

Lifeskills

Vocabulary 1

Topics Include:

Safety Signs and Symbols, Finding a Job,
Employment Forms and Manuals, Personal Health Care,
Government and Law, and More

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GOOD GROOMING AND PERSONAL CARE

Keeping yourself clean and healthy means taking regular care of your skin, hair, teeth, fingernails, and toenails.

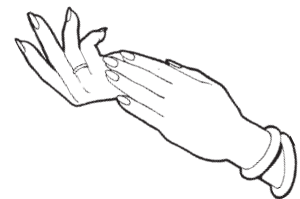
A. Read the items listed in the box. Write each item under the correct heading.

shampoo	manicure kit	polish	blow dryer	complexion soap
deodorant	shave cream	lotion	toothbrush	razor
make-up	dental floss	file	mouthwash	mints
				clippers

SKIN	HAIR (Care and Removal)	TEETH/BREATH	NAILS
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

B. Many words can be used as more than one part of speech. For example, the word *shampoo* is a **noun** when it names a personal care item. But when it's used to describe an action, shampoo is a **verb**. Read each sentence below. Write *noun* or *verb* to tell how each **boldfaced** word is used.

- The **shampoo** called "Smooth and Silky" smells like roses. _____
- I usually **shampoo** my hair every other day. _____
- Imani wanted to **polish** her nails bright red before the party. _____
- The label on this new **polish** claims that it will strengthen fingernails. _____
- Before the interview, Arthur will shower, **shave**, and put on his new shirt and tie. _____
- The barber charges \$10.00 for a **shave** and a haircut. _____



CHALLENGE! Very familiar brand names are sometimes used to describe all similar products. For example, the brand name Kleenex is often used to mean any tissue. On the back of this sheet, write a sentence or draw a picture to describe each of these products: *Kleenex*, *Q-tip*, *Band-Aid*.

MEDICINE LABELS

Pay attention to the instructions on medicine labels. Reading labels carefully can mean the difference between helping or harming yourself.

Fill in each blank below with a word or phrase from the box. Use each word only once.

over-the-counter	prescription	orally	external	drowsiness
shake well	refrigerate	expiration	dose	side effects

1. _____ drugs can be found on a drugstore shelf. They do not require a doctor's _____.
2. Parts of a liquid often need to be mixed up. A medicine bottle's label might read "_____ before using."
3. Many medicines lose their power over time. Notice the _____ date on the label and throw away old medicines.
4. The words "Not to be taken _____" warn eyedrop or skin cream users not to *swallow* the medicine. The same label might also read "For _____ use only."
5. If a medicine must be kept cold, the label will say, "_____ after opening."
6. The _____ of some medicines may include stomachache or dizziness.
7. Medicines that cause _____ should not be taken before driving or operating machines.
8. A prescription label might read: "Take one _____ every 4 hours."

CHALLENGE! Think of an over-the-counter medicine you have used. On the back of this sheet, write the name of the product. Then list two instructions or warnings that appear on its label. Use some of the vocabulary words.

PRESCRIPTION WORDS AND SYMBOLS

A doctor orders your medicine by writing a *prescription* to a druggist or pharmacist. The druggist puts a label on each container of medicine. The label gives the user important information and instructions about how to use the medicine. Study the prescription label below.

drugstore
↓

warning that the medicine is only for *this* patient →

prescription number →

patient's name →

dosage instructions →

medicine name →

number of times prescription may be refilled →

HEALTH MART
1130 W. 22nd Ave.
Bigville, MA 02221 PHONE: 413-7215

R_x

CAUTION: Federal law prohibits the transfer of this drug to any person other than the patient to whom prescribed.

RX# C1876654 05-26-08

GARDNER, TERESA Dr. Kang

Take 2 capsules by mouth every 4 hours.

LINOFLOX capsule #30

Refills: 3 Expiration Date: 05-26-09

Warning: Avoid ALCOHOL when using this product.

← prescription date

← prescribing doctor

← amount of medicine in container

← date after which medicine should be thrown away

↑
special warning label

Circle a letter to show how each sentence should be completed.

