and gps community nursing teams as well so we dont really have to deliver services like from the hospital they are managed from the hospital and also mental health services are delivered by what is called the mental health trust

wendy: and where do you go to find the opinions of these local people what kind of places do you go into

roxana: one of the things... one of the main tasks that i have to do on a yearly basis is the patient survey and that is a survey of people who live in the local area who are registered with local gps as you know everybody in this country has the right to register with a gp and although there might be repetitions if you wish but we ask the gps to provide us with the names and addresses for some patients and we send them a questionnaire and we ask them questions about the quality of the services that we provide

8 Health

Speaker: 046 Roxana Summers

Job: Community Involvement
Manager for Leeds PCT



Skill	Suggested Activities
Speaking:	Discuss how people can stay healthy. What are the most important factors in your life for staying healthy?
Listening:	Listen to Roxana's opinions, compare them with yours see if you agree with her.
Reading:	Read about healthy eating. Read about the experiences of unemployed people.
Writing:	Write about your own diet. List everything you eat in a day. Write about the effects of being unemployed.

Transcript:

1. **Wendy:** What do you think is a healthy lifestyle?
2. **Roxana:** You could tell people that a healthy lifestyle might mean less salt, less sugar, less fat, lots of fibre, lots of fruits, but sometimes you can't tell this to somebody who's on a very low income or has no money to buy the better foods, or has a disability and is unable to actually walk to the shops because they get so tired and fatigued. So it is a good question, but for most people I would say exercising is a very important aspect of health.
3. I think a very important aspect of health is how healthy is your mind. How happy are you with your existing situation and with your life, how much are you satisfied with that, but also how much are you striving to achieve. So I think it's a balance between being happy with what you have, but also

8 Health

having the energy and the stamina to fight for better things for yourself and for your family.

4. But it also raises another issue which is about how to be healthy. Sometimes it's very difficult for somebody who is particularly unemployed and I think that one of the best ways in which you can keep your health is to have a job. Unemployment often leads to ill health and sometimes when you fall into that trap, you cannot get a job and then the joblessness actually breeds ill health; it is like a continuing cycle. So in a way, studies have shown that having a job, and having a job that satisfies you and fulfils your mind is the best thing for your... for your health.
5. **Wendy:** In general yes.
6. **Roxana:** In general yes.
7. **Wendy:** Yeah.

8 Health

046 Questions: answers at back or visit www.esoluk.co.uk

- 1) At number 2, what might prevent people from having a healthy lifestyle?
 - a. not having the equipment to cook meals
 - b. not knowing how to cook well balanced meals
 - c. not having much money to buy good food
 - d. they do not like the food

- 2) At number 2, what second thing might prevent people from having a healthy lifestyle?
 - a. unable to exercise because of lack of time
 - b. unable to exercise because of a disability
 - c. unable to exercise because of lack of money
 - d. unable to exercise because of lack of experience

- 3) At number 2, what is meant by 'fatigued'?
 - a. to be very tired
 - b. to be overweight
 - c. to be full of energy
 - d. to be overfed

- 4) At number 3, what do you think a 'healthy mind' means?
 - a. someone who is worried by problems
 - b. someone who eats lots of fruit
 - c. someone who reads a lot of books
 - d. someone who isn't worried by problems

- 5) At number 3, what is meant by 'stamina to fight for better things'?
 - a. being able to run faster than anyone else
 - b. being able to fight other people
 - c. having the strength to try and make a better life

- 6) At number 4, what can often lead to ill health?
 - a. unhealthy eating
 - b. not having a job
 - c. lack of exercise
 - d. not being able to sleep

- 7) At number 4, what is meant by 'fall into that trap'?
 - a. find yourself with a serious problem which you can't change
 - b. fall into a hole

8 Health

- c. get trapped in the home
- d. get trapped because of no money

8) At number 4, what is meant by 'joblessness actually breeds ill health'?

- a. not being in work can make you lazy
- b. not being in work can make you unwell
- c. not being in work can make you healthy

9) At number 4, what is meant by a job that 'fulfils your mind'?

- a. a job that is not interesting
- b. a job that makes you work hard
- c. a job that makes you think and is interesting
- d. a job that requires reading

10) What two things does Roxana think we need to say healthy?

- a. healthy eating
- b. exercise and a job you like
- c. staying at home
- d. plenty of exercise

8 Health

046 listening/reading gapfill:

The words removed below are the key words used most by this speaker.

