


BINGO!

TING)))

Keep calm
and
be well

The first doctor we see when we are ill is a general practitioner (GP). This doctor will check your health and may send you to see a specialist to get more health advice. 



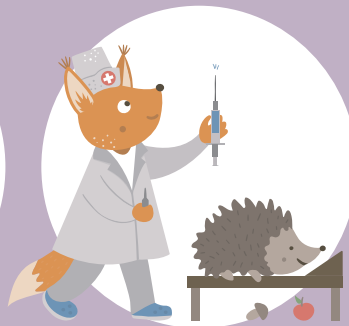
What do doctors do?



 Put on
bandages



 Listen to
breathing



 Give injections



 Examine
ears



A physio helps ...



to **increase** mobility and stability among the elderly and help them become more physically active. 🔊

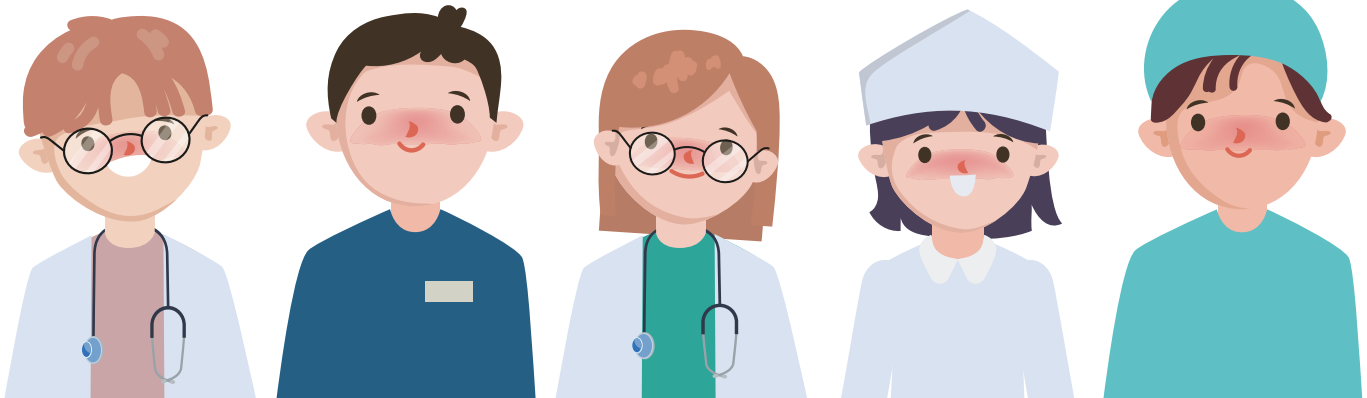


to **rehabilitate** patients who are recovering from an injury to full health. 🔊

to **strengthen** your muscles and to **prevent** injuries when you lift heavy objects. 🔊



to **stretch** your muscles to **improve** your range of motion, and strengthen your joints so that you can be more agile. 🔊



Types of doctors

THE proper name of a foot doctor is a podiatrist. Below are some names of other doctors and health professionals.

Health professionals	What they do
Surgeon	Performs surgeries.
Otolaryngologist (ENT)	Recognises ear, nose and throat problems.
Paediatrician	Takes cares of children's health.
Gynecologist	Makes sure pregnant women give birth.
Radiologist	Examines injuries and diseases by taking x-rays.
Cardiologist	Knows all about heart diseases.
Dermatologist	Identifies and treats skin problems.
Oncologist	Diagnoses all types of cancer and gives treatment.
Ophthalmologist	Treats vision problems.
Psychiatrist	Advises on mental health.

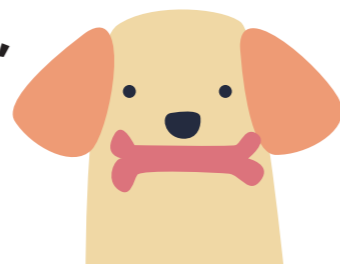


Pet therapy



Keeps you active

It takes effort to look after a pet as it involves providing food, going for a walk with a dog, cleaning and grooming, etc. 🗣️



Provides affection

Pets can love you at all times and will be by your side when you feel sad. 🗣️



Relieves stress

Stroking a pet helps you stay calm and relaxed. 🗣️



Helps us socialise

Pet owners and animal lovers like to get together to talk about their pets and how to raise them. 🗣️

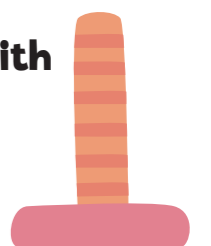
A home companion

You are sharing a home with a pet so it keeps you company. Some people like to do activities together with pets such as watching television or doing yoga. 🗣️



