



Good Morning!

ESOL Online AM

Week 31 - Day 94 - THURSDAY - 5-04-2023 SP
Thursday, May 4, 2023



Worcester
Adult Learning Center

THINGS YOU WILL DO IN CLASS

Write



Read







Speak



Listen



CLASS VALUES

- Be respectful 
- Be kind 
- Be on time 
- Be helpful 

SCHOOL RULES

Attendance

No more than 2 unexcused missed classes a month

2 late arrivals of 15 minutes or more will equal 1 absence

Send a message to the teacher if you can not come to class.

Participation


*Please keep your video on during class.
Cameras must be on for Conversation Practice.

WHEN DO WE MEET AS A CLASS?

[Worcester Public Schools calendar](#)

(Holidays and Vacation weeks are the same)

But... we do have class on Delayed Start or Snow Days, because we are on zoom.



Tuesday, Wednesday, Thursday

January 3 - Thursday, June 8, 2023

Class start time: 9:00 AM

- BREAK: 10:00 - 10:20 AM
- Class end time: 11:30 AM

Homework: 11:00 - 12:00 NOON



& Lifestyle

STANDARDS – FOR THIS WEEK

Listening and Speaking

- L/S3B.5b. Recognize and use increasingly complex phrases, and independent and dependent clauses.
- L/S3B.5a. Understand and produce a broad set of grammatical structures ex: present and past continuous verb tense

Reading

- R3C.2a. Understand the differences in meaning between simple present and present continuous tense.
- R3C.3a. Understand the differences in meaning of the present, present continuous, future, and past tenses.
- R1A.4a. Read and comprehend a range of authentic or level-adapted multi-paragraph informational texts, such as: nutrition labels (prescriptions)

Writing

- W3C.2a. Show knowledge of simple learned patterns to create subject-predicate statements (e.g., affirmative sentences, formulaic questions) that include basic elements of grammar, such as: present progressive tense
- W3C.3a. Show knowledge of basic grammar to construct simple sentences (including negative sentences and questions), such as: common irregular past tense verbs, negation of continuous and perfect tenses
- W3B.4d. Use common phrasal verbs (e.g., look for, go away, give in).
- W3B.4b. Use expanded vocabulary that includes abstract nouns (e.g. community, luck, diversity) and some common idiomatic expressions (e.g., take care of, count on).
- W3C.5a. Construct text of coherently linked simple, compound, and complex sentences that include more complex grammar structures, such as: verb tenses to convey times, sequences, states, and conditions

OBJECTIVES – AT THE COMPLETION OF THIS WEEK'S LESSONS STUDENTS WILL BE ABLE TO:

Journal Writing

- Write sentences using new health vocabulary.
- Write sentences using past continuous.

Listening / Speaking

- Use past continuous in sentences.
- Interpret health conversations/dialogs.
- Role play a visit to the doctor's office, a walk-in clinic, and a pharmacy.

Reading

- Read Prescriptions.
- Demonstrate an understanding of the text by answering questions and in discussion.

Conversation Practice

- Describe pictures using past continuous properly.
- Give and receive feedback about your journal.
- Discuss health issues using new vocabulary.

MATERIALS – FOR THIS WEEK

- Journals
- Health (elli)
 - Going to a Doctor's office (ellii) continued
 - Going to a Clinic (ellii)
 - Prescriptions
 - Health Labels and Warnings (ellii)
- Past Continuous (Past Progressive)
- Slides
- Videos

*See Resources slide for links

RESOURCES

Health & Lifestyle

- World Health Day (WHO) <https://www.who.int/campaigns/75-years-of-improving-public-health> / Health definition <https://www.who.int/about/governance/constitution>
- 5 Pillars of Health <https://www.physiopoint.ie/post/the-5-pillars-of-health>
 - Sleep, Nutrition, Exercises/Physical, Mind/Emotional, Social/Community
- Activities to improve Sleep <https://health.nzdf.mil.nz/your-health/body/sleeping-well/>
- *What Happened? (ellii)* https://app.ellii.com/lesson/1589-what-happened?back_to=section
- The Body - flashcards (ellii) <https://ellii.com/media/flashcards/body-health-medicine/the-body>
- Illness and Injury - flashcards (ellii) <https://ellii.com/media/flashcards/body-health-medicine/illness-injury>
- *Allergies and Climate Change* <https://www.health.harvard.edu/>
- Going to the Doctor (ellii) https://app.ellii.com/lesson/1708-going-to-the-doctor?back_to=section
- Going to a Walk-in-Clinic (ellii) https://app.ellii.com/lesson/3032-going-to-a-walk-in-clinic?back_to=section
- Going to the Pharmacy (ellii) <https://app.ellii.com/lesson/1707-going-to-the-pharmacy> X
- Reading Prescriptions (WALC samples) / Prescription for Health and Happiness <https://www.the-hospitalist.org/hospitalist/article/32192/drug-therapy/prescriptions-for-health-and-happiness/>
- Health Labels and Warnings (ellii) <https://app.ellii.com/lesson/3398-health-labels-and-warnings>
- Useful Home Remedies (ellii) <https://app.ellii.com/lesson/3930-useful-home-remedies>
- Top 10 Foods <https://www.ucsfhealth.org/education/top-ten-foods-for-health>
- Nutrition Labels
- Walking Breaks counteract the effects of sitting (Harvard.edu) <https://www.health.harvard.edu/staying-healthy/walking-breaks-counter-the-effects-of-sitting> / Benefits of Walking

