UNIT 6 الطعام الصحي **Healthy food**

Name: _____. Section: _____

## *Work sheet ( 1 )*

**الأهداف** : 1- يوظف الطلبة المفردات الجديدة في جمل مفيدة .

2-يتحدث الطلبة عن تقديم النصيحة للآخرين.

3 -يقرأ الطلبة فقرة قصيرة ومن ثم يجيبون عن الأسئلة التي تليها.

أهم المفردات

| Word | Meaning | Picture | Word | Meaning |
|---|---|---|---|---|
| food pyramid | هرم الغذائي | | advice | نصيحة |
| fried | مقلي | | because | لأن |
| fizzy drink | مشروب غازي | | should | يجب |
| burger | لحم مشوي (بورجر) | | prefer | يفضل |
| sweet | حلوى | | top | أعلى |
| soup | حساء | | bottom | أسفل |

## 1-Match the word with the picture صل الكلمة بالصورة

sweet burger Fizzy drink

## 3-Choose the correct answer: اختر الإجابة الصحيحة

1. We prefer ( **water - fizzy drinks** ) because it is healthy.
2. ( **Burgers - vegetable soup** ) is healthy food.
3. We ( **should - shouldn't** ) eat a lots of fried food.

# Speaking

## 3-Match " A " with " B ": صل أ مع ب

| | |
|---|---|
| 1- What does a food pyramid show? | I should eat lots of fruit. |
| 2- What food does Amy prefer? | I should drink a little of fizzy drinks. |
| 3- What food should you eat lots of? | It shows healthy and not healthy food. |
| 4- What should you drink a little of? | She prefers healthy food. |

## 4- Finish the mini - dialogue أكمل الحوار القصير

**vegetables - eat - sweet - Should**

Amy : What food should you ..... lots of?

Ben : I should eat lots of fruit and .....

Amy : ..... I eat ice-cream?

Ben : Yes, but only a little because it's very .....

**5- Read and match :** **اقرأ ثم صل الصورة بالجملة المناسبة :**

| | | | |
|---|---|---|---|
| | | | |
| 1 | 2 | 3 | 4 |

Mr. Ali is talking about food pyramids.

Mum cooks vegetable soup.

Ben should not eat lots of burger.

Hassan prefers to drink water.

**6-Read the following paragraph and do the activities:** **اقرأ الفقرة ثم أجب**

**The food pyramid shows you what food is healthy and what is not healthy. The top of the pyramid shows foods you should only eat sometimes. The bottom of the pyramid shows foods you should always eat.**

**A- Choose:**

1- The food pyramid shows you ( **animals - food** ).

2-The top of the pyramid shows foods you should only eat( **sometimes - always** ).

3- The ( **top - bottom** ) of the pyramid shows foods you should always eat.

**B- Find out the following:**

1- The opposite of مضاد ( **top** ) X .....

2- The opposite of مضاد ( **unhealthy** ) X .....