



Why do we get sick?

1 Look at the picture and answer the questions.

- 1 Where is the girl?
- 2 What's the matter?
- 3 How can she feel better?

▶ **3.1** Watch the video. What does the doctor say?

2 Do you do the actions to get better?



go to the doctor



use a tissue



take your temperature



take medicine



put on a bandage



STEAM Project 3

The Sneeze Machine

How can we stop germs from spreading in our class?

Vocabulary Health Problems

1



have a sore throat

2



cough

3



have a stomachache

4



have a fever

6



sneeze

7



have a toothache

5



my (leg) hurts

8



have an earache

1 3.1 Listen and repeat.

2 Match the health problems with the actions.

cover your mouth drink water go to the dentist
go to the doctor put on a bandage
take your temperature use a tissue take medicine

3 Act out a health problem. Your classmate guesses the problem and says an action.

Your head hurts. Go to the school nurse.



How is your day different when you're sick? What do you do? What don't you do?





1 3.2 Listen and follow. Why does Ben sneeze?

2 Read the comic. Are the actions good ideas (✓) or bad ideas (X) for Ben?

1 use a tissue ☐ 2 smell the flowers ☐ 3 go home ☐

➤ Which words does Kim use to give advice? Underline them in the comic.



Should / Shouldn't

✓ You **should** take medicine. X You **shouldn't** stay outside.

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

- 1 You _____ cover your mouth when you cough.
- 2 You _____ take medicine before you ask an adult.
- 3 You _____ go to school when you're sick.

4 Say a health problem. Your classmate gives you advice.



Find out what people are allergic to. What advice can you give them?

Reading

1  3.3 Listen and label the pictures.

hug remote rest share



2 Look at the pictures in the story and choose.
What do you think happens?

- a The family goes to the beach. ☐
- b The boy goes to the doctor. ☐
- c The family gets sick. ☐



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**?

➤  3.4 Listen and follow to check.

3 Read the story and write the events in order.

Gerald shares his juice with Leo. Gerald coughs on Papa.
Papa, Mama and Leo are sick. Gerald sneezes on the remote.

First,



Next,



After that,



Last,

4 Discuss. How do Mama, Papa and Leo get sick? Do you stay home and rest when you get sick?



The Cold

On Friday, Gerald wakes up with a cold. He's coughing and sneezing.

"You should stay in bed," Mama says. "You should rest and get better. Remember, we're going to the beach tomorrow!"

But Gerald doesn't want to rest. He gets up to watch TV. He sneezes on the remote.

"You should use a tissue when you sneeze!" Mama says. She takes the remote away from him. "Back to bed, Gerald!"

But Gerald is thirsty. He pours a large glass of juice. He shares some with his little brother, Leo.

"Gerald," Mama says, "you shouldn't share a drink when you're sick!"



Mama gives Gerald some medicine. He sleeps all afternoon. He doesn't wake up until Papa comes home.

Papa hugs Gerald. "How are you feeling?" he asks. Gerald coughs on Papa. "Gerald," says Mama, "you should cover your mouth when you cough!"

On Saturday, Gerald wakes up feeling much better. He can't wait to go to the beach! But now Mama, Papa and Leo are coughing and sneezing.

"You should stay in bed," Gerald says. "You should rest and get better!"

Mama laughs. "OK," she says. "We'll go to the beach on Sunday, instead."



Listening

1 Look at the picture. Where are the children?



2 3.5 Listen and label the children in the picture.

Abby Bob Zack

3 Discuss and make predictions. What advice does the doctor give to Abby, Bob and Zack?

Bob should...

Abby shouldn't...



Predicting When Listening

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

► 3.6 Listen and check your predictions.

4 3.6 Listen again and complete the doctor's advice.

1 You shouldn't _____ any food this morning.

You should _____ until you feel better.

2 You shouldn't _____ nuts.

You should _____ some medicine.

3 We should _____ a bandage on it.

You shouldn't _____ or _____

for a few days.

Discuss. When should you go to the doctor? When should you stay home and rest?



