

Mario Herrera  
Christopher Sol Cruz

# BIG ENGLISH



2ND EDITION  
STUDENT'S BOOK



# 4

# How Do You Feel?

## Vocabulary

I will learn to name illnesses and health problems.



## Song Time!



Listen, look, and say.



Play the game.



# Song

I will learn to talk about someone's health.



Listen and sing. Who's speaking?

## Stay in Bed and Rest!



You're coughing and  
You're sneezing.  
You need to stay in bed.  
I think you have a fever.  
Here, let me feel your head.



You shouldn't go to  
School today.  
You should stay  
Home instead.

**When you're sick or feeling blue,  
Your family takes good care  
Of you.**



You have a fever and  
A cold.  
Here's what I suggest:  
You should drink some tea  
And juice.

Stay in bed and rest!  
Listen to your dad, now.  
Taking care of yourself  
Is best.



**Chorus**



Read and choose.

- 1 Ben has a **stomachache** / **headache**. He ate something bad last night.
- 2 Philip fell and hurt himself on the playground. He has a big **fever** / **cut** on his knee.
- 3 It's spring, and Pablo has terrible **allergies** / **cuts**. He's **coughing** / **sneezing**.
- 4 Karen's body feels sore, and she can't move. She has a terrible **headache** / **fever**.
- 5 Sandra has a bad cold. She's **allergic** / **coughing**, and she has a **sore throat** / **cut**. She has to stay home from school.
- 6 Meral has a terrible **headache** / **cut**. She's very hot, and her head is sore.



Read. What health problem do you have?

- 1 The trees are making you sneeze.
- 2 You have a sore throat, a fever, and a cough.

# Story

I will read a story about someone's health.

5 Listen and read. Does Christina need a nurse?

## You're Hurt!



Oh, no!

1 Sam and Christina are eating lunch together in school. Christina has a problem.



Oh, no! You have a cut.

What? I...

2 Sam gets upset when he sees Christina's arm. He thinks she cut herself.



You should see the school nurse! You should put a bandage on that.

But Sam...

3 Sam wants to help Christina.



You shouldn't wait!  
You should go right away!

But I...

4 Christina doesn't need to go to the nurse. She's OK.





**6** Who says it? Say Sam or Christina.

- 1 "You have a cut."
- 2 "You should see the school nurse!"
- 3 "I don't need a nurse."
- 4 "You should put a bandage on that."
- 5 "I just need a napkin!"
- 6 "You shouldn't worry so much!"



Why did Sam get upset? Why didn't Christina get upset?  
 What should you do if you cut yourself?

# Language in Action

I will listen to a dialog about how to take care of a health problem.

72  
7

Listen and read. Then say.

**Mom:** What's the matter?

**Jacob:** I don't know. I feel kind of sick.

**Mom:** Let me see. Wow. Your forehead is warm. You have a fever.

**Jacob:** Really?

**Mom:** Yes. You should take some medicine and get some rest.

**Jacob:** But... what about my soccer game today?

**Mom:** You can watch a soccer game on TV.



8

Practice the dialog in 7 with a partner.

73  
9

Listen and stick. Write the number.



\_\_\_\_\_

He should get an X-ray.



\_\_\_\_\_

She should take some medicine.



\_\_\_\_\_

He should eat soup and go to bed.

# Grammar

I will learn to use *should/shouldn't* and *myself, yourself...* to stay healthy.

I	<b>should</b> eat healthy foods.	I	<b>shouldn't</b> stay up late.
You		You	
He/She		He/She	
We		We	
They		They	

## 10 Complete the sentences with **should** or **shouldn't**.

- 1 You \_\_\_\_\_ get some exercise every day.
- 2 Sue \_\_\_\_\_ eat so much candy.
- 3 Children \_\_\_\_\_ watch too much TV.
- 4 People \_\_\_\_\_ drink lots of water and get plenty of rest.

I	should take care of	<b>myself.</b>
You		<b>yourself.</b>
He/She		<b>himself/herself.</b>
We		<b>ourselves.</b>
They		<b>themselves.</b>

## 11 Read and complete.

- 1 I eat too much candy. I should take better care of \_\_\_\_\_.
- 2 My sister often goes to bed late. She should take care of \_\_\_\_\_.
- 3 My brother exercises every day. He takes good care of \_\_\_\_\_.
- 4 My family grows vegetables in the garden. We eat good food and take care of \_\_\_\_\_.
- 5 You should take care of \_\_\_\_\_, too.
- 6 My grandparents are 80. They take good care of \_\_\_\_\_.

