

# 8

# Staying healthy

## Lesson 1 Common illnesses



10 1 **Vocabulary** Listen again and match the symptoms you hear to the person.

- 1 no energy 2 lost voice 3 feel sick 4 sneezing 5 cough 6 ear hurts  
7 stomach hurts 8 throat hurts 9 blocked nose

Maria



7 3

Abdul



8 2

Jess



1 4 5 6 9

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**Vocabulary** Sort the words. Write the symptoms next to the correct illness.

- ~~a sore throat~~ stomach hurts a cold a headache blocked nose  
earache sneezing stomachache no energy ear hurts lost voice  
feel sick head hurts throat hurts a cough

Illness	Symptom
a sore throat	throat hurts, lost voice
stomachache	stomach hurts, feel sick
a headache	head hurts
a cold	blocked nose, sneezing, no energy, a cough



How do you feel?

1 Vocabulary Complete the dialogues using the words from the box. Then match to the correct picture.

head hurts    headache    sick

1 A: What's the matter?  
 B: I've got a headache (1).  
 A: Do you feel sick (2)?  
 B: No, only my head hurts (3).



hot    sweating    fever

2 A: What's the matter?  
 B: I feel hot (1).  
 A: Have you got a fever (2)?  
 B: Yes, I'm sweating (3).



sore throat    voice    headache

3 A: What's the matter? Have you got a headache (1)?  
 B: No, I've got a sore throat (2).  
 I can't talk because I've lost my voice (3).



**file 5**    ملفات خامس وزاري    قناة عامة

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**Answers**

- 1 T
- 2 F – recently children are also being diagnosed with Type 2 diabetes
- 3 T
- 4 T
- 5 T

5 Children and...

2 Use of English Place the blue words from the text on page 116 of the Learner's Book into the correct column in the table.

Countable	Uncountable	Both
a few/few several	a little/little 2 much	some any 3 plenty of 4 a lot of


**Use of English**

**Quantifiers**  
A quantifier expresses quantity.

**Countable nouns:** There are now **many** more children with type 2 diabetes.

**Uncountable nouns:** Diabetes can leave you with **little** energy.

**Both:** You should drink **plenty of** water and eat **plenty** vegetables.



Which of the four activities mentioned in the text do you do?  
Partner.

Which healthy activities can you think of? Make a list.

Now choose one that you would like to try in the future and say why you have chosen this one. Would you like to try any others?

Bridge to Success Grade 5 Activity Book Unit 8





# Lesson 4 A fever

1 Use of English Circle the correct answer.

- 1 Don't do many / too much exercise if you have a fever.
- 2 Wash your hands with water and a few / a little soap.
- 3 You need much / plenty of tissues if you have a cold.
- 4 If you take any / some medicine, you will feel better.
- 5 How much / many days does the flu last?
- 6 Can I have any / some cough medicine, please?

## Language tip

Use quantifiers to express quantity.  
Countable: a few, many, several  
Uncountable: much, some, any, little  
Both: a lot of, plenty of



2 Use quantifiers to complete these sentences.

some a lot of many plenty of too much

- 1 There are a lot of cases of flu in the winter.
- 2 You shouldn't do too much exercise, but you should drink plenty of water if you have a fever.
- 3 Many people suffer from a sore throat in the winter.
- 4 You should take some medicine if your temperature rises to more than 37.5°C

## Language detective

How many sentences can you make using quantifiers?



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## Lesson 5 Health

1 Read the text. What kind of text is it? Who do you think the two writers are? Why?



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Read the text again and complete the table with the writer's symptoms and the advice he receives.

Symptoms	Advice
a Stomachache feeling sick itchy red rash	stop eating tomatoes for a while Then try to eat less of them. Ask your mother to make different kinds of homemade soup.

**Talk** In pairs, talk about:

a food you like

b food you dislike

c food you can't eat because it makes you feel ill.



Thank you for your question  
It sounds that you have a flu  
You ~~shou~~ should have a rest and  
try to drink plenty of liquids like  
water and juice, ~~why~~ why don't you  
take some medicine.

sore throat  
Thank you for your question  
it sounds that you have  
a sore throat you should  
take a hot drink and soup  
Try not to eat an Ice-cream  
why don't you take some  
medicine



- HOME
- NEWS
- BLOG

doctor  
his



## Lesson 7 My learning



1 Can you remember?

Write the words correctly.

gocuh cough

shar rash

The words below are all mixed up. One has been done for you.

spontiperric = prescription

contavicain = vaccination

Work with a partner. Choose two of the words and write a definition for each one.

