

**Seminole Community College**  
**English Language Studies Department**  
**Florida Adult ESOL Standards**  
 August 25 – December 12, 2008

<b>HEALTH AND NUTRITION</b>					
<b>FOUNDATIONS</b>	<b>LOW BEGINNING</b>	<b>HIGH BEGINNING</b>	<b>LOW INTERMEDIATE</b>	<b>HIGH INTERMEDIATE</b>	<b>ADVANCED</b>
1.03.01 Identify body parts.	2.03.01 ☞ Describe basic problems/injuries to body parts	3.03.01 Describe accidents and injuries (including parts of the body and description of injury)	4.03.01 Describe symptoms related to illness, injuries, or dental health problems.	5.03.01 ☞ Ask for and give advice on health topics using vocabulary for body parts, illnesses, and symptoms.  VOCABULARY measles, flu, heart disease, cough, chills, runny nose	6.03.01 Fill out form to request a sick day or medical leave from work.
1.03.02 Recognize symptoms of common illnesses.	2.03.02 Describe symptoms related to common illnesses.	3.03.02 Identify healthy habits that prevent common illness.	4.03.02 Compare healthy and unhealthy habits.	5.03.02 Recognize problems related to drug abuse and various types of abuse.  VOCABULARY substance/drug spousal abuse	6.03.02 Discuss consequences of unhealthy habits and identify where to get help in the community.
1.03.03 ☞ Recognize basic health care providers and facilities.  VOCABULARY doctor, nurse, dentist, emergency room, hospital, etc.	2.03.03 ☞ Identify health care providers and facilities in your community.	3.03.03 ☞ Make a doctor's/dentist appointment.  VOCABULARY first time, routine, checkup, follow-up	4.03.03 Reschedule and/or cancel a doctor's appointment.	5.03.03 ☞ Complete accident and medical history forms.	6.03.03 Compare services by different health providers.  VOCABULARY hospitals, emergency rooms, private physicians, clinics

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1.03.04 Identify common medications and their usage.	2.03.04 Read /interpret instructions on medicine labels (OTC and prescriptions)	3.03.04 ☞ Follow doctor's orders.	4.03.04 ☞ Identify the difference between prescription and OTC medications.	5.03.04 Interpret warnings on medicine and OTC drug labels.  VOCABULARY proper dosage, over dosage, poison control	6.03.04 Give advice on practices necessary to use medications properly.  VOCABULARY safe, expiration date, child proof
1.03.05 ☞ Identify personal products used for daily grooming activities.	2.03.05 List habits which promote personal cleanliness and grooming.	3.03.05 Identify practices that promote good dental health.	4.03.05 Recognize and interpret requirements for immunizations.	5.03.05 Recognize procedures for first aid.	6.03.05 Compare processes to access/pay for medical assistance and medication (health/dental insurance , public clinics, private practices)
1.03.06 Recognize basic foods.	2.03.06 Choose foods from a simple menu.	3.03.06 Categorize foods and food groups.(food pyramid)	4.03.06 Read/interpret nutritional and related information listed on food labels.	5.03.06 Plan balanced diets.	6.03.06 Discuss the importance of healthy eating and maintaining a balanced diet.