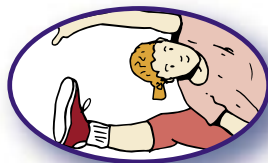
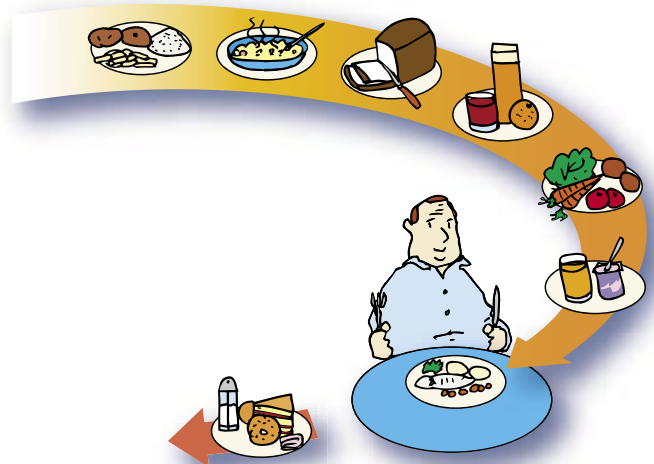
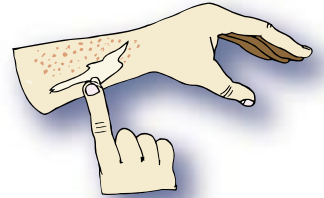
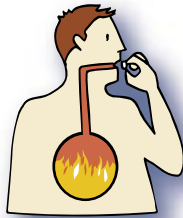
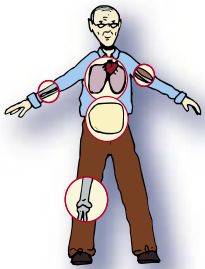


Health Exercises





What's in the health pack?

These health worksheets are designed to be used in adult basic education centres. They cover a wide variety of topics such as common ailments, aspects of good mental health and information that might be useful for older people or their relatives and carers. Each worksheet contains a reading text for information, a comprehension exercise and a word puzzle with answers provided.

Red Worksheets

These worksheets are aimed at younger people and cover aspects of good mental and physical health in young people:

Alcohol – information on safe levels of alcohol consumption for men and women and some of the consequences for young people of drinking too much.

Building self-esteem – how do we build our self-esteem and how does good self-esteem benefit our lives?

Diet – discusses the positive mental and physical benefits of having a well-balanced diet.

Exercise – discusses how exercise keeps us healthy in mind and body.

Yellow Worksheets

These provide information to enable people to deal with minor illnesses and accidents. They cover the following topics:

Accidents – how to cope with minor everyday accidents that do not need urgent medical attention.

Common ailments – describes the symptoms of common illnesses.

Over the counter medicines – lists some of the more common over the counter medicines and which symptoms they might treat.

Blue Worksheets

These give information that might be useful for older people or their relatives and carers. They cover the following topics:

Safety in the home – advice on how to make our homes safer, particularly for older people.

Exercise – describes the physical benefits of exercise for older people.

Eating healthily – information on eating a good balanced diet.

Each worksheet contains a reading text for information, a comprehension exercise and a word puzzle.

All the answers are printed on an answer sheet.

The worksheets are not intended to provide expert medical advice and people should always be encouraged to seek medical help if they are worried in any way about their health.

Diet

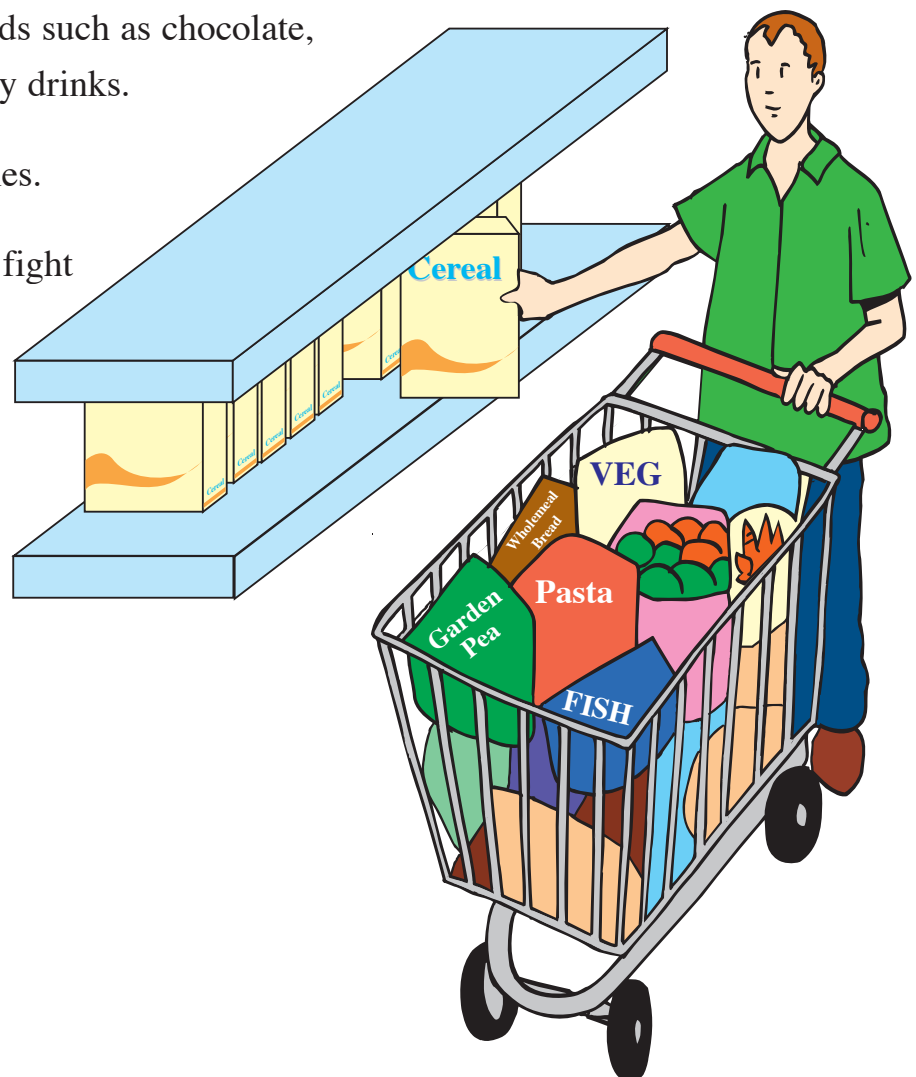
What we eat affects our minds and bodies. We need to eat a balanced diet that has all the vitamins, proteins and minerals that we need to keep healthy.

Tips for eating a healthy diet.

- ◆ Eat a variety of foods – meat, fish, fruit and vegetables.
- ◆ Most of your energy should come from eating pasta, potatoes, rice or bread.
- ◆ Eat cereals.
- ◆ Try not to eat more than 1 teaspoon of salt each day.
- ◆ Drink plenty of water.
- ◆ Cut down on fatty, sugary foods such as chocolate, chips, crisps, biscuits and fizzy drinks.
- ◆ Sit down and relax at mealtimes.
- ◆ Vitamins B and C can help to fight stress.