~~prescription the doctor~~ Write it.

prescription: instruction written by doctor

2 What can you remember about diabetes? Work with your partner and answer the questions below.

1 What is diabetes? Diabetes means there is too much sugar in the blood.

2 What is the difference between the two types of diabetes?

Type (1) is often genetic, Type (2) is often caused by being overweight

3 What are the symptoms of diabetes?

people feel thirsty, tired, hungry and have blurred vision

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

eat a lot of healthy food and vegetables, get exercise every day

3 What other illnesses and symptoms can you remember? Write them in the box below. Remember to check your spellings carefully.

flu

blocked nose - sneezing - cough - headaches and fever

## Look what I can do!

- I can talk about common illnesses and their symptoms.
- I can make predictions about the content of reading texts.
- I can read and understand information texts and blogs.
- I can write suggestions and advice for health problems.

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2 What can you remember about diabetes? Work with your partner and answer the questions below.

1 What is diabetes? Diabetes means there is too much sugar in the blood.

2 What is the difference between the two types of diabetes?

type one passed on in families but type 2 diabetes is often due to being overweight

3 What are the symptoms of diabetes?

A person may feel tired, thirsty, hungry or have blurred vision.

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

Eat more healthy food and get regular exercises.

3 What other illnesses and symptoms can you remember? Write them in the boxes. Remember to check your spellings carefully.



# Lesson 8 Food and health

26<sup>th</sup> Feb 2018

3 - 6 الـ

1 Listen again to Kaya's advice. Decide if the statements are true (T) or false (F).  
Correct the false statements.

- 1 You should eat fruit and vegetables every day.
- 2 You shouldn't eat carbohydrates.
- 3 You should eat dairy products to give your body calcium.
- 4 You should never eat sweets and cakes.

T
F
T
F

## Language tip

Remember we use *should/shouldn't* to give advice.  
You *should* eat fruit as a snack.  
We *shouldn't* eat chocolates and sweets every day.

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- 2 **Talk** What do you think about the information Kaya gives?  
Do you agree/disagree? What could you do to improve your diet?

I agree. We should eat more fruit and eat less ...



you should eat fruit and vegetables



you shouldn't eat too much sweets & cakes



you should eat good fats & oil



you should eat dairy



you should eat grains and cereal



you should eat fish & meat

## Lesson 9 A food quiz

1 **Vocabulary** Categorize the food

chocolate rice pasta eggs bread cheese oil fish nuts lettuce  
carrots chicken milk apples bananas oranges green beans onion

Proteins	Carbohydrates	Vitamins and minerals	Fats and sugar
eggs cheese milk fish chicken	rice pasta bread	apples bananas oranges lettuce green bean	chocolate oil nuts

2 **Use of English** Complete the sentences with *should* or *shouldn't* plus a verb from the box.

try spend put exercise drink eat

**Learning tip**

**file 5**

Good idea. If we try, we can have a good idea.

Bad idea. If we try, we can have a bad idea.

- 1 We should eat fruit and vegetables every day because they provide our bodies with vitamins and minerals.
- 2 You should try to eat lots of different types of food.
- 3 Khawla shouldn't put so much butter on her bread.
- 4 You should exercise often to keep healthy.
- 5 The dentist said I shouldn't drink too many fizzy drinks.
- 6 Adel shouldn't spend much time watching TV.

3 **Talk** Work with a partner and prepare some advice about healthy living to share with your classmates.

Use the following phrases:

Give reasons:

To have a healthy life we should/ shouldn't ...

We shouldn't ... because ...

26<sup>th</sup> - Feb - 2018

1 Read the information in the Learner's Book, page 123, and answer the questions below.

- 1 Which colours are good for your heart? ~~white-brown Red~~ orange-yellow
- 2 Which colours are good for your eyes? ~~orange-yellow Green~~
- 3 Which colours are good for your memory? ~~white-brown blue-purple~~ Red

2 Decide if the answers are **true (T)** or **false (F)**.

- 1 Sweets and chocolate are not part of the food rainbow.
- 2 We should eat five different colours every day.

T
T

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- 3 Write a meal plan for a super-healthy day. Decide what food you will have for each meal and a snack.
- Remember that the day should include one food or more from each colour of the rainbow.
- Remember that fruit and vegetables should cover half of the plate for each meal.

Our healthy meal plan	
Breakfast	orange juice, fruit, bread
Lunch	meat, salad, potato and cola
Snack	chocolate
Dinner	milk, fruit and egg

- 4 **Talk** Present your healthy meal plan to your classmates. Give reasons for your choices.

**Speaking tip**

Use the following sentence starters to help you.

**For (breakfast), we decided to have ... because ... is/are very good for your ...**



26 Feb 2012

# Lesson 11 Stone soup

Stone soup again in the Learner's Book, pages 124-125. Answer the questions differences in opinion.

