

3



Why do we get sick?

1 3.1 Watch the video and answer the questions.

- 1 Where is Patty?
- 2 What's the matter with her?

2 3.1 Watch the video again and sort.



drink water put on a bandage stay home take medicine



Treatments
or advice

➤ Which child has the same problem as Patty?

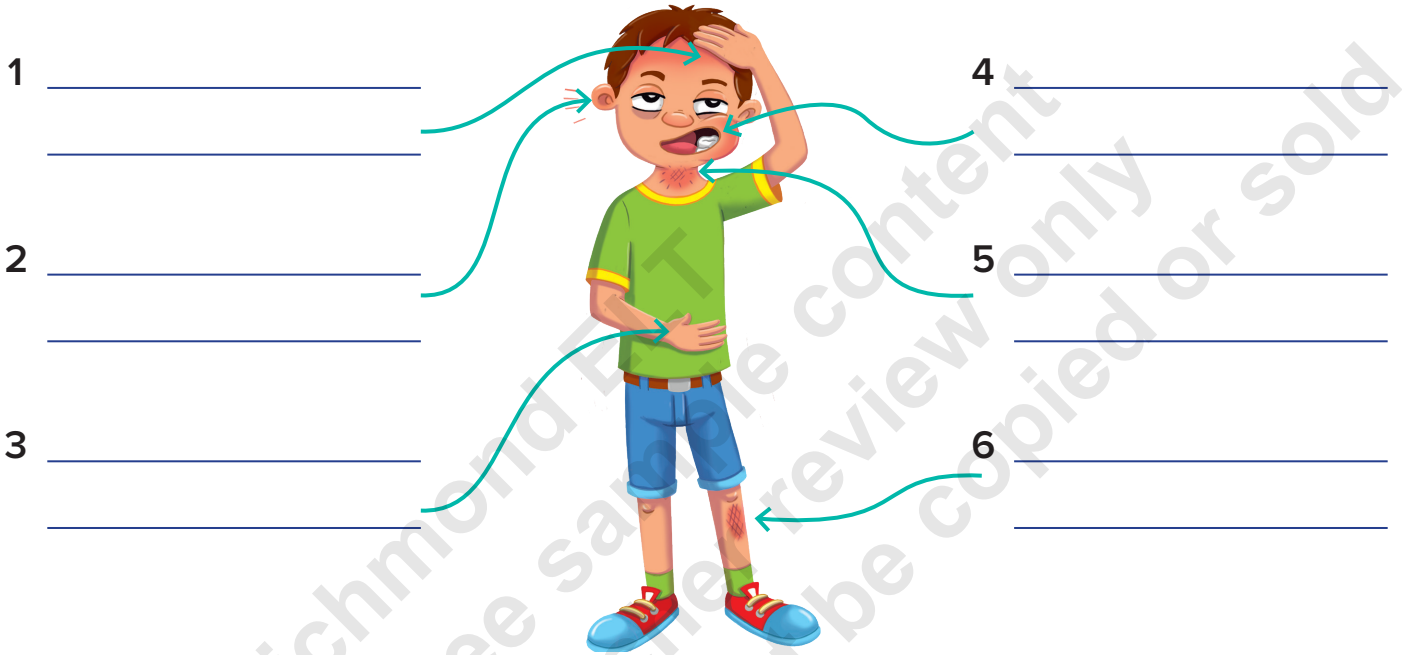
3 Complete the sentences about Patty.

- 1 Patty should go to the _____.
- 2 Patty should take _____ and
drink _____. She shouldn't go to
_____.

➤ 3.1 Watch the video again and check.

1 Look at the body parts and label the health problems.

have a fever have a sore throat have a stomachache
have a toothache have an earache my leg hurts



2 3.1 Listen and choose the correct action.



cough / sneeze



cough / sneeze



Spell It

Some words have different spellings for sounds.
In the word *cough*, the letters *ough* make the same sound as the word “off.”
In the word *ache*, the letters *ch* make the same sound as the letter *k*.