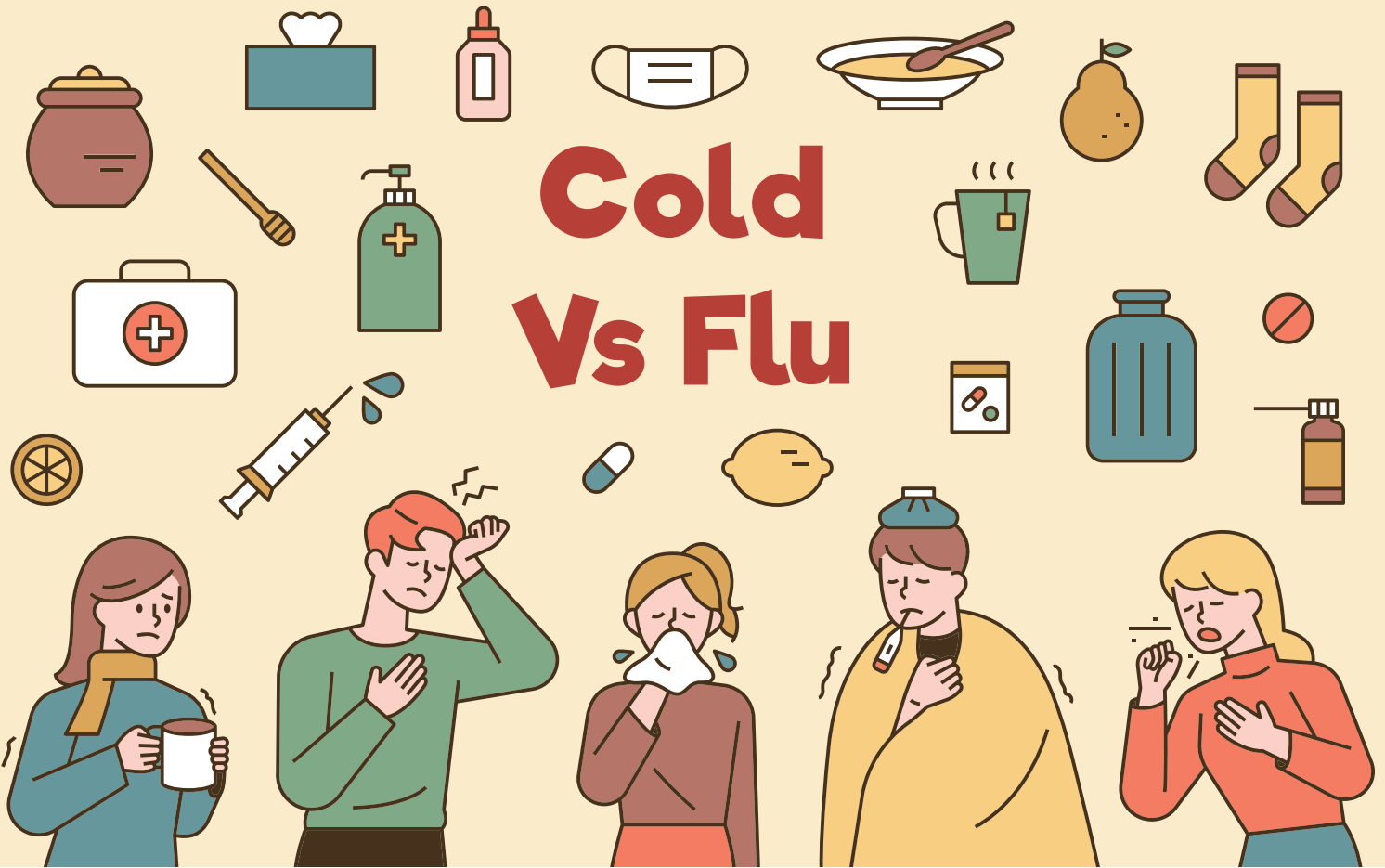
Improves our immune system

Because pets make you less stressed and do more exercise with them, you become a healthier person. 🗣️





Cold Vs Flu




A COLD can be caused by many viruses and affects the nose and throat; that is why the symptoms are a sore throat, sneezing and a stuffy or runny nose. It is a milder illness compared to the flu. 🔊


The flu, though, is caused by a few viruses and stays in your body longer. Not only do you have the same symptoms of a cold but you develop a high fever, get the chills, feel weak, cough a lot and have headaches, etc. 🔊

If you do not want either infection, lead a healthy lifestyle and wear a facemask when you feel unwell. 🔊



A taste of stocking tea

Waiter, I want a cup of milk tea
So intense it makes me buzz like a bee
Just a little gulp will perk me right up
And I'll be bouncing like a lively pup 

It's smooth as silk when 'pulled' from a height
Strained with what looks like nylon tights
But no smelly foot was ever inside
Or worn to cover some sweaty thighs 



ONLY JOKING

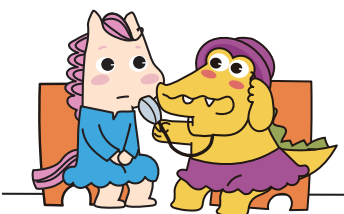


SO SICK



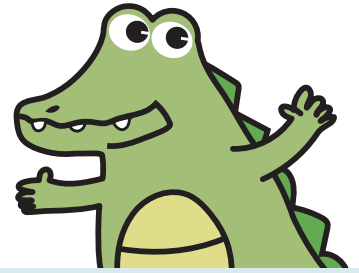
BINGO!

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BINGO!



