Your Health

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bestofthereader.ca

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Welcome

This e-book is part of a series called Best of The Reader. The stories in the e-books are from *The Westcoast Reader*. It is a newspaper for adults who are improving their English reading skills.

To the reader

✔ You can use this book in a classroom, with a tutor, or on your own.

✔ Each story has exercises to go with it. These exercises can help you improve your English and reading skills.

✔ You can check your answers at the end of the book.

Three reading levels

There are three reading levels in this book. Here are the symbols for each level:

Level 1

Level 2

Level 3

To the teacher

Learners can read the articles and do the exercises individually, in pairs, or in groups.

The topics can be explored further through discussion or follow-up activities.

Teachers' Guide
The Teachers' Guide on this website has ideas on how to use the e-books with students.

Acknowledgements

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A special thank you to the learners and teachers who helped choose the articles for this book.

All of the material in this book first appeared in *The Westcoast Reader* (1982 to 2009). Some of the articles have been updated. Most of the exercises and activities for learners are based on material from *The Westcoast Reader* Teachers' Notes (1982 to 2009).

Credits

Photos
Front cover—yoga: *The Vancouver Sun*; eye exam: Bev Burke; salad: Banquet Express

Page 5: Canada Food Guide; Page 6: iStockphoto; Page 9 (couple walking, boy running, woman weights): iStockphoto (swimmers, cyclist, yoga): The Vancouver Sun; Page 11: sudoku, grocery store, class: iStockphoto; Page 11: grocery store, class: iStockphoto; Page 13: Bev Burke; Page 16: The Vancouver Sun; Page 17, 22: David Porter

Illustrations
Pages 6, 9, 11, 16 (hand washing),17, 18, 21, 23, 24, 25, 26, 27: Nola Johnston; Pages 8, 10, 13, 16 (hand soap, sanitizer), 24 (no smoking, wine, cyclist, treadmill), p 26 (blood pressure, no smoking): Guy Parsons

Choose healthy foods

What can you do to make healthy food choices?

- Eat lots of fruits and vegetables.
- Eat foods with protein.
- Eat foods with whole grains.

Source: Recommendations from Canada's Food Guide 2019

Types of food

Write the short form for the type of food.

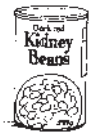
VF: Vegetables and Fruits
WG: Whole Grain Foods
FP: Foods with Protein

1. _____
eggs

tomato

2. _____

3. _____



beans

4. _____

5. _____
orange

bok choy

6. _____

7. _____

fish

8. _____

Find the words

Find the words in the puzzle.
Some words go across.
Some words go down.

apple

strawberry

grapes

cherry

pear

b	r	o	c	c	o	l	i	a	r
l	h	j	v	a	r	z	c	z	b
s	t	r	a	w	b	e	r	r	y
o	a	a	f	c	a	r	r	o	t
n	v	p	u	t	j	m	m	p	p
i	l	p	p	o	t	a	t	o	c
o	x	l	i	z	w	w	g	i	t
n	f	e	c	h	e	r	r	y	u
g	r	a	p	e	s	p	e	a	r
t	o	m	a	t	o	o	z	n	p

tomato

onion

carrot

broccoli

potato

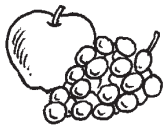
Healthy snacks

Many snacks have lots of fat, sugar, and salt. These snacks are not good for your health.

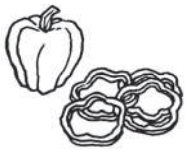
Think about the snacks you eat. Choose healthy snacks.

Eat more

- fruit



- vegetables



- yogurt

- nuts

Eat fewer

- potato chips

- donuts

- cookies

- candy bars

Make a choice

Which snack is the healthiest choice? Write the word on the line.

chocolate bar
french fries
apple

1. _____

pizza
plain popcorn
donut

2. _____

water
cola drink
grape juice

3. _____

potato chips
cupcake
low-fat yogurt

4. _____

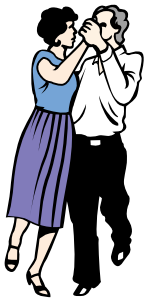
All kinds of exercise

What kind of exercise do you like to do?

swimming

tai chi

walking or running

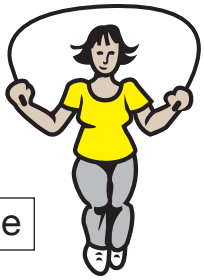


dancing

cycling

yoga

ice skating



jumping rope

Try to exercise for 30 minutes most days.

Exercise is good for you

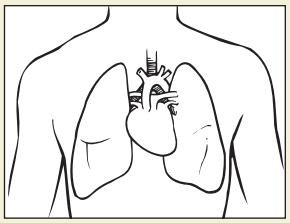
Exercise is important for adults and children. Many people in Canada do not get enough exercise.

Health Canada says people need three kinds of physical activities.