RESOURCES

Health & Lifestyle (continued)

- *Calling 911 (ellii)*
- Health and Body - Role Plays (ellii)
- Creative ways to support your Brain
- Social Health <https://newsinhealth.nih.gov/2017/02/do-social-ties-affect-our-health#:~:text=Studies%20have%20found%20that%20people,especially%20protective%20during%20difficult%20times.>

Mini Lessons

- Read a Receipt (ATM receipts, ellii and LiveWorksheets)
- Reading Prescriptions
- Reading Nutrition Labels (EasyTeacherWorksheets.com, www.foodeducate.com)
- Punctuation marks
- Idioms - Determine the meaning of idioms (IXL Learning) / Why learning idioms?
<https://www.tiktok.com/@englishwithkayla/video/7213388435988614446>
- <https://www.ixl.com/ela/grade-4/determine-the-meaning-of-idioms-from-context-set-1>
- Listening Activities - TBD (ello) Body Idioms
- Phrasal Verbs (tik tok, English with Kayla)<https://www.tiktok.com/@englishwithkayla/video/7210008397884722475/> / Grocery Store words / Tongue Twisters - Sh sound (multiple sources)

AGENDA (WHAT WE WILL DO THIS WEEK)

- ❑ Health & Lifestyle
 - ❑ News & Housekeeping
 - ❑ Journal Writing – Past Continuous
 - ❑ Listening/Speaking – Past Continuous
 - ❑ Health
 - ❑ Going to a Clinic (ellii) – continued
 - ❑ Reading Prescriptions – continued
 - ❑ Health Labels and Warning (ellii)
 - ❑ Conversation Practice – Health vocabulary / Past Continuous*
- *time permitting

* Click on the link in your Remind message to rejoin our Zoom class.



QUESTIONS?



Worcester
Adult Learning Center

NEWS





Post Testing

Teacher Alys will be calling students this week to schedule your Post Test.

Testing Hours are :

- 9:00 - 12:00 AM - MTWTF
- 5:00 - 7:00 PM - T/TH



Important Dates:



Graduation is Tuesday, May 30 at 6:00 PM.

★ Arrive at the school no later than 5:30 PM.



Last Day of Online Class is Thursday, June 8.



Summer Classes begin June 19.

★ Class meets on TWT, 9:00 - 11:30, at the school.



Online Book Club begins in June.



Worcester
Adult Learning Center

NEWS

- Are you coming back next year?
- Fall Semester will begin in September. You will be automatically enrolled.
- Please let me - or the school - know if you are not returning to online English classes in September.



QUESTIONS?

Write



Today's date is _____

Day, Month Date, Year

Today's weather is _____



JOURNAL WRITING

Please write complete sentences (SVO)

1. What were they doing in the picture?



Present Past Future

I	am	was	will
He/She/It	is	was	will
You/We/They	are	were	will

Past Continuous

I	was + verb-ing
He/She/It	was + verb-ing
You/We/They	were + verb-ing

Past tense - Be verbs

- was
- were

PAST

PAST CONTINUOUS

PRESENT

PRESENT CONTINUOUS

FUTURE

PAST PROGRESSIVE

PRESENT PROGRESSIVE

Yesterday /was were

Yesterday / was were + verb-ing

Today / am is are

Today / am is are + verb-ing

Tomorrow / will

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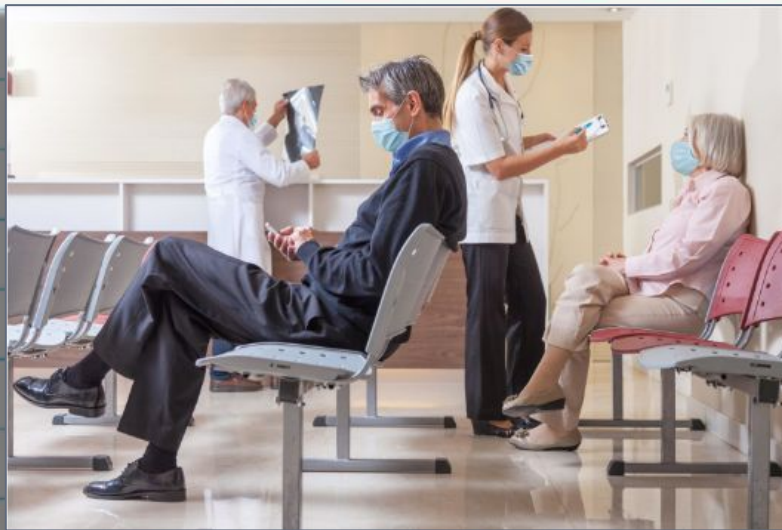
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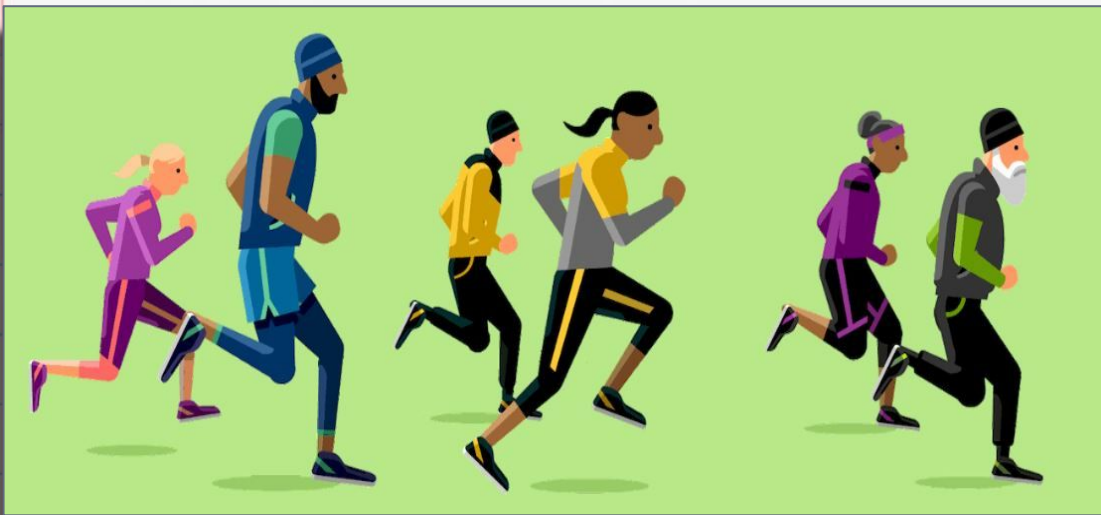
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QUESTIONS?



