



Grade 7 Gen _Grade 6 Adv _Unit 1_ 1A _ Winners Academy

2026/2027

T/ Fatma Ayman

1 A : How can food improve your health ?



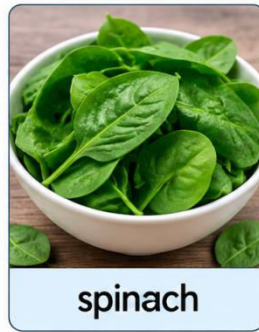
garlic



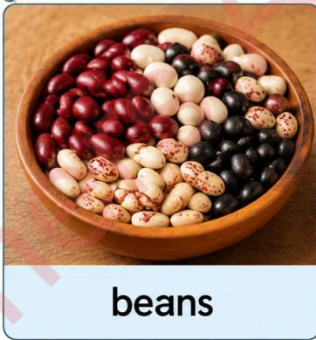
vitamins



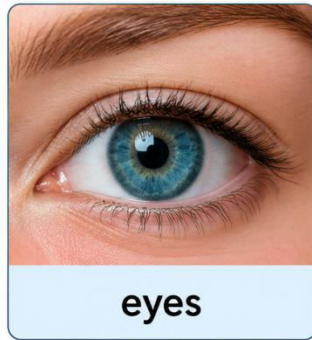
muscles



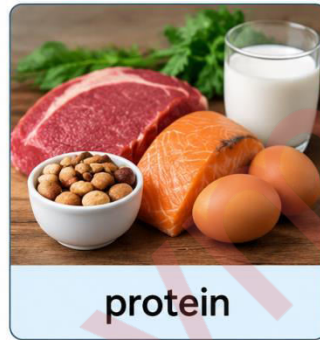
spinach



beans



eyes



protein

Vocabulary	Vocabulary
healthy — صحي	health — الصحة
unhealthy — غير صحي	strong — قوي
body — الجسم	Plenty of — الكثير من
vitamins — فيتامينات	Spinach (ch= tsh) — السبانخ
carrots — جزر	Muscles (c_silent) — العضلات
eyes — العينان	exercise — التمارين الرياضية
beans — الفاصوليا	diet — النظام الغذائي
protein — البروتين	breakfast — وجبة الإفطار
garlic — الثوم	fruit — الفاكهة
salad — سلطة	fitness — اللياقة البدنية
lunch — الغذاء	energy — الطاقة
cake — كعكة	sun — الشمس
vegetables — الخضروات	advice — نصيحة
junk food — الوجبات السريعة / غير الصحية	healthy diet — نظام غذائي صحي
water — الماء	should — ينبغي / يجب أن
sleep — النوم	
stress — التوتر	
skin — البشرة / الجلد	
agree — يوافق	
disagree — لا يوافق	
opinion — رأي	

G.7 Gen_ G.6 Adv

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Khalid



Eats pizza and hamburgers
(not every day)



Eats fruit at school



Likes walking with his family
in the evening



Sometimes plays
video games



Watches television
after school

Khalid likes eating pizza and hamburgers, but he does not eat them every day. He also eats fruit at school. Khalid does not play sports very often, but he likes walking with his family in the evening. He sometimes plays video games and watches television after school.

Hamad



Eats a lot of fruits
and vegetables



Enjoys candy and sweet food
sometimes



Plays basketball



Plays soccer



Does not exercise
every day



Some days, prefers relaxing
at home and watching television

Hamad eats a lot of fruits and vegetables, but he also enjoys candy and sweet food sometimes. He likes playing sports like basketball and soccer, but he does not exercise every day. Some days, he prefers relaxing at home and watching television.

Read about Khalid and Hamad. Who do you think has a healthier lifestyle? Who has a less healthy lifestyle in some ways? Why?

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Audio Track 1

1

Khadija

Good morning Dr. Sara, thank you for joining us. Today, Dr. Sara will tell us how to keep our bodies healthy.

2

Dr. Sara

Thank you for having me on your show Khadija.

3

Khadija

People say a lot of foods are good for us for many reasons. Some of those reasons may not be true. For example, people say we should eat carrots to see better. Is that true?

