

Listening

1 Listen and choose the correct picture.

1 What does Omar do to keep fit?



2 What does Omar do to relax?



Speaking

2 What do you do to stay healthy? What do you do to relax?

What do you do to stay healthy and relax?

I play tennis to stay healthy. I watch TV and read to relax.



Writing

3 Read. What does Nadia do to stay fit and healthy?

Staying fit and healthy

By Nadia

I like sport and exercise, but I should probably do more! I walk to school with my mum every day. At the weekend, I play games with my friends in the park. I like doing gymnastics and going swimming. I do gymnastics once a week at school.

I try to eat a balanced diet (it isn't always easy because I sometimes like to eat junk food!). At home we eat a lot of meat, fish and vegetables.

I like to meet my friends to relax. We watch films and play computer games together, and we often go to the park.

tip Writing

We use brackets () to give extra information. Can you find some extra information in the text?

4 Write a description of how you stay fit and healthy.

1 Plan

- What exercise do you do?
- What food do you eat?
- What do you do to relax?

2 Write

I like ... I do ...
I eat ...
I ..., to relax.

3 Check your work

- Used brackets to give extra information?

Activity Book, page 21.


امتحان على الدرس

: Staying Fit and Healthy




Listening (2 درجات) – السؤال الأول: استماع

استمع إلى المقطع، ثم اختر الصورة الصحيحة:

1. What does Omar do to keep fit?

- A.  Running
- B. ☐ Exercise
- C. ☐ Climbing

2. What does Omar do to relax?

- A.  Riding a bike
- B.  Sitting under a tree
- C.  Watching TV

Reading (3 درجات) – السؤال الثاني: قراءة

اقرأ النص التالي ثم أجب:

Staying fit is important. I go swimming twice a week. I also like walking with my family. I eat fruit and vegetables every day. I relax by listening to music and drawing pictures.

أ. ضع صح أو خطأ:

- 1. The person swims every day. ()
- 2. They eat fruit and vegetables. ()
- 3. They relax by drawing. ()

ب. اختر الإجابة الصحيحة:

What does the person do to stay fit?

- A. Watch TV
- B. Swim and walk
- C. Sleep a lot

Writing (3 درجات) – السؤال الثالث: كتابة

اكتب ٣ جمل عن نفسك:

- جملة عن الرياضة
- جملة عن الأكل
- جملة عن الاسترخاء

Use this structure:

- I like ...
- I eat ...
- I ... to relax.

🗣️ (درجات 2) Speaking – السؤال الرابع: تحدث

جواب شفويًا أمام المعلم

1. What do you do to stay healthy?
2. What do you do to relax?

✓ نموذج الإجابة

(Listening) السؤال الأول

1. B
2. C

(Reading) السؤال الثاني

أ.

1. ✗
2. ✓
3. ✓

ب.

الإجابة: B. Swim and walk

مثال – (Writing) السؤال الثالث

- I like playing football.
- I eat apples and carrots.
- I watch cartoons to relax.

مثال شفوي – (Speaking) السؤال الرابع

- I go swimming and play basketball.
- I read books and listen to music to relax.