

Unit 2

Take My Advice - Vocabulary

Nouns : الأسماء :

anorexia فقدان الشهية
eating disorder اضطرابات الأكل
peer pressure ضغط الأصدقاء

appetite شهية
counselor مستشار
principle مبدأ

Verbs : الأفعال :

avoid يتفادى
lose weight يخسر من وزنه

gain weight يكتسب الوزن
regain يستعيد

verbs word-Two : أفعال مكونة من كلمتين :

put off يؤجل
take up يأخذ / يتحمل
get along with مع ينسجم
put up with يتحمل

give up يستسلم
throw away يتخلص من
turn down يرفض
cut down on يقلل من

Adjectives : الصفات :

Achievable يمكن تحقيقه
Depressed مكتئب
Lean مائل / هزيل
slim نحيف

old-fashioned قديم الطراز
Bland بدون معنى
Illegal غير قانوني
Nutritious مغذي

Expressions : التعبيرات :

look out for myself أعنتني بنفسني honest

feeling down محبط
be to حتى اكون صادقاً

Complete the sentences:

feeling down	put off	give up	lose weight
old-fashioned	peer pressure	To be honest	regain

- 1-My phone is _____, I have to buy a new one.
- 2-Ali will _____ his dentist appointment. He has to study for his exam.
- 3- Ahmed is _____ because he got zero in his exam.
- 4-Do not _____ and stop your diet trying to _____.
- 5-Sara might _____ weight after she stops her diet and sport.
- 6- _____, I think you are selfish. you need to change this attitude.
- 7- _____ shouldn't push you to eat junk food. Simply, say no.

Match:

1-put off		refuse
2- give up		feeling depressed - sad
3- take up		stop doing
4- turn down		begin
5-look out for myself		postpone
6- feeling down		think only about myself-selfish

T. Fatimah Almizam