



Health and well-being

A reading and writing
workbook for adults



About this workbook

This 'Health and well-being' workbook is for adults who want to improve or practise their reading and writing skills. The workbook was developed for literacy learners and English for Speakers of Other Languages (ESOL) learners at Levels 1 to 2.

Acknowledgements:

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Using this workbook

Welcome to this workbook called 'Health and well-being'. In this workbook you can learn words about health and well-being and how to use them in sentences. The exercises will help you practise your reading, writing and spelling skills.

You can use the workbook on your own or with the support of your tutor.

We use these symbols to guide you through using this workbook.



Write



Read



Look



Talk



Listen

Need help?

Want to improve your reading, writing, maths or digital skills?

Call the National Adult Literacy Agency (NALA) on **Freephone 1 800 20 20 65** and we can give you information on all the free learning options available.

You can Learn with NALA online or over the phone, or we can give you details of your local Education and Training Board (ETB) or community education centre.



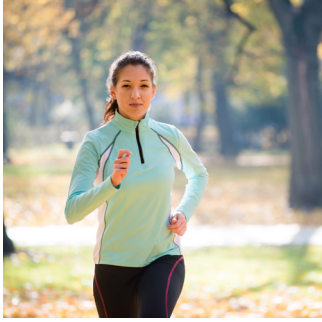

New words





Listen to your tutor say the words on pages 5-9.




Say the words.

Word	Picture
relax	
walking	
jogging	
exercise	

Word	Picture
cycling	
sleep	
water	
fish	
salad	

Word	Picture
soup	
cold	
accident	
fruit	
smoothie	

Word	Picture
<p>temperature</p>	
<p>doctor</p>	
<p>hospital</p>	
<p>plaster</p>	
<p>swimming</p>	

Word	Picture
<p>friends</p>	
<p>vitamin C</p>	
<p>avocado</p>	
<p>sick</p>	
<p>medicine</p>	

Word beats



Listen to your tutor say the words.



Repeat the words and clap out the beats.

• (1 beat)	• • (2 beats)	• • • (3 beats)
<p>sleep</p> 	<p>relax (re-lax)</p> 	<p>accident (ac-ci-dent)</p> 
<p>fruit</p> 	<p>salad (sal-ad)</p> 	<p>hospital (hos-pi-tal)</p> 
<p>fish</p> 	<p>water (wa-ter)</p> 	<p>exercise (ex-er-cise)</p> 

How many word beats?







Listen to your tutor say the words.



Repeat the words and clap out the beats.



Put a tick ✓ under the correct number of beats for each word.

word	• (1 beat)	• • (2 beats)	• • • (3 beats)
salad 			
exercise 			
water 			
sleep 			


Matching



Look at the words and pictures below.



Draw a line to match the pictures and the words.

Picture	Word
	salad
	swimming
	sick
	relax
	fruit



Look at the words and pictures below.



Draw a line to match the pictures and the words.

Picture	Word
	water
	friends
	soup
	walking
	fish

Matching health problem to healthcare



Draw a line to match the health problem to the healthcare solution.

Health problem	Healthcare solution
<p>cut finger</p> 	<p>medicine</p> 
<p>tired</p> 	<p>hospital</p> 
<p>sick</p> 	<p>plaster</p> 
<p>broken arm</p> 	<p>honey and lemon</p> 
<p>cold</p> 	<p>sleep</p> 

Make a smoothie

A smoothie is a blended drink. What do you like to put in a smoothie?



Look at the list below.










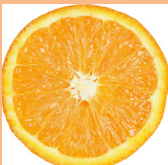




Put a tick ✓ for what you like or an X for what you do not like.



blender



smoothie

Item	✓ or X	Item	✓ or X	Item	✓ or X
apple 		avocado 		milk 	
banana 		spinach 		berry 	
lemon 		orange 		chili 	
pineapple 		watermelon 		water 	

Missing letters



Fill in the missing letters to complete the words.



