

ENGLISH 5

UNIT 5



Expressing illnesses, needs and feelings
Making simple suggestions



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GÖRSEL TASARIM

Uğur GÖKMENOĞLU





Grade	5
Function	Expressing illnesses, needs and feelings.
Skills	Reading. Reading integrated with speaking. Reading for skimming and scanning.
Duration	40 mins.
Materials Required	Lead in activity in Appendix A. Reading activities in Appendix B.
Aims	To identify a gist of the text. To review illnesses, needs and feelings.
Procedures	<ol style="list-style-type: none"> 1. The teacher asks the students to write the correct words on the picture as a lead in activity in Appendix A. 2. The teacher asks the students to read the text and fill in the chart in Appendix B. 3. The teacher asks the students to match the health problems with the suggestions. 4. The teacher asks the students to answer the questions in Appendix B. 5. The teacher asks the students to work in pairs and make conversation with their deskmates. 6. The teacher encourages the students who do not want to talk and helps them if necessary.

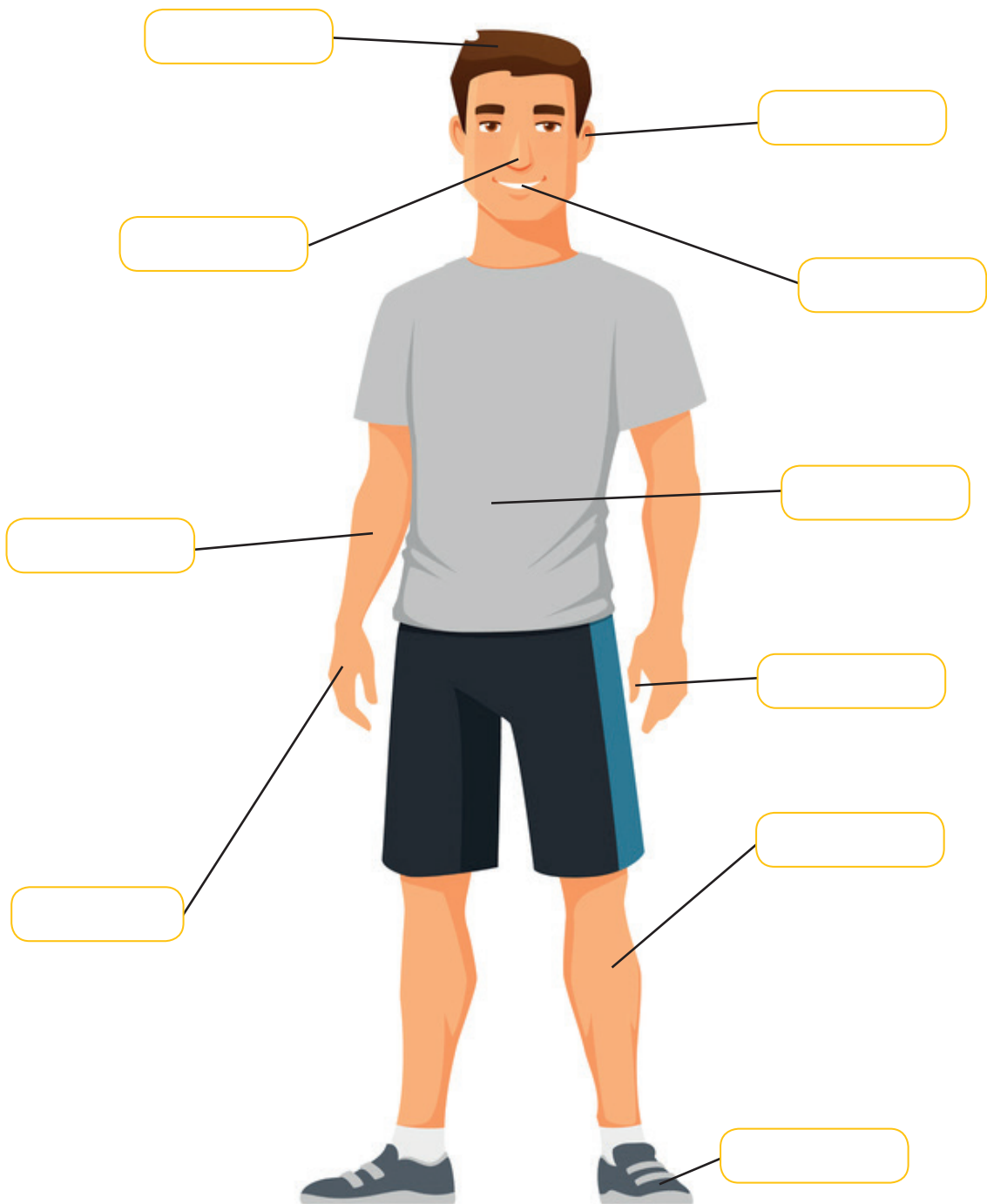


Appendix A

Lead in

Write the body parts on the picture.

nose / ear / foot / teeth / arm / leg / head / stomach / hand / finger





Appendix A

1. Dr. Jason helps his patients on his website. Read the text and fill in the chart.

← → ↺ www.askyouroinedoc.com

DR. JASON



Jenny: Hello Dr Jason! I'm on a holiday in Japan. I have a broken arm and I have a nasty pain in my arm. I feel terrible. I need help.



Dr. Jason: It is usual to have pain in the broken part. You need a painkiller and you shouldn't move your arm as much as possible.



Thomas: Hi, Dr.Jason! I feel sleepy and tired all day long. I have a sleeping problem so I can't focus on my job. What do you suggest?



Dr. Jason: I'm really sorry to hear this. Do you drink coffee before bed? If yes, you should stop doing this. You need to drink herbal tea or warm milk.



