

Video Project 4:

Topics

- Chloé, Eva and Laura Canker sores
- Hélène and Heloise Tongue problems

Avoid abrasive food such as potato chips that can stick in the cheek or gum and aggravate the sores.

- **sore** /sɔːr/ adjective
painful and uncomfortable because of injury, infection or too much use:
All the dust has made my eyes sore.
I've got a sore throat.
My feet were sore with all the walking.

sore /sɔːr/ noun [C]
a painful area on the surface of a body, especially an infected area:
The poor dog's back was covered with sores.
The old patient's back is covered in bed sores.

forensic dentistry

- **forensic** /fə'ren.zɪk/ adjective [before noun]
related to scientific methods of solving crimes, involving examining the objects or substances that are involved in the crime:
forensic evidence/medicine/science
Forensic examination revealed a large quantity of poison in the dead man's stomach.

What causes a sore tongue and tongue bumps?

- **bump** /bʌmp/ noun [C]
a round, raised area on a surface or on the body:
Her bicycle hit a bump in the road and threw her off.
Tim had a nasty bump on his head from when he'd fallen over.

Now I use fluocinonide which zaps the sores and keeps them from hurting while they heal quickly.

- fluocinonide /,flʊə'sɪ.nə.naɪd/
- **heal** /hiəl/ verb [I or T]
to make or become well again, especially after a cut or other injury:

*The wounds were gradually healing (up).
The plaster cast helps to heal the broken bone.*

avoiding wheat

- **wheat** /wi:t/ noun [U]
a plant whose yellowish brown grain is used for making flour, or the grain itself:
wheat fields
Wheat is a staple crop for millions of people across the world.

a faulty immune system

- **faulty** /'fɒl.ti/ adjective
A faulty machine or device is not perfectly made or does not work correctly:
faulty wiring/brakes

yeast infections

- **yeast** /ji:st/ noun [C or U]
a type of fungus which is used in making alcoholic drinks such as beer and wine, and for making bread swell and become light:
dried/fresh yeast
yeast extract

Debacterol is the most sure and steadfast relief of my dime-sized ulcers.

- **steadfast** /'sted.fɑ:st/ adjective APPROVING
staying the same for a long time and not changing quickly or unexpectedly:
a steadfast friend/ally
steadfast loyalty
The group remained steadfast in its support for the new system, even when it was criticized in the newspapers.
- **dime** /daɪm/ noun [C]
an American or Canadian coin which has the value of ten cents

Emotion stress or local trauma can lead to canker sores.

- lead to = result in = cause

Grinding or clenching the teeth can also irritate the sides of the tongue and cause it to become painful.

- **clench** /klentʃ/ verb [T]
to close or hold something very tightly, often in a determined or angry way:
The old man clenched his fist and waved it angrily at us.
With a knife clenched in/between his teeth, he climbed up the tree to cut some coconuts.
"Get out of here, " she said through clenched teeth.

- **grind** /graɪnd/ verb [T] ground, ground
 - 1 to rub something against a hard surface, in order to make it sharper or smoother:
She has a set of chef's knives which she grinds every week.
He ground down the sharp metal edges to make them smooth.
The car engine was making a strange grinding noise.
 - 2 **grind your teeth** to make a noise by rubbing your teeth together:
She grinds her teeth in her sleep.

You have to go through hoops to get it.

- **hoop** /hu:p/ noun [C]
a ring of wood, metal or plastic, or sometimes a half ring:
The dogs had been trained to jump through hoops.

go/jump through hoops

to do a lot of difficult things before you are allowed to have or do something you want

Canker sores are small ulcer craters in the lining of the mouth.

- **crater** /'kreɪ.tər/ noun [C]
the round hole at the top of a volcano, or a hole similar to this:
the huge crater of Vesuvius
a bomb crater
With a good telescope, you can see craters on the moon.

- **lining** /'laɪ.nɪŋ/ noun [C]
a material or substance that covers the inside surface of something:
a coat/jacket lining
the lining of the stomach

... has a lace-like appearance...

- **lace** /leɪs/ noun [U]
a decorative cloth which is made by weaving thin thread in delicate patterns with holes in them:
lace curtains

There are three types of canker sores: minor, major, and herpetiform.

- minor /'maɪ.nər/
major /'meɪ.dʒər/

a lack of vitamins, iron, folic acid...

- **folic acid** /'fəʊ.lɪk'æ.s.ɪd/

Fever blisters are very contagious but canker sores are not.

- **blister** /'blɪs.tər/ noun [C]
a painful red swelling on the skin that contains liquid, caused usually by continuous rubbing,

especially on your heel, or by burning:
New shoes always give me blisters.

- **contagious** /kən'teɪ.dʒəs/ adjective
describes a disease that can be caught by touching someone with the disease or a piece of infected clothing:
The infection is highly contagious, so don't let anyone else use your towel.
- Canker sores typically resolve without any treatment. /'kæŋkə/

Tetracycline may be used in the treatment of canker sores. /,te.trə'saɪ.kli:n/

home remedies

- **remedy** /'rem.ə.di/ noun [C]
a successful way of curing an illness or dealing with a problem or difficulty:
an effective herbal remedy for headaches
The best remedy for grief is hard work.

