

Name: _____ . Section: _____

Unit 4

How to get healthy

worksheet two

Dear student,

By the end of this woksheet, you will have:

- read the text to answer specific questions.

عزيزي التلميذ ،

في نهاية هذه الوحدة ستكون قد تمكنت من قراءة الفقرة التالية للإجابة على الأسئلة الاحقة.

Dear Student,

Are you interested to know about healthy food? Do you want to know more about healthy and unhealthy food? Then let's read this passage. Please read the passage several times (3 times at least) before you attempt the exercises below.

عزيزي الطالب ،

هل انت مهتماً بالتعرف على الطعام الصحي؟ هل تود ان تعرف على أنواع الطعام الصحي و الغير صحي . هل تمارس النشاطات التي تساعدك على أن تكون شخصا صحيا و سليما . إذن دعنا نقرأ هذا النص.

الرجاء قراءة النص مرات عديدة (ثلاث مرات على الأقل) قبل ان تحاول الإجابة عن الأسئلة.

Reading



2. Read the following passage then answer the questions.

Many people like to eat fries and junk food. Of course this is unhealthy. If you like to be healthy and fit, you should eat real food **that** includes many different types like meat, fruit and vegetables. Unhealthy food makes your body weak, so you feel sick and tired quickly.

Doctors always advise people to eat real food, sleep enough and do some exercises to keep healthy and fit as a result they can have a long happy life.

(A) Read and mark the sentences true (✓) or false. (✗)

1. Many people like to eat fries and junk food.	T	F
2. To be healthy and fit you should eat one type of food.	T	F
3. Unhealthy food makes your body strong.	T	F

(B) Answer the following questions:

1- What does real food include?
.....

2- Why do doctors advise people to eat good food and sleep well?
.....



(C) Read again and find the following in the text.

strong	×	contains	=
similar	×	Several	=

(D) The underlined pronoun (**that**) refers to :

(E) The best title for this passage is :

أفضل عنوان للقصيدة (سؤال مفتوح)

