Unit 3 · Health and Wellness

WORKSHEET

Full marks 32

Name _____ Class _____ Roll no. ____ Date _____ Marks _____ / 32

1 Words from the letter [3]

Match each word in Column A with its meaning in Column B. Write the letter in the box. One meaning in Column B is not needed.

Column A		Column B
1. colleague	☐	a. able to do a job well
2. competent	☐	b. real and honest
3. confidante	☐	c. a person you work with
4. premature	☐	d. a person you tell your private worries to
5. discharge	☐	e. very attractive and exciting
6. genuine	☐	f. to allow a patient to leave the hospital
		g. born before the full nine months

2 Words from the speech [3]

Fill in the blanks with the correct words from the box. Two words are not needed.

avenue	chronic	delighted	implementation	pool	unprecedented	urged	wonderfood

Diabetes is a _____ disease: once you have it, it stays with you for life. The flood brought an _____ number of patients to the health post; nobody had ever seen so many. The three schools decided to _____ their money and buy one good microscope together. The new rules are good on paper, but their _____ will take time. The headteacher _____ the parents to send their children to school every day. We tried every _____, from the ward office to the radio, to find the lost dog.

3 Reading I: A Letter from a Patient [4]

Read "A Letter from a Patient" on pages 35–36 of your English textbook. Then choose the correct answer.

i. The writer's daughter was taken to the hospital because … [1]

a. she had broken her arm.
b. she developed an extremely high fever.
c. she was born premature.
d. she could not sleep at night.

ii. Every doctor and student asked the writer the same questions, such as … [1]

a. "How old is your baby?"
b. "Was she premature?"
c. "Where do you live?"
d. "Has she been vaccinated?"

iii. When the staff kept calling her daughter "he", the writer began to worry because … [1]

a. she wanted a son.
b. the nurses laughed at her.
c. she wondered what other mistakes there might be in her baby's papers.
d. the baby was moved to the wrong ward.

iv. Near the end of the letter, the writer tells the staff that she is … [1]

a. a doctor at the same hospital.
b. a health care worker just like them.
c. a journalist for a newspaper.
d. a teacher of nurses.

4 Reading II: A Healthy Diet for a Healthy Life [4]

Read "A Healthy Diet for a Healthy Life" on pages 42–44 of your textbook. Then answer the following questions.

a. What does the speaker call the greatest public health challenge of our times? [1]

b. What is Horizon 2020? [1]

c. Why does the speaker say a multidisciplinary approach is needed? [1]

d. What does the speaker urge the member states to do? [1]

5 Reading III: a school magazine report [3]

Read the report below. Write ✓ for the true statements and ✗ for the false ones in the box.

Are We Sleeping Enough?

Last month, the Health Club of our school asked 120 students of Grades 8 to 10 one simple question: "What time did you fall asleep last night?" The answers surprised even our club's teacher.

Most of us go to bed after eleven and get up at half past five for tuition classes. That is only six and a half hours of sleep. Doctors who study sleep say that teenagers need eight to ten hours a night. Without it, we find it hard to concentrate, we forget what we learned, and we catch colds more easily.

When we asked why, the same answer came back again and again: the phone. Many students said they watch videos or chat in bed "for just five minutes" and look up an hour later. The bright screen keeps the brain awake when it should be getting ready for sleep.

So the club has made a simple promise card: phones out of the bedroom half an hour before sleep, and lights off at the same time every night. Forty students have signed it so far. Next month we will ask the question again and report what has changed.

i. The Health Club asked 120 teachers about their sleep. ☐

ii. According to sleep doctors, teenagers need eight to ten hours of sleep a night. ☐

iii. Forty students have refused to sign the promise card. ☐

6 Reading III: short answers [2]

Answer the following questions about the same report.

a. Why do most of the students get only about six and a half hours of sleep? [1]

b. Why do you think the students said "for just five minutes" about their phones? [1]

7 Grammar: reporting orders, requests and advice [6]

Change the following sentences into indirect speech.

a. The nurse said to the patient, "Don't get out of bed." [1]

b. "Please lend me your umbrella," Sarita said to me. [1]

c. The doctor said to my uncle, "You should walk for half an hour every day." [1]

d. The captain said to the players, "Stay in your positions!" [1]

e. Bimala said, "Let's visit the health camp tomorrow." [1]

f. "Remember to take your medicine after meals, Hari," said his mother. (Use remind.) [1]

8 Writing: an email of apology [5]

Write an email using the clues given below.

You borrowed your friend Anisha's science notebook for a week before the exam, but you returned it late and with tea spilt on two pages. Write an email to her apologizing. Clues: what happened … say sorry without excuses … what you have done to put it right (copied the two pages neatly) … a promise for the future … a kind closing

9 Think [2]

Answer the following question in your own words.

The writer of the letter thanks the hospital for her baby's treatment, yet she complains. Was it right for her to write the letter? Give two reasons for your answer.