



English for Libya

Secondary 3 Course Book

Scientific Section
(القسم العلمي)

الاسبوع الرابع

Garnet
EDUCATION



Lesson 7: Eating Healthily

A Complete the article with the correct linking words and phrases from the box.

As a result of this Finally, let's talk about Furthermore In my opinion In the past
~~Let's start with~~ Next, we need to look at Now The main reason is Yet

People should take responsibility for their own health

by Dr Samir Ramzi

EVERY YEAR, the government spends millions of pounds in health care on people who have brought their illnesses on themselves through bad diet, lack of exercise or smoking.

Let's start with ¹ diet. In Britain, the number of diabetics goes up every year.

² that people are eating food that contains too much fat, sugar and salt.

³ unhealthy diet, 60 per cent of British people are overweight and therefore at risk of becoming diabetic.

⁴ exercise. ⁵, people used to walk more, or use a bicycle to get around.

⁶ everyone gets in their car instead of walking, even if the distance is just a kilometre or two.

⁷, children spend hours playing TV and computer games instead of running about outside. ⁸ we all know that regular exercise helps us to control our weight and keep our heart healthy.

⁹ smoking. There's almost nothing that's worse for your health than this habit. Smoking damages the lungs and heart, and smokers generally need more medical attention than non-smokers.

¹⁰, the government should not give free health care to people who don't take care of themselves. People who lead unhealthy lives should pay for their own health care. And if they bring up their children in an unhealthy way, they should pay for their children's health care, too.

B Now do Exercise A on page 18 of the Workbook.

C Read the Writing Tip and underline any words and phrases you don't know.

Writing Tip: Linking words and phrases to state opinion, list points or talk about cases and results

The following expressions are useful when discussing more than one idea.

| | |
|---------------------------|--|
| Giving opinions | <i>In my opinion, ... / I believe ... / Personally, I think ... Generally speaking, ...</i> |
| Listing points | <i>Firstly, ... / Let's start with ... / In the first place, ... / Secondly, ... Next, ... / In addition, ... / Furthermore, ... / On top of that, ... / Thirdly, ... Finally, ... / Lastly, ... / Last but not least, ...</i> |
| Discussing causes | <i>One reason is that ... / Because of ... / This is caused by ...</i> |
| Discussing results | <i>As a result, ... / Consequently, ... / Therefore, ...</i> |

D Now do Exercises B to D on pages 18, 19 and 20 of the Workbook.

Unit 1 Lesson 8: Saving a Life

C21
SKILLS

A Read the article and choose the best title.

- 1 DIABETES, A DEADLY DISEASE
- 2 MODERN MEDICINE
- 3 SAVED BY HER 4-YEAR-OLD SON
- 4 HOW TELEPHONES SAVE LIVES



WHEN FOUR-YEAR-OLD Mustafa Ahmad woke up, he got straight out of bed and went to look for his mother. He was a little puzzled because she normally came into his room first thing in the morning, woke him up and helped him get dressed. He had no idea why she wasn't there that sunny morning in April.

He went to look for her in the kitchen first. There was no sign of her there. And the bathroom was empty, too. Then he opened her bedroom door and saw that she was still asleep. He tried to wake her up by shaking her and calling, but to no avail. For some reason, he couldn't wake her up.

Latifa, Mustafa's mother, suffers from diabetes. This means she has to control her blood sugar with injections of insulin. But sometimes, the levels of sugar in her blood drop too low, and then she can lose consciousness. That is what had happened. During the night, Latifa's blood sugar had dropped very low and she had lost consciousness. Without help, she could have died in a few hours.

Mustafa's father was away on a business trip, so Mustafa was the only one who could help her. Mustafa knew that when his mother needed sugar quickly, she usually drank something sweet. So he went back to the kitchen and took a can of cola out of the fridge. He brought it back to his unconscious mother and tried to make her drink it. He couldn't, of course, so after spilling quite a lot of the cola on the bed, he decided on another plan – to call the emergency services. Luckily, his grandmother had taught him how to do that just the previous week.

Emergency operator Ahmed Isa took the call. 'The little boy was very calm. He just said, "My mummy is sick. She needs a doctor." I asked him for his address, and he told me.'

An ambulance arrived at the house fifteen minutes later. Mustafa had to stand on a chair to open the front door for the paramedics. They rushed upstairs, found Latifa unconscious and spotted her insulin user's identity card. They knew at once that she was diabetic, and gave her an injection to raise her blood sugar level. Latifa regained consciousness very quickly. 'I'll always be proud of Mustafa,' Latifa says. 'He was calm and intelligent when he needed to be. And that's how he saved my life.'



B Now do Exercises A to D on pages 21 and 22 of the Workbook.

Unit 1: Round up

Here are some of the things you practised in Unit 1. Discuss each item with a partner. Take turns to give another example.

Now, you can:

- **use expressions to explain sickness or injury**

I've got a broken leg. I **fractured** it in a motorbike accident.

My shoulder **hurts**. I **did** it playing tennis.

I've got a bad wrist. I **sprained** it lifting weights at the gym.

- **talk about things in the past that are no longer true and give opinions using *used to + infinitive*.**

Families **used to be** bigger.

The health service **used to be** better.

There didn't **use to be** so much pollution in cities.

- **give opinions and connect sentences using linking phrases.**

In my opinion, there's almost nothing that's worse for your health than this habit.

Secondly, that people are eating food that contains too much fat, sugar and salt.

Last but not least, the government should not give free health care to people who don't take care of themselves.

- **describe specific actions using phrasal verbs.**

He **gave up** smoking when he got ill.

I'll **pick you up** at half past seven.

- **use word groups to remember words.**

- **use suitable adjectives and adverbs to describe feeling and condition.**