

Unit 13 – I Got the Flu

absorb / attitude / confess / examine / fortunate / frail / moisture / prevent / reverse / suitable

13A Introduction

Everybody gets sick sometimes. It's usually no fun at all. Who likes to cough or sneeze or have a fever? No one. But sometimes getting sick isn't all *that* bad.

13B Song Lyrics

*I got the flu last week, so I lost three days
Of school, but then again, I got three days
Of sleeping in, watching movies and playing games.
But I really was sick, so it's cool.*

It started with a runny nose, when I was running home,
I was running fast, still coming kind of close
To messing up my clothes with the **moisture**,
"It wasn't just sweat, you were wet as an oyster."
There was only so much my shirt could soak up
And **absorb**, and so when I got home, I had to throw some
Softer clothes on, something more **suitable**,
Something better for after school, or just more useful
For just relaxing. I didn't feel sick,
But I had a lump in my throat, it was real thick.
When I turned the TV on, I had a coughing fit,
And when my mom came, she turned off the set.
She wanted to check me out, and **examine** me,
And take my temperature; she said, "In this family,
We **prevent** sickness, catch it before it catches you,
I'm sorry, son, but you've got the flu."

*I got the flu last week, so I lost three days
Of school, but then again, I got three days
Of sleeping in, watching movies and playing games.
But I really was sick, so it's cool.*

For the next three days, I was totally **frail**,



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Was too sick or weak to even open the mail.
I got some nice cards that said "Get Well Soon"
And one that said "Congratulations, You Get to Skip School!"
They thought I was **fortunate**, but I didn't feel lucky,
I'd rather be in school than feel *this* yucky.
Running a fever, watching reruns on our home theater,
And drinking mom's medicines just to please her.
On the second day I felt sickness **reverse**,
And turn around, back to the way things were.
Before I had the flu, I had some math to do,
But I was glad to go back to change my **attitude**.
"Yeah, attitude is something that you have to choose,
It's how you look at things that happen to you.
You think getting sick is so bad?" Well, I want to **confess**
To tell you the honest truth, it wasn't all bad, I guess.

*I got the flu last week, so I lost three days
Of school, but then again, I got three days
Of sleeping in, watching movies and playing games.
But I really was sick, so it's cool.*

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13C Words Defined

absorb / attitude / confess / examine / fortunate / frail / moisture / prevent / reverse / suitable

absorb

(verb). To soak something up or take something in. *The mop **absorbed** all of the apple juice that had spilled on the floor.*

absorb



attitude

(noun). The way you feel or think about something. *Because I love sports, I have a great **attitude** when it comes to playing soccer.*

confess

(verb). To tell the truth. *Monique **confessed** that she was the one who had eaten the last cookie.*

examine

(verb). To look at something closely and carefully. *The detective **examined** the garbage in the trash can, looking for clues.*

fortunate

(adj). Lucky. *I was **fortunate** to find a 10-dollar bill on the ground.*

frail

(adj). Very weak. *After being sick for six days, Hari felt very **frail**.*

moisture

(noun). A small amount of water, usually in the form of small drops. *There was **moisture** on the plants because it had rained the night before.* Related word: **moist**. **(adj)**. Slightly wet. *Kayla wiped the table with a **moist** towel.*



prevent

(verb). To stop something from happening before it happens. *By catching the ball at the last minute, Cesar **prevented** the window from getting smashed.*

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reverse

(verb). To turn around and go backward; to flip. *I got lost and had to **reverse** my direction until I found the right road.*

(noun). The other way, or the opposite. *With some DVD players, you can play a movie normally or you can play it in **reverse**.*

suitable

(adj). Useful or correct for a specific event. *If you are painting an entire house, a little tiny brush just isn't **suitable**.*

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13D Synonyms

Circle the word on the right that matches the meaning of the word or phrase on the left.

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1. go the other way	absorb	prevent	reverse
2. lucky	moist	fortunate	frail
3. tell the truth	confess	prevent	examine
4. soak up	reverse	absorb	confess
5. little drops of water	attitude	moisture	suitable

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13E Fill in the Blank*Write the word in the blank so that the sentence makes sense.*

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1. You can't cut a piece of meat with a spoon; you need something more _____.

frail**suitable****fortunate**

2. Leroy _____ the shiny rock very carefully to see if it really was a diamond.

examined**prevented****absorbed**

3. Kim had such a nasty _____ that no one wanted to hang out with her.

moisture**reverse****attitude**

4. Alejandro was too _____ to help his mom move the table.

fortunate**frail****suitable**

5. To stay dry, you have to _____ rain from falling on your clothes.

absorb**reverse****prevent**

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13F Connections

Each sentence has a strong connection with one of the words from the unit. Write the correct word on the line below.

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1. Water gathers on the inside of a car window.

2. Abe uses a towel to soak up all the water on the floor.

3. Annie finally told the truth: She really did love spinach.

4. Taj was feeling extremely weak.

5. My grandfather just won the lottery!

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13G Applying Meanings

Circle the letter that makes sense or answers the question.

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1. If someone **reverses** their decision to go outside, they
 - (A) run outside quickly
 - (B) drive away
 - (C) stay inside
 - (D) are happy to be in nature

2. What could you best use to **examine** stars and planets?
 - (A) a book
 - (B) a telescope
 - (C) sunglasses
 - (D) a cartoon on TV

3. How would Lea show she had a good **attitude** in school?
 - (A) She would nicely ask her teacher about the homework.
 - (B) She would get hurt playing soccer.
 - (C) She would sometimes miss the bus.
 - (D) She would forget an umbrella when it rains.

