

## أوراق عمل fitness and Health فهم قرائي



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المزيد من مادة  
لغة انجليزية:

إعداد: ABDELSALAM AWAD

### التواصل الاجتماعي بحسب الصف الثاني عشر



صفحة المناهج  
الإماراتية على  
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

### المزيد من الملفات بحسب الصف الثاني عشر والمادة لغة انجليزية في الفصل الثالث

حل تدريب Language Your Enrich إثراء لغوي

1

تدريب Language Your Enrich إثراء لغوي

2

تدريب Learning Your Check تحقق من تعلمك

3

واجب كتابة Assignment Writing نموذج أول المسار المتقدم

4

أسئلة مراجعة حول مفردات Vocabulary الوحدة السادسة المسار المتقدم

5

## Health and Fitness: A Balanced Approach

Maintaining optimal health and fitness requires a multifaceted approach, integrating proper nutrition, consistent physical activity, and mental well-being. A well-rounded diet should emphasize whole, unprocessed foods—such as leafy greens, lean proteins, and complex carbohydrates—while minimizing refined sugars and trans fats, which are linked to obesity and cardiovascular diseases. Hydration is equally critical, as water supports metabolic functions and aids digestion.

Exercise recommendations vary based on individual fitness levels, but general guidelines suggest at least 150 minutes of moderate aerobic activity (e.g., swimming, cycling) or 75 minutes of vigorous exercise (e.g., running, HIIT) weekly, supplemented by muscle-strengthening activities twice per week. However, excessive training without adequate recovery can lead to overtraining syndrome, characterized by fatigue, decreased performance, and increased injury risk.

Mental resilience is another cornerstone of wellness. Chronic stress elevates cortisol levels, impairing immune function and cognitive performance. Mindfulness practices, such as yoga and journaling, can mitigate these effects by promoting relaxation. Furthermore, 7–9 hours of quality sleep per night is essential for cellular repair, memory consolidation, and hormonal balance.

Sustainable habits—rather than extreme diets or sporadic workout regimens—yield the best long-term results. Incremental lifestyle adjustments, such as taking the stairs instead of the elevator or substituting sugary

drinks with herbal tea, compound over time, fostering lasting health benefits.

### Read and Choose the Correct Options:

**1. Which dietary components are explicitly discouraged due to their association with chronic diseases?**

- a) Leafy greens and lean proteins
- b) Refined sugars and trans fats
- c) Complex carbohydrates and plant-based fats

**2. According to the passage, what is a potential consequence of overtraining without sufficient recovery?**

- a) Enhanced endurance and stamina
- b) Improved muscle growth and metabolic rate
- c) Overtraining syndrome, marked by fatigue and injury risk

**3. How does chronic stress physiologically affect the body?**

- a) Boosts immune function and sharpens focus
- b) Elevates cortisol levels, impairing immunity and cognition
- c) Reduces blood pressure and enhances sleep quality

**4. What is the recommended duration of vigorous aerobic exercise per week for general health?**

- a) 75 minutes
- b) 150 minutes
- c) 300 minutes

**5. Which of the following strategies is suggested for sustainable health improvements?**

- a) Adopting extreme calorie-restrictive diets
- b) Making gradual lifestyle adjustments like choosing stairs over elevators
- c) Engaging in high-intensity workouts exclusively

**6. What is the primary function of adequate sleep with health?**

- a) Facilitating cellular repair and hormonal balance
- b) Increasing social engagement and productivity
- c) Reducing the need for dietary protein intake

## Staying Healthy

Staying healthy is not just about avoiding illness—it's about maintaining a balanced lifestyle. Regular physical activity, a nutritious diet, and proper rest are essential elements of good health. However, even with the best habits, people occasionally fall ill. Recognizing symptoms early can help manage health issues more effectively.

Common signs of illness include **fatigue**, which is a feeling of extreme tiredness not relieved by rest, and a **fever**, where the body temperature rises above normal as it tries to fight off infection. Some illnesses may also lead to **nausea**, a sensation that makes a person feel like vomiting, and a lack of **appetite**, reducing the desire to eat.

Certain illnesses are **contagious**, meaning they can spread from one person to another. For example, the flu virus can **transmit** through tiny droplets when an infected person coughs or sneezes. That's why covering your mouth, washing hands frequently, and avoiding close contact with sick individuals are important preventive steps.

While minor symptoms may not always require a doctor, it's important to pay attention to how long they last. If fatigue persists for more than a week or fever becomes very high, professional medical advice is necessary. Similarly, a long-lasting loss of appetite or continued nausea might point to something more serious.

Ultimately, caring for your health means listening to your body. Building strong immunity through exercise, eating

well, and getting enough sleep can reduce the chances of catching infections and improve your overall quality of life.

### Read and Choose the Correct Options:

1. What does the passage suggest is important to staying healthy?

- A. Avoiding people with contagious diseases
- B. Maintaining healthy routines
- C. Taking medicine regularly

2. What is the meaning of the word **fatigue** as used in the passage?

- A. Pain in muscles
- B. Unusual tiredness
- C. Sleepiness after eating

3. How can contagious diseases be transmitted?

- A. Through exercise equipment
- B. By eating unhealthy food
- C. Through droplets from a sick person

4. What is a possible sign that someone should see a doctor?

- A. Short nap during the day
- B. Loss of appetite for one meal
- C. High fever that lasts

5. What does **nausea** most likely feel like according to the text?

- A. The urge to vomit
- B. A painful headache
- C. Trouble breathing

6. Why is it important to build strong immunity?

- A. To sleep better at night
- B. To avoid feeling hungry
- C. To resist infections and improve life quality