AUDIO TRANSCRIPT


P.1 Cover


-  General practitioners use medical equipment to check their patients' health. They use a stethoscope to listen to a patient's heart and lungs, a thermometer to measure a patient's body temperature, a blood pressure monitor to measure blood pressure and check if the heart is healthy, and a device called an otoscope to examine a patient's ears, nose, and throat.
-  Tap on the doctor who is checking the ears.
-  Tap on the doctor who is giving an injection.
-  Tap on the doctor who is putting on a bandage.
-  Keep calm and be well
-  The first doctor we see when we are ill is a general practitioner (GP). This doctor will check your health and may send you to see a specialist to get more health advice.
-  What do doctors do?
-  Put on bandages
-  Listen to breathing


 Give injections

 Examine ears

P.2

 People see a physiotherapist for many reasons. Athletes may need physical therapy to recover from a sports injury and to make sure they safely return to a sport. Patients recovering from a surgery get help from one to return to full health. Many elderly people are frail and can easily injure themselves. A physiotherapist helps them strengthen their muscles to stay strong.

 A physio helps ...

 to increase mobility and stability among the elderly and help them become more physically active.

 to strengthen your muscles and to prevent injuries when you lift heavy objects.

 to rehabilitate patients who are recovering from an injury to full health.

 to stretch your muscles to improve your range of motion, and strengthen your joints so that you can be more agile.

P.3

   A dermatologist is a doctor who knows about children's health. Is that correct?

   A radiologist takes x-rays of patients and examines their injuries. Is that true?

   A cardiologist examines the ears, nose and throat for any problems. Is that correct?

 Types of doctors

 The proper name of a foot doctor is a podiatrist. Below are some names of other doctors and health professionals.

 Health professionals

 Surgeon

 Otolaryngologist (ENT)

 Paediatrician

 Gynecologist

 Radiologist

 Cardiologist

 Dermatologist

 Oncologist

 Ophthalmologist

 Psychiatrist

 What they do

 Performs surgeries

- Recognises ear, nose and throat problems
- Take cares of children's health
- Makes sure pregnant women give birth
- Examine injuries and disease by taking x-rays
- Knows all about heart diseases
- Identifies and treats skin problems
- Diagnoses all types of cancer and gives treatment
- Treats vision problems
- Advises on mental health

P.4-5



Daughter: Dad, can we buy a dog?

Dad: Why do you want a dog?

Daughter: I want to hug, pet and play with one. The dog would be by my side whether I am happy or sad. It would be my forever friend.

Dad: It would be with you for life. Can you take care of a pet every day?

Daughter: Of course I can!

Dad: You have to feed the dog, take it for a walk, clean and groom it, and pick up its poo and put it in a bin. Can you do that?

Daughter: That is a lot to do. Can you help me?

Dad: I can only take the dog to the vet.

Daughter: I don't think I am ready yet.

Dad: Then why not buy a hamster first? They are easier to look after. We can get a dog later when you are ready.

Daughter: A soft, fluffy hamster. Good idea!



Pet therapy



Keeps you active



It takes effort to look after a pet as it involves providing food, going for a walk with a dog, cleaning and grooming, etc.



Relieves stress



Stroking a pet helps you stay calm and relaxed.



A home companion



You are sharing a home with a pet so it keeps you company. Some people like to do activities together with pets such as watching television or doing yoga.






Provides affection







Pets can love you at all times and will be by your side when you feel sad.




Helps us socialise


-  Pet owners and animal lovers like to get together to talk about their pets and how to raise them.
-  Improves our immune system
-  Because pets make you less stressed and do more exercises with them, you become a healthier person.


P.6


-  Cold Vs Flu
-  A cold can be caused by many viruses and affects the nose and throat; that is why the symptoms are a sore throat, sneezing and a stuffy or runny nose. It is a milder illness compared to the flu.
-  The flu, though, is caused by a few viruses and stays in your body longer. Not only do you have the same symptoms of a cold but you develop a high fever, get the chills, feel weak, cough a lot and have headaches, etc.
-  If you do not want either infection, lead a healthy lifestyle and wear a facemask when you feel unwell.


P.7

 Hong Kong milk tea is known for its strong taste. Either evaporated or condensed milk is used. It is also called “nylon stocking tea” because it looks like the tea is strained through one. But the strainer is not an actual stocking - it just looks like one. The tea is ‘pulled’ by pouring it from a height, back and forth, between two containers until it is well-mixed.

 A taste of stocking tea

 Waiter, I want a cup of milk tea
So intense it makes me buzz like a bee
Just a little gulp will perk me right up
And I’ll be bouncing like a lively pup

 It’s smooth as silk when ‘pulled’ from a height
Strained with what looks like nylon tights
But no smelly foot was ever inside
Or worn to cover some sweaty thighs

 Your family takes care of you when you are sick, so be grateful for their help.

 Bingo presents Only Joking. Episode 78 ... So sick

Kurt feels sick, so he stays in bed all day. Kate is looking after him ...

Kurt: Oh! Kate!

Kate: Are you alright? How do feel?

Kurt: Poorly!

Kate: Can I get you anything?

Kurt: I'm thirsty. Can you get me a glass of water?

Kate: Sure, I will be right back!

Kate goes to the kitchen and fetches a glass of water. She quickly returns ...

Kate: There you go.

