

UNIT 13

Stay fit and healthy

health	الصحة	nuts	اللوز
healthy	صحي	explain	يشرح
group	مجموعة	olives	زيتون
diet	نظام غذائي	calcium	كالمسيوم
contain	يحتوي علي	natural	طبيعي
fats	الدهون	sugar	سكر
proteins	البروتين	fine	رائع
vitamins	فيتامين	meals	وجبات
carbohydrates	كربوهيدرات	do better	يتحسن
energy	طاقة	at least	علي الأقل
ability	قدرة	bones	عظام
dairy	منتجات اللبن	basketball	كرة سلة
lentil	عدس	team	فريق
friendly	ودود	chemical	كيمياوي
favourite	مفضل	lungs	الرئتين
sport	رياضة	tobacco	التبغ
tennis	تنس	cigarette	سيجارة
table	طاولة	chemistry	كيمياء
bad	سيء	smoke	دخان
good for	جيد في	damage	يتلف
advice	نصيحة	smoking	تدخين
tired	مرهق	smell	يشم
fit	لائق	exercise	تمرين
instead of	بدلا من	sweets	حلوي
relax	يسترخي	adults	الكبار
breathe	يتنفس	young	صغير

اعطاء الاقتراح/النصيحة

المعجب	الصيغة	ما بعده
ماذا عن/ ما رأيك في	How about What about	+ (ing) (مفعول)
لم لا؟ يمكنك - تستطيع	Why don't (you/we) You could	مصدر +
حاول	Try to	
طلب الاقتراح/النصيحة		
كيف يمكنني	How can I	
ماذا يجب أن	What should I	

ماذا يمكنني أن

What can I

Exercises

ON

Vocabulary

(1) Samir : What foods are rich in proteins ?

Hesham :

(2) Amr :

Badr : Yes , fruit and vegetables are healthy .

Choose the correct answer:

- 1- There (are – is – has -was) some orange juice in the fridge now .
- 2 2-We usually start our lunch with green (salad – water – rice – meat) .
- 3 3- Have you got (some – an – any - many) meat in the fridge ?
- 4 4-You can eat a cheese (sandwich – picture – dessert- egg) .
- 5- (Have – Are – Is - Were) there any sweet thing to eat ?
- 6 6-There are four (apples – water – bread - books) on the table to eat .
- 7- We've got lots (of – off – on – in) vegetables .
- 8 8-Tea coffee and lemonade are (drinks – food – vegetables - feed) .
- 9 9-Put the cooking (water – oil – milk -petrol) in a pan and heat it .
- 10 – There (is – isn't – aren't – weren't) any salt in the salad .
- 11 – How much (salt – apples – bananas- oranges) do you need ?
- 12 – We've got (any – some – an – a lot) spaghetti
- 13 – I'd like to drink (coffee – cake – café - sugar) .
- 14 – How (old – many – much- long) onions are there ?
- 15 – He is looking at the (menu – board –restaurant – café) to choose the food.
- 16 – She (isn't – doesn't – don't – hasn't) like fish .
- 17 – I don't (mind – drink – think – find) eating vegetables .
- 18 – What would you like (eat -drink – to drink – drinks) ?
- 19 – I'd like some orange (soup -picture – juice – piece), please .
- 20 – There (are – is – isn't – hasn't) four onions on the table .
- 21 – I can't drink the tea now. It's very (heat -nice – good – hot) .
- 22 – This is milk. I like (they – it – them – her) very much .
- 23 – She asked the (waiter – restaurant – menu – list) a piece of cake .
- 24 – Tamer wants (have – having – to have – has) a piece of cake .
- 25 – I think meat is rich with (proteins – carbohydrates – vitamins – sugar) .
- 26– You should avoid eating too much (vitamins – juice – fruit -fats).
- 27– Fats are dangerous , (are it – aren't they – wasn't it - isn't it ?
- 28– There is orange (soup – juice – water – liquid) but there isn't any lemonade .
- 29– Milk and eggs make our bones and our teeth (weak – not strong – fat - strong)
- 30 – I will help you , (will not you – will – I – won't I – won't you) ?

Correct the underlined words :

- 1 – There are some orange juice in the fridge .



2 – Which vegetables does Ahmed talking about ?

3 – We've got any salad to start with .

Iv. Grammar

السؤال المزيل: Tag questions

هو سؤال قصير بمعنى (أليس كذلك) يأتي في نهاية الجملة و يستخدم للتأكيد ويتكون من كلمتين هما
(الفعل المساعد أو الناقص + الفاعل ويكون ضمير) وهو نفي الإثبات وإثبات النفي .

can	could	will	would	should	is	are	was	were
Can't	Couldn't	wont	wouldn't	shouldn't	isn't	aren't	wasn't	weren't

must	has	have	had	do	does	did	play	plays	played
mustn't	hasn't	haven't	hadn't	don't	doesn't	didn't	don't	doesn't	didn't

Irregular adjectives بعض جمل السؤال المزيل الشاذة

I'm	I'm not	never Play	never plays	never played
aren't I	am I	do	does.....	did.....

♣ He doesn't come yet , ?	♣ She is late , ?
♣ I'm not going out , ?	♣ I'm late , ?
♣ He won't listen to you , ?	♣ I've seen him , ?
♣ Maha hardly studies , ?	♣ I could go out , ?
♣ None is here , are they ?	♣ Everyone has a mobile , ?
♣ I believe she is nice , ?	♣ She is very friendly , ?
♣ We are not late , ?	♣ Our teachers are very helpful , ?

السؤال عن المشاكل الصحية

السؤال	الرد
What's the matter with you ?	I feel hot/ cold/ tired
What happened to you ?	I hurt my leg / arm
How do you feel ?	my leg / arm Hurt/hurts
	I have got a cold /

Finish the following dialogue with one word each:

Waiter : What would you like to ----- , sir?

Man : I 'd like fish with rice .

Waiter : ----- you want any vegetables ?

Man : Yes , I of ----- .

Waiter : What would you like to ----- ?

Man : I'd like to drink some tea

SUPPLY THE MISSING PARTS IN THE FOLLOWING TWO MINI DIALOGUES .

A) samy : I gain weight .What should I do ?

Ramy ; -----

B) Nader : ----- ?

Maher : Vitamins protect us from illness .

Read the following passage then answer the questions:

To be healthy, you should have a balanced quantity of food. Your food should include at least

The four main elements. You should eat proteins , vitamins , carbohydrates and fats.

You should also practise some kind of exercise to keep fit and to lose weight. Being fat is a big

problem for most people so everyone should be careful about their food.

Answer the following questions:

- 1- What should you do to be healthy?
- 2- Why should we do exercise?
- 3- Our food should include (two – three – four – only one) elements,
- 4- Being fat is a (good – better – best – bad) thing in life.
- 5- I should have a balanced food to keep (fat – fit – unhealthy – fate)

CHOOSE THE CORRECT ANSWER FROM A , B OR C :

1- If you want to have vitamins eat a lot of ----- .

- a) fruit b) jam c) eggs d) rice

2- You should keep -----

- a) fat b) unhealthy c) fit d) old

3----- much water is there in the glass ?

- a) How b) What c) Where d) When

4- You haven't got any money, -----you ? .

- a) aren't b) haven't c) weren't d) aren't

5- ----- is rich with proteins ?

- a) Meat b) oil c) apples d) carrots

6- She is going to the market , -----?

- a) is she b) isn't she c) hasn't she d) doesn't she

7- Ahmed read the story carefully , -----?



