

Unit One / Healthy Living

الكلمة	نوعها	المعنى	الكلمة	نوعها	المعنى
Sprinting	N	الجري السريع	Arrow	N	سهم
Extremely	Adv	للغاية- جدا	Strict	Adj	شديد – حازم
Resistance	N	مقاومة	Risk	N	مخاطرة
Flexible	Adj	مرن	Obesity	N	سمنه
Session	N	جلسة – نشاط	Gain	V	يحصل علي
Regimen	N	نظام غذائي	Amount	N	كمية
Cool down	Ph V	يهدئ - يبرد	Lack	V	يفتقر الى
Promise	V	يوعد	Adequate	Adj	كافي

Fill in the spaces with the correct words:

Sprinting - extremely – flexible – cool down – session

- 1- My uncle is fat . He should do sports to keep fit.
- 2- After training , you should stretch to
- 3- Khaled will participate in the 100 meters
- 4- Stretching activities , such as yoga , make you more

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

- 1- Khaled more weight because of eating fast food.
a- promised b- gained c- lacked d- cooled down
- 2- My school team lost the final match because they a good planning.
a- promised b- gained c- lacked d- cooled down
- 3- There should berules to avoid crimes.
a- strict b- flexible c- adequate d- native
- 4- Eating too many sweets increases the risk of

The infinitive (to + the base form of the verb)

ويكون ذلك بعد الكلمات والتعبيرات الآتية:

Promise / try / need

It's important

It's easy

It's difficult

It helps you

Be / make sure

Choose the correct answers:

It's important (warming up – warms up – to warm up) before the game.

You need (train – to train – training) for the lifting competition because it helps you

(to win – wins – winning) easily.

The Gerund (verb + ing)

يأتي بعد أفعال وعبارات معينة :

Like , enjoy , prefer , go , good at , good for , keen on , interested in , look forward to What about? , How about.....?

Choose the correct answers:

My brother is good at (write – writing – to write) . But I enjoy (reading – to read – read) books because they help me (spend – to spend - spending) my free time positively.

الزمن الحاضر البسيط The Simple Present Tense

يستخدم هذا الزمن للتعبير عن الأعمال الاعتيادية ، و الحقائق العلمية.

إذا كان الفاعل مفرد غائب (He , She , It) ، نضيف للفعل s المفرد الغائب.

الظروف التي تأتي مع هذا الزمن هي :

أحيانا sometimes غالباً often عادة usually دائماً always كل every

never أبداً و تفيد النفي

- Khaled plays football every week.

-You always go to the club for training.

Negative: النفي

Hamad never goes swimming in Summer.

I / You / We / They don't play tennis every week.

He / She doesn't travel to another country on holiday.

الزمن الحاضر المستمر : The present continuous tense

Subject + is / am / are + verb + ing

الكلمات التي تأتي مع هذا الزمن هي :

Now , right now , at the moment , at present , today , this , look! , listen!

The boys are swimming right now.

She is having her breakfast at the moment.

Negative : النفي

I am not doing my homework at present.

Listen! We are not joking.

Do as shown between brackets:

1-(Do)exercises daily is healthy. (Correct)

2-He is running in the park now. (Negative)

.....

3-My father goes to the gym every week .

(Ask a question)

.....

4-Make sure (turn off).....the TV before leaving your home.

Writing

It is said that " A sound mind is in a sound body . "

Plan and Write a two – paragraph composition of not less than 10 sentences about the importance of sports & how to be fit and healthy.

Remember : Writing should include (a topic sentence, supporting details and a conclusion).

Read the following passage , then answer the questions below:

Vegetarianism has become popular worldwide. Lots of people go on this diet because they consider it to be the key to a healthy life. They follow a strict diet that includes fruits, vegetables, cereal grains, nuts, seeds and sometimes eggs and dairy products.

A vegetarian diet has its advantages. The main advantage is that there is less **risk** of obesity and heart diseases. It has high amounts of vitamin C, folic acid and fiber. This diet helps to avoid diseases because of the vegetables which are an excellent source of antioxidants. It also helps in digestion since vegetables contain more fiber. Lastly, there is more energy gained from vegetables because they are the primary source of the food chain.

Being a vegetarian also has its downsides and can negatively affect one's health. This diet is low in calcium, proteins, iron, vitamin B12 and zinc. Vegetarians who do not consume milk or dairy products lack vitamin D as well. These nutrients are all found in the vegetarian diet but not in adequate amounts. Athletes for instance cannot be vegetarians because they need huge amounts of protein that is found in meat.

In conclusion, I think that eating a balanced diet is key to maintaining good health and keeping the body in top condition. A balanced diet does not cut out any food group. **It** consists of a wide variety of foods, served in the correct amounts to support our body and keep us energised, motivated and healthy.

1- The best title for the passage could be :

- a- The negative effects of vegetarianism b- the positive effects of vegetarianism
c- A healthy lifestyle d- the obesity

2- The main idea of the second paragraph is:

- a- The advantages of a vegetarian diet b- the disadvantages of a vegetarian diet
c- vegetables d- gaining energy

3- The main idea of the third paragraph is :

- a- The negative effects of vegetarianism b- the positive effects of vegetarianism
c- A healthy lifestyle d- the obesity

4- The opposite of the word (risk) in the second paragraph is :

a- danger

b- safety

c- unhealthy

d- wide

5- The purpose of the writer is to:

a- tell us about the importance of following a strict diet.

b- explain the downsides of vegetarianism.

c- maintaining good health by following a balanced diet.

d- b & c

6- The underlined pronoun (it) in the last paragraph refers to:

a- food group

b- the body

c- condition

d- a balanced diet

Answer the following questions :

1-What are the disadvantages of being a vegetarian?

.....
.....

2- How is a vegetarian diet useful to your health?

.....
.....

إعداد المعلم : يحيى العوض
رئيس القسم : خالد الظفيري
مدير المدرسة: بدر سماح الشمري