__ elax



wal __ ing



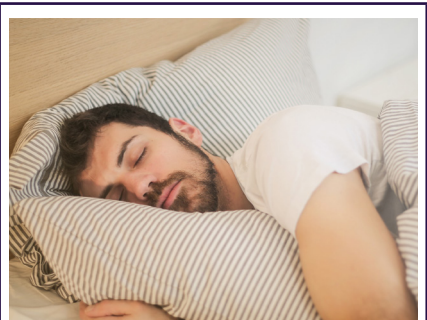
jo __ ging



__ xercise



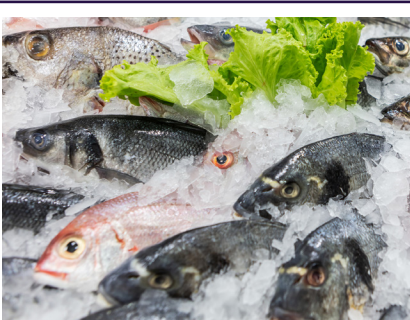
cyc __ ing



__ leep



wa __ er



__ ish




__ alad

Spelling



Write the word beside the picture.

Picture	Word
	_____
	_____
	_____
	_____
	_____
	_____

Food and drink



Look at the food and drink words below.



Write the food and drink words in the table below.

banana	tea	soup	water
smoothie	fish stew	chicken and rice	apple
milk	orange	avocado	tomato pasta

Food and drink types

Fruit

Drink

Hot food

Missing words



Write in the missing words to complete the sentences.

Use the pictures to help you.

She likes to eat _____ for breakfast.



I am happy when I can meet my _____ .



I _____ for eight hours at night.



I often eat a _____ with my dinner.



I take _____ when I have a cold.



I do _____ five times a week.



Same sentence, different word



Look at the sentences in List 1 and List 2. The sentences in each list are the same except for one word.



Circle the different word in the sentence in List 2. The first one is done for you.

List 1	List 2
She likes to eat fruit for breakfast.	She likes to eat <u>toast</u> for breakfast.
I am happy when I meet my friends.	I am happy when I meet my tutor.
I sleep for eight hours at night.	I sleep for six hours at night.
I often eat a salad with my dinner.	I often eat a salad with my lunch.
I do exercise five times a week.	I do exercise four times a week.
I love to relax in the café.	I love to relax in the park.
I go to the doctor when I am sick.	I go to the hospital when I am sick.

Word groups











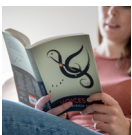



Look at the list of words below.



Write the correct word beside the picture in the tables below.

reading	beef	dancing	heart
tooth	bread	tea	orange juice
milk	cheese	lungs	watching TV (television)

Picture	Drink words	Picture	Food words
			
			
			

Picture	Activity words	Picture	Body words
			
			
			

What do you do?



Listen to your tutor read out the questions.



Write your answers as **Yes, I do** or **No, I do not** in the boxes.

Do you...?

Yes, I do.

No, I do not.

Question	Your answer
Do you go swimming?	
Do you go cycling?	
Do you go jogging?	
Do you like to relax?	
Do you eat fruit every day?	
Do you do exercise every day?	
Do you like to eat avocado?	
Do you eat fish?	
Do you go walking every day?	

True or False for me



Mark the sentences that are True for you with ✓ and the sentences that are False for you with X.

Sentence	True ✓ or False X
I buy chicken at the supermarket every week.	
I sleep for 8 hours a night.	
I go cycling in the park.	
I sometimes get a cold in the winter.	
I buy fish at the supermarket every week.	
I eat 3 pieces of fruit a day.	
I go walking for 20 minutes every day.	
I eat vegetables every day.	
I meet my friends once a week.	
I have a salad for my lunch.	
I drink 2 litres of water a day.	
I make soup in the winter.	

Find someone who...



Walk around your class and ask people if they do the activities below.



If the person answers, 'yes', write their name beside the activity. Put one name for each question. The first one is done for you.

Name	Activity
Fatima	goes jogging in the park.
	sleeps for 8 hours a night.
	cooks fish every week.
	does exercise every day.
	meets friends at the weekend.
	likes to relax.
	eats 3 pieces of fruit every day.
	eats salad every day.
	drinks smoothies.
	goes swimming.

Fatima's healthy week



Listen to your tutor read the text and read along.

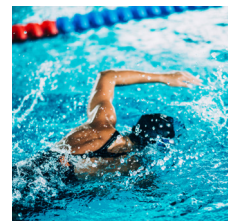
On **Monday** Fatima walks for 30 minutes.
She eats chicken with rice and vegetables.



On **Tuesday** Fatima goes cycling in the park. She eats soup and bread.



On **Wednesday** Fatima goes swimming.
She eats fish with potatoes and salad.



