

Contents

Unit One

Obesity 1

- Part A Warm-up Tasks 1
- Part B Listening Tasks 3
- Part C Speaking Tasks 4
- Part D Additional Practice 6

Unit Two

Dental Problems 8

- Part A Warm-up Tasks 8
- Part B Listening Tasks 10
- Part C Speaking Tasks 11
- Part D Additional Practice 13

Unit Three

AIDS 15

- Part A Warm-up Tasks 15
- Part B Listening Tasks 17
- Part C Speaking Tasks 18
- Part D Additional Practice 20

Unit Four

Stress and Its Relief 22

- Part A Warm-up Tasks 22
- Part B Listening Tasks 23
- Part C Speaking Tasks 24
- Part D Additional Practice 26

Unit Five

Sleep Disorder.....29

- Part A Warm-up Tasks 29
- Part B Listening Tasks 31
- Part C Speaking Tasks 33
- Part D Additional Practice 35

Unit Six

Orthopedic Care.....37

- Part A Warm-up Tasks 37
- Part B Listening Tasks 39
- Part C Speaking Tasks 41
- Part D Additional Practice 44

Unit Seven

Pediatric Nursing.....46

- Part A Warm-up Tasks 46
- Part B Listening Tasks 49
- Part C Speaking Tasks 50
- Part D Additional Practice 52

Unit Eight

Gynecological Disorders55

- Part A Warm-up Tasks 55
- Part B Listening Tasks 57
- Part C Speaking Tasks 58
- Part D Additional Practice 61

Unit Nine

Cardiovascular Disease63

- Part A Warm-up Tasks 63
- Part B Listening Tasks 66
- Part C Speaking Tasks 67
- Part D Additional Practice 70

Unit Ten

Cancers72

- Part A Warm-up Tasks 72
- Part B Listening Tasks 74
- Part C Speaking Tasks 75
- Part D Additional Practice 79

Unit Eleven

Infectious Disease82

- Part A Warm-up Tasks 82
- Part B Listening Tasks 84
- Part C Speaking Tasks 85
- Part D Additional Practice 88

Unit Twelve

Genetic Engineering90

- Part A Warm-up Tasks 90
- Part B Listening Tasks 92
- Part C Speaking Tasks 93
- Part D Additional Practice 95

Unit One



Obesity

Topic Preview

Directions: *Work in pairs. Discuss the questions below and share your answers with your classmates.*

1. Are you faced with the problem of obesity?
2. What suggestions have you heard from others to keep fit?
3. What does the picture on the right imply to you?



Part A Warm-up Tasks

Listening Strategy

Strategy: Predicting

Predicting is a very essential strategy in listening. People often use signal words or phrases like “*but, because, however, therefore, as a result*”, etc. to add a comment that contrasts with what has just been said or to imply what they are going to say next—perhaps not always the exact words, but at least the main ideas. Usually there are different factors which can help us predict while listening:

Intonation: Rising intonation signals more information, whereas falling intonation signals the enclosure of information.

Signal words have different effects: listing, such as *firstly, secondly, thirdly*; cause;

effect relationship, such as *so, since, therefore*; illustration/exemplification, such as *for example, such as*; summary, such as *in a word, to sum up, in other words*; time relationship, such as *then, while, after that*; rephrasing, such as *that is to say, to put it in another way*; and condition, such as *if, unless, assuming that*, etc.

Apply the Strategy

Exercise 1

Directions: *Listen to the following recording, and write out the signal words for predicting.*

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Exercise 2

Directions: *Listen to the dialogue and fill in the blanks with what you have heard.*

What's the matter?

J=Joan B=Betty

J: Hello.

B: Oh hi, Joan, It's Betty. (1) _____?

J: Terrible.

B: Oh, what's the matter?

J: (2) _____.

B: Oh, that's too bad. (3) _____?

J: I've already tried that. But it didn't help.

B: Well, maybe you should go to the health center and see a doctor.

J: Yeah, I guess I should, but you know how I hate doctors.

B: (4) _____. You really sound sick.

J: Yeah, that sounds like good advice. I will. I just want to finish reading this article for English class.

B: You know, you really shouldn't try to do any work right now. (5) _____.

J: Yeah, I guess you're right.

Word Tips

health center 卫生所, 卫生中心, 保健站, 保健所

Part B Listening Tasks

Text

High Price of Obesity

Word Bank

obese /əʊ'bi:s/ *adj.* 肥胖的
triple /'trɪpl/ *adj.* 三倍的
adolescent /ˌædəʊ'lesnt/ *adj.* 青少年的
premature /ˌpremə'tʃʊə/ *adj.* 过早的; 早产的
preemie /'pri:mi:/ *n.* 早产婴孩
medication /ˌmedɪ'keɪʃən/ *n.* 药物治疗法
chronic /'krɒnɪk/ *adj.* 慢性的, 习惯性的
cholesterol /kə'lestərəʊl/ *n.* 胆固醇
diabetes /ˌdaɪə'bi:tɪz/ *n.* 糖尿病
stroke /straʊk/ *n.* 中风
gallbladder /'gɔ:blædə/ *n.* 胆囊
apnea /æp'ni:ə/ *n.* 呼吸暂停, 窒息
shed the pounds 瘦身, 减体重

Exercise 1 Listening for Main Ideas

Directions: Listen to the passage and choose the best answer to each question.

