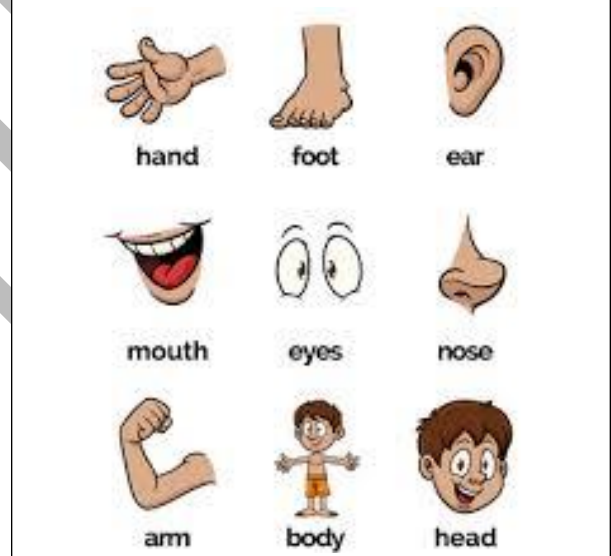
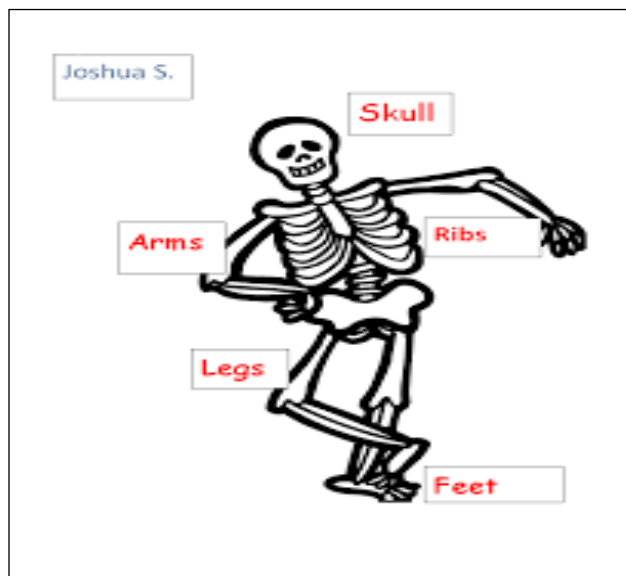


## Unit 8

### Our amazing body



## Vocabulary words:

Explore يكشف	discover يكشف	Healthy صحي	hurt يتأذى	Heart قلب
Fist قبضه	Lungs رئته	Brilliant متألق	marvelous رائع	Bones عظام
Muscles عضلات	Shape شكل	Back ظهر	Backbone عمود فقري	Head رأس
Skull جمجمه	Ribs ضلع	Protect يحمي	Touch يلمس	Lift things يرفع الأشياء
Upper arm الذراع العلوي	Wrist معصم	neck رقبه	Heartbeat دقات قلب	Pulse نبض
Jumping قفز	Seconds ثوان	breathing تنفس	Skeleton هيكل عظمي	Ankle كاحل
elbow كوع	Knee ركبه	Plenty كثرة / وفرة	Exercise تمرين	Ways طرق
grow ينمو	balance اتزان	Heel كعب	position موضع	Swap مبادله
Rainbow قوس قزح	Vegetables خضروات	Fruits فواكه	Beans فاصوليا	bend انحناء
Toe إصبع قدم	race سباق	Crab سرطان البحر	Keep it up أبقه مرتفعاً	Take turns تبادل الأدوار
Tapping نقر	fridge ثلاجه	test اختبار	tummy بطن	throat الحلق
Stroke يملس / يداعب	Plaster لصق / ضماده	Ice pack صندوق الثلج	Nurse ممرضه	chew مضغ
cut جرح	Blink يغمز	Stomach معدّه	Sun rise شروق الشمس	Saddle صهوة الفرس
Goes off انصرف	Line up اصطف	Hooves حوافر	Reins الجزء الأدنى من الظهر	tight ضيق

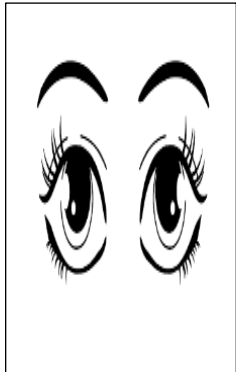
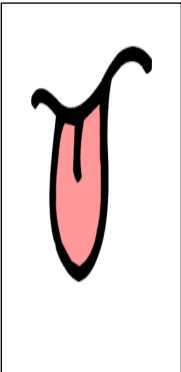