Kurt: Thanks. I'm really hungry. Can you get me a burger and fries?

Kate: OK. I'll go out and get a takeaway.

Kate goes out to buy food for Kurt. She comes back after twenty minutes.

Kate: Here is your burger and fries.

Kurt: Nice! Sorry to bother you again. I'm uncomfortable. Can you get me another pillow?

Kate: Okay, okay. I'll find you another one.

Kate goes out to find a pillow and comes back again.

Kurt: Mmm! These fries are delicious.

Kate: Hmm... your pillow.

Kurt: My body aches. Can you give me a massage?

Kate: Do it yourself! You are making me ill!



So sick



I'm thirsty. Can you get me a glass of water?



Sure, I will be right back!



I'm really hungry. Can you get me a burger and fries?



Ok, I'll go out and get a takeaway.



I'm uncomfortable. Can you get me another pillow?



I'll find you another one.



My body aches. Can you give me a massage?



Do it yourself! You are making me ill!

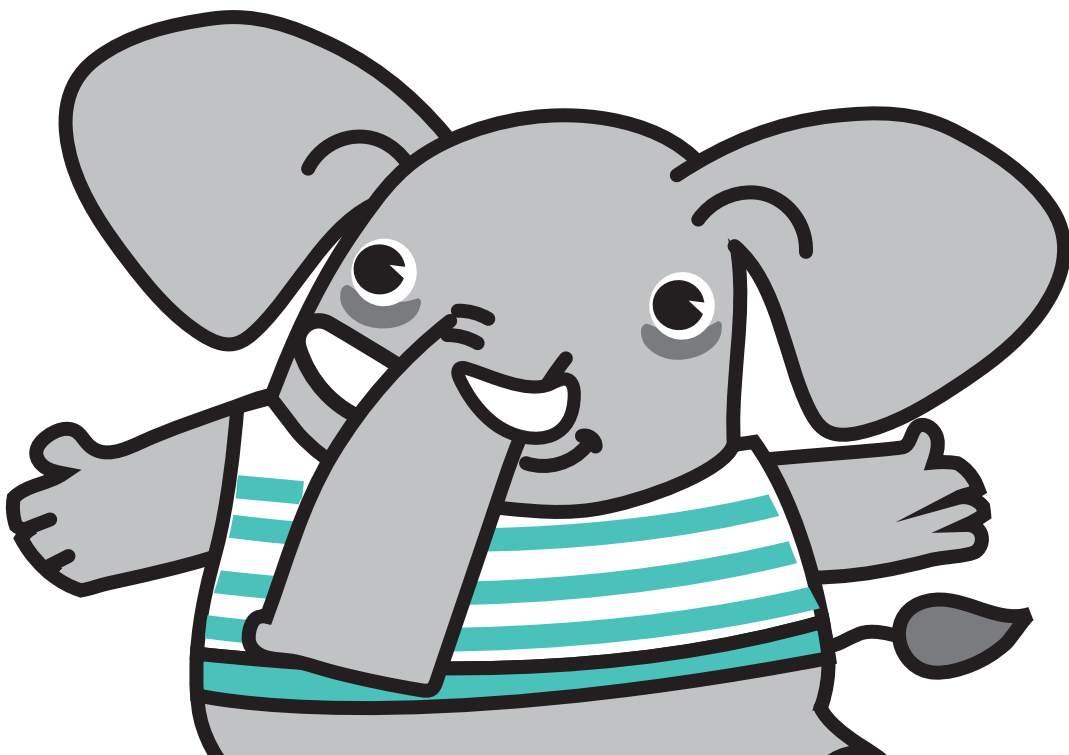
BINGO!



WORKSHEETS

LISTENING

Some of these activities are based on topics and formats from the Cambridge English Examination





A. Tap on the 'drama' icon on P8. Listen and fill in the blanks.



Kurt feels sick, so he 1. _____ in bed all day. Kate is looking after him ...

Kurt: Oh! Kate!

Kate: Are you alright? How do feel?

Kurt: 2. _____!

Kate: Can I get you anything?

Kurt: I'm thirsty. Can you get me a glass of 3. _____?

Kate: Sure, I will be right back!

Kate goes to the kitchen and 4. _____ a glass of water. She quickly returns ...

Kate: There you go.

Kurt: Thanks. I'm really hungry. Can you get me a burger and fries?

Kate: OK. I'll go out and get a 5. _____.

Kate goes out to buy food for Kurt. She comes back after

6. _____ *minutes.*

Kate: Here is your burger and fries.

Kurt: Nice! Sorry to bother you again. I'm 7. _____. Can you get me another pillow?

Kate: Okay, okay. I'll find you another one.

Kate goes out to find a pillow and comes back again.

Kurt: Mmm! These fries are delicious.

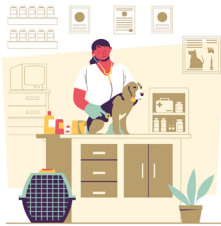
Kate: Hmm... your pillow.

Kurt: My body aches. Can you give me a 8. _____?

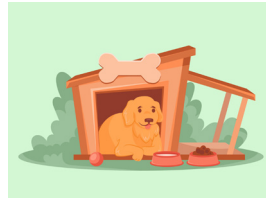
Kurt: Do it yourself! You are making me ill!