- | | |
|--|--|
| <p>1. The RX# is the</p> <p style="padding-left: 20px;">a. drugstore's phone number.</p> <p style="padding-left: 20px;">b. prescription number.</p> <p>2. <i>Refills</i> are</p> <p style="padding-left: 20px;">a. the number of times you can get more medicine without a new prescription.</p> <p style="padding-left: 20px;">b. other places you can buy the medicine.</p> <p>3. The symbol means</p> <p style="padding-left: 20px;">a. the medicine may taste bad.</p> <p style="padding-left: 20px;">b. not to drink alcohol when using this drug.</p> | <p>4. The label indicates that this medicine should be</p> <p style="padding-left: 20px;">a. swallowed.</p> <p style="padding-left: 20px;">b. rubbed on the skin.</p> <p>5. You should throw this medicine away</p> <p style="padding-left: 20px;">a. when you feel better.</p> <p style="padding-left: 20px;">b. after May 26, 2001.</p> <p>6. On the label, #30 means</p> <p style="padding-left: 20px;">a. there are 30 pills in the bottle.</p> <p style="padding-left: 20px;">b. the pills should be taken for 30 days.</p> |
|--|--|

CHALLENGE! Copy these numbers from a real prescription label.

RX# _____ Expiration date: _____ Refills: _____

THE DOCTOR'S OR DENTIST'S OFFICE

Read the following passage. Think about the meaning of each **boldfaced** word. Then use the boldfaced words as answers in the crossword puzzle.



Chau had a 10:00 A.M. doctor's **appointment**. First, she stopped at the front desk of the **clinic** to check in. Then she took a seat in the waiting room. Before long, she heard, "Chau Hau Chang? Dr. Ricardo is ready for her next **patient**."

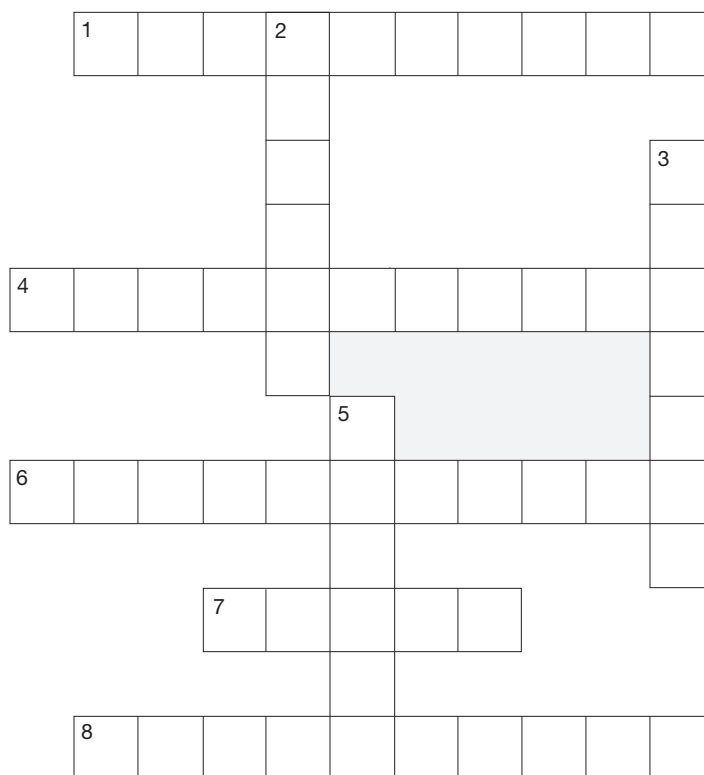
A nurse led Chau to an **examination** room. Today Chau was seeing a skin **specialist** to have a mole removed. First, Dr. Ricardo began to **clean** the mole with **antiseptic**. Then, after **injecting** an **anesthetic** to block pain, she quickly removed the mole. Chau was soon on her way home.

ACROSS

1. A ____ is highly skilled in a certain field or subject.
4. Your scheduled time to meet with the doctor is your ____.
6. An ____ is a doctor's or dentist's inspection of a person.
7. An antiseptic is used to ____ a body area.
8. An ____ is a drug that causes loss of feeling.

DOWN

2. The combined offices of a group of doctors or dentists are in a ____.
3. A person under the care of a doctor or dentist is the ____.
5. To ____ a fluid is to force it into the body with a needle.



CHALLENGE! Add *d* or *ed* to most action words to show the past tense. On the back of this sheet, use the *past tense* of the verbs *examine*, *inject*, and *specialize* to describe a past visit to a doctor or dentist. Write one sentence for each word.