Lisa: Hello, Dr.Jason! I'm a housewife and I have twin daughters. I get tired quickly. I always feel a terrible pain on my back. I need something to feel more energetic.



Dr. Jason: I see, it should be hard for you. You should do some exercises to strenghten your back muscles. Also you need to have a rest.

	HEALTH PROBLEMS	FEELING	NEED
JENNY	broken arm	terrible	
THOMAS		tired	herbal tea and warm milk
LISA	backache		do exercise and have a rest



2. Match the health problems with the suggestions.

a) sleeping problem

b) broken arm

c) backache

☐ 1. do exercises

☐ 2. stop drinking coffee

☐ 3. take a painkiller

3. Answer the questions.

1. What's the matter with Jenny?

.....

2. How does Jenny feel?

.....

3. What does Thomas need to drink to feel calm and relaxed?

.....

4. What's wrong with Lisa?

.....

5. What does Dr.Jason suggest Lisa?

.....

4. Imagine that you are Dr. Jason. One of your friends has a medical problem. He/She expresses his/her feelings and symptoms. You give some suggestions to him/her as in the example.

A: I feel tired and I am cold. I think I have a flu.

B: You should drink linden tea and have a rest.



LISTENING



Grade	5
Function	Expressing illnesses, needs and feelings.
Skills	Listening. Listening for specific information. Listening integrated with reading.
Duration	30 mins.
Materials Required	Lead in activity in Appendix A. Track 15 for listening activities in Appendix B. Track 16 for pronunciation.
Aims	To practice illnesses. To review needs and feelings.
Procedures	<ol style="list-style-type: none"> 1. The teacher asks the students to match the first aid materials with the pictures as a lead in activity in Appendix A. 2. The teacher plays Track 15 and asks the students to reorder the steps of first aid. 3. The teacher asks the students mark the statements as true or false. 4. The teacher asks the students to listen and repeat the sentences in Track 16 for pronunciation. 5. The teacher asks the students to make conversation with their friends as in the example. 6. The teacher asks the students to share their answers with the whole class.

