

High Beginner, Unit 1: Talking w/the Health Care Provider, Lesson 2, Handout 5 (Student)

Practice this conversation with other students. Write down their information.

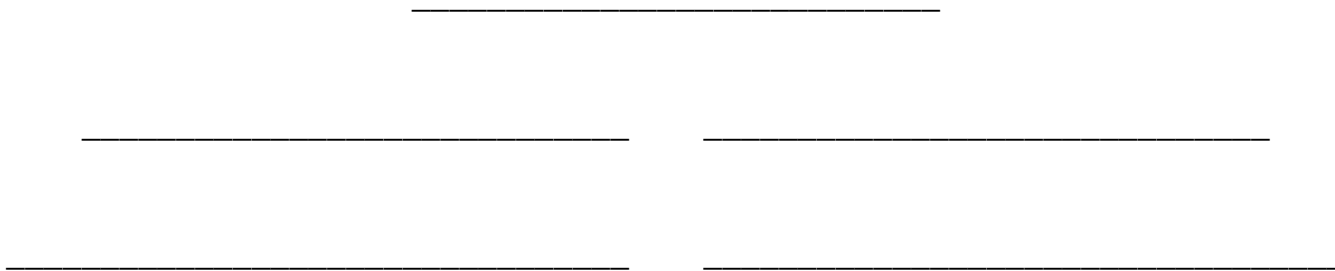
A. Can you recommend a doctor?

B. Sure. You can try _____ (say name) . He's/ She's/ They're _____ (say where).
His/ Her/ Their number is _____ (say number).

Student's name	Doctor's name	Doctor's location	Doctor's telephone no.
<i>Example: Julia</i>	<i>Dr. Salazar</i>	<i>Near McDonalds</i>	<i>703-677-4195</i>

Food Guide Pyramid Review

Let's review the Nutrition Pyramid. Talk with other students to decide what to write in the pyramid. Write the foods and daily amounts on the correct lines.



Groups

Fruits
Bread, cereal, rice and pasta
Milk, yogurt and cheese
Fats, oils and sweets
Meat, poultry, fish, and nuts
Vegetables

Servings for 1 day

use very little	2-4
2-3	3-5
2-3	6-11

High Beginner, Staying Healthy, Unit 1. Handout 1L:

Food Guide Pyramid Review

Interview your classmates. Write their answers.

Name	What exercise do you do?	How many times a week?	What is the best kind of exercise?
<i>Example:</i> <i>Juan Carlos</i>	He goes jogging.	3 times a week.	Playing soccer