

Unit 8

Staying healthy



Vocabulary words:

Healthy صحي	Sore throat التهاب الحلق	Cold برد	Fever حمى	An earache وجع الأذن
Common illness أمراض شائعة	A headache صداع	stomachache وجع المعدة	Hurts يؤلم	Sick مريض
Lost Voice فقد الصوت	Swallow يبتلع	Medicine دواء	Sneezing العطس	Cough كحة
Blocked nose أنف مسدود	Energy طاقة	Rest راحة	Tired مرهق	Diabetes مرضى السكري
Properly بصورة صحيحة	Cause يسبب	Serious خطير	Health problems مشاكل صحية	Genetic جينى/وراثي
Adults الكبار	Overweight وزن زائد	Exercise تمرين	Prevention منع	Healthy food غذاء صحي
Roller-blading الدوارة	Symptoms أعراض	Thirsty عطشان	Hungry جانع	Blurred vision رؤية غير واضحة
Stomach معدة	Sweating تعرق	Flu أنفلونزا	Aching body جسم مؤلم	Tiny drops رذاذ/قطرات صغيرة
Keep away from الابتعاد عن	Regularly بانتظام	Soap صابون	Liquids سوائل	Soups الحساء
Virus فيروس	Infect معدى	Vaccination تلقيح	An eye test أختبار للنظر	A blood test تحليل الدم
A hearing test أختبار للسمع	A prescription وصفة طبية	Recommended ينصح	Serious خطير	Rash طفح جلدي
Itchy كحة	Allergic حساسية	Advice(N) نصيحة	Advise(V) ينصح	Neck رقبة
Spots بقع	Dairy منتجات ألبان	Grains and cereals	Fats دهون	Snack وجبة خفيفة
Rainbow قوس قزح	Red peppers فلفل أحمر	Raspberries توت العليق	Cherries كرز	Memory ذاكرة
Blueberries توت بري	Blackberries ثمر العليق	Aubergines باذنجان	Figs تين	Beetroot جذور الشمندر
Grapes عنب	Olives زيتون	Cucumber خيار	Pears اجاص	Spinach سبانخ
Garlic توم	Cauliflowers زهرة	Ginger زنجبيل	Herbs أعشاب	Broccoli بروكلي
Melons شمام	Pineapples أناناس	Natural طبيعي	Vaccination تلقيح	Ingredients مكونات
Odd شاذ	Stone soup شوربة الحجارة	Knocked طرق	Traveler مسافر	Politely بأدب

Plan خطة	Pot وعاء	Villagers القرويون	Cabbage كرنب	Extra flavor مزيد من النكهة
Beans فاصوليا	Pinch of sault قليل من الملح	Pepper فلفل أسمر	Mushrooms فطر	Herbs أعشاب

Virus: something that makes people ill.

Infect: to pass an illness to someone else.

Ingredients: one of the foods used to make a meal.

Flavoursome: food that tastes good.

عندما تسأل شخص ما عن حاله نقول

What's the matter?

What seems to be the matter?

What's wrong?

How do you feel?

وللاجابة:

I've got a bad cough.

I feel sick.

I feel tired.

I've got a fever.

I've got no energy.

ملحوظة: يأتي بعد **feel** صفة

I **feel** sick.

I **feel** tired.

ويأتي بعد **have/has got** اسم

I **have got** a cold.

She **has got** a headache.

He **has got** a cough.

I **have got** a sore throat.

ملحوظة: هناك عبارات تستخدم عند اعطاء نصيحة

You should/shouldn't+ (V) في المصدر

Try to+ (V) في المصدر

Why don't you + (V) في المصدر

Illness	symptoms
A sore throat	<i>Lost voice, throat hurts</i>
A cold	<i>Sneezing, cough, no energy, blocked nose</i>
A headache	<i>Head hurts</i>
Earache	<i>Ear hurts</i>
Stomachache	<i>Stomach hurts, feel sick</i>
Fever	<i>Sweating, sweating</i>
A flu	<i>Coughs, blocked nose, a headache, don't feel like eating, hot, no energy and body hurts.</i>

Illness	Advice
A sore throat	<i>You should get rest, drink warm drinks not very hot as this will make your throat feel worse.</i>
the flu	<i>You should get rest. Try to drink many liquids like soups and juice. You should take some medicine as the doctor advise for.</i>
An allergic reaction	<i>Try to put some cream which might stop your skin feeling itchy. You should see a doctor.</i>

