

# Unit

## How to get healthy

### worksheet four

### Vocabulary and structure

**Learning outcomes:****Dear Students,**

By the end of this worksheet you will have:

- 1- used key words to complete the sentences to form a meaningful message

عزيزي الطالب،  
في نهاية هذه الورقة ستكون قد:

- 1- استخدمت كلمات الوحدة الجديدة لتكمل معنى الجملة.

**Dear Students,**

Let's start by revising the new words of this unit. When finished try the first activity.

عزيزي الطالب،  
دعنا نبدأ بمراجعة مفردات هذه الوحدة ثم حاول حل التدريب الأول.

**Dear Student: Let's have another look at the list of the new words. When you finish, try the following activities.**

عزيزي الطالب،

دعنا نلقي نظرة أخرى على مفردات هذه الوحدة ثم نحاول حل التدريبات التالية.

**1. Finish the following sentences with one of the words in the list.**

**fit - getting on - just - miss - real - recently - wake up - junk foods**

1. We have got a ..... problem, we haven't much time to finish work.
2. Chips and fries are just ..... and that's unhealthy.
3. How is Sara ..... with her new job?
4. Please hurry up we are going to ..... the first class.
5. I read many stories ..... during the last summer holiday.
6. We are a small family we are ..... four persons.
7. To keep healthy and ..... you should do exercises.
8. I usually ..... at 5 o'clock in the morning.



**2. Finish the following sentences with one of the words in the list.**

awake      -      put on weight      -      instead of      -      tests  
study      -      something

1. In Ramadan many people ..... because they eat a lot of sweets.
2. When mum came to wake me up she found that I 'm .....
3. I'm really hungry, I need ..... to eat.
4. I prefer to listen to Qur'an ..... watching TV.
5. I must ..... hard because I have important ..... next week.

