

Unit 9: Healthy eating



1 Information

Eating healthy food in a balanced diet is very important to help you get the energy you need, maintain good health and have strong bones and muscles.



2 Glossary

2.1 Write the meanings of each word in your own language

calcium	
vitamin	
dehydration	
energy	

muscles	
balanced	
dizzy	

2.2 Now match the words to the meanings

calcium	having a feeling of spinning and a tendency to fall
vitamin	'fuel' for work or vigorous activity – it is used up by exercise or given to the body by food
dehydration	evenly spread
energy	when the body does not have as much water as it should

muscles	a mineral found naturally in food that is essential for developing strong bones and teeth
balanced	substances found in food that your body needs to grow and develop normally
dizzy	body tissue made of cells that causes movement

3 Healthy foods

3.1 Put the foods in the correct column

– i.e. if the food contains vitamin D put it in the vitamin D column and if the food contains calcium put it in the calcium column (some have both calcium and vitamin D)

milk – green vegetables – yoghurt – custard – bok choy – cheese – canned sardines – bread – salmon – tahina – figs – almonds – brazil nuts – cereals – fruit – broccoli – eggs

calcium	vitamin D

4 What's the problem?

Listening 1: Write the dialogue number next to the correct topic

Topics:

___ eating between meals

___ dizzy and weak



1

Nutritionist: Good morning. How is everything going for you?

Mum: I am a bit worried – I feel dizzy and weak.

Nutritionist: Are you drinking enough fluids?

Mum: How much is enough fluid?

Nutritionist: You should drink at least eight glasses of fluid a day, preferably water. Otherwise you will get dehydrated and dizzy.

Mum: OK,-I will make sure I drink more.

2

Nutritionist: How are you?

Mum: I am well but always hungry and I don't want to eat biscuits and cakes between meals as I will get fat – though I know I need certain foods. What should I eat?

Nutritionist: Eat fresh or dried fruit, cheese and nuts if you are hungry between meals – these give you the calcium you need and a glass of milk or soy milk each day will make up the rest.

Mum: OK, doctor. Why do I need calcium?

Nutritionist: To keep your bones and teeth healthy.

Listening 2: Listen again and fill in the gaps with the missing words

1

Nutritionist: Good morning. How is _____ going for you?

Mum: I am a bit worried – I feel _____ and weak.

Nutritionist: Are you _____ enough fluids?

Mum: How much is enough fluid?

Nutritionist: You should drink at least eight _____ of fluid a day, preferably water. Otherwise you will get dehydrated and dizzy.

Mum: OK, I will make sure I drink _____.

2

Nutritionist: How are you?

Mum: I am well but always _____ and I don't want to eat biscuits and cakes between meals as I will get fat – though I know I _____ certain foods. What should I eat?

Nutritionist: Eat fresh or dried _____, cheese and nuts if you are hungry between meals – these give you the _____ you need and a glass of _____ or soy milk each day will make up the rest.

Mum: OK, doctor. But why do I need calcium?

Nutritionist: To keep your _____ and teeth healthy.

5 Looking after your health

Listening 1:

1

Mum: Doctor, can you please tell me what is a good diet?

Nutritionist: For breakfast have porridge or muesli plus a tub of yoghurt and perhaps a glass of milk.

Mum: OK, and what about lunch?

Nutritionist: For lunch have a wholemeal sandwich with cheese, chicken and salad or egg and salad.

Mum: And for dinner?

Nutritionist: For dinner perhaps have pasta or rice with tinned salmon or tuna and vegetables such as peas, broccoli and carrots and some fruit.

Mum: OK, thanks, doctor.

2

Mum: Is there anything else I should know?

Nutritionist: Yes, drink at least eight glasses of fluid every day.

Mum: Does it all have to be water?

Nutritionist: Water is best but it can be tea, coffee, fruit juice or milk.

Mum: OK, that sounds like how much I have anyway. Thanks, doctor.



3

Nutritionist: Good morning, how can I help you today?

Mum: Someone told me that if you eat too much spinach your body does not absorb calcium – is this correct?

Nutritionist: Yes, also if you eat a lot of meat the same thing happens.

Mum: OK, I will choose carefully what I eat and drink.

Listening 2: Listen again and fill in the gaps with the missing words

1

Mum: Doctor, can you please tell me what is a _____ diet?

Nutritionist: For breakfast have _____ or muesli plus a tub of yoghurt and perhaps a glass of milk.

Mum: OK, and what about lunch?

Nutritionist: For _____ have a wholemeal sandwich with cheese, _____ and salad or egg and salad.

Mum: And for dinner?

Nutritionist: For _____ perhaps have pasta or rice with tinned _____ or tuna and vegetables such as peas, broccoli and carrots and some _____.

Mum: OK, thanks, doctor.

2

Mum: Is there anything _____ I should know?

Nutritionist: Yes, drink at least eight _____ of fluid every day.

Mum: Does it all have to be water?

Nutritionist: Water is _____ but it can be tea, coffee, fruit _____ or milk.

Mum: OK, that _____ like how much I have anyway. Thanks, doctor.



