

# Unit



## How to get healthy

### worksheet one

**Learning outcomes: Dear student, you are going to:**

learn and practice some new vocabulary.

practice every day English expressions.

عزيزي الطالب ، في نهاية هذه البطاقة ستكون قد:

1- تعلمت مجموعة جديدة من المفردات

2- تدربت على استخدام بعض تعابير اللغة التي تستخدم في الحوار اليومي.

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

عزيزي الطالب، تعلم الكلمات التالية ووظفها في جمل من تعبيرك:

#### Mini dictionary

Word	Meaning
awake	مستيقظ
dislike	يكره
exercise	تمرين
fit	مناسب
get on	يتقدم
go on = continue	استمر
had better	من الأفضل
miss	يفتقد / يشفق
instead (of)	بدلاً من ذلك

Word	Meaning
junk food	وجبات سريعة
just (= only)	فقط
healthy = fit × unhealthy	صحي
put on weight	يزداد في الوزن
real	حقيقي
really?	حقاً؟
recently	مؤخراً
something	شيء ما
study	يدرس

و الآن لنقم بحل التمارين الآتية. يمكنك العمل مع احد زملائك.

# Speaking



## 1. Complete the conversation with useful phrase:

1. What's wrong, Rana? You look ( ) Great idea. That makes us healthy. unwell.
2. My little brothers like to eat only ( ) I haven't been sleeping well recently. fries.
3. What do you think I should do about ( ) They should eat real food. my bad marks?
4. I'm going to study very late this ( ) You had better to study hard. week.
5. What about walking to school? ( ) That's bad for you, it makes you tired.

أنت تلميذ رائع

**What's wrong- Poor -What about – Really - toothache - painful - Good idea - See you**

- Reema** : .....with you Nihal? You left school early today.  
**Nihal** : Yes, I have a bad .....  
**Reema** : ..... you, that's so hard.  
**Nihal** : It's too .....  
**Reema** : ..... phoning and asking to see the doctor.  
**Nihal** : .....  
**Reema** : I'll ask Mum to let me come with you .  
**Nihal** : .....?!! You are a wonderful friend.  
**Reema** : Thanks ..... tomorrow. Insha'Allah.



# Unit



## How to get healthy

### worksheet two

**Dear student,**

**By the end of this worksheet, 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 الآتية.

**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 شخصاً صحيحاً و سليماً . إذن دعنا نقرأ هذا النص.

الرجاء قراءة النص مرات عديدة (ثلاث مرات على الأقل) قبل ان تحاول الاجابة عن الاسئلة.

# 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. (      )
2. To be healthy and fit you should eat one type of food. (      )
3. Unhealthy food makes your body strong. (      )

### (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 : .....



## Unit



## How to get healthy

### worksheet three

#### Learning outcomes

Dear student,

By the end of this worksheet, you will have:

- 1- written correct sentences using the correct punctuation marks.

عزيزي الطالب،

في نهاية هذه الورقة تكون قد تمكنت من

- كتابة جمل صحيحة مستخدماً أدوات الترقيم الصحيحة.

عزيزي الطالب،

لا تنسى استخدام علامات الترقيم المناسبة. دائماً تأكد من أنك:

استخدمت علامة الوقف في نهاية الجملة.

استخدمت الحروف الكبيرة في بداية الجملة وعند ذكر أسماء الأشخاص والأماكن.

استخدمت علامة الاستفهام في نهاية السؤال.

## Writing



### 3. Rewrite the sentence with the correct punctuation.

- 1- I like apples figs grapes apples and bananas

.....

- 2- youd better sleep early to get up early fady

.....



عزيزي التلميذ الذكي ، استعن بالمعلومات في الجدول التالي و أكمل الجمل لتكون فقرة ذات معنى .

#### 4. Fill in the information card to make a paragraph about your self:

How old are you ?	..... years .
What weight are you?	..... kilograms .
How tall are you?	..... metre
How much exercise do you do every day?	About ..... minutes

I'm ..... years old, I'm ..... Kilograms and I'm.....  
metre tall . I usually exercise ..... Minutes a day.



