



# 6. STAYING HEALTHY

Grade: 5  
Unit: 6  
Lesson: 5


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## الأمراض

1 How many illnesses do you know?

What's wrong in the picture?  
Who has got long, dark, curly hair?  
Find three animals.  
Who is tying his shoelaces?

32 thirty-two

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32 thirty-two

2



# Vocabulary:

2  Listen, point and repeat.

I've got



a cold



a headache



a sore throat



a stomachache



a high temperature



a toothache



a runny nose



an earache



a cough



a rash

I feel



dizzy



sick

- 3  Look for the words from Activity 2 in the picture on page 32.  
Write the missing word. High temperature

- 4  Listen, read and say.

- a I've got a sore throat!    b I've got a runny nose!    c I feel dizzy!    d I've got a cough!    e I've got a cold!

- 5  Play a guessing game.



Oh, my head!

Have you got a headache?

Yes, I have!







- 1 **Before you read** How many illnesses can you find?
- 2 Watch or listen and read.

## A high temperature

1 What happened, Sami?

I was playing football when suddenly ...

2 Are you OK, Sami?

I don't feel very well. I feel dizzy.

You shouldn't play football when you're feeling dizzy.

3 You should go to the doctor's.

I don't want to be ill! I'm going to the stadium to watch the big football match this weekend!

Bo, you should stay with Sami and wait for his mum.

4 Do you feel dizzy now?

Not now, but I felt dizzy at the sports centre!

Have you got a runny nose?

No, I haven't.





Lesson 2, part 1

6



4

**After you read** Write the words to complete the sentences.

- 1 At the sports centre, Sami feels dizzy.
- 2 At the weekend, Sami is going to the stadium to watch the big football match.
- 3 Mum and Bo go with Sami to the doctor's.
- 4 Bo takes Sami's temperature.
- 5 Bo is very worried because he thinks Sami's temperature is very high.
- 6 The doctor tells Sami to get some rest and drink plenty of water.

5



Act out the story.

6



Design your perfect doctor's waiting room! What things are there?

1 🔍 Look back! Tick (✓) the sentence in this picture.

- 1 I don't feel very well. I feel dizzy.
- 2 You should go to the doctor's.
- 3 I should take your temperature.

☐  
☐  
☒



2 🎧 Watch or listen and repeat.

يجب

You **should** go to the doctor's!

You **shouldn't** go to school!

**Should** I take some medicine? Yes, you **should**. / No, you **shouldn't**.



تستخدم **should & shouldn't** في النصيحة.  
\*يجب أن يأتي بعدها الفعل في المصدر بدون أي اضافات.

1- You **should** **keep** the medicine out of the children reach.

2- You **shouldn't** **go** to the club today; you look tired.

# Choose the correct answer:

1. You have a great job; you (should – shouldn't) change it.
2. You (should – shouldn't) drink so much coffee; it's bad for your blood pressure.
3. The government should (help – helping) people in need.
4. It's an incredible film. You (should – shouldn't) watch it.
5. It's a very dangerous area. Tourists shouldn't (~~went~~ – go) there.
6. Should he study more if he wants to pass his exam.? (Yes, he should – No, he shouldn't)
7. Should I go to that restaurant? (Yes, you should – No, you shouldn't); the food is terrible.

3



Listen and point. Then match with the advice.

نصيحة

put cream on it

sit down

not scratch it

not go swimming

blow your nose

go home



4



Choose someone from the picture. In pairs, ask and answer.

I've got a rash.

You should put cream on it. You shouldn't scratch it.

You should ... You shouldn't ...



1



Listen, point and repeat.

1



صحي healthy

2



معي unhealthy

3



لائق بدنيا fit

4



غير لائق بدنيا unfit

5



يعمل تمارين do exercise

6



يرتاح relax

7



متوازن eat a balanced diet

8

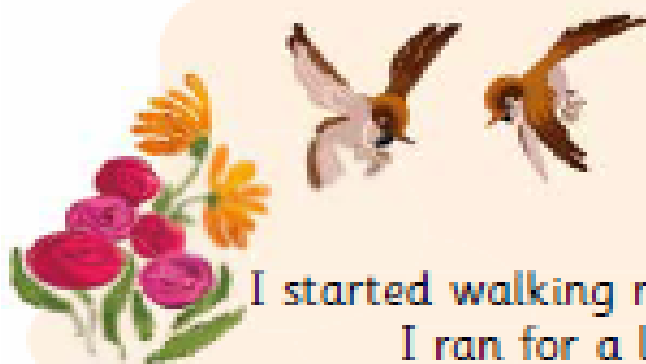


وجبات سريعة eat junk food

2



Listen and sing.



I wasn't very healthy,  
But I wanted to be fit.  
I wanted to do some exercise,  
To walk instead of sit!



I started walking round the park,  
I ran for a little bit.  
Soon I could run for longer,  
I was getting fit!

I wanted to do some exercise,  
I ran to get healthy and fit!  
I ran my first race in the park!  
Now I feel super-fit!

3



Watch or listen and repeat.

I'm running to be fit and healthy.

He went to the supermarket to buy fruit.

4



Combine the sentences.

1 I'm going for a walk twice a day. I need to be fit and healthy.

I'm going for a walk twice a day to be fit and healthy.

2 I went to the sports shop. I needed to buy some trainers.

3 I'm going to eat less junk food. I need to eat a balanced diet.

4 I went to the greengrocer's. I needed to buy some vegetables.



# THANK YOU

Homework: page 20 - 21 -22