3

Nutritionist: Good morning, how can I help you today?

Mum: Someone told me that if you eat too much _____ your body does not absorb calcium – is this correct?

Nutritionist: Yes, also if you eat a lot of _____ the same thing happens.

Mum: OK, I will choose _____ what I eat and drink.

6 Discussion

Tell the group which fresh food you enjoy eating in your culture and share recipes.

7 Find out more

Get Healthy

www.gethealthynsw.com.au/professionals-resources

Call 1300 806 258

Good Food For New Arrivals (sections 'Nutrition/Health', 'Resources')

<http://goodfood.asetts.org.au>

NSW Multicultural Health Communication Service

www.mhcs.health.nsw.gov.au/publicationsandresources/resources#c3=enq&b_start=0&c1=Nutrition

Health Translations Directory

www.healthtranslations.vic.gov.au

Flinders University (search

'Working with CALD communities')

www.flinders.edu.au

To speak in your own language, call a telephone interpreter on 131 450 (the cost of a local call).

Unit 10: Back pain



1 Information

Back pain is a common problem – 80% of adults will complain of back pain at least once in their lives with many saying it happens several times.

Back pain most often comes from muscles, ligaments, joints and discs. It may be caused by poor posture, injury, inflammation, tension and spasm or muscle imbalance.

2 Glossary

2.1 Write the meanings of each word in your own language

muscles	
hunch	
ligaments	
joints	

injury	
inflammation	
tension	
spasm	

2.2 Now match the words to the meanings

muscles	these connect bones or hold organs in place
hunch	body tissue made of cells that causes movement
ligaments	where two bones meet
joints	to stand sit or walk in bent posture

injury	strain or stress
inflammation	sudden movement of muscles which you have no control over
tension	damage or hurt to the body
spasm	redness, swelling and fever in part of the body, often with pain

3 Lifestyle factors that contribute to back pain

Most cases of back pain are made worse by lifestyle factors.

3.1 Match the reason for back pain with what you can do to prevent it

lack of exercise	'I will lose weight.'
being overweight or obese	'I will not sit hunched over my mobile phone.'
sitting for long periods	'I am going to start meditation so I can feel more relaxed because my muscles are tense all the time.'
poor posture	'I will not lift the milk crate alone but I will get help.'
stress	'I will stand up and walk around the office every half an hour and do stretches.'
bad work practices	'I will exercise for half an hour every day.'

4 Talking to the physiotherapist

Listening 1: Write the dialogue number next to the correct topic

Topics:

- ___ stop smoking
- ___ lose weight
- ___ strengthen back
- ___ take a break from sitting
- ___ good lifting
- ___ bending and twisting
- ___ carrying baby
- ___ do not hunch
- ___ choose a good mattress



1

Physiotherapist: Good morning. How can I help you today?

Mum: Good morning – I have a question for you. How can I strengthen my back? I have to lift my baby a lot and I want to ensure I look after myself or I will not be able to look after her properly.

Physiotherapist: To strengthen your back you must exercise it regularly.

Mum: OK. What exercise is good for my back muscles?

Physiotherapist: Swimming a variety of strokes – especially backstroke – is good for your back and also using exercise bikes and walking.

Mum: OK, thanks, doctor.

2

Physiotherapist: Good day. How are you?

Mum: Good day – actually I am worried because I lift my son a lot and it hurts my back.

Physiotherapist: Yes, take care when you lift your son – always bend your knees and hips when you lift him up.

Mum: OK.

Physiotherapist: And remember, never bend your back when lifting him.

Mum: OK, I will bend my knees and take care not to bend my back.

3

Mum: Is there anything else I should do or should not do when I am lifting the baby?

Physiotherapist: Yes, never twist and bend at the same time. This is very important.

Mum: Why?

Physiotherapist: That is very bad for your back and will damage it.

4

Physiotherapist: Good morning. How are you?

Mum: Good morning, doctor – not good. I have a sore back from carrying my baby. What can I do as I have to carry her?

Physiotherapist: Always lift and carry your baby close to your body. In fact, always carry everything close to your body when possible.

Mum: OK. Do you have any other advice about carrying?

Physiotherapist: Yes, when you carry your shopping, for example, try to carry it in a rucksack on your back and avoid sling-bags over your shoulder.

5

Physiotherapist: Hi, how are you today?

Mum: Hi, doctor. Not good – I have very a sore back.

Physiotherapist: Oh dear. Do you sit a lot at work?

Mum: Yes, I sit all the time at my desk.

Physiotherapist: OK, try not to slump in your chair or hunch over your desk. Try and get up from the chair regularly for a short walk at least once an hour.

Mum: OK, I will try. Anything else?

Physiotherapist: Yes, also when you walk try not to hunch your shoulders.



6

Mum: How should I sit at my desk when I am at work then, doctor?

Physiotherapist: Use a chair with a back-rest. Sit with your feet flat on the floor or on a foot-rest.

Mum: OK. Anything else?

Physiotherapist: Get up regularly from the chair – every 15 minutes if your back feels bad.

Mum: OK, I will try to do that.

