

<u>Health</u> <sub>n</sub>	صحة	<u>Important</u>	مهم	Let's	دعنا = ل
Poster	ملصق	Fruit	فواكه	Vegetables	خضراوات
<u>Should</u>	يجب (للنصيحة)	<u>Shouldn't</u>	لا يجب	<u>A lot of</u>	الكثير من
Lots	الكثير (للمعدود)	<u>fizzy</u>	ذو الفقاع	<u>Late</u>	متأخر
<u>Early</u>	مبكرا	<u>Watch</u>	يشاهد - ساعة يد	<u>Television</u>	تلفاز
So	لذلك	<u>Energy</u>	طاقة	<u>Tired</u>	متعب
<u>Healthy</u> <sub>adj</sub>	صحي	Children	أطفال		
<u>Good at</u>	جيد في	<u>Running</u>	ركض	<u>Strong</u>	قوي
<u>Exercises</u>	تمارين	<u>Harder</u>	بجد	<u>Heart</u>	قلب
<u>Fast</u>	بسرعة	Too	أيضا	<u>Different</u>	مختلف
<u>Diffieult</u>	صعب	<u>Muscle</u>	عضلة	<u>Wrong</u>	خطأ
<u>Stomachache</u>	ألم في المعدة				
<u>Help</u>	يساعد	<u>Sweet</u>	حلويات	<u>Salad</u>	سلطة
<u>Shout</u>	يصرخ	<u>Sleep</u>	ينام	<u>All day</u>	طوال اليوم
<u>Kind</u>	لطيف				

Health		Healthy		Important	
Should	يجب (النصيحة)	Shouldn't	لا يجب	<u>A lot of</u>	الكثير من
So	لذلك	Energy	طاقة	Tired	متعب
Because	بسبب	<u>Good at</u>	جيد في	<u>Exercises</u>	تمارين
<u>Strong</u>	قوي	<u>Strong</u>	قوي	<u>Strong</u>	قوي

You should eat fruit and vegetables. You shouldn't eat a lot of cake or ice cream. You should drink water. You shouldn't drink a lot of fizzy drinks

You should have a lot of sleep. You shouldn't go to bed late. You should play sports. You shouldn't watch a lot of television.

## Should / shouldn't/ so/ because

1. We \_\_\_\_\_ play sports, but we \_\_\_\_\_ watch too much television.
2. You \_\_\_\_\_ go to bed \_\_\_\_\_. You \_\_\_\_\_ go \_\_\_\_\_.
3. She \_\_\_\_\_ eat healthy food. She \_\_\_\_\_
4. I \_\_\_\_\_ drink water. I \_\_\_\_\_ drink fizzy drinks.
5. I play sport, \_\_\_\_\_ I am healthy.
6. I am not tired \_\_\_\_\_ I have a lot of energy.
7. He eats fruit and vegetables, \_\_\_\_\_ I am healthy.
8. I am not tired \_\_\_\_\_ I go to bed early.
9. I have a lot of energy \_\_\_\_\_ I play sports.

Methkal Abu Dhrais is very good at running. He ran for Jordan in the Olympic Games. He runs very fast. He runs every day. He's strong and healthy.

You should do some exercise every day too. Exercise makes you strong and healthy. It makes your muscles work hard. Your heart goes fast when you do exercise, so it works harder.

What exercise do you do? Do you run every day too? You should do some exercise every day to make your heart stronger. You should play different sports to be strong and healthy. Playing sports is good for you!



**True or false:**

1. Methkal Abu Dhrais isn't good at running.
- 2 Methkal Abu Dhrais ran for Jordan in the Olympic Games.
- 3 You shouldn't do some exercise every day.
- 4 Your heart isn't a muscle.
- 5 Your muscles work hard when you do exercise.
- 6 Your heart doesn't go fast when you do exercise.
- 7 Playing sports isn't good for you

1. I have a lot of sleep. / I'm not tired at school.  
 I have a lot of sleep. so I'm not tired at school.  
 I'm not tired at school. because I have a lot of sleep.

2. I eat a lot of fruit and vegetables. / I'm not often ill.  
 \_\_\_\_\_ so \_\_\_\_\_  
 \_\_\_\_\_ because \_\_\_\_\_

3. We play a lot of sport. / We are strong.  
 \_\_\_\_\_ so \_\_\_\_\_  
 \_\_\_\_\_ because \_\_\_\_\_

4. We go to school. / We learn a lot.  
 \_\_\_\_\_ so \_\_\_\_\_  
 \_\_\_\_\_ because \_\_\_\_\_