1 Endurance activities

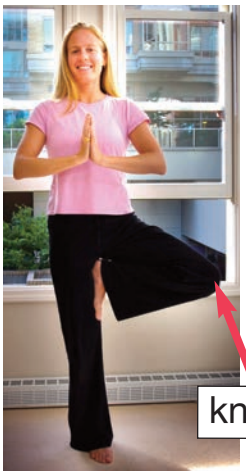
✔ Walk, run, swim, or cycle.

These activities help your heart and lungs. Your heart beats faster. You breathe more deeply.

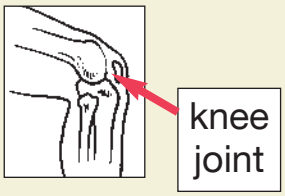


2 Flexibility activities

✔ Bend, stretch, and reach.



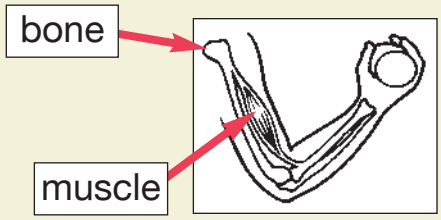
These activities help your joints and muscles.



3 Strength activities

✔ Lift weights. Do push-ups.

These activities make you stronger. They build muscles and bones.



Keep a record

How much exercise did you do yesterday?

Write down your activities and the time. Use the chart below.
Note: Count activities that lasted 10 minutes or more.

Example: Monday

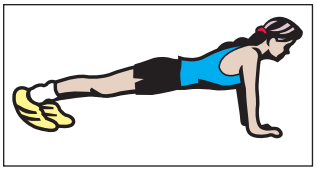
Activities	Walked to school	Walked home from school	Did tai chi	**Total**
Time	15 minutes	15 minutes	15 minutes	45 minutes

Date _____

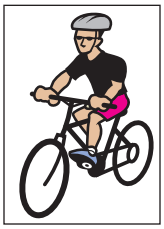
Activities				**Total**
Time				

Finish the sentences

Fill in the blanks to finish the sentences.



1. Ann does push-ups every day. This activity helps build her __u__ __c__ ___ ___ and b ___ ___ ___.



2. Juan cycles to work every day. This activity helps his __e__ __a__ ___ and __u__ ___ ___.

3. Magda does yoga every day. This activity helps build her __o__ ___ __t__ __ and ___ __s__ __l__ ___.

Keep your brain active

Here are some things you can do to keep your brain active.

✔ Do a crossword puzzle or a sudoku puzzle every day.

✔ Memorize a shopping list. Then go shopping without the list.

✔ Take a class. Learn a new language.

✔ Work on a jigsaw puzzle.

✔ Enjoy a good book. Read every day.

✔ Play checkers, chess, or cards.

- **Exercise your body and your brain every day.**
- **Eat healthy foods.**
- **Spend time with friends and family.**

The Westcoast Reader 2/2007 • Source: Alzheimer's Prevention Foundation

Memory game

A **Read the words in List 1 once. Then turn over the paper and write down as many words as you can remember. Do the same with List 2.**

List 1

apple, baby, butterfly, corn, flag, flower, hammer, house, money, ocean, pencil, rock, table, window

List 2

angry, kind, happy, noisy, careful, shy, sleepy, quiet, small, easy, strong, dirty, interested, lazy

B **Read each list to a classmate. See how many he or she can remember.**

Finish the sentences

Use the words in the boxes to finish the sentences.

1. _____ lots of fruits and vegetables.
2. _____ a yoga class.
3. _____ a new language.
4. _____ your brain active.
5. _____ board games with your friends.
6. _____ books, newspapers, and magazines.
7. _____ exercise every day.

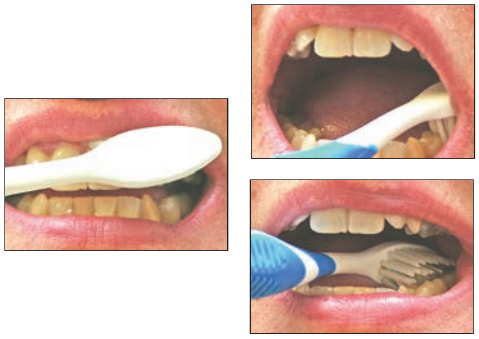
Learn
Try to
Eat
Play
Take
Keep
Read

Take care of your teeth

✔ Brush your teeth twice a day.

✔ Use toothpaste with fluoride.

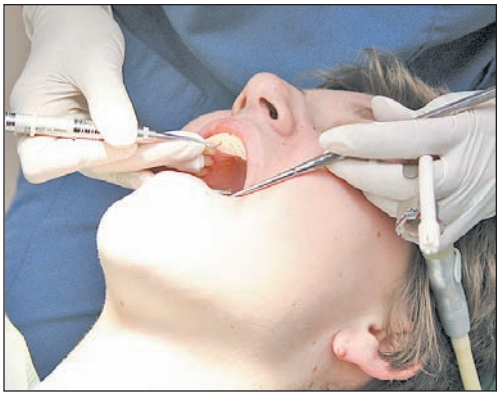
✔ Use a soft toothbrush.