7

Physiotherapist: How are you this morning?

Mum: Doctor, I have a sore back. What can I do?

Physiotherapist: First, please tell me, do you smoke?

Mum: Yes.

Physiotherapist: Then you must quit smoking.

Mum: Quit smoking? How can quitting smoking help my back?

Physiotherapist: Smoking reduces the blood supply to the discs between the vertebrae in the back, and this may lead to these discs degenerating the back.

Mum: I didn't know that.

8

Physiotherapist: Good morning. How can I help you today?

Mum: Hi, doctor. I have a very sore back.

Physiotherapist: I recommend that you lose weight.

Mum: Lose weight? Will that help my back?

Physiotherapist: Yes, being overweight puts extra strain on your back.



9

Physiotherapist: How are you today?

Mum: Not good – when I wake up I can hardly get out of bed my back is so sore!

Physiotherapist: OK, you must choose a good mattress.

Mum: What is a good mattress?

Physiotherapist: A mattress that suits your height, weight, age and sleeping position. This will help your back.

Listening 2: Listen again and fill in the gaps with the missing words

1

Physiotherapist: Good morning. How can I _____ you today?

Mum: Good morning – I have a question for you. How can I strengthen my back? I have to _____ my baby a lot and I want to ensure I look after myself or I will not be able to look _____ her properly.

Physiotherapist: To strengthen your back you must _____ it regularly.

Mum: OK. What exercise is good for my back muscles?

Physiotherapist: Swimming a variety of strokes – especially backstroke – is good for your back and also using exercise _____ and walking.

Mum: OK, thanks, doctor.

2

Physiotherapist: Good day. How are you?

Mum: Good day – actually I am worried because I _____ my son a lot and it hurts my back.

Physiotherapist: Yes, take care when you lift your son – always _____ your knees and hips when you lift him up.

Mum: OK.

Physiotherapist: And remember, never _____ your back when lifting him.

Mum: OK, I will bend my _____ and take care not to bend my back.

3

Mum: Is there anything else I should do or should not do when I am _____ the baby?

Physiotherapist: Yes, never _____ and bend at the same time. This is very important.

Mum: Why?

Physiotherapist: That is very _____ for your back and will damage it.

4

Physiotherapist: Good morning. How are you?

Mum: Good morning, doctor – not good. I have a _____ back from carrying my baby. What can I do as I have to carry her?

Physiotherapist: Always lift and carry your baby _____ to your body. In fact, always carry everything close to your body when possible.

Mum: OK. Do you have any other _____ about carrying?

Physiotherapist: Yes, when you carry your _____, for example, try to carry it in a rucksack on your back and avoid sling-bags over your shoulder.



5

Physiotherapist: Hi, how are you today?

Mum: Hi, doctor. Not good – I have very a _____ back.

Physiotherapist: Oh dear. Do you sit a lot at work?

Mum: Yes, I sit all the time at my _____.

Physiotherapist: OK, try not to slump in your chair or _____ over your desk. Try and get up from the chair regularly for a _____ walk at least once an hour.

Mum: OK, I will try. Anything else?

Physiotherapist: Yes, also when you _____ try not to hunch your shoulders.

6

Mum: How should I _____ at my desk when I am at work then, doctor?

Physiotherapist: Use a chair with a back-rest. Sit with your feet flat on the _____ or on a foot-rest.

Mum: OK. Anything else?

Physiotherapist: Get up regularly from the chair – every 15 _____ if your back feels bad.

Mum: OK, I will try to do that.

7

Physiotherapist: How are you this _____?

Mum: Doctor, I have a sore back. What can I do?

Physiotherapist: First, please tell me, do you smoke?

Mum: Yes.

Physiotherapist: Then you must _____ smoking.

Mum: Quit smoking? How can quitting smoking _____ my back?

Physiotherapist: Smoking reduces the blood _____ to the discs between the vertebrae in the back, and this may lead to these discs degenerating the back.

Mum: I didn't know that.



8

Physiotherapist: Good morning. How can I help you today?

Mum: Hi, doctor. I have a very sore back.

Physiotherapist: I recommend that you _____ weight.

Mum: Lose weight? Will that help my back?

Physiotherapist: Yes, being overweight puts _____ strain on your back.

9

Physiotherapist: How are you today?

Mum: Not good – when I wake up I can hardly get out of _____ my back is so sore!

Physiotherapist: OK, you must choose a good _____.

Mum: What is a good mattress?

Physiotherapist: A mattress that suits your height, weight, age and _____ position. This will help your back.

- Remember, staying active plays an important role in management and prevention of back problems.
- Remember, your back is designed to move.
- Go to the doctor if any warning signs exist.

5 Discussion

Share with the group your tips for 'back care' which you may have learned from your culture.

6 Find out more

Safe Work Australia

www.safeworkaustralia.gov.au

NSW Multicultural Health Communication Service

www.mhcs.health.nsw.gov.au/publicationsandresources/resources#c3=eng&start=0&c1=Back+pain

To speak in your own language, call a telephone interpreter on 131 450 (the cost of a local call).