**Really very nice !!**

عزيزي التلميذ،

أجب عن الأسئلة التالية بنفسك.

تبادل الأدوار مع زميلك لتتدرب على قراءة الأسئلة و الاجابات

#### 5. Answer the following questions:

1- How long have you been learning English?

.....

2- How long has your father been working in his job?

.....

3- How long have you been praying?

.....

# Unit 4

## How to get healthy worksheet four Vocabulary and structure

**Learning outcomes:**

**Dear Students,**

By the end of this worksheet you will have:

- 1- used key words to complete the sentences to form a meaningful message

عزيزي الطالب،  
في نهاية هذه الورقة ستكون قد:

- 1- استخدمت كلمات الوحدة الجديدة لتكمل معنى الجملة.

**Dear Students,**

Let's start by revising the new words of this unit. When finished try the first activity.

عزيزي الطالب،  
دعنا نبدأ بمراجعة مفردات هذه الوحدة ثم حاول حل التدريب الأول.

**Dear Student: Let's have another look at the list of the new words. When you finish, try the following activities.**

عزيزي الطالب،  
دعنا نلقي نظرة أخرى على مفردات هذه الوحدة ثم نحاول حل التدريبات التالية.

### **6. Finish the following sentences with one of the words in the list.**

**(fit – getting on – just - miss -real – recently - wake up – junk food )**

1. We have got a ..... problem, we haven't much time to finish work.
2. Chips and fries are just ..... and that's unhealthy.
3. How is Sara ..... with her new job?
4. Please hurry up we are going to ..... the first class.
5. I read many stories ..... during the last summer holiday.
6. We are a small family we are ..... four persons.
7. To keep healthy and ..... you should do exercises.
8. I usually ..... at 5 o'clock in the morning.



**7. Finish the following sentences with one of the words in the list.**

**(awake– put on weight – instead of - tests - study – something)**

1. In Ramadan many people ..... because they eat a lot of sweets.
2. When mum comes to wake me up she found that I'm .....
3. I'm really hungry, I need ..... to eat.
4. I prefer to listen to music ..... watching TV.
5. I must ..... hard because I have important ..... next week.



**Unit 4**

**How to get healthy**  
**worksheet five**

**Learning outcomes:**

**Dear Students,**

By the end of this worksheet you will have:

- use the present perfect continuous to express actions that started in the past and still going on.

عزيزي التلميذ ،  
في نهاية هذه الوحدة ستكون قد تعرفت على أننا نستخدم الزمن المضارع التام المستمر للحديث عن حدث بدأ في الماضي وما زال مستمراً حتي الآن.

**Remember that: تذكر أن**



**Present perfect continuous tense****الزمن المضارع التام المستمر**

نستخدم هذا الزمن للحديث عن حدث بدأ في الماضي وما زال مستمراً حتى الآن.

**have/ has + been + v + ing :** ويتكون هذا الزمن من

- She **has been working** for 10 hours so she's very tired.
- We **have been learning** English since 1999.

كلمات تستخدم مع هذا الزمن ( since – for )

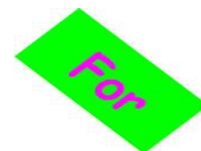
**Consider the following examples:**

- They have been playing **for two hours**.
- Ali has been sleeping **since six o'clock**.

و الآن اعتقد انه بإمكانك حل التمارين الآتية.

**8. Fill with since or for.**

1. I have been working here ..... last October.
2. We have been learning in this school..... three months.
3. Sally has been learning technology ..... 1996.
4. Ayman has been living in Ramallah ..... a long time.
5. They have been watching T.V. .... seven o'clock.
- 6- Samir has been sleeping ..... two hours.

**9. What have they been doing?**

1. Sally ..... (run).
2. Mother ..... (cook) the food.
3. We ..... (learn) English for 7 years.
4. My family ..... (live) in Gaza for 20 years.
5. The children ..... (play) football.
6. It ..... (rain) since six o'clock.

**10. Correct the underlined words :**

1. I have be praying for 5 years (.....)
2. Tamara have wearing Al Hijab for two months . (.....)
3. Mrs. Susan has been teach English since 1995. (.....)
4. Dr. Said has been work in Al Shifaa hospital for 10 years. (.....)