& Lifestyle

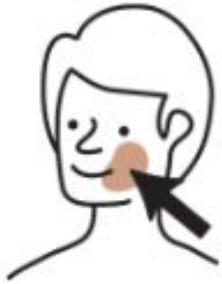


HEALTH

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity. The enjoyment of the highest attainable standard of health is one of the fundamental rights of every human being without distinction of race, religion, political belief, economic or social condition.



HEALTH - THE BODY



cheek



chest

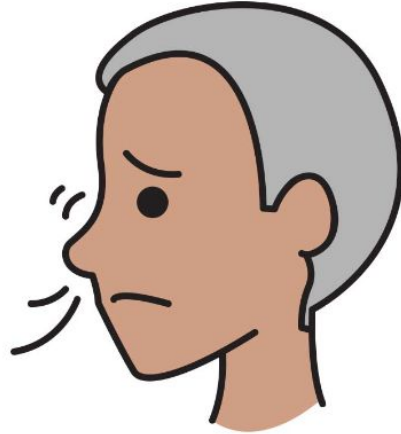


chin

HEALTH - ILLNESS & INJURY



cold



congested



cough

Going to the Doctor

Everyday Dialogues

💡 Low Int 🎓 Teens & Adults

Mr. Perez has a sore throat. Do your students know how to describe their symptoms? Students learn important vocabulary and expressions required for seeking medical attention.



Going to a Walk-In Clinic

Everyday Dialogues

💡 Low Int - Int 🎓 Teens & Adults

In this lesson, students learn and practice using vocabulary and expressions related to walk-in clinics. They have a group discussion and practice writing their own dialogues and answering questions.



HEALTH - READING A DOCTOR'S PRESCRIPTION

DEA# BHSDFBEGdbg	License # 12312844	NPI # 123434357416	Doctor Information	
RESIDENT PHYSICIAN M.D. Prime Example Hospital 1 Main Street NY, NY 10000 (888)888-8888				Patient Information
Name: John Smith	DOB: 12/13/1985			
Address: 2 Main Street NY 10000	Age: 24		Drug Information	
Allergies: NKDA	Sex: Male			
Weight: 165 kls	Dat: 4/15/10			
R_x				
_____ Resident Physician (Signature)				
Refills : _____				
_____ Dispense as Written		_____ May Substitute		

HEALTH - READING A DOCTOR'S PRESCRIPTION



Rx 246326
HAMMEL, LILY
D.O.B. 1977-AUG-02

DATE FILLED 11/17/20

AMOXICILLIN 200MG TABLET

TAKE ONE TABLET TWICE A DAY FOR FOURTEEN DAYS

OK TO TAKE WITH FOOD

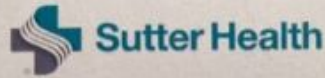
Dr. Rodman, Roger MD (925) 555-7980

QTY: 28

REFILLS: 0

Use before: 12/02/20

HEALTH Read a Prescription



Prescription for Health & Happiness

A dose of joy and self-compassion

Provider: Dr. Leif Hass

Date: 2/20/2021

Prescribed to: Suzie S.

Rx *spread the love*

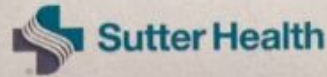
watch a sunset

[Signature]

Refills: 1 2 3 4 As Needed

- Take a few deep breaths
- Call an old friend
- Give someone a hug
- Help a friend in need
- Write a thank you note
- Sing in the shower
- Dance to your favorite song
- Go for a walk in a beautiful place
- Forgive someone
- Talk to yourself with a kinder voice

HEALTH Read a Prescription



Prescription for Health & Happiness

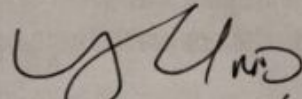
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Going to the Pharmacy

Everyday Dialogues

💡 Low Int 🕒 Teens & Adults

A customer talks to a pharmacist about a new prescription. Students learn vocabulary related to side effects and warnings.



