



Unit 8

Staying healthy



I'm

Grade five /

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Zamzam School

Dictation List

- 1) head - hair - ear - eye - nose - throat - stomach - cold - cough - sore throat - earache - fever
- 2) headache - stomachache - energy - voice - feel sick - hurt - blocked nose - sneeze - tired
- 3) diabetes - blood - blurred vision - flu - liquid - rest - medicine - illness - symptom - advice
- 4) vaccination - eye test - hearing test - blood test - sick - prescription - allergy - itchy - skin rash - allergic reaction
- 5) dairy - fruit and vegetables - bad fats and sweets - good fats and oils - grains and cereals - meat and fish
- 6) healthy - unhealthy - minerals - pasta - rice - bread - bones - teeth - nuts - body - tomatoes - carrots
- 7) eggs - chocolate - chips - cakes - cheese - lettuce - chicken - milk - apples - bananas - oranges - green beans - onion
- 8) rainbow - natural foods - protein - soup - ingredients - cabbage - potatoes - beans - salt - pepper - mushrooms
- 9) herbs - stone - flavoursome - sack - pot - pinch - bunch - bowl - bag

Make a copy of this checklist. Laminate it and use it for daily checking. Use whiteboard marker to tick.

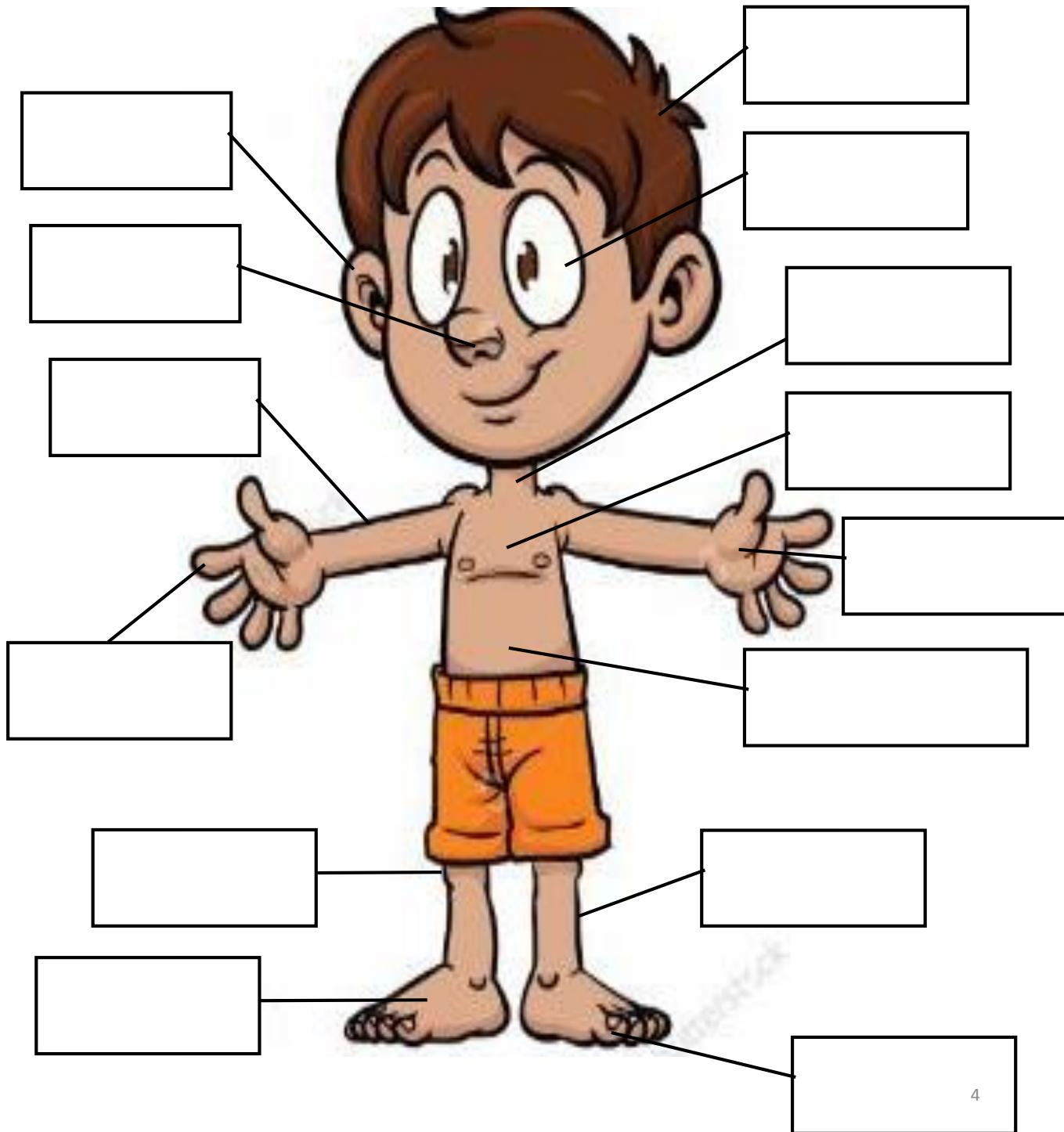
STAYING HEALTHY

A Daily Checklist

- Drink plenty of water 
- Eat fruits & vegetables
- Exercise 
- Laugh more 
- Brush teeth twice a day
- De-stress 
- Sleep 7-9 hours

Match the words with the body parts in the picture:

chest - ear - knee - eye - hand - nose - eye - head - leg -
foot - stomach - arm - throat - finger - toe - mouth



1# Read L.B.p.114, then write the name of the illness under the picture.

2# Match the illness with the symptoms.



stomach hurts, feel sick



head hurts



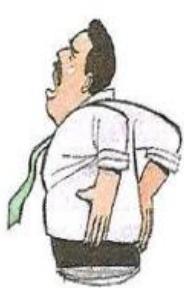
lost voice, throat hurts



blocked nose, sneezing, no energy, a cough



ear hurts



a backache



an earache



a headache



a stomachache



a toothache



a cold



a cough



a fever



the flu



sore eyes



a sore throat

Grammar Tip: [have got + noun ; feel + adjective]

What's the matter? What's wrong?	How do you feel?	Adjectives
I have got a headache.	- I feel sick.	- sick/fine (happy)
You have got a sore throat.	- You feel sad.	- sad/happy
She has got the flu.	- She feels bad.	- bad/good (better)
We have got a cold.	- We feel awful.	- awful/great
They have got a backache.	- You feel terrible.	- terrible/terrific
You have got a stomachache.	- They don't feel well.	

Fill in the blanks with the correct form of the verbs have got or feel:

A: Hi Salim. How are you?

B: I terrible.

A: What's the matter?

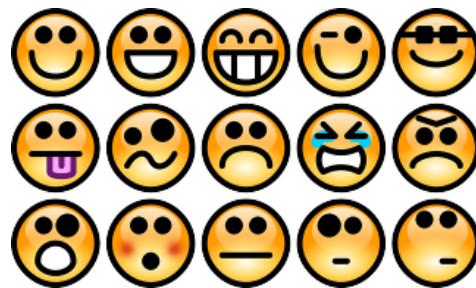
B: I a headache and a sore throat.

A: That's too bad.you..... a cold?

B: Yes. I an appointment to see the doctor today.

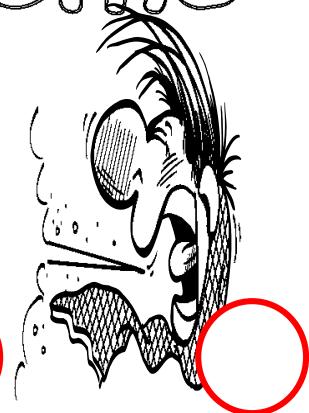
A: Well, I hope you better.

B: Thanks.

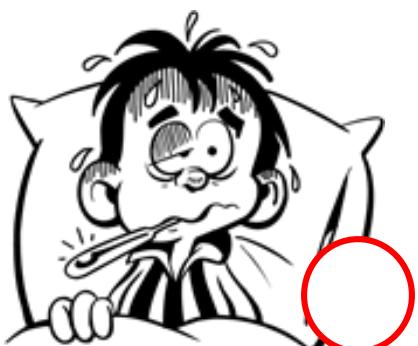
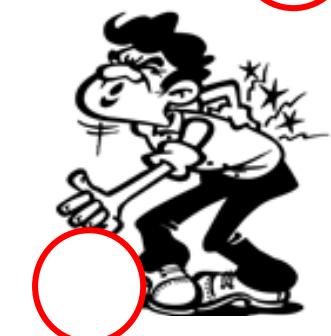


How do you feel today?

