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Lessons 3-4 Is it good for you?

Solve the clues to complete the crossword.

- Across**
- 1 A diet that contains all the food groups. - balanced متوازنة
 - 4 We need this to build our bodies and make us strong. - protein بروتين
 - 5 We need this in small amounts to keep us warm and protect us. - fat دهون
 - 7 Iron is used to transport this around the blood stream. - oxygen اكسجين
 - 8 People who don't eat meat are called this. - vegetarians نباتي
 - 9 These are divided into groups: A, B, C, D and E. - vitamins فيتامينات
 - 10 This gives us quick energy, but we should try to eat it in natural products like fruit and honey. - sugar سكر

	'	b	a	a	n	'	c	e	d			'	n	
	v						a						i	
	e					'	p	r	o	t	e	i	n	
	a						y						e	
	d						o						r	
							k						'	f
	'	c			'	o	x	y	g	e	n			
		h					d							s
	'	v	e	g	e	t	a	r	i	a	n	s		
		e					a							
		s			'	v	i	t	a	m	i	n	s	
		e					e							
							'	s	u	g	a	r		

- Down**
- 1 Use two slices of this to make a sandwich. - bread خبز
 - 2 These give us energy and can be found in bread, potatoes and pasta. - carbohydrates عذائ
 - 3 Iron and calcium are examples of these. - minerals معادن
 - 6 Cheddar, mozzarella and brie are all types of this. - cheese جبن
 - 2 Imagine your friend has decided to become a vegetarian. Write a short letter to them informing them about the importance of a balanced diet. Give them advice about how they can make sure they get plenty of protein and iron from alternative sources.

Dear Reema,
 I'm writing to you to tell you ^{about} the importance of a balanced diet, you should eat a variety of foods from the different food groups, not only vegetables, but also fruits, protein, dairy, carbohydrates and small quantity of healthy fats. Avoid sugary drinks, drink plenty of water to help your body function better.

3 Which snacks are unhealthy and which are healthier alternative the box into the correct columns in the table.

Unhealthy snacks غير صحي مضر خضيرة	Healthier alternative snacks بديل بديل
doughnut biscuit ice cream crisps sweets cake chocolate	wholemeal scone grapes rice cake dried fruit unsweetened popcorn raisin bread

4 Find the unhealthy and healthier alternative snacks from Activity 3 in the wordsearch.

w	h	o	l	e	m	e	a	t	u	q	d
r	s	c	o	n	e	g	e	p	n	e	h
a	c	a	k	e	p	r	m	o	s	r	o
i	c	e	c	r	e	a	m	p	w	t	c
s	e	r	w	c	x	p	m	c	e	i	o
i	o	f	r	o	z	e	n	o	e	p	l
n	s	w	e	e	t	s	z	r	t	c	a
b	i	s	c	u	i	t	l	n	e	r	t
r	d	o	u	g	h	n	u	t	n	i	e
e	u	r	i	c	e	c	a	k	e	s	a
a	d	r	i	e	d	g	p	d	d	p	f
d	o	n	u	t	f	r	u	i	t	s	p

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موازن balanced

Lessons 5-6 Be at your best

1 Match the questions and the answers.

- 1 What are the three most important things for a healthy lifestyle? **a**
- 2 What makes a healthy, balanced diet? **a**
- 3 What do our bodies need to get from the food we eat? **h**
- 4 Where is protein found? **f**
- 5 Why do we need protein? **j**
- 6 What do carbohydrates give us? **d**
- 7 Why are fruit and vegetables important? **b**
- 8 Why is it important to do exercise regularly? **g**
- 9 What kind of exercise should you do? **i**
- 10 Why do we need a good night's sleep? **c**

- a** A variety of food from different food groups.
- b** Because they give us vitamins and minerals. **معدن**
- c** Because your brain needs time to process all the information it's taken in during the day. **دماغ**
- d** They give us energy.
- e** Good food, exercise and a good night's sleep.
- f** In eggs, meat, fish, pulses and nuts.
- g** It improves your memory and takes oxygen round your body and to your brain. **تحسين ذاكرة**
- h** They need protein, carbohydrates, vitamins and minerals.
- i** Walking to school, for example, is good exercise, but you also need to do more energetic exercise to make your heart beat faster.
- j** We need it to make our bodies strong.

2 Use the information in Activity 1 to design a poster that teaches people the importance of eating a healthy, balanced diet. Include at least three food group facts on your poster.

For a healthy lifestyle, the most important three things you have to do are eating good food, exercise and a good night's sleep. You should eat a balanced diet by eating a variety of food from different food groups, you should eat proteins to make your body strong, you should eat carbohydrates to give you energy, fruits and vegetables are very important because they give you vitamins and minerals.