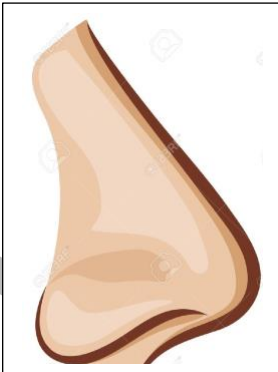
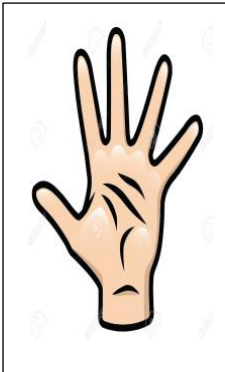
Far seeing eyes على امتداد البصر	prizeجائزه	strengthقوة	disappearيختفي	Cross يعبر/عبر
Cheers يهتف	Sweeping يجرف	tidyingيرتب	foreheadجبهه	lipsشفاف
Tongue لسان	Eyebrows حاجب	Cross= frownعبوس	riddleاحجية	Pump away يضخ بعيدا
Tip طرف	Thump	beatيهزم	Fingernails أظافر أصبع اليد	Toenails أظافر إصبع القدم
Senses حواس	Lickيلعق	sniffشم		

**Mammal**: an animal that is born from its mother's body, not from an egg. It also drinks milk from its mother.

**A fact ((حقيقه**: is something that is true or false.

**An opinion ((راي**: is something that some one believes.

The  
5  
Senses

				
<b>Eyes</b>	<b>Tongue</b>	<b>Ear</b>	<b>Nose</b>	<b>Hand</b>
Watch	chew	listen	smell	point
Blink	lick	hear	sniff	stroke
Sight	Taste			touch
See				



عند مساعده شخص ما نقول

Shall I .....?

Shall I bring you a doctor?

Shall I get you a glass of water?

عند استخدام النصيحة في الحديث لتنصح شخص نستخدم (Should/should not) للنصح بالأعمال الواجب فعلها وليس الاجبار أو الالزام. (غير الزامي)

### تكوينه:

الفاعل أو ضمير الفاعل + Should + الفعل في المصدر بدون أي اضافات  
You **should** stay healthy.

-Ahmed: I have a headache.

-Hani: You **should** see a doctor.

النفى: نضيف **Not** مع **Should**

You should **not** eat junk food.

You should **not** stay awake late.

### Future simple tense

المستقبل البسيط

+ الفعل في المصدر بدون أي اضافات

**will**

يتكون من:

I **will** buy this book.

I **will** go to school tomorrow.

I **will** visit my uncle.

### عن ماذا تعبر؟

تعبر عن أي شيء سيحدث في المستقبل عموماً

### النفى:

بما أن **will** فعل مساعد

بعدها

**not**

فنضيف

### Will not

I **will not** (won't) visit my grand ma tomorrow.

في بداية الجملة وننهي الجملة  
بوضع علامة الاستفهام

السؤال: نضع **will**

**Will** you visit your grand ma tomorrow?

Yes, I will (I'll).

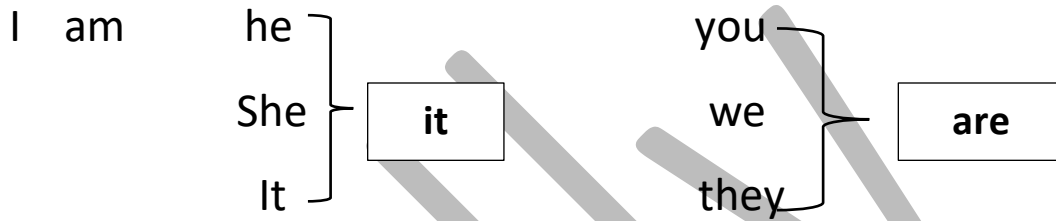
No, I will not. (won't)

## Present continuous tense

المضارع المستمر

Verb to be + v + ing

تكوينه:



متى يستخدم: (1) شيء يحدث الآن

I am writing now.

(2) المستقبل القريب:

What are you doing this Saturday?

I am studying this Saturday.

### (3) للتعبير عن المستقبل:

البدیهی اننا عندما نصیغ المستقبل نستخدم **will**

I **will** visit a friend after work.

### أیضا یمكن صیَاغة الجملة كالاتی:

I am going to visit a friend after work.

### وأیضا من صیغه المضارع المستمر نعبر عن المستقبل:

I am visiting a friend after work.

### السؤال:

سؤال استفهامی:

What are you doing?

I am doing my homework.

I am playing football.

I am tidying my room.

### Yes or no question

نضع فی البدایه الفعل المساعد

**Are** you studying hard?

فعل مساعد

Yes, I am.

No, I am not.



**النفي:** وضع **Not** بعد **Verb to be (am /is / are)**

I **am not** playing football. I am playing tennis.

I **am not** studying hard.

They **are not** doing their homework.

She **is not** watching TV.

**ملحوظة:** أي فعل يأتي بعد **Like / love** يضاف اليها **ing**

I **like watching** football match.

I don't **like shopping**.

I **love reading** books.

**ملحوظة:** أي فعل يأتي بعد **Let's** يكون في المصدر

Let's play football.

Let's go shopping.

Let's eat pizza.

**ملحوظة:** عندما تريد اقتراح شيء ما او فكره ما على صديقك فيمكن استخدام  
الاتي

### How to make a suggestion?

First read this conversation and you will understand how to make a suggestion:

**Sarah and Marwa are planning to meet on Saturday. Let's read what they could do.**

**S:** Hi, Marwa how are you?

**M:** not bad .how are you, Sarah?

**S:** fine. I'm at the park. Where are you?

**M:** At home.

**S:** What about meeting on Saturday?

**M:** Ok! What shall we do?

**S :** How about watching a film?

**M:** that sounds good! let's meet at the cinema.

**S:** ok, what time?

**M :** what about 9 p.m.?

**S :** Why don't we meet it 8:30 p.m.?

**M:** Ok! So see you on Saturday at 8:30 p.m.

**S :** Alright . See you then!

سنلاحظ من المحادثة ان:      جمل الاقتراح

### **A suggestion sentences**

**How about.....?**

***What about.....?***

***Why not.....?***

***Let's.....***

***Would you like to + V*** في المصدر بدون إضافات

***How about +V + ing .....?***

***Do you want to .....?***

والرد سيكون اما بالموافقة او الرفض

**Agreement**

**Dis agreement**

Great idea!

Good idea!

I'd love to.

That sounds good.

Sorry, I'm busy.

No, let's not.

## Adverb

### الظرف

كما انها تسمى الحال وهي أحد اقسام اللغة الإنجليزية

هي كلمات تشرح الفعل وكيفية القيام به

Waleed writes English slowly.

الظرف يختلف عن الصفة. الصفة تصف الاسم في الجملة اما الظرف يشرح كيفية القيام بالفعل.

I have a beautiful car. (صفة Adjective)

تكوينه: ينقسم الي قسمين

ظرف مكون من الصفة

(عاده نضيف **ly** اخر الصفة)

Slow slowly

Brave bravely

Quick quickly

Ahmed was a brave man.

صفة

Ahmed defends of his brother bravely.

ظرف

I can write neatly.

ظرف

I'm polite and eat quietly.

ظرف

إذا كانت الصفة منتهية ب **y**

نحذفها ونعوض عنها ب **ily**

Easy easily

Healthy healthily

Sally eats healthily.

Khaled solve the problem easily.

إذا كانت الصفة منتهية ب **le** نحذف **e** ونعوضها ب **y**

Gentle gently

Hold the baby gently.

وهناك شواذ أي ان الصفة يكون نفسه الظرف او يختلف كلياً:

Fast fast

Hard hard

Good

صفه

well

ظرف

You should study hard.

Omar drives fast.

I studied well for my exam.



**What is inside our body, under our skin?**

Bones are inside our body. It gives our body its shape.

There are also backbone, skull, ribs and muscles.

**What's the importance of our bones?**

Our bones give the shape of our body.

**Where is backbone?**

Backbone is inside our body. It is long and straight and runs down our back.

**How many bones does a backbone have?**

A backbone has 33 bones altogether.

**Why our backbone is important?**

Our backbone is important as it helps us stand up and move.

**Where is the skull?**

Skull is inside our head.

**What's inside the skull?**

A brain is inside the skull. It is like a big muscle.

**Where is your heart and lungs?**

My heart and lungs are inside my body, in ribs bones.

**What are ribs?**

**Ribs are bones that protect heart and lungs.**

**What is the size of your heart?**

**My heart is the size of my fist.**

**What's the importance of your heart?**

**Heart moves blood around my body.**

**Which heart beats more quickly, a mouse's heart or an elephant's heart?**

**A mouse heart beats more quickly than an elephant's heart.**

**Which heart beats more quickly, a rabbit's heart or a bat's heart?**

**A bat's heart beats more quickly than a rabbit's heart.**



**Which heart beats more slowly, a whale's heart or a man's heart?**

**A whale's heart beats more slowly than a man's heart.**

**Why are rib bones important?**

**Rib bones are important, as it protects our heart and lungs.**

**What's the importance of your lungs?**

**When I breathe in, lungs fill with air, like a balloon.**

**Where are muscles?**

**Muscles are inside our body. Muscles touch our bones.**

### **What are the importance of muscles?**

Muscles move our arms and legs in our daily life.  
We can do all works with muscles.

### **What is the importance of your wrist?**

Wrist joins hand and arms. It joins also knees and the top and bottom of legs.

### **How can you keep your body safe?**

I can keep my body safe by staying healthy.

### **What can we do to stay healthy and strong?**

To stay healthy and strong we need healthy food, clean water, plenty of exercise, plenty of sleep and we need to keep clean.

