



San Marcos

MIEMBRO DE LA RED  
ILUMINO

# HEALTH, SICKNESS AND WH-QUESTIONS



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## HEALTH

The term "health" refers to well-being. When you are healthy, you feel good physically, and emotionally. Therefore, there are many factors that can affect your health.

### DEFINITION: HEALTH

“

[S]tate of complete physical, mental, and social well-being and not merely the absence of disease, or infirmity (WHO 1946).

”

Health is not an easy term to define. For some it encompasses mental health, for others physical and mental health are compartmentalized.

A perception of health or mental health is not only defined within the medical context, but it is also defined by the patient within a sociocultural context that includes family and social network as well as a wide selection of potential providers. Such definitions may vary from one culture to another. Research among ethnic groups in the U.S. demonstrates the complexity in a non-clinical definition of health and illness. (Maloof 1991).



For children and adults, three main categories may be considered: physical appearance, emotional disposition, and behavioral traits. For many adults, the functional component is a critical factor in defining health or illness--in the absence of symptoms, there is no disease. A world view of many cultural groups integrates physical, emotional, and spiritual well-being, and holds that all three are necessary for optimal health. Even within the biomedical model, cultural values are reflected when it comes to diagnosing and treating disease (Helman 1990: 63-68).

### **DEFINITION: ILLNESS**

Illness refers to the sociocultural context within which disease is experienced. The patient and his/her family label, classify, and explain the sickness episode in such a way that it can be personally and socially meaningful (Kleinman 1978).

### **DEFINITION: SICKNESS**

Sickness can also be regarded as a concept that combines the biomedical model (disease) with the sociocultural context of the patient (illness). Spirituality and religion can potentially play an important role in defining, understanding, and responding to disease within "illness." For the "disease" part of sickness, the personal beliefs of a health or mental health care provider must also be considered, as they impact patient-provider communication.



These are some healthy habits that can be practiced if you want to be healthy:

### **1. Eating healthy food (home made)**

Eating healthy food is one of the most difficult tasks we need to get used to in order to be healthy, especially for those who are not used to do it.

So, the first thing you need to do is to cook your own food. This way, you can monitor the type of Ingredients you put into the food, and then, of course, you need to choose healthy food, a lot of fruits, vegetables and grilled meat instead of fried.

### **2. Good sleep**

Good sleeping habits are crucial in order for you to be healthy. It is not only the amount of hours you get every day, but also the quality of your sleep. If you sleep properly, you will feel better every day!

### **3. Exercising**

Here is one that many of us do not do: exercising. Even if you do not like it, exercising will give you more power to face the daily routine and will also help you be healthier so, let's give it a try!







#### **4. No smoking**

Everyone knows that smoking is bad for health, it harms not only you but also the people around you and it has no benefits at all. Based on this, we should know you should not be smoking if you want to live a healthy life. If you smoke... make an effort to quit! your body will thank you!

#### **5. No using drugs**

Drugs are another one of the bad habits some people have. These eat up your system in such a terrible way, that it starts having problems to perform the most basic things. The worst thing about this is that the people who use drugs cannot see what it is really doing to their organism, and when they realize, the need for the drug is so strong that they ignore their body signals. Bottom line: Do not use drugs if you want to stay healthy!

#### **6. Going out and relaxing**

Working is good, however, some people worry so much about working and paying bills that they forget how important is for them to have some relaxing time. Whether it is by staying in bed the whole day or going out with your friends, your body and mind need to have some time off.



## **SICKNESS**

Nobody wants to be sick. There are times in which we are so busy with our lives that we forget to take proper care of our bodies, and then, we get sick.

These are some of the most common sicknesses that affect us:

### **1. Cold**

A cold is so easy to get, all you need to do is to go out while it's raining and get wet. Then the following day, you will be coughing, you will have fever, and that's it! You will have a cold.

### **2. Stomach Flu**

This sickness is also known as gastroenteritis. Nancy Gottesman, in her article *The 5 Most Common Sicknesses (and how to prevent them)*, states that the stomach flu virus is the second most common ailment. "Gastrointestinal illness usually starts with fever and vomiting, then diarrhea," says Rebecca R. Swan, M.D., assistant professor of pediatrics at Vanderbilt University in Nashville. "The vomiting usually lasts one to two days; diarrhea can last longer, sometimes up to 10 days."

### **3. Headache**

This is one of the most common sicknesses we experience on a regular basis. It can be caused by too much exposure to sun, migraines, cold, etc.

### **4. Throat ache**

This is commonly associated with a cold or with the flu. Your throat starts to hurt when you speak or when you swallow.

### **5. Pink eye**

Also known as conjunctivitis. It can happen in both eyes or only in one. It is an inflammation of the membrane of the eye that makes them look red and it is highly contagious.

### **6. Ear Infection**

Ear Infection is a terrible sickness that causes a lot of pain. Once you have it, you need to put some antibiotic in order to make it disappear, as you could lose your ear if you do not treat it on time.



## STRESS

Stress can be a terrible enemy of your health. It can consume us so badly that you tend to over react to almost any regular situation and it hurts our heart and system.

### WHAT CAN HELP WHEN YOU ARE ANGRY?

Marie was almost ready for school. She went to her closet to get her favorite sweater. The sweater was not there. "Rita did it again!" She shouted. Marie slammed the closet door. She ran to the head of the stairs and called down. "Mom, Rita took my sweater again. Tell her to give it back."