## 12 Work with a partner. Talk about the people on pages 44–45.



He has  
a cut.

He should go to  
the nurse.





I will learn about different kinds of germs.

**CONTENT WORDS**  
 bacteria disease  
 fever fungi germ  
 malaria microscope  
 protect protozoa  
 spread virus vomit

75  
 13

Listen and read. What are the four main kinds of germs?

## Germs



Our bodies work hard to stay healthy, but there are many tiny enemies around us that can make us sick. They're called germs. We can't see germs with our eyes – we can only see them through a microscope. When they're inside us, they use our body's resources and take away our energy. Germs can cause fever, coughing, and other problems, so it's important to stay away from them.

There are four main kinds of germs: bacteria, viruses, fungi, and protozoa. They live in different places, but they can all make us sick. Viruses are in the air. When we get sick with a cough or a cold, it comes from a virus. The virus spreads through our bodies and then spreads to other people through the air. If you sneeze, and you don't use a tissue, the virus goes into the air. This is why we shouldn't go to school with a bad cough or cold.

Bacteria and fungi live in the air, too, but they also grow on things, such as old food. This is why we should keep food in the refrigerator. When we eat bad bacteria or fungi, we get a stomachache, and sometimes we vomit. However, bacteria aren't all bad. There are important bacteria in our stomachs. We use them to digest our food.

Protozoa can also give you a stomachache. Protozoa like wet places and can live in dirty water. This is why you should never drink water from a river or a lake. The disease malaria comes from protozoa. It lives in mosquitos.

How can we stay away from germs? Unfortunately, our homes are perfect places for them because there are a lot of places to hide. How should we protect ourselves? We could try to be cleaner, and because we can't clean everything, we should wash our hands regularly and before we eat.

14

Look at 13. Read and choose.

- |   |                    |                       |
|---|--------------------|-----------------------|
| 1 We can see germs...                               | a with our eyes.   | b with a microscope.  |
| 2 Bacteria, fungi, viruses, and protozoa are all... | a germs.           | b poisons.            |
| 3 Some bacteria...                                  | a help our bodies. | b live in wet places. |
| 4 We should always...                               | a try to be clean. | b protect our hands.  |



Which germs in the text are most dangerous for us? Why?



I will learn to about home remedies around the world.

**CONTENT WORDS**  
 cure herbal massage painkiller  
 relax remedy rub stress

**15** Read quickly. Which illnesses are mentioned?

## Home Remedies

Should you see a doctor every time you're sick? Of course not! Doctors don't have a cure for everything. In fact, there are many simple illnesses that are difficult for doctors to cure. Sometimes people use different "home remedies" for them.

The cold virus is one example. People in many countries don't take medicine for a cold. They make a big pot of hot chicken soup instead. They eat the soup and rest. Many people believe that chicken soup is a natural and healthy cure for a cold. And in fact it really helps: drinking a lot of water is good when you have a cold. Also, the hot soup helps you breathe better and helps your throat.



If you have a headache, your doctor may give you painkillers. However, in China, it's common to cure a headache with an egg! You boil the egg, take off the shell, and rub the egg on your face, head, and neck until the egg becomes cool. Some people think this helps you sleep better, too. Rubbing with the egg relaxes you, like a massage. Often headaches are because of stress, so relaxing is a great idea.



What about a fever? There are a lot of different home remedies, but an interesting home remedy uses vinegar. In Russia, people rub it into the skin. Vinegar makes your skin feel cooler, and it can help lower your body temperature a little.



One of the world's oldest home remedies is tea. You can use herbal teas for all sorts of simple illnesses, including stomachaches and sore throats. Some popular ingredients in home remedy teas are mint, ginger, garlic, honey, and lemon. All of these ingredients make a sore throat feel better and help you relax.



**16** Listen and read. Complete the sentences.

- Doctors don't have a \_\_\_\_\_ for all illnesses.
- When people have a cold, they often eat chicken soup and \_\_\_\_\_.
- Doctors give \_\_\_\_\_ for headaches.
- Often headaches are because of \_\_\_\_\_.
- People around the world use \_\_\_\_\_ teas for many illnesses.