1 Doctor, I feel _____.

3 My _____
hurts.

5 I have a sore
_____.

7 What _____ I do?

2 What's _____?

4 I'm _____.
Is there anything else?

6 That's too bad. You
have a _____.

8 You should take this
_____.

1 3.7 Listen and complete what the doctor and patient say.

2 3.7 Listen again and choose the phrases the doctor uses.

a What's the matter? ☐

b What's wrong? ☐

c I'm sorry. ☐

d That's too bad. ☐



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!

3 Act out a conversation between a doctor and a patient.

Patient

Say how you feel.

Say what hurts.

Answer.

Ask for advice.

Doctor

Ask about the problem.

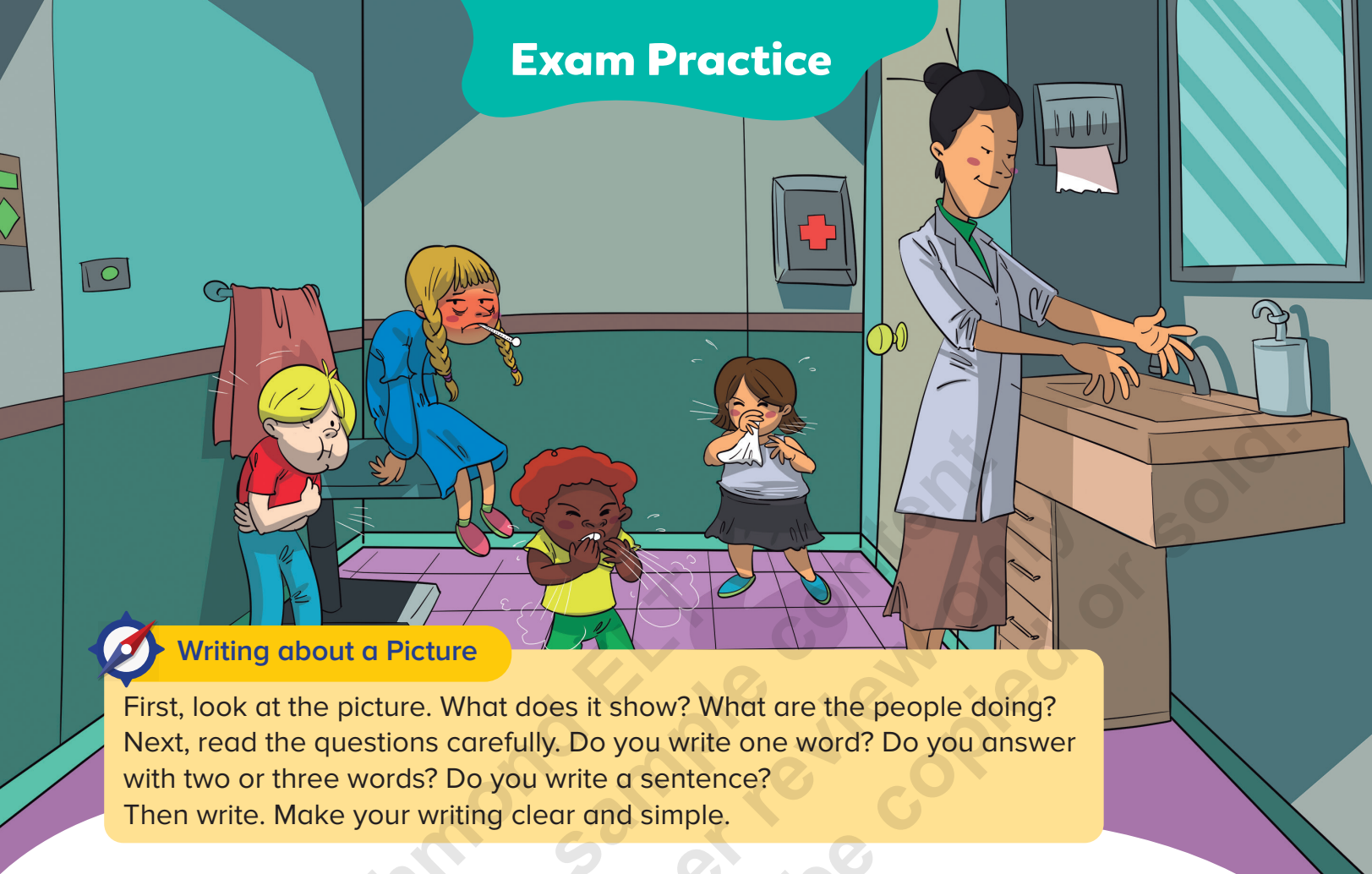
Show sympathy and ask
more questions.

Name the problem.

Give advice.



Act out a
different type
of problem. Ask
questions and
show sympathy.



Writing about a Picture

First, 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 Read the sentences. What do you need to write?

- 1 The boy in the red shirt has a _____.
- 2 The girl in the blue dress has a _____.

➤ Look at the picture and complete the sentences.

2 Read the questions. Then look at the picture again and answer.

- 1 What is the boy in the yellow shirt doing?
He's _____.
- 2 What is the girl in the black skirt doing?
She's _____.

3 Write two sentences about the picture.

The school nurse is washing her hands.

- 1 _____
- 2 _____



1 3.8 Listen and follow.

Dear Alec,
How are you feeling?
I'm sorry you have a cold.
We miss you at school.
We're learning about health in
English class. It's really interesting!
You should rest, and you shouldn't play any sports.
Get better soon!
From Maya

Get well soon!

2 Read the letter and discuss.

- 1 Who is the letter from?
- 2 Who is the letter to?
- 3 What is the letter about?

3 Write the correct punctuation (. ? !).

- 1 How are you feeling_____
- 2 It's really interesting_____
- 3 We miss you at school_____



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>

4 Complete the letter with your own ideas.

Dear _____,
How are you? I'm sorry your _____ hurts. We miss
you at school. We're learning about _____ in
_____ class. It's really _____! You should
_____, and you shouldn't _____.
Get well soon!
From _____

Vocabulary Hygiene Habits

1



brush my teeth

2



comb my hair

3



wash my face

4



use hand gel

5

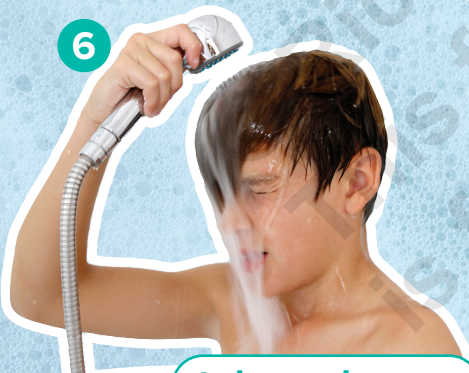


cut my nails

This is the way
I brush my teeth,
brush my teeth,
brush my teeth.

This is the way
I brush my teeth
to keep me neat
and clean.

6



take a shower

7



wipe my mouth

8



wash my hands

1



3.9 Listen and follow.



Listen again, sing and do the actions.

2

Discuss. When do you do the hygiene habits?

I brush my teeth in the morning and at night.

I use hand gel before school.



Add another hygiene habit to the song.

1  3.10 Listen and look at Brad's hygiene log.




My Hygiene Log



	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.	Sun.
take a shower	✓	✓	✓	✓	✓		
use hand gel		✓					✓
cut my nails							
brush my teeth	✓	✓	✓	✓	✓	✓	✓

2 Look at the hygiene log again and complete the sentences.

always never sometimes usually

- 1 How often does Brad take a shower? He _____ takes a shower in the morning.
- 2 How often does he use hand gel? He _____ uses hand gel.
- 3 How often does Brad cut his nails? He _____ cuts his nails.
- 4 How often does he brush his teeth? He _____ brushes his teeth after meals.

➤  3.10 Listen again and check.



Adverbs of Frequency

How often do you wash your face?