Food types or categories

<i>proteins</i>	<i>carbohydrates</i>	<i>Vitamins and minerals</i>	<i>Fats and sugar</i>	<i>calcium</i>
Eggs	Rice	Lettuce	Chocolate	Milk
Chicken	Pasta	carrots	oil	Cheese
Fish	Bread	Apples		Yogurt
meat		Bananas		
cheese		Green beans		
milk		onion		
nuts				

الكميات Quantifiers

A pot of	Soup/water
A sack of	Potatoes
A pinch of	Sault and pepper
A bowl of	Beans
A bunch of	Carrots
A bag of	Onions

استخدامات

Some/any

Some (بعضاً - بعضاً من)

تأتي مع الأسماء المعدودة في صيغة الجمع والأسماء الغير معدودة.

I have some money. موجودة في الجملة المثبتة:

I need some books.

Can I have some tea please? ويمكن أن يأتي في السؤال في صيغة عرض أو طلب:

Would you like some juice?

Do you want some flowers?

Do you want some coffee?

I gave them some food. أمثلة أخرى:

اسم غير معدود

I saw a dog.

لكن عند استخدام some لا بد أن نضع الكلمة بعدها في صيغة الجمع

I saw some dogs.

Any (أي - أيامن)

تأتي مع الأسماء المعدودة في صيغة الجمع والأسماء الغير معدودة.

يأتي في السؤال وفي النفي.

Do you have any money? في السؤال:

Do you have any questions?

Are there any foods in the fridge?

I don't have any money. في النفي:

I didn't see any dogs.

I don't want any trouble.

الكميات Quantifiers

(Many/few/much/little/a lot of/some/plenty of)

Many معناها الكثير (مع الأشياء المعدودة)

I have many reasons to be happy.

Few معناها القليل (مع الأشياء المعدودة)

I have few ideas about that subject.

Much معناها الكثير (مع الأشياء الغير معدودة)

We don't have much time.

Little معناها القليل (مع الأشياء الغير معدودة)

I speak very little French.

A lot of معناها الكثير من (مع الأشياء المعدودة والغير معدودة)

There is a lot of water in the river.

Some معناها بعض من (مع المعدود والغير معدود)

Could you give me some books, please?

Plenty of الكثير من (مع الغير معدود)

There is plenty of water left.

Countable/uncountable

(المعدود-الغير معدود)

Countable nouns الأسماء التي يمكن عدّها وتأتي في صيغة الجمع.

Book books

pencil pencils

Uncountable nouns الأسماء التي لا يمكن عدّها. (أو التي لا تستطيع إضافة S الجمع للكلمة).