Health Problems



- 1. Cough
- 2. Fever
- 3. Fracture
- 4. Headache
- 5. Toothache
- 6. Sore throat
- 7. Nausea
- 8. Measles
- 9. Stomach ache
- 10. Cold
- 11. Backache



Read and match:

What's the matter?



I have got an earache.



I have got a headache.



I have got a stomachache.



I have got a toothache.



I have got flu.



I have got a cough.



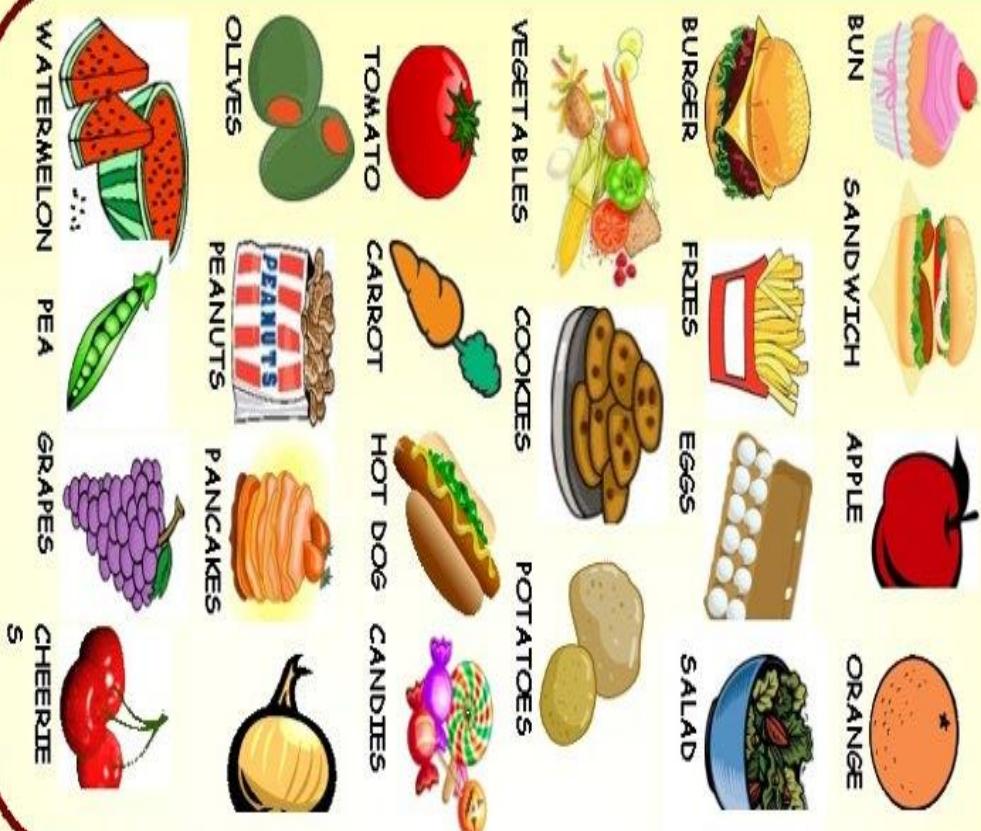
I have got a sore throat.



I have got diarrhea.

Food: Countable and Uncountable Nouns

COUNTABLES



UNCOUNTABLES



SOME ANY MUCH MANY A LOT (A) FEW (A) LITTLE

A

Some and **Any** are used before plural nouns and uncountable nouns to talk about an indefinite quantity:

Ex: Some letters any letters
 Some money any money

Some is used in affirmative sentences.

Ex: - There are some letters for you.
 - I've got some money.

Some is used in questions when we want to encourage people to say 'yes'; for example in requests and offers.

Ex: - Can you let me have some paper?
 - Would you like some more tea?
 - Have you got some paper I could have,
 Please?

Any is used in negative and question form.

Ex: - Are there any new stories in your store.
 - Is there any tea in the cupboard?
 - I don't have any new stories for you.
 - There isn't any tea in the cupboard.

Any is used after words with negative meaning such as without, never, seldom, rarely, hardly.

Ex: - I found a taxi without any trouble.
 - You never do any homework.
 - There are hardly any eggs left.

Little and few without a are more negative idea. Little means "not much" or "almost no". Few means "not many" or "almost no".

Ex: - There is little work to do. (= almost no work to do)
 - The exam is extremely difficult and few students passed it. (= almost no students)

D

We use **much** and **many** mostly in question and negative. **Much** is used with uncountable nouns, and **many** is used with countable plural nouns.