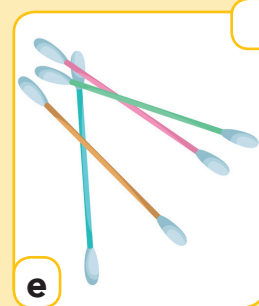
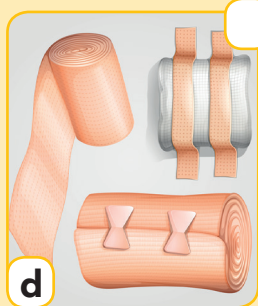
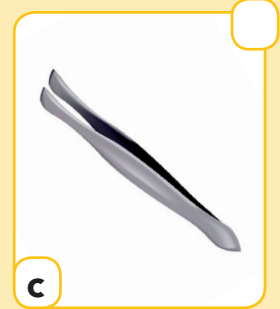


Appendix A

Lead in

Match the first aid materials with their names.

1. Scissors
2. Tweezers
3. Cotton applicators
4. Bandages
5. First aid kit



Track 15

1. You are at the first aid training. Listen to the texts and reorder the steps.

If someone has a HEAT STROKE,
 Loosen clothing.
 Cover with a wet cloth.
 Take them to the coolest place.

a

If someone is CHOKING,
 Don't allow them to sit.
 Hit them firmly on their back.
 Give them water to drink.

b

If someone has a NOSE BLEED,
 Pinch their nose for 10 minutes.
 Help them to lean their head forward.
 Call an adult if serious.

c

If someone has a BURN,
 Make cool compress.
 Remove their clothes.
 Keep the burn under cold water.

d

LISTENING



2. Mark the statements as T (true) or F (false).

- | | |
|---|-------|
| 1. If someone has a heat stroke, cover them with a wet cloth. | T / F |
| 2. If someone has a nose bleed, lean their head backward. | T / F |
| 3. If someone is choking, allow them to sit. | T / F |
| 4. If someone has a burn, make cool compress. | T / F |

Track 16

Pronunciation

Listen and repeat.

I **have** a headache. She **has** a toothache.

I've a headache. She's a toothache.

3. Work in pairs. Use the words below. Make conversation with your partner as in the example.

E.g. A: I have a bad cough. I feel terrible.

B: You **need** to have a rest. You **should** drink something hot.

- E.g.** 1. a cough 2. a headache 3. a toothache 4. a stomachache
5. a diarrhea 6. a backache 7. a cold 8. an itch



Grade	5
Function	Expressing illnesses, needs and feelings.
Skills	Speaking for fluency. Speaking for accuracy.
Duration	30 mins.
Materials Required	Lead in activity in Appendix A. Speaking activity in Appendix B.
Aims	To talk about the illnesses, needs and feelings.
Procedures	<ol style="list-style-type: none"> 1. The teacher asks the students to choose the correct option as a lead in activity in Appendix A. 2. The teacher asks the students to share their answers with the whole class. 3. The teacher asks the students to describe the secret word without using the given words. 4. The teacher encourages the students who do not want to talk and helps them when necessary.



Appendix A

Lead in

Choose the correct option.



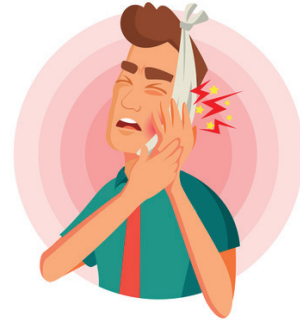
1

- a) the flu
- b) the measles
- c) a high temperature



2

- a) a backache
- b) an earache
- c) a stomachache



3

- a) an earache
- b) a sore throat
- c) a toothache



4

- a) a sore throat
- b) a fever
- c) a cold



5

- a) a stomachache
- b) a headache
- c) a backache



6

- a) a runny nose
- b) a burn
- c) a chest pain



7

- a) a broken leg
- b) a broken arm
- c) a broken nose



8

- a) the flu
- b) a cold
- c) a fever



9

- a) itch
- b) a cough
- c) a rash

SPEAKING



1. Look at the cards below. Your teacher will tell you the secret word and you describe it to your friends without using the given words.