I always / usually / sometimes / never wash my face.

3 Ask and answer about your hygiene habits.

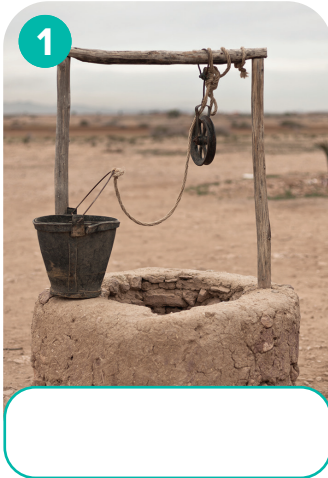
How often do you...?

I always / usually /
sometimes / never...


Think about your
hygiene habits.
Which habits
should you
do more?

1 Label the pictures.

bottle river village well



➤  3.11 Listen and check.



Using Visuals

2 Look at the title and pictures in the reading text. What is it about?

➤ Read the text to check.

3 Look at the map, diagram and photo. Answer the questions.

- 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 Where does Habiba live? _____

2 How does the well work? _____

3 What can the children do with clean water? _____

➤ Read the text again and add more details to your answers.

4 Discuss. How does the well help Habiba? Is the water clean where you live?

A Short Walk to Clean Water

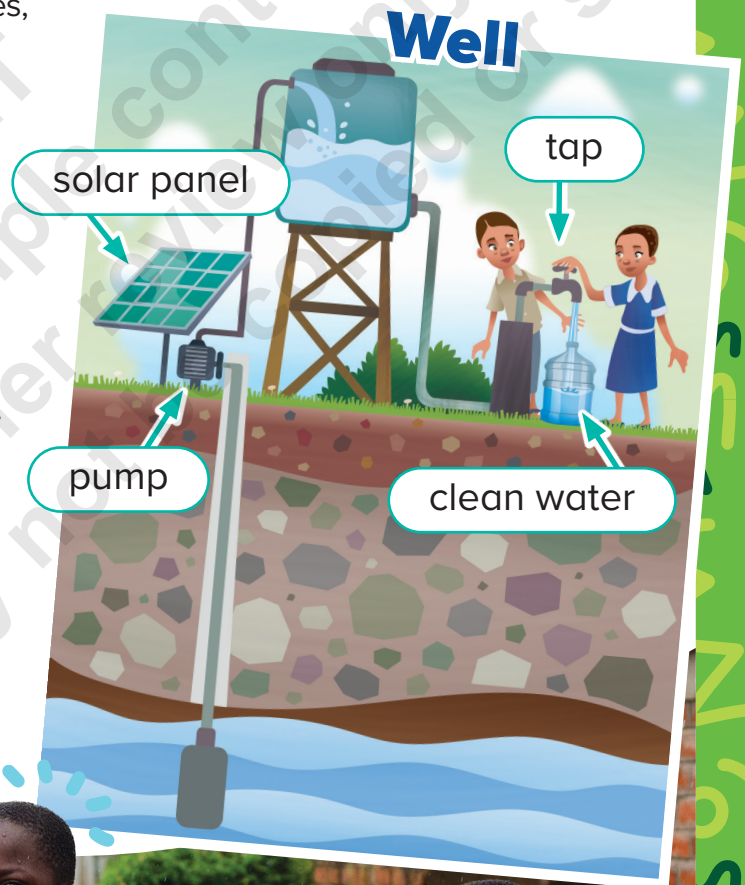


Millions of people around the world don't have clean water. Some children collect water for their families every day. They take large plastic bottles to rivers far from their villages. They fill the bottles with river water. Then they carry the heavy bottles back home. Sometimes, they don't go to school because they are so tired.

People drink the river water. They cook and wash with it. But the water is not clean. People shouldn't use this water because it can make them very sick. Children never go to school when they are sick.

Habiba lives in Zambia. Her village has a new well. A well takes clean water from deep under the ground. Now, everyone in her village can use the well to get clean water.

