

## مراجعة الوحدة السادسة الحفاظ على الصحة من خلال المفردات والقواعد والممارسة



### تم تحميل هذا الملف من موقع المناهج العمانية

موقع فايلاتي ← المناهج العمانية ← الصف الخامس ← لغة انجليزية ← الفصل الثاني ← ملفات متنوعة ← الملف

تاريخ إضافة الملف على موقع المناهج: 2026-01-28 12:32:49

ملفات اكتب للمعلم اكتب للطالب | اختبارات الكترونية | اختبارات | حلول | عروض بوربوينت | أوراق عمل  
منهج انجليزي | ملخصات وتقارير | مذكرات وبنوك | الامتحان النهائي | للمدرس

المزيد من مادة  
لغة انجليزية:

إعداد: Younes Nahed

### التواصل الاجتماعي بحسب الصف الخامس



صفحة المناهج  
العمانية على  
فيسبوك

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

مراجعة الوحدة الخامسة الحيوانات المهددة بالانقراض مفردات قواعد ومهارات لغوية متكاملة

1

دليل منهجي لكتابة القصة

2

نموذج إجابة الامتحان النهائي الرسمي الدور الأول الفترة الصباحية

3

أسئلة الامتحان النهائي الرسمي الدور الأول الفترة الصباحية

4

إجابات كتيب المادة 5 Answers key Booklet

5

# Unit 6

## Staying healthy

### New words

<b>illness</b>	مرض	<b>Cough</b>	السعال - الكحة
<b>Cold</b>	البرد	<b>rash</b>	طفح جلدي
<b>headache</b>	الصداع	<b>dizzy</b>	الدوخة
<b>Sore Throat</b>	التهاب الحلق	<b>Sick = ill</b>	مريض
<b>Stomachache</b>	ألم المعدة	<b>lifestyle</b>	أسلوب حياة
<b>high temperature</b>	ارتفاع درجة الحرارة	<b>Healthy</b>	صحي
<b>Toothache</b>	ألم الأسنان	<b>unhealthy</b>	غير صحي
<b>runny nose</b>	سيلان الأنف	<b>Fit</b>	لائق
<b>earache</b>	ألم الأذن	<b>unfit</b>	غير لائق
		<b>do exercise</b>	ممارسة الرياضة

<b>balanced diet</b> نظام غذائي متوازن	<b>relax</b> يستريح
<b>junk food</b> وجبات سريعة	<b>hurt</b> يجرح
<b>should</b> يجب- ينبغي	<b>rest = break</b> استراحة
<b>Feel</b> يشعر	<b>Stay</b> يبقى - يُقيم
<b>Suddenly</b> فجأة	<b>patient</b> مريض- صبور
<b>what happened?</b> ماذا حدث؟	<b>Tongue</b> لسان
<b>what's the matter?</b> ما الأمر- ماذا حدث؟	
<b>ambulance</b>  سيارة إسعاف	يستخدم verb to have مع الامراض Ex. I have a headache.
<b>Plenty of</b> الكثير من	يشعر Feel يستخدم لوصف الاحساس. Ex. I feel sick.
<b>Important</b> مهم	Ex. He feels dizzy.
<b>Medicine</b> دواء	



a cold



a headache



a sore throat



a stomachache



a high temperature



a toothache



a runny nose



an earache



a cough



a rash

### I feel



dizzy



sick



healthy



unhealthy



fit



unfit



do exercise



relax



eat a balanced diet



eat junk food

# Grammar

## Should + inf

(يجب أن) تستخدم لإعطاء النصيحة و يأتي بعدها مصدر الفعل

**Should # shouldn't > Inf**      **النفي**

**Ex. You should eat healthy food.**

**You shouldn't eat junk food ,it's bad for you.**

**السؤال ? .....مصدر الفعل + الفاعل + Should+**

**Ex . Should you get up early?**

**Yes, I should. / No, I shouldn't.**


**To +inf**      معناها لكي-يأتي بعدها السبب ( مصدر الفعل)


**Ex . I do exercises to be fit and healthy.**

**Ex. I went to the supermarket to buy some milk.**

# The present Simple المضارع البسيط

المضارع البسيط يعبر عن عادة أو حقيقة.

Verb  I, we, you, they, الجمع - الفعل بدون إضافات

 He, she, It, - المفرد S يضاف للفعل

Ex. I walk to school every day.