Vitamin B is found in green, leafy vegetables such as broccoli and cabbage, wholemeal bread and butter.

Vitamin C is found in citrus fruits such as oranges.



Fill in the missing words

1. Eat a _____ of different foods.
2. Try to cut down on _____ foods like chocolate.
3. Bread or pasta will give you _____.
4. Sit down and _____ at meal times.
5. Drink _____ of water.
6. Fight _____ with vitamins B and C.
7. Vitamin B is found in _____ bread.
8. Green leafy vegetables have vitamin_____.

All of the words in this wordsearch are foods we need for healthy eating.

P	O	T	A	T	E	S	D	R	L
V	E	G	E	T	A	B	L	E	S
E	P	R	A	C	R	L	C	W	P
G	O	I	F	I	S	H	E	M	A
T	T	C	P	A	T	A	R	E	S
E	A	E	R	I	C	Y	E	A	T
B	T	M	I	L	K	D	A	T	A
L	O	C	H	E	S	S	L	M	T
A	E	B	R	E	A	D	E	U	P
E	S	C	H	E	E	S	E	C	H

bread
vegetables
cereal
cheese
fish
meat
milk
pasta
potatoes
rice

Building self-esteem

Poor self-esteem affects our trust in others, our work, our relationships and almost everything we do in life. Good self-esteem gives us the strength to take charge of our lives and to learn from our mistakes.

You can improve your self-esteem by:

- ◆ Trying to think positively. Tell yourself 'I can', 'I will' or 'I am able'.
- ◆ Congratulate yourself on things you have done well.
- ◆ Set yourself goals that you know you can achieve.
- ◆ Choose good friends who like you for who you are.
- ◆ Try not to judge other people.
- ◆ Do not try to be perfect. It is all right to make mistakes.
- ◆ Stand up for what you believe in.
- ◆ Take risks sometimes.

People with good self-esteem:

- ◆ Are confident.
- ◆ Know when to say 'no'.
- ◆ Know their strengths.
- ◆ Can deal with problems.
- ◆ Do not blame others.



Fill in the missing word in these sentences

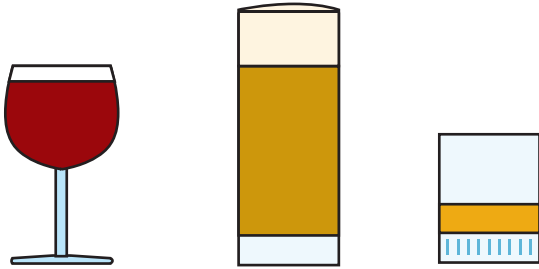
1. Look on the _____ side of life.
2. People with high self-esteem can _____ with problems.
3. Set goals you know you can _____.
4. Self-esteem affects our trust, our work and our _____.
5. High self-esteem gives us the _____ to take charge of our lives.

Solve the clues and the letters in the shaded column will spell out something to do with self-esteem.

[illegible]

Alcohol

The advice for women is to drink no more than 14 units of alcohol a week. The advice for men is to drink no more than 21 units a week.

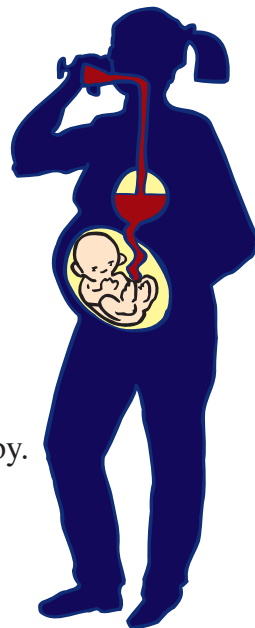


One unit of alcohol is the same as one glass of beer or wine or a shot of spirits.



Facts about alcohol

- ◆ 1 out of 3 people aged between 18 and 24 are admitted to hospital as a result of serious injuries caused by drinking too much.
- ◆ It takes 3 hours to get rid of the alcohol from 2 drinks out of your body. Nobody can sober up quickly. Drinking coffee or taking cold showers does not help.
- ◆ If you have been drinking you are more likely to do things you regret later e.g. fighting or having unprotected sex.
- ◆ Drinking alcohol when you are pregnant can cause serious harm to your unborn baby.
- ◆ Alcohol abuse is one of the biggest cause of family problems.
- ◆ It is safer to drink a little each day rather than 'binge' drink once a week.



If you drink more than the safe level you are in danger of damaging your health.

Alcohol can cause serious damage to the liver, heart and pancreas.

