

## How can food improve your health?



### تم تحميل هذا الملف من موقع المناهج الإماراتية

موقع المناهج ← المناهج الإماراتية ← الصف السابع ← لغة انجليزية ← الفصل الأول ← ملفات متنوعة ← الملف

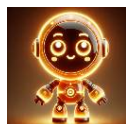
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ملفات اكتب للمعلم اكتب للطالب | اختبارات الكترونية | اختبارات | حلول | عروض بوربوينت | أوراق عمل  
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المزيد من مادة  
لغة انجليزية:

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 الفصل الأول

How can food improve your health

1

How can food improve your health?

2

Grade 7 English Complete Study Revision Practice Exam Booklet

3

أوراق عمل اختبارية في القراءة والكتابة متبوعة بالإجابات

4

أوراق عمل مراجعة عامة منهج أكسس

5



# اضغط للمزيد على قناة مس شيماء أحمد في التلقرام 1A

## How can food improve your health?

### ENGLISH

- What foods do you like to eat every day? Why?
- Do you think eating one food can make us healthy?
- What do you do every day to stay healthy?

Hamad has a healthier lifestyle because he eats a lot of fruits and vegetables and plays sports like basketball and soccer.

- 1 With a partner, read about Khalid and Hamad. Who do you think has a healthier lifestyle? Who has a less healthy lifestyle in some ways? Why?

Khalid has a less healthy lifestyle because he eats pizza and hamburgers and does not play sports very often.

Khalid likes eating pizza and hamburgers, but he does not eat them every day. He also eats fruit at school. Khalid does not play sports very often, but he likes walking with his family in the evening. He sometimes plays video games and watches television after school.

Hamad eats a lot of fruits and vegetables, but he also enjoys candy and sweet food sometimes. He likes playing sports like basketball and soccer, but he does not exercise every day. Some days, he prefers relaxing at home and watching television.

### LISTENING

- 2 Listen to the interview. Choose the best title.
- a Eating the right food for strong muscles
  - b How doctors help people stay healthy
  - c A healthy lifestyle: food and exercise
  - ☒ d Healthy foods we should eat every day

- 3 Listen again. Put a check (✓) next to the words you hear.

- ✓..... garlic
- ~~✗~~..... sugar
- ✓..... beans
- ~~✗~~..... fast food
- ~~✗~~..... exercise
- ✓..... vitamins
- ~~✗~~..... milk
- ✓..... muscle
- ~~✗~~..... hospitals
- ✓..... vegetables



#### Listening Strategy

When listening for key information in a text, listen out for the key words that tell you the topic that is being talked about. Then, listen for the details that are talked about in connection with that key word.

- 4 Listen to the interview again, and complete the graphic organizer with notes on what you hear.

|                                    | What they can help with                            | What they don't do               |
|------------------------------------|----------------------------------------------------|----------------------------------|
| 1 carrots                          | They help you see better / keep your eyes healthy. |                                  |
| 2 spinach                          | It has vitamins and helps keep you healthy.        | It doesn't help you make muscle. |
| 3 beans                            | They have protein and help you make/build muscle.  |                                  |
| 4 garlic                           | It helps you not get sick.                         |                                  |
| What else can we do to be healthy? |                                                    |                                  |

- 4 What else should you do to be healthy? Write down three new suggestions using *You should...* and say why this is good for you.

Suggestion 1: ..... **You should eat different kinds of vegetables.** .....

Why? ..... **Because they help you stay healthy** .....

Suggestion 2: ..... **You should eat fruits every day.** .....

Why? ..... **Because fruits have vitamins and are good for your health** .....

Suggestion 3: ..... **You should do more exercise.** .....

Why? ..... **Because exercise makes your body healthy and strong.** .....

### Speaking Tip

The "L" in "should" is silent. You don't say that letter when you say the word, even though you spell it with an "L".

## SPEAKING

- 5 With a partner, continue the interview. Take turns being the interviewer or the doctor. Use your three suggestions from Activity 4 to help you do the interview.

Doctor, what else can people do to stay healthy?

Well, they should...

## WRITING

- 6 Work with a partner. Think of five healthy tips from the lesson and write them in the space below. Then make a poster with your tips, adding images to make it more interesting.

- **You should eat different kinds of vegetables because they help you stay healthy.**
- **You should eat fruits every day because they have vitamins.**
- **You should eat beans because they have protein and help build muscles.**
- **You should eat garlic because it helps you not get sick.**
- **You should do more exercise because it makes your body healthy and strong.**



**You should eat different kinds of vegetables because they help you stay healthy.**