3 The words in the box are all adjectives. Use them to make adverbs to complete the sentences.

- careful • cheap • clear • easy • slow

- 1 You can do this exercise easily if you use the grammar section to help you.
- 2 You should eat slowly or you may get a stomachache.
- 3 You need to plan your diet carefully to make sure it is balanced.
- 4 If you don't have much money, you can buy fruit and vegetables cheaply at the market.
- 5 People will understand you if you speak clearly.

4 In your notebook, write a short essay entitled: A healthy lifestyle. Use the plan below and the activities from Lessons 5 and 6.

	A healthy lifestyle
<p>Paragraph 1 <i>Introduce the topic.</i></p>	The three most important things for a healthy lifestyle are ...
<p>Paragraph 2 <i>Introduce your first point (about food). Give examples and further information.</i></p>	First, for a healthy, balanced diet you need ...
<p>Paragraph 3 <i>Introduce your second point (about exercise). Give examples and further information.</i></p>	Second, it's important to do exercise regularly because ...
<p>Paragraph 4 <i>Introduce your third point (about sleep). Give examples and further information.</i></p>	Third, we need a good night's sleep because ...
<p>Conclusion</p>	Living healthily ...

Student skills

Planning and writing an essay

It's important to plan an essay before you start writing. Look at the plan in Activity 4.

- 1 What is the purpose of the first paragraph and the last paragraph?
- 2 Why is the information in the main part of the essay divided into three paragraphs?

Lesson 7 Practise and prepare

Sort the adjectives and adverbs into the correct columns. Some of the words need to go in both columns.

- clear
- early
- carefully
- good
- cheap
- quickly
- bad
- easy
- cheaply
- slow
- earlier
- clearly
- better
- careful
- badly
- easily
- slowly
- quick

Adjectives	Adverbs
<p>clear early good cheap bad easy slow careful quick</p>	<p>carefully quickly cheaply earlier better badly easily slowly</p>

2 Write a short report comparing how balanced your diet used to be with how it will be now that you have learned about balanced diets. What will you do differently? What will you keep the same?

I used to eat a lot of meat, ice cream and a very little fruits and vegetables, I used to drink too much water and walk to my school, after studying about balanced diet, I found that I should eat a very little of meat and ice cream, but more vegetables and fruits. I will keep drinking too much water and walk to my school.

Self-assessment

3 Can you do all of these tasks?

- I can talk about a balanced diet and food groups.
- I can use quantifiers for countable and uncountable nouns.
- I can advise vegetarians about how to maintain a good supply of protein.
- I can talk about healthier alternative snacks.
- I can use adjectives and adverbs.

Lessons 8-9 Staying hydrated

1 Choose the correct words to complete the sentences.

1 Our bodies need fluids to work properly.

2 If we don't drink enough we could become dehydrated.

3 Water helps our blood to carry nutrients around the body.

4 We lose water when we breathe and sweat.

5 You should drink at least six glasses of water every day.

6 In hotter weather you need to drink more water.

7 You also need to replace your fluids when you exercise.

8 One of the first signs of dehydration is feeling thirsty.

2 Complete these sentences so they are true for you.

1 My favourite drink is water.

2 I usually drink four glasses of water per day.

3 I often get thirsty when I run.

4 If I am really thirsty, I also feel tired.

5 I know that drinking water is important because our bodies will work properly.

3 Solve the anagrams for the different types of drinks.

- | | | | |
|----------------|---------------------|----------------|---------------------|
| 1 eta | <u>tea</u> | 7 oosmthie | <u>smoothie</u> |
| 2 ilkm | <u>milk</u> | 8 oprsts inkdr | <u>sports drink</u> |
| 3 fefeco | <u>coffee</u> | 9 shmiaklke | <u>milkshake</u> |
| 4 ertaw | <u>water</u> | 10 zzify opp | <u>fizzy pop</u> |
| 5 georna uicej | <u>orange juice</u> | 11 lepap ceiju | <u>apple juice</u> |
| 6 qushsa | <u>squash</u> | | |

4 Find nine of the drinks from Activity 3 in the wordsearch.

o	r	a	n	g	e	j	u	i	c	e
a	p	p	l	e	j	u	i	c	e	f
w	t	i	m	o	o	t	h	i	e	d
f	r	q	u	i	p	d	u	e	r	f
d	y	u	y	k	f	i	r	x	t	y
t	e	a	h	m	a	g	w	a	z	o
a	g	s	j	l	q	e	a	s	n	m
z	f	h	n	p	o	u	t	c	b	i
x	c	b	e	o	f	f	e	e	v	i
s	p	o	r	t	s	d	r	i	n	k

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5 Match the speaker with their favourite drink.

I love apples and oranges so of course my favourite drink is made from these.

I know it is unhealthy because it has a lot of sugar, but I really like this drink.

I do lots of exercise so I love to keep my energy up with this drink.

Speaker 1

Speaker 2

Speaker 3

My favourite drink comes in lots of flavours: chocolate, vanilla, strawberry and banana.

My favourite drink is an animal product.

Speaker 4

Speaker 5