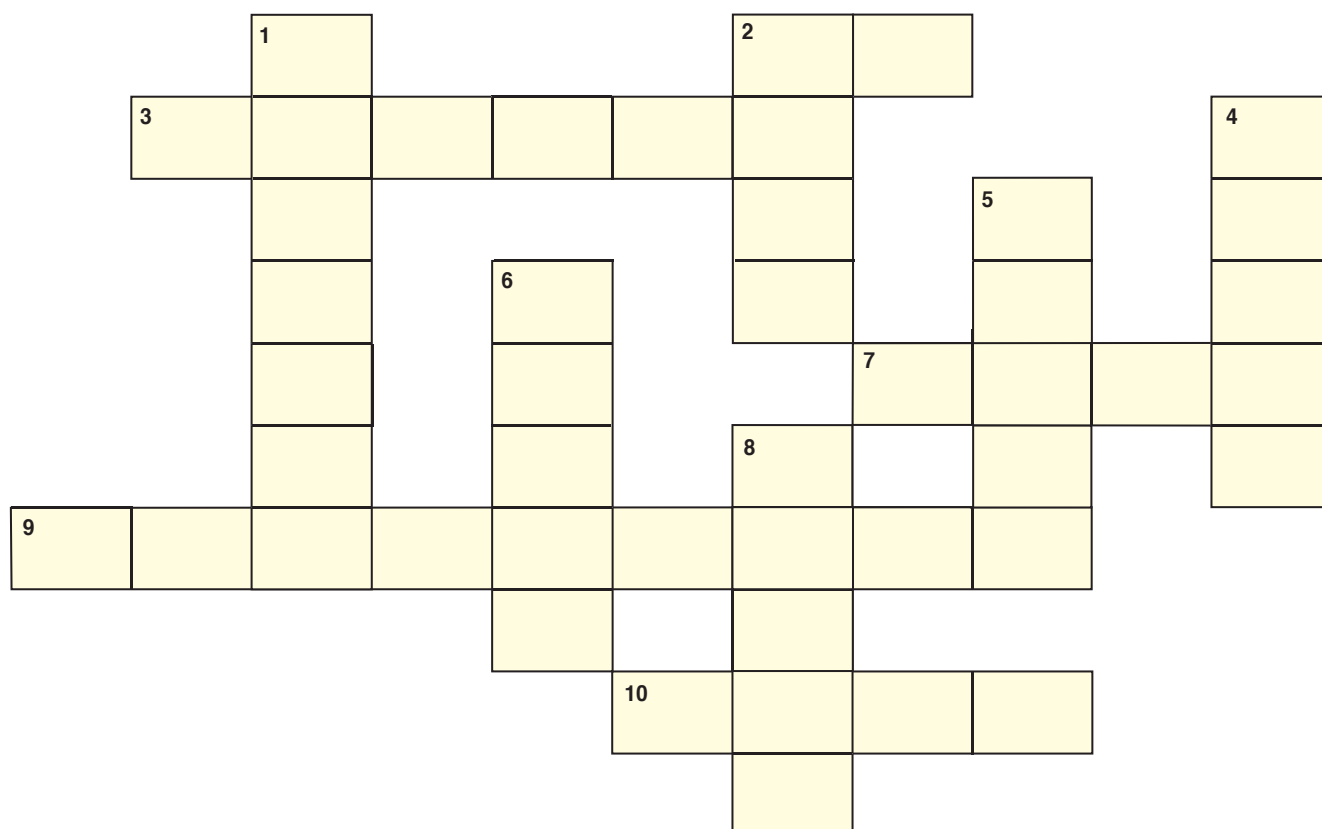
✓ the correct answer

Yes No

- | | | |
|--|--------------------------|--------------------------|
| 1. 14 units of alcohol is the weekly limit for women. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Men can drink 30 units a week. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. It takes 5 hours to get rid of alcohol from the body. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Drinking coffee helps you to sober up. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Alcohol can damage the liver. | <input type="checkbox"/> | <input type="checkbox"/> |

Solve the clues to find the correct words.

Most of the answers to this crossword can be found on the page on alcohol.



Across

- 2. Short for weight
- 3. A drink made from beans.
- 7. Not harmful
- 9. Harmful
- 10. A drink made from hops

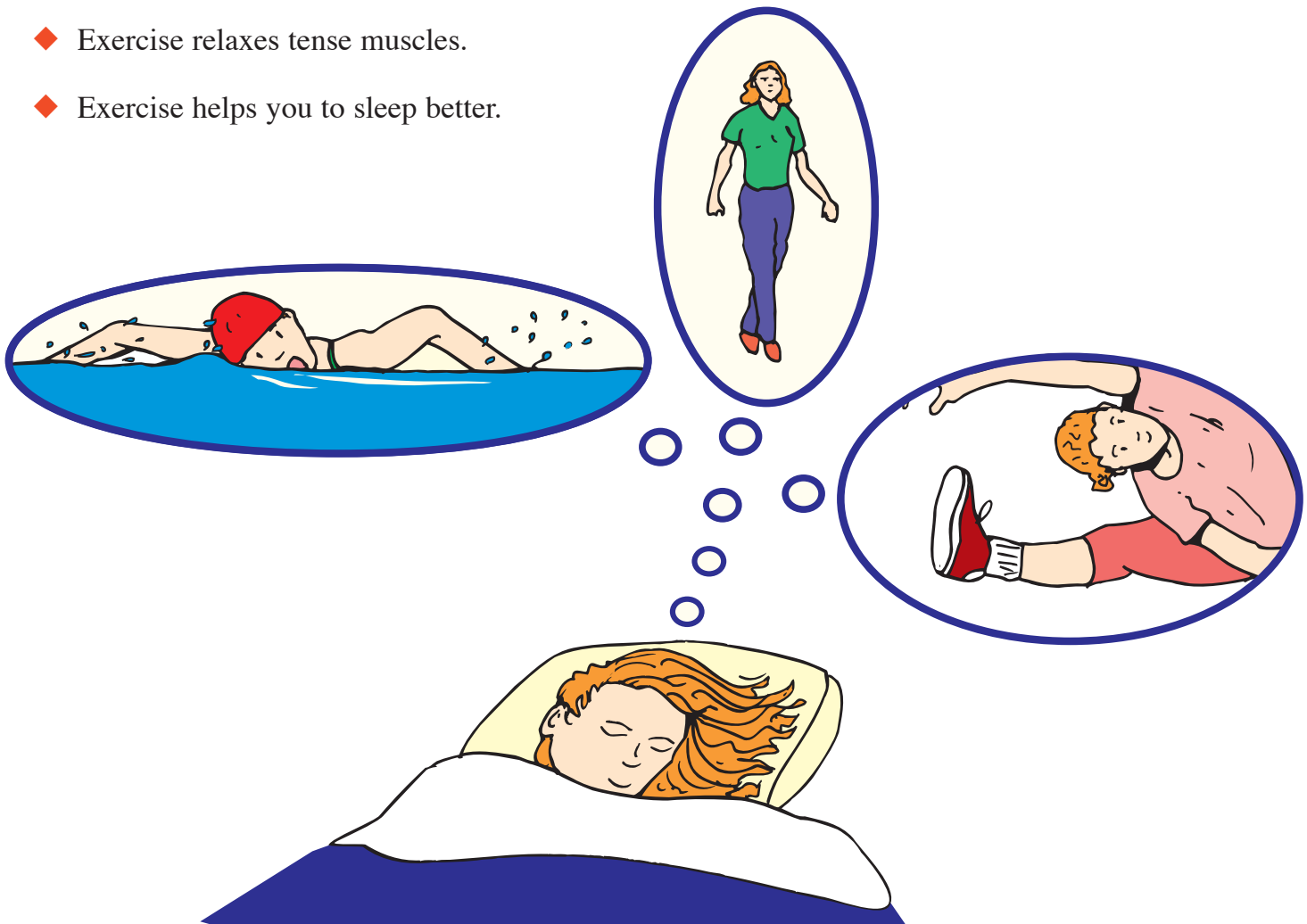
Down

- 1. American whiskey
- 2. Seven days
- 4. Females
- 5. A drinking container
- 6. An organ of the body
- 8. Not drunk

Exercise

Exercise helps to keep you healthy in mind and body in many ways:

- ◆ Exercise releases endorphins, which are brain chemicals. Endorphins make us feel good.
- ◆ Exercise is a great way to get out and meet people. Having fun with other people reduces stress.
- ◆ Exercise burns up fat and stops you getting overweight.
- ◆ Exercise reduces stress.
- ◆ Exercise helps to take your mind off your worries.
- ◆ Exercise relaxes tense muscles.
- ◆ Exercise helps you to sleep better.



Try and exercise for 30 minutes at least 5 times each week.

Choose an activity that you will enjoy.

Walking, cycling, swimming and yoga are all good forms of exercise.

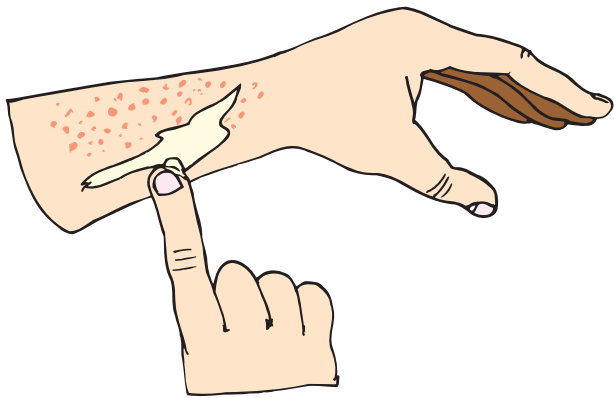
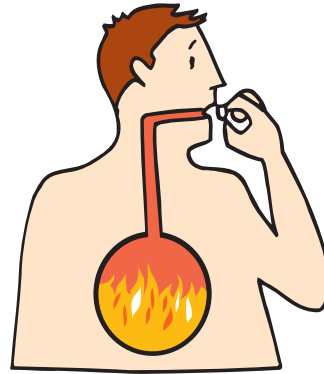
Over the Counter Medicines

The following medicines can all be bought without getting a prescription from a doctor. They can be used to treat most common ailments.