He walks to school every day

كلمات تدل على المضارع البسيط

Usually, some times, always, often, every, never.

الفعل المساعد do/does

don't /doesn't + مصدر الفعل  النفي

Ex. I don't use the computer.

She doesn't use the computer.

do/does+الفاعل+ مصدر الفعل ؟  السؤال

Ex. Do you study Arabic? Yes, I do.No, I don't.

Does he study Arabic? Yes,he does.No, I doesn't.

السؤال بكلمة استفهام ؟ مصدر الفعل + الفاعل + Wh+(do/does)

Ex. What do you study?I study English.

Ex. What does he /Ali study? He studies Science.

**Choose the correct option:**

1. He **should / shouldn't** eat too much junk food.
2. You **should / shouldn't** drink enough water every day.
3. They **should / shouldn't** be rude to others.
4. We **should / shouldn't** exercise regularly.
5. She **should / shouldn't** sleep late every night.
6. You **should eat / eating** more vegetables.
7. He **shouldn't worry / worrying** too much.
8. They **should study / studying** for the test.
9. We **shouldn't be / being** late for school.

## **To +inf**

**Choose the Correct answer.**

1. I go to the gym to **be** / **being** fit and healthy.
2. She studies hard to **pass** / **passing** the exam.
3. We left early to **catch** / **catching** the train.
4. He is learning English to **get** / **getting** a better job.
5. They moved to the city to **find** / **finding** work.
6. I exercise every day to **stay** / **staying** healthy.
7. She wears glasses to **see** / **seeing** clearly.
8. He works overtime to **save** / **saving** money for a car.



9. We turned on the heater to **warm** / **warming** the room.
10. I went to the supermarket to **buy** / **buying** some milk.
11. He studies French to **travel** / **traveling** to France.
12. She takes medicine to **feel** / **feeling** better.
13. They wake up early to **go** / **going** to school on time.
14. He runs every morning to **train** / **training** for the marathon.
15. We opened the window to **get** / **getting** fresh air.
16. She turned on the light to **see** / **seeing** better.
17. He studies at night to **have** / **having** quiet time.
18. They went to the park to **relax** / **relaxing** and have fun.
19. She bought a new phone to **take** / **taking** better pictures.

20. He wears a helmet to **protect** / **protecting** his head.

**Choose the correct answer .**

1. I wake up early (**to** / **for**) go to work.

2. She studies hard (**to** / **because**) pass the exam.

3. We moved to the city (**to** / **for**) find better jobs.

4. He exercises every day (**to** / **because of**) stay fit.

5. They left early (**to** / **because**) avoid traffic.

**Rewrite the sentences using "to + infinitive":**

6. I study English because I want to travel.

7. He left home early because he didn't want to miss the train.

8. She exercises daily because she wants to stay fit.

9. *They visited the museum because they wanted to learn about history.*

10. *We took an umbrella because it was raining.*

**Choose the correct answer**

She \_\_\_\_ (**like / likes**) ice cream.

They \_\_\_\_ (**play / plays**) football on Sundays .

My father \_\_\_\_ (**work / works**) in a bank .

Where \_\_\_\_ (**do / does**) he live.?

Tom and Lisa \_\_\_\_ (**go / goes**) to the gym twice a week

What time \_\_\_\_ (**do / does**) your sister wake up ?

He \_\_\_\_ (**eat / eats**) breakfast at 8 o'clock .

We \_\_\_\_ (**study / studies**) English at school .

When \_\_\_\_ (**do / does**) they visit their grandparents? .

## GRAMMAR/VOCABULARY

For each item, shade in the bubble ☐ next to the correct option.

Bader likes eating healthy <sup>(11)</sup> \_\_\_\_\_. He always chooses his food carefully. In <sup>(12)</sup> \_\_\_\_\_ morning, he eats an egg sandwich with a glass of <sup>(13)</sup> \_\_\_\_\_, but he sometimes drinks an orange <sup>(14)</sup> \_\_\_\_\_. <sup>(15)</sup> \_\_\_\_\_ three <sup>(16)</sup> \_\_\_\_\_ pm, he eats lunch. <sup>(17)</sup> \_\_\_\_\_ favorite lunch <sup>(18)</sup> \_\_\_\_\_ rice with chicken. Bader always eats pasta <sup>(19)</sup> \_\_\_\_\_ noodles for <sup>(20)</sup> \_\_\_\_\_.

