

MEDITATION

**Past is a place to visit , but certainly not a
good place to stay.**

Reading for main ideas

By reading for the main ideas, you identify **the point of view of the author**- that is what the author's thesis is. Specifically , what does the author propose to write about the topic? If you could reduce the reading to one sentence, what would it be?

The main idea usually occurs at **the beginning of a reading passage**

Questions about main ideas can be worded in many ways. For example, the following questions are all asking for the same information:

- 1)what is the main idea?
- 2)What is the subject?
- 3)What would be a good title?

Instruction: Give a title to the text

Text 1

For more than a century, despite attacks by a few opposing scientists, Charles Darwin's theory of evolution by natural selection has stood firm. Now, however, some respected biologists are beginning to question whether the theory accounts for major development such as the shift from water to land habitation. Clearly, evolution has not proceeded steadily but has progressed by radical advanced. Recent research in molecular biology, particularly in the study of DNA, provides us with a new possibility. Not only environmental change but also genetic codes in the underlying structure of DNA could govern evolution

Text 2

Half of the population in Burkina Faso is under the age of 15. Many of these young people will become sexually experienced in their teens and, thus, will be at risk of or experience an unplanned pregnancy or a sexually transmitted infection (STI), including HIV/AIDS. To minimize these risks and secure a healthy future for adolescents, it is necessary that policymakers, journalists, service providers and advocates have solid evidence regarding the sexual and reproductive health needs of Burkinabè youth. This Research in Brief documents what is known about Burkinabè adolescents' sexual and reproductive health behaviors and needs, with particular emphasis on HIV/AIDS, and points the way forward toward improving policies and programs.

Maintaining hygiene

- 1) Why is cleanliness important in hospital?
- 2) What are some ways to prevent infections?

From: Bernard Kabore – Hospital director

To: All staff

Sent: Sat, Nov 15

Subject: Hygiene standards

Attention hospital staff: The **flu season** is approaching. I want to **remind** everyone of the importance of maintaining strict hygiene standards. Contagious new virus **strains** and drug resistant bacteria cause problems every year. I do not want that happening here.

Regular handwashing with antimicrobial soap is imperative. All surfaces must be cleaned with disinfectant according to the maintenance **schedule** . We must always store antibiotic drugs in the proper cabinets. Biohazards should be mindful dispose of.

Should drug resistant flu strains appear. We must quarantine all infected persons. To avoid transmitting further infections, no one will be allowed in quarantine areas without a facemask.

Thank you for your help

Bernard Kabore

Hospital Director

Activity: Choose the correct answers

1) What is the purpose of the email?

a- to promote the use of antibiotics drugs; b- to limit the use of antimicrobial soap.

c- to remind the staff about hygiene standards. d- to announce a new maintenance schedule.

2) Which of the following is not recommended by the director?

a- handwashing with antimicrobial soap. b- quarantining infected individuals.

c- storing biohazards in proper cabinets. d- cleaning surfaces with disinfectant.

3) What is required to enter quarantine areas?

a- a facemask

b- antimicrobial soap

c- disinfectant

d- antibiotics drugs

Activity: Match the words (1- 7) with the definitions (A-G)

1- infection; 2- facemask ; 3- quarantine; 4- bacteria; 5- transmit; 6- antibiotic;
7-contagious

- A. To relay an illness from one person to another.
- B. Singled celled organisms responsible for many human infections
- C. A manifestation of parasitic micro-organisms in the body
- D. A covering worn over the mouth and nose
- E. To isolate an individual to prevent transmission of microbes
- F. Something that kills bacteria in the body
- G. Moving easily from one person to another

Activity: Choose where the words best fit the blanks

1- antimicrobial/ biohazard

a) Dr Tall washed his hand with an soap

b) The used syringes are

2- virus/ disinfectant

a) Daniel cleaned the counters with.....

b) The quarantined man did not transmit the to anyone.

Activity : Complete the dialogue with: **anything else; facemask; give it; a day or two, highly contagious; antimicrobial;**

- **Doctor**: Well Mr. Ky, You have a cold. It's a fairly common strain. You should recover in **1**
- **Patient**: Okay, I hope I don't **2**..... to my grand-daughter.
- **Doctor** : It's a **3**..... illness. Do you live in the same house?
- **Patient** : Yes, she's visiting for the holidays.
- **Doctor** : Well, make sure to wash your hands regularly. And use **4**..... soap.
- **Patient** : I will. Is there **5**..... I can do?
- **Doctor**: You could wear a **6**..... for a few days . I'll give you a few to take home.

Reading-comprehension

Regardless to your interactions with your colivings you have an impact on your community. It may be good or bad both. We all are in a community together, there is no other way and so the health. Community health is the convergence of health care services, economics and social responsibilities. People residing in a particular reason more or less share similar kind of health risks and social and economic conditions. Community health is a medical practice which focuses on people's well-being in a particular geographical area. This essential public health sector covers programs to help neighborhood members in protecting and improving their health, deter the transmission of infectious diseases, and plan for natural disasters. For example a community may be exposed to pollutants from a nearby factory or waste dumping site or ground water contaminants. Public wellness programs expand access to preventive health services, include people in decision-making on treatment, and seek reduced hospital costs. Community health is usually confused with population health. However, interrelated but have sufficient differences. Where community health refers the collective efforts of individual or organizations for the better health of a geographically or culturally defined group of people while, population health uses **outcome driven approaches** for the health benefits of specific group of people typically defined by attribution.

Activity 1: Give a title to the passage