Antacids

Antacids are used for indigestion. They help to get rid of the acid in the stomach.

Trade names include: Rennies, Gaviscon, Zantac.



Anti-histamines

Antihistamines are used to treat the symptoms of hay fever or allergic reactions. They come in tablets or creams.

Trade names include: Clarityn, Zirtek, Anthisan cream.

Anti viral medicines

Anti viral medicines are used to treat cold sores

Trade names include:
Zovirax.



Painkillers

Painkillers can be used for headaches, backache, period pains, muscle pain and for lowering the temperature if you have a fever.

Trade names include: Dispirin, Neurofen, Solpadine.

Always ask your chemist for advice before using any medicine.

Answer the following questions

1. Name 3 ailments for which you might use painkillers.

2. What do antacids help to get rid of from the stomach?

3. What can you use to treat hay fever?

4. What sort of a medicine is Gaviscon?

5. What would you use Zovirax for?

Find the hidden medicines in this wordsearch

Aspirin Clarityn Dispirin Gaviscon Neurofen Rennie's Solpadiene Zantac Zirtek Zovirax

I	R	C	W	M	X	D	Y	R	C	C	K	S	P	W
R	X	G	S	V	J	E	R	O	Q	C	X	T	N	C
A	S	P	I	R	I	N	A	D	S	P	I	Z	R	I
C	L	A	R	I	Y	N	T	I	Z	N	O	A	V	Z
R	E	N	N	E	S	I	E	S	C	E	Z	N	X	O
E	D	F	E	T	Y	U	I	P	O	U	P	T	K	V
C	L	A	R	I	T	Y	N	I	K	R	D	A	L	I
Z	S	V	B	H	I	M	N	R	L	O	F	C	Z	R
D	F	H	J	K	L	U	Y	I	F	F	V	D	I	A
E	G	A	V	I	S	C	O	N	K	E	B	V	R	X
F	T	H	L	S	A	E	W	R	E	N	X	T	T	K
R	E	N	N	I	E	S	D	I	S	P	I	R	E	M
Z	I	R	S	O	L	P	A	D	I	E	N	E	K	N

Minor Accidents

Most minor accidents can be treated at home. Keep a first aid kit at home.

Cuts and Scratches

- ◆ Clean the cut or scratch with warm soapy water.
- ◆ Hold a clean cloth over the cut until it stops bleeding.
- ◆ Cover with a plaster.

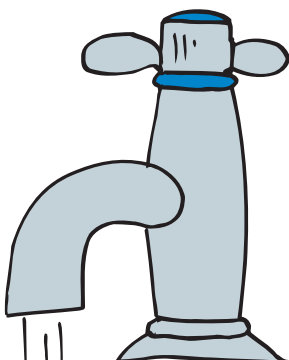


Insect Bites

- ◆ Bees leave the sting in the skin. Remove it if possible.
- ◆ Dab a bee sting with lemon juice or vinegar.
- ◆ Wasps do not usually leave the sting in the skin.
- ◆ Dab a wasp sting with a mixture of water and bicarbonate of soda.
- ◆ Mosquito bites can be treated with anti-histamine creams.

Minor Burns

- ◆ Put the burn under cold running water for as long as possible.
- ◆ Take off rings, as burnt fingers can swell.
- ◆ Cover with a clean cloth.
- ◆ Do not put butter or oil on a burn.
- ◆ Do not burst blisters.

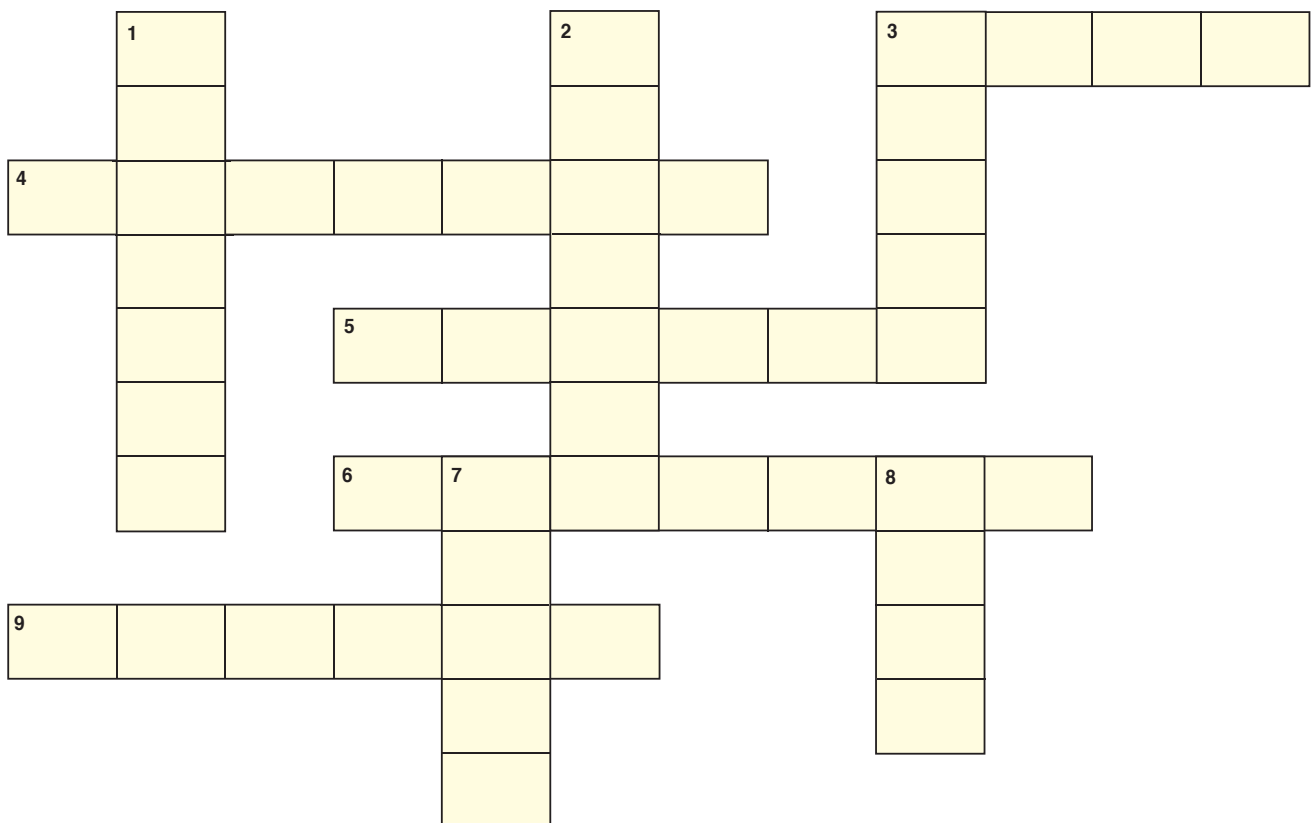


Always get medical help if you are not sure what to do.

