



My name :

My class :

DAYS OF THE WEEK

Healthy and Unhealthy Life
(Enrichment Module)

- Recognize healthy and unhealthy lifestyle.
- Answer questions based on a graph.

Set

6





ENGLISH LANGUAGE

Some guides before we learn



DOA SEBELUM BELAJAR

اللَّهُمَّ افْتَحْ عَلَيْنَا حِكْمَتَكَ وَانْشُرْ عَلَيْنَا
مِنْ خَزَائِنِ رَحْمَتِكَ يَا أَرْحَمَ الرَّاحِمِينَ

"Ya Allah, bukannya ke atas kami hikmah-Mu dan limpahkanlah ke atas kami khazanah-Mu, Wahai Allah Yang Maha Pemurah Lagi Maha Penyayang."

O Allah, open upon us Your wisdom and bestow upon us Your mercy, O Allah, the Most Merciful, the Most Compassionate.

1

Lets pray before we start our lesson.

Mari Bersama membaca doa sebelum kita memulakan pembelajaran.

2

Don't forget to write your name.

Jangan lupa untuk menulis nama.

3

Read the instructions and the questions properly.

Baca arahan dan soalan dengan baik dan teliti.

4

Answer the questions properly and correctly.

Jawab soalan dengan baik dan betul.

5

Check your answer when you're done.

Semak jawapan kamu apabila telah selesai.

6

Click "finish" and inform your teacher about your work.

Tekan "finish" dan maklumkan guru kamu tentang hasil kerja kamu.

Now, you are
ready to learn!
Good luck and
Have Fun!

1



ENGLISH LANGUAGE

Introduction



Hi friends...

For today's lesson, we will learn about some "Healthy" and also "Unhealthy" lifestyle. Then you will learn to find information from a bar graph.

Hai rakan-rakan... Untuk pelajaran hari ini, kita akan belajar mengenai gaya hidup "Sihat" dan juga "Tidak Sihat". Kemudian anda akan belajar mencari maklumat dari graf bar.



So for today's activities :

1. You will learn about the healthy and unhealthy life by watching the video first and read the note on page 3.
2. Then you will answer exercise 1 on page 4.
3. Lastly, try to understand the bar graph and answer the question in exercise 2.

Jadi untuk aktiviti hari ini:

1. *Anda akan belajar mengenai kehidupan yang sihat dan tidak sihat dengan menonton video terlebih dahulu dan membaca nota di halaman 3.*
2. *Kemudian anda akan menjawab latihan 1 di halaman 4.*
3. *Terakhir, cuba fahami graf bar dan jawab soalan dalam latihan 2.*



2



ENGLISH LANGUAGE

Days of the week (revision 6)

Heathy and Unhealthy life



Lets watch the video about healthy and unhealthy life.
Mari kita tonton cerita tentang kehidupan sihat dan tidak sihat.

Healthy lifestyle

Gaya hidup sihat



doing regular exercise
sentiasa bersenam



eat healthy food
*makan makanan
berkhasiat*



get enough sleep
tidur yang cukup

Unhealthy lifestyle

Gaya hidup tidak sihat



lazy and no exercise
*malas dan tidak
bersenam*



eat junk food
*makan makanan yang
tidak berkhasiat*



not enough sleep
*tidur yang tidak
cukup*

Make sure
you stay
healthy at
home.

3



ENGLISH LANGUAGE

Days of the week (revision 6)

Exercise 1



Okay, now drag the pictures either it's healthy or unhealthy.
Ok, sekarang Tarik gambar-gambar itu sama ada ke Healthy atau Unhealthy.



Healthy

Unhealthy



ENGLISH LANGUAGE

Days of the week (revision 6)

Exercise 2

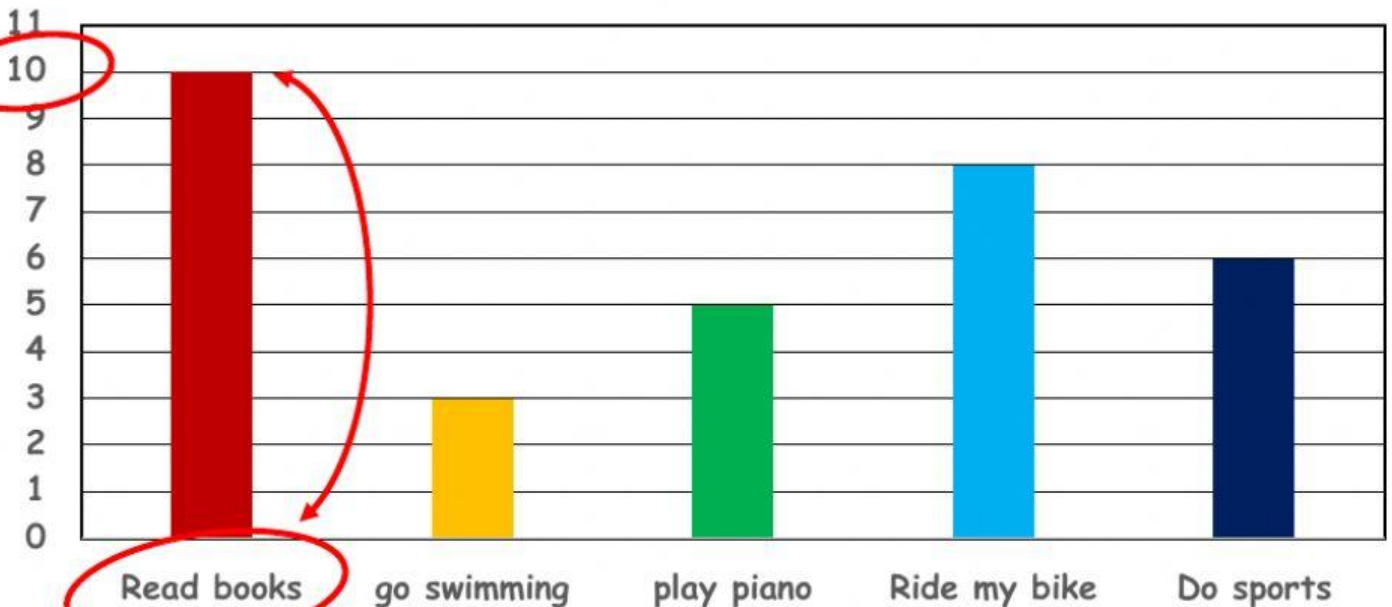


This is my activities during a week in a graph mode. So answer the questions based on my graph.

Ini merupakan aktiviti seminggu saya. Jadi jawab soalan berdasarkan graf ini.

Hours

My activities in hours during a week.



How many hours a week do you **read books**?

Write the number in word.
Tulis nombor dalam perkataan.



I **read books** ten hours a week.

I **go swimming** _____ hours a week.

I **play** _____ five hours a week.

I **ride my bike** _____ hours a week.

I **do** _____ six hours a week.

5