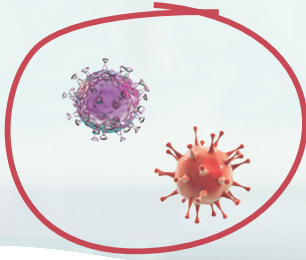
Habiba doesn't walk far to collect water. In the morning, she usually takes a shower and washes her face. She always washes her hands before meals. Now, she does not get sick. Habiba and her friends go to school every day, and they have a lot of fun!



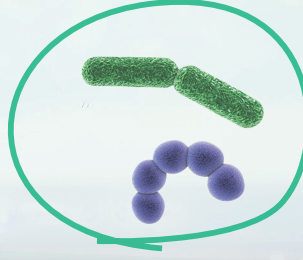
Listening

DOES ANYONE KNOW ABOUT... ?

VIRUSES



BACTERIA



1 3.12 Listen and choose what the talk is about.

- a help for a stomachache ☐
- b information about germs ☐
- c when you can see the nurse ☐

2 What does the nurse say about germs?

- 1 Germs are very **small** / **big**.
- 2 We **can** / **can't** see germs with our eyes.
- 3 Germs are **everywhere** / **only outside**.
- 4 Germs sometimes make us **sick** / **worried**.

➤ 3.12 Listen again and check.

3 3.13 Listen and complete with the adverbs of frequency.

always every day never

1



We _____
eat with dirty hands.

2



We _____
throw tissues away.

3



We brush our teeth
_____.



Listening for Frequency

Listen for:

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

➤ Discuss. How do the actions stop you from getting sick?

1 3.2 Watch the video and choose Anna's problem.

a She is sick. ☐

b She can't go to Funland. ☐

c She wants to stay well. ☐



Anna

2 3.2 Watch the video again and match. Who says it?



Tom



Hugo



Lucy

1 You shouldn't bite your nails.

2 You should wash your hands before you eat.

3 I never bite my nails. I always cut them.

3 Who stays on topic?

a Hugo ☐

b Lucy ☐

c Tom ☐

4 Read and color the ideas that are on topic.

a use hand gel

e don't touch people who are sick

b take medicine

f take your temperature

c comb your hair

d don't touch used tissues

g go to the doctor



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.



Work in groups. Discuss more ideas to help Anna stay well.

Social-Emotional Learning

1  **3.14** Listen to the conversation about values.
Choose *T* (true) or *F* (false).

- 1 Values help us decide
how to react to a situation. **T / F**
- 2 Helping someone is
showing kindness. **T / F**
- 3 Telling the truth is being honest. **T / F**
- 4 When Diego is honest,
the teacher gets angry. **T / F**



Using Your Values

Your values tell you how to act and make decisions.
They are things that are important to you.
Some values are gratefulness, honesty, kindness and responsibility.
When I ..., I am being grateful/honest/kind/responsible.

2 Read the situations and write the values.

gratefulness honesty responsibility

- 1 You really want to play in the soccer game today, but you feel sick.
You tell your mom. _____
- 2 You fall off your bike. Your friend helps you up. You smile and say,
“Thank you!” _____
- 3 You forget to wash the dishes after
lunch. You tell your dad and say,
“I’m sorry!” _____

3 Discuss. How do you show kindness?

When I make a get-well card for my sick friend, I am being kind.



What values are most important in your family? What values are most important in your country?

1 Read and choose the boxes for you.

	Great!	Good	OK
I listen to problems and show sympathy.			
I think about my ideas before I speak, and I stay on topic.			
I can sequence events.			

2 Talk about this unit.

1 Say two health problems. What actions should you do? What actions shouldn't you do?

3 Ask and answer. How often do you get sick? Use an adverb of frequency.

2 Say four hygiene habits.

4 Name an action that stops germs from spreading.

3 Discuss the questions.

- 1 What health problems can we have?
- 2 What should we do when we are sick?
- 3 What hygiene habits can we do to stay well?
- 4 How can we stop germs from making us sick?

4 Answer the big question.

Why do we get sick?