4

Dr. Sara

Fruits and vegetables are always good for us because they have vitamins. We should eat them every day. Carrots have a lot of vitamin A. Vitamin A makes our eyes healthier. So yes, carrots are good for our eyes.

5

Khadija

How about spinach? Some people think spinach makes you stronger? Is that true?

6

Dr. Sara

Well . . . not really. Spinach is good for you because it has vitamins, but it doesn't help you make muscle.

7

Khadija

That's too bad. What about beans? Some say they are a great way to get muscles. Is that true?

8

Dr. Sara

Of course. Beans have a lot of protein. Our bodies use protein to make muscle.

9

Khadija

Oh, okay. So beans make muscle. Are there any other foods we should eat?

10

Dr. Sara

Yes. Garlic is very good for you. It does many things for our bodies. For example, garlic helps us not get sick.

11

Khadija

That's good to know. Carrots, spinach, beans and garlic are foods we can eat to make our bodies healthy. Everybody should eat these foods! Is there anything else we should do for good health?

12

Dr. Sara

Of course. Eating good food is one big part of being healthy, but exercise is also important. We should do more exercise to make our bodies healthy and strong. There are plenty of other things that people can do to stay healthy.

13

Khadija

Hmmm, interesting...

Healthy Living

Carrots

Spinach

Beans

Garlic

Exercise

Choose the correct answer :-

1. Why are fruits and vegetables good for us?

- A) They contain vitamins. B) They make us taller. C) They give us muscles.

2. What vitamin do carrots contain a lot of?

- A) Vitamin C B) Vitamin A C) Vitamin D



3. How does vitamin A help us?

- A) It makes our muscles stronger B) It helps us run faster. C) It makes our eyes healthier.

4. Why is spinach good for us?

- A) It helps us build muscles. B) It contains vitamins C) It gives us more energy than exercise.

5. What does spinach NOT do?

- A) Help our bodies get vitamins B) Provide healthy nutrients C) Make muscles

6. Why are beans good for our bodies?

- A) They contain a lot of protein. B) They help us see better. C) They prevent us from exercising.

7. What do our bodies use protein for?

- A) Making our eyes healthier B) Making muscle C) Helping us sleep

8. What food can help us not get sick?

- A) Carrots B) Spinach C) Garlic



9. What is one important part of being healthy besides eating good food?

- A) Exercise B) Watching TV C) Eating sweets

10. What should people do to keep their bodies healthy and strong?

- A) Eat only beans. B) Exercise more. C) Avoid fruits and vegetables.

Grade 7 Gen _ G.6 Adv

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Grammar:

Should and Shouldn't

Explanation

We use **should** and **shouldn't** to give **advice or recommendations**.

✓ Should

Should + base verb = something is a good idea.

- You **should study** for the test.
- You **should drink** enough water.
- We **should help** our friends.

✗ Shouldn't

Shouldn't + base verb = something is not a good idea.

- You **shouldn't stay** up late.
- You **shouldn't eat** too much junk food.
- We **shouldn't waste** water.

★ Remember

After **should / shouldn't**, use the **base form of the verb**. **(Should _ Shouldn't + v.1)**

✓ You should **go**.

✗ You should **goes**.

Choose the correct answer

1. You have an exam tomorrow. You _____ study tonight.
should shouldn't studied

2. You _____ be rude to your teachers.
should shouldn't are

3. It is cold outside. You _____ wear a jacket.
should shouldn't wearing

4. You are tired. You _____ go to bed early.
should shouldn't goes

5. We _____ throw rubbish in the street.
should shouldn't throwing

6. If you want to stay healthy, you _____ exercise regularly.
shouldn't should exercised

7. You _____ spend all your money on things you don't need.
should shouldn't spending

8. Your friend is sad. You _____ talk to him and help him.
should shouldn't talking



Writing :-

1. What else should you do to be healthy? Write down five new suggestions using **You should...** and say why this is good for you.

Suggestion 1: **You should drink plenty of water.**

Why? **Because Water keeps your body hydrated and helps you stay active.**

Suggestion 2: _____

Why? _____

Suggestion 3: _____

Why? _____

*. Give health advice using the modal "should."

