

Act Now BC ESL Resources:

Healthy Eating:

Health Food choices EduKit, Canadian Cancer Society
Not ESL specific, although clear layout, clear language.

The Language of Health Care, John K. Chapman, Regents Prentice Hall 1993
2 Chapters on Basic Nutrition & Diets

Save On Foods ShopSmart Tours, Overwaitea Food Group 2004
Includes recipes (imperial and metric) suggested cookbooks, other materials

Expanding Tactics for Listening, Jack C. Richards, Oxford University Press 1997
Chapter 22 Nutrition: food groups, general vocabulary, Dr.'s advice re:nutrition

Take Part, Speaking Canadian English, Lucia Pietrusiak Engkent, Karen P. Bardy, Prentice Hall 1992
Chapter 6 Survival of the Fittest: Health Food?! Culture Note re: government and public healthcare, expansion activities

Workplace Plus 3 Living and Working in English, Joan Saslow, Longman 2005
Listening activities on food safety and prescriptions

Workplace Plus 4 Living and Working in English, Joan Saslow, Longman 2005
Food guide pyramid, myths, meal plans, fad creams and diets

Canadian Snapshots, Linking to the Community, [Kathy Angst](#), [Christine Bertram](#), [Mary Jean Davis](#), [Linda Johansson](#), [Francis J. Bonkowski](#), Pearson Longman, 2005

Unit 3 Going to the Doctor: Reading 3: Peanut Allergy

A Canadian Conversation Book 2nd edition, Tina Kasloff Carver, Sandra Douglas Fotinos, Clarice Cooper, Prentice Hall Allyn & Bacon, 1997
Pg 62 Junk Food vocabulary

Canadian Concepts 5 2nd edition, Sandra Thibadeau, Linda Berish, Prentice Hall 1998

Unit 2 What's there to eat?

Pg 20-21 Reading The 7-minute Meal with comprehension Q&A

More Picture Stories, Fred Ligon, Elizabeth Tannenbaum, Carol Richardson Rodgers, Longman, 1990

Unit 1: 12 hours old (improper food storage)

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Resource for Educators and Communicators

www.healthcanada.gc.ca/foodguide

Section 5: different ages and stages, children, women of childbearing age, adults 50+

<http://www.dialadietitian.org/>

www.dieticians.ca/eatwell

www.healthyeatingisinstore.ca

(partnership of Diabetes Canada and Dieticians of Canada) reading food labels

Healthy Eating: Cheap and Easy

<http://www.health.gov.bc.ca/cpa/publications/HealthyEatingdoc.pdf>

21-page pamphlet with tips on food preparation, budgeting, shopping, kids' snacks, family meals, etc

Fraser Health Nutrition Video in English and Punjabi

<http://www.fraserhealth.ca/Services/PublicHealth/healthyliving/Pages/Health%20Fact%20Videos.aspx>

Mental Health:

Staying Afloat, Lifeskills and English for ABE/ESL College students, VCC 2000
Unit 1 Stress Management, Unit 7 Seeking Help in Canada

Health Heart A Curriculum for Instructors of Adults, Sandra Price-Hosie, ISS,
Heart and Stroke Foundation, 1997
An ESL specific binder resource including materials for reducing stress,
prescription drugs, starting exercise, smoking and alcohol abuse

Headway Upper Intermediate, John and Liz Soars, Oxford University Press
Unit 6: How do you feel today? Health hazards of modern day life

Canadian Concepts 4 2nd edition, Linda Berish, Sandra Thibadeau, Prentice Hall
1997
Unit 7 Where does the time go? Activities, survey, reading (leading to stress)

Canadian Snapshots: Raising Issues, Gail Kingwell, Francis Bonkowski, L Stephenson, Tara Holmes, Longman 2005
Unit 8 Healthy Lifestyles: quiz, stress management, breathing, yoga, pros and cons of chiropractic care