Water

oil

rice

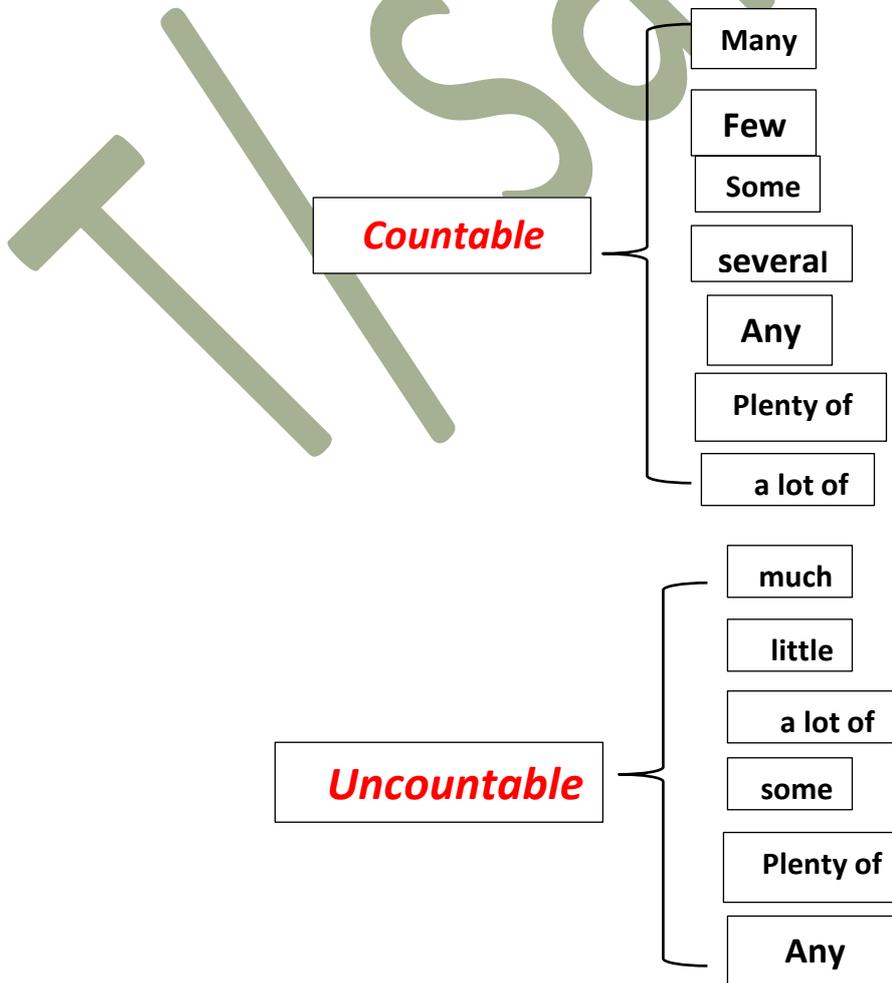
لكن هناك شواذ للقاعدة

ليس كل الأسماء تجمع بإضافة S لكن هناك شواذ مثل:

1 person 2 people
1 child 2 children
1 man 2 men
1 woman 2 women

كل هذه الأسماء معدودة.

information advice news work هناك كلمات غير معدودة أيضا مثل: money



When were you last ill?

I was ill last month.

Are you ill more in the summer or the winter?

I am ill in the winter more than in the summer.

How do you feel when you are ill?

When I'm ill I feel no energy, tired, headache and blocked nose.

What is a sore throat?

A sore throat means that a throat hurts.

Is it easy to eat when I have a sore throat? Why?

No, it is not easy, because it hurts.

What is cold?

Cold means sneezing, tired and lost voice.

What is diabetes?

Diabetes means there is too much sugar in the blood.

But we need to have some sugar, why?

For energy.

How many types of diabetes?

There are two types; type 1, which is genetic diabetes that causes children and type 2, usually happens to adults which is often caused by being overweight and not getting enough exercises.

What are the symptoms of diabetes?

In both types of diabetes, people can feel thirsty, hungry, tired, no energy and have blurred vision.

What can we do to try and stop getting type 2 diabetes?

We should eat healthy and play sports every day.

What is flu?

Flu is a virus caused people in the winter months.

What are the symptoms of the flu?

It has the same symptoms of cold; such as blocked nose, sneezing and coughing, but children have fever and headache and you don't feel like eating much food and all your body hurts.

How long the flu can last?

The flu can last a week or more.

How can you stop yourself from getting the flu?

Keep away from someone with the flu, wash your hands regularly and don't put your hands to your mouth and nose.

What should you do if you have the flu?

If you catch the flu you should get a lot of rest, drink plenty of liquids and have medicine if your doctor gives it to you.

Do you eat a healthy diet?

Yes, I eat a healthy diet as it makes my body healthy and strong.

What types of food are healthy and unhealthy?

Vegetables, grains and cereals, proteins and food that has a lot of calcium are healthy food, but sweets chocolate and cakes or food that has a lot of fat and sugar are unhealthy food as it's bad for our teeth and bodies.

How to stay healthy?

You should eat fruits and vegetables every day.

You should eat dairy products to give your body calcium.

You should reduce eating sweets and cakes.

What do we need in a healthy diet?

Proteins, carbohydrates, vitamins, minerals and fats.

Why is calcium important?

Because, it keeps our bones and teeth healthy.

Why are fruit and vegetables so important in our diet?

Because, they contain a lot of minerals and vitamins.

What do we mean by vegetarians?

Vegetarians are people who never eat meat.

Write about healthy life style or how to stay healthy:

1-what healthy activities do you know?

2- Do you practice any activity? Why?

3-what kind of food do you eat to stay healthy?

4-Mention some health habits which keep us healthy and strong.

Everyone has to stay healthy to keep yourself away from illness and sick.

To stay healthy you should practise activities every day. There are a lot of healthy activities you can do such as; running, swimming or even playing football.

I prefer swimming as it moves all my body and strength my muscles. To stay healthy we should eat healthy food which contains proteins, vitamins and minerals, carbohydrates and even calcium which help our body to grow properly. We should eat a lot of fruits, vegetables, meat, chicken and dairy products like milk and cheese that strength our bones and teeth.

We shouldn't eat a lot of sweets and chocolate .It's bad for our teeth and body.

Everyone should follow some healthy habits which keep us healthy and strong. We should drink plenty of water, clean our body, brush our teeth and sleep from seven to eight hours as our body needs rest.

Live a healthy life style and keep away from doctor.