

# The Human Body — Health

Fleydo English School • Kids • A1 • Reading • 30 min

## Lesson Objectives

- Read and understand a story about visiting the doctor
- Name parts of the body
- Say 'My ... hurts' and 'I have a...'
- Use 'should/shouldn't' for health advice
- Write about a visit to the doctor

## Part 1: Reading — Sam Visits the Doctor

It is Monday morning. Sam wakes up, but he doesn't feel well. "Mum, my head hurts," he says. "And my throat is sore."

Mum touches Sam's forehead. "Oh no, you are very hot! I think you have a temperature," she says. "You should stay in bed today. I'm calling the doctor."

At ten o'clock, they go to the doctor. In the waiting room, there are other children. A girl has a broken arm and a boy has a stomachache.

"Hello, Sam! What's the matter?" asks Doctor Green. "I have a headache and a sore throat," says Sam. "My nose is blocked too."

Doctor Green checks Sam's ears, eyes, mouth and throat. She listens to his chest with a stethoscope. "Open your mouth, please. Say 'Aaah!'" says the doctor.

"You have a cold," says Doctor Green. "It's not serious. You should drink lots of water. You should rest in bed. You should eat warm soup. You shouldn't go to school for two days."

At home, Mum makes chicken soup. Sam drinks water and takes his medicine. After two days, Sam feels much better. "My head doesn't hurt now!" he says.

## Part 2: Reading Comprehension

### Answer the questions:

1. What hurts when Sam wakes up? (His head and throat.)
2. Who do they visit? (Doctor Green.)
3. What does the doctor check? (Ears, eyes, mouth, throat and chest.)
4. What is wrong with Sam? (He has a cold.)
5. What should Sam drink? (Lots of water.)
6. How many days should Sam stay home? (Two days.)

7. What does Mum make? (Chicken soup.)

**True or False?**

1. Sam feels well on Monday. — False
2. A girl in the waiting room has a stomachache. — False (Broken arm.)
3. Doctor Green checks Sam's chest. — True
4. Sam has the flu. — False (A cold.)
5. After two days, Sam feels better. — True

**▢ Part 3: Key Vocabulary**

**Body Parts:**

Icon	Word
☐	head
☐	eyes
☐	ears
☐	nose
☐	mouth
☐	teeth
☐	arm
☐	hand
☐	leg
☐	foot

**Health Words:**

Icon	Word	Meaning
☐	headache	head hurts
☐	cold	blocked nose, sore throat
🤧	sore throat	throat hurts
☐	stomachache	stomach hurts
☐	temperature	body is very hot
☐	medicine	helps you get better

**▢ Part 4: Grammar**

**☐ "My ... hurts" / "I have a..."**

- My head hurts. = I have a headache.
- My throat is sore. = I have a sore throat.
- My stomach hurts. = I have a stomachache.

□ **"should" / "shouldn't" (advice)**

You should drink water. (= good idea)

You shouldn't go to school. (= not a good idea)

□ **"What's the matter?" = What is wrong?**

Problem	Advice
I have a headache.	You should rest and drink water.
I have a cold.	Stay in bed and eat soup.
I have a stomachache.	Don't eat a lot. Drink tea.
I have a toothache.	Go to the dentist.
My leg hurts.	Don't run. Rest.

□ **Part 5: Quiz**

1. What is wrong with Sam?

- a) A broken arm b) A cold c) A stomachache d) A toothache

2. My head \_\_\_\_.

- a) hurt b) hurts c) hurting d) is hurt

3. You \_\_\_\_ drink lots of water when ill.

- a) should b) shouldn't c) can d) must

4. You \_\_\_\_ go to school with a temperature.

- a) should b) shouldn't c) can d) like

5. What's the \_\_\_\_? I have a sore throat.

- a) problem b) thing c) matter d) question

6. What does the doctor use for Sam's chest?

- a) Thermometer b) Stethoscope c) Mirror d) Torch

⇒ **Part 6: Fill in the Blanks**

Word Box: hurts | headache | sore throat | should | shouldn't | cold | matter | medicine

1. My head \_\_\_\_\_.

2. I have a \_\_\_\_\_ and a sore throat.

3. My throat is sore. I have a \_\_\_\_\_.

4. The doctor says Sam has a \_\_\_\_\_.

5. You \_\_\_\_\_ drink lots of water.
6. You \_\_\_\_\_ go to school when ill.
7. What's the \_\_\_\_\_? I don't feel well.
8. Sam takes his \_\_\_\_\_ and feels better.


## Part 7: Speaking & Creative Writing

### Discussion Questions:

- How do you feel today?
- What do you do when you have a cold?
- Do you like going to the doctor?
- What should you eat when you are ill?
- What should you do to stay healthy?

### Role Play: At the Doctor

- Doctor: Hello! What's the matter?
- You: I have a stomachache and my head hurts.
- Doctor: Do you have a temperature?
- You: Yes, I feel very hot.
- Doctor: You should rest in bed and drink lots of water.
- You: Should I take medicine?
- Doctor: Yes. You shouldn't go to school tomorrow.
- You: OK. Thank you, Doctor!

 Write About a Visit to the Doctor! Write 5-8 sentences. Imagine you are ill. What is wrong? What does the doctor check? What should you do? Start: "I don't feel well today. My... hurts. I go to the doctor..."

### Review Checklist

- I can read a story about visiting the doctor.
- I can name parts of the body.
- I can say "My ... hurts" and "I have a...".
- I can use "should" and "shouldn't" for advice.
- I can write about a visit to the doctor.

**Congratulations! You completed Lesson 8: The Human Body — Health!**

## □ Answer Key

### Quiz Answers:

1. b) A cold
2. b) hurts
3. a) should
4. b) shouldn't
5. c) matter
6. b) Stethoscope

### Fill in the Blanks Answers:

1. hurts
2. headache
3. sore throat
4. cold
5. should
6. shouldn't
7. matter
8. medicine