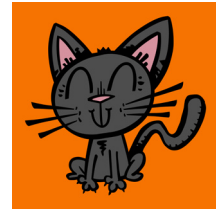
B. Tap on the conversation icon on P4-5. Listen, circle the correct item, and then write the matching letter in the blank spaces.



a. taking the pet to the vet



b. dog



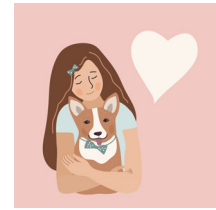
c. cat



d. walking the pet



e. hamster



f. having a forever friend

1. What kind of pet does the girl want to buy?

2. What does the girl want the animal for?

3. What is the dad willing to help with?

4. What animal does the dad suggest in the end?



**C. Tap on the yellow ‘i’ icon on P1.
Listen and tick (✓) the correct boxes.**

1. What is used to listen to a patient’s heart and lungs?

- a. Blood pressure monitor
- b. Telescope
- c. Stethoscope

2. What does the doctor use a thermometer for?

- a. To measure a patient’s body temperature
- b. To check how hot the weather is
- c. To check how strong the air conditioner is

3. What is used to examine a patient’s ears, nose and throat?

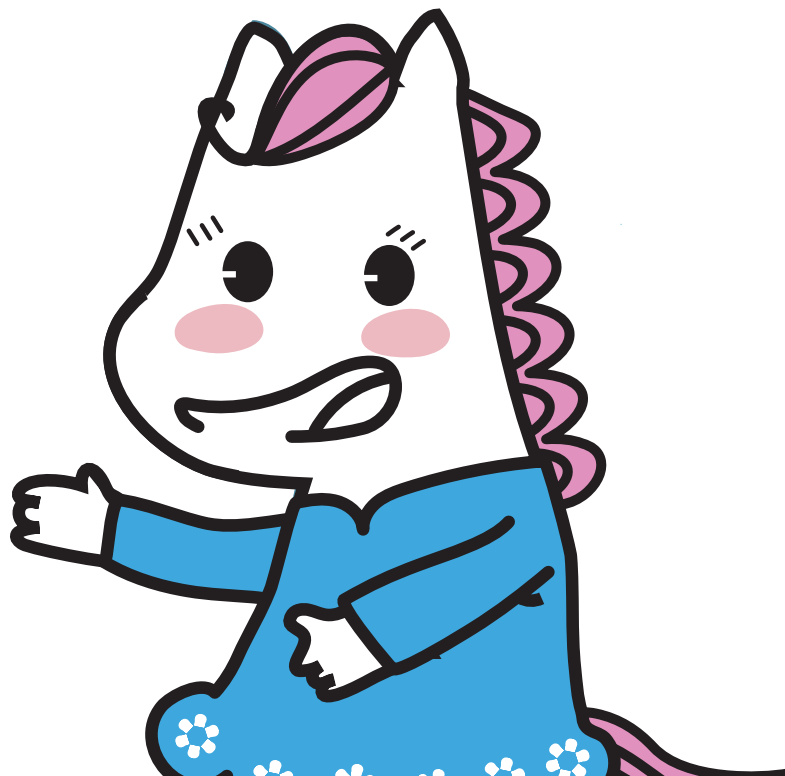
- a. Torch
- b. Microscope
- c. Otoscope

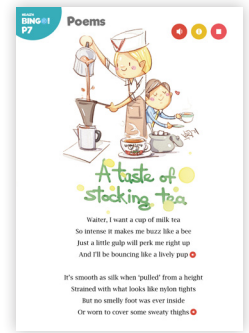
BINGO!



WORKSHEETS READING

Some of these activities are based on topics and formats from the Cambridge English Examination





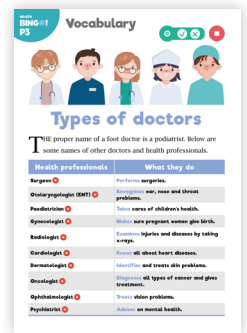
A. Read P7. Circle the different word that is different in each row.

- | | | | | |
|------------|----------|-----------|------------|---------|
| 1. waiter | cook | server | dishwasher | cow |
| 2. bee | poem | butterfly | moth | beetle |
| 3. cat | bouncing | jumping | fidgeting | buzzing |
| 4. silk | cotton | leather | nylon | act |
| 5. chicken | smelly | stinky | odorous | rancid |
| 6. foot | hand | create | finger | toe |



B. Read P6. Spot four differences between the two pictures.





C. Read P3. Find the words in the word search below. The words can go up, down, sideways, and diagonally. Some words share letters.



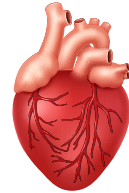
scalpel



children



x-ray



heart



nose



eye



pregnant



ear

Y K X X A U M N F O
 R H M C A E E O A S
 E D E K R R L S Q U
 G U S A D A A E L F
 R J D L R J E D O D
 U N I R O T I M N K
 S H T N A N G E R P
 C L F R L V I E K D
 W I Z X R A Y L S F
 M D A I P E U C B X



D. Read P2 and choose the best answer

1. What does a physio increase in the elderly?

- a. They increase their mobility and stability.
- b. They increase their sleepiness.
- c. They increase their energy.

