

## Card 12

### الأهداف

عزيزي الطالب يتوقع منك في نهاية هذه البطاقة ان تكون قادرا على أن :

1. تتقن الكلمات لفظا وقراءة لتوظفها في جمل من تعبيرك.

Dear student, learn the following words and try to use them in sentences of your own.

عزيزي الطالب, تعلم الكلمات التالية وحاول ان توظفها في جمل من تعبيرك.

الكلمة	Word	المعنى	Meaning
الدرس	study	مستيقظ	awake
اختبار	test	يتمرن / تمرين	exercise
صحي	healthy	يستمر	go on =continue
غير صحي	unhealthy	بدلا من	instead of
شيء ما	something	يزداد في الوزن	put on weight

Now, try to do these activities

والان عزيزي الطالب, حاول ان تجيب عن هذا السؤال

1- Finish the following sentences with one of the words in the list: أكمل

{ put on weight - awake - test - exercise - something - instead of }

- 1- Coffee keeps you -----, so don't drink it late.
- 2- In Ramadan many people ----- because they eat a lot of sweets.

- 3- I have an important ----- next week , so I must study hard .
- 4- I prefer to play football ----- playing computer games .
- 5- I'm really hungry, I need ----- to eat .
- 6- My dad likes to ----- and play sports in the morning.

**2- Circle the odd one out: حوّل الكلمة المخالفة**

- 1- test - game - exam - quiz.
- 2- continue - go on - stop - keep on.
- 3- write - played - studied - moved.





### الأهداف

عزيزي الطالب يتوقع منك في نهاية هذه البطاقة ان تكون قادرا على أن :

تقرأ فقرة تتحدث عن طريقة الحياة الصحية لتجيب عن الاسئلة بصورة صحيحة.

**Read the following paragraph then answer the questions below:**

اقرأ الفقرة التالية ثم اجب عن الاسئلة التي تليها

Fries and junk food are unhealthy. Many people like to eat them. 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. to keep healthy and fit, doctors always advise people to eat real food, sleep enough and do some exercises so they can have a long happy life.

**1- Answer:** اجب

1. What does real food include?

-----

2. Why do doctors advise people to eat real food and sleep enough?

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**2- Put T or F : ضع علامة صح او خطأ**

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

**3- Get : استخرج**

1. The opposite of: **strong** X ----- **sad** X -----
2. The meaning of: **ill** = ----- **kinds** = -----
3. **Healthy food**: -----.
4. The pronoun( **them**) refers to -----.
5. Write a suitable title for the text :-----.