Put a tick in the correct box.

	Yes	No
1. You can put butter on a minor burn.	<input type="checkbox"/>	<input type="checkbox"/>
2. Bees leave their sting in the skin.	<input type="checkbox"/>	<input type="checkbox"/>
3. It is all right to burst blisters.	<input type="checkbox"/>	<input type="checkbox"/>
4. Put lemon juice on a bee sting.	<input type="checkbox"/>	<input type="checkbox"/>
6. Burnt fingers can swell.	<input type="checkbox"/>	<input type="checkbox"/>

Find the answer to the clues and fill in the crossword



Across

- 3. A stinging insect
- 4. Put on a bee sting or chips
- 5. Do not put it on a burn
- 6. A small cut
- 9. Part of the hand

Down

- 1. A small swelling on the skin
- 2. Cover a cut with it
- 3. Comes from a tap
- 7. Not dirty
- 8. Not hot

Common Ailments

An ailment is an illness that is not very serious.

Some of the common ailments are:

Flu

The signs of flu are:

- ◆ Tiredness
- ◆ Poor appetite
- ◆ A high fever
- ◆ Aches and pains in the muscles



Indigestion

The signs of indigestion are:

- ◆ Stomach ache
- ◆ Heartburn
- ◆ Belching
- ◆ Nausea



Cold sores

The signs of a cold sore are:

- ◆ Itching
- ◆ A burning feeling
- ◆ Sores on the lips or around the mouth

Colds

The signs of a cold are:

- ◆ A runny or blocked nose
- ◆ Sneezing
- ◆ Headache
- ◆ Fever



Fill in the missing words in these sentences.

1. Tiredness is one of the signs of _____.
2. A runny or _____ nose is a sign of a cold.
3. Aches and pains in the _____ are signs of flu.
4. Heartburn is a sign of _____.
5. Indigestion can cause stomach _____.
6. Ailment is another word for _____.

Find the following signs of common ailments in the word search.

SNEEZING PAINS HEARTBURN ITCHING HEADACHE
 BELCHING TIREDNESS NAUSEA FEVER ACHES

T	I	R	E	D	N	E	S	S	W	C	Z	S	D
S	N	E	Z	N	G	T	H	D	G	K	T	N	F
N	A	U	S	A	E	F	E	V	W	I	D	E	O
B	W	F	E	V	E	R	G	W	Z	T	C	E	J
E	S	E	W	T	Y	U	A	L	I	C	X	Z	B
L	R	L	I	H	F	T	H	E	V	H	Y	I	U
C	T	D	R	I	V	F	E	Z	E	I	G	N	M
H	P	A	I	N	S	E	A	D	A	N	S	G	L
I	U	H	O	L	T	M	D	L	B	G	E	R	M
N	O	S	E	B	L	T	A	F	H	Y	I	L	C
G	H	E	W	A	S	W	C	N	A	U	S	E	A
B	V	C	R	Y	I	K	H	P	E	R	X	O	J
T	I	R	E	D	N	S	E	H	A	C	H	E	S
H	E	A	R	T	B	U	R	N	D	I	R	Z	E

Getting active

Studies from several countries show that people over 65 years of age, who exercise at least once a week, live longer and healthier lives.

Exercise seems to raise the spirits and people feel happier.
Even people with painful arthritis can do gentle exercises.

Getting Active

- ◆ Always check with your doctor first, before starting exercise for the first time.
- ◆ Chose an activity that you find interesting.
- ◆ Exercise with friends. It is more fun.
- ◆ Start off slowly and aim for small improvements.
- ◆ Wear comfortable clothes and shoes.
- ◆ Drink plenty of water when exercising.

What are the benefits of exercise?

Heart and lungs

Exercise improves your circulation and keeps your heart and lungs working properly.

Bones

Bones get thinner as you get older. Regular exercise helps the bones to stay strong and healthy.

Joints

The joints need regular movement to keep them supple and healthy.

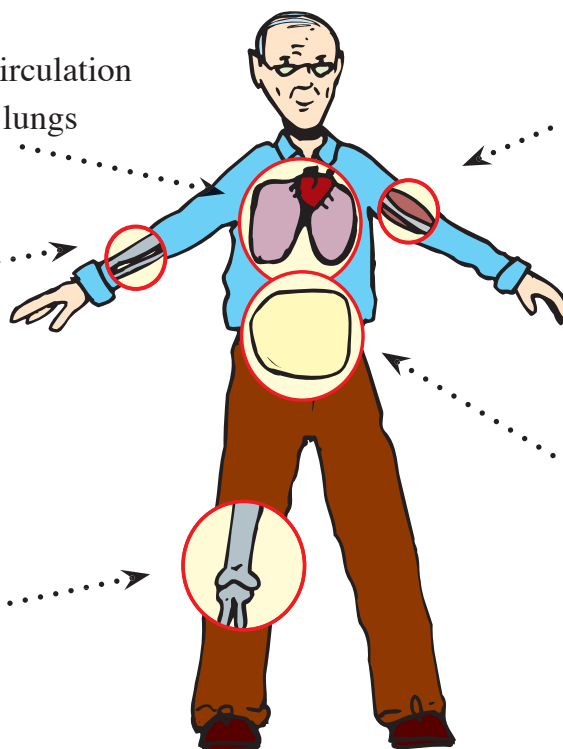
Muscles

After middle-age your body loses 3kg of lean muscle every 10 years. This is because you become less active as you get older.

Even after a short time of regular exercise, muscle mass increases.