- Listen to a small section at a time and try to hear the missing words, **or/and**
- read the text and fill in the gaps.
- Interactive gapfill and spelling test at: www.esoluk.co.uk/046.html

Words: *actually aspect best happy having health important mind somebody sometimes*

1. **Wendy:** What do you think is a healthy lifestyle?

2. **Roxana:** You could tell people that a healthy lifestyle might mean less salt, less sugar, less fat, lots of fibre, lots of fruits, but [1] _____ you can't tell this to [2] _____ who's on a very low income or has no money to buy the better foods, or has a disability and is unable to [3] _____ walk to the shops because they get so tired and fatigued. So it is a good question, but for most people I would say exercising is a very [4] important [5] aspect of [6] _____.

3. I think a very [7] important [8] _____ of [9] health is how healthy is your [10] _____. How [11] _____ are you with your existing situation and with your life, how much are you satisfied with that, but also how much are you striving to achieve. So I think it's a balance between being [12] _____ with what you have, but also [13] _____ the energy and the stamina to fight for better things for yourself and for your family.

4. But it also raises another issue which is about how to be healthy. [14] Sometimes it's very difficult for [15] _____ who is particularly unemployed and I think that one of the [16] _____ ways in which you can keep your [17] _____ is to have a job. Unemployment often leads to ill [18] _____ and [19] sometimes when you fall into that trap, you cannot get a job and then the joblessness [20] _____ breeds ill health; it is like a continuing cycle. So in a way, studies have shown that [21] having a

8 Health

job, and [22] _____ a job that satisfies you and fulfils your [23]
_____ is the [24] best thing for your ... for your [25] _____.

5. **Wendy:** In general yes.

6. **Roxana:** In general yes.

7. **Wendy:** Yeah.

8 Health

046 punctuation activity:

1. Replace all the commas (,) full-stops (.) apostrophes (') question marks (?)
2. When punctuating, underline difficulties where spoken English does not follow the same 'rules' as written English.
3. Replace capital letters where needed.
4. Check your answers by reading the full text.

wendy: what do you think is a healthy lifestyle

roxana: you could tell people that a healthy lifestyle might mean less salt less sugar less fat lots of fibre lots of fruits but sometimes you cant tell this to somebody whos on a very low income or has no money to buy the better foods or has a disability and is unable to actually walk to the shops because they get so tired and fatigued so it is a good question but for most people i would say exercising is a very important aspect of health

i think a very important aspect of health is how healthy is your mind how happy are you with your existing situation and with your life how much are you satisfied with that but also how much are you striving to achieve so i think its a balance between being happy with what you have but also having the energy and the stamina to fight for better things for yourself and for your family

but it also raises another issue which is about how to be healthy sometimes its very difficult for somebody who is particularly unemployed and i think that one of the best ways in which you can keep your health is to have a job unemployment often leads to ill health and sometimes when you fall into that trap you cannot get a job and then the joblessness actually breeds ill health; it is like a continuing cycle so in a way studies have shown that having a job and having a job that satisfies you and fulfils your mind is the best thing for your... for your health

8 Health

Speaker: 047 Pauline Fernandes

Job: Primary School Teacher



Skill	Suggested Activities
Speaking:	Talk about children's diets. Are they healthy or could they eat better. Talk about sports and games students played as children.
Listening:	Listen for the types of food children can eat in school and the type of exercise they have.
Reading:	Read health promotion leaflets for children and parents.
Writing:	Write a healthy menu for a child. Write about sports and games students played as children. Write instructions for how to play a sport or game.

Transcript:

1. **Wendy:** Can you tell me about a particular issue in education at the moment?
2. **Pauline:** We're being asked to do... to get the children involved in more of physical health, healthy eating, emotional wellbeing and to raise... the government has very much been trying to raise the profile of it in schools.
3. One of the ways I do it in school is I help run the school's council, so in the school council we have representatives from all the classes and we will talk about issues like healthy schools and ask the children for their ideas.