Ex: - Is there much rice left?
 - We haven't got much rice left.
 - Has he got many books?
 - He hasn't got many books.

Note: We often use **much** and **many** in affirmative sentences after **too**, **as**, **so** and **very**.

Ex: - Take as much milk as you want.
 - I've got so many jobs to do today.
 - We enjoy the party very much.
 - We've got too much milk.

In affirmative sentences, we normally use **a lot (of)**, **lots (of)** and **plenty (of)**, not **much** and **many**.

We use **a lot (of)**, **lots (of)** and **plenty (of)** with both uncountable nouns and plural nouns.

Ex: - We've got a lot of milk.
 (Not: We've got much milk.)
 - He's got a lot of / plenty of books.
 (Not normally: He's got many books.)

C

We use **a little** to express positive idea with uncountable nouns. It means "a small amount, but some".

Ex: - There is still a little work to do.
 - I have a little sugar in the jar.

We use **a few** to express positive idea with plural nouns. It means a small number, but some".

Ex: - A few students passed it because the exam is extremely difficult.
 - There are a few people come today.

I. Circle the correct answers.

1. There aren't **some** / **any** help.
2. Do you know **some** / **any** Americans?
3. We need **some** / **any** more coffee.
4. She's got **some** / **any** interesting friends.
5. I didn't have **some** / **any** breakfast today.
6. He hasn't done **some** / **any** work for ten years.
7. Have you got **some** / **any** brothers and sisters?
8. I'm having **some** / **any** problems with my car.
9. Are there **some** / **any** restaurants near here?



II. Write some sentences with **some**.

Ex: 0. Would you like **some** more coffee?

0. Could I have **some** bread?



1. (Ask for coffee) _____
2. (Offer read) _____
3. (Offer rice) _____
4. (Ask for tomatoes) _____
5. (Offer more potatoes) _____
6. (Ask for more milk) _____

III. Put in **much** or **many**.

1. I haven't got _____ time.
2. Do you play _____ football?
3. I don't eat _____ meat.
4. There aren't _____ people here.
5. We don't have _____ rain in summer.
6. Are there _____ American in your country?
7. Have you travelled to _____ countries?
8. Was there _____ traffic on the road?



IV. Fill in the blanks with **much**, **many**, and **a lot of**.

1. John hasn't _____ money.
2. There is _____ gold in the bag.
3. I haven't got _____ birds in the sky!
4. There aren't _____ cars in the street.
5. Are there _____ apples on the tree?
6. Jane spends _____ money at the shops.
7. Have you got _____ bread in the cupboard?
8. Are there _____ children on the beach?
9. We are early. We have _____ time.



V. Fill in **a little** or **a few**.

1. _____ lemonade	2. _____ men	3. _____ milk
4. _____ sweets	7. _____ friends	
5. _____ women	8. _____ houses	
6. _____ money	9. _____ snow	



VI. Choose the correct item.

1. Have got _____ friends?
A) many B) much C) a lot of
2. There are _____ people in the room.
A) much B) a little C) a lot of
3. Can I have _____ sugar, please?
A) a few B) a little C) little
4. How _____ oranges are on the table?
A) many B) a few C) much
5. How _____ money has Fred got?
A) many B) little C) much
6. There are _____ monkeys at the zoo.
A) much B) a few C) a little.



EXPRESSING QUANTITY



When expressing quantity we need to pay attention to whether it is a COUNTABLE or UNCOUNTABLE NOUN.

COUNTABLE NOUNS

- a) They are the names of separate objects, people ... which we can count. They have both singular and plural forms:
 - *a/one book* *two books*
 - *a/one man* *two men*
- b) They take singular or plural verb forms:
This banana is delicious.
These bananas are delicious.

UNCOUNTABLE NOUNS

- a) They are the names of things we do not see as separate and which we cannot count. They have no plurals:
 - *milk* • *weather* • *money*
- b) They take only singular verbs:
The weather was very hot.
Milk is good for you.
- c) Not used with *a/an/one...*



PRACTICE

Insert *a/an* before each countable noun. Put an *(x)* before an uncountable noun.

- a) water b) egg c) cheese
- d) meat e) banana f) hamburger
- g) meal h) fish i) tea
- j) cup k) sugar l) apple
- m) rice n) bread o) orange



Below you have a list of some QUANTIFIERS. Some are used with countable nouns, others with uncountable ones. Some can even be used with both.