Body fat levels

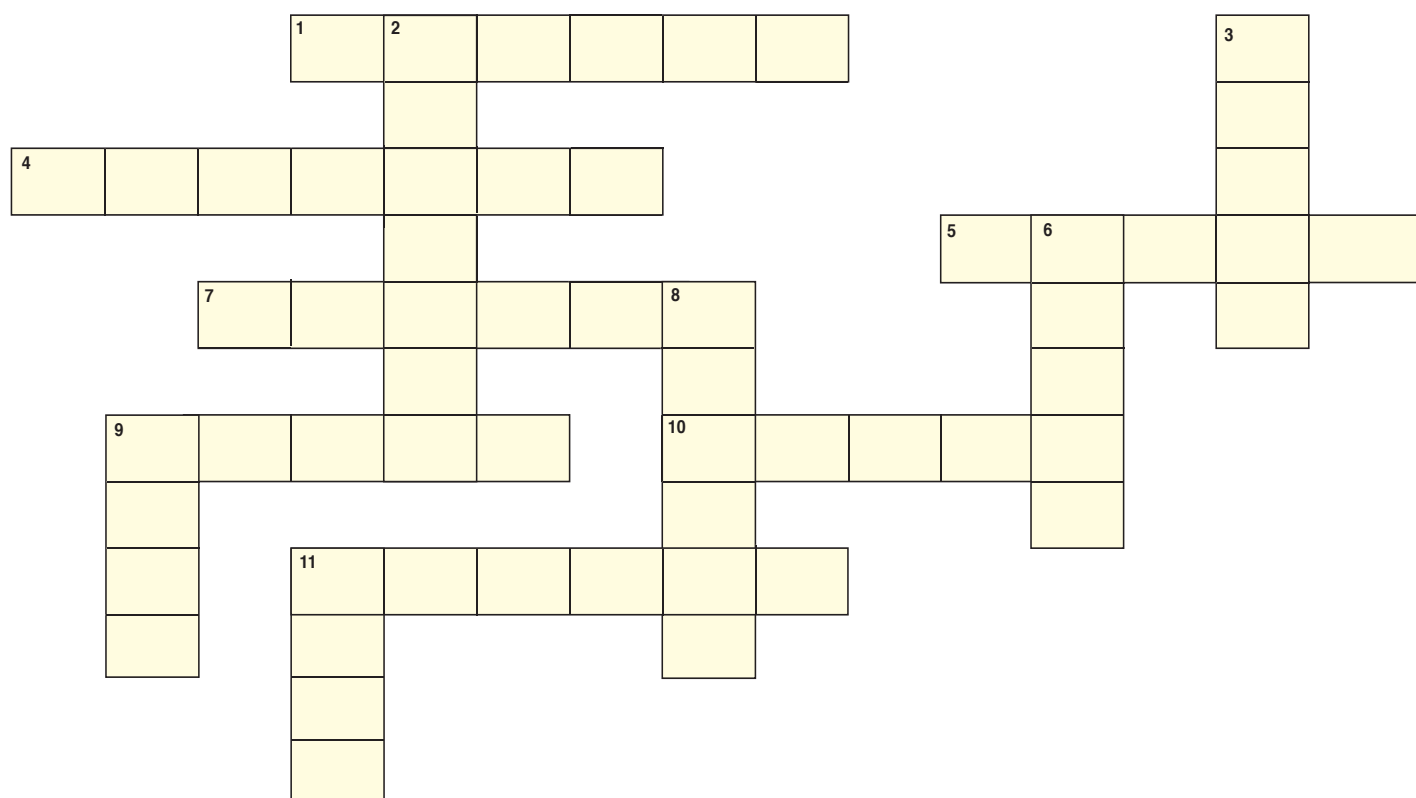
Exercise burns off fat and keeps us at a healthy weight.



✓ yes or no to these questions

	Yes	No
1. The body loses 4kg of muscle every 10 years.	<input type="checkbox"/>	<input type="checkbox"/>
2. Exercise increases muscle mass.	<input type="checkbox"/>	<input type="checkbox"/>
3. Exercise damages bones.	<input type="checkbox"/>	<input type="checkbox"/>
4. Joints keep supple with exercise.	<input type="checkbox"/>	<input type="checkbox"/>
5. Exercise burns up fat.	<input type="checkbox"/>	<input type="checkbox"/>

Find the answer to the clues and fill in the crossword



Across

1. A country in Europe
4. These need to be strong to lift things
5. The number after two
7. Makes limbs bend
9. Needed for breathing
10. Opposite to younger
11. Moves easily

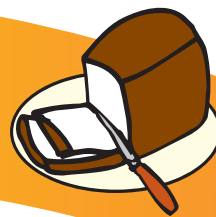
Down

2. Gentle exercise
3. Calcium
6. Pumps blood
8. Not quickly
9. Longest limbs in the body
11. Move in water

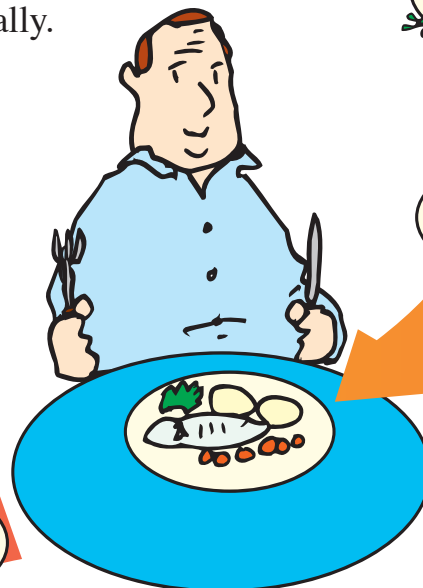
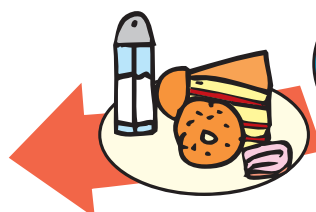
Healthy Eating

Tips for healthy eating

- ◆ Have a piece of fruit or fruit juice with every meal.
- ◆ Eat 2 portions of salad or vegetables with every meal.
- ◆ To increase your fibre intake, try and eat more wholemeal bread.
- ◆ Eat a bowl of cereal every day.
- ◆ Potatoes, rice or pasta should take up more than half of your plate for main meals.
- ◆ Eat oily fish 2 or 3 times a week e.g. mackerel, sardines or salmon.
- ◆ Use half a pint of milk or yoghurt every day.



- ◆ Do not add salt to your meal at the table.
- ◆ Only eat cakes, biscuits and sweets occasionally.
- ◆ Do not eat sugary foods between meals.



Put a ✓ in the correct box

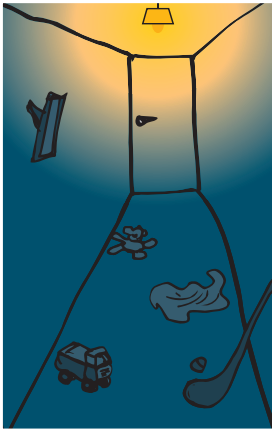
- | | Yes | No |
|---|--------------------------|--------------------------|
| 1. Eat $\frac{1}{2}$ pint of yoghurt each day. | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Eat 5 portions of vegetables with each meal. | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Eat fish 2 or 3 times a week. | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Biscuits and sweets should be eaten often. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Eat wholemeal bread each day. | <input type="checkbox"/> | <input type="checkbox"/> |

Solve the clues and the letters in the shaded squares will spell out two words to do with eating healthily.

1								A green vegetable (7)
2								Small round vegetables (4)
3								Use it to make bread (5)
4								A mixture of raw vegetables (5)
5								A yellow fruit (6)
6								A type of pasta (8)
7								Eaten with butter (5)
8								Every day (5)
9								The main meal of the day (6)
10								Fruit drink (5)
11								Eaten at breakfast (6)
12								Do not eat too much of this type of food (5)

Make sure your home is safe

You can help yourself or your older relatives to make the home a safer place by following a few simple steps:

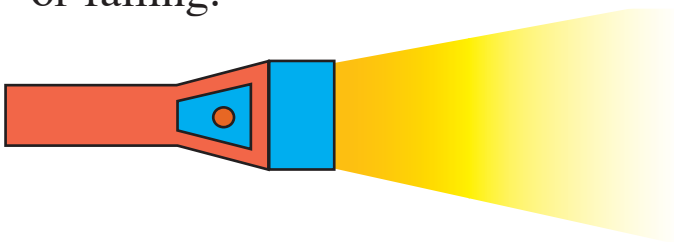


- ◆ Make sure all rooms and hallways are bright enough by using 100 watt bulbs.
- ◆ Keep all walking areas clear of anything you might trip over.