8 Health

4. One of the issues that concerns children very much, this comes through to us in the school council, is the idea of sitting next to their friends in the dining room. When children line up for lunch, they normally have hot dinners in one queue and packed lunches in another, and the children would really like to be able to sit next to their best friends, regardless of what type of lunch they're going to eat.
5. **Wendy:** Yeah. And with the healthy eating promotion, how does that work in schools?
6. **Pauline:** The healthy eating promotion is children have often brought bottles in school and we... this is something the school council and the teachers would flag up, children are allowed to bring the water bottles onto their table to drink water whenever they want. One of the ways school... the quality of food in school will be improved I think will be when school kitchens are cooking more of their food on site.
7. **Wendy:** More fresh food.
8. **Pauline:** Fresh food, more fresh food, lets say something like pasta could be just boiled, you know, quite quickly. So that's very definitely the way forward for schools and...
9. **Wendy:** I know the children were having free fruit as well.
10. **Pauline:** Yes they're still...
11. **Wendy:** Are they all still?
12. **Pauline:** Yes the free fruit is still in school and will be for the foreseeable future which, which when the government want children to have five healthy pieces of fruit a day, ours are given at least two pieces a day. So we feel that's a big move, that and water, and we have a healthy fruit... healthy snacks on sale at lunch time... sorry at morning break and afternoon break where the children can buy something like fruity bites.
13. **Wendy:** Yeah.
14. **Pauline:** But nothing in the confectionary bracket.
15. **Wendy:** Yeah and what about the physical education, how often do they do PE?
16. **Pauline:** Physical education again it's a government drive that they're hoping to raise that to two hours a week in school. At the moment, it's one hour a week. It's approximately one hour a week, so we hope we can have perhaps lunch times and morning breaks more structured that there would be more structured PE on offer in those break times.
17. **Wendy:** Yes.

8 Health

18. **Pauline:** Because it's not easily fitted into the overburdened timetable as it is.
19. **Wendy:** Can they do after school clubs with physical education?
20. **Pauline:** After school clubs, there are some running in our school, football, netball, yes that would be... that would be on offer and I suppose more of it if teachers are willing to do it after school.

8 Health

047 Questions: answers at back or visit www.esoluk.co.uk

- 1) At number 1, what is meant by a 'particular issue'?
 - a. an educational idea
 - b. a topic or problem that is not important
 - c. an educational word
 - d. an important topic or problem

- 2) At number 2, what is meant by 'emotional wellbeing'?
 - a. how happy someone is
 - b. how healthy someone is
 - c. not feeling well
 - d. unhappy and not at ease

- 3) At number 2, what is meant by 'raise the profile' of healthy eating in schools?
 - a. make children eat healthy food
 - b. make healthy eating an important topic or issue
 - c. change the school dinners

- 4) At number 3, what does the 'school council' do?
 - a. pays for all the school equipment
 - b. organize activities in schools
 - c. talk about important things and listen to what the children want
 - d. tells the children what they want

- 5) At number 5, what is meant by 'healthy eating promotion'?
 - a. advertise healthy eating in books
 - b. advertise healthy eating through television
 - c. advertise healthy eating through magazines
 - d. advertise healthy eating through letters and posters

- 6) At number 6, how might schools improve food?
 - a. have every child on packed lunches
 - b. buy better quality food
 - c. cooking their own food in the school
 - d. offer more food

- 7) At number 14, what is meant by 'confectionary bracket'?
 - a. food like bread and pastries
 - b. food like sweets and chocolate
 - c. food like fruit and vegetables

8 Health

d. food like nuts and crisps

8) At number 16, what is meant by 'a government drive'?

- a. something the government does not want to happen
- b. something that the government is hoping will happen
- c. the government wants everyone to own a car
- d. something that the government is forcing to happen

9) At number 18, what is meant by 'overburdened timetable'?

- a. the teachers are having to teach too many things
- b. the teachers are not teaching enough
- c. teachers not having enough time to do everything
- d. teachers having to work longer hours

10) At number 20, what is needed to run the after school clubs?

- a. teachers wanting to run them
- b. healthy pupils
- c. pupils wanting to join
- d. pupils who like football and netball

8 Health

047 listening/reading gapfill:

The words removed below are the key words used most by this speaker.

- Listen to a small section at a time and try to hear the missing words, **or/and**
- read the text and fill in the gaps.
- Interactive gapfill and spelling test at: www.esoluk.co.uk/047.html

Words: *bottles council food fruit lunch promotion raise structured*

1. **Wendy:** Can you tell me about a particular issue in education at the moment?

2. **Pauline:** We're being asked to do ... to get the children involved in more of physical health, healthy eating, emotional wellbeing and to [1] _____ ... the government has very much been trying to [2] _____ the profile of it in schools.

