

6. STAYING HEALTHY




Grade: 5



Unit: 6

Lesson: 7

Miss. Alaa Farrag

1  When do you go to the doctor's?

a headache feel dizzy a cold feeling sick

2   6.13 Watch or listen. What's the matter with Alfie?

Should I take any medicine?

No, but you should rest.

3   6.14 Watch or listen again, read and check.



Hello, Alfie. What's the matter?

Hi, Dr Wise. I'm feeling sick and dizzy, and my neck hurts, too.

Where does it hurt?

Here.

OK. I'll take your temperature ... Yes, you've got a high temperature. When did you start feeling sick and dizzy?


Yesterday evening.

You shouldn't go to school today. You should stay at home.



What's the matter?
I'm feeling sick.
My neck hurts.
Where does it hurt?
I'll take your temperature.
When did you start feeling sick?
You shouldn't go to school. You should rest.

4

 You aren't feeling well.
Go to the doctor's and say
what the matter is.

a rash a cough
a stomachache
a toothache an earache

Pronunciation

5



Listen and say the tongue twister.

'Where does it hurt?' asks Dr Kurt
Who's wearing a purple T-shirt!
'Oh, my head,' says Emily Egg,
'I should get some medicine and get to bed!'



6.16

Doctor: Hello, Saeed. What's the matter?

Saeed: Hi, Dr Hilal. I'm feeling sick, and I've got a terrible headache, too.

Doctor: Where does it hurt?

Saeed: Here, near my eyes.

Doctor: OK. I'll take your temperature ...
Yes, you've got a high temperature.
When did you start feeling sick?

Saeed: Last night.

Doctor: You shouldn't use the computer today.
You should stay in bed and relax.

Saeed: Should I take any medicine?

Doctor: Yes, take this medicine every four hours.

1 Complete the patient's fact file.

stay in bed and relax near his eyes feeling sick last night headache
high ~~Saeed~~ use the computer every four hours

Patient Information Sheet

Name: SaeedHealth problems: feeling sick, headacheWhere it hurts: near his eyes Should: stay in bed and relaxTemperature: high Shouldn't: use the computerWhen it started: last night Medicine: every four hours

2 Look at Activity 1 and complete the dialogue. Then listen and check.

Hello, Saeed. What's the matter?

Hi, Dr Hilal. I'm (1) feeling sick, and I've got a terrible (2) headache, too.

Where does it hurt?

Here, (3) near my eyes.OK. I'll take your temperature ... Yes, you've got a (4) high temperature. When did you start feeling sick?(5) Last night.You (6) shouldn't use the computer today.You (7) should stay in bed and relax.

Should I take any medicine?


Yes, take this medicine (8) every four hours.مشاكل صحية
مكان الألم



Find groups of three words with the same sound in a line. Circle the /ɜ:/ sound and underline the /e/ sound. Then listen and check.

headache	send	letter	curly
jellyfish	word	turtle	Earth
sell	pen	healthy	earn
purse	heard	hard-working	spell

Reading

- 1 **Before you read** Look at the headings in the text. What do you think the top five tips are about?
- 2  Listen and read.

TOP 5 TIPS ON HOW TO STAY HEALTHY!



1 Eat well, feel well!

If you want to be healthy, eat a balanced diet! You should eat at least five portions of fruit and vegetables every day to stay healthy. You shouldn't eat a lot of junk food.



2 Get out and about!

Get moving to stay fit! You should do exercise for 30 minutes a day. Run around in the playground, play a sport, or simply walk quickly to school!



3 Sleep tight!

Make sure you get plenty of sleep each night! You should sleep for 9–10 hours each night. Make your bedroom a calm, quiet place and don't keep a phone or tablet by your bed.



4 Water of life

We all need water, and drinking water in the day and after exercise gives you energy. Water also helps you get better when you are ill. So, if you've got a headache or a cough, you should drink some water!



5 Have fun!

What do you do to relax? Do you do exercise, read a book or watch a film? Or do you meet friends in the park? Whatever you choose, relaxing and having fun are important ways to stay fit and healthy!



3 **After you read** Were your ideas about the tips correct?

4 **Correct the sentences.**

- 1 A balanced diet should have at least seven portions of fruit and vegetables a day.
- 2 Walking or doing other exercise for ten minutes a day keeps you fit and healthy.
- 3 You should always keep a phone in your bedroom.
- 4 If you're feeling well, you shouldn't drink water.
- 5 Relaxing doesn't help you stay fit and healthy.

Reading

1 After you read Complete the sentences so that they mean the same.

1 The most important thing to be happy is to be nice to your friends and family.

The top tip to be happy is to be nice to your friends and family.

2 I only had an apple and some grapes today.

I only had two portions of fruit today.

3 I was ill last week so I stayed at home.

I was ill last week so I couldn't get out and about.

4 You should sleep well each night to stay healthy!

You should sleep tight each night to stay healthy!

5 Make your bedroom a quiet place to sleep well.

Make your bedroom a calm place to sleep well.

6 Drinking water after exercise makes you feel stronger!

Drinking water after exercise gives you energy!

sleep tight

portions

calm

~~top tip~~

energy

out and about

2

Answer the questions. Then match them with headings a–e.

5

ways to
follow a
healthy
lifestyle

a



Have fun!

b



Get out
and about!

c



Eat well,
feel well!

d



Sleep tight!

e



Water of life

1 What can you do to stay fit?

b

You can run in the playground, do a sport
or walk to school.

2 What's a balanced diet?

c

It's when you eat at least five portions of fruit and vegetables every day.

3 Why is water good for you?

e

Because it gives you energy and helps you get better when you are ill.

4 What can you do to relax?

a

You can do exercise, read a book, watch a film, see friends
in the park.

5 How many hours should
you sleep every night?

d

You should sleep 9 to 10 hours.

An abstract geometric design on the left side of the slide. It features a dark blue background with various geometric shapes and patterns. A white circle is positioned near the top left. Below it, a light blue semi-circle is visible. To the right of the semi-circle, there is a pink triangle with diagonal lines. Further down, there is a pink square with a pattern of concentric lines. At the bottom, there is a pink triangle with a pattern of concentric lines. The overall design is modern and minimalist.

THANK YOU