✔ Floss your teeth once a day.

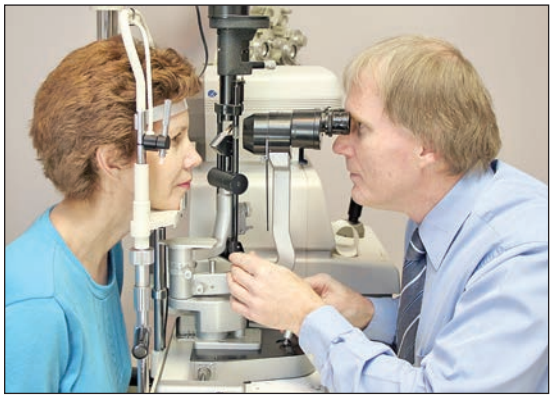
✔ Go to a hygienist once or twice a year.

✔ Go to a dentist right away if you have a problem.



Take care of your eyes

It is important to have your eyes checked regularly. Many people get an eye exam every two years.



Here are some tips to keep your eyes healthy.

✔ Wear safety glasses when you use power tools. For example, a weed cutter.

✔ Wear sunglasses to protect your eyes from ultraviolet (UV) rays. You need protection in summer and winter.

Two words in one

Match each word on the left with a word on the right. Then write the new word on the line.

1.	tooth	corn	toothbrush
2.	birth	brush	_____
3.	pop	stairs	_____
4.	up	plane	_____
5.	air	day	_____

What's the word?

Unscramble the letters and write the words on the lines.

1. Brush your _____ twice a day.
   hetet
2. _____ your teeth once a day.
   soFsl
3. Use _____ with fluoride.
   poahottest
4. Go to a hygienist _____ or _____ a year.
   noec ewtci
5. Go to a _____ right away if you have a _____.
   sittned roblmep

How are the words related?

**Look at this sentence: Bird is to fly as fish is to _____.
Think about how "bird" and "fly" are related. Now look at the next word: "fish." What word has the same kind of relationship? The answer is "swim." Birds fly and fish swim. Bird is to fly as fish is to swim.**

Write the correct words on the lines. The first one is done for you.

1. Ear is to hear as eye is to see _____
2. Eye is to face as finger is to _____
3. Brush is to brushing as eat is to _____
4. One is to once as two is to _____
5. Toothpaste is to teeth as shampoo is to _____
6. Sun is to summer as snow is to _____

Which words go together?

Match each word on the left with a word on the right. Write both words on the line.

1. power	cutter	_____
2. ultraviolet	glasses	_____
3. safety	rays	_____
4. weed	tools	_____

Protect yourself from colds and flu

In Canada, many people get colds and flu in the winter.

Viruses cause colds and flu. These viruses pass easily from person to person.

Here are some ways to protect yourself and other people.

Get a flu shot

A flu shot helps protect people from the flu. Doctors, medical clinics, and many pharmacies give flu shots.

Note: Flu shots do not give people the flu. And they do not protect people from colds or stomach flu.

Wash your hands

Cold and flu viruses can live on your hands and on things you touch. Protect yourself and other people by washing your hands often.

What to use

✔ Use regular hand soap and water.

or

✔ Use a hand sanitizer that has alcohol in it.

How to wash your hands

1 Wet your hands with warm running water.

2 Rub on regular soap. Lather well. Rub your hands together for about 15 seconds.

3 Rub all parts of your hands and wrists.

4 Rinse well under warm running water.

5 Dry your hands with a clean towel.

Cover your cough

✔ Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the garbage.

✔ Cough into your arm if you don't have a tissue. Don't cough into your hand.

Stay home

✔ Stay home from work or school if you are sick. Stay away from crowds.

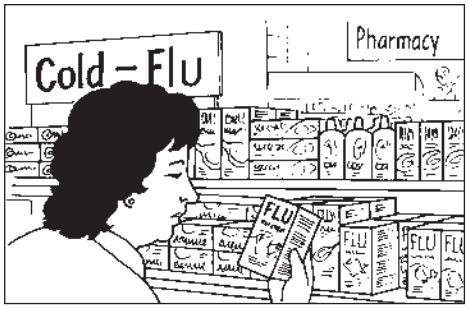
Take care of yourself

✔ Rest and get lots of sleep.

✔ Drink extra water, tea, and juice.

✔ Over-the-counter medicine can make you feel better. You don't need a prescription.

What medicine should you take? Ask a pharmacist.



Note: Do not give medicine for adults to children. Ask a pharmacist what to give your child.

Go to the doctor

✔ See a doctor or go to the emergency department of your nearest hospital if you have:

- problems breathing
- a pain in your chest
- a high fever that does not go away after three days

True or false

Circle T if the sentence is true. Circle F if the sentence is false (not true).

1. A virus causes the flu.	T	F
2. Flu shots protect people from colds.	T	F
3. You should always cough into your hand.	T	F
4. Stay away from crowds if you have the flu.	T	F
5. You need a prescription to buy over-the-counter medicine.	T	F
6. Flu and cold viruses do not pass easily from person to person.	T	F
7. You should wash your hands often.	T	F
8. Use a hand sanitizer with alcohol in it.	T	F

Find the words

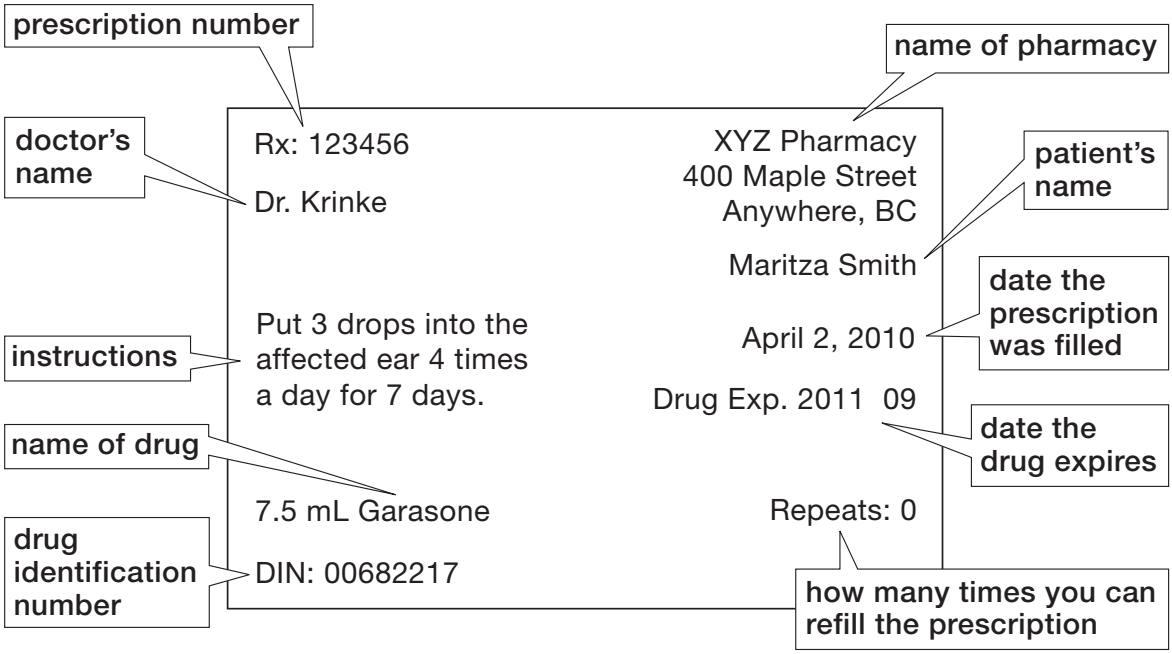
Find these words in the puzzle. Some words go across and some go down.

colds
cough
fever
flu
hands
medicine
rest
sick
sneeze
soap
tissue
wrists

t	c	v	t	i	c	f	n	x	a	m
i	s	o	a	p	r	m	l	x	f	e
s	l	i	p	r	u	r	t	e	l	d
s	c	o	u	g	h	e	b	f	u	i
u	m	o	m	c	i	s	k	e	q	c
e	h	a	n	d	s	t	i	v	k	i
s	n	e	e	z	e	z	e	e	t	n
a	b	r	s	l	a	r	g	r	n	e
r	z	j	z	w	r	i	s	t	s	t
c	o	l	d	s	i	g	d	q	l	j
k	u	s	i	c	k	n	j	b	h	z

How to read a medication label

Maritza had an ear infection. Her doctor gave her a prescription. She went to the pharmacy. She got the prescription filled. Here is the label on the ear drops.



Look at the medication label above and write short answers on the lines.

1. What is the name of the drug? _____

2. When was the prescription filled? _____

3. What does DIN stand for? _____

4. How many times a day should Maritza use the drops? _____

5. How many times can the patient refill the prescription? _____

6. How many days should Maritza use the drops? _____

Reduce your risk of getting cancer

No one is sure what causes cancer. But here are some things people can do to reduce the chance of getting cancer.

✔ Don't smoke.

✔ Get 30 minutes or more of physical activity most days.

✔ Limit the amount of alcohol you drink.

✔ Eat lots of fruit, vegetables, and legumes. Limit the amount of fat you eat.

Beans, peas, lentils, peanuts, and soybeans are legumes.

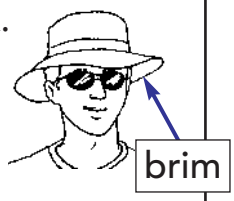
✔ Protect yourself from the sun.