The WestCoast Reader, Joan Acosta
"Groups help lonely seniors" Sept 1993
"What to do if you feel lonely" Sept 1993
"Turning pain into art" Feb 1990
"What kind of person are you?" Feb 1998
"Sad during holidays" Dec 1995
"Winter walk" Nov 2006
"Keep your body and brain alive" Feb 2007

Cross Cultural Mental Health and Addictions Issues
<http://www.heretohelp.bc.ca/publications/factsheets/cross-cultural>
back ground information for instructors; resources and contact information

Wellness Modules
<http://www.heretohelp.bc.ca/skills/module1>
several 4-page (full size) handouts with discussion, checklists, strategies and additional resources. Includes various issues of mental health, such as Stress and Wellbeing, Anger Management, Eating and Living Well, Healthy Thinking

Seniors' Health:

Choosing Wellness: an approach to healthy aging, Facilitator's manual, Province of British Columbia, Ministry of Health Community and Family Health

ESL Seniors Curriculum, Andrea Solnes, ISS
Healthy Living chapter

WestCoast Reader, Joan Acosta,
"She's still skiing at 77" Feb 2000
"Olga is a track star at 85" Feb 2005
"Groups help lonely seniors" Sept 1993

BC Seniors' Line 1-800-465-4911 (Victoria 250-952-1742)

Senior Chef cookbook
<http://www.healthservices.gov.bc.ca/prevent/pdf/senchef.pdf>

Physical Activity guide for Older Adults
<http://www.phac-aspc.gc.ca/pau-uap/paguide/older/>

Physical Activity:

Handbook for Canada's Physical Activity Guide to Healthy Active Living, Health Canada

www.paguide.com 1-888-334-9769

Goals, types of activities, case studies (of different ages) incorporating exercise into daily life, checklists

Getting Together, and ESL Conversation Book, Susan Stempleski, Alison Rice, Julia Falsetti, Harcourt Brace Jovanovich 1986

Chapter 8 Health & Exercise: pictures of exercises with descriptions

A Grab Bag of Health, Grab Bag Publishing 1997

Activities on physical exercise

Health Heart A Curriculum for Instructors of Adults, Sandra Price-Hosie, ISS, Heart and Stroke Foundation, 1997

An ESL specific binder resource including materials for reducing stress, starting exercise

Canadian Snapshots, Linking to the Community, [Kathy Angst](#), [Christine Bertram](#), [Mary Jean Davis](#), [Linda Johansson](#), [Francis J. Bonkowski](#), Pearson Longman, 2005

Reading 5: Recreation Schedule, p.78-79

Let's Talk, Let's Listen, Vera Teophil Naber, ITP Nelson, 1998

Unit 7 Health and Fitness (listening activity)

Move Up Intermediate, Simon Greenall, MacMillan Heinemann, 1998

Lesson 4: Are you a Couch Potato?

Headway Intermediate, John and Liz Soars, Oxford University Press

Unit 8: Run your way to Health (reading activity)

Unit 9: so, how long will you live? (lifestyle and demographics quiz)

Interchange 1, Jack C. Richards, Cambridge University Press, 1990

Unit 6: Do you play tennis? Includes fitness measure quiz/survey

Canadian Concepts 4 2nd edition Sandra Thibadeau, Linda Berish, Prentice Hall 1997

Unit 4 Sports & Fitness (vocabulary, descriptions of various activities), Physical Fitness (vocabulary fill in the blanks), Getting in Shape (listening, comprehension Q&As)

The WestCoast Reader, Joan Acosta

Sports & Recreation articles:

- "Pumping iron at any age" Oct 1991
- "Never too old to play hockey" Nov 1992
- "Cross country skiing" Mar 1993
- "This swimmer is a winner" June 1993
- "Harry is amazing" Apr 1994
- "A passion for field hockey" Oct 1994
- "This reader likes to ice fish" Dec 1994
- "Hockey friends together again" Oct 1995
- "On the ball: match type of ball to game" Sept 1997
- "Kung Fu is good for the mind" Feb 1998
- "Baseball season is here" May 1998
- "Walking is good for you" Sept 1998
- "Camping (tips and vocabulary)" May 1999
- "Baseball season starts" May 1999
- "She's still skiing at 77" Feb 2000
- "BC things to do in summer" June 2000
- "Athlete stays active after accident" Oct 2001
- "Things to do this summer" June 2002
- "Summer fun" June 2003
- "Outdoor games" June 2003
- "Playing hockey and learning English" Nov 2003
- "Olga is a track star at 85" Feb 2005
- "Summer fun" June 2005
- "10 pin bowling" Nov 2005
- "Mother's Day gift (yoga)" Oct 2006
- "Winter Walk" Nov 2006
- "What you can do to keep fit" Feb 2007

Canadian Physical Activity Guide

<http://www.phac-aspc.gc.ca/pau-uap/paguide/>

includes links to guides specific to Older Adults, Children & Youth, Active Transportation, Active Living at Work

Canadian Association for the Advancement of Women and Sport and Physical Activity

<http://www.caaws.ca/e/health/article.cfm?ID=1142>

20%Challenge:

http://www.2010legaciesnow.com/20percent_challenge/

To track both physical activity and/or nutritional intake:

http://www.fitinfitness.ca/shared_highway.html

To calculate activity intensity:

<http://www.cdc.gov/nccdphp/dnpa/physical/measuring/examples.htm>

Various pdf handouts on various activities, challenges, focus groups, etc.:

http://www.acefitness.org/fitfacts/fitfacts_list.aspx

www.iwalktoschool.org

www.paguide.com

www.cpra.ca

Heart Health:

The PaceSetter, Heart & Stroke Communications Dept.

3x year newspaper with anecdotes, Q&A, etc.

Parents' Healthline, Healthline (magazines)

Pumped magazine for Kids

<http://ww2.heartandstroke.ca/Page.asp?PageID=1366&ArticleID=5830&Src=blank&From=SubCategory>

Heart Healthy Lesson Plans (can be adapted as appropriate)

<http://ww2.heartandstroke.ca/Page.asp?PageID=1366&ArticleID=5839&Src=blank&From=SubCategory>

A Grab Bag of Health, Grab Bag Publishing 1997

Activities on Before and After a Heart Attack

Health Heart A Curriculum for Instructors of Adults, Sandra Price-Hosie, ISS, Heart and Stroke Foundation, 1997

An ESL specific binder resource including materials for reducing stress, prescription drugs, starting exercise, smoking and alcohol abuse

Cause and Effect: Intermediate Reading Practice, Patricia Ackert, Heinle & Heinle, 1999

Unit 5: Medicines and Health: readings with follow up comprehension Q&A, discussion and extension activities on: Headaches, Sleep and Dreams, Health Care and Epidemics, CPR, Cholesterol and Heart Disease

WestCoast Reader, Joan Acosta

“Heart Disease is a killer” Apr 1992

“February is heart month” Feb 1995

“Women’s health (special issue)” Mar 1996

“Taking care of your heart” Feb 1997

“February is heart month: start your day with a healthy breakfast” Feb 1999

“Walter Gretzky is lucky to be alive (strokes)” Mar 2003

“Take care of your heart” Feb 2004

Diabetes:

To learn about diabetes, order resource literature and to understand what the Canadian Diabetes Association can do for you go to:

<http://www.diabetes.ca/> Or call - 1-800 BANTING (226-8464)

<https://orders.diabetes.ca/cda/>

online resources: follow links for Educator Materials: bulk orders may be made (for free) or you may print individual pdfs without having to order. The “Just the Basics” handout is excellent, with clear language and graphics.

<http://www.diabetes.ca/for-professionals/resources/nutrition/just-basics/>

http://www.diabetes.ca/Section_About/prevalence.asp

General information about risk groups, effects on life-expectancy, individual and societal costs, general prevention tips.

The Canadian Diabetes Association can provide volunteers and staff who will visit classrooms and community organizations and deliver any one of their Diabetes Learning Series presentations listed at the link below, hand out accompanying resource information or answer basic questions about diabetes.