## Answers

- Suggested answers
- 1 Because he was hungry and disappointed that no one in the village would give him any food.
  - 2 He gave him a large pot of water and a spoon.
  - 3 They gave him some cabbage, a bag of onions, a piece of meat, a bunch of carrots, a sack of potatoes, a pinch of salt and pepper, and a bowl of beans.
  - 4 Learners' own answers.
  - 5 Learners' own answers.
  - 6 To help each other.



## 2 Word study Find quantifiers for these six items

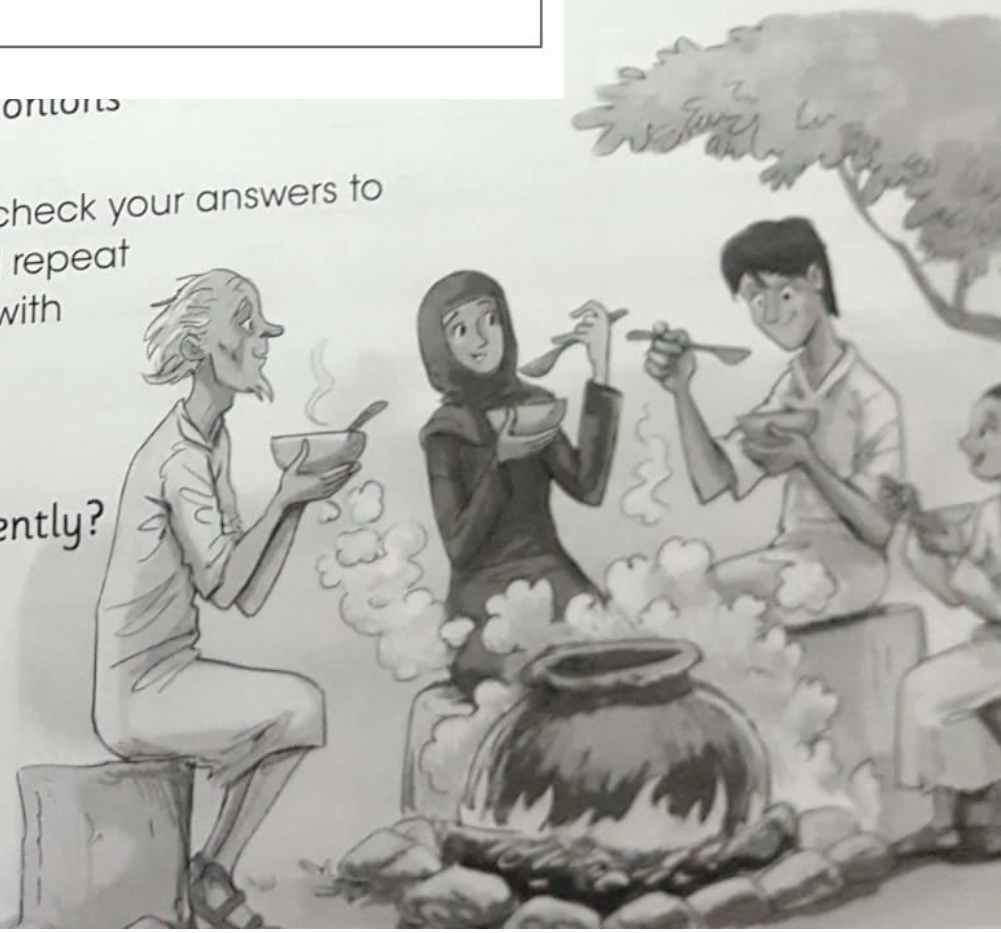
1 a pot of soup

Answers
1 a pot of soup
2 a sack of potatoes
3 a pinch of salt and pepper
4 a bowl of beans
5 a bunch of carrots
6 a bag of onions

6 a bag of onions

## 12 3 Pronunciation Listen and check your answers to Activity 1. Listen again and repeat the phrases from the story with connected speech.

- 1 What happens to **of**?
- 2 Is it pronounced differently?





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a bag of a pinch of



a sack of potatoes a pinch of salt a bag of onion a bowl of beans a bunch of carrots

Check your answers with a partner and practise the pronunciation using the short form of the word **of**.

Add two more food items to each of the food groups below with your classmates and try to make your lists longer.



Dairy	Meat and fish	Fruit and vegetables	Grains
yoghurt milk cheese	beef chicken tuna	apples oranges pears	pasta bread Pasta

Look what I can do!

- I can understand about food groups and healthy eating.
- I can give advice about healthy eating.
- I can understand the concept of 'rainbow eating'.
- I can design a menu plan for a healthy day of eating.
- I can understand a world folktale.

Vertical checklist with five boxes, each containing a checkmark.