■ Limit the time you spend in the sun between 11 a.m and 3 p.m.

■ Wear sunscreen with at least SPF 30.

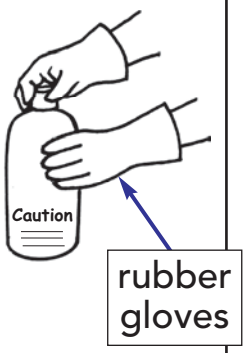
■ Wear a hat with a brim.

■ Wear sunglasses with UV protection.



✔ Tell your doctor or dentist about any change in your body.

✔ Follow instructions carefully when you use hazardous materials at home or at work.



The Westcoast Reader 11/05 • Source: Canadian Cancer Society

Fact or opinion?

An opinion is an idea that a person or a group of people believes. It is not a fact. You can show that a fact is true. You cannot show that an opinion is true.

Here are some opinions:
- Oranges taste better than apples.
- Learning English is easy.

Here are some facts:
- Cancer is a disease.
- The Pacific Ocean is salty.

Write F beside each fact. Write O beside each opinion.

_____ 1. The sun's ultraviolet (UV) rays can cause a sunburn.

_____ 2. Soybeans are legumes.

_____ 3. If you eat lots of legumes you will not get cancer.

_____ 4. The sun's UV rays are strongest between 11 a.m. and 3 p.m.

_____ 5. People who smoke will get cancer.

What's the category?

Write the name of the category after each list of words.

1. cherries, peaches, oranges, bananas _____

2. biking, running, swimming, hiking _____

3. peanuts, soybeans, lentils, peas _____

4. beer, wine, whisky, rum _____

5. cancer, diabetes, tuberculosis, polio _____

Diabetes is a serious disease

Hashim has diabetes

Hashim tests his blood every day with a special meter.

Hashim Mitha has diabetes. It is a serious disease. It does not go away.

A healthy life

Two years ago, Hashim found out that he has diabetes. He is healthy now because he takes good care of himself.

What does Hashim do to take care of himself?

- ✔ He takes medicine.
- ✔ He tests his blood.
- ✔ He plans his meals carefully.
- ✔ He exercises.
- ✔ He goes to his doctor for checkups.
- ✔ He goes to his eye doctor and his dentist once a year.

Did you know?

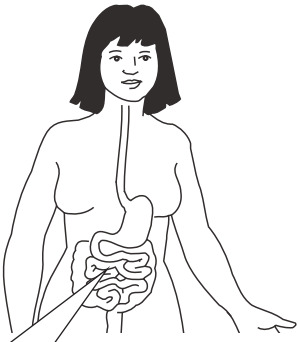
- In Canada, more than 2 million people have diabetes.
- One in four Canadians has diabetes and does not know it.
- Diabetes is serious. It can make you very sick. It can affect many parts of your body.
- A blood test can tell you if you have diabetes.

What causes diabetes?

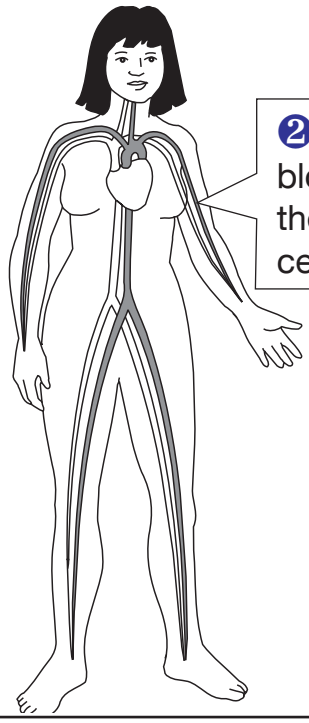
Everyone needs food to live. Our bodies change most food into sugar. The sugar gives us energy.

Sometimes our bodies cannot use the sugar from food. This problem is called diabetes.

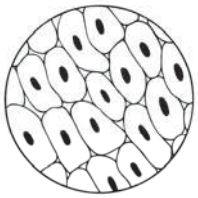
For example:



❶ Maria ate lunch a few hours ago. Her body is changing the food into sugar.

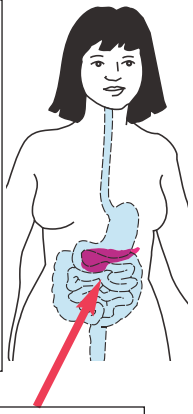


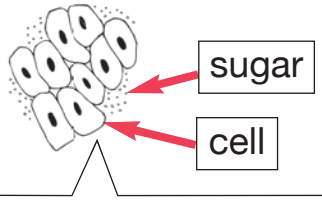
❷ Now Maria's blood is carrying the sugar to her cells.



cells

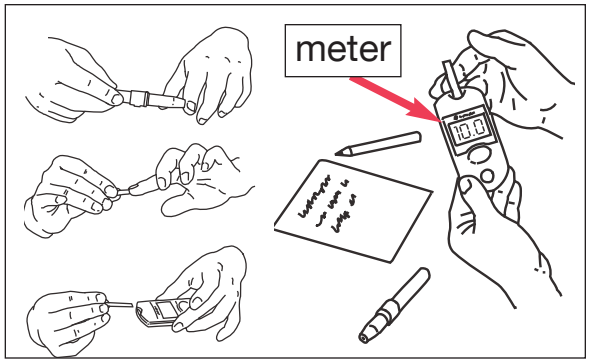
❸ To use the sugar, the cells need insulin. Insulin helps the sugar get into the cells. Insulin is a hormone. It comes from the pancreas. The pancreas is behind the stomach.





