

تم تحميل هذا الملف من موقع المناهج الإماراتية



الملف ملخص وأوراق عمل الوحدة الثامنة مع الحل

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روابط مواقع التواصل الاجتماعي بحسب الصف الخامس



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# Unit 8

## Staying healthy



## Vocabulary words:

<b>Healthy</b> صحي	<b>Sore throat</b> التهاب الحلق	<b>Cold</b> برد	<b>Fever</b> حمى	<b>An earache</b> وجع الأذن
<b>Common illness</b> أمراض شائعة	<b>A headache</b> صداع	<b>stomachache</b> وجع المعدة	<b>Hurts</b> يؤلم	<b>Sick</b> مريض
<b>Lost Voice</b> فقد الصوت	<b>Swallow</b> يبتلع	<b>Medicine</b> دواء	<b>Sneezing</b> العطس	<b>Cough</b> كحة
<b>Blocked nose</b> أنف مسدود	<b>Energy</b> طاقة	<b>Rest</b> راحة	<b>Tired</b> مرهق	<b>Diabetes</b> مرضى السكري
<b>Properly</b> بصورة صحيحة	<b>Cause</b> يسبب	<b>Serious</b> خطير	<b>Health problems</b> مشاكل صحية	<b>Genetic</b> جينى/وراثي
<b>Adults</b> الكبار	<b>Overweight</b> وزن زائد	<b>Exercise</b> تمرين	<b>Prevention</b> منع	<b>Healthy food</b> غذاء صحي
<b>Roller-blading</b> الدوارة	<b>Symptoms</b> أعراض	<b>Thirsty</b> عطشان	<b>Hungry</b> جانع	<b>Blurred vision</b> رؤية غير واضحة
<b>Stomach</b> معدة	<b>Sweating</b> تعرق	<b>Flu</b> أنفلونزا	<b>Aching body</b> جسم مؤلم	<b>Tiny drops</b> رذاذ/قطرات صغيرة
<b>Keep away from</b> الابتعاد عن	<b>Regularly</b> بانتظام	<b>Soap</b> صابون	<b>Liquids</b> سوائل	<b>Soups</b> الحساء
<b>Virus</b> فيروس	<b>Infect</b> معدى	<b>Vaccination</b> تلقيح	<b>An eye test</b> أختبار للنظر	<b>A blood test</b> تحليل الدم
<b>A hearing test</b> أختبار للسمع	<b>A prescription</b> وصفة طبية	<b>Recommended</b> ينصح	<b>Serious</b> خطير	<b>Rash</b> طفح جلدي
<b>Itchy</b> كحة	<b>Allergic</b> حساسية	<b>Advice(N)</b> نصيحة	<b>Advise(V)</b> ينصح	<b>Neck</b> رقبة
<b>Spots</b> بقع	<b>Dairy</b> منتجات ألبان	<b>Grains and cereals</b>	<b>Fats</b> دهون	<b>Snack</b> وجبة خفيفة
<b>Rainbow</b> قوس قزح	<b>Red peppers</b> فلفل أحمر	<b>Raspberries</b> توت العليق	<b>Cherries</b> كرز	<b>Memory</b> ذاكرة
<b>Blueberries</b> توت بري	<b>Blackberries</b> ثمر العليق	<b>Aubergines</b> باذنجان	<b>Figs</b> تين	<b>Beetroot</b> جذور الشمندر
<b>Grapes</b> عنب	<b>Olives</b> زيتون	<b>Cucumber</b> خيار	<b>Pears</b> اجاص	<b>Spinach</b> سبانخ
<b>Garlic</b> توم	<b>Cauliflowers</b> زهرة	<b>Ginger</b> زنجبيل	<b>Herbs</b> أعشاب	<b>Broccoli</b> بروكلي
<b>Melons</b> شمام	<b>Pineapples</b> أناناس	<b>Natural</b> طبيعي	<b>Vaccination</b> تلقيح	<b>Ingredients</b> مكونات
<b>Odd</b> شاذ	<b>Stone soup</b> شوربة الحجارة	<b>Knocked</b> طرق	<b>Traveler</b> مسافر	<b>Politely</b> بأدب

<b>Plan</b> خطة	<b>Pot</b> وعاء	<b>Villagers</b> القرويون	<b>Cabbage</b> كرنب	<b>Extra flavor</b> مزيد من النكهة
<b>Beans</b> فاصوليا	<b>Pinch of sault</b> قليل من الملح	<b>Pepper</b> فلفل أسمر	<b>Mushrooms</b> فطر	<b>Herbs</b> أعشاب

**Virus: something that makes people ill.**

**Infect: to pass an illness to someone else.**

**Ingredients: one of the foods used to make a meal.**

**Flavoursome: food that tastes good.**

عندما تسأل شخص ما عن حاله نقول

What's the matter?

What seems to be the matter?

What's wrong?

How do you feel?

وللاجابة:

I've got a bad cough.

I feel sick.

I feel tired.

I've got a fever.

I've got no energy.

ملحوظة: يأتي بعد **feel** صفة

I **feel** sick.

I **feel** tired.

ويأتي بعد **have/has got** اسم

I **have got** a cold.

She **has got** a headache.

He **has got** a cough.

I **have got** a sore throat.

**ملحوظة:** هناك عبارات تستخدم عند اعطاء نصيحة

You should/shouldn't+ (V) في المصدر

Try to+ (V) في المصدر

Why don't you + (V) في المصدر

<b>Illness</b>	<b>symptoms</b>
A sore throat	<i>Lost voice, throat hurts</i>
A cold	<i>Sneezing, cough, no energy, blocked nose</i>
A headache	<i>Head hurts</i>
Earache	<i>Ear hurts</i>
Stomachache	<i>Stomach hurts, feel sick</i>
Fever	<i>Sweating, sweating</i>
A flu	<i>Coughs, blocked nose, a headache, don't feel like eating, hot, no energy and body hurts.