

بسم الله الرحمن الرحيم

( 2018 - 2019 )

# Action Pack 12



# Units 1 - 4

ملخص القطع - ٢٠١٩

الدورة الشتوية



Emad Abu Alzumar

0785915568

0796145755

عماد ابو الزمر

## Get moving!

### A growing problem :

In many countries, an increasing number of young people and adults are overweight or even obese. One reason for this is the growing popularity of fast food, which didn't use to be as common as it is now.

1. **The problem** : People are overweight or even obese (obesity)
  2. **The reason** : The growing popularity of fast food
  3. **"Obese"** means : extremely fat , in a way that is dangerous to your health
  4. **Quote the sentence which indicates that junk food didn't use to be common in the past.**  
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.

1. **Mention two reasons for obesity .**
    1. Lack of exercise
    2. Modern technology
  2. **How has modern technology played its part in obesity ?**  
Because we spend more and more time focusing on computer screens.
  3. **Quote the sentence which indicates that you can buy things while lying on the coach .**  
"Before the Internet was invented, nobody had dreamt of online shopping, but now we can buy almost anything."
- 

### 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. School children are less physically active than they used to be. Girls in particular often dislike PE. This can lead to serious health problems.

1. **Mention two advice of health experts .** ( aim at ..... / target ..... )
  1. Adults should aim to exercise for at least two and a half hours every week.
  2. children and teenagers should exercise at least an hour a day.
2. **Quote the sentence which indicates that most British people don't get enough exercise .**  
" However, recent research shows that less than 50% of the British population manages this."
3. **What kind of exercise do girls refuse to do and what does that lead to ?**  
Girls in particular often dislike PE. This can lead to serious health problems.
4. **Why are school children less physically active than they used to be?** **Because of :**
  - a. Modern technology
  - b. Getting up late
  - c. Sleeping late
  - d. Not eating healthy food
  - e. Eating fast food
  - f. Not doing exercises
5. **What is the minimum amount of exercise recommended for someone in your age group?**  
An hour a day

### It's good for you :

Experts recommend a mixture of activities. These should include moderate exercise, such as fast walking, and more strenuous exercise, like running. They also advise exercise that strengthens 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** stress. In a recent study, patients who had been suffering from depression reported a great improvement after increased physical activity.

#### 1. Three kinds of activity recommended by experts :

- a. Moderate exercise : e.g. : walking
- b. Strenuous exercise : e.g. : running
- c. Exercise that strengthens the muscles : e.g. : sits-up

**Strenuous** : requiring a lot of effort

#### 2. Two results for building muscles :

- a. The more calories we burn
- b. The fitter we become

3. The treatment of "stress" : How can we cope with stress ?  
Doing exercise

4. The treatment of "depression " : How can we cope with depression ?  
Doing Physical activity

5. " cope with " (phrasal verb) means :  
"to deal successfully with a situation."

### It's good for you :

Of course this raises a question: 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. Mention three ways that can help you to manage to fit in all this extra exercise :

- a. To build it into our daily lives so that it becomes a routine.
- b. It doesn't have to take much extra time .
- c. We should find a sport that we enjoy doing.

#### 2. Two ways of including exercise in our daily lives :

- a. You could get off the bus one stop earlier than usual.
- b. Stand up when you're on the phone!

<b>obese</b>	extremely fat , in a way that is dangerous to your health	وزن مفرط
<b>cope with</b>	to deal successfully with a situation.	يتعامل مع / يتكيف مع
<b>strenuous</b>	Requiring a lot of effort	أكثر جهد