1. What's the main idea of the passage you've just heard?
 - A. 80 million people in U.S. are fat.
 - B. Suggestions are made on how to lose weight.
 - C. Fast-food makes all the American people fat.
 - D. Obesity is a very expensive factor within American health care.
2. Which of the following statements is RIGHT according to the passage?
 - A. Since 1980 obesity rates have doubled among children.
 - B. The cost of obesity in U.S. in 2000 was greater than 117 billion dollars.
 - C. Obese employee costs 1% more in health care cost.
 - D. At least 50 chronic conditions are related to obesity.
3. What are the major concerns of American people about obesity?
 - A. Being fat in America is becoming part of American life.
 - B. Decreased productivity is stemming from obesity.

- C. Billions of dollars are spent because of diseases related to being overweight.
- D. A number of people need to lose weight.

Exercise 2 Listening for Details

Directions: *Listen to the passage once again, and then answer the following questions:*

1. How many adults in U.S. are now suffering from obesity?

2. How much do American companies spend per year for their fat employees' inpatient and outpatient costs and more medication?

3. What are the possible chronic conditions related with obesity?

4. Do Americans feel panic over the high price very much?

Part C Speaking Tasks

Exercise 1 Individual Work

Directions: *Listen to the following passage and fill in the blanks with the words you have heard. Then, listen to it again and make a monologue based on what you have heard.*

In the hospital or other healthcare facilities, a (1) _____ will most likely plan (2) _____. As a nurse, you will need to understand dietary requirements to teach clients effectively. Emphasize foods with nutrient density; that is, foods that provide significant amounts of key nutrients (3) _____. Nutrient density becomes increasingly important for those with (4) _____ appetites due to nausea, pain, inactivity, boredom, or anxiety. For instance, hospitalized individuals often have increased protein requirements to promote healing. (5) _____ clients with high protein requirements to consume all their meat and milk is far more effective for their healing processes than stressing the need to eat all their mashed potatoes and carrots.

At the same time, keeping meals interesting is important. Food and mealtimes take on much greater (6) _____ in a healthcare setting, and are often the highlight of the

client's day. Food is also one area of care over which clients can "vent" their (7) _____ and feelings of helplessness. So although nutrient density is important from a medical standpoint, eating less notorious foods may sometimes be important on an emotional level.

The nutritional problems of most Americans are not due to (8) _____ of single nutrients but to over consumption of nutrients. The 1998 report of the *Top Leading Causes of Death* released by the Centers for Disease Control (CDC), revealed that, of the 10 leading causes of death, four are associated with dietary excesses and imbalances:

- Coronary artery disease
- Certain types of cancer
- Cerebral vascular accident (stroke)
- Diabetes mellitus

(9) _____ also contributes to such conditions as (10) _____, osteoporosis, dental caries (decay), gastrointestinal diseases, and obesity. Although no one can say for certain exactly what proportion of these disorders is due to diet, evidence suggests that a diet high in calories, fat (especially saturated fat), cholesterol, and sodium, but low in complex carbohydrates and fiber, contributes significantly to the high rates of chronic diseases among many North Americans.



Exercise 2 Pair Work

Directions: *Listen to the following dialogue and then discuss what guidance the nurse provides for the patient.*

Guidance for the Patient's Obesity:

- (1) _____;
- (2) _____;
- (3) _____;
- (4) _____.

Part **D** Additional Practice

Assignment 1 Summary Writing

Directions: *Listen to the passage and then write a summary of 50 to 70 words about it.*

Summary:

Assignment 2 Discussion

Directions: *Work in pairs and discuss the questions.*

1. Does exercising help to lose weight?
2. How can a person stay lean?
3. What problems may overweight cause to a person?

Learn by Heart

Language Focus

Situational Expressions

How are you doing?

I've got a fever and a really bad headache.

Why don't you take some aspirin?

I've already tried that. But it didn't help.

Well, maybe you should go to the health center and see a doctor./Well, you'd better stay in bed at least.

You really sound sick./Yeah, that sounds like good advice.

If I were you, I'd just lie down and take it easy for a while.

Yeah, I guess you're right.

Some might say that being fat in this country is becoming part of American life.

It may not be just the matter if too many adults visit the fast food drive-through.

But the concerns are far greater than just a number of people who need to lose weight.
There's no doubt that obesity is a very expensive factor within American health care.
All and all they say an obese employee costs 11% more in health care cost than a non-obese employee.
So being fat in America is becoming more common and costing everyone more money in health care cost.
There're at least 15 chronic conditions ... all link to obesity.
For short, the list is long and the detrimental obesity will prove in.