**Ibn Seena School – Kaboul**

**Unit 3- Stay Healthy**
**Sixth Graders**

**Exe. 1**

**Complete the sentences.**

השלימו את המשפטים עם a, an, some או any.

أكملوا الجمل بـ- a، an، some أو any.

1. There aren't ....any.... vitamins in chocolate.
2. I eat ..... apple every day.
3. There are ..... oranges on the tree.
4. We have ..... big kitchen.
5. Are there ..... vegetables in the kitchen?

**Exe. 2**

أكملوا الجدول. أضيفوا كلمات من عندكم إلى كل مجموعة.

rice meat example pieces cell phone milk eggs onion

| a | an | some | |
|---|---|---|---|
| ..... | ..... | ....rice.... | ..... |
| ..... | ..... | ..... | ..... |
| ..... | ..... | ..... | ..... |

## Exe. 3

**Write the correct answers.**

כתבו את התשובות הנכונות.

أكتبوا الأجوبة الصحيحة.

1. My mom is making ....some.... tea for me.
   a. some b. any c. a
2. Is there ..... fruit in the house?
   a. some b. any c. a
3. There are ..... interesting stories in the book.
   a. an b. any c. some
4. There isn't ..... coffee in the cupboard.
   a. some b. any c. a
5. There aren't ..... fairies in real life.
   a. any b. a c. some

## Exe. 4

| | | |
|---|---|---|
| 1. ....an.... orange | 6. ..... plum | 11. ..... character |
| 2. ..... story | 7. ..... apricot | 12. ..... coffee |
| 3. ..... peach | 8. ..... facts | 13. ..... opinion |
| 4. ..... water | 9. ..... villain | 14. ..... juice |
| 5. ..... bread | 10. ..... jam | 15. ..... window |

## Exe. 5

**Match A to B.**

התאימו את המשפטים ב- A להמשך שלהם ב- B. (תיתכן יותר מתשובה אחת.)

لائموا الجمل في A مع التتمّة الخاصة بها في B. (قد يكون أكثر من جواب محتمل واحد.)

| A | B |
|---|---|
| 1. I'm ready to go. | ..... a. Go to bed early. |
| 2. What do you want for breakfast? | ..... b. Good luck! |
| 3. Today we have a quiz. | ...1... c. Good-bye! |
| 4. Bye. | ..... d. You need to get up. |
| 5. Oh no! | ..... e. I can't remember anything. |
| 6. I'm really tired. | ..... f. Cereal, please. |
| 7. It's seven o'clock. | ..... g. Have a good day. |

## Exe. 6

1. Yummy. There is a lot of / any fruit on the table.
2. I don't agree. That's a mistake / both.
3. White vegetables are good for your taste / heart.
4. Both / Each boys are in my class.
5. I like healthy food. For example / Of course, chicken and salad.
6. A few / Any green vegetables have vitamin K.
7. I want to sleep. Please go away / in fact.
8. I often catch / throw a cold in winter.

## Exe.7

**Match the sentences.**

התאימו את המשפטים באנגלית למשפטים בעברית.
لائموا الجمل الإنجليزية مع الجمل العربية.

1. We can look at food. ..... a. חשוב לאכול פירות וירקות.
من المهمّ تناول الفواكه والخضار.

2. In fact, it's all about color. ..... b. אנחנו מריחים עם האף שלנו.
نشمّ مع أنفنا.

3. We smell with our noses. ...1... c. אנחנו יכולים להסתכל על אוכל.
نستطيع النظر إلى الطعام.

4. It's important to eat fruit and vegetables. ..... d. האוכל בצבעי הקשת בריא מאוד.
الأطعمة بألوان قوس القزح مفيدة لصحتكم.

## Exe. 8

**Complete the text.**

השלימו את הקטע. (ישנה מילה אחת מיותרת.)
أكملوا النص. (توجد كلمة زائدة واحدة.)

each way tastes wonderful everything groups butter healthy

### Rainbow Foods

We like food that [1] ...tastes... and smells good as well. But it is important to eat [2] ..... food too. Remember eating rainbow foods is a great [3] ..... to keep you healthy. We must eat foods from different color [4] ..... . [5] ..... color group has different vitamins and minerals. But not [6] ..... with food coloring is good for you. Did you know that yellow [7] ..... has food coloring in it?

## Exe. 9

**Match the sentences.**

התאימו את המשפטים באנגלית למשפטים בעברית.
لائموا الجمل الإنجليزية مع الجمل العربية.

1. Vitamin K is good for your health. ..... a. הם שומרים על בריאות הלב שלנו.
إنها تحافظ على صحّة قلبنا.

2. They keep our hearts healthy. ..... b. ישנם אנשים שאינם אוכלים אוכל כחול או סגול.
هناك ناس لا يتناولون أطعمة لونها أزرق أو أرجواني.

