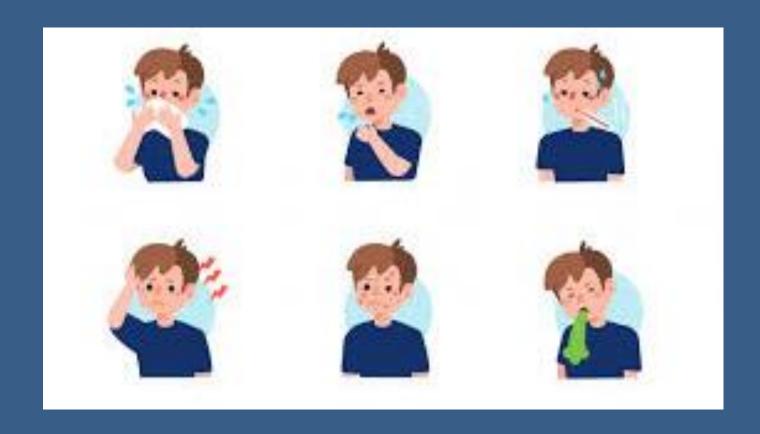
6. STAYING HEALTHY



Grade: 5

Unite:6

Lesson:7

Miss. Alaa Farrag

English in action

At the doctor's

P.40

When do you go to the doctor's?

a headache

feel dizzy

a cold

feeling sick

Should I take any medicine?

No, but you should rest.

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

(3) 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.

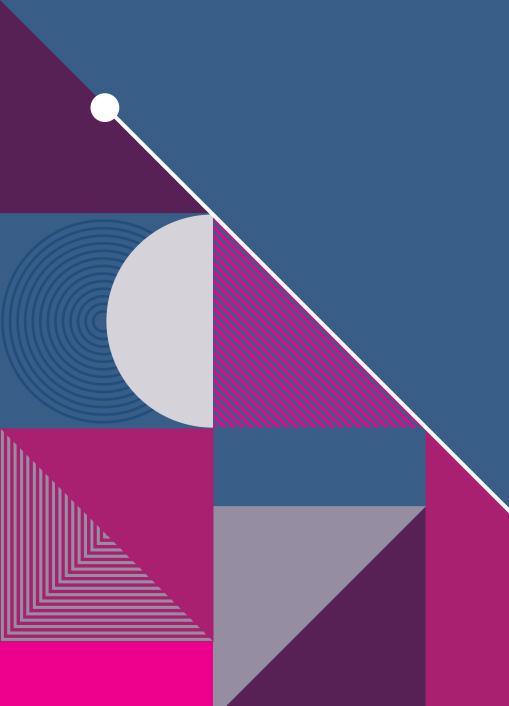
You aren't feeling well. Go to the doctor's and say what the matter is.

a rash a cough
a stomachache
a toothache an earache

Pronunciation

(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.

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

Name: <u>Sa</u>	eed		
_ :Health problems	feeling sick		headache
Where it hurts:	near his eyes	Should:	stay in bed and relax
Temperature:	high	Shouldn't:	use the computer
When it started:	last night	Medicine:	every four hours

Hello, Saeed. What's the matter?

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

Where does it hurt?

Here, (3) <u>near</u> my <u>eyes</u>.

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) <u>shouldn't</u> use the computer today.
You (7) <u>should</u> stay in bed and relax.

Should I take any medicine?

Yes, take this medicine (8) every four hours.

Find groups of three words with the same sound in a line. Circle the /31/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

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

TOP 5 TIPS ON HOW TO STAY HEALTHY!

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.

Get out and about!

Get moving to stay fit! You should do exercise for 30 minutes a day. Run ground 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!



- After you read Were your ideas about the tips correct?
- 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.

Activity Book, Unit 6 Lesson 7



Reading

1	The	most	impo	rtant	thing	to be	happy	j is to	be	nice	to you	r friend:	s and	family.
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The <u>top tip</u> to be happy is to be nice to your friends and family.

I only had an apple and some grapes today.

I only had two **<u>portions</u>** 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 <u>sleep tight</u> 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 aixes you feel stronger!

Drinking water after exercise gives you <u>energy</u>!

sleep tight

portions

calm.

top-tip

energy

out and about

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



- 2 What's a balanced diet?
- 3 Why is water good for you?
- 4 What can you do to relax?
- 5 How many hours should you sleep every night?

- C It's when you eat at least five portions of fruit and vegetables every day.
- e Because it gives you energy and helps you get better when you are ill.
- You can do exercise, read a book, watch a film, see friends in the park.
- You should sleep 9 to 10 hours.