4. Pablo is a 10-year-old kid. Which of the following do you think he can most easily **prevent**?
 - (A) the sun from shining
 - (B) his room from getting too messy
 - (C) the President of the United States from going to war
 - (D) cars from driving

5. If it's a very cold day outside, which is the most **suitable** thing to wear?
 - (A) a summer dress
 - (B) a silly hat
 - (C) a pair of glasses
 - (D) a winter coat

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13H Reading

Read the passage below and then answer the questions that follow.

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Sneezing

Almost every American catches a cold at least once a year. In fact, many people get two to six colds each year. **Fortunately**, colds aren't very dangerous to most people. Usually, getting a cold means you have a stuffy or runny nose and maybe a sore throat. Most people with colds will cough and sneeze.

The problem is that coughing and sneezing spreads germs! When you sneeze, you're shooting **moisture** out of your nose and mouth. That moisture has germs in it. So if you sneeze on your hand and then touch your friend's hand, and then he touches his mouth, he'll probably catch your cold.

Sneezing is interesting. Some people think sneezing makes you sick. Actually, it's the **reverse** of that. Sneezing is what your body does to try to kick the germs out and allow you to breathe more easily. Sneezing is also very powerful. Some scientists believe that when you sneeze, the air and moisture in your nose travel at up to 650 miles per hour. That's 10 times faster than a car on a highway!



Some people don't like to sneeze, or maybe they just don't want to spread germs. There are many ways to **prevent** yourself from sneezing, if you feel one coming on. One way is to rub your nose back and forth with two fingers. Another way is to breathe out, and then hold your breath. If you do have a cold, you should always cover your nose with a tissue when you sneeze. The tissue will **absorb** the moisture.

After you sneeze, you may hear people in America say "bless you" or "God bless you." Why do people say that? Hundreds of years ago in Europe, people thought that sneezing meant that your life was leaving your body. They were wrong, of course. But people thought "bless you" was a **suitable** thing to say after a sneeze.

Different cultures have very different ideas about sneezing. In China and Japan, some people believe that if you talk about someone behind their back, you will make them sneeze. In India, some people believe that if you sneeze right when you are starting to do something, it is bad luck. These are just a few of the different ideas that people have about sneezing.

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1. How often do most people in America get colds?

2. Why do people sneeze when they have a cold?

3. What should you do to prevent germs from spreading when you sneeze?

4. Many years ago, what did people in Europe believe was happening when someone sneezed?

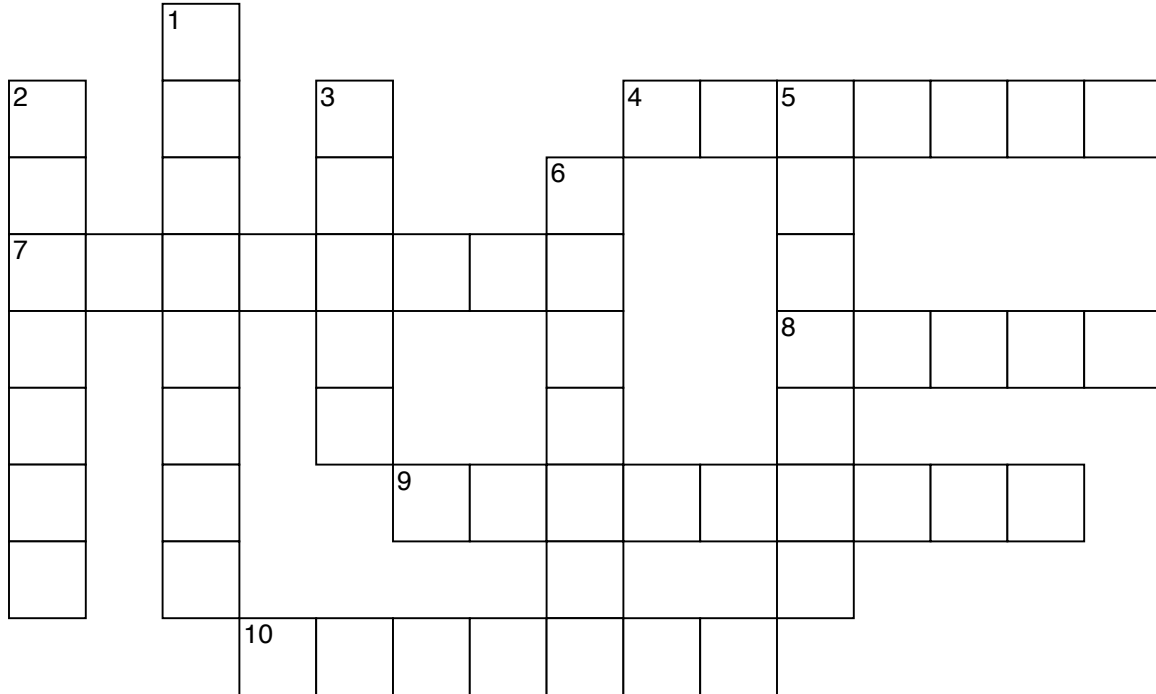
5. How fast does a sneeze move, according to some scientists?

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Bonus: Crossword Puzzle

Solve this crossword puzzle. Note: Some answers may be different forms of the vocab words above.

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ACROSS

- 4** You can't stop me. You'll never _____ me from ruling the world!
- 7** "Young lady, that kind of talk is just not _____ at the dinner table!"
- 8** My forehead is a little wet; it's kind of _____.
- 9** The old man told everyone that he was _____ to be healthy.
- 10** To tell the truth is to _____.

DOWN

- 1** If you're rude to your teacher, you better change your _____ fast.
- 2** My mind is like a sponge: It _____ all kinds of things.
- 3** She was so _____ she couldn't even get out of bed.
- 5** Sherlock Holmes used a magnifying glass to _____ the crime scene.
- 6** Dwayne Wade flipped around and did a _____ dunk.