2. What do strong muscles prevent?

- a. They prevent injuries when lifting heavy objects.
- b. They prevent eating too much.
- c. They prevent illnesses.

3. What improves our range of motion?

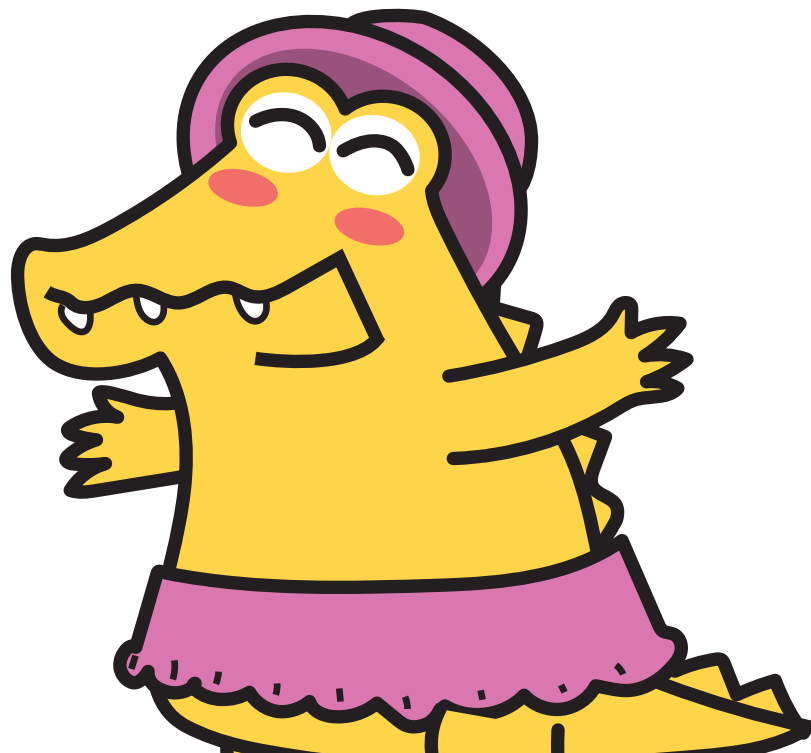
- a. Strengthening our muscles improves our range of motion.
- b. Playing the piano improves our range of motion.
- c. Stretching our muscles improves our range of motion.

BINGO!

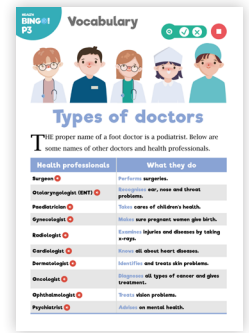


WORKSHEETS SPEAKING

Some of these activities are based on topics and formats from the Cambridge English Examination



Note: A parent asks the questions. Use the TING pen to help you pronounce the words.



A. Look at P3. Look at the pictures here. Choose which is the odd one out, and say why.

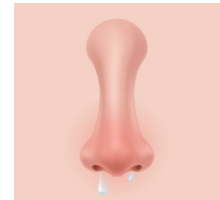
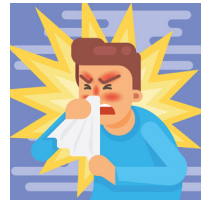
..... is the odd one out because

1.



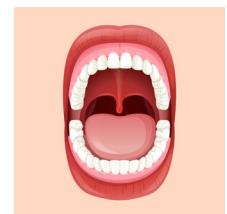
Hint: skin problem

2.



Hint: illness

3.



Hint: facial features

B. Look at the picture on P4-5 and talk about it.



Example:

Q: How many people are there on the page?

A: There is one person on the page.

Questions:

1. How many dogs are on the page? What colours are they?

There are _____ dogs on the page. Two are _____ and one is _____.

2. How many cats are on the page? What colours are they?

There are _____ cats on the page. Two are _____ and one is _____ and _____.

3. How many bones are there on the page? What colour are they?

There are _____ bones on the page. Two are _____ and one is _____.

4. What cat toys are there on the page?

There are two balls of _____, one toy _____, and one _____ post.

5. Tell me more about the person. What is the colour of her clothes? What is she wearing on her face? What kind of animals is she playing with?

She is wearing a _____ T-shirt and _____ trousers.

She is wearing _____ on her face. She is playing with a _____ and a _____.



C. Answer the questions.

1. Tell me about you and your health. Which part of your body do you like best?

The part of my body that I like best is my _____. It works really well!

2. Do you like going to the doctor? Do you go only when you're ill?

Yes, I do./No, I don't. Yes, I do./No, I don't.

3. Do you get yearly check ups? How is your health in general?

Yes, I do./No, I don't. My health is generally _____.

4. Do you play any sports? How do you stay active?

Yes, I do./No, I don't. I _____.

