



**At the end of the lesson, the student will be able to:**

\* give pieces of advice on common health problems and share experiences undergoing such health problems .



## Dialogue

Dr. Cole: Welcome to “Ask the Doctor”. I’m Dr. Carmen Cole, here this morning to help you with your health problems.

Caller 1: Hello. My problem is sunburn. I fell asleep in the sun. I feel terrible now. What should I do?

Dr. Cole: For bad sunburn, drink a lot of water. Stay in a cold place. Rest and don’t go outside the sun. Eat cold foods like ice cream and drink cold juice. Now on to our next caller.

Caller 2: My problem is I can’t sleep at night. I’m always awake.

Dr. Cole: If you can’t sleep, do not take sleep medicine. It doesn’t really help you. You try to get some exercise. Second, don’t have a lot of coffee and alcohol.

## Activity



\*Complete the table with the information from the dialogue.

Problems	Dr. Cole's Advice
Caller 1:	
Caller 2:	



## Vocabulary Task

\* Fill in the blank with the correct word.

arm

sunburn

headache

stomach

1. My stomach hurts. I had a bad \_\_\_\_\_.
2. I had a skiing accident. I broke my \_\_\_\_\_.
3. Ooh.. What a \_\_\_\_\_! My head is going to burst.
4. Ouch! I stayed in the sun for too long. I have a bad \_\_\_\_\_.

## Let's Talk



1. If you were Dr. Cole, what pieces of advice would you give to the callers?
2. Have you had any health problems? What did you do?