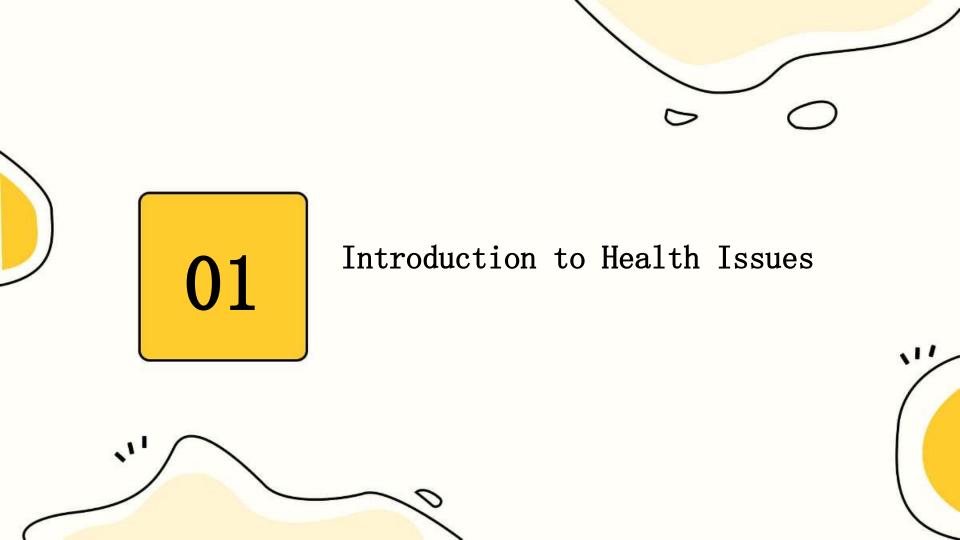
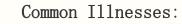


CONTENTS

- Introduction to Health Issues
- Identifying Symptoms
- Seeking Medical Assistance
- Healthy Living Tips
- Mental Well-being
- Review and Assessment



Introduction to Health Issues



Understanding different health problems in English.

Vocabulary Study:

Enhancing your
English vocabulary
related to health
issues.

Healthy Habits:

Promoting good health practices among teenagers.

Common Illnesses



Colds and Flu:

Learn about symptoms
and treatments for
common colds and
influenza.



Allergies:

Discover how
allergies affect
people and ways to
manage them
effectively.



Stomachaches:

Understand the causes of stomachaches and when to seek medical help.



Headaches:

Explore different types of headaches and remedies to alleviate them.



Injuries:

Know how to describe injuries and accidents in English.

Vocabulary Study

Term	Definition
Fever	Abnormal high body temperature
Sore throat	Pain or irritation in the throat
Nausea	Feeling of sickness with an inclination to vomit

Healthy Habits





Identifying Symptoms

Symptom Description:

Learning to describe different symptoms accurately.

Scenario Practice:

Engaging in role-play scenarios to practice symptom identification.

Symptom Description

Fever:

Detailing the sensation of fever and associated signs.

Cough:

Explaining the characteristics of a cough and possible causes.

Fatigue:

Describing feelings of fatigue and strategies to combat it.



Scenario Practice

Scenario Symptoms

At the Doctor's Office Headache, Runny Nose

During Physical Education Class Shortness of Breath, Chest Pain



Doctor's Visit:

Preparing for a visit to the doctor's office.

Emergency Situations:

Recognizing when to seek immediate medical help.



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