# Unit 4

## How to get healthy worksheet six

### Learning outcomes:

Dear Students,

By the end of this worksheet you will have:

- give advice using should, shouldn't, you'd better...

عزيزي التلميذ،  
في نهاية هذه البطاقة ستكون قد تعرفت على استخدام التعبيرات الخاصة عند تقديم النصيحة.

### Giving advice & making suggestions

❖ عندما ننصح شخص بفعل شيء معين نستخدم ( المصدر ) **had better + infinitive**

You **had better** see the doctor you look very ill .

❖ ولكن عندما ننصح شخص بعدم فعل شيء ما نستخدم ( المصدر ) **had better not+ infinitive**

You **had better not** go to bed late , you always get up tired in the morning.



❖ كذلك يمكننا استخدام **should / shouldn't** لتقديم النصيحة

You **should** study more to get better marks .

you **shouldn't** eat a lot of fries ,it's unhealthy .









❖ عند عرض الاقتراحات نستخدم عادة **what about / you could**

It's so hot ! **What about** going to the sea. **You could** go swimming.

Dear student, work with a friend or a family member. You can also imagine that you are giving advice to someone, Try to use the previous expressions to finish the missing parts of the following mini dialogues. Come on!! You can do it.

راجع القاعدة السابقة جيدا و استعن بالأمثلة لتكمل الحوار بالشكل الصحيح  
تخيل أنك تقدم نصيحة لشخص ما واشترك مع زميلك أو أحد أفراد عائلتك و قم بتمثيل الدور.

### 11. Complete the missing parts in the following mini-dialogues.

	My arm hurts so much .		.....
	I always get up late .		.....
	My results at Arabic aren't good.		.....
	I need anew jacket.		.....

### 12. Verbs or nouns!! Can you tell?

- |   |          |
|---|----------|
| 1-I usually <b>sleep</b> early to get up early .              | (verb)   |
| 2- Babies always get a quiet long <b>sleep</b> .              | (.....)  |
| 3-I like to <b>drink</b> a cup of tea in the morning.         | (.....)  |
| 4- It's so hot ,could you get me a soft <b>drink</b> please ? | ( nonu ) |
| 5- I need your <b>help</b> to carry this box.                 | (.....)  |
| 6-Good students <b>help</b> their friends in the class .      | (.....)  |
| 7-Taima always likes to <b>answer</b> the phone.              | (.....)  |

### 13. Odd one out :

- |                 |              |             |              |
|-----------------|--------------|-------------|--------------|
| 1. fries        | - chips      | - burger    | - salad      |
| 2. apples       | - grapes     | - tomato    | - fig        |
| 3. You'd better | - You should | - You could | - What about |
| 4. start        | - drink      | - help      | - eat        |

**14. Do as shown between brackets.**

1- Dad says I'd better not play computer games very much. (Give some advice)

2- Walking for an hour. (Make a suggestion)

3- How tall are you? I'm 14 years old. (Correct the mistake)

4- A: ..... (Complete )

B: You should see the doctor

# Unit

## People and games

### worksheet one

**Learning outcomes: Dear student, you are going to:**

- learn and practice some new vocabulary.

عزيزي الطالب،  
في نهاية هذه الورقة ستكون قد:  
تدربت على استخدام المفردات الجديدة الخاصة بالرياضة.

**Dear student, do you like sport and games? If yes, this unit will be your favorite.  
Are you ready to start?**

عزيزي التلميذ،  
هل تحب الرياضة و الألعاب الرياضية؟  
إذا كنت من محبي الرياضة فسوف تستمتع جدا بهذه الوحدة و سيكون المفضل لديك.  
هل أنت مستعد لتبدأ بكل حماس؟  
عزيزي التلميذ ، فيما يلي قاموس الكلمات الذي سيساعدك في تعلم الكلمات الجديدة.

**Firstly, learn the following words and try to use them in sentences of your own:**

عزيزي الطالب، تعلم الكلمات التالية ووظفها في جمل من تعبيرك: