

Culture

1 Read about some traditional health beliefs and practices in Viet Nam and Indonesia.

VIET NAM	INDONESIA
<ul style="list-style-type: none"> • Ailments are caused by an imbalance of yin and yang • Herbal medicines and indigenous folk practices used to treat the sick • Goals to restore the yin / yang balance • Previously thought ineffective but recent evidence shows positive health outcomes 	<ul style="list-style-type: none"> • Illnesses are caused either naturally or personally • Traditional treatments, herbs and therapies used to treat the sick • Goals to restore normal, proper and comfortable condition • Efficient, safe, cost-effective, affordable and accessible, especially for the poor

2 With a partner, discuss the similarities and differences in health beliefs and practices between the two countries.

3 Do you know any traditional therapy (treatment without medicine)? If yes, please share the basic idea of that therapy.



LOOKING BACK

Pronunciation

1 Listen and repeat the following sentences.

1. The prince plays a prime role in producing the special food.
2. Alice glances through the window and prays for magic.
3. The Grimm brothers' fairy tales have their grounding in the fairy world.
4. The growth of the grass in the ground is carefully monitored.

3. Food is broken down and converted into energy in the _____ system.
4. The bones in the _____ system help support our body and protect the organs.
5. The system that takes in oxygen and releases carbon dioxide is called _____.
6. The place that food is first stored in the body is the _____.
7. The system which works as the control panel of the body is the _____ system.

Vocabulary

Complete the following sentences with a word or phrase about the body.

1. The part that leads the controlling of the body is the _____.
2. Blood is pumped through the _____ to bring oxygen to all parts of the body.



Grammar

Underline the word in italics that best completes the sentence.

1. I *will become* / *am going to become* an engineer one day if I can.
2. Foods *are broken down and converted* / *break and convert* into energy in the digestive system.
3. Jane *is going* / *will go* to the dentist's tomorrow as planned.
4. The acupoints *are stimulated* / *stimulate* to enhance the healing capability of the body itself.
5. Besides acupuncture, acupressure *is used* / *uses* to help treat ailments without any medicine.
6. Although I have taken some aspirin, the headache *doesn't go* / *won't go* away.
7. All the body organs *are supported by* / *support* the bones in the skeletal system.
8. Look at the dark clouds. I'm sure it *will rain* / *is going to rain* soon.

PROJECT

1 Your doctor would like some information about your usual food habits to help plan the best possible health care for you and your friends. Conduct the survey, using the questions below and compile the findings into a report.

1. Who shops for food at your home? _____
2. Who prepares your meals? _____
3. What do you drink during the day? _____
4. What kind of meat do you usually eat? ___ steaks, ___ pork, ___ beef, ___ chicken, ___ fish, ___ others, please specify: _____
5. Do you have a lot of vegetables with your meals? ___ Yes ___ No
6. Do you add salt to your food when you eat? ___ Yes ___ No
7. How many times a day do you eat? _____.



2 Present your findings to the class.

NOW YOU CAN

- ▶ Use words and phrases about body systems and healthy living
- ▶ Use *will* and *be going to* to talk about intentions, plans, predictions and willingness
- ▶ Speak about how to get rid of bad habits
- ▶ Write about what to eat and not to eat for special occasions