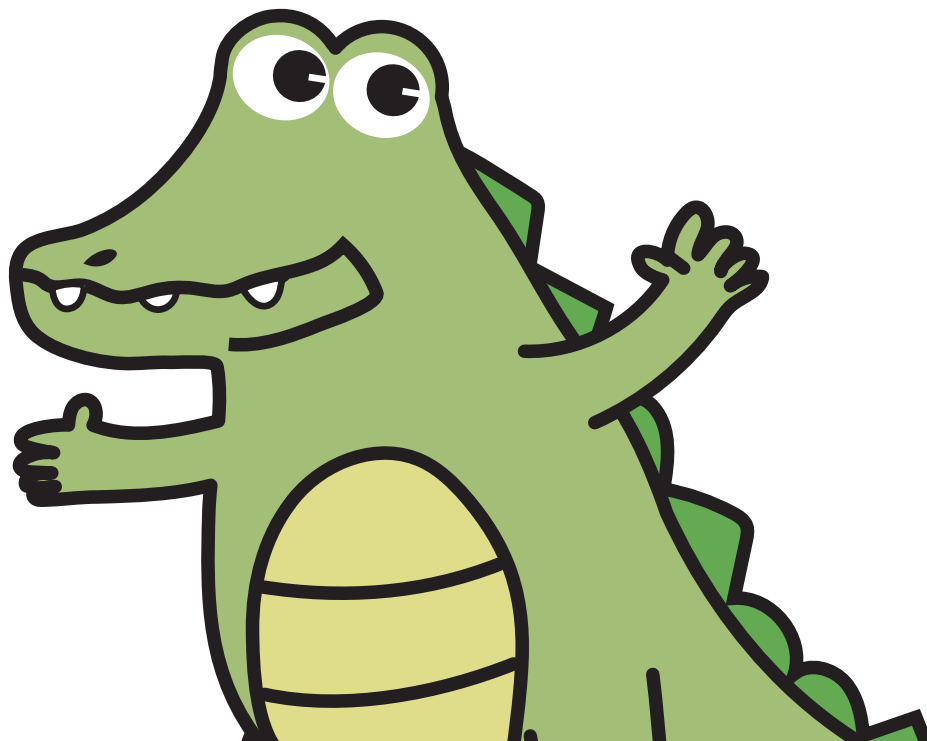
5. Tell me more about your favourite body part. Do you take care of it well? Why is it your favourite?

BINGO!



WORKSHEETS WRITING

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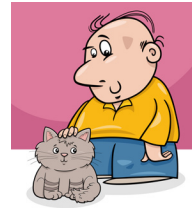


A. Turn to P4-5. Draw a line between the scrambled words and the correct picture the unscrambled words can be found on P4-5.



1. eavcit •

• a.



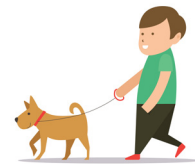
2. ssster •

• b.



3. ncooimnpa •

• c.



4. naofiftec •

• d.



5. essoiclia •

• e.



6. einmum •

• f.





B. Look at P6. Read the sentences and write the answer. Below is one example.

Example:

1. A cold can be caused by many viruses.

Sentences:

1. Colds affect the _____ and _____.

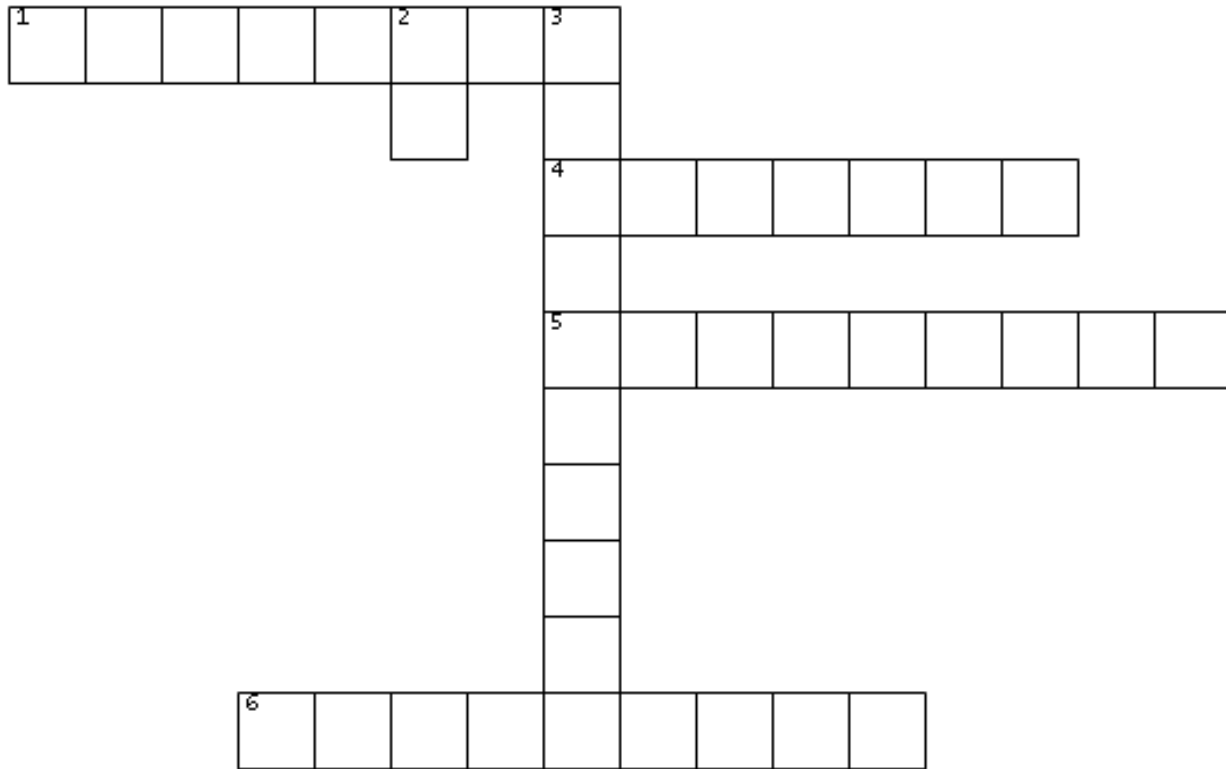
2. Sore throat, _____ or runny nose, and sneezing are _____ of a cold.

