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الصف : الثاني عشر

المادة : اللغة الإنجليزية

الفصل الدراسي : الثاني



Unit (1) - Theme 3 :

Healthy and Safety Healthy living

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المؤهل الدراسي : بكالوريوس ألسن - تخصص لغة إنجليزية

Look at the pictures. Which are related to health and which are related to safety?



Look at the pictures. Which are related to health and which are related to safety?

Answers:

- A BBQ on fire (Safety)
- B Warning notice (Safety)
- C Cyclists (health)
- D Vegetables (health)
- E Football players (health)
- F Speed bump (Safety)



Read the text below and check that you understand the meanings of the words and phrases in bold. Use a dictionary to help you.

The lives of many people today are more **Sedentary** than in the past. Therefore more than ever, exercise and **diet** play a **vital** role in reducing the **risk** of illnesses such as heart **disease**, diabetes and obesity. Sports are not only **beneficial** for our physical health, but can also greatly help people who are **depressed**. In our daily lives, we should not only be aware of health issues, but also ways of keeping safe. These range from dealing with **potential hazards** in the home to **preventing** accidents on the roads and in the water. In addition, Oman has taken steps to keep its people safe from natural disasters such as **cyclones**.



Read the text below and check that you understand the meanings of the words and phrases in bold. Use a dictionary to help you.

vital: very important, essential

risk: possibility that something dangerous or unpleasant might happen

diabetes: serious medical condition where your body does not produce enough insulin to reduce the amount of sugar in the blood

obesity: condition where someone is too fat in a way that is dangerous for their health

beneficial: helpful

depressed: feeling very sad

potential: has the possibility of developing in a particular way

hazards: dangers or risks; anything which could cause harm

preventing: stopping from taking place

cyclones: violent storms with strong winds





Discuss the questions below in groups. Give reasons for your answers.

- Do you think your personal eating habits are 'healthy'?
- Do you avoid eating any types of food for reasons of health?
- Is the typical diet in Oman healthy, or do people tend to eat too much or too little of certain types of food?
- How have eating habits in Oman changed in recent years?



Why have these changes occurred?



Thinking About a Topic

Thinking about a topic before you start reading helps provide a context for the reading and can make it easier to understand.



Look at the title of the following text only. Cover the text itself. Discuss questions a and b. Then uncover the text, read it and decide whether questions a and b were answered.

a. What kind of information would you expect the text to contain?

b. What questions do you expect the text to answer?



Healthy Eating

Healthy eating is not about a strict diet, or staying excessively thin. It's more about feeling great, having more energy and improving your sense of well-being. Eating more fruits and vegetables, and reducing your fat and sugar intake, can improve your mood and lower the risk of mental health problems.



Planning a healthy diet

Plan a healthy diet as a series of small steps rather than huge changes. For example, add a salad to your diet once a day. As these small changes become a habit, you can continue to add more healthy choices.

- **Prepare more of your own meals.** Cooking at home puts you in control of what you're eating.
- **Make the right changes.** Replace unhealthy foods with healthy alternatives. For example, replace animal fats with vegetable fats.
- **Read the labels.** It is important to know what your food contains, as manufacturers often hide large amounts of sugar and salt in packaged food.
- **Drink plenty of water.** Water helps flush out waste products from your system. Lack of water can cause tiredness, low energy and headaches.
- **Eat healthy snacks.** Cut down on sweets, chocolate and cakes. Eat fruit, which is naturally



- sweet, instead. Buy unsalted nuts instead of salted ones.
- **Avoid sugary drinks.** Try drinking sparkling water with a splash of fruit juice instead.

Moderation is the key

Moderation means eating only as much food as your body needs. You should feel satisfied at the end of a meal, but not stuffed. Moderation is also about balance. We need a balance of carbohydrates, protein, fat, fibre, vitamins and minerals to maintain a healthy body.

- **Smaller portions.** Reduce the amount of food on your plate. When eating out, don't order huge meals. If you don't feel satisfied at the end of a meal, add more green vegetables or finish the meal with fruit.
- **Take your time.** Eat slowly and stop eating before you feel full.
- **Eat with others whenever possible.** Enjoy meals with family or friends. Eating alone in front of the TV or computer often leads to overeating.
- **Eat a good breakfast and smaller meals during the day.** A good breakfast gives you a good start to the day, and eating small healthy meals keeps up your energy.
- **Fill up on fruit and vegetables.** Eat at least five servings of fruit and vegetables per day. This will fill you up and help you cut back on unhealthy foods.

By following a few simple tips such as the ones above, you can create a tasty, varied and healthy diet that is as good for your mind as it is for your body.





Read the text in Activity 2 again. For each statement below, circle the letter of the correct answer.

1. When planning a healthy diet, you should.....
 - a. add several changes every day
 - b. make small changes
 - c. eat mostly salads
2. As part of a healthy eating programme, you should.....
 - a. find out what is in packaged food
 - b. stop eating snacks
 - c. drink only sparkling water
3. If you are still hungry at the end of a meal, you should
 - a. eat until you feel stuffed
 - b. drink lots of water
 - c. Eat more vegetables and fruits
4. As a result of a healthy diet, you will.....
 - a. become very thin
 - b. eat very small meals
 - c. improve your mental and physical health





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TIME TO TALK

1. Make a list in your exercise book of six types of behaviour a person should do (or avoid) in order to be healthy. List behaviours related to both food and exercise.
2. Discuss your list with the other members of your group. Create a new group list of the six most important behaviours.
3. Find out who is the healthiest person in your group – in other words, who practises these behaviours most. Then discuss with the rest of the class and find out who is the healthiest person!

Healthy Behaviours

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