Health Labels and Warnings

Real-World Reading

 Low Int  Teens & Adults

In this Real-World Reading resource, students practice reading short labels and warnings that relate to health, including food and prescription labels.



Useful Home Remedies

That's News to Me

 Adv  Teens & Adults

In this digital-only lesson featuring content from The Washington Post, students read about home remedies for different health issues that researchers have found effective. This lesson includes comprehension and discussion questions.



Health & Body

Role-Plays

💡 Int - Adv 🎓 Teens & Adults



Use these ready-made scenarios to practice everyday English in a variety of settings related to health and the body. Useful expressions are provided.

The 5 Pillars of health

Sleep



Nutrition



Exercises



Mind /
Emotions



Community /
Relationship



HEALTH

Sleep



Activities to improving sleep

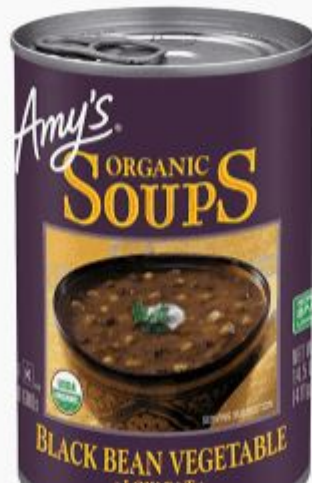
Change what you eat or drink

Plan your activities

Make your bed a place of sleep

Relax before you go to bed

READING NUTRITION LABELS



Nutrition Facts

8 servings per container

Serving size

1 cup (55g)

Amount per 1 cup

Calories

500

% DV*

12% Total Fat 8g

5% Saturated Fat 1g

Trans Fat 0g

0% Cholesterol 0mg

7% Sodium 160mg

12% Total Carbs 37g

14% Dietary Fiber 4g

Sugars 4g

Added Sugars 10g

Protein 3g

10% Vitamin D 2mcg

20% Calcium 260mg

45% Iron 8mg

5% Potassium 235mg

* Footnote on Daily Values (DV) and calories reference to be inserted here.

READING NUTRITION LABELS



Nutrition Facts

Serving Size 1 pastry (52g)

Serving Per Container 8

Amount Per Serving

Calories 200 Calories from Fat 45

% Daily Values*

Total Fat 5g **8%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 2g

Monounsaturated Fat 1g

Cholesterol 0mg **0%**

Sodium 170mg **7%**

Total Carbohydrate 38g **13%**

Dietary Fiber 0g **0%**

Sugars 16g

Protein 2g **4%**

Vitamin A 10% • Iron 10%

* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

HEALTH

Exercises



PHYSICAL

- Better health
- Improved quality of life
- Stronger bones & muscles
- Fight off illness better
- Weight control
- Improved fitness

MENTAL

- Reduce anxiety & depression
- Reduce & prevent stress
- Increase cognitive functioning
- Feeling more energetic
- Sleep better
- Relaxation

SOCIAL

- Social integration
- Build new friendships
- Strengthen relationships
- Increase family time
- Meet new people
- Build social skills

EMOTIONAL

- Self confidence
- Increase feeling of self-worth
- Increase feelings of happiness
- Increase feelings of success
- Positive mood & affect
- Lower tension

