

Unit 2 (page 16)

Are happier people healthier – and, if so, why?

It's normal to **feel a bit blue** **الشعور بالحزن** ((verb phrase) [idiom] to feel sad) from time to time. However, studies show that negative emotions can harm the body. Anger can also have harmful effects on health. When you **see red**, ((verb phrase) [idiom] to be angry **يرتفع** (**increased**) and you can suffer from headaches, sleep problems and digestive problems. However, what about positive feelings and attitudes? Until recently, scientists had not investigated whether there is a link between positive feelings and good health. Then, in a study that had followed more than 6,000 men and women aged 25 to 74 for 20 years, researchers found that positivity reduced the risk of heart disease. Other factors influencing health included a supportive network of family and friends, and an **optimistic** **متفائل** ((adjective) **believing that good things will happen in the future optimism, optimist (noun)**) outlook on life. The research showed that children who were more able to stay **focused on** **مركز على** ((phrasal verb) **to direct your attention or effort at something specific focus (noun) – focused (adjective)** a task, and who had a more positive attitude to life at age seven, were usually in better health 30 years later.

1. Negative emotions can have harmful effects on health. State two of these effects.
2. The writer mentions many examples of harmful effects that anger has on our health. Write down three examples.
3. What is controversial about the researchers' study?
4. Anger can be harmful to our health. Write down three examples.
5. What effect do positive feelings have on our health?
6. The writer mentions some factors that have influence on our health. Mention two factors.
7. Find a word in the text which means believing that good things will happen in the future.

Answers:

1. headaches, sleep problems and digestive problems.
2. headaches, sleep problems and digestive problems.(صيغة مختلفة للسؤال تحمل نفس الإجابة)
3. There is a link between positive feelings and good health.
4. headaches, sleep problems and digestive problems(صيغة مختلفة للسؤال تحمل نفس الإجابة)
5. reduced the risk of heart disease.
6. supportive network of family and friends, and an optimistic outlook on life.
7. Optimistic

The study has been controversial. Some health professionals believe that bad lifestyle choices, such as smoking or lack of exercise, are the reason for heart disease and other illnesses, and not an individual's attitude. The researchers, while agreeing, **raise the question**: يطرح تساؤل: **(a question to bring up a problem or cast doubt on something)** why are people making bad lifestyle decisions? Do more optimistic people make better and healthier lifestyle choices? The researchers appreciate that not everyone's personal circumstances and environment make it possible to live without worry. However, **they** believe that if we teach children to develop positive thinking, and to **'bounce back'** يتعافى **(phrasal verb) to start to be successful again after a difficult time** after a **setback**, انتكاسة **((noun) a problem that delays or stops progress, or makes a situation worse)** these qualities will improve **their** overall health in the future.

1. According to the text, two things that could be responsible for heart disease and other illnesses. Write them down.
2. The writer mentions two bad lifestyle choices which can cause heart diseases. Write them down.
3. Researchers mention two qualities which will improve the children's overall health in the future. Write them down.
4. Give a word from the text which have similar meaning to :
 - a) To start to be successful again after a difficult time.
 - b) To bring up a problem or cast doubt on something.
5. The underlined pronouns refer to:
 - a) they
 - b) their

Answers:

1. Smoking or lack of exercise.
2. Smoking or lack of exercise.
3. That if we teach children to develop positive thinking, and to 'bounce back' after a setback.
4. a. bounce back
b. raise the question
5. a. The researchers
b. children

Unit 2 (page 18)

Health in Jordan: A report

Introduction

Health conditions in Jordan are among the best in the Middle East. This is largely due to the country's commitment **التزام ((noun) a promise to do something or to behave in a particular way commit (verb) – committed (adjective))** to making **healthcare** **الرعاية الصحية ((noun) the prevention or treatment of illness by doctors, dentists, psychologists, etc.)** for all a top priority. Advances in education, economic conditions, sanitation, clean water, diet and housing have made our community healthier.

A) Healthcare centers

As a result of careful planning, the number of healthcare services has been increasing rapidly over the past years. More than 800 different kinds of healthcare centres have been built, as well as 188 dental clinics. In 2012 CE, 98 per cent of Jordanian children were fully immunised, thanks to immunisation teams that had been working towards this goal for several years. Although there were remote areas of the country where people had been without consistent **access to** **الوصول الى ((verb) to find information, especially on a computer access (noun) – accessible (adjective)** electricity and safe water, almost 99 per cent of the country's population now has access.

1. Healthcare conditions in Jordan are among the best in the Middle East. Give one reason from this.
2. The writer mentions many reasons for making the Jordanian community healthier. State three reasons of them.
3. The number of healthcare services has been increasing rapidly over the past years. Give the reason for this increase.
4. The number of healthcare services has been increasing rapidly over the past years. Give evidence which shows this increase.
5. Quote the sentence which indicates that nearly all places in Jordan have access for electricity and water supply.

Answers:

1. The country's commitment to making healthcare for all a top priority.
2. Advances in education, economic conditions, sanitation, clean water, diet and housing.
3. careful planning
4. More than 800 different kinds of healthcare centres have been built as 188 dental clinics.
5. Almost 99 per cent of the country's population now has access.