COUNTABLES (apple/apples)



a lot of (lots of) / plenty of

LARGE AMOUNT



UNCOUNTABLES (cheese)

a(n) / some / *(a) few / not many
(*a few = some *few = not many)

SMALL AMOUNT

some / *(a) little / not much
(*a little = some *little = not much)

not any, no

NO AMOUNT

not any, no



SOME

- for **AFFIRMATIVES**:
There are some eggs.
- for **OFFERS and REQUESTS**:
Would you like some tea?
- for **QUESTIONS** where the answer 'yes' is expected:
Did you buy some eggs?



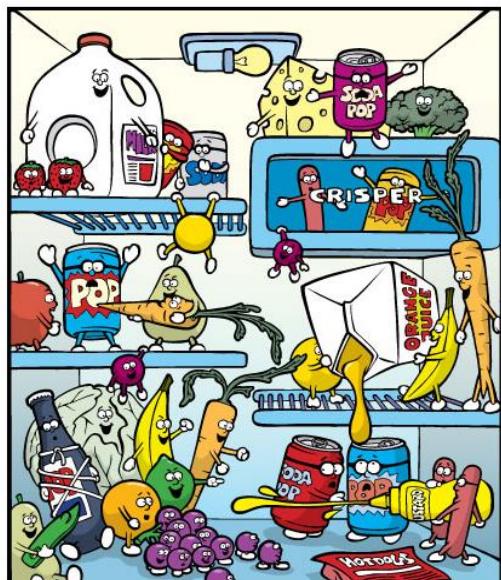
ANY

- for **NEGATIVES**:
I haven't got any money to go to the restaurant.
- or in **OPEN QUESTIONS**:
Have you got any milk?
(the answer can be 'yes' or 'no')



MUCH / MANY / A LOT OF

- **MUCH/MANY** are used in **NEGATIVES**:
We didn't buy many potatoes / I don't have much oil.
- or in **INTERROGATIVES**
How much milk/how many eggs do you have?
- **A LOT OF (LOTS OF)** is used in **AFFIRMATIVES**:
We have got a lot of eggs.
(*NOT: We have got many eggs*)



PRACTICE

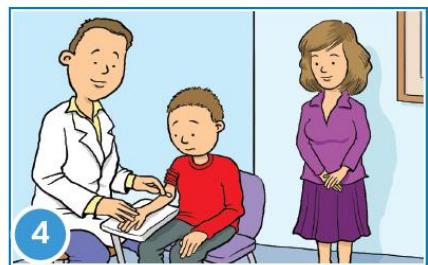
Look at the picture and complete the sentences with a suitable QUANTIFIER.



1. Is there butter left? – No, there's butter.
2. How lemons are there? I think two.
3. There aren't strawberries. Do you want me to buy more?
4. Oh no! There's isn't juice. Just one carton.
5. There are soda cans but only bottle of beer.
6. There are only a sausages, right? – No, there are plenty.
7. We need more pears. There aren't left.
8. There aren't eggs in the fridge.
9. There is fruit in the fridge but only vegetables.
10. How cheese is there? There is only cheese left.¹³

Match the words with pictures:

a vaccination - an eye test - a hearing test - a prescription -
a blood test



Read and answer the questions:

Today I feel very sick. I think I have a cold. I have a headache and a sore throat. I have an earache and I'm coughing. I feel terrible. I can't go to work. I have an appointment with the doctor today at 2:00. I hope I feel better tomorrow.

1- How does Nina feel today?

.....

2- What are her symptoms?

.....
.....

3- What is she going to do?

.....

Reorder the doctor's reply:

Dear Doctor,

Before I went to school this morning I looked in the mirror and I had red spots all over my arms, stomach and face. They are very itchy!

What should I do?



Try to remember what kind of food you have eaten for dinner last night.

It sounds like you have an allergic reaction.

Thank you for your question.

Then try to eat less of it.

Stop eating that kind of food for a while and see if the symptoms go away.

You can take some medicine to help you with itchiness.

Don't worry, you'll probably grow out of this allergy in future.

Why don't you ask your mother to cook other kinds of healthy food to you?

♥ *Read a conversation between a patient and a doctor. Sasha does not feel well and goes to see the doctor.*

Dr. Smith: Hello, Sasha. How are you feeling today?

Sasha: I don't feel well.

Dr. Smith: What's wrong? Can you tell me how you feel?

Sasha: Well, I have a terrible headache.