3. One of the ways I do it in school is I help run the school's [3] _____, so in the school [4] _____ we have representatives from all the classes and we will talk about issues like healthy schools and ask the children for their ideas.

4. One of the issues that concerns children very much, this comes through to us in the school [5] _____, is the idea of sitting next to their friends in the dining room. When children line up for [6] _____, they normally have hot dinners in one queue and packed lunches in another, and the children would really like to be able to sit next to their best friends, regardless of what type of [7] _____ they're going to eat.

5. **Wendy:** Yeah. And with the healthy eating [8] _____, how does that work in schools?

6. **Pauline:** The healthy eating [9] _____ is children have often brought [10] _____ in school and we ... this is something the school [11] _____ and the teachers would flag up, children are allowed to bring

8 Health

the water [12] _____ onto their table to drink water whenever they want. One of the ways school ... the quality of [13] _____ in school will be improved I think will be when school kitchens are cooking more of their [14] _____ on site.

7. **Wendy:** More fresh [15] _____.

8. **Pauline:** Fresh [16] _____, more fresh [17] _____, lets say something like pasta could be just boiled, you know, quite quickly. So that's very definitely the way forward for schools and.

9. **Wendy:** I know the children were having free [18] _____ as well.

10. **Pauline:** Yes they're still.

11. **Wendy:** Are they all still?

12. **Pauline:** Yes the free [19] _____ is still in school and will be for the foreseeable future which, which when the government want children to have five healthy pieces of [20] _____ a day, ours are given at least two pieces a day. So we feel that's a big move, that and water, and we have a healthy [21] fruit ... healthy snacks on sale at [22] _____ time ... sorry at morning break and afternoon break where the children can buy something like fruity bites.

13. **Wendy:** Yeah.

14. **Pauline:** But nothing in the confectionary bracket.

15. **Wendy:** Yeah and what about the physical education, how often do they do PE?

8 Health

16. **Pauline:** Physical education again it's a government drive that they're hoping to [23] _____ that to two hours a week in school. At the moment, it's one hour a week. It's approximately one hour a week, so we hope we can have perhaps [24] _____ times and morning breaks more [25] _____ that there would be more [26] _____ PE on offer in those break times.

17. **Wendy:** Yes.

18. **Pauline:** Because it's not easily fitted into the overburdened timetable as it is.

19. **Wendy:** Can they do after school clubs with physical education?

20. **Pauline:** After school clubs, there are some running in our school, football, netball, yes that would be ... that would be on offer and I suppose more of it if teachers are willing to do it after school.

8 Health

047 punctuation activity:

1. Replace all the commas (,) full-stops (.) apostrophes (') question marks (?)
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4. Check your answers by reading the full text.

wendy: can you tell me about a particular issue in education at the moment

pauline: were being asked to do... to get the children involved in more of physical health healthy eating emotional wellbeing and to raise... the government has very much been trying to raise the profile of it in schools

one of the ways i do it in school is i help run the schools council so in the school council we have representatives from all the classes and we will talk about issues like healthy schools and ask the children for their ideas

one of the issues that concerns children very much this comes through to us in the school council is the idea of sitting next to their friends in the dining room when children line up for lunch they normally have hot dinners in one queue and packed lunches in another and the children would really like to be able to sit next to their best friends regardless of what type of lunch theyre going to eat

wendy: yeah and with the healthy eating promotion how does that work in schools

pauline: the healthy eating promotion is children have often brought bottles in school and we... this is something the school council and the teachers would flag up children are allowed to bring the water bottles onto their table to drink water whenever they want one of the ways school... the quality of food in school will be improved i think will be when school kitchens are cooking more of their food on site

8 Health

Answer key to questions

043: 1) b 2) b 3) c 4) c 5) c 6) a 7) a 8) d 9) c 10) c

044: 1) a 2) d 3) c 4) b 5) a 6) d 7) a 8) b 9) a 10) d

045: 1) b 2) c 3) d 4) a 5) b 6) c 7) a 8) b 9) b 10) c

046: 1) c 2) b 3) a 4) d 5) c 6) b 7) a 8) b 9) c 10) b

047: 1) d 2) a 3) b 4) c 5) d 6) a 7) a 8) b 9) d 10) a

Interviewers: Mary Clayton and Wendy Godden

Filming, editing, web design: Stephen Woulds

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