

# Unit 4

## How to get healthy

### worksheet one

**Learning outcomes: Dear student, you are going to:**

learn and practice some new vocabulary.

practice every day English expressions.

عزيزي الطالب ، في نهاية هذه البطاقة ستكون قد:

1- تعلمت مجموعة جديدة من المفردات

2- تدربت على استخدام بعض تعابير اللغة التي تستخدم في الحوار اليومي.

**Dear student, learn the following words and try to use them in sentences of your own:**

عزيزي الطالب، تعلم الكلمات التالية ووظفها في جمل من تعبيرك:

#### Mini dictionary

| Word             | Meaning      | Word                         | Meaning        |
|------------------|--------------|------------------------------|----------------|
| awake            | مستيقظ       | junk food                    | وجبات سريعة    |
| dislike          | يكره         | just (= only)                | فقط            |
| exercise         | تمرين        | healthy = fit<br>× unhealthy | صحي            |
| fit              | مناسب        | put on weight                | يزداد في الوزن |
| get on           | يتقدم        | real                         | حقيقي          |
| go on = continue | استمر        | really?                      | حقاً؟          |
| had better       | من الأفضل    | recently                     | مؤخراً         |
| miss             | يفتقد / يشفق | something                    | شيء ما         |
| instead (of)     | بدلاً من ذلك | study                        | يدرس           |

و الآن لنقم بحل التمارين الآتية. يمكنك العمل مع احد زملائك.

# Speaking



## 1. Complete the conversation with useful phrase:

- |                                                      |                                         |
|------------------------------------------------------|-----------------------------------------|
| 1. What's wrong, Rana? You look unwell.              | Great idea. That makes us healthy.      |
| 2. My little brothers like to eat only fries.        | I haven't been sleeping well recently.  |
| 3. What do you think I should do about my bad marks? | They should eat real food.              |
| 4. I'm going to study very late this week.           | You had better to study hard.           |
| 5. What about walking to school?                     | That's bad for you, it makes you tired. |

## 2. Complete the following dialogue:

Poor - Really - toothache - painful - Good idea  
See you - What about - What's wrong

- Reema** : .....with you Nihal? You left school early today.  
**Nihal** : Yes, I have a bad .....  
**Reema** : ..... you, that's so hard  
**Nihal** : It's too .....  
**Reema** : ..... phoning and asking to see the doctor.  
**Nihal** : .....  
**Reema** : I'll ask Mum to let me come with you .  
**Nihal** : .....?!! You are a wonderful friend.  
**Reema** : Thanks ..... tomorrow. Insha'Allah.