There's contradictory advice ...

The sores heal...
The pain is relieved...

Canker sores last for a few days. Chloé and Eva say it hurts when you eat citrus fruits, pineapples, and nut, especially walnuts, but Heloise believes that walnuts actually cause canker sores.

- **walnut** /'wɔ:l.nʌt/ noun [C or U]
a slightly bitter-tasting nut with a series of folds in it and a hard shell, or (the expensive light brown wood from) the tree that produces these nuts



The tongue is made up of several muscles.

- muscle /'mʌs.l/
muscular /'mʌs.kjʊ.lər/

The causes of White Tongue include leukoplakia, oral thrush, oral lichen planus.

- leukoplakia /,lu:kəʊ'pleɪkɪə/
lichen planus /,laɪ.kən 'pleɪ.nəs/
- **thrush** /θrʌʃ/ noun [U]
an infection of the vagina or mouth
- steroid /'stɪə.rɔɪd/ /'ster.ɔɪd/

- ☑ Geographic tongue /ˌdʒi.ə'græf.i.kəl/ /tʌŋ/
- ☑ **scarlet fever** noun [U] (SPECIALIZED **scarlatina**)
an infectious illness of children which causes a sore throat, a high body temperature, and red spots on the skin

Wales

- ☑ Here in Caernarfon Castle, Prince Charles became the 21st Prince of Wales.
- ☑ Although the English have ruled Wales for many centuries, Wales still has its own flag, its own culture and above all its own language. In the towns and villages of North Wales, many people speak English only as their second language. Their first language is Welsh.
 - **rule** /ru:l/ verb [I or T]
to control, or to be the person in charge of a country:
Most modern kings and queens rule (their countries) only in a formal way, without real power.
She rules her household with an iron hand/fist (= severely).
 - **above all (things)**
more than everything else:
I value my freedom above all things.
- ☑ This is Cl..., a small town at the foot of Snowdon. 86% of the people here speak Welsh as their first language. Elizabeth Roberts is the headmistress of Cl... primary school. In her school, the children have nearly all their lessons in Welsh. The language policy in this school is that children should be bilingual at the age of 11. "The children are taught through the medium of Welsh most of the time, but we do teach English to them as well."
<http://en.wikipedia.org/wiki/Snowdon>
 - **policy** /'pɒl.ə.si/ noun [C]
a set of ideas or a plan of what to do in particular situations that has been agreed officially by a group of people, a business organization, a government or a political party:
They believe that the European Community needs a common foreign and security policy.
What is your party's policy on immigration?
 - **bilingual** /baɪ'lɪŋ.gwəl/ adjective
(of a person) able to use two languages for communication, or (of a thing) using or involving two languages:
She works as a bilingual secretary for an insurance company.
a bilingual dictionary
- ☑ Is it a problem for them to learn two languages instead of one?
No, not at all! What happens when a child learns two languages at the same time is that they have an insight into two cultures. They learn to read so they have all the folk tales of two languages. And another thing that helps them is they can pick up the third and fourth language without any problem at all.

- **insight** /'ɪn.saɪt/ noun [C or U]
(the ability to have) a clear, deep and sometimes sudden understanding of a complicated problem or situation:
It was an interesting book, full of fascinating insights into human relationships.
- **folk** /fɒk/ adjective [before noun]
traditional to or typical of a particular group or country, especially one where people mainly live in the countryside, and usually passed on from parents to their children over a long period of time:
folk culture
- "Mine is a long and sad **tale!**" said the Mouse, turning to Alice and sighing.
"It is a long **tail**, certainly," said Alice, looking down with wonder at the Mouse's **tail**; "but why do you call it sad?"
- **pick sth up** phrasal verb [M]
to learn a new skill or language by practising it rather than being taught it:
Don't bother with the computer manual - you'll pick it up as you go along.
When you live in a country you soon pick up the language.

Other things we talked about:

- She blew her nose.

And finally homework:

1. Print-out the class notes and review it actively. (Don't just read it! Try to use the sentences and talk to yourself or your friends about it.)
2. Links to help you with Video Project 4:
<http://www.medicinenet.com/script/main/art.asp?articlekey=1910>
http://www.medicinenet.com/canker_sores/article.htm
<http://www.medicinenet.com/script/main/art.asp?articlekey=91626>
3. Make comments on your classmates' video-projects (and your own as well, if you like) as soon as they are uploaded to [LanguageClassLive](#).
4. Watch videos, listen to radio programmes, read... IN ENGLISH!!!
 - You could try my website 1stparagraph.com on which I provide a selection of different articles and videos on the Internet which I think are worth reading:
<http://cyberend.com/01/category/1stparagraph/english-1stparagraph/>
You read the first paragraph on 1stparagraph.com and if you like it, you click on the link to go to the source website and read the whole article.
While reading the first paragraph on 1stparagraph.com, if you come across any new words, just double click on the word, or highlight it, to get a menu allowing you to look up the meaning in a dictionary of your choice.