"She's already gone, Marie. Wear something else."

Marie was furious. She thought, "It's just not fair. I never borrow Rita's clothes without asking first. Just wait till I see her this afternoon."

Feeling angry at times, even at people you care about, is part of life. Most people feel angry when when they think they have been treated unfairly, or when they see someone else being treated unfairly. Learning to deal with your anger will help you get along better with other people. However, keeping angry feelings locked up inside yourself will make you feel unhappy. You need to get the feelings out in a healthy way.

The first step in dealing with anger is to admit that you are angry. Then you need to get rid of the angry feelings so that you can deal with the problem that made you angry. You are more likely to solve problems when you are not upset. Finally, you need to try to solve the problem that made you angry.

Taking your mind off your feelings for a while can often help you get rid of anger. You might work on a hobby, visit a friend, listen to music, or read a book.

You could try being physically active to get rid of your anger. Ride your bike, take a walk, or do some other kind of physical activity. You work off your angry feelings as you exercise. After a while, you probably will be able to think more calmly about the situation that made you angry.

If you are very angry or if your angry feelings stay with you for a long time, you might want to talk about your feelings with someone you trust. You could talk with a family member, a friend, or a teacher. Talking about a problem can help you get your feelings into the open. Then you might be better able to deal with those feelings. The person you talk with might also suggest ways to solve the problem that made you angry.

## WH- QUESTIONS

These questions are the most common kind of questions in English, as these are the ones that help you ask most of the regular questions when you need to get some information from another person.

They are called **Wh-** questions because most of them include these two letters at the beginning.

### SENTENCE STRUCTURE

The sentence structure for the Wh- questions is the following:

#### a. Questions with “do”

**Wh + do/does + subject + verb + complement**

Examples:

- **What** do you like?
- **Where** do you work?
- **Who** is your father?

#### b. Questions with “to be”

**Wh + be + subject + complement**

Examples:

- **Where** are you from?
- **Who** is that boy?







## USES OF WH- QUESTIONS

1. Use these questions to ask for specific information.

Examples:

**A:** Who did you see at the party?

**B:** Marcy Adams

**A:** When did you go there?

**B:** On June 30th

2. When you are asking about the **subject**, use a Wh- question in place of the subject, and statement word order: **subject + verb**

Examples

**Who** saw you? → **Someone** saw you.

**What** happened? → **Something** happened.

**Which witness** was lying?

**How many** people saw the game?

For questions beginning with which, whose, how much and how many, we often use wh- word + noun in place of the subject.

3. When the verb is a form of "be", use: **wh- word + be**

Examples:

- **Earl Scott** is the teacher.
- **Who is** the teacher?

4. When you are asking about the object, use a Wh- question and the following word order:

**Aux verb + subject + main verb**

Examples:

**Who** did you see? → You saw **someone**.

**What** did he say? → He said **something**.

**Which witness** did you think was telling the truth?

**How much time** did the game last?

For questions beginning with which, whose, how much and how many, we often use wh- word + noun in place of the object.





5. In very formal English when asking about people as object, some people use **whom** instead of **who**:

Examples:

**Whom** did you see? → Formal English.

**Who** did you see? → More common.

If the main verb is a form of "be", you cannot use "whom"

Example: Who is the next player?

NOT: Whom is the next player?

6. Wh- questions with why, when or where have the following word order:

**Aux verb + subject + main verb**

Examples:

**Why does** she want to stay with him?

**When did** he leave?

**Where will** they go?



Here is the list of Wh- questions and their uses:

QUESTION WORD	FUNCTION	EXAMPLE SENTENCE
<b>What</b>	asking for information about something asking for repetition or confirmation	<b>What</b> is your name? <b>What?</b> I can't hear you. You did <b>what?</b>
<b>what...for</b>	asking for a reason, asking why	<b>What</b> did you do that <b>for?</b>
<b>When</b>	asking about time	<b>When</b> did he leave?
<b>Where</b>	asking in or at what place or position	<b>Where</b> do they live?
<b>Which</b>	asking about choice	<b>Which</b> colour do you want?
<b>Who</b>	asking what or which person or people (subject)	<b>Who</b> opened the door?
<b>Whom</b>	asking what or which person or people (object)	<b>Whom</b> did you see?
<b>Whose</b>	asking about ownership	<b>Whose</b> are these keys? <b>Whose</b> turn is it?
<b>Why</b>	asking for reason, asking what...for	<b>Why</b> do you say that?
<b>Why don't</b>	making a suggestion	<b>Why don't</b> I help you?
<b>How</b>	asking about manner asking about condition or quality	<b>How</b> does this work? <b>How</b> was your exam?
<b>How + adj/adv</b>	asking about extent or degree	See examples below
<b>How far</b>	distance	<b>How far</b> is Pattaya from Bangkok?
<b>How long</b>	length (time or space)	<b>How long</b> will it take?
<b>How many</b>	quantity (countable)	<b>How many</b> cars are there?
<b>How much</b>	quantity (uncountable)	<b>How much</b> money do you have?
<b>How old</b>	Age	<b>What?</b> I can't hear you.
<b>How come (informal)</b>	Asking for reason, Asking why	<b>How come</b> I can't see her?





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