❹ Maria's pancreas does not make enough insulin. This means that the sugar cannot get into her cells.

❺ The sugar stays in Maria's blood. Then her blood sugar becomes too high. Maria has diabetes.



Maria pricks her finger. She checks her blood with a meter.

Three types of diabetes

There are three types of diabetes.

Type 1 diabetes

People who get Type 1 diabetes are usually very young. They often get very sick, very suddenly.

Example

Sara is eight years old. Her body doesn't make insulin. She must have insulin shots every day. She must also check her blood sugar.

Sara eats healthy meals and snacks. She tries not to eat foods with lots of fat or sugar. Sara goes swimming and plays soccer.

Type 2 diabetes

Type 2 is the most commom form of diabetes. People who get it are usually over 40 years old.

Example

Paul is 54 years old. He got Type 2 diabetes three years ago. His body makes insulin. But it can't use the insulin.

Paul eats well and exercises. He does not need any medicine right now. But he might need some in the future.

Diabetes while pregnant

Some women get diabetes while they are pregnant.

Example

Cecilia is 29 years old. She got diabetes while she was pregnant. The diabetes went away after her baby was born.

Cecilia might get Type 2 diabetes in the future. She goes to her doctor regularly for checkups.

Find the words

The eight words in the puzzle are in the story on this page. Some words go across and some go down.

m	e	d	i	c	i	n	e
p	s	i	a	m	p	c	b
b	u	a	n	t	g	h	l
o	g	b	l	y	w	e	o
u	a	e	f	p	c	c	o
o	r	t	p	e	s	k	d
p	r	e	g	n	a	n	t
i	n	s	u	l	i	n	e

Do you have diabetes?

Some people have signs of diabetes. For example, they feel very thirsty and very tired.

Some people have diabetes, but they have no signs of the disease.

Signs of diabetes

Here are some signsof diabetes.

- ✔ I feel very thirsty.

- ✔ I feel very tired.
- ✔ I urinate (pee) often.

- ✔ I feel very hungry.
- ✔ Things look blurry.

- ✔ I am losing weight quickly, but I am not on a diet.
- ✔ My hands or feet tingle.

- ✔ I have a sore that is healing very slowly.

- ✔ My feet feel numb.

- ✔ My skin is dry and itchy.
- ✔ I feel nauseous. I sometimes vomit.

Test for diabetes

Do you think you might have diabetes? See your doctor. You can have a blood test. It will show if you have diabetes.

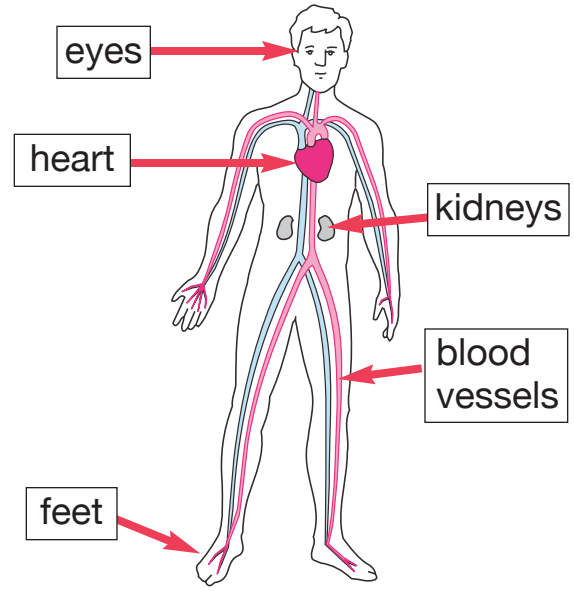
Will I get diabetes?

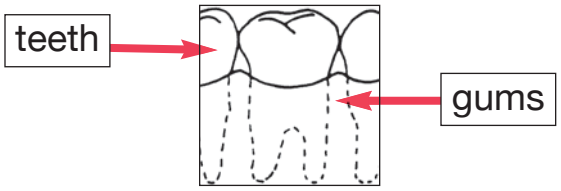
No one knows for sure why some people get diabetes. Here are some things to do.