3. The flu is also caused by _____, but it makes you sick _____.

4. On top of symptoms similar to a _____, you might also get a _____ fever, chills, coughing, and headaches.



C. Read P1. Use the clues to fill out the squares.



ACROSS

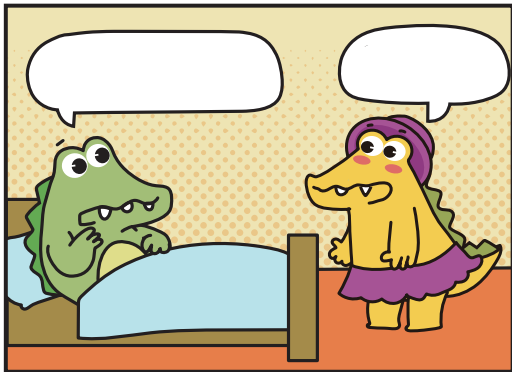
- 1. you wrap these around an injury
- 4. the doctor does this to you to find out what is wrong with you
- 5. a fluid injected into your body
- 6. you do this with your nose, throat, and lungs

DOWN

- 2. the first doctor you go see when you get sick
- 3. a doctor who focuses on one branch of medicine



D. Look at the comic on P8 and read the questions.
Write short answers.



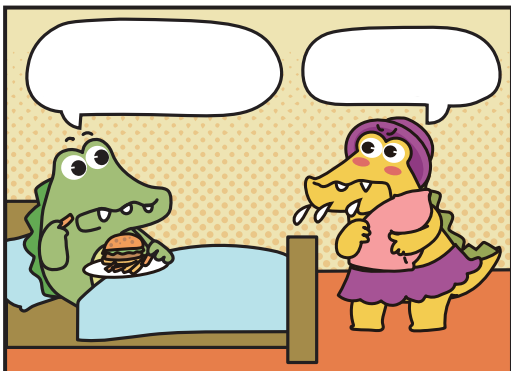
1. What is Kurt asking for?

A glass of _____.



2. What is Kurt asking for?

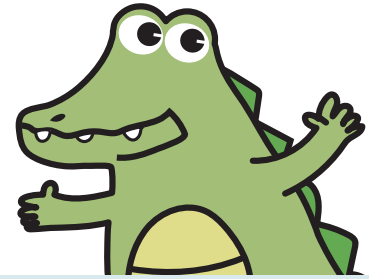
_____ and fries



3. What is Kurt asking for?

A _____.

BINGO!



ANSWERS

Listening

A.

1. stays, 2. poorly, 3. water, 4. fetches
5. takeaway, 6. twenty, 7. uncomfortable, 8. massage

B.

1. b, 2. f, 3. a, 4. e

C.

1. c, 2. a, 3. c

Reading

A.

1. cow, 2. poem, 3. cat, 4. act, 5. chicken, 6. create

B.



C.

Y	K	X	X	A	U	M	N	F	O
R	H	M	C	A	E	E	O	A	S
E	D	E	K	R	R	L	S	Q	U
G	U	S	A	D	A	A	E	L	F
R	J	D	L	R	J	E	D	O	D
U	N	I	R	O	T	I	M	N	K
S	H	T	N	A	N	G	E	R	P
Q	L	F	R	L	V	I	E	K	D
W	I	Z	X	R	A	Y	L	S	F
M	D	A	I	P	E	U	C	B	X

surgery
 children
 x-ray
 heart
 nose
 eye
 pregnant
 ear

D.

1. a, 2. a, 3. c

Writing

A.

1. c, active, 2. a, stress, 3. e, companion, 4. b, affection, 5. f, socialise, 6. d, immune

B.

1. nose, throat, 2. stuffy, symptoms, 3. viruses, longer, 4. cold, high

C.

1. bandages, 2. GP, 3. specialist, 4. examine, 5. injection, 6. breathing

D.

1. water, 2. burger, 3. massage

Speaking

A.

1. drum; it does not have to do with skin problems.

2. crayon; it does not have to do with an illness.

3. cello; it is not a facial feature.

B.

1. three; beige, brown

2. three; orange, black and white

3. three; red, black

4. yarn, mouse, scratching

5. green, black; glasses; dog, cat