### **Why do we need healthy food?**

We need healthy food to make our muscles strong.

**What kinds of healthy food should we have?**

We should have eggs, beans, fish, meat, milk, cheese, fruit and vegetables.

**Why should we do exercises?**

Exercises make strong bones and muscles. Games are a great way to get exercises.

**Give me some examples:**

Walking      running      climbing stairs  
Playing ball games      swimming

**What's the importance of sleep?**

Our bones grow .our brain and body need to rest, so sleep is important for children.

**Your friend is not well and you try to help him. Give him some advises about healthy habits:**

**You:** Hello, Ahmed. **What is the matter?**

**Ahmed:** My tummy hurts me.

**You:** Shall I bring you a glass of water?

**Ahmed:** No, thanks. I will be fine.

**You:** Shall I bring you a doctor?

**Ahmed:** No, thanks.

**You:** What did you eat?

**Ahmed:** I ate fast food yesterday.

**You:** Oh, that is it.

**A:** What should I do?

**Y:** You should stay healthy.

**A:** How should I stay healthy?

**Y:** You should eat healthy food, drink clean water, sleep well and do exercises.

**A: What should I eat?**

**Y:** You should eat eggs, meat, fruits, vegetables and cheese.

You should not eat fast food, full fat and fried foods and sweets.

**A: What should I drink?**

**Y:** You should drink clean and healthy drinks; like water, milk and fresh juices.

**A: What are the bad habits I should stay away?**

**Y:** You should stay away from bad and junk foods.

You should not sleep late .you should sleep early.  
Eating a lot of sweets is also a bad habit.

**A: What else I should do to stay healthy?**

**Y:** You should clean your body and brush your teeth.

You should drink a lot of water.

You should have enough sleep.

**You should do exercises every day.**

**A: What exercises I should do?**

**Y: Skipping, walking, playing football and swimming.**

**Write a paragraph about how to have a healthy body:**

**What things you need to keep yourself healthy?**

**How often will you brush your teeth?**

**When often you brush your teeth?**

**How can you keep your muscles and heart healthy and strong?**

**Each one wants to have a health body, strong muscles and good shape. I also want to keep my body healthy.**

**To keep myself healthy I should eat healthy food; like meat, vegetables and fruits. I shouldn't eat junk food .I should drink clean drinks; like milk, water and fresh juice. I also need to do exercises and sleep early. I can keep my muscles and heart healthy and strong by doing exercises; like swimming, walking, running and playing**

football games. I should keep my body clean; I need to brush my teeth every day, wash my face and comb my hair.

Keeping our body healthy is very important to everyone.



**What is your favourite smell?**

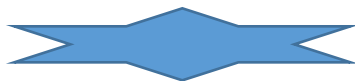
I like the smell of the sea. It makes me relax and peaceful.

**What is your favourite sound?**

I like the sound of birds and wind. It makes me active.

**What is your favourite taste?**

I like the taste of my mom's sweets. They taste so delicious.



**What are you doing on Sunday?**

I am studying.

**What are you doing on Friday?**

**Nothing at all. I am free all day.**

**Are you doing anything on Friday?**

**No, I am not. I am free all day.**

**Good luck**



## **Audio script**

### **Activity book (L 6 p 95):**

**1) This week in school, we are learning how to stay healthy and strong.**

**Hamad what are you doing to stay healthy and strong?**

**I'm eating lots of vegetables.**

**What kind of vegetables are you eating?**

**I'm eating beans and tomatoes and carrots.**

**Good for you .That's sound healthy and delicious.**

**2) Hello class. Yesterday, we talked about ways how to stay healthy and strong. We talked about eating healthy food and getting plenty of exercise. What is one more thing we need to do in order to stay healthy and strong?**

**Mera, what do you think**

**I don't know.**

**I'll give you a clue.**

**It's something you to do every night for about 10 hours.**

### **L 12 p 145 (learner book):**

**Hi my name is Aisha and this is my friend Marwa .**

**Say Marwa, what's your favourite sound?**

***My favourite sound is the sound of the wind in the trees.it makes me feel very calm, very peaceful.***

***Yes, I love the sound of the wind, as well .What's your favourite taste?***

***That's easy. My mom makes raqaq bread every morning and the taste is delicious.***

***Do you eat this bread raqaq by yourself?***

***Sometimes, but you can eat it with cheese, syrup or eggs which is also yummy.***

***That sounds delicious.***

***Ok, my last question. What is your favourite smell?***

***That's quite hard, as I like a lot of smells. Let me think. I love the smell of the sea. I go to the beach with my family and it smells so fresh.it relaxes me and I feel healthy when I can smell the sea and walk on the beach.***

***Can I come with you the next time you go to the beach?***

***Sure, it will be fun.***