1

* back
* painkiller
* ache

2

* dizzy
* rest
* pain

3

* dentist
* pain
* soup

4

* neck
* mouth
* bad

5

* cold
* tired
* linden tea



6

* painkiller
* pain
* leg

Useful Language

How are you today?

- I'm sick.
- I feel sick.
- Not so good.
- Not very well.

I feel...	
	
fine good great fantastic	sick awful terrible miserable



Grade	5
Function	Making simple suggestions.
Skills	Reading. Reading integrated with speaking. Reading for skimming and scanning.
Duration	40 mins.
Materials Required	Lead in activity in Appendix A. Reading activities in Appendix B.
Aims	To identify a gist of the text. To review simple suggestions.
Procedures	<ol style="list-style-type: none"> 1. The teacher asks the students to complete the questionnaire in Appendix A as a lead in activity. 2. The teacher asks the students to read the text and do the first activity in Appendix B. 3. The teacher asks the students to match the sentences with their titles. 4. The teacher asks the students to answer the questions. 5. The teacher asks students to talk to their friends about the activities that we should or shouldn't do.



Appendix A

Lead in

Complete the questionnaire.

HOW HEALTHY ARE YOU?

	YES	NO
Do you do exercise?		
Do you avoid fat food?		
Are you stressful?		
Do you eat three meals a day?		
Do you sleep regularly?		
Do you think positive?		
Do you drink herbal tea?		
Do you eat vegetables?		
Do you care about your weight?		

1-3 : You are not a healthy person!

4-6: You are good but you should try harder!

7-9: You are a healthy person!



Appendix B

1. There are 5 health tips for us. Read the tips and tick the things we should do and put a cross that we shouldn't do.

DOING EXERCISE

We should do some exercises to be healthy and keep fit but we do not belong to a gym club. Thirty minutes walk everyday helps us to be healthy. It prevents weight gain.

EATING HEALTHY FOOD

We shouldn't eat fat food. It causes weight gain and cholesterol. We should cut down on sugar in order to be healthy. Healthy food helps us to be fit and feel happier. So we should eat much fruit and vegetables.

ENOUGH SLEEP

A good sleep helps us to be healthy and fit. We should sleep at least 8 hours a day. Also, we should sleep in a dark and quiet environment because it helps us to feel more comfortable during the day. Plus, we shouldn't drink fizzy drinks.

DEALING WITH STRESS

We can't win all the time but we should accept that there are things that we can't control. Time management is the powerful way for dealing with stress. We should set a proper time for ourselves to get relaxed during the day.

THINKING POSITIVE

In order to be a healthy person, we should think positive. It affects both our mental and physical health in a good manner. Also, we should be optimistic because optimistic people develops less health problems.

1. Eat too much fat food.
2. Set a proper time to relax.
3. Sleep too much during a day.
4. Take regular exercises.
5. Drink fizzy drinks.

.....
.....
.....
.....
.....

2. Match the sentences with their titles as in the example.

- a) We should manage the time to get relaxed.
- b) We should sleep in a clean and quiet environment.
- c) We should walk everyday.
- d) We shouldn't consume much sugar.
- e) We shouldn't think pessimistic.

Dealing with stress

Doing exercises

Eating healthy food

E.g. 1. a 2. 3.

Thinking positive

Enough sleep

4.

5.



3. Answer the questions.

1. How many minutes should we walk during a day?
.....
2. Should we cut down on sugar?
.....
3. Does a good sleep help us to feel comfortable ?
.....
4. What should we do to get relaxed during the day?
.....
5. Should we be optimistic? If yes, why?
.....

4. Look at the photos and talk to your friends as in the example.

E.g. We should eat healthy food.
We shouldn't drink fizzy drinks.