HEALTH

Exercises



Walking breaks counter the effects of sitting

HEALTH

Exercises



BENEFITS OF WALKING EVERYDAY

Improve Glucose Tolerance

Prevent Early Dementia

Prevent Heart Diseases

Improve Glucose Tolerance

Improve Digestion

Boosts Immune Pain

Relieve Back Pain

Eases Joint Pain

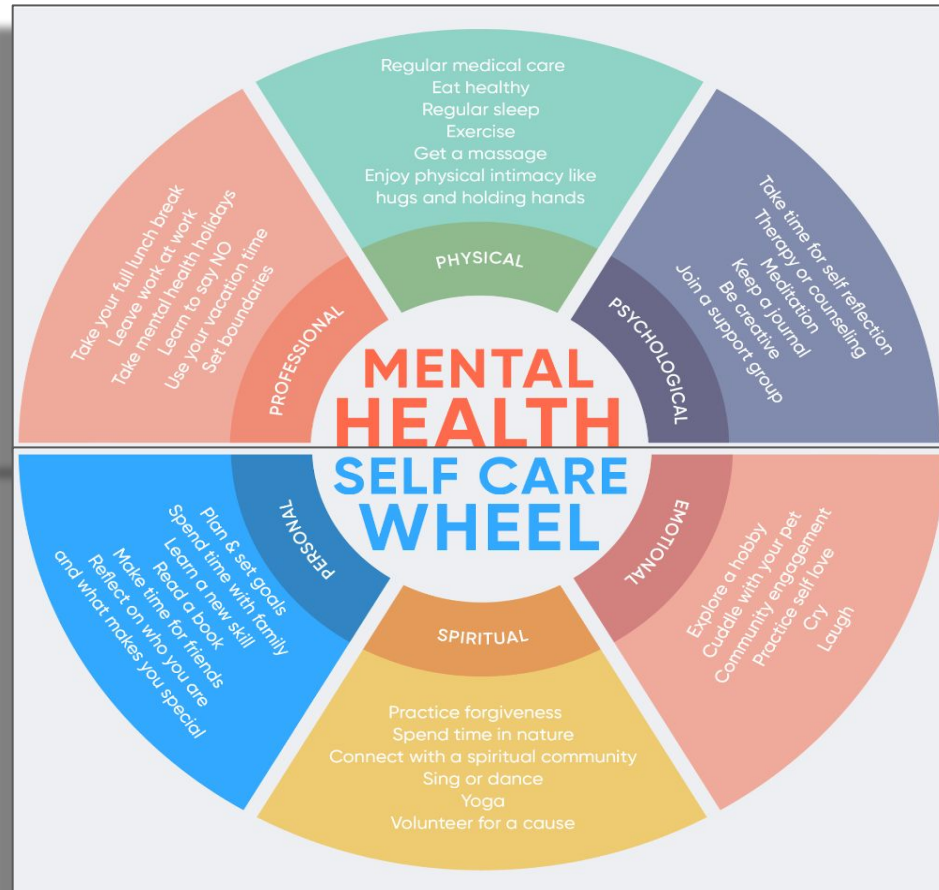


HEALTH

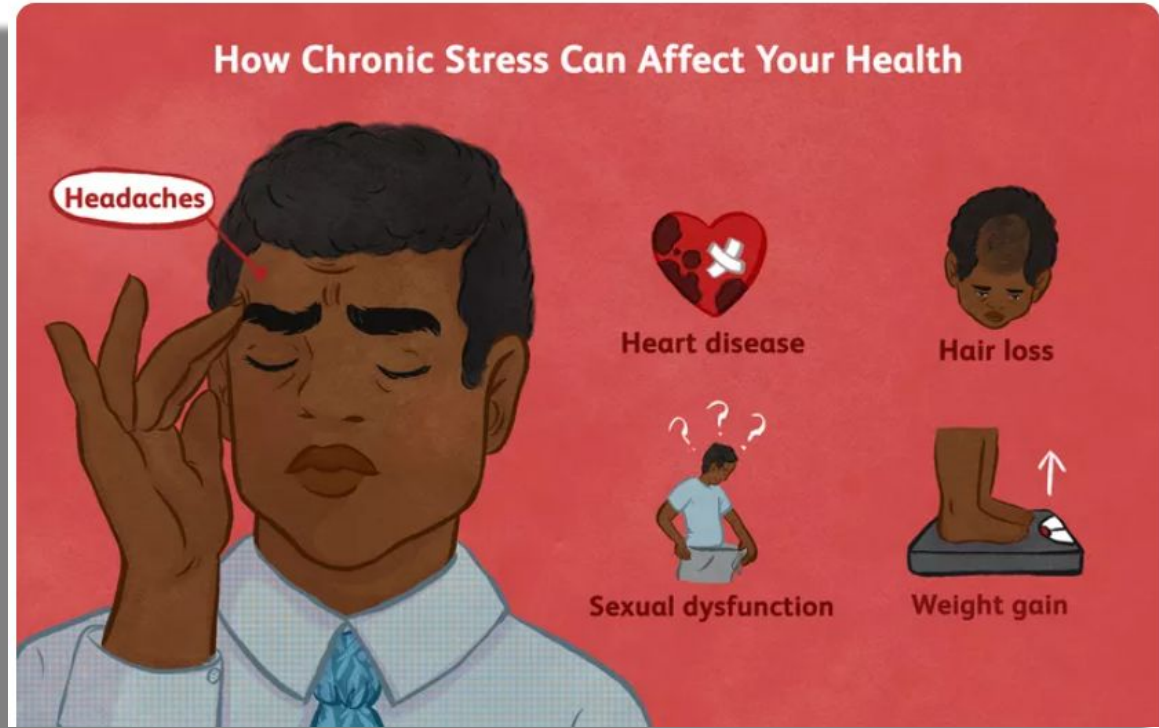
Mind /
Emotions



HEALTH



HEALTH



HEALTH



Watch Now: 5 Ways Stress Can Cause Weight Gain

HEALTH

Mind /
Emotions



HOW TO DEAL WITH STRESS AND ANXIETY

MIND



Accept that you cannot control everything.

Put your stress in perspective: is it really as bad as you think?



Do your best.

Instead of aiming for perfection, which isn't possible, be proud of however close you get.



Maintain a positive attitude.

Make an effort to replace negative thoughts with positive thoughts.



Learn what triggers your anxiety.

Is it work, family, school, or something else you can identify? Write in a journal when you're feeling stressed or anxious, and look for a pattern.

HEALTH



Creative Ways to Support Your Brain

HEALTH

Community /
Relationship



PHYSICAL

- Better health
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- Weight control
- Improved fitness

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EMOTIONAL

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- Increase feelings of success
- Positive mood & affect
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Calling 911

Everyday Dialogues

 Int - High Int  Teens & Adults

A person calls 911 in an emergency situation. The dispatcher sends help and instructs the caller how to perform simple CPR. Useful expressions are included.



QUESTIONS?

