

CLB-Referenced and Other Online Resources for Teaching Health

Health Literacy Resources

The Calgary Immigrant Women’s Association (CIWA) has produced this collection of six free videos to watch and resources to print. The resources can be requested in print format by filling out the form at the bottom of [this page](#). These tools help people access healthcare services by learning to navigate the healthcare system better, reducing the barriers to accessing services and improving health literacy outcomes. CIWA undertook this initiative to help improve health literacy outcomes of multi-barriered immigrant and refugee women.

The [main page](#) provides links to:

Accessing Healthcare		
<p>This page provides the documents “My Health Passport”, “My Language Card” and “Next Steps Notepad” in both downloadable and printable formats.</p> <p>It also provides access to each of the six videos:</p> <ul style="list-style-type: none"> • What happens at the Family Doctor? • What happens at a Mammogram? • What happens at the Lab? • What happens at the Dentist? • What happens at the Eye Doctor? • What happens at the Pharmacy? <p>Each of the videos is available in the following languages:</p>		
English	Arabic	Farsi
Hindi	Mandarin	Spanish
Tigrinya	Urdu	

[Teacher's Guidebook](#)

The Guidebooks contains:

- Activities and resources to use with learners
- Supports use of health videos and tools in class
- Designed for teachers/facilitators working with adults who are:
 - New to literacy and/or
 - New to English and/or
 - New to the healthcare system

This page includes a [link](#) to download the *Guidebook for Literacy Practitioners*. The page also offers the embedded video “Health Literacy Resources for Literacy Professionals”.

Language Learning for Health: Resources for ESL / LINC practitioners

Ottawa Public Health (OPH) in collaboration with the Ottawa-Carleton District School Board produced a series of lessons in 2014 and 2015 to promote health among newcomers in ESL and LINC programs.

A “healthy immigrant effect” has been observed in Canada - immigrants arrive in relatively good health but over time, their health declines as they adopt unhealthy habits, such as increased consumption of junk food and lack of exercise. Newcomers face multiple barriers that impact their health, such as language, cultural differences, social isolation, poverty, unstable housing and unemployment, and often have difficulty navigating the health and social system and accessing needed services and programs.

These lessons are based on the Canadian Language Benchmarks (CLB). Each topic includes a lesson plan at each of the following levels:

- ESL Literacy-CLB 1
- CLB 2-3, and
- CLB 4-5

The CLB 2-3 and CLB 4-5 lessons, each one in PDF format, appear below.
(Please see “CLB-Referenced and Other Online Resources for Teaching Literacy and CLB 1”
for the ESL Literacy-CLB 1 lessons.)

CLB 2-3 Lesson Plans	CLB 4-5 Lesson Plans
Physical Activity_CLB 2 & 3	Physical Activity_CLB 4 & 5
Dental Health_CLB 2 & 3	Dental Health_CLB 4 & 5
Mental Health_CLB 2 & 3	Mental Health_CLB 4 & 5
Canada's Food Guide_CLB 2 & 3 (updated in 2022)	Canada's Food Guide_CLB 4 & 5 (updated in 2022)
Everybody's Food Budget_CLB 2 & 3	Everybody's Food Budget_CLB 4 & 5
Let's Go Shopping for Food_CLB 2 & 3	Let's Go Shopping for Food_CLB 4 & 5
Reading Food Labels_CLB 2 & 3	Reading Food Labels_CLB 4 & 5
Reducing Salt Consumption_CLB 2 & 3	Reducing Salt Consumption_CLB 4 & 5
Calcium & Vitamin D_CLB 2 & 3	Calcium & Vitamin D_CLB 4 & 5
Diabetes Prevention_CLB 2 & 3	Diabetes Prevention_CLB 4 & 5
Sugar Sweetened Beverages_CLB 2 & 3	Sugar Sweetened Beverages_CLB 4 & 5

Personal Hygiene Materials

Authored by Colleen Rogan of LISTN (Language Instruction Support and Training Network; formerly ELSA Net) and available [here](#), these PDF-format materials include:

- Matching activity: pictures with sentences
- Writing activity: write the correct words to describe each picture
- Writing activity: complete the sentences with how often one does various hygiene actions
- Crossword puzzle: features personal hygiene vocabulary

Calling 9-1-1 / At the Clinic Teaching Resources

Authored by LISTN (Language Instruction Support and Training Network; formerly ELSA Net), these two PDF-format resources each provide an overview, lesson plan and teacher's notes.