1. I want to keep my eyes healthy.
You should _____
2. I am often sick.
You should _____
3. I want stronger muscles.
You should _____
4. I need more vitamins in my diet.
You should _____
5. I want to have healthy teeth.
You should _____
6. I have trouble sleeping at night.
You should _____
7. I want to have more energy.
You should _____



Writing: Healthy Tips _ How to stay healthy ?

Questions

1. What healthy foods should you eat?
2. How much water should you drink every day?
3. How often should you exercise?
4. How many hours should you sleep every night?

Paragraph

How to stay healthy ?

Being healthy is very important for everyone. There are many simple things we can do every day to stay healthy. First, **we should eat different kinds of vegetables** because they give our bodies important vitamins and help us stay healthy. We should also **drink plenty of water** because water keeps our bodies hydrated. **In addition, we should exercise every day** because exercise makes us strong and keeps us active. Finally, **we should get enough sleep every night** because sleep helps our bodies and minds rest.

In conclusion, healthy habits are easy to follow. If we eat well, drink enough water, exercise, and sleep well, we can have a healthier and happier life.

H.w

Writing: Healthy Tips _ How to stay healthy ?

Questions

5. What healthy foods should you eat?
6. How much water should you drink every day?
7. How often should you exercise?
8. How many hours should you sleep every night?

How to stay healthy ?

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Expressing Opinions and Agreement / Disagreement



I think...

I think this salad is a healthy choice.



I don't think...

I don't think this burger is healthy.



I agree.

I agree. Drinking water is good for your health.



I disagree.

I disagree. Eating too much junk food is bad for your health.

6. Complete the dialogues using phrases to agree or disagree. If you disagree, give advice for what they should do instead. Use the phrases from the box.

I think... • I don't think... • I agree. • I disagree.

Example:

Student A: I don't want to eat breakfast today.

Student B: I don't think that is a good idea. You should eat breakfast.

1. Student A: I think I should eat only salad for lunch.

Student B:

2. Student A: I should have cake for breakfast.

Student B:

3. Student A: I don't need to eat fruits and vegetables.

Student B:

4. Student A: I think I should eat a healthy diet.

Student B:

5. Student A: I think eating one food is enough to be healthy.

Student B:

6. Student A: I think drinking enough water is important for my health.

Student B:



Choose the correct answer. Only ONE answer is correct.

1. **Which food is a healthy choice?**
A. Fresh fruit B. Candy C. Chips
2. **Eating too much junk food can be _____.**
A. strong B. healthy C. unhealthy
3. **Exercise helps keep your _____ strong.**
A. body B. cake C. lunch
4. **Eating well is good for your _____.**
A. stress B. health C. cake
5. **Exercise can make your muscles _____.**
A. sweet B. unhealthy C. strong
6. **Fruits and vegetables contain important _____.**
A. vitamins B. muscles C. opinions
7. **Which vegetable is orange?**
A. Spinach B. Carrots C. Garlic
8. **We use our _____ to see.**
A. skin B. muscles C. eyes
9. **Which vegetable has green leaves?**
A. Spinach B. Cake C. Beans
10. **Exercise helps make your _____ stronger.**
A. eyes B. muscles C. skin
11. **_____ can be a good source of protein.**
A. Candy B. Cake C. Beans
12. **Meat, eggs, and beans can provide _____.**
A. stress B. protein C. advice
13. **Running is a type of _____.**
A. exercise B. breakfast C. opinion
14. **A healthy _____ includes plenty of fruits and vegetables.**
A. muscle B. cake C. diet
15. **A _____ can contain lettuce, tomatoes, and carrots.**
A. cake B. salad C. candy
16. **We usually eat _____ in the morning.**
A. lunch B. dinner C. breakfast
17. **Apples, bananas, and oranges are types of _____.**
A. fruit B. vegetables C. junk food
18. **Chips and some fast foods can be called _____.**
A. vitamins B. junk food C. healthy food
19. **We should drink plenty of _____ every day.**
A. cake B. candy C. water
20. **If you have a different opinion, you _____ with someone.**
A. agree B. disagree C. exercise



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