Are home remedies better than doctors and medicine? Why/Why not?

# Writing | Using commas

I will learn to write sentences with commas.

17 Read and choose the sentences where commas are used correctly.

We use a comma ( , ) between items in a list.

- 1 I should rest take medicine and drink tea.
- 2 I should rest, take medicine, and drink tea.

We use a comma after most **sequence words**. We don't use a comma after **Then**.

- 1 First I brush my teeth. Then, I wash my hands.
- 2 First, I brush my teeth. Then I wash my hands.

18 Copy the paragraph in your notebook. Put commas in the correct places.

Here's how I take care of myself and stay healthy. First I exercise every day. I run play soccer ride my bike and do gymnastics. I like skateboarding too. Next I always eat a good breakfast. I only eat healthy food every day. I eat fruit vegetables and yogurt. I also drink lots of water. I don't eat unhealthy foods like chips donuts or fries. I try to protect myself from germs too. I wash my hands take showers and brush my teeth. Finally I get enough rest and I go to bed early every night.



19 How do you take care of yourself? Write a paragraph in your notebook.



I will learn to use the sounds *kn* and *wr*.

78  
20

Listen, read, and repeat.

1 **kn**

79  
21

Listen and find. Then say.



knee



write

80  
22

Listen and blend the sounds.

1 kn-ow      know

3 wr-a-p      wrap

5 kn-igh-t    knight

7 kn-o-t      knot

2 wr-o-ng      wrong

4 kn-o-ck      knock

6 wr-i-s-t      wrist

8 wr-e-ck      wreck

81  
23

Read aloud. Then listen and chant.

What's wrong, wrong, wrong?  
The knight knocked his  
Knee, knee, knee,  
And his wrist, wrist, wrist.  
I know! Wrap his knee  
And wrap his wrist!



# Values | Don't spread germs.

I will learn about good hygiene habits.

83  
24

Listen and number in order.



\_\_\_\_\_ You should cough or sneeze into a tissue or into the inside of your arm.



\_\_\_\_\_ You should wash your hands often.



\_\_\_\_\_ You shouldn't share food, cups, forks, or spoons.

25

Tell a partner how you can stop spreading germs.



I wash my hands several times a day.



## Project

26

Make a **Good Hygiene Habits** checklist. Compare your checklist with a partner's.

Name \_\_\_\_\_

## Good Hygiene Habits



Wash your hands.



Cough or sneeze into a tissue or into your arm.



Don't share food, cups, forks, or spoons.



# Review

27 Make cards with the names of different health problems. Role-play giving advice with a partner.

allergies

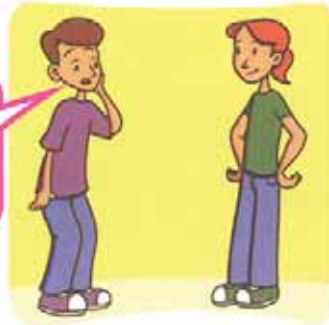
cough

stomachache

fever

cut

I have a very bad headache. What should I do?



You should see a doctor soon.



28 Complete the dialogs with **should** or **shouldn't**.

- 1 **A:** Oh, no. I cut myself.  
**B:** You \_\_\_\_\_ clean the cut and put a bandage on it.
- 2 **A:** I'm so sleepy today.  
**B:** You \_\_\_\_\_ stay up so late at night.
- 3 **A:** I have a stomachache.  
**B:** You \_\_\_\_\_ eat so much candy.

29 Write the name of the health problem each person has.

fever    cut    stomachache    allergy



1 stomachache



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_

## I Can

- use words for illnesses and health problems.
- use *should/shouldn't* and *myself, yourself...* to talk about staying healthy.
- ask for and offer advice for health problems.
- write sentences with commas.



Mario Herrera  
Christopher Sol Cruz

# BIG ENGLISH



2ND EDITION  
TEACHER'S EDITION









Listen and write. Use the words from the box.

## Stay in Bed and Rest!



You're <sup>1</sup> \_\_\_\_\_  
And you're <sup>2</sup> \_\_\_\_\_.

You need to stay in bed.  
I think you have a fever.

Here, let me feel your head.

You shouldn't go to school today.

You should <sup>3</sup> \_\_\_\_\_ instead.