Practice spelling these words:
cough *earache*
stomachache *toothache*

3 Match the descriptions with the health problems.

1 My tooth hurts when I eat!

2 My temperature is 38 degrees!

3 It hurts when I drink water.

4 I have a cut on my knee.

a I have a fever.

b My knee hurts.

c I have a toothache.

d I have a sore throat.

1 Read the table and complete the examples.

Should / Shouldn't

We use *should* and *shouldn't* to give advice.

Affirmative	Negative
I should take medicine.	I shouldn't go to school with a fever.
You ¹ _____ rest your leg.	You shouldn't walk on your leg today.
He/She/It should eat soft foods.	He/She/It ² _____ eat hard candy.
We ³ _____ stay in bed.	We shouldn't be in class today.
They should drink hot tea.	They ⁴ _____ talk very much.

►  **G3.1** Watch the video and check.

2 Unscramble the sentences.

1 should / Her parents / take her temperature.

2 medicine. / They / should / give her

3 go to school / shouldn't / Sadie / today.

4 and drink water. / She / rest / should

3 Read and choose the correct word.

1 We **should** / **shouldn't** share food when we're sick.

2 If you have a stomachache, you **should** / **shouldn't** lie down and rest.

3 They **should** / **shouldn't** sneeze or cough on other people.

4 His foot hurts, so he **should** / **shouldn't** run.

5 I have a cold, so I **should** / **shouldn't** stay home today.



4 3.2 Listen and repeat.

- 1 good 3 should not
2 should 4 shouldn't



Say It

In the word *should*, the letters *ould* make the same sound as *good*.

The word *shouldn't* is a contraction of *should not*. The word stress is on the first syllable.

The second syllable is pronounced /ənt/.

5 Look at the pictures and write *should* or *shouldn't*.

- 1 I have an earache, so I _____ go to the doctor.
2 Eric _____ talk much. He _____ drink hot tea with lemon.
3 Paul _____ leave his used tissues around. He _____ throw them away.
4 I have a stomachache. I _____ eat any candy today.



3.3 Listen and repeat.

6

3.4 Listen and choose *T* (true) or *F* (false).

- | | |
|---|-------|
| 1 You should stay home if you have a fever. | T / F |
| 2 You should cover your mouth when you cough. | T / F |
| 3 You shouldn't sneeze into a tissue. | T / F |
| 4 You should throw the tissue away. | T / F |
| 5 You shouldn't wash your hands. | T / F |

7 Write two sentences about yourself:

- one thing you should do when you're sick
- one thing you shouldn't do when you're sick

I should take medicine.

Brie Shares a Cold

Reading

When Brie wakes up, she has a cold. She's coughing and sneezing. But she gets up anyway. She wants to go to school with her sisters. They do everything together!

On the bus, Brie and her sisters share some carrot muffins. Brie sneezes on the muffins, but no one notices.

A few days later, Brie is still coughing and sneezing, so she goes to the school nurse. Her sisters are there! They're coughing and sneezing, too.

"You should all go home!" says the nurse. "You shouldn't be at school."

At home, their mother tucks them into bed and gives them warm carrot soup. "It's nice that you share everything," she says. "But you shouldn't share a cold!"



Sequencing Events

A story happens in an order. As you read, think about the order of events:

- What happens **first**?
- What happens **next**?
- What happens **after that**?
- What happens **last**?

1 Look at the title of the story and the picture. What is the story about?

▶  3.5 Listen and follow to check.

2 Number the events of the story in order.

☐ _____, Brie goes to the school nurse and sees her sisters there.

☐ _____, Brie wakes up with a cold.

☐ _____, Brie's mother gives her and her sisters warm carrot soup.

☐ _____, Brie and her sisters share carrot muffins.

▶ Complete the sentences with sequence words.

After that First Last Next

3 What advice can you give Brie for the next time she has a cold?

Next time, Brie shouldn't go to school.

1 3.6 Listen. What is the doctor doing?

➤ Match the children with the treatments.

1



Tim

2



Lily

3



Wes

a



b



c



2 3.6 Listen again and make predictions.
What's the matter with each child?

1 Tim's _____.

2 Lily has _____.

3 Wes has _____.



Predicting when Listening

Think about the information you already know.
Guess what people say next.
Make predictions.

➤ 3.7 Listen and check your predictions.

3 Make predictions. What advice does the doctor give each child for the next day?

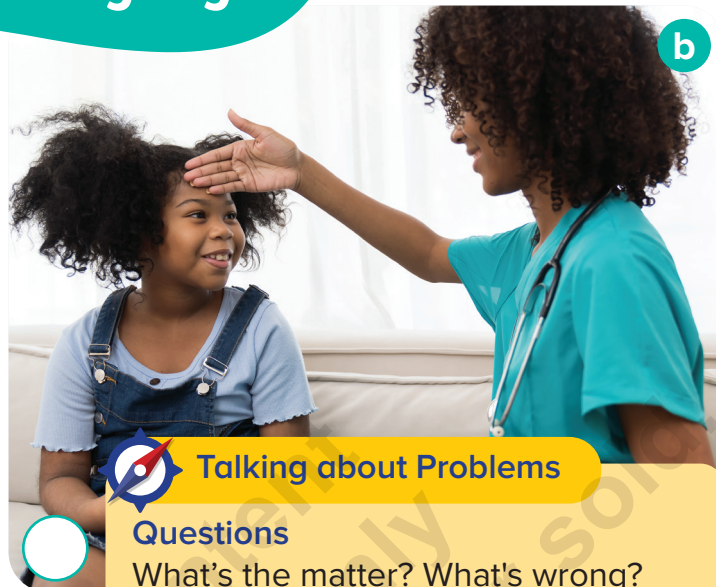
1 Tim should _____. He shouldn't _____.

2 Lily should _____. She shouldn't _____.

3 Wes should _____. He shouldn't _____.

➤ 3.8 Listen and check your predictions.

Functional Language



Talking about Problems

Questions

What's the matter? What's wrong?
How are you feeling?

Showing Sympathy

I'm sorry. That's too bad. That's terrible!

- 1 3.9 Listen and choose the correct picture.
- 2 3.9 Listen again. Match the dialogue.

Question	Answer	Showing Sympathy
1 How are you feeling?	I have a cut.	I'm sorry!
2 What's the matter?	My leg hurts a lot!	Oh, that's too bad.
3 What should I do next?	You should rest your leg.	That's terrible!

- 3 Complete the dialogue. Write what you think the nurse says.

Patient: I feel terrible!