They cover the following topics:

- [Walk in Clinic ELSA Level 2 Lesson Plan](#)
 - [Associated video](#)
- [Calling 9-1-1 ELSA Level 1 Lesson Plan](#)
 - [Associated video](#)

N.B.: Some of the material in these resources has been localized for use in British Columbia.

Module and Lesson Plans

This resource collection, created by Manitoba EAL instructors and part of [the language resources main page](#), contains CLB-referenced module plans and authentic materials -- **including Health and Safety topics** -- to help you create your own lessons. There are 12 subject themes. Sub-topics will help you locate modules of interest. Some sub-topics overlap; for example, spousal and child abuse is under Family, Friends & Neighbours, but family law is under Law.

These resources and modules are provided as-is. They may include spelling, formatting, or other items that require correction before use in the classroom. This [page](#) contains all the links. Files are in Microsoft Word format unless otherwise stated. (Each hyperlink on the page links to a Word document that will automatically download.)

Themes and topics:

Theme	Stages/CLB Levels/Sub-Topics
Pre-employment	Stage II CLB 6: Answering interview questions CLB 6: Preparing for a job interview
On the Job	EAL Literacy EAL Literacy Phase 1, CLB 1: Reporting an injury at work EAL Literacy Phase 3, CLB 5: Reading and following a work schedule Stage I CLB 1: Safety at work CLB 2, 3, 4: Getting supplies CLB 2: Locating tools CLB 2: Working overtime CLB 4: Asking for a raise Stage II CLB 5: Using the phone CLB 7: Safety in the workplace CLB 8: Getting along at work

<p>Health and Safety</p>	<p>EAL Literacy EAL Literacy Foundations, CLB 2: Healthy eating EAL Literacy Phase 2, CLB 4: Nutrition</p> <p>Stage I CLB 1: At the doctor's reception CLB 1: Dressing for winter CLB 2: Emergencies needing an ambulance CLB 3: Discussing ailments CLB 3: Going to a walk-in clinic (illness) CLB 3: Going to the dentist CLB 3: Personal safety CLB 4: Going to the pharmacy</p> <p>Stage II CLB 5: Nutrition and choosing healthy foods CLB 5: Going to the doctor CLB 5: Over-the-counter medicine CLB 6: Fitness CLB 6: Going to Emergency CLB 8: Substance abuse</p>
<p>Housing</p>	<p>Stage I CLB 3: Finding an apartment CLB 3: Apartment problems CLB 4: Renting an apartment</p> <p>Stage II CLB 5: Finding a place to live</p>
<p>For Consumers</p>	<p>Stage I CLB 1: Shopping for clothes CLB 2: A family budget CLB 2: Shopping for groceries CLB 4: Opening a bank account</p>

	<p>Stage II CLB 5: Preliminaries to opening a bank account CLB 7: Customer inquiries: defective items</p>
Education and Learning	<p>Stage I CLB 1: Giving personal information at school CLB 2: Enrolling a child in school CLB 2: Your child's progress report CLB 3: Introduction to Collaborative Language Portfolio Assessment</p> <p>Stage II CLB 5: Children & school: parental involvement CLB 7: Applying for college or university</p>
Community, Getting Around	<p>EAL Literacy Phase 1, CLB 1: Using public transit - bus schedules Phase 2, CLB 3: Getting a library card</p> <p>Stage I CLB 1: Locating places in the community CLB 4: Government services</p> <p>Stage II CLB 6: Libraries</p>
Recreation and Travel	<p>Stage I CLB 4: Checking into a hotel</p> <p>Stage II CLB 8: Water safety issues</p>

Law	<p>EAL Literacy Phase 2, CLB 4: Responding to a traffic offence</p>
Culture and Citizenship	<p>Stage I CLB 3: Canada Day</p> <p>Stage II CLB 6: Taxes: introduction to filing a tax return CLB 7: Statutory holidays in the workplace CLB 8: The electoral process in Canada</p>
Environment	<p>Stage II CLB 7: Recycling and garbage CLB 8: Global warming</p>
Friends, Families and Neighbours	<p>EAL Literacy Phase 1, CLB 1: Personal schedules</p> <p>Stage I CLB 1: Housewarmings CLB 2: A new baby in the neighbourhood CLB 4: Positive discipline (with activities)</p>