To book a free presentation and for more information visit

<http://www.elsanet.org/news.html> and see the PDF files about CDA.

Fraser Health Diabetes Video in English and Punjabi

<http://www.fraserhealth.ca/Services/PublicHealth/healthyliving/Pages/Health%20Fact%20Videos.aspx>

Pregnancy, Pre and Post-natal Care, Infant Care:

Take Care of Yourself, A Health Care Workbook for Beginning ESL Students, Marianne Brens, Theresa Devonshire, Janet. R. Jones, Prentice Hall Regents 1994

Reading anecdotes, comprehension check, FIBs + grammar
Smoking, alcohol, drugs, AIDS, prenatal care, breastfeeding, baby care

Having a Baby, ESL workbook, Helen Cunningham , VCC Community Survival Skills Series

Using the Health Department, June Dragman, VCC ESL Community Survival Skills 1983

Health Department services, Home care, Child Health Centre, Dental Clinic

A Grab Bag of Health, Grab Bag Publishing 1997

Activities on expectations in pregnancy

Picture Stories, Language and Literacy Activities for Beginners, Fred Ligon, Elizabeth Tannenbaum, Longman, 1990

Unit 2: 911 (poison and children)

WestCoast Reader, Joan Acosta

"Alcohol can hurt babies" May 1990

Baby's Best Chance

<http://www.health.gov.bc.ca/library/publications/year/2005/babybestchance.pdf>

155-page booklet outlining prenatal and post natal care of mother, child and family. Contact information for further resources on page 140.

Gambling and other Addictions:

Take Care of Yourself, A Health Care Workbook for Beginning ESL Students, Marianne Brens, Theresa Devonshire, Janet. R. Jones, Prentice Hall Regents 1994

Reading anecdotes, comprehension check, FIBs + grammar
Smoking, alcohol, drugs, AIDS, prenatal care, breastfeeding, baby care

React Interact Situations for Communication 2nd edition, Donald R.H. Byrd, Isis Clemente-Cabetas, Prentice Hall Regents 1991

Chapter 6: Peer pressure, adolescent problems, different perspectives

Health Heart A Curriculum for Instructors of Adults, Sandra Price-Hosie, ISS, Heart and Stroke Foundation, 1997

An ESL specific binder resource including materials for reducing stress, prescription drugs, starting exercise, smoking and alcohol abuse

Can We Talk? A Multiskills Approach to Communication, Donald R.H. Byrd, John Klosek, Prentice Hall Regents, 1991

Unit 11 Who's Winning?: chapter on gambling

Centre for Addictions Research of BC

<http://www.silink.ca/>

information on Alcohol, Tobacco, Prescription Drug and other substance abuse

Tobacco Cessation:

Take Care of Yourself, A Health Care Workbook for Beginning ESL Students, Marianne Brens, Theresa Devonshire, Janet. R. Jones, Prentice Hall Regents 1994

Reading anecdotes, comprehension check, FIBs + grammar
Smoking, alcohol, drugs, AIDS, prenatal care, breastfeeding, baby care

LINC Based Tobacco Educational Modules for Newcomers, Association for New Canadians Ethnocultural Association of Newfoundland and Labrador, 1996

73 pages of ESL targeted tobacco prevention and cessation lessons

Health Heart A Curriculum for Instructors of Adults, Sandra Price-Hosie, ISS, Heart and Stroke Foundation, 1997

An ESL specific binder resource including materials for reducing stress, prescription drugs, starting exercise, smoking and alcohol abuse

WestCoast Reader, Joan Acosta

"Women smokers and lung cancer" Dec 1994

"How to quit smoking" Feb 1997

"Canada has fewer smokers" Mar 2002

Canadian Concepts 6 2nd edition, Linda Berish and Sandra Thibadeau, Prentice Hall 1998