Nurse: _____

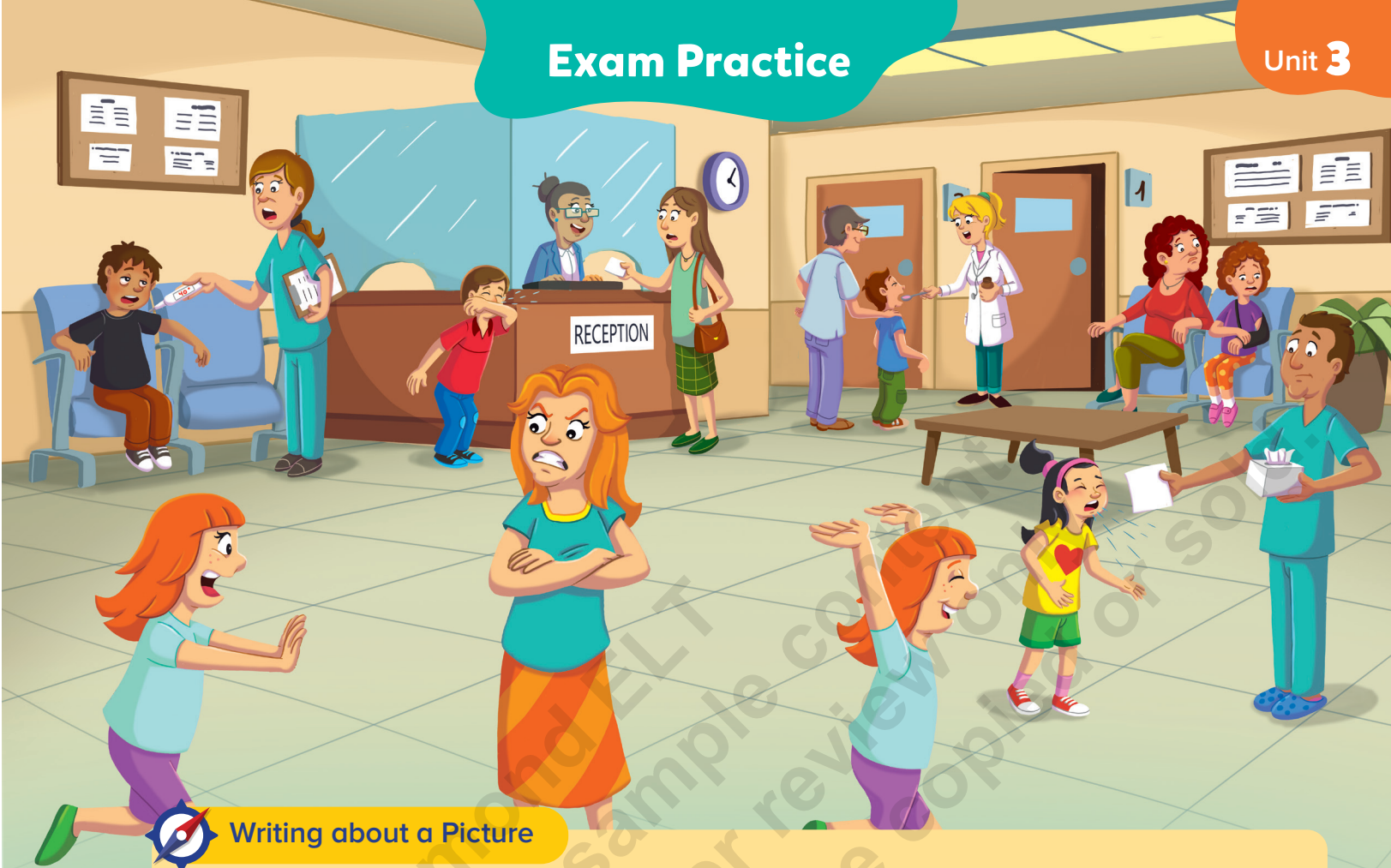
Patient: My forehead feels hot. I feel hot and cold!

Nurse: _____

Patient: Can I go back to class?

Nurse: _____

- 3.10 Listen and act out.
- 3.11 Listen and check. Was your advice the same?



Writing about a Picture

Look at the picture. What does it show? What are the people doing?

Next, read the questions carefully. Do you write one word? Do you answer with two or three words? Do you write a sentence? Then write. Make your writing clear and simple.

1 Look at the picture and complete the sentences.

- 1 The doctor is giving _____ to the boy in the blue shirt.
- 2 The boy in the red shirt is _____.

2 Look again and answer the questions.

- 1 What should the girl in the yellow shirt do?

- 2 What's wrong with the girl in the purple shirt?

3 Look again. Write two sentences about the picture.

- Check your sentences. Did you write about two different things in the picture?

Writing A Letter

1 Read and complete the text.

Dear feeling From miss should sorry

¹ _____ Kevin,

How are you ² _____? I'm ³ _____ your leg hurts and you can't play in the game on Saturday! You ⁴ _____ rest and get better. You shouldn't run or jump. Then you can join the team again soon. We ⁵ _____ you! Get better soon!

⁶ _____, Jack

▶ 3.12 Listen and check.

2 Write the correct end punctuation.

- 1 What's the matter _____
- 2 Our team is fantastic _____
- 3 We have a game on Saturday _____



End Punctuation

Use the correct punctuation mark at the end of each sentence.

Statement (.)	<i>I have a cold.</i>
Question (?)	<i>How are you?</i>
Exclamation (!)	<i>Get well soon!</i>

3 Write a letter to a sick friend. Complete the sentences. Add end punctuation.

Dear _____,

How _____

I'm sorry _____

You should _____

Get _____

From, _____

▶ Check your writing for correct end punctuation.