B) Hospitals

Although the country has been focusing mainly on improving its primary healthcare facilities, it has not neglected its advanced medical facilities. The reputation سمعة ((noun) the common opinion that people have about someone or something repute (verb) of Jordanian doctors has spread in the region, and now many more patients come to Jordan for open heart surgery. In Jordan, the open heart surgery programme started in 1970 CE in Amman.

C) Life expectancy

The life expectancy figures show that Jordan's healthcare system is successful. In 1965 CE, the average Jordanian's life expectancy was age 50. In 2012 CE, this average life expectancy had risen to 73.5. According to UNICEF statistics, between 1981 CE and 1991 CE, Jordan's infant mortality rates معدل الوفيات (noun) death, especially on a large scale (e.g. infant mortality); the rate of deaths that occur (mortality rate) mortal (noun and adjective) – mortally (adverb) declined more rapidly than anywhere else in the world – from 70 deaths per 1,000 births in 1981 CE to only 32 deaths per 1,000 births in 2014 CE.

Conclusion

The low infant mortality rate, as well as the excellent healthcare system, have been contributing factors to Jordan's healthy population growth, which will result in a strong work force with economic benefits for the whole country.

1. Quote the sentence which indicates the time when open heart surgery started.
2. The writer believes that life expectancy has improved in Jordan. Give an evidence from the text.
3. The writer mentions two contributing factors to Jordan's healthy population growth. Write them down.
4. Jordan enjoys a strong work force with economic benefits for the whole country. Give one reason for this.
5. What is the purpose of the sub-heading before different sections?
6. Is the language formal or informal? How can you tell?

Answers:

1. In Jordan, the open heart surgery programme started in 1970 CE in Amman.
2. this average life expectancy had risen to 73.5
3. The low infant mortality rate, as well as the excellent healthcare system
4. The low infant mortality rate, as well as the excellent healthcare system
5. to make the text easier to read.
6. no contractions; the sentences are quite long, with relative pronouns, etc.; the vocabulary is formal

Unit 2 (Activity book page 13)

Get moving!

A) Growing problems

In many countries, an increasing number of young people and adults are overweight or even **obese** سمين. **(adjective) extremely fat. obesity** السمنة (noun) One reason for this is the growing popularity of fast food, which didn't use to be as common as it is now. Another big factor is lack of exercise. People would often walk to school or work, but these days many more of us drive. Modern technology has also played its part; we spend more and more time focusing on computer screens. Before the Internet was invented, nobody had dreamt of online shopping, but now we can buy almost anything without leaving the sofa.

B) Time to listen

Health experts have been warning about this trend for years, and **their** advice is clear. Adults should aim to exercise for at least two and a half hours every week; for children and teenagers the target should be at least an hour a day. This might not sound very much. However, recent research shows that less than 50% of the British population manages this. Girls in particular often dislike PE. This can lead to serious health problems.

C) It's good for you!

Experts recommend a mixture of activities. These should include moderate exercise, such as fast walking, and more **strenuous** متعب **((adjective) using or needing a lot of effort)** exercise, like running. They also advise exercises that strengthen the muscles, for example sit-ups. The more muscle we build, the more calories we burn, and the fitter we become. In addition, exercise is a great way to **cope with** يتعامل مع **(phrasal verb) to deal successfully with, or handle, a situation** stress. In a recent study, patients who had been suffering from depression reported a great improvement after increased physical activity.

D) Useful tips

Of course this **raises a question**: **((a question to bring up a problem or cast doubt on something** يطرح تساؤل) how can I manage to fit in all this extra exercise? The best way is to build it into our daily lives so that it becomes a routine. It doesn't have to take much extra time. You could get off the bus one stop earlier than usual, or stand up when you're on the phone! Most importantly, we should find a sport that we enjoy doing. That way, we will all become fitter, healthier and happier.

1. According to the article, what are the main reasons (factors) for higher rates of obesity?
2. What is the minimum amount of exercise recommended of someone in your age group?
3. Do most British people get enough exercise? Which sentence in the article tells you this?
4. The article states some reasons for being overweight or even obese. Write down two of these reasons.
5. Quote the sentence that indicates that technology played a role in the problem of being overweight.
6. Experts recommend that we should strengthen our muscles. Give one reason for this.

7. Exercise is useful to deal successfully with certain health problems. Write down two of these problems.
8. Give two examples of activities suggested to overcome obesity.
9. Quote the sentence which shows that most British people don't get enough exercises.
10. What does the underlined pronoun '**their**' refer to?

Answers:

1. the growing popularity of fast food, lack of exercise and modern technology
2. at least an hour a day
3. No, less than 50% of the British population manages this.
4. the growing popularity of fast food, lack of exercise and modern technology. (صيغة مختلفة للسؤال تحمل نفس الإجابة)
5. Modern technology has also played its part; we spend more and more time focusing on computer screens.
6. sit-ups
7. stress and depression.
8. Fast walking and running
9. recent research shows that less than 50% of the British population manages this.
10. Health experts