LISTENING



Grade	5
Function	Making simple suggestions.
Skills	Listening. Listening for specific information. Listening integrated with reading.
Duration	40 mins.
Materials Required	Lead in activity in Appendix A. Track 17 for listening activities in Appendix B. Track 18 for pronunciation.
Aims	To develop the global listening abilities of the students. To practice simple suggestions. To develop the students' inquiry skills.
Procedures	<ol style="list-style-type: none"> 1. The teacher asks the students to match the photos with the sentences as a lead in activity in Appendix A. 2. The teacher plays Track 17 in Appendix B and asks the students to complete the texts with the information they hear. 3. The teacher asks students to complete the sentences with the correct health problems in Appendix B. 4. The teacher asks the students to match the sentences with the names in Appendix B. 5. The teacher asks the students to listen and repeat the words in Track 18 for pronunciation. 6. The teacher asks the students to work in pairs, ask and answer questions as in the example to do the information gap activity.



Appendix A

Lead in

Match the symptoms with the photos.

1



2



3



4



5



6



- a) I have a stuffed-up nose.
- b) I have a pain in my back.
- c) I have a tooth pain.
- d) My stomach hurts.
- e) I have a terrible sore throat.
- f) I have a pain in my head.

LISTENING



Appendix B

Track 17

1. Listen to the conversations and complete the texts with the information you hear.

1



Hi, I'm Judith. I have a terrible (1) in my back. When I take a deep breath, it really hurts. I think I should lie. What is the matter with me?

2



Hi, I am Richard. I can't eat anything because I have a pain in my (2) When I eat something, it hurts. I think I should (3) soup only. What is the matter with me?

3



Hello, my name is Max. I feel tired and I have an ache in my muscles and a (4) forehead. I think I need a thermometer to measure my (5) I should keep myself cool. What is the matter with me?

4



Hello, My name is Sarah. I have a (6) It makes me feel uncomfortable. I think I can't stand, I should go to bed. I need some (7) What is the matter with me?

LISTENING



2. Listen to the text again and write the health problems.

1. Judith has
2. Richard has
3. Max has
4. Sarah has

3. Match the sentences with the names.

- 1) He should drink soup.
- 2) He should keep himself cool.
- 3) She shouldn't stand.
- 4) She should use some tissues.



Track 18

Pronunciation

Listen and repeat.

Should → /ʃəd/ → You should take notes.

Shouldn't → /'ʃʊdənt/ → You shouldn't speak loudly.

LISTENING



4. Work in pairs. Ask and answer questions with your partner as in the example. Complete the missing information.

E.g. A: What is the matter with Jason?

B: He has a sore throat.

B: How does Jason feel?

A: He feels pain.

A: What should Jason do?

B: He should drink hot drinks.

Student A

	JASON	MARY	ANGELA	DANIEL
ILLNESS		backache	cold	
FEELING	pain			chilly
SUGGESTION		not carry heavy things		go to doctor

Student B

	JASON	MARY	ANGELA	DANIEL
ILLNESS	sore throat			high temperature
FEELING		bad	tired	
SUGGESTION	hot drinks		have a rest	



Grade	5
Function	Making simple suggestions.
Skills	Speaking for fluency. Speaking for accuracy
Duration	25 mins.
Materials Required	Lead in activity in Appendix A. Speaking activity in Appendix B.
Aims	To review simple suggestions. To make simple suggestions.
Procedures	<ol style="list-style-type: none"> 1. The teacher asks the students to group the illnesses as head and body for the activity in Appendix A as a lead in activity. 2. The teacher asks the students to share their answers with the whole class. 3. The teacher asks the students to work in pairs, look at the chart and talk as in the example. 4. The teacher encourages the students who do not want to talk and helps them when necessary.



Appendix A

Lead in

Group the health problems.

Head

1.
2.
3.
4.

