

**Seminole Community College  
English Language Studies Department  
Florida Adult ESOL Standards  
August 26 – December 15, 2009**

<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>
1.05.01 Identify several parts of the body.	2.05.01 ☞ Describe basic problems/injuries to parts of the body.	3.05.01 Describe accidents and injuries, including: names of parts of the body and descriptions of injuries.	4.05.01 Describe symptoms related to illness, injuries, or dental health problems.	5.05.01 ☞ Ask for and give advice on health topics using vocabulary for body parts, illnesses, and symptoms.	6.05.01 Fill out sample forms to request a sick-leave day or medical leave from work.
1.05.02 Recognize symptoms of common illnesses.	2.05.02 Describe symptoms related to common illnesses.	3.05.02 Identify healthful habits that prevent common illness.	4.05.02 Compare healthful and unhealthful behaviors and practices.	5.05.02 Recognize problems related to substance abuse drug abuse, spousal abuse, child abuse, and elder abuse.	6.05.02 Discuss consequences of unhealthful habits and identify where to get help in the community.
1.05.03 ☞ Recognize basic health care providers and facilities, including: <i>doctor, nurse, dentist, emergency room, and hospital.</i>	2.05.03 ☞ Identify health care providers and facilities in your community.	3.05.03 ☞ Make a sample doctor's/dentist appointment card, using the following terms: first time, routine, follow-up, and checkup.	4.05.03 Simulate the steps to reschedule and/or cancel a doctor's appointment.	5.05.03 ☞ Complete sample accident and medical history forms.	6.05.03 Compare services offered by different health providers.
1.05.04 Identify common medications and their usage.	2.05.04 Read/interpret instructions on medicine labels, including over-the-counter (OTC) and prescription medications.	3.05.04 ☞ Simulate steps to follow a sample set of written doctor's orders.	4.05.04 ☞ Identify the difference between prescription and over the counter (OTC) medications.	5.05.04 Interpret warnings on medicine and over-the-counter (OTC) drug labels.	6.05.04 Give advice on practices necessary to use medications properly.
1.05.05 ☞ Identify products used for personal grooming.	2.05.05 List personal grooming and hygiene habits.	3.05.05 Identify practices that promote good dental health.	4.05.05 Recognize and interpret requirements for immunizations.	5.05.05 Recognize procedures for first aid.	6.05.05 Compare processes to access/pay for medical assistance and medication, including health/dental insurance, prescription purchasing plans, Medicaid, and Medicare.
1.05.06 Recognize basic food items.	2.05.06 Choose prepared foods from a simple menu.	3.05.06 Categorize foods and food groups according to current US Department of Agriculture guidelines.	4.05.06 Read/interpret nutritional and related information listed on food labels.	5.05.06 Plan samples of balanced diets.	6.05.06 Discuss the importance of healthful eating and maintaining a balanced diet.