PUNCTUATION MARKS



comma



period



question mark



exclamation
mark



ellipsis



colon



Present Progressive

Grammar Practice Worksheets

💡 Beg – Low Int 🎓 Teens & Adults

In this lesson, students learn the patterns and usage of the present progressive tense. They practice forming affirmative and negative sentences as well as questions.

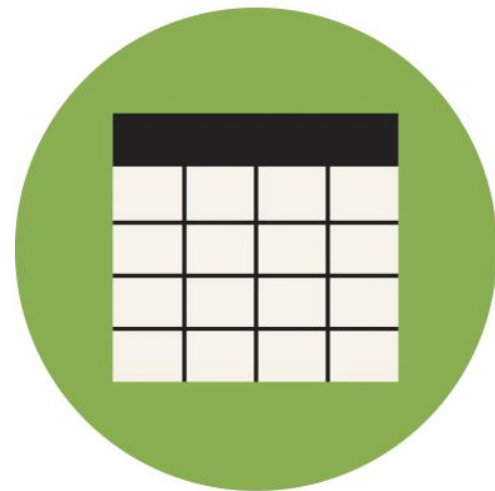


Simple Present or Present Progressive?

Grammar & Usage

💡 All levels 🎓 All ages

Using time markers in context, students practice recognizing when to use the simple present and present progressive verb tenses.



Present Progressive Stories

Grammar Stories

💡 Low Int 🎓 Teens & Adults

In this lesson, students read three stories that use the present progressive in context. Students answer comprehension questions and write two paragraphs of their own using the target tense.





QUESTIONS?



Conversation Practice

Take turns practicing a conversation

Student A

Practice using past continuous verbs

Student B

1. What happened?

1. What happened?



Johanna

Martha

PAST	PAST CONTINUOUS PAST PROGRESSIVE	PRESENT	PRESENT CONTINUOUS PRESENT PROGRESSIVE	FUTURE
Yesterday /was were	Yesterday / was were + verb-ing	Today / am is are	Today / am is are + verb-ing	Tomorrow / will



Conversation Practice

Take turns practicing a conversation

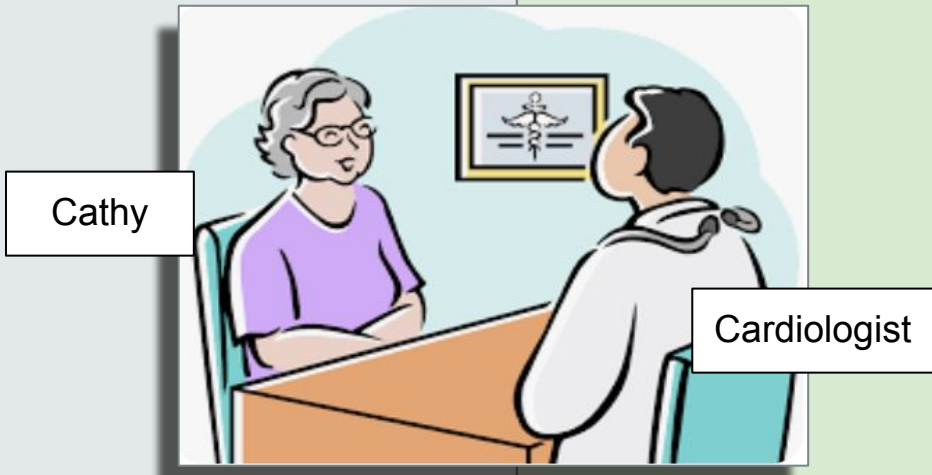
Student A

Practice using past continuous verbs

Student B

1. What happened?

1. What happened?



PAST	PAST CONTINUOUS PAST PROGRESSIVE	PRESENT	PRESENT CONTINUOUS PRESENT PROGRESSIVE	FUTURE
Yesterday /was were	Yesterday / was were + verb-ing	Today / am is are	Today / am is are + verb-ing	Tomorrow / will



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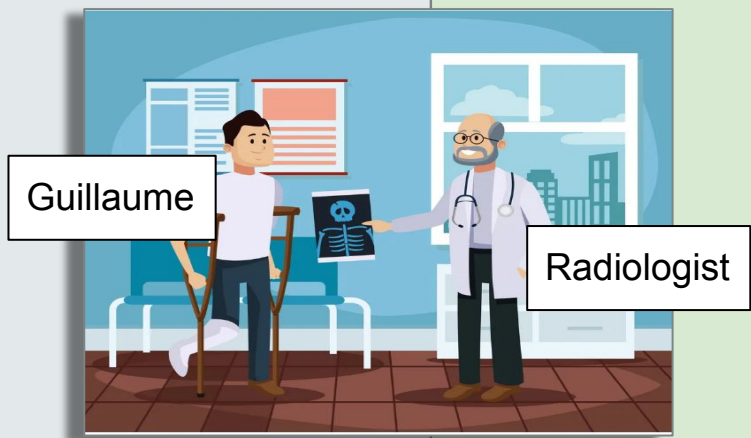
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QUESTIONS?

HOMework

- Download a **language app** (practice English 20 minutes every day).
 - Send your **journal responses** to the teacher (text, email, Remind).
 - Check **ellii** for assignments.
-

- **New Students**
 - Complete an **Intake Form**, a **Consent Form**, and **Pre-Testing**
 - Review **worc-alc.org** (Class Page and Student Resources)



QUESTIONS?