Unit 5 Smoke Screen: pg 56-57 Reading: Do Tobacco Ads work on teens?
Listening: Tobacco Companies under attack

Appendix A: General Health Resources:

Take Care of Yourself, A Health Care Workbook for Beginning ESL Students, Marianne Brens, Theresa Devonshire, Janet. R. Jones, Prentice Hall Regents 1994

Reading anecdotes, comprehension check, FIBs + grammar
Smoking, alcohol, drugs, AIDS, prenatal care, breastfeeding, baby care

Using the Health Department, June Dragman, VCC ESL Community Survival Skills 1983

Health Department services, Home care, Child Health Centre, Dental Clinic

Survival English Book 1, Lee Mosteller, Bobbi Paul, Prentice Hall Regents, 1985
Chapter 4 Health: Basic vocabulary, conversation gambits

A Grab Bag of Health, Grab Bag Publishing 1997

Canadian Snapshots, Linking to the Community, Kathy Angst, Christine Bertram, Mary Jean Davis, Linda Johansson, Francis J. Bonkowski, Pearson Longman, 2005

Unit 3 Going to the Doctor, Student book p.43-45 Reading 5: Recreation Schedule, p.78-79 Reading 3: Peanut Allergy

Basic Oxford Picture Dictionary Literacy Program, Garnet Templin-Imel with Shirley Brod, Oxford University Press, 1996

Unit 11 A Parts of the Body, Unit 12 B Health

Success in... Seeing the Doctor

...Emergencies,

...Going to the Hospital, Donna Bowler, SUCCESS, 1997

Let's Talk, Let's Listen, Vera Teophil Naber, ITP Nelson, 1998

Unit 7 Health and Fitness (listening activity)

Can We Talk? A Multiskills Approach to Communication, Donald R.H. Byrd, John Klosek, Prentice Hall Regents, 1991

Unit 11 Who's Winning?: chapter on gambling

Unit 8 The doctor will see you now

Unit 15: Emergency!

Headway Intermediate, John and Liz Soars, Oxford University Press

Unit 8: Run your way to Health (reading activity)

Unit 9: so, how long will you live? (lifestyle and demographics quiz)

Headway Upper Intermediate, John and Liz Soars, Oxford University Press
Unit 6: How do you feel today? Health hazards of modern day life

Picture Stories, Language and Literacy Activities for Beginners, Fred Ligon,
Elizabeth Tannenbaum, Longman, 1990
Unit 2: 911 (poison and children)

More Picture Stories, Fred Ligon, Elizabeth Tannenbaum, Carol Richardson
Rodgers, Longman, 1990
Unit 1: 12 hours old (improper food storage)
Unit 5: Do not touch (workplace safety)
Unit 6: The heater (household safety)
Unit 15: The toaster (household safety)

Look Again Pictures for Language development and lifeskills, Judy Winn-Bell
Olsen, Alemany Press Prentice Hall Regents, 1984
Unit 9: A Clinic Waiting Room
Unit 10: Talking to the Doctor

Cause and Effect: Intermediate Reading Practice, Patricia Ackert, Heinle &
Heinle, 1999
Unit 5: Medicines and Health: readings with follow up comprehension
Q&A, discussion and extension activities on: Headaches, Sleep and
Dreams, Health Care and Epidemics, CPR, Cholesterol and Heart Disease

WestCoast Reader, Joan Acosta,
"Doctor gives 10 rules for good health" May 2001

<http://www.healthlinkbc.ca>

<http://www.phac-aspc.gc.ca/chn-rcc/index-eng.php>
information for different groups, disease prevention, monthly highlights,
Diabetes, Cardiovascular
disease & Stroke

<http://www.hc-sc.gc.ca/hl-vs/jfy-spv/edu-eng.php>
Resources for Educators on a variety of health topics

Canadian Concepts 5 2nd edition, Sandra Thibadeau, Linda Berish, Prentice Hall
1998
Unit 7 Medical Practices: history, different practices
Pg 92 Reading: Medicine: It's not all the same: specialists, check ups