- ◆ Wear comfortable low-heeled shoes, to prevent falls.

- ◆ Take your time answering the door or the phone in case of a fall.
- ◆ Mend frayed carpets and tape down the edges of rugs or mats, to prevent tripping or falling.



- ◆ Keep a torch by the bed in case the electricity goes out or you cannot find the light switch.



- ◆ Use rubber mats in the bath or shower to prevent slipping.

Fill in the missing words

1. Keep a _____ by the bed.
2. Make sure to keep _____ areas clear.
3. Use _____ mats in the bath or shower.
4. Wear _____ low-heeled shoes.
5. Use _____ watt bulbs.

Solve the clues and the letters in the shaded squares will spell out two words to do with safety.

		1							Be careful (4,4)
2									Worn in the bath to keep hair dry (6,3)
	3								Opposite to waking (8)
	4								Occurs (7)
5									Parts of shoes (5)
			6						Not running (7)
	7								Cheer up someone (7)
		8							Keep fit (8)

Eating healthily

- | | Yes | No |
|--|-------------------------------------|-------------------------------------|
| 1. Eat 1½ pint of yoghurt each day | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 2. Eat 5 portions of vegetables with each meal | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 3. Eat fish 2 or 3 times a week | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 4. Biscuits and sweets should be eaten often | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 5. Eat 4/5 slices of bread each day | <input checked="" type="checkbox"/> | <input type="checkbox"/> |

1	C	A	B	B	A	G	E		A green vegetable (7)
2	P	E	A	S					Small round vegetables (4)
	3	F	L	O	U	R			Use it to make bread (5)
	4	S	A	L	A	D			A mixture of raw vegetables (5)
5	B	A	N	A	N	A			A yellow fruit (6)
6	M	A	C	A	R	O	N	I	A type of pasta (8)
7	B	R	E	A	D				Eaten with butter (5)
		8	D	A	I	L	Y		Every day (5)
		9	D	I	N	N	E	R	The main meal of the day (6)
10	J	U	I	C	E				Fruit drink (5)
	1	C	E	R	E	A	L		Eaten at breakfast (6)
12	F	A	T	T	Y				Do not eat too much of this type of food (5)

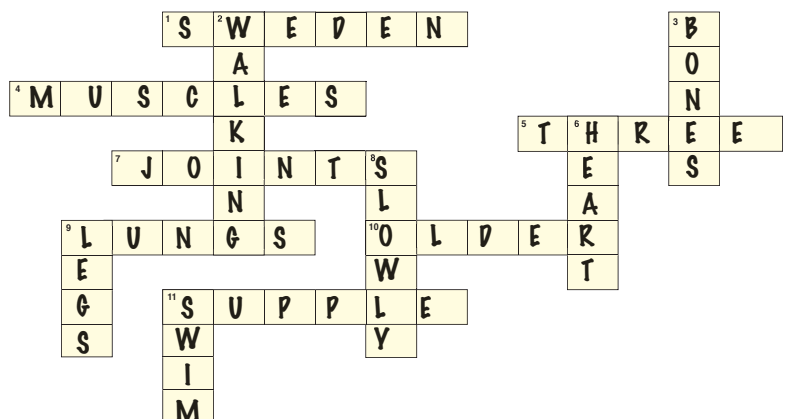
Make sure your home is safe

1. Keep a **torch** by the bed.
2. Make sure to keep **walking** areas clear.
3. Use **rubber** mats in the bath or shower.
4. Wear **comfortable** low-heeled shoes.
5. Use **100** watt bulbs.

		¹ T	A	K	E	C	A	R	E	Be careful (4,4)
² S	H	O	W	E	R	C	A	P		Worn in the bath to keep hair dry (6,3)
	³ S	L	E	E	P	I	N	G		Opposite to waking (8)
	⁴ H	A	P	P	E	N	S			Occurs (7)
⁵ H	E	E	L	S						Parts of shoes (5)
			⁶ W	A	L	K	I	N	G	Not running (7)
	⁷ C	O	M	F	O	R	T			Cheer up someone (7)
		⁸ E	X	E	R	C	I	S	E	Keep fit (8)

Getting Active

- | | Yes | No |
|--|-------------------------------------|-------------------------------------|
| 1. The body loses 4kg of muscle every 10 years | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 2. Exercise increases muscle mass | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 3. Exercise damages bones | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 4. Joints keep supple with exercise | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 5. Exercise burns up fat | <input checked="" type="checkbox"/> | <input type="checkbox"/> |



Diet

1. Eat a **variety** of different foods.
2. Try to cut down on **fatty** foods like chocolate.
3. Eat bread or pasta for **energy**.
4. Sit down and **relax** at meal times.
5. Drink **plenty** of water.
6. Fight **stress** with vitamins B and C.
7. Vitamin B is found in **wholemeal** bread.
8. Green leafy vegetables have vitamin **B**.

P	O	T	A	T	E	S	D	R	L
V	E	G	E	T	A	B	L	E	S
E	P	R	A	C	R	L	C	W	P
G	O	I	F	I	S	H	E	M	A
T	T	C	P	A	T	A	R	E	S
E	A	E	R	I	C	Y	E	A	T
B	T	M	I	L	K	D	A	T	A
L	O	C	H	E	S	S	L	M	T
A	E	B	R	E	A	D	E	U	P
E	S	C	H	E	E	S	E	C	H

Building self-esteem

1. Look on the **bright** side of life.
2. People with high self-esteem can **solve** problems.
3. Set goals you know you can **achieve**.
4. Self-esteem affects our trust, our work and our **relationships**.
5. High self-esteem gives us the **confidence** to take charge of our lives.

¹ C	O	N	F	I	D	E	N	T		Self assured (9)
² P	R	O	B	L	E	M	S			Difficulties (8)
³ U	N	D	E	R	S	T	A	N	D	Knows what something means (10)
⁴ F	R	I	E	N	D	S				Pals, mates etc. (7)
⁵ M	I	S	T	A	K	E	S			Errors (8)
⁶ D	E	L	I	B	E	R	A	T	E	On Purpose (10)
⁷ R	E	L	A	T	I	O	N	S		Family members (9)
⁸ C	O	N	G	R	A	T	U	L	A	To praise someone (12)
⁹ C	H	O	O	S	E					To pick something out (6)
¹⁰ B	E	L	I	E	V	E				To accept as true (7)