On **Thursday** Fatima walks for 30 minutes.
She eats beef with rice and vegetables.



On **Friday** Fatima likes to relax at home.
She eats chicken with pasta.



On **Saturday** Fatima goes jogging in the park. She makes a smoothie for lunch.



On **Sunday** Fatima meets her friends.
They drink tea together.



Fill Fatima's week



Read the text 'Fatima's Week' on page 25.



Write in the missing words to complete the sentences. Use the pictures to help you.

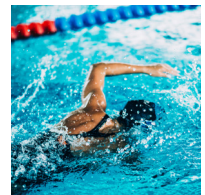
On **Monday** Fatima walks for 30 minutes. She eats chicken with _____ and vegetables.



On **Tuesday** Fatima goes _____ in the park. She eats soup and bread.



On **Wednesday** Fatima goes _____. She eats fish with potatoes and salad.



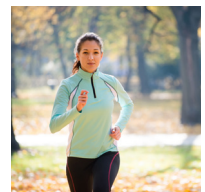
On **Thursday** Fatima walks for 30 minutes. She eats _____ with rice and vegetables.



On **Friday** Fatima likes to _____ at home. She eats chicken with pasta.



On **Saturday** Fatima goes _____ in the park. She makes a smoothie for lunch.



On **Sunday** Fatima meets her friends. They drink _____ together.



About Fatima's week



Fill the gaps in the sentences with the correct words. Find the answers in the story on page 25.

What does Fatima drink? What does Fatima eat?

What does Fatima eat on **Monday**?

She eats _____ with _____ and _____ .

What does Fatima eat on **Tuesday**?

She eats _____ and _____ .

What does Fatima eat on **Wednesday**?

She eats _____ with _____ and _____ .

What does Fatima eat on **Thursday**?

She eats _____ with _____ and _____ .

What does Fatima eat on **Friday**?

She eats _____ with _____ .

What does Fatima make on **Saturday**?

She makes a _____ .

At the doctor



Listen to your tutor read the role-play and read along.



Person	Sentence
Doctor	Good morning. How are you today?
Patient	Not very well. I had an accident. I fell in the supermarket.
Doctor	Oh no. Where is the pain?
Patient	My left arm is very sore.
Doctor	OK, let me have a look.
Patient	I can't move my arm.
Doctor	OK, you need to go to the hospital. You need a scan. I think your arm is broken.
Patient	OK, I can't drive. Can you call a taxi?
Doctor	Yes, I will call a taxi. Please take this medicine to stop the pain.
Patient	Thank you doctor.
Doctor	Don't worry, your arm will be OK.

Put in order



Number the sentences below in the correct order from 1-11. Use the role-play on page 28 to help you. The first one is done for you.

Person	Sentence	Order
Doctor	Oh no. Where is the pain?	
Patient	I can't move my arm.	
Doctor	Good morning. How are you today?	1
Patient	OK, I can't drive. Can you call a taxi?	
Doctor	Yes, I will call a taxi. Please take this medicine to stop the pain.	
Patient	Not very well. I had an accident. I fell in the supermarket.	
Doctor	Don't worry, your arm will be OK.	
Patient	Thank you doctor.	
Doctor	OK, you need to go to the hospital. You need a scan. I think your arm is broken.	
Patient	My left arm is very sore.	
Doctor	OK, let me have a look.	

Fill the gap



Read the role-play on page 28.



Write the correct answers from the role-play to fill the gaps.

afternoon

morning

Good _____. How are you today?

supermarket

shopping centre

I fell in the _____.

right

left

My _____ arm is very sore.

rest

scan

You need a _____.

friend

taxi

Can you call a _____?

About me



Read the questions and the start of the sentences.



Finish the sentences about yourself.

What exercise do you do?

I _____.

I _____.

What healthy food do you eat?

I eat _____.

I eat _____.

What do you like to drink?

I drink _____.

I drink _____.

What do you do to relax?

I _____.

I _____.

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Reading - Page 21. Image source: NALA

Relax - Pages 5, 10, 12, 16, 17, 25, 26. Image source: Pixelshot via Canva

Salad - Pages 6, 10, 11, 12, 16, 19. Image source: Billion Photos via Canva

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Watermelon - Page 15. Image source: Billion Photos via Canva

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National Adult Literacy Agency

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