Dr. Smith: Hmm...Anything else? Does your throat hurt?

Sasha: Yes, it hurts a little. I have a cough too.

Dr. Smith: Do you have a fever?

Sasha: Yes, I have a low fever.

Dr. Smith: It sounds like you may have the flu.

Sasha: Oh, that's terrible.

Dr. Smith: Don't worry. I will give you some medicine and you will feel better soon.

Sasha: Okay. Can I go to work tomorrow?

Dr. Smith: No. Stay home tomorrow, get some rest, and drink plenty of juice and water.

Sasha: Thank you, Doctor.

Dr. Smith: Okay, take care of yourself and I hope you feel better soon.

Answer the following questions:

1- Hoe does Sasha feel today?

.....

2- What are his symptoms?

.....
.....

3- What kind of illness does he have?

.....

4- What does the doctor tell him?

.....
.....

Talk About it!

Activity One:

When you go to the doctor, it is very important to describe your pain clearly. Look at the picture below.

How strong is your pain?

0 _____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10

no pain



hurts a little



hurts a lot



severe pain



*I don't have any
pain.*

It hurts a little.

It hurts a lot.

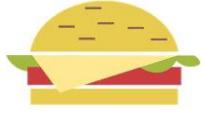
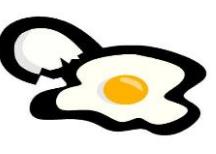
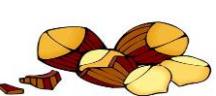
*I'm in severe
pain.*

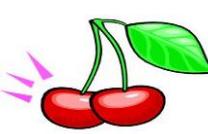
It is also important to know how to describe your symptoms. Read the list of symptoms and review them with your classmates.

BODY PART	DESCRIPTION OF SYMPTOM
Nose	My nose is stuffed up. I have allergies. I'm sneezing a lot.
Ear	I have an earache.
Eyes	I can't see clearly.
Teeth	I have a toothache.
Throat	My throat hurts. I have a bad cough.
Head	My head hurts. I feel dizzy.
Skin	I have a rash.
Neck/ Back	My neck hurts. My back hurts.
Chest	I have chest pain.
Arm/hand	I think my arm is broken.
Stomach	My stomach hurts. I threw up. I vomited.
Foot/leg/ankle	I think I sprained my ankle. I think my leg is broken. I think my foot is broken.

Write the name of the food . Put the words under the correct heading:
HEALTHY / UNHEALTHY

grapes - egg - fries - water - ketchup - cupcake - burger - fish - meat -
cherry - olive oil - nuts - sausage - watermelon - carrots - milk - apple - tomato

			HEALTHY	UNHEALTHY
				
				
				
				
				



what habits are healthy (H) or Unhealthy (U). Write H/U after the sentences. the number of the sentence in the heart.

HEALTHY / UNHEALTHY HABITS

1. CUT DOWN ON SALT



2. BRUSH YOUR TEETH



3. GO JOGGING



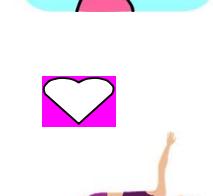
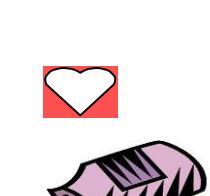
4. SLEEP 10 HOURS A DAY



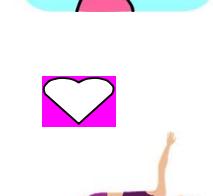
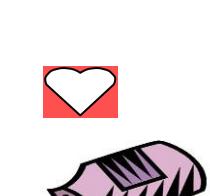
5. GIVE UP SMOKING



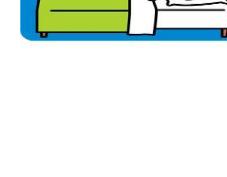
6. WALK



7. HAVE FIZZY DRINKS



8. DO YOGA



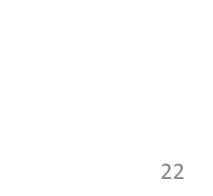
9. WORK LONG HOURS



10. EAT JUNK FOOD



11. EXERCISE



12. SUNBATHE AT MIDDAY ...

Write about (Healthy lifestyle). Answer the following questions to help you:



- 1- What healthy activities do you know?
- 2- Do you practice any activity? Why?
- 3- What kind of food do you eat to stay healthy? Give examples.
- 4- Mention some health habits which keep us healthy and strong.