TOBACCO, ALCOHOL, AND DRUGS I

Knowing these words can help you make wise decisions about harmful substances.

lung cancer: a serious lung disease in which the growth of cells goes out of control; these cancer cells can spread throughout the body

addiction: a condition in which the body comes to crave a certain substance

alcoholism: a disease in which there is a strong desire or compulsion to drink alcohol

habit: a behavior that a person does so often that it becomes hard to stop

prohibited: forbidden by law

treatment: a course of action meant to return a person to health

recovery: a return to good health and a normal condition



Use the words from the box to complete the sentences.

1. _____ is a deadly disease that has been linked to tobacco use.
2. Smoking is _____ in public buildings. Those who have a tobacco _____ must smoke outside.
3. When Diana needed an alcoholic drink just to get through the day, she realized she had an _____ to alcohol.
4. Diana entered a _____ program at her local hospital. She began her _____ from the disease of _____.

CHALLENGE! On the back of this sheet, make a poster to influence public opinion about tobacco, alcohol, or drugs. Use some of the vocabulary words and phrases from this lesson on your poster.

TOBACCO, ALCOHOL, AND DRUGS II

The following sayings are often used in public health campaigns. These phrases urge people to avoid dangerous substances. Match each phrase with its message. Write a letter by each number.

1. _____ **Kick the habit!**

2. _____ **Just say no!**

3. _____ **Drug Free Zone**

4. _____ **No Smoking**

5. _____ **Offenders will be prosecuted.**

a. Drug use is not tolerated in this area.

b. Don't let drugs, tobacco, or alcohol rule your life!

c. Smoking is not allowed in this area.

d. You don't need to make excuses for refusing dangerous substances.

e. Anyone who breaks the law will be arrested.

CHALLENGE! In the space below, make up some sayings of your own that might influence people to avoid dangerous substances. *Hint:* It might help to think of incidents you have seen, or even been a part of, that turned out badly because dangerous substances were involved.

Are drugs worth the consequences?



HEALTHY EATING

Knowing the meanings of these words can help you make healthier eating choices.

nutrition: food that is nourishing, healthy

diet: what a person usually eats and drinks

cholesterol: a waxy substance in some foods; it can build up in the body and block blood flow

well-balanced: a diet that includes all food groups in the right amounts

menu: a list of foods served at meals

fiber: coarse food, such as bran, that helps move waste products through the body

calories: units for measuring the amount of energy a food supplies to the body



Read the sentences and the scrambled words in parentheses. Then use words from the box to complete the paragraph.

Coach Lee advised his team members to eat a healthy _____ (**idet**). “Always eat _____ (**labalwedcnle-**) meals with many types of foods,” he said. Coach suggested a _____ (**unme**) with plenty of raw vegetables and whole grain bread. “These foods have lots of _____ (**refbi**),” he explained. “For a healthy heart and good blood flow, cut down on foods high in _____ (**hotsolcere**),” Coach continued. “And pass up soda pop! It is high in _____ (**locrisea**) but low on _____ (**iotnrtuni**)!”

CHALLENGE! Think of all the foods you’ve eaten today. List them on the back of this sheet. Then write a few sentences using some of this lesson’s vocabulary words. In your sentences, evaluate the nutritional value of your day’s diet.

PHYSICAL FITNESS

Here are some useful words to know when you plan a fitness program.

exercise: active use of the body to make it strong and healthy

aerobic: exercise that enables the body to take in and use more oxygen

pulse: a regular beating caused by the heart pumping blood; it can be felt in a person's wrist or at the side of the neck

workout: a period set aside to do exercises to develop one's body

muscles: body tissues made up of long bundles of fibers; they stretch out or contract to move the body parts

oxygen: a gas that has no odor, taste, or color; it makes up a large part of the air we breathe and is needed by all living things

jogging: a form of exercise; a slow, steady run

A. Match a letter to a number to complete each sentence. Rereading the definitions in the box can help you figure out the **boldfaced** vocabulary words.

1. _____ **jogging**, swimming, and dancing are

a. **oxygen** to the **muscles**.

2. _____ During aerobic **workouts**, **muscles**

b. **pulse** rate increases.

3. _____ The heart must pump hard so blood can carry

c. forms of **aerobic exercise**.

4. _____ As the heart beats harder, the

d. use more **oxygen**.

Aerobic exercise works the cardiovascular system. Study these word parts: *cardio* (dealing with the heart) + *vascular* (having to do with blood vessels).

B. Write definitions by filling in the blanks with words from the box.

doctor

test

study

1. A cardiologist is a _____ of heart health.

2. Cardiology is the _____ of heart health.

3. A cardiogram is a _____ of heart health.

CHALLENGE! Do you get enough aerobic exercise? On the back of this sheet, write a sentence about your activity level. Describe one aerobic activity you might add to your weekly schedule.

HOME SAFETY

First study the word list on the left. Then think about how you could make your home a safer place.

- A.** Circle the hidden words. They may go up, down, across, backward, or diagonally. Check off each word as you find it.

- ___ FIRE ESCAPE
- ___ FIRE EXTINGUISHER
- ___ SMOKE DETECTOR
- ___ SECURITY ALARM
- ___ FIRST AID KIT
- ___ ELECTRICITY
- ___ GAS
- ___ STAIRWAY
- ___ HANDRAIL
- ___ LOCK

S	M	O	K	E	D	E	T	E	C	T	O	R	O	P	C
T	R	S	E	C	U	R	I	T	Y	A	L	A	R	M	R
A	P	C	Q	U	Z	R	E	M	E	K	A	C	T	J	O
I	L	M	T	L	F	C	B	P	F	G	L	P	U	U	O
R	O	V	B	D	O	I	A	L	A	V	G	H	O	K	H
W	F	M	E	L	E	C	T	R	I	C	I	T	Y	O	A
A	T	G	S	T	S	X	K	P	E	A	M	C	E	T	N
Y	C	I	N	E	G	B	A	X	R	I	N	G	D	R	D
F	I	R	E	E	X	T	I	N	G	U	I	S	H	E	R
O	P	R	I	A	M	R	O	P	A	S	O	U	R	T	A
T	I	M	P	L	A	R	U	S	S	H	A	M	P	A	I
F	I	R	S	T	A	I	D	K	I	T	W	O	L	M	L

- B.** Read the words in each group below. Circle the word that does *not* belong. The first one has been done as a model.

- Sources of power:** gas lock electricity
- Ways to exit your home:** stairway security alarm fire escape
- Things that give warning:** fire extinguisher security alarm smoke detector
- Safety features that can prevent an emergency:** stairway handrail lock
- Helpful things in case of emergency:** first aid kit fire extinguisher gas

CHALLENGE! Read this list of safety items: *fire extinguisher, smoke detector, security alarm, first aid kit*. Circle each one that you have in your home. Now, use a puzzle word to describe one way to make your home a safer place. Write your answer on the back of this sheet.

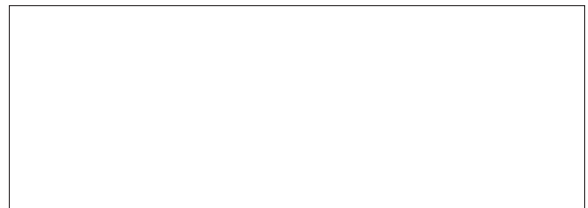
SAFETY IN THE KITCHEN

Study the following words and hints. They can keep you safe from harm in the kitchen!

grease	accident	burners	bacteria	meat thermometer
refrigerate	baking soda	raw	shock	appliances

Read each **safety hint**. Draw a simple picture that shows its meaning.

1. Hot fat easily catches fire. Never use water on a **grease** fire. Put it out with **baking soda** or salt.
2. Knocking a pot off a **burner** is a common kitchen **accident**. Turn pot handles to the *back* of the stove.
3. **Bacteria** in **raw** or undercooked meat can make people sick. Carefully wash knives, counter tops, and cutting boards. Use a **meat thermometer** in roasts, turkeys, and other large pieces of meat.
4. **Bacteria** grows faster when food is warm. After dinner, **refrigerate** cooked foods immediately.
5. To avoid electric **shock**, don't use **appliances** near water. Don't touch appliances when your hands are wet.



CHALLENGE! On the back of this sheet, write another kitchen safety hint. Use one of these terms in your hint: *burn*, *fire extinguisher*, *germs*, *childproof*.