

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 × 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.