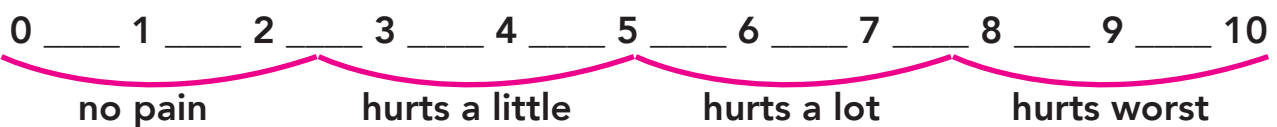
Body

1.
2.
3.
4.

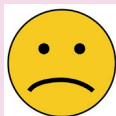
- a) a fever b) a backache
 c) a broken leg d) a headache e) a toothache
 f) a stomachache g) an earache
 h) a runny nose

1. Work in pairs. Look at the chart below and talk as in the example.

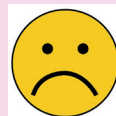
When we go to the doctor, we should describe our pain degree clearly.



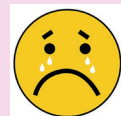
I don't have any pain.



It hurts a little.



It hurts a lot.



It hurts worst.



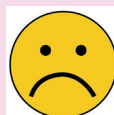
E.g. Student A: What is the matter with you?

Student B: I have a backache. It hurts a little.

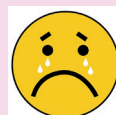
1



2



3





Idiom Time

Idiom: Pull someone's leg.

Definition: To joke with someone.

Circle the correct option.

Stop pulling my leg!

- a) You didn't have lunch with Bob!
- b) Stop pulling my leg! It hurts !



Project Time

Follow the steps below and prepare your poster as in the example.

Steps:

1. Do research about the common health problems.
2. Choose the top five of them.
3. Use pictures/photos of the health problems.
4. Prepare a poster showing the health problems, feelings and needs.

E.g. I have a terrible headache.
I feel tired and I am sad. I
need a painkiller.



