

شرح درس How food can improve your health?



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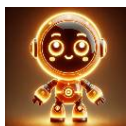
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المزيد من مادة
لغة انجليزية:

إعداد: شيماء أحمد

التواصل الاجتماعي بحسب الصف السابع



صفحة المناهج
الإماراتية على
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف السابع والمادة لغة انجليزية في

شرح درس How food can improve your health?

1

وفق الهيكل الوزاري 2026 - Booklet Revision Full 3 EOT English

2



ENGLISH

1B اضبط للمزيد على قناة مس شيما أحمد في التلقرام

How can food improve your health?

- What is your favorite meal?
- Do you think people should eat it often?

SPEAKING

1 Look at the pictures of different foods. How often do you eat each one?

Falafel: I eat it once a week.



Burger: I eat it sometimes.



Rice: I eat it almost every day.



Meatballs: I eat them sometimes.



Salmon: I eat it once a week.



French fries: I eat them sometimes.



Shawarma: I eat it once a week.



LISTENING

2 Listen to a podcast. What is it mainly about?

- ☒ a) How people make everyday food choices
- ☐ b) A healthy food delivery service
- ☐ c) Food and nutrition facts
- ☐ d) Why people should eat only carbs

3 Listen again. Which ideas does the speaker mention?

Dates: I eat them often.



	Yes	No
1 People should eat healthy food more often.	☒	☐
2 Eating too much fat can be unhealthy.	☒	☐
3 HealthyBite is easy and convenient.	☒	☐
4 People should stop eating all fast food.	☐	☒
5 The meals include protein and carbs.	☒	☐
6 Cooking at home is always better than delivery.	☐	☒
7 Healthy food helps people feel strong and active.	☒	☐

4 Read the sentences from the podcast. Underline **should** in the sentences.

- People should try to make better food choices.
- People should eat balanced meals more often.
- People should choose food that helps them feel strong and active.

Language Tip

We use **should** to give advice or say what we think is a good idea.

Is the speaker giving facts or advice? Do people have to do these things?

Advice

No, they don't

5 Choose the best advice.

- You feel tired during the school day.
 - You should skip meals.
 - ☒ You should eat balanced meals.
- You are very busy after school.
 - ☒ You should choose quick but balanced food.
 - You should eat only one kind of food.
- You don't have time to cook every day.
 - ☒ You should look for easy food options.
 - You should stop eating meals at home.
- You want to feel strong and active.
 - ☒ You should choose food that gives you energy.
 - You should avoid food completely.
- You eat fast food very often.
 - ☒ You should try to eat balanced meals more often.
 - You should never eat quick food again.



6 Work in pairs/groups. Choose a situation. Take turns giving advice using **should**.

1 a classmate:

- feels tired in afternoon classes
- often skips breakfast

I think they should eat breakfast and balanced meals.

2 a police officer:

- works long hours
- wants to stay strong and active

I think they should eat healthy food and exercise regularly.

3 a businessperson:

- sits at a desk most of the day
- eats quick food because of work

I think they should choose quick but balanced food and exercise regularly.

4 a student during exam week:

- studies for many hours
- feels tired and stressed

I think they should eat balanced meals, drink enough water, and get enough rest.

I think they should...

They should try to...

They shouldn't...