



English for Libya

Secondary 3 Course Book

Scientific Section
(القسم العلمي)

الاسبوع الثالث

Garnet
EDUCATION



Lesson 5: Healthy Habits

C21
SKILLS

A Complete the health tips with the phrases from the box.

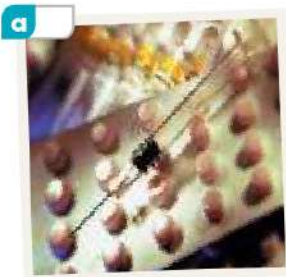
Be safe when you travel Don't drink too much coffee Don't smoke
 Drink plenty of water Eat a balanced diet Get enough sleep
 Look after your eyes Never miss breakfast
 See the dentist for regular check-ups Take some exercise every day

TOP TIPS

... FOR KEEPING HEALTHY

- 1 _____ . An average of eight hours a night is about right.
- 2 _____ . Make sure you eat plenty of fresh fruit and vegetables. Avoid excessive amounts of salt, sugar and animal fat.
- 3 _____ . It's the most important meal of the day.
- 4 _____ . Ideally, do sport three times a week for an hour. If you hate sport, go for a 20-minute walk every day.
- 5 _____ – at least a litre and a half every day. Tea, coffee and soft drinks are NOT water.
- 6 _____ and brush your teeth three times a day.
- 7 _____ . Tea is better for your heart and can even lower your blood pressure.
- 8 _____ . If you do, ask a doctor for help with giving it up.
- 9 _____ . Get them tested once a year.
- 10 _____ . Make sure you are up to date with vaccinations and take malaria medication if necessary.

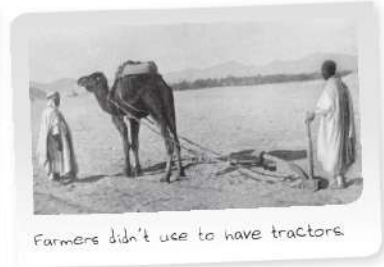
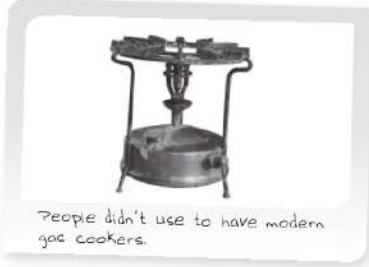
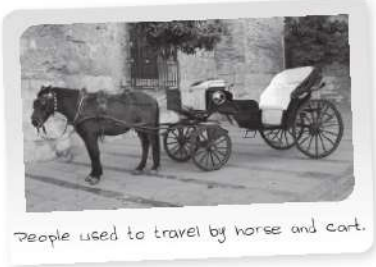
B Match four of the health tips to the pictures.



C Now do Exercises A to F on pages 14 and 15 of the Workbook.

Unit 1 Lesson 6: Now and Then

A Look at the pictures and read the captions. Where and when do you think the pictures were taken?



B Work with a partner. Which opinions are true for Libya? Individually, write A (agree) or D (disagree) in the boxes. Then discuss your views with your partner.



I agree. Families definitely used to be bigger.

That's right. My mother has eight brothers and sisters.

And my grandfather had ten.

But I've only got two brothers and one sister.



- | | | | |
|---|--------------------------|---|--------------------------|
| 1 Families used to be bigger. | <input type="checkbox"/> | 5 People used to die younger. | <input type="checkbox"/> |
| 2 Young people used to have less freedom. | <input type="checkbox"/> | 6 People used to get a better education. | <input type="checkbox"/> |
| 3 The health service used to be better. | <input type="checkbox"/> | 7 There didn't use to be so much pollution in cities. | <input type="checkbox"/> |
| 4 There used to be more poverty. | <input type="checkbox"/> | 8 Children didn't use to be so rude. | <input type="checkbox"/> |



C Work with a partner. Study the functional grammar box. Talk about how life has changed in the past 100 years. Make sentences with *used to/didn't use to*. Use these ideas: children, cities, villages, entertainment, medicine, houses, schools, men, women, young people.



Talking about habits in the past: *used to + verb*

- **used to + verb** is for things which were true in the past but are not true now.
Films used to be black and white. Now they are usually in colour.
- **The negative is didn't use to.**
People didn't use to have computers and mobile phones, but now everyone has them.

p.90

D Read the Functional Grammar box. Now do Exercises A to C on pages 16 and 17 of the Workbook.