- |                                   |                               |                             |
|-----------------------------------|-------------------------------|-----------------------------|
| 1. <input type="radio"/> activity | <input type="radio"/> food    | <input type="radio"/> fire  |
| 2. <input type="radio"/> an       | <input type="radio"/> the     | <input type="radio"/> at    |
| 3. <input type="radio"/> pizza    | <input type="radio"/> salt    | <input type="radio"/> milk  |
| 4. <input type="radio"/> fruit    | <input type="radio"/> juice   | <input type="radio"/> glow  |
| 5. <input type="radio"/> In       | <input type="radio"/> On      | <input type="radio"/> At    |
| 6. <input type="radio"/> quarter  | <input type="radio"/> o'clock | <input type="radio"/> past  |
| 7. <input type="radio"/> His      | <input type="radio"/> He      | <input type="radio"/> Her   |
| 8. <input type="radio"/> is       | <input type="radio"/> are     | <input type="radio"/> the   |
| 9. <input type="radio"/> but      | <input type="radio"/> to      | <input type="radio"/> and   |
| 0. <input type="radio"/> sport    | <input type="radio"/> dinner  | <input type="radio"/> night |

## GRAMMAR/VOCABULARY

For each item, shade in the bubble ☐ next to the correct option.

We need food to keep us fit and <sup>(11)</sup> \_\_\_\_\_, but food can be good <sup>(12)</sup> \_\_\_\_\_ bad. Good food helps our bodies to <sup>(13)</sup> \_\_\_\_\_ and it gives us <sup>(14)</sup> \_\_\_\_\_. Bad food can harm us <sup>(15)</sup> \_\_\_\_\_ make us ill. For example, raw meat contains germs, so we <sup>(16)</sup> \_\_\_\_\_ cook meat carefully to make sure all germs <sup>(17)</sup> \_\_\_\_\_ killed. When we buy food, we should always check the expiry <sup>(18)</sup> \_\_\_\_\_. A lot <sup>(19)</sup> \_\_\_\_\_ people don't do enough exercises and eat big meals, so they become overweight. This causes health <sup>(20)</sup> \_\_\_\_\_.

- |                                     |                                |   |
|-------------------------------------|--------------------------------|---|
| 11. <input type="radio"/> bad       | <input type="radio"/> healthy  | <input type="radio"/> weak                          |
| 12. <input type="radio"/> of        | <input type="radio"/> to       | <input type="radio"/> or                            |
| 13. <input type="radio"/> swim      | <input type="radio"/> eat      | <input type="radio"/> grow                          |
| 14. <input type="radio"/> energy    | <input type="radio"/> fit      | <input type="radio"/> food                          |
| 15. <input type="radio"/> but       | <input type="radio"/> don't    | <input type="radio"/> and <input type="radio"/> and |
| 16. <input type="radio"/> shouldn't | <input type="radio"/> will not | <input type="radio"/> should                        |
| 17. <input type="radio"/> is        | <input type="radio"/> are      | <input type="radio"/> will                          |
| 18. <input type="radio"/> date      | <input type="radio"/> exercise | <input type="radio"/> paper                         |
| 19. <input type="radio"/> or        | <input type="radio"/> of       | <input type="radio"/> with                          |
| 20. <input type="radio"/> food      | <input type="radio"/> medicine | <input type="radio"/> problems                      |

## READING 1

Match the four texts on the left with the texts in the box. There are two extra texts in the box.)

1. Fast food is delicious, but it is not good for your health. \_\_\_\_\_

2. Yesterday morning, Sara went shopping with her sister. \_\_\_\_\_

3. The Balloon Fiesta is the largest hot air balloon festival in Mexico City. \_\_\_\_\_

4. Pandas are endangered animals because they lost most of their habitat. \_\_\_\_\_

A. Noor spent her last summer holiday in a summer camp. It was in the mountains and it was fantastic.

B. It does not have the vitamins and nutrients your body needs.

C. It causes different diseases affect the body.

D. She found a dress she really liked, but it was expensive.

E. Much of their environments have been destroyed for farming.

F. Thousands of people around the world visit this place to see the magical and colorful balloon shows.

## READING 1

Match the four texts on the left with the texts in the box. There are two extra texts in the box.)