ANSWER KEY

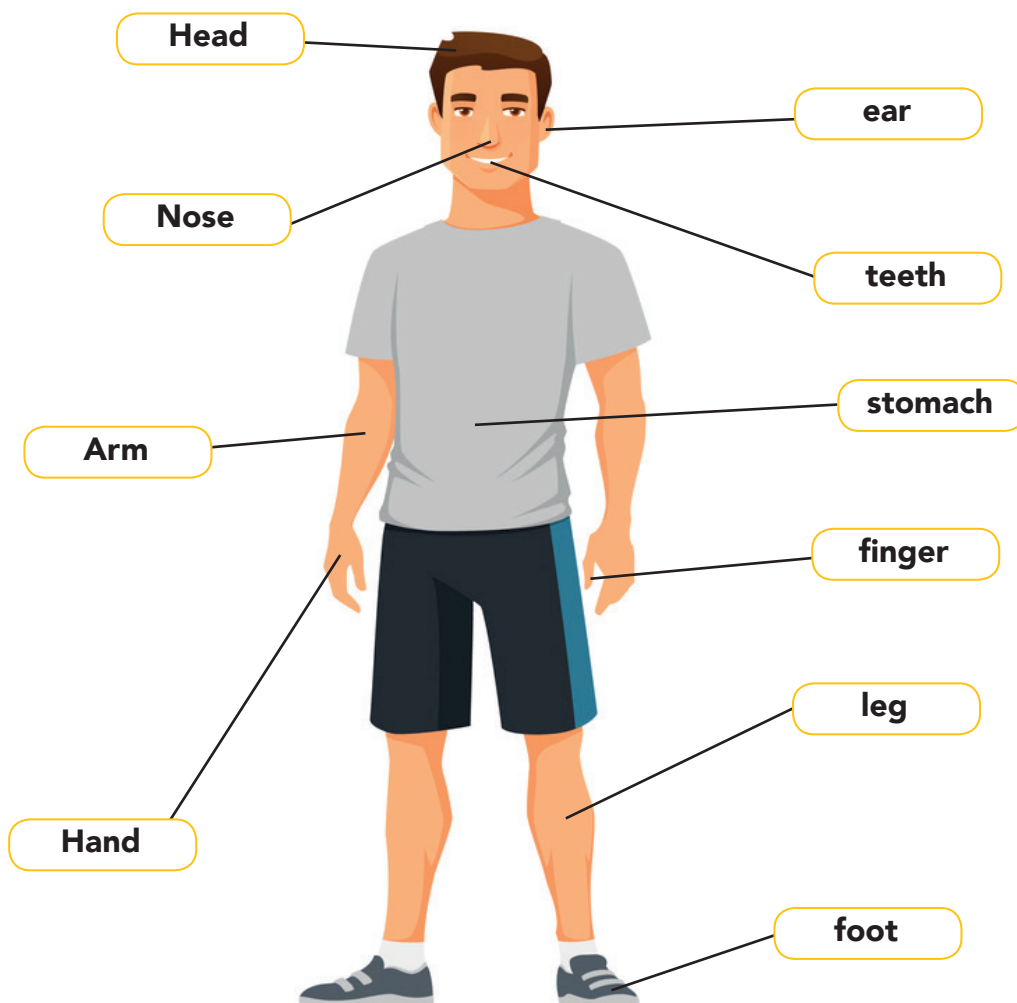
ANSWER KEY

5.5

READING

PAGE 2

LEAD IN



PAGE 3

EXERCISE 1

	HEALTH PROBLEMS	FEELING	NEED
JENNY	broken arm	terrible	a painkiller
THOMAS	sleeping problem	tired	herbal tea and warm milk
LISA	backache	pain	do exercise and have a rest

ANSWER KEY

PAGE 4

EXERCISE 2

1. C
2. A
3. B

EXERCISE 3

1. She has a broken arm.
2. She feels terrible.
3. He needs to drink herbal tea or warm milk to feel calm and relaxed.
4. She has a backache.
5. He suggests to do some exercises to strengthen her back muscles and have a rest.

LISTENING

PAGE 6

LEAD IN

1. B
2. C
3. E
4. D
5. A

EXERCISE 1

A. If someone has a HEAT STROKE,

1. Take them to the coolest place.
2. Loosen clothing.
3. Cover with a wet cloth.

C. If someone has a NOSE BLEED,

1. Pinch their nose for 10 minutes.
2. Help them to lean their head forward.
3. Call an adult if serious.

B. If someone is CHOKING,

1. Hit them firmly on their back.
2. Give them water to drink.
3. Don't allow them to sit.

D. If someone has a BURN,

1. Remove their clothes.
2. Keep the burn under cold water.
3. Make cool compress.

PAGE 7

EXERCISE 2

1. T
2. F
3. F
4. T

ANSWER KEY

EXERCISE 3

1. You should loosen clothing.
2. You should pinch their nose for 10 minutes.
3. You should remove their clothes.
4. You shouldn't allow them to sit.

SPEAKING

PAGE 9

LEAD IN

1. C
2. A
3. C
4. A
5. B
6. B
7. A
8. C
9. B

PAGE 10

EXERCISE 1

1. Backache
2. Headache
3. Toothache
4. Sore throat
5. Cough
6. Broken leg

ANSWER KEY

READING

PAGE 13

EXERCISE 1

1. Eat too much fat food. ✗
2. Set a proper time to relax. ✓
3. Sleep too much during a day. ✗
4. Take regular exercises. ✓
5. Drink fizzy drinks. ✗

EXERCISE 2

1. A 2. C 3. D 4. E 5. B

PAGE 14

EXERCISE 3

1. We should walk thirty minutes during a day.
2. Yes, we should.
3. Yes, it does.
4. We should set a proper time for ourselves to get relaxed during the day.
5. Yes, we should because it affects both our mental and physical health in a good manner.
Also optimistic people develops less health problems.