**When you're sick or feeling blue,  
Your family takes good care of you.**

You have a <sup>4</sup> \_\_\_\_\_

And a <sup>5</sup> \_\_\_\_\_

Here's what I suggest:

You should drink some <sup>6</sup> \_\_\_\_\_

And juice.

<sup>7</sup> \_\_\_\_\_ and rest!

Listen to your dad, now,  
Taking care of yourself is best.

**Chorus**



cold    coughing    fever  
sneezing    stay home  
stay in bed    tea



### 4 Read and choose the correct answer.

When you're sick, here's what I suggest:

- |                   |                 |                          |
|-------------------|-----------------|--------------------------|
| 1 You shouldn't   |                 |                          |
| a stay in bed.    | b go to school. | c stay home.             |
| 2 You shouldn't   |                 |                          |
| a run around.     | b rest.         | c drink water.           |
| 3 You shouldn't   |                 |                          |
| a go to a doctor. | b eat candy.    | c take care of yourself. |





5 Read. Then answer the questions.

## You're Hurt!



- 1 What are Sam and Christina doing?  
\_\_\_\_\_
- 2 Who does Sam think Christina should see?  
\_\_\_\_\_
- 3 What does Sam think Christina should do?  
\_\_\_\_\_

6 Read and complete the sentences.

bandage    run    nurse    rest



I fell and cut my knee.  
Ouch!

You should see the school nurse

You shouldn't \_\_\_\_\_



Look at 5 again. What happens next in the story? Write.

\_\_\_\_\_

\_\_\_\_\_



# Language in Action



## Listen and match.

- |                                  |           |                                |
|----------------------------------|-----------|--------------------------------|
| 1 Michael's dad thinks he should | - - - - - | a headache.                    |
| 2 Vicky should                   |           | b take better care of herself. |
| 3 Jinsoo has a bad               |           | c takes good care of himself.  |
| 4 Emily's big sister should      |           | d have some crackers.          |
| 5 Dennis's grandfather           |           | e allergies.                   |
| 6 Sally has                      |           | f lie down and rest.           |



## Read and circle T for true or F for false.



- Nurse:** What's the matter, Jessica?  
**Jessica:** I don't feel good.  
**Nurse:** Let me check you out.  
**Jessica:** My tooth hurts.  
**Nurse:** Oh! You should take some medicine.  
**Jessica:** OK. That's all?  
**Nurse:** No, you should see a dentist.

- |                                     |   |   |
|-------------------------------------|---|---|
| 1 Jessica feels great.              | T | F |
| 2 Jessica has a stomachache.        | T | F |
| 3 Jessica has a toothache.          | T | F |
| 4 The nurse thinks Jessica is sick. | T | F |
| 5 Jessica should go to the dentist. | T | F |





# Grammar

I	<b>should</b> eat healthy foods.	I	<b>shouldn't</b> stay up late.
You		You	
He/She		He/She	
We		We	
They		They	

I	should take care of	<b>myself.</b>
You		<b>yourself.</b>
He/She		<b>himself/herself.</b>
We		<b>ourselves.</b>
They		<b>themselves.</b>



## 9 Circle the correct words.

- 1 I **should** / **shouldn't** eat more vegetables.
- 2 You **should** / **shouldn't** drink so much soda.
- 3 He **should** / **shouldn't** exercise every day.
- 4 We **should** / **shouldn't** stay up late.
- 5 They **should** / **shouldn't** eat healthy food.

## 10 Read and ✓ the correct word.

- 1 I go to bed late and eat potato chips. I should take better care of \_\_\_\_\_.  
 myself       yourself       herself
- 2 You never eat fruit. You should take better care of \_\_\_\_\_.  
 myself       yourself       ourselves
- 3 She doesn't exercise. She should take better care of \_\_\_\_\_.  
 himself       themselves       herself



**11 Write should or shouldn't.**

1 **Joe:** I have a headache.

**Doctor:** You should take some medicine.

2 **Mom:** My daughter has a sore throat.

**Doctor:** She \_\_\_\_\_ take care of herself.

3 **Tim:** I'm really tired.

**Doctor:** You \_\_\_\_\_ stay up so late.

4 **Dad:** My children have allergies.

**Doctor:** They \_\_\_\_\_ stay inside and take medicine.

5 **Mom:** My son has a fever.

**Doctor:** He \_\_\_\_\_ go to school.

6 **Sonya:** I like to watch TV for hours every day.