3. An apple a day keeps the doctor away. ...1... c. ויטמין K טוב לבריאות.
فيتامين K مفيد لصحّتكم.

4. Some people don't eat any blue or purple food. ..... d. תפוח אחד ביום מרחיק את הרופא.
تفّاحة واحدة في اليوم تبعد الطبيب.

## Exe. 10

**a. Complete the sentences.**

השלימו את המשפטים עם המילים המתאימות.
أكملوا الجمل بالكلمات المناسبة.

1. .....Drink..... your smoothie. Enjoy!
   a. Eat b. Drink c. Get ready
2. ..... orange juice and ice cubes too.
   a. Add b. Wash c. Show
3. ..... the fruit.
   a. Order b. Ready c. Cut
4. ..... the fruit you like.
   a. Change b. Choose c. Make
5. ..... the fruit.
   a. Wash b. Drink c. Ready
6. ..... the fruit in the blender.
   a. Exercise b. Make c. Mix
7. ..... the fruit and a cup of yogurt in the blender.
   a. Put b. Read c. Eat

**Exe. 11**

**b. Complete the sentences.**

השלימו לפחות שישה משפטים עם המילים מתרגיל 1a.
أكملوا ستّ جمل، على الأقلّ، بالكلمات من تمرين 1a.

1. Yummy! This cake is ....delicious....!
2. Fruit is a nice and ..... snack.
3. It's time for the party. Are you .....?
4. I want to ..... you the book cover.
5. Would you like some ..... fruit for dessert?
6. "Stay Healthy Day" is for ..... .
7. You need to ..... the fruit.
8. Read this cake ..... .
9. I recommend that movie. It's ..... .
10. You can ..... any fruit you want.
11. ..... cheese in your sandwich.
12. I want some of ..... apples, please.

delicious healthy choose ready put great
fresh recipe show wash everyone those

## Exe. 12

**Use your dictionary.**

השתמשו במילון שלכם כדי לתרגם את המילים לעברית.

إستعملوا القاموس الخاص بكم لتترجموا الكلمات إلى العربية.

1. enough .....מספיק / كفى.....
2. feel well .....
3. believe .....
4. of course .....
5. anything .....
6. really .....
7. something .....
8. turn off .....
9. too much .....
10. agree .....
11. I'm sure .....
12. fat .....
13. over and over .....
14. everything .....
15. have to .....

## Exe. 13

**Complete the sentences.**

השלימו את המשפטים עם מילים מהמילון שלכם.

أكملوا الجمل بكلمات من القاموس الخاص بكم.

1. Do you want a drink? Are you .....thirsty..... ?
2. Breakfast, lunch and supper are ..... .
3. Friday and Saturday are the ..... .
4. You can get one ..... for each question.
5. There are 24 ..... in a day.
6. Something you always do is a ..... .
7. "How are you?" "I'm ....., thanks."
8. We recommend you do that. You ..... do it.

better more meal OK change hour should
must point healthy Well done! weekend thirsty habit

**Reading Comprehension – فهم المقروء**

# Breakfast Around the World

Do you eat eggs for breakfast? Eggs give you lots of energy* to begin your day, so they are a popular breakfast food around the world.

In Russia, people like to eat eggs for breakfast. They also like sandwiches and pancakes. They usually drink tea or coffee.

In England, some people eat a big breakfast. They eat eggs, sausages, potatoes and tomatoes. Other people in England like to eat a small breakfast. They like cereal, a piece of toast with butter and jam, orange juice and tea or coffee.

Eggs, bread and coffee aren't popular in China. Some people in China eat rice* for all three meals every day – for breakfast, lunch and supper! They also eat a special pancake and a special soup.

A lot of people don't have time to eat a big breakfast. In the USA, people eat cereal with milk or yogurt. But on days when they don't work, they eat eggs, bread, potatoes, pancakes, fresh fruit and sometimes meat!

There are lots of delicious things you can eat for breakfast. But eggs or no eggs, everyone needs to begin the day with a healthy breakfast.

**Complete the sentences.**

השלימו את המשפטים.

أكملوا الجمل.

1. A good breakfast gives you ..... .
2. In Russia, people eat pancakes, sandwiches and ..... for breakfast.
3. People usually have tea or coffee for breakfast in Russia and also in ..... .
4. Some people in China have ..... for three meals every day.

**Answer the questions.**

ענו על השאלות.

أجيبوا عن الأسئلة.

1. Why do people have eggs for breakfast?

   .....

2. What do people drink in Russia for breakfast?

   .....

3. In which country are eggs not popular for breakfast?

   .....

4. What foods do people in England like to eat for breakfast?

   .....