LISTENING

PAGE 16

LEAD IN

1. D 2. C 3. B 4. E 5. A 6. F

PAGE 17

EXERCISE 1

1. pain
2. tooth
3. drink
4. warm
5. temperature
6. runny nose
7. tissues

ANSWER KEY

PAGE 18

EXERCISE 2

1. backache
2. toothache
3. fever
4. runny nose

EXERCISE 3

1. A
2. C
3. B
4. D

PAGE 19

EXERCISE 4

	JASON	MARY	ANGELA	DANIEL
ILLNESS	sore throat	backache	cold	high temperature
FEELING	pain	bad	tired	chilly
SUGGESTION	hot drinks	not carry heavy things	have a rest	go to doctor

SPEAKING

PAGE 21

LEAD IN

Head

1. d
2. e
3. g
4. h

Body

1. a
2. b
3. c
4. f

ANSWER KEY

PAGE 22

IDIOM TIME

a) You didn't have lunch with Bob!

TRACK 15

1. You are at the first aid training. Listen to the texts and reorder the steps.

A. If someone has a HEAT STROKE,

1. Take them to the coolest place.
2. Loosen clothing.
3. Cover with a wet cloth.

B. If someone is CHOKING,

1. Hit them firmly on their back.
2. Give them water to drink.
3. Don't allow them to sit.

C. If someone has a NOSE BLEED,

1. Pinch their nose for 10 minutes.
2. Help them to lean their head forward.
3. Call an adult if serious.

D. If someone has a BURN,

1. Remove their clothes.
2. Keep the burn under cold water.
3. Make cool compress.

TRACK 16

Pronunciation

Listen and repeat.

I have a headache.

I've a headache.

She has a toothache.

She's a toothache.

TRACK 17

1. Listen to the conversations and complete the texts with the information you hear.

1. Hi, I'm Judith. I have a terrible pain in my back. When I take a deep breath, it really hurts. I think I should lie. What is the matter with me?

2. Hi, I am Richard. I can't eat anything because I have a pain in my tooth. When I eat something, it hurts. I think I should drink soup only. What is the matter with me?

3. Hello, my name is Max. I feel tired and I have an ache in my muscles and a warm forehead. I think I need a thermometer to measure my temperature. I should keep myself cool. What is the matter with me?

4. Hello, my name is Sarah. I have a runny nose. It makes me feel uncomfortable. I think I can't stand, I should go to bed. I need some tissues. What is the matter with me?

ANSWER KEY

TRACK 18

Pronunciation

Listen and repeat.

You should take notes.

You shouldn't speak loudly.

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Sayfa 10

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Sayfa 14

122445758 (22 Aralık 2019-14:03)
107252969 (22 Aralık 2019-14:04)
65163327 (22 Aralık 2019-14:06)
121896882 (22 Aralık 2019-14:08)
84789754 (22 Aralık 2019-14:09)
129083854 (22 Aralık 2019-14:10)
42024704 (22 Aralık 2019-14:12)
49885154 (22 Aralık 2019-14:14)

Sayfa 16

71216777 (22 Aralık 2019-14:16)
75337328 (22 Aralık 2019-14:18)
101453488 (22 Aralık 2019-14:20)
110660180 (22 Aralık 2019-14:22)
105637730 (22 Aralık 2019-14:24)
165456624 (22 Aralık 2019-14:26)

Sayfa 17

122952539 (23 Aralık 2019-09:30)
151154995 (23 Aralık 2019-09:33)
55487525 (23 Aralık 2019-09:34)
74724247 (23 Aralık 2019-09:36)

Sayfa 18

151154995 (23 Aralık 2019-09:37)
122952539 (23 Aralık 2019-09:38)
55487525 (23 Aralık 2019-09:39)
74724247 (23 Aralık 2019-09:42)

Sayfa 21

Bu görsel komisyonumuz tarafından oluşturulmuştur.

Sayfa 22

Bu görsel komisyonumuz tarafından oluşturulmuştur.
49570989 (23 Aralık 2019-09:44)

ID numaraları bulunan görsellere www.dreamstime.com adresinden Aralık 2019-Temmuz 2020 tarihleri arasında erişim sağlanmıştır.