

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- تدرست على استخدام بعض تعبيرات 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 و وظفها 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?	حقا؟
had better	من الأفضل	recently	مؤخرا
miss	يفتقد / يشتاق	something	شيء ما
instead (of)	بدلا من ذلك	study	يدرس

و الآن لنقم بحل التمارين الآتية. يمكنك العمل مع أحد 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.