Practice speaking English every day!

See you NEXT CLASS!

Click on

Leave Meeting

EXTRA SLIDES

DOWNLOAD A LANGUAGE APP

<u>Awabe</u>	<u>Hello Talk</u>	<u>Memrise</u>
<u>Busuu</u>	<u>Lingbe</u>	YouTube
<u>Duolingo</u>	<u>Learn English Daily</u>	<ul style="list-style-type: none">• <u>English with Anna</u>• <u>Teacher Alisha</u>• <u>Teacher Keith</u>• <u>Teacher Rebecca</u>• <u>Teacher Tiffany</u>• <u>Films in English</u>
<u>FluentU</u> (online/\$)	<u>Lyrics Training</u> (songs)	
<u>Hello English</u>	<u>Mango</u>	

What app are you using?

Practice speaking English 20 minutes every day.

IMPORTANT INFORMATION



**Worcester
Adult Learning Center**

Phone: 508-799-3090
508-799-3091

Teacher Marianne

Phone & Text: 774-551-6381

Kristin: Career Navigator

Text: 508-556-0713

Email: careers.walc@gmail.com

Zoom

Meeting ID: 496 900 0061

Password: 4sU7GC

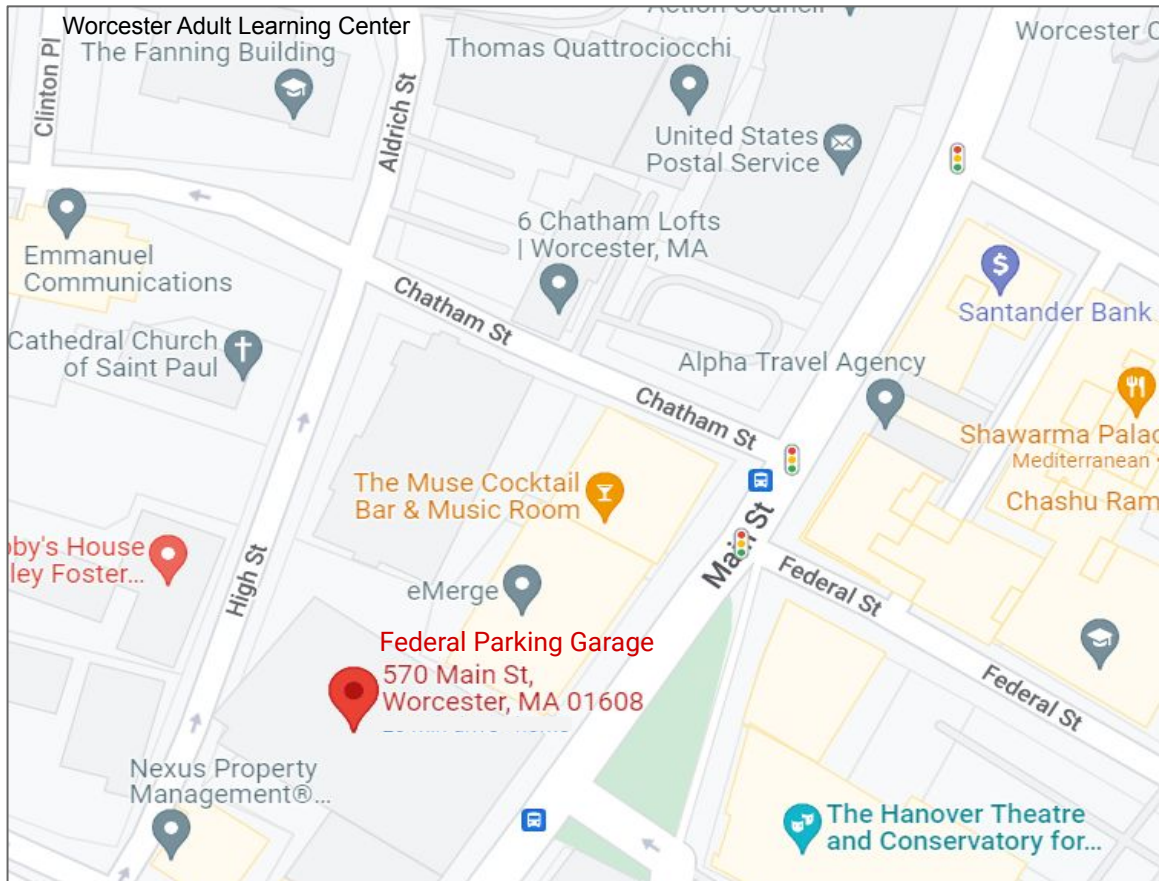
Crystal: Student Advisor

Respond to REMIND.

Office hours:

Tues, Wed, Thurs - 11:30am - 12:30pm

Map of Federal Parking Garage



<https://www.google.com/maps/place/570+Main+St,+Worcester,+MA+01608/@42.2610164,-71.8065509,17z/data=!3m1!1e3!3m4!1s0x89e406638f74463d0x97c18941a3ef2e9718m2!3d42.2610164!4d-71.8043622?hl=en>

Free Parking

Students can park for free at the Federal Parking Garage, 570 Main Street, Worcester, MA.