1 Look and choose the correct word.



brush / wash my teeth



comb / take my hair



brush / wipe my mouth



take / use a shower



brush / wash my hands



wash / use hand gel



comb / cut my nails



comb / wash my face

2 Listen and number in order.

___ cut my nails ___ take a shower
___ brush my teeth ___ comb my hair

3.14 Listen and check.

**Word
Challenge**

Countdown! Write: **4** head hygiene habits

3 hand hygiene habits

2 things you do after meals

1 hygiene habit to keep your body clean

Answers: 4 brush my teeth, comb my hair, wash my face, wipe my mouth 3 cut my nails, use hand gel, wash my hands 2 wipe my mouth, brush my teeth 1 take a shower

1 Read the table and complete the examples.

Adverbs of Frequency

We use adverbs of frequency to say how often we do things.

Adverbs of frequency usually go before the action.

always = I do it all the time.

I ¹ _____ wake up at 7:00 a.m.

² _____ = I do it most of the time.

I **usually** eat cereal for breakfast.

sometimes = I do it occasionally.

I ³ _____ ride the bus to school.

⁴ _____ = I don't do it at all.

I **never** forget my homework!

To ask about frequency, we use *How often...*?

How often ⁵ _____ you bring your lunch? I sometimes bring my lunch.

►  **G3.2** Watch the video and check.

2 Look at Jay's hygiene log. Complete the sentences.

always never sometimes usually



	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
wash my face	✓				✓		
take a shower		✓	✓	✓		✓	✓
comb my hair							
brush my teeth	✓	✓	✓	✓	✓	✓	✓

1 I _____ wash my face. 3 I _____ comb my hair.

2 I _____ take a shower. 4 I _____ brush my teeth.

3  3.15 Listen to Emily talk about her hygiene habits. Then choose *T* (true) or *F* (false).

- 1 Emily never washes her face in the morning. T / F
- 2 Emily usually brushes her teeth after breakfast. T / F
- 3 Emily sometimes bites her nails. T / F
- 4 Emily always cuts her nails. T / F
- 5 Emily usually combs her hair before school. T / F



4 Unscramble the questions.

- 1 do you / How often / brush / your teeth?

I **always** / **sometimes** brush my teeth.

- 2 How often / take a shower? / you / do

I **never** / **always** take a shower.

- 3 comb / How often / your hair? / do you

I **usually** / **never** comb my hair.

- 4 do you / How / your nails? / bite / often

I **never** / **sometimes** bite my nails.

► Read about Dylan. Then read the questions again and choose his answers.

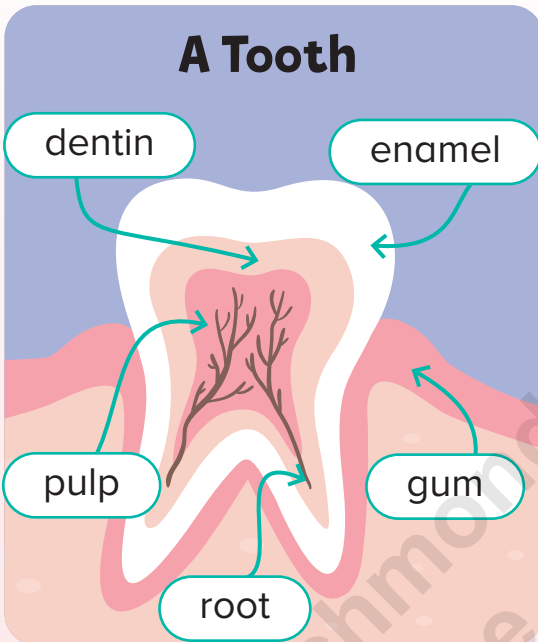
I'm Dylan. I like to take care of myself. I brush my teeth and take a shower every day. I comb my hair most of the time, but some days I forget. I never bite my nails. It's better to cut them!



1 Look at the pictures. What is the text about?

➤ 3.16 Listen and follow to check.

Healthy Habits for Healthy Teeth



The hard part outside of each tooth protects the soft parts on the inside. But foods and drinks with sugar stick to the teeth. Over time, they can make small holes in the enamel. Then the soft parts inside your tooth hurt a lot. You get a toothache!