Alcohol

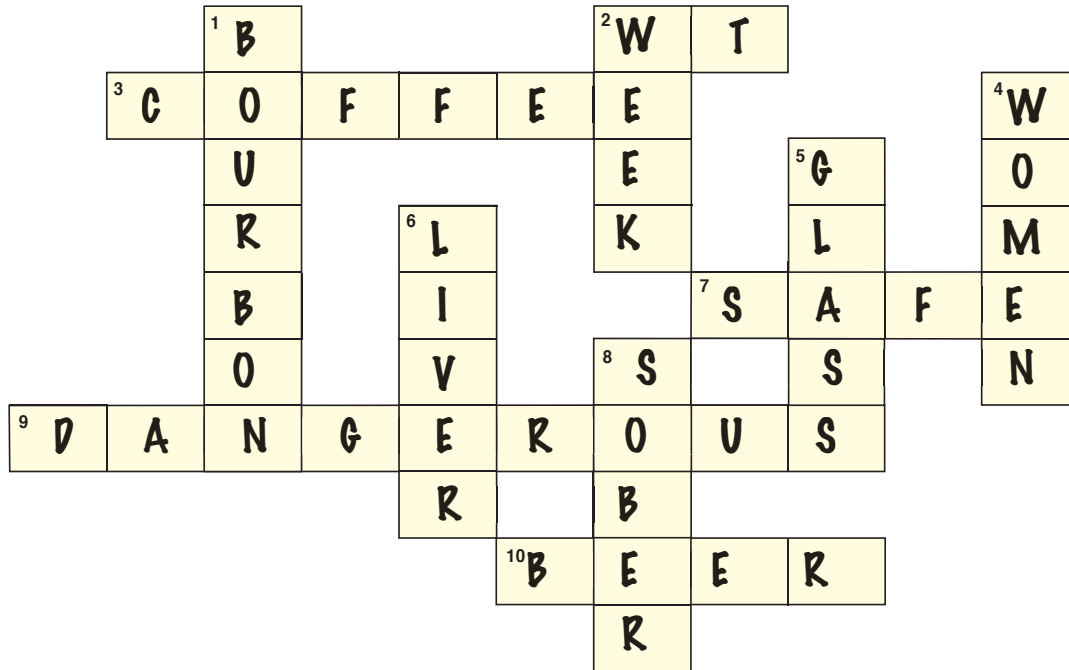
1. 14 units of alcohol is the weekly limit for women.
2. Men can drink 30 units a week.
3. It takes 5 hours to get rid of alcohol from the body.
4. Drinking coffee helps you to sober up.
5. Alcohol can damage the liver.

Yes

No

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Exercise

1. Endorphins are brain chemicals.
2. Endorphins cause depression.
3. Exercise causes stress.
4. You should exercise 5 times a week.
5. Exercise relaxes tense muscles.

Yes

No

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		¹ T	E	N	S	E				Not relaxed (5)
		² E	X	I	T					Way out (4)
		³ H	E	L	P	S				Assists (5)
	⁴ S	T	R	E	S	S				Anxiety (6)
⁵ M	U	S	C	L	E	S				Parts of the body (7)
	⁶ W	E	I	G	H	T				Heaviness (6)
			⁷ S	W	I	M				Exercise in water (4)
		⁸ R	E	L	A	X	E	D		At ease (7)

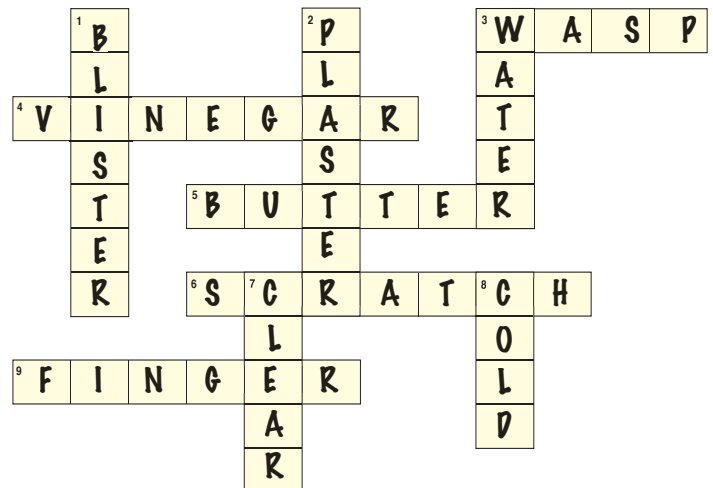
Over the Counter Medicines

1. Name 3 ailments for which you might use painkillers. **Backache, headache, and muscle pain**
2. What do antacids help to get rid of from the stomach? **Acid**
3. What can you use to treat hay fever? **Clarityn, Zirtek**
4. What sort of a medicine is Gaviscon? **Antacid**
5. What would you use Zovirax for? **Cold sores**

I	R	C	W	M	X	D	Y	R	C	C	K	S	P	W
R	X	G	S	V	J	E	R	O	Q	C	X	T	N	C
A	S	P	I	R	I	N	A	D	S	P	I	Z	R	I
C	L	A	R	I	Y	N	T	I	Z	N	O	A	V	Z
R	E	N	N	E	S	I	E	S	C	E	Z	N	X	O
E	D	F	E	T	Y	U	I	P	O	U	P	T	K	V
C	L	A	R	I	T	Y	N	I	K	R	D	A	L	I
Z	S	V	B	H	I	M	N	R	L	O	F	C	Z	R
D	F	H	J	K	L	U	Y	I	F	F	V	D	I	A
E	G	A	V	I	S	C	O	N	K	E	B	V	R	X
F	T	H	L	S	A	E	W	R	E	N	X	T	T	K
R	E	N	N	I	E	S	D	I	S	P	I	R	E	M
Z	I	R	S	O	L	P	A	D	I	E	N	E	K	N

Minor Accidents

- | | Yes | No |
|--|-------------------------------------|-------------------------------------|
| 1. You can put butter on a minor burn. | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 2. Bees leave their sting in the skin. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 3. It is all right to burst blisters. | <input type="checkbox"/> | <input checked="" type="checkbox"/> |
| 4. Put lemon juice on a bee sting. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |
| 6. Burnt fingers can swell. | <input checked="" type="checkbox"/> | <input type="checkbox"/> |



Common Ailments

1. Tiredness is one of the signs of **flu**.
2. A runny or **blocked** nose is a sign of a cold.
3. Aches and pains in the **muscles** are signs of flu.
4. Heartburn is a sign of **indigestion**.
5. Indigestion can cause stomach **ache**.
6. Ailment is another word for **illness**.

T	I	R	E	D	N	E	S	S	W	C	Z	S	D
S	N	E	Z	N	G	T	H	D	G	K	T	N	F
N	A	U	S	A	E	F	E	V	W	I	D	E	O
B	W	F	E	V	E	R	G	W	Z	T	C	E	J
E	S	E	W	T	Y	U	A	L	I	C	X	Z	B
L	R	L	I	H	F	T	H	E	V	H	Y	I	U
C	T	D	R	I	V	F	E	Z	E	I	G	N	M
H	P	A	I	N	S	E	A	D	A	N	S	G	L
I	U	H	O	L	T	M	D	L	B	G	E	R	M
N	O	S	E	B	L	T	A	F	H	Y	I	L	C
G	H	E	W	A	S	W	C	N	A	U	S	E	A
B	V	C	R	Y	I	K	H	P	E	R	X	O	J
T	I	R	E	D	N	S	E	H	A	C	H	E	S
H	E	A	R	T	B	U	R	N	D	I	R	Z	E