



Task Title: Reading for Health

OALCF Cover Sheet – Learner Copy

Learner Name: _____

Date Started: _____

Date Completed: _____

Successful Completion: Yes ☐ No ☐

Goal Path: Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☒

Task Description: The learner will read a short article about cold season and answer questions.

Main Competency/Task Group/Level Indicator:

- Find and Use Information/Read continuous text/A1.1

Materials Required:

- Pen/pencil and paper and/or digital device

Task Title: ReadingForHealth_I_A1.1

Learner Information

Learning about health-related topics can help you make informed decisions about how to protect yourself, your family, and your community.

Read “’Tis the Season for Colds”.

'Tis the Season for Colds

There are over 2,000 types of viruses that cause colds. The cold virus gets into your nose. You will get the virus on your hands and then if you touch your nose, the virus will get into your nose. That is why it is so important to keep your hands clean. If you do have a cold, and you have to blow your nose, always wash your hands after doing so. You can spread your cold to others by not keeping your hands clean. If you have a cold, it is not a good idea to share your things with others.

If you have a cold, it is a good idea to make sure you get plenty of rest. You can take cold medicines to help with symptoms. If you have a cold for too long, check with your doctor. You may have something more severe, like pneumonia.

Work Sheet

Task 1: How many types of cold viruses are there?

Answer:

Task 2: How can a cold virus be shared with other people?

Answer:

Task 3: Why should you check with your doctor if you have a cold for too long?

Answer:
