

ANSWER KEY

EPISODE 5: DAD GENES

CCRA.R.4

MODERATE ACTIVITY

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My Weekly Health Journal

Monday

What a waste of a day! I just couldn't get myself out of bed. The past few days have been bad, but last night was particularly horrible. I twisted all night long from the aching in my belly. My stomach felt cramped and **bloated**. Between the pain and the **insomnia**, I'm extremely ~~exhausted~~ **fatigued** ✓. And it doesn't seem to be getting any better. I wonder if it was something I ate at Sadiqa's retirement party on Friday night.

The worst part is, Tahmid wanted me to come over to have dinner with him tonight, but I just didn't have the energy or the **appetite**. This pain is getting pretty hard to ~~absorb~~ **tolerate** ✓. In fact, it's beginning to take over my life!

Tuesday

Today was a good day. I think skipping out on dinner may have helped. But oh boy, was I starving by morning! I decided to whip up some alu and puri for breakfast. Oh, how I love the spicy potatoes and deep fried bread! It wasn't a very athletic **nutritious** ✓ choice, but it sure was delicious.

As I finished up my masala chai, I could hear the excitement of neighborhood kids on the street. Soon the warm sun convinced me to come out and play, too. After playing some catch with the kids, I took my usual walk to the park to see friends. The activity helped me feel ~~repaired~~ **rejuvenated** ✓.

Wednesday

I'm kind of glad it's raining cats and dogs today. I didn't feel like going out at all! I had loads of ~~indecision~~ **indigestion** ✓, and no matter what I ate, it just didn't

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cont'd

settle right. Plus, those darn kids didn't stop screaming for a minute. What's so fun about jumping in puddles! And to top it off, I felt too sore to take a walk. I missed seeing my friends, and my stomach is to blame!

I wonder if my stomach hurt more than usual because of the pizza I ate last night, or if that's just a superstition **coincidence** ✓. I probably shouldn't have ordered it with extra green peppers. To play it safe, I'll stick to oatmeal tonight.

Thursday

I felt much better today. I started the day with some light stretching and sit-ups. My **appetite** was also back so it felt like the perfect day to fry up my famous doi maach curry for lunch. Though, in **hindsight**, I probably shouldn't have put in so many dried red chilies. I sure do hope this fish doesn't end up **harassing** **aggravating** ✓ my stomach tomorrow. On a talk show this morning, they said certain foods can cause damaging conditions, such as **stomach ulcers**.

It was a rainy day again, so I decided to pass the time by going through some old family albums instead. As I turned the pages, I noticed how my grandfather had his hand over his tummy in all the pictures. I flashed back to a memory of sitting on Nana's lap as he complained of stomach pain. My grandmother would make him some mango lassi, swearing that it had the power to **remedy** any illness. And while her fruity yogurt was **adorable** **scrumptious** ✓, it never really relieved Grandpa's pain. Now that I think about it, I wonder if he had a **stomach ulcer**. Do I have one, too?

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SUPPORT ACTIVITY

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My Weekly Health Journal

Monday

I just couldn't get myself out of bed today. The past few days have been bad, but last night was particularly horrible. I twisted all night long from the aching in my belly. My stomach was cramped, and I was feeling **bloated**. Between the pain and the **insomnia**, I am feeling extremely tired and expired **fatigued** ✓. And it doesn't seem to be getting any better. I wonder if it was something I ate at Sadiqa's **retirement** party on Friday night.

Tahmid wanted me to come over to have dinner with him tonight, but I just didn't have the energy or the **appetite**. Tahmid wanted me to come over to have dinner with him tonight, but I just didn't have the energy or the **appetite**. Tahmid wanted me to come over to have dinner with him tonight, but I just didn't have the energy or the **appetite**. I don't think I can **take** much more of this. I don't think I can **take** much more of this. There's only so much pain a human being can absorb **tolerate** ✓.

Tuesday

Today was a good day. I think skipping out on dinner may have helped. But oh boy, was I starving by morning! I decided to whip up some alu and puri for breakfast. Oh, how I love the spicy potatoes and deep fried bread! It might not have been as athletic **nutritious** ✓ as a **potassium-rich banana**, but it was definitely delicious.

From my window, I could hear the kids playing on the street. From my window, I could hear the kids playing on the street. Soon the warm sun called me out to play, too. Soon the warm sun called me out to play, too. I took a walk to the park to see friends. The activity made me feel **fresh** and repaired **rejuvenated** ✓.

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SUPPORT ACTIVITY

cont'd

Wednesday

I'm kind of glad that it rained all day. I didn't feel like going out. I had lots of indecision **indigestion** ✓. No matter what I ate, my **stomach had a hard time handling it**. Plus, those kids didn't stop screaming all day. What's so fun about jumping in puddles?! The worst part is, I felt too sore to take a walk, so I missed out on seeing my friends.

Did last night's pizza cause the pain, or was it just a superstition **coincidence** ✓? I want to believe it had **nothing to do with** food. Though I did order it with extra green peppers. Perhaps I'll stick to oatmeal tonight.

Thursday

I felt better today, so I stretched and did some sit-ups. My **appetite** was also back, so I made my famous doi maach curry for lunch. Though I am worried that all those dried red chilies on the fish will **bother** my tummy later. On a talk show this morning, they said spicy foods can end up **harassing** **aggravating** ✓ our stomachs. They can cause **stomach ulcers**.

It was raining cats and dogs, so I spent the rest of the day going through old family albums. I noticed my grandfather holding his belly in all the photos. I remembered how he would complain of stomach pain. My grandmother would make **yummy** mango lassi to help cool his stomach. The fruity yogurt was adorable **scrumptious** ✓, but it never stopped Grandpa's pain. I wonder if he had a **stomach ulcer**. I wonder if I have one, too.

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ADVANCED ACTIVITY

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My Weekly Health Journal

Monday

What a waste of a day! I just couldn't get myself out of bed, no matter how hard I tried. The past few days have been bad, but last night was particularly horrible. I twisted and turned all night long from the aching in my belly. My stomach was cramped, and I felt completely **bloated**. Between the pain and the **insomnia**, I am losing my mind. I am feeling extremely ~~exposed~~ **fatigued** ✓, and it doesn't seem to be getting any better. I wonder if it was something I ate at Sadiqa's retirement party on Friday night. I feel like my condition definitely worsened after I got home that night, and helped turn the rest of my weekend into a nightmare.

Tahmid wanted me to come over to have dinner with him tonight, but I just didn't have the energy or the **appetite**. This pain is getting pretty hard to ~~absorb~~ **tolerate** ✓, and it's beginning to take over my life! I know Tahmid meant well, but on bad days like these, nothing seems to distract me from the pain.

Tuesday

Today was a good day. And while skipping out on dinner might have helped in the long run, boy, was I starving! I decided to whip up some alu and puri for breakfast because nothing's as good as spicy potatoes and deep-fried bread in the morning! I'm sure it wasn't a very ~~athletic~~ **nutritious** ✓ choice, but buttery rich **cuisines** from the old country just have a special way of hitting the spot!

As I finished off the heavy breakfast with some light herbal **chai**, I could hear the neighborhood kids chirping excitedly outside. Pretty soon, the warm sun rays lured me out as well. After playing some catch with the kids, I took my usual stroll to the park to visit friends. The fresh air felt great, and once again proved that a day filled with outdoor activities is definitely the key to feeling ~~repaired~~ **rejuvenated** ✓.

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ADVANCED ACTIVITY

cont'd

Wednesday

I am relieved that it rained all day, because I didn't feel like going out. Those scary stomach goblins were back, and they brought with them the horrors of indecision **indigestion** ✓! No matter what I ate today, my stomach was on fire. Nothing seemed to settle right. On top of that, those darn kids wouldn't stop jumping in puddles and screaming their heads off. To make matters worse, I missed the chance to see my friends today because I felt too sore to walk.

I wonder if my stomach hurt more than usual because of the pizza I ate last night, or if that's just a superstition **coincidence** ✓. I probably shouldn't have asked for extra green peppers. To play it safe, I'll stick to a more simple dinner tonight, like oatmeal or yogurt.

Thursday

I felt much better today, so I started with some light stretching and sit-ups. My **appetite** was also back, so it felt like the perfect day to fry up my famous doi maach curry for lunch. In **hindsight**, I could've gone easier on the dried red chilies. I hope my favorite fish dish doesn't end up **harassing** **aggravating** ✓ my stomach tomorrow. On a talk show this morning, they said certain foods can cause damaging conditions such as **stomach ulcers**.

It's been raining cats and dogs, so I decided to pass the time by going through some old family albums. As I turned the pages, I noticed how my grandfather had his hand over his tummy in all the pictures, and soon I flashed back to a memory of sitting on Nana's lap as he complained of stomach pain. My grandmother would make him some mango lassi, swearing that it had the power to remedy any illness. And while her fruity yogurt was **adorable** **scrumptious** ✓, it never relieved Grandpa's pain. Now that I think about it, did Grandpa have a **stomach ulcer**? Could I have one, too?