**Doctor:** You \_\_\_\_\_ watch so much TV.



**12 Read the problems and write advice. Use should or shouldn't.**

1 I have a cough and a sore throat.

\_\_\_\_\_

2 My brother has a cut on his leg.

\_\_\_\_\_

3 My friends don't eat vegetables.

\_\_\_\_\_

4 I have a stomachache.

\_\_\_\_\_

5 I have a fever.

\_\_\_\_\_







Listen, read, and complete. When should we use tissues?

clean    dirty water    diseases    enemies  
 microscope    Protect    spread    toothbrush

# Germs

**1 About Germs**  
 We try to stay healthy, but there are tiny <sup>1</sup>\_\_\_\_\_ all around us called germs. They're always there, but we can only see them with a <sup>2</sup>\_\_\_\_\_. Unfortunately, they can cause <sup>3</sup>\_\_\_\_\_.

**2 Where Are Germs?**  
 They are everywhere. In the air, on old food, in <sup>4</sup>\_\_\_\_\_, and on everything we touch with our dirty hands: the sink, the bathtub, our <sup>5</sup>\_\_\_\_\_, the TV remote control, and our computer keyboards.

**3 Kinds of Germs**  
 There isn't just one kind of germ, there are at least four. Each one is a little different. The main ones are bacteria, viruses, fungi, and protozoa.

**4 How Do We**  
<sup>6</sup>\_\_\_\_\_ **Ourselfs?**  
 We can wash our hands often and keep the house <sup>7</sup>\_\_\_\_\_. When we have a cold or a cough, we should use tissues. Also, we should stay at home, so our germs don't <sup>8</sup>\_\_\_\_\_.

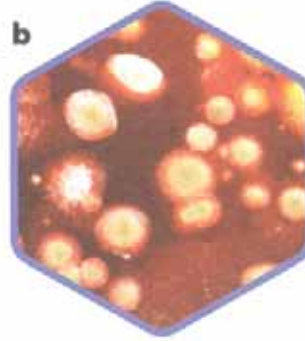
**14 Look at 13. Answer the questions.**

- 1 How many kinds of germs are there? \_\_\_\_\_
- 2 Can germs make us sick? \_\_\_\_\_
- 3 Write three ways we can stay away from germs. \_\_\_\_\_  
 \_\_\_\_\_

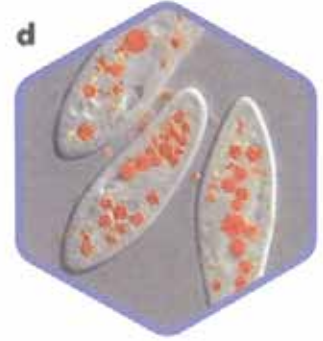
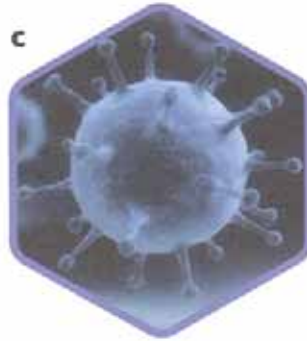


15

Match. Look at page 50 of your Student's Book.



- 1 virus
- 2 bacteria
- 3 fungi
- 4 protozoa



16

Write germs 1–4 from 15 next to the information. Use the text on page 50 of your Student's Book.

- 1 They grow on old food.
- 2 They live in dirty water.
- 3 It's in the air and gives us coughs and colds.
- 4 The disease malaria comes from this.
- 5 They're sometimes good and help us digest food.
- 6 It can spread quickly through sneezes.

---

---

---

---

---

---





17

Read and ✓.



Ginger is used around the world as a home remedy for many different problems. For example, many people take it when they have a stomachache. In Japan, mothers give their children ginger tea with sugar when they have a cough or a cold. In Europe, people drink it in hot water with honey and lemon to help with sore throats.



Garlic is also a common home remedy. In Spain, people add it to their tea to help with colds and coughs. Some Native Americans put it on bee stings. It helps stop the sting from hurting.



Cinnamon is another common home remedy. Many people use it for colds, but did you know you can also use it to help with a toothache? Just mix some with honey and put it on the sore tooth. This not only helps the tooth hurt less, but also tastes delicious.

	bee sting	cold	sore throat	stomachache	toothache
ginger					
garlic					
cinnamon					

18

Read and match.

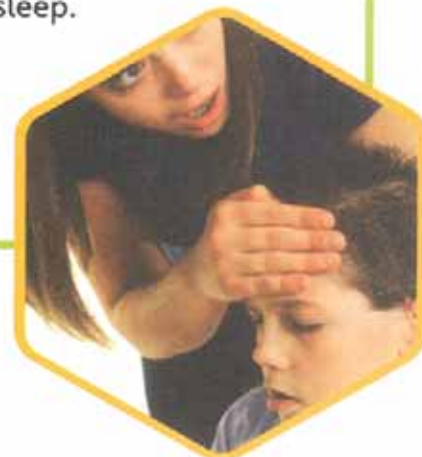
- 1 A relaxing drink. Sometimes it's a home remedy for sore throats.
- 2 When you rub someone to help them relax.
- 3 Sleep is the best way to do this.
- 4 When you have a fever, this makes your body feel cooler.
- 5 You feel this before exams and during difficult times.

- a rest
- b herbal tea
- c massage
- d stress
- e vinegar



**19** Are commas used correctly? Read and ✓ or X.

- 1 a First, I eat a healthy breakfast. Then I go swimming.  
b First I eat a healthy breakfast. Then, I go swimming.
- 2 a You should drink some tea take some medicine and sleep.  
b You should drink some tea, take some medicine, and sleep.
- 3 a I take good care of myself.  
She takes good care of herself too.  
b I take good care of myself.  
She takes good care of herself, too.



**20** Add commas in the correct places.

- 1 I get a lot of rest drink water exercise and eat fruit.
- 2 I don't eat cookies cake chocolate or candy.
- 3 First I should eat a healthy dinner. Then I should do my homework. Finally I should go to bed.
- 4 The four kinds of germs are bacteria fungi protozoa and viruses.
- 5 You should drink some tea. You should take some medicine too.

**21** Write advice. Remember to use commas.

- 1 I want to eat a healthy lunch. What should I eat?

---

---

- 2 I want to be healthy and exercise. What should I do?

---

---

- 3 I have a stomachache and a fever. What should I do?

---

---





22 Read and circle **kn** and **wr**.

**knee**                      **breakfast**                      **wrist**  
**know**                      **knight**                      **write**                      **wrong**  
**now**                      **knock**                      **wrap**                      **right**

23 Underline the words with **kn** and **wr**. Then read aloud.

- 1 The knight knows how to write.
- 2 He wraps his knee and knots the rope.

24 Connect the letters. Then write.

- |      |     |         |
|------|-----|---------|
| 1 kn | eck | a _____ |
| 2 wr | ock | b _____ |

82  
25 Listen and write.

What's wrong, <sup>1</sup> \_\_\_\_\_, wrong?  
 The <sup>2</sup> \_\_\_\_\_ knocked his  
 Knee, knee, knee,  
 And his wrist, wrist, <sup>3</sup> \_\_\_\_\_  
 I <sup>4</sup> \_\_\_\_\_! Wrap his knee  
 And <sup>5</sup> \_\_\_\_\_ his wrist!



# Review

## 26 Read and match.

- 1 We have to
  - 2 Germs make
  - 3 Bacteria is
  - 4 Germs get into
- a one kind of germ.
  - b many places.
  - c protect ourselves from germs.
  - d a kind of poison called a toxin.

## 27 Read and circle the correct words.

- 1 She stays up late every night. She should take better care of **himself** / **herself**.
- 2 They take good care of **themselves** / **ourselves**. They exercise every morning.
- 3 I eat a lot of chips. I should take better care of **myself** / **yourself**.
- 4 You always eat a healthy lunch. You take good care of **yourself** / **ourselves**.

## 28 Look and complete the sentences. Use words from the box and **should** or **shouldn't**.



allergies    cut    fever    headache    sore throat    stomachache

- 1 She has a \_\_\_\_\_. She \_\_\_\_\_ drink water and rest.
- 2 He has a \_\_\_\_\_. He \_\_\_\_\_ talk too much.
- 3 She has a \_\_\_\_\_. She \_\_\_\_\_ go to school.
- 4 He has a \_\_\_\_\_. He \_\_\_\_\_ eat so much candy.
- 5 She has \_\_\_\_\_. She \_\_\_\_\_ go outside.
- 6 He has a \_\_\_\_\_. He \_\_\_\_\_ take better care of himself.

How did I do?

