



Word	Meaning	Word	Meaning
bear	دب	snack	وجبة خفيفة
everyone	كل واحد	spend	يقضي
judo	رياضة الجودو	spent	قضى
cycling	ركوب الدراجات	pajamas	بيجاما
favourite	مفضل	relax	يسترخي
keep fit	يحافظ على لياقته	relaxed	استرخى
exercise	يتدرب- تدريب	deep	عميق
trip	رحلة	fresh air	الهواء النقي
stadium	ستاد رياضي	comb	يمشط الشعر
His Highness	سموه	clip	يقلم الأظافر
Amir	الأمير	clipped	قلم أظافره
seat	مقعد	nail	ظفر
mostly	بشكل أساسي	pyramid	هرم
match	مباراة	fat	دهون
event	حدث	dairy	منتجات الألبان
phone	يتصل	grains	حبوب
phoned	اتصل	cereals	طعام من الحبوب
useful	مفيد	golf	الجولف
lifestyle	أسلوب حياة	hockey	الهوكي
habit	عادة	wealth	ثروة

S.T /

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Choose the correct word from a, b and d:

1-We watched the final football match at the

- a. stadium b. trip c. hockey d. lifestyle

2- You should your nails every week.

- a. comb b. phone c. exercise d. clip

3-Nasser usually eats a healthy..... between meals.

- a. bear b. cycling c. snack d. habit

4-Doing exercises is for your health.

- a. favourite b. useful c. fit d. fat

5-I'm busy now. Can youme later?

- a. spend b. keep fit c. phone d. hold

6-His Amir Sobah opened a new stadium.

- a. Grain b. Golf c. Pyramid d. Highness

7-You should have a healthy to keep fit.

- a. lifestyle b. event c. nail d. match

8- I wear my clean and go to bed early.

- a. pajamas b. cereals c. habits d. seats

9-Mum likes walking along the beach in the

- a. dairy b. fresh air c. Amir d. everyone

10.Sami always his hair before going to school.

- a. clips b. exercises c. phones d. combs


Choose the correct word from a, b, c and d:

1-I like (read - reads - reading) books. I am going to (buys - buy - bought) a short story tonight.

2- Last week, I (spend - spending - spent) a long time at the gym, so I always (relaxed - relax - relaxing) after exercise.

Write the missing words to complete the following text:

Today is a sports day. I like going 

Jassim likes playing  Hamad likes doing



Fill in the graphic organizer, then use it to write a paragraph of 4 sentences about (My favourite sport):

sports - useful - favourite - football - friends - club



My favourite sport

Fill in the graphic organizer, then use it to write a paragraph of 4 sentences about (Healthy lifestyle):

important - good life - healthy food - fizzy drinks - sleep - TV and computer

HEALTHY LIFESTYLE



(Healthy lifestyle)

Read the following passage, then answer the questions below:

Fruits and vegetables are very good for our health. They are the second group in the food pyramid. They are very healthy and delicious, too. Most people like eating them. Fruits and vegetables provide our bodies with many vitamins and a lot of energy we need, so we should eat some of them every day. There are many kinds of fruits. Apples , oranges and mangoes are among the most useful fruits we should eat daily. It's really, "We are what we eat."

Choose the correct answer from a,b ,c and d:

- 1- The best title of the passage is
- a. The food pyramid
 - b . Useful vitamins
 - c . Delicious apples
 - d . Healthy food
- 2- The underlined word "them" in line 4 refers to
- a . vitamins
 - b . most people
 - c . fruits and vegetables
 - d . our bodies
- 3- The underlined word "provide" in line 3 means
- a .take
 - b . give
 - c . wash
 - d . comb

Answer the following questions:

4- Why are fruits and vegetables important?

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5- What is your favourite fruit?

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