1. Last weekend, I went to a Jewelry shop. \_\_\_\_\_

2. The giraffe is the tallest land animal in the world. \_\_\_\_\_

3. Ramadan is a holly month for all Muslims. \_\_\_\_\_

4. My little sister enjoys watching television. \_\_\_\_\_

A. It lives in Africa. It eats grass and it has a long neck.

B. The houses were made of mud and stones.

C. I bought a necklace for my mother.

D. They fast during daytime. In the evening, they eat Fatoor and pray Tarawih.

E. He stayed for two weeks and visited many places.

F. Her favorite cartoon film is Tom and Jerry.

## READING 1

Match the four texts on the left with the texts in the box. There are two extra texts in the box.)

1. Maryam likes travelling. \_\_\_\_\_

2. Green turtles are in danger. \_\_\_\_\_

3. He didn't go to school yesterday. \_\_\_\_\_

4. That dress is beautiful. \_\_\_\_\_

**A.** He was sick, so he went to the hospital.

**B.** They have a lot of activities in summer.

**C.** He went to the shop yesterday.

**D.** Last year, she visited Cairo, Amman, and Jeddah.

**E.** They are killed for their delicious meat.

**F.** It is a gift from my mother.

1. Last night, Ali went to a bookshop to buy a present for his daughter. \_\_\_\_\_

2. Camels can walk for a long time without drinking water. \_\_\_\_\_

3. The girl was helping her mother cooking food on the barbecue. \_\_\_\_\_

4. Muscat Festival is a great fun for families. \_\_\_\_\_

**A.** Suddenly, she burned her finger. She put some cold water on it.

**B.** They can enjoy eating traditional food and listening to music. At night, they can see fireworks.

**C.** She likes watching television more than cooking. She never helps her mother.

**D.** That is why they are the best way to travel across the desert.

**E.** A dictionary is the first thing he thought about because she likes English.

**F.** They travelled to many places. Last time, they went to Muscat.

## READING

Read the text. For each question, write a short answer (**not more than FOUR WORDS**).

Dear John,

I am writing to tell you about my trip to Thailand. I went there last year with my parents. We had a lovely time and we did a lot of things. I read a lot about Thailand before going there. I knew that Bangkok is the capital city of Thailand. It has many wonderful cities and parks. It is a good place for shopping. It has a population of 66 million people. Now, let me tell you what we did in Thailand. We stayed at the Hilton Hotel. It was in the middle of the city and it had a fantastic view of the river. On the second day, we went to the floating market where we bought many types of souvenirs. We stayed in Thailand for ten days. We really had a fantastic time.

I'll be waiting to know about your holiday. Write to me soon.

With love,

Ahmed

1. *Where did Ahmed go for his trip?*

---

2. *When did he go?*

---

3. *What is the capital city of Thailand?*

---

4. *At which hotel did they stay?*

---

5. *How long did they stay in Thailand?*

---



Dear Fahad,

How are you? I would like to tell you about my free time activity. I spend most of my time in reading. I am reading a very useful book now. This book includes some information about the Arabian horses, it is called " Arabian horses". I really like reading it. It is written by Kate Riddle. It has some amazing pictures to enjoy. It also tells the history of the Arabian horses. And, it shows different types and colours of them. This book gives some instructions about how to keep horses well. I found it in my school library. It is really an interesting book.

I would like to share the book with you so you can enjoy your time reading it.

By,

Ameen

1. *What does Ameen do in his free time?*

---

2. *What is the title of the book?*

---

3. *Who wrote the book?*

---

4. *Where did Ameen get the book from?*

---

5. *How does Ameen feel about the book?*

---

## READING

Read the text. For each question, write a short answer (**not more than FOUR WORDS**).

Dear Noor,

I'm writing to tell you about our party last week. It was very interesting. We enjoyed a lot because all my friends came to my house. There were three large pizzas and many other delicious food. Salma brought a chocolate cake made by her mother. Also, there were many drinks and sweets. My sister Anwar put on some balloons and posters around the room. I thank my friends a lot because they collected some money and bought me a present. At the beginning I thought it was a box of chocolate, but when I opened the box I was so happy it was an I-pad!.

After we ate and drank, we went to the garden and played different games such as table tennis and basketball. At the end of the party, we took many photographs. You will get them by e-mail after two days. I hope you will like them.

Love,

Maha

1. *When was the party?*

---

2. *How many pizzas did they have in the party?*

---

3. *Who prepared the chocolate cake?*

---

4. *Who put on the balloons and the posters?*

---

5. *What did they do at the end of the party?*

---

*Good Luck*