The garage front entrance is on Main Street.

- When you park your car... remember to take your parking ticket from the machine.
- Bring the parking ticket to the school.
- See one of these people who will validate your parking ticket:
 - Beth
 - Fatima
 - Crystal
 - Jen
- Keep the parking ticket.
- Bring the parking ticket back to the garage, so you can put it into the machine and get your car out.

The garage rear exit is on High Street.




GOOGLE DOCS

Google Docs gives users the ability to create and store documents and files using any web browser (in “the cloud”), access them from any device, and give multiple people simultaneous access.

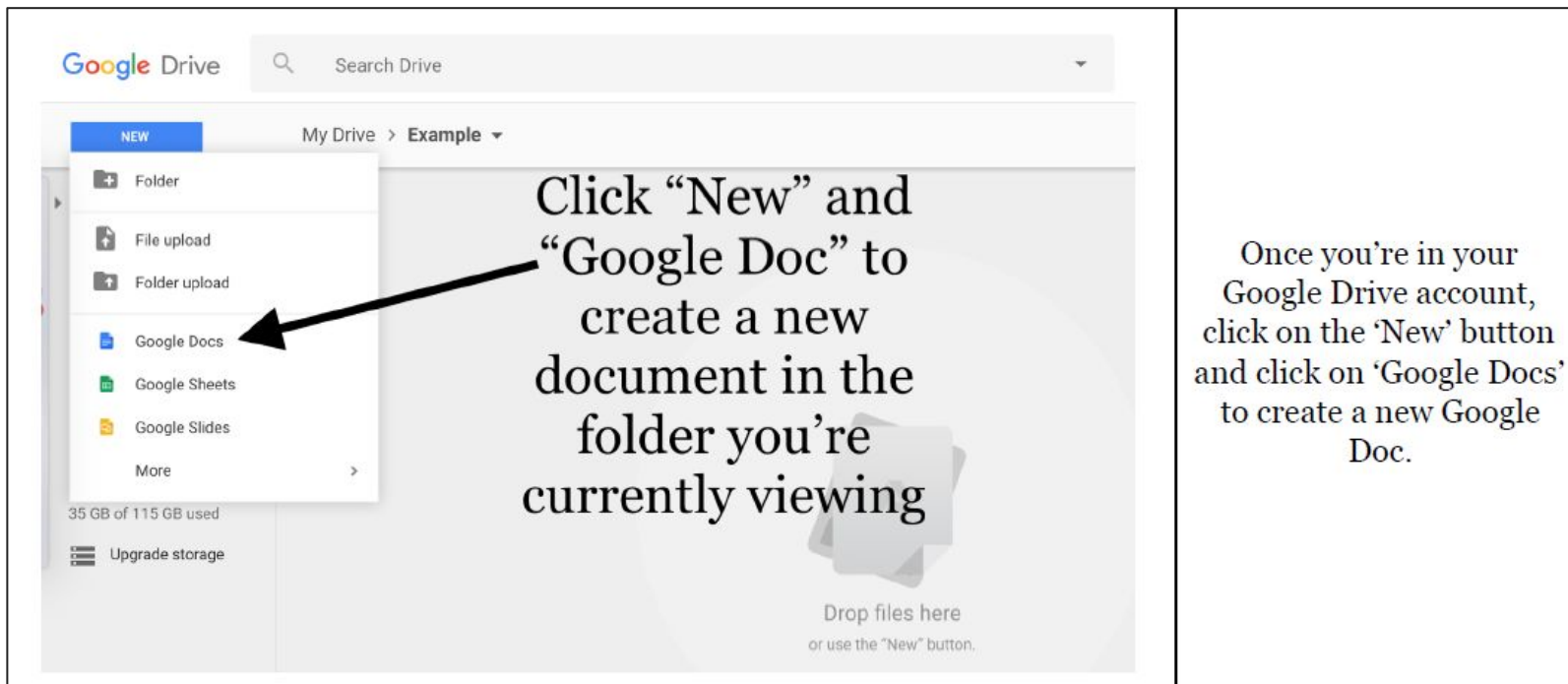
“The Cloud” is a phrase that means being able to access information through a web browser that are stored on a company’s computers. This gives you the ability to access them anywhere and share them with others.

**Google Docs works best in Google Chrome, but you can usually use it in any web browser (Safari, Internet Explorer, Firefox).*

To get started...

- Go to drive.google.com and log in to a Google account OR login to a Gmail account.
- Click on the little grid in the upper-right of the screen (looks like ) and choose ‘Drive’

CREATE A GOOGLE DOC



The screenshot shows the Google Drive interface. At the top, there is a search bar labeled 'Search Drive'. Below it, a blue 'NEW' button is visible. A dropdown menu is open, showing options: Folder, File upload, Folder upload, Google Docs, Google Sheets, Google Slides, and More. A black arrow points from the text 'Click "New" and "Google Docs" to create a new document in the folder you're currently viewing' to the 'Google Docs' option in the menu. The background shows a folder named 'Example' with a 'Drop files here' prompt and the text 'or use the "New" button.'.

Click "New" and "Google Docs" to create a new document in the folder you're currently viewing

Once you're in your Google Drive account, click on the 'New' button and click on 'Google Docs' to create a new Google Doc.



QUESTIONS?