How can you take care of your teeth? You should brush your teeth twice a day. You should floss, too. And you shouldn't eat foods or drinks with sugar!



2 Look at the diagram and answer the questions.

- 1 What is the part outside of your tooth called?
- 2 What are the soft parts inside called?
- 3 What part of the tooth is under the gum?

3 Look at the photo. Complete the sentences about how to floss your teeth.

between move water

Slide the floss ¹ _____ two teeth. ² _____ the floss up and down. Then rinse your mouth with ³ _____.

4 Did you know? We get adult teeth when we are 6–12 years old. How many teeth do you have now?

I have thirty teeth.



Using Visuals

Visuals help us understand a text better:

- Maps show where things happen.
- Diagrams show information in a simple picture.
- Photos show real people and places.

- 1  3.17 Listen and underline the correct answer. What can make you sick?



- a resting and taking medicine
- b viruses and bacteria
- c coughing and sneezing



Listening for Frequency

Listen for:

- the question: *How often?*
- adverbs of frequency: *always, usually, sometimes, never.*
- phrases about frequency: *every day, every week.*

- 2  3.17 Listen again and answer the questions.

1 How often does Jade get a virus?

2 How often should she wash her hands or use hand gel?

3 What should she never do?

- 3  3.18 Listen and complete the sentences. Some words are used twice.

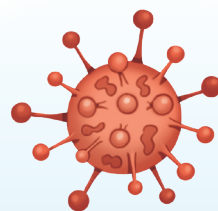
always bacteria doctor drink water
rest usually take medicine

1 Viruses _____ go away if you
_____ and _____.

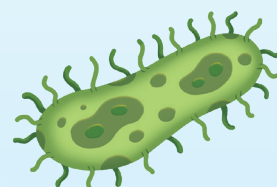
2 Sometimes you can _____.

3 You should see a _____ if you get
sick because of _____.

4 You should _____ follow what the
_____ tells you to do.



virus



bacteria

1  **3.2a** Watch the beginning of the video and answer the questions.

- 1 Where is Anna going to go?
- 2 What's the matter with her classmates?

2  **3.2b** Watch the middle of the video and underline the correct answers.

- 1 What habit shouldn't Anna do?
 - a bite her nails
 - b comb her hair
 - c cut her nails
- 2 Why shouldn't she do this habit?
 - a It can get germs in her mouth.
 - b It can make her hands dirty.
 - c It can spread her germs to other people.



Staying on Topic

The topic is what you are talking about.
Think about your ideas before you speak.
Is your idea about the topic?
If not, don't say it.

3  **3.2c** Watch the end of the video and complete the sentence:

The group is talking about

but Lucy is talking about



4  **3.19** Listen to the prompts. Think about what you want to say.

➤ Listen again and share your ideas. Remember to stay on topic.

5  **3.20** Listen and check. Were your ideas the same?

- 1 When you have a sore _____t, you should drink hot tea.
- 2 If your leg _____s, you shouldn't walk or run on it.
- 3 You shouldn't _____g on other people.
- 4 Use a thermometer to find out if you have a _____e _____.
- 5 If you have an e _____, a doctor can treat your ear.
- 6 Always take a _____o _____ to clean your body after you exercise.
- 7 They _____o _____ forget to wash their hands before they eat.
- 8 How often do you w _____ your face?
- 9 He _____ I _____ gets sick in the winter.
It happens almost every year!
- 10 I n _____ bite my nails. I always cut them.
- 11 You can use hand _____ I _____ to clean your hands without water.

1 Complete the words in the puzzle.

cough earache fever gel hurts never
shower sometimes throat usually wash

➤ Complete the message using the red letters.

G _____ **t** **w**e _____ **I** **s** _____ **n**!

2 Read and write *should* or *shouldn't*.

- 1 You _____ brush your teeth.
- 2 You _____ eat much junk food.
- 3 You _____ always sneeze into a tissue.

3 Answer in complete sentences. How often do you...

- comb your hair in the morning?
- wipe your mouth after you eat?
- cough or sneeze on others?
- throw away tissues after you use them?

I usually wipe my mouth after I eat.