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Curricula and Educational Research Centre

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# English for Libya

Secondary 1

الاسبوع العشرون

المدرسة الليبية بفرنسا - تور



## Unit 6

# Health and Fitness

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## Unit 6 Lesson 1: Eating Healthily



**A** Work with a partner. Which meal do you think is healthier? Why?



**B** Nadia is a nutritionist. Read the first part of her talk about nutrition and check your ideas.



Which picture shows the healthier lunch? If you guessed picture 2, you're right. Why is it better? Well, first of all, this lunch has food from more food groups than the other one. Secondly, the lunch in picture 1 includes food that can be bad for your health.

Let me talk first about why it is important to eat food from different food groups. Our bodies need different things to grow and be healthy, and they are not all in the same food groups. The yoghurt in picture 2 is from the dairy group – foods made from milk – and contains calcium. We need calcium to have healthy teeth and bones. The chicken in the sandwiches contains protein, which gives us strong muscles. The salad and grapes are from the fruit and vegetable group. The foods in this group contain vitamins our body needs. For example, oranges have a lot of vitamin C, which some doctors think helps you get better when you are ill. Some teenagers don't get enough fruit and vegetables in their diet. Try to eat more! Vegetables taste good if you don't cook them too much. And fruit and vegetables have few calories, so they're good for people who want to stay slim. Calories are the measurement of energy values in foods.



**C** Guess what Nadia will talk about next. **45** Then listen and check.

- How to bake bread.
- Food that is bad for you.
- How exercise can make you healthy.

**D** Now do Exercises A to E on pages 63 and 64 of the Workbook.



## Lesson 2: Have a good night!

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A  Discuss these questions with a partner. Then read the magazine article and compare your ideas.

- Why is sleep important?
- How much sleep do teenagers need?

# A GOOD NIGHT'S SLEEP

Do you think sleep is a waste of time? Do you like to stay up late to do homework, talk with friends, or play computer games?

We asked Dr Ibrahim Ansari, a sleep expert, if sleep was really important for teenagers.

### The need for sleep

Dr Ansari said he was worried about many of the teenagers he saw in his office. He said that many of them slept for only six or seven hours a night. Teenagers should sleep for an average of eight hours per night. Your body needs sleep to grow and stay strong. If you haven't had enough sleep, you can get hurt if

you do sport. Your brain needs sleep too.' Dr Ansari told us that many of the teenagers he saw got bad marks because they were often tired.

### Different stages of sleep

Scientists still don't know everything about sleep, but they know that there are five stages of sleep. We asked Dr Ansari what they were. The first stage is when you fall asleep. You relax and your heart starts to beat more slowly. The second stage is light sleep. During this time, you wake up very easily if you hear a noise. In the third and fourth stages, you sleep more deeply. It's difficult for someone to wake you up. The last stage is the time when you dream. Your body is relaxed, but your eyes move.

### HEALTH ADVICE FOR TEENAGERS

#### Cures for sleeplessness

Sometimes you go to bed, but can't get to sleep. We asked Dr Ansari what you could do. 'First of all, try to go to bed at the same time every night. Don't do anything exciting just before bed, like exercising or watching an adventure film.' Dr Ansari told us you could drink a glass of warm milk if you really couldn't fall asleep. He said many teenagers found drinking milk relaxing.

Now that you know what to do, have a good night's sleep. You'll feel much better in the morning.




B Read the article again and answer the questions in Exercise A on page 64 of the Workbook.

C Read the Functional Grammar box and find examples in the article. Then do Exercises B to E on pages 64 and 65 of the Workbook.




Retelling: Reported speech

Use the reporting verbs *ask*, *tell*, *say* to tell another person what somebody said.

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## Unit 6 Lesson 3: How do you feel?

A  Listen to the dialogues and put the pictures in order. Number them 1-4.



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SKILLS

B Read the dialogues and try to work out the meaning of the words in bold.

**Mother:** You sound ill. How are you feeling this morning?

**Salwa:** Not very well. I have a **sore throat**. And I've been coughing a lot.

**Mother:** Do you have a **headache**?

**Salwa:** Yes, and my head feels very hot. I think I have a **fever**.

**Mother:** You can't go to school today. You probably have **flu**. You'll have to stay in bed.

**Jane:** What happened to you?

**Sally:** I had an accident. I fell off my bicycle.

**Jane:** Did you break your **ankle**?

**Sally:** No, I only **sprained** it. It was **bruised** and **swollen**, but not broken.

**Jane:** How long do you have to keep the **bandage** on?

**Sally:** A few more days.

**Khalid:** Ouch!

**Ibrahim:** Are you all right?

**Khalid:** Well, my arm **hurts**.

**Ibrahim:** Maybe you broke it. Can you move it?

**Khalid:** Yes, I think so.

**Ibrahim:** What happened?

**Khalid:** I climbed that tree to get my kite, but a branch broke and I fell to the ground.

**Ibrahim:** Do you want me to help you get home?

**Khalid:** No thanks. I can manage.

**John:** Oh, you've got a bad **sunburn**!

**Tim:** Yes, I was playing volleyball on the beach with my friends yesterday and I didn't realize I was getting **burned**.

**John:** Does it hurt?

**Tim:** Yes, it hurts a lot. I couldn't sleep last night.

**John:** Didn't you use sun cream?

**Tim:** No, I forgot.

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**C Match the advice to the people in Exercise B with the problems. Two don't match.**

**1**

You should see the doctor to make sure you haven't broken it.

**2**

You ought to take an umbrella.

**3**

You shouldn't eat much chocolate.

**4**

You could take some aspirin. It might help.

**5**

You shouldn't walk on it.

**6**

You could try using after-sun cream.

**D Look at the advice on this page. Which modal verb is not as strong as the others?**



**Giving advice:** Modal verb + infinitive

- Use *should/shouldn't*, *ought to*, *could* + infinitive to give advice.

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**E Now do Exercises A to C on pages 66 and 67 of the Workbook.**