

## CLB-Referenced and Other Online Resources for Teaching Health

### *Language Learning for Health: Resources for ESL / LINC practitioners*

Ottawa Public Health (OPH) in collaboration with the Ottawa-Carleton District School Board has produced a series of lessons 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 appear below. *(Please see “CLB-Referenced and Other Online Resources for Teaching Literacy and CLB 1” for the ESL Literacy-CLB 1 lessons.)*

#### Language Learning for Health, 2015 activities (each one is a PDF file)

For CLB 2-3:

Physical Activity

[Physical Activity CLB 2 & 3](#)

Dental Health

[Dental Health CLB 2 & 3](#)

Mental Health

[Mental Health CLB 2 & 3](#)

For CLB 4-5:

Physical Activity

[Physical Activity CLB 4 & 5](#)

Dental Health

[Dental Health CLB 4 & 5](#)

## LANGUAGE CURRICULUM SUPPORT SERVICES

Mental Health

[Mental Health CLB 4 & 5](#)

Language Learning for Health, 2014 activities (each one is a PDF file)

*For CLB 2-3:*

Canada's Food Guide

[Canada's Food Guide CLB 2 & 3](#)

Everybody's Food Budget

[Everybody's Food Budget CLB 2 & 3](#)

Let's Go Shopping for Food

[Let's Go Shopping for Food CLB 2 & 3](#)

Reading Food Labels

[Reading Food Labels CLB 2 & 3](#)

Reducing Salt Consumption

[Reducing Salt Consumption CLB 2 & 3](#)

Calcium & Vitamin D

[Calcium & Vitamin D CLB 2 & 3](#)

Diabetes Prevention

[Diabetes Prevention CLB 2 & 3](#)

Sugared Beverages

[Sugared Beverages CLB 2 & 3](#)

Language Learning for Health, 2014 activities (each one is a PDF file)

*For CLB 4-5:*

Canada's Food Guide

[Food Guide CLB 4 & 5](#)

Everybody's Food Budget

[Everybody's Food Budget CLB 4 & 5](#)

## LANGUAGE CURRICULUM SUPPORT SERVICES

Let's Go Shopping for Food

[Let's Go Shopping for Food CLB 4 & 5](#)

Reading Food Labels

[Reading Food Labels CLB 4 & 5](#)

Reducing Salt Consumption

[Reducing Salt Consumption CLB 4 & 5](#)

Calcium & Vitamin D

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[Diabetes Prevention CLB 4 & 5](#)

Sugared Beverages

[Sugared Beverages CLB 4 & 5](#)

### *Personal Hygiene Materials*

Authored by Colleen Rogan of LISTN (formerly ELSA Net), these 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

<http://www.listn.info/site/wp-content/uploads/pdf/phm.pdf> (the file is a PDF; click to open it)

### *At the Clinic/Calling 9-1-1*

Authored by LISTN (Language Instruction Support and Training Network; formerly ELSA Net) and funded by Citizenship and Immigration Canada, this workshop package provides an overview and teacher's notes, with links to activity packages for:

- Activity 1: Introduction – Emergency or non-emergency?
- Activity 2: At the clinic – Picture story
- Activity 3: At the clinic – Acting out the story
- Activity 4: 9-1-1 vocabulary – Describing “What happened?”
- Activity 5: 9-1-1 Call – Learning the 9-1-1 questions
- Activity 6: Listening to 9-1-1 – calls
- Activity 7: Calling 9-1-1 – Role play
- Additional resources (authentic walk-in clinic registration form)

<http://www.listn.info/site/resources/links-teachers/at-the-clinic> (each link opens into a PDF when clicked)

N.B.: Some of the material in these resources has been localized for use in British Columbia, and the links work best in Google Chrome and Firefox browsers

### *Module and Lesson Plans*

This resource collection contains CLB-referenced module plans and authentic materials to help you create your own lessons. These resources and modules were created by EAL instructors teaching with the Adult Language Training Branch of Manitoba Labour and Immigration, and are provided as-is. They may include spelling, formatting, or other items that require correction before use in the classroom. Files are in Microsoft Word format unless otherwise stated. (Each hyperlink links to a Word document – click to open each one.) This [page](#) contains all the links – opens in Google Chrome and Firefox browsers only.

Module plans are available for:

#### *Literacy:*

- [EAL Literacy Foundations, CLB 2: Healthy eating](#) (N.B.: CLB 2 is for listening/speaking skills only)
- [EAL Literacy Phase 2, CLB 4: Nutrition](#) (N.B.: CLB 4 is for listening/speaking skills only)

#### *CLB 1 – CLB 4:*

- [CLB 1: At the doctor's reception](#)
- [CLB 1: Dressing for winter](#)
- [CLB 2: Emergencies needing an ambulance](#)
- [CLB 3: Discussing ailments](#)

## LANGUAGE CURRICULUM SUPPORT SERVICES

- [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](#)

CLB 5 – CLB 8:

- [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](#)

### *Learning English with CBC Manitoba*

CBC Manitoba in partnership with the Adult Language Training Branch, Manitoba Labour and Immigration, has produced a series of English as an Additional Language (EAL) lessons which are based on CBC Manitoba radio stories. These lessons feature an adapted CBC newscast and are designed for high beginner- to low intermediate-level learners (CLB 3 and up).

All audio content/web and technical expertise was provided by CBC; lessons created by Rosemary Chambers in collaboration with Christine Bertram, and newscasts written by Melody Rogan. Funding for the lesson plan development has been provided by the Manitoba Immigrant Integration Program.

Each lesson includes a Word and PDF file as well as an MP3 audio file featuring an interview on the topic. There is also a [main information page](#) with user tips.

Various topics are available; the following address specific health issues:

*Lesson 31:* [Staying Healthy: The Zimbabwe Hand Jive](#) (for CLB 6 and up)

*Lesson 35:* [Can Immigrating to Canada Make You Sick?](#)

*Lesson 44:* [Your Senses, Your Hearing](#)

*Lesson 48:* [Second-hand Smoke](#)

*Lesson 69:* [Talking About Mental Health and Mental Illness](#)

*Lesson 75:* [Weedless Wednesday – Kicking the Smoking Habit](#)

*Lesson 83:* [November 14th is World Diabetes Day](#)

*Lesson 93:* [Workplace Health and Safety](#)

## LANGUAGE CURRICULUM SUPPORT SERVICES

### *Inner Body*

The pages on the Inner Body [website](#), a division of HowToMedia, Inc. (USA-based), show the twelve different systems of the human body, using hundreds of interactive anatomy pictures and descriptions of thousands of objects in the body. 2D Interactive and 3D Rotate and Zoom features are also available. The [Using InnerBody's Anatomy Explorer](#) video provides an overview of how to use the site.

Links to each individual system:

[Skeletal System](#)

[Muscular System](#)

[Cardiovascular System](#)

[Digestive System](#)

[Endocrine System](#)

[Nervous System](#)

[Respiratory System](#)

[Immune and Lymphatic Systems](#)

[Urinary System](#)

[Female Reproductive System](#)

[Male Reproductive System](#)

[Integumentary System](#)