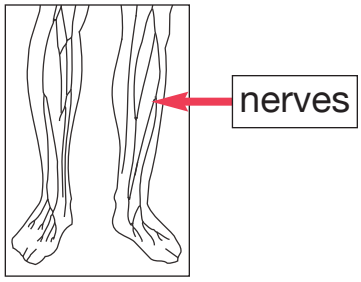
- Talk to your doctor.
- Eat healthy foods.
- Exercise.
- Stay at a healthy weight.

Diabetes is serious

Diabetes is serious.
It can make you very sick.
It can affect many parts
of your body.
For example:







Take care of yourself

Do you have diabetes? It does not go away. Take care of yourself. Here are some things you can do every day.

- ✔ Eat healthy food.

- ✔ Plan your meals.
- ✔ Exercise.
- ✔ Test your blood sugar.

- ✔ Take your diabetes medicine.
- ✔ Take care of your feet.

- ✔ Keep a record book.

Other things you can do

Here are some other things you can do.

- ✔ Get information about diabetes.

- ✔ Quit smoking.

- ✔ Get your blood pressure checked.

- ✔ Lose weight if you need to.

Some signs of diabetes

Write the letter for the picture on the blank before the sentence.

____ 1. I feel very tired.

____ 2. I feel very thirsty.

____ 3. I urinate (pee) often.

____ 4. I feel very hungry.

____ 5. Things look blurry.

____ 6. I am losing weight quickly, but I am not on a diet.

____ 7. My hands or feet tingle.

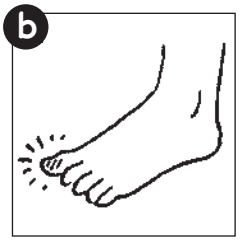
____ 8. I have a sore that is healing very slowly.

____ 9. My feet feel numb.

____ 10. I feel nauseous. I sometimes vomit.

a

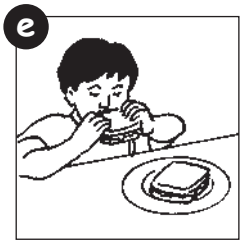
b



c

d

e

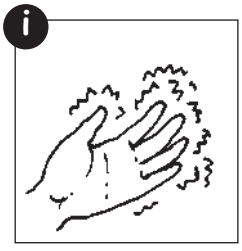


f

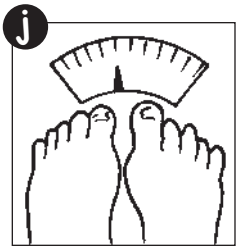
g

h

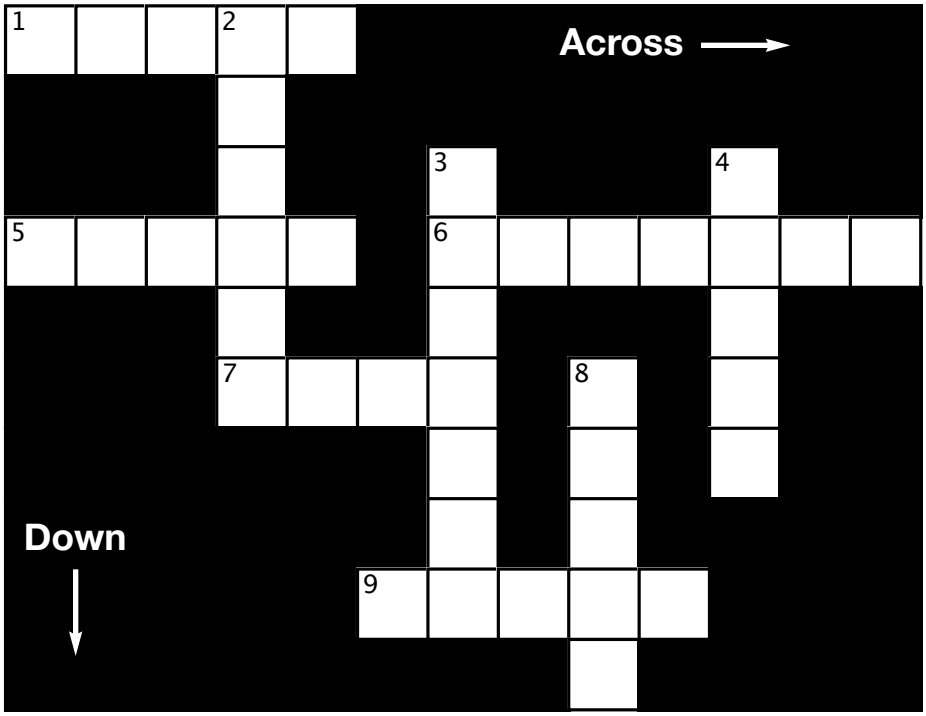
i



j



Crossword: Diabetes



Across

1. Our bodies change most food into _ _ _ _ _.

5. Some _ _ _ _ _ get diabetes while they are pregnant.

6. Our bodies need a hormone called _ _ _ _ _ _ _ .

7. Most people with diabetes have _ _ _ _ 2 diabetes.

9. People with diabetes check their blood with a _ _ _ _ _.

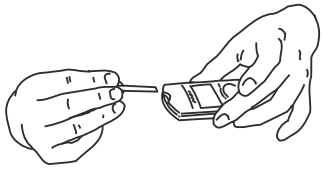
Down

2. Diabetes can _ _ _ _ _ _ a person's eyes.

3. Diabetes is a serious _ _ _ _ _ _ _.

4. A _ _ _ _ _ test can show if you have diabetes.

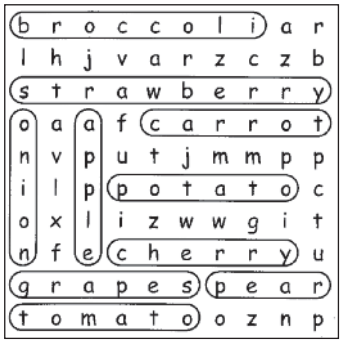
8. There are _ _ _ _ _ types of diabetes.



Answers for exercises

Types of food (p 6)
1FP 2VP 3WG 4FP
5VF 6VF 7WG 8VP

Find the words (p 6)



Make a choice (p 7)
1. apple 2. plain popcorn
3. water 4. low-fat yogurt

Finish the sentences (p 10)
1. muscles and bones
2. heart and lungs
3. joints and muscles

Finish the sentences (p 12)
1. Eat 2. Take 3. Learn 4. Keep
5. Play 6. Read 7. Try to

Two words in one (p 14)
1. toothbrush 2. birthday 3. popcorn
4. upstairs 5. airplane

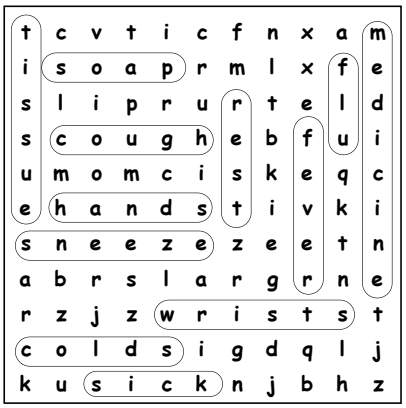
What's the word? (p 14)
1. teeth 2. Floss 3. toothpaste
4. once, twice 5. dentist, problem

How are the words related? (p 15)
1. see 2. hand 3. eating
4. twice 5. hair 6. winter

Which words go together? (p 15)
1. power tools 2. ultraviolet rays
3. safety glasses 4. weed cutter

True or false (p 18)
1T 2F 3F 4T 5F 6F 7T 8T

Find the words (p 18)

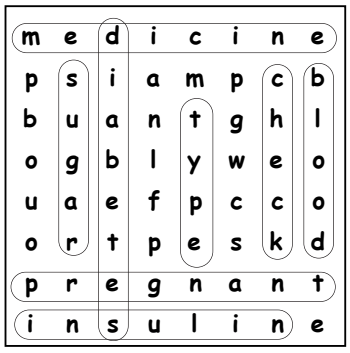


How to read a medication label (p 19)
1. Garasone 2. April 2, 2010
3. drug identification number
4. 4 times a day 5. 0 (zero) 6. 7 days

Fact or opinion (p 21)
1F 2F 3O 4F 5O

What's the category? (p 21)
1. fruits 2. sports (exercise, activities)
3. legumes 4. alcohol 5. diseases

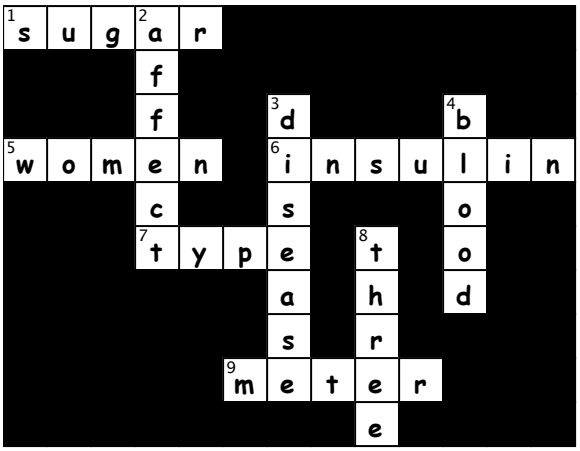
Find the words (p 24)



Some signs of diabetes (p 27)
1f 2a 3h 4e 5d 6j 7i 8b 9g 10c

Answers for exercises

Crossword: Diabetes (p 28)



Scavenger hunt

Look quickly for the answers in this e-book.

1. Two things you can do to prevent getting the flu

_____

_____

2. A snack with lots of sugar and fat

_____

3. An exercise that helps build bones

_____

4. Two signs of diabetes

_____

_____

5. Three organs in the body

_____

_____

_____

6. Two vegetables

_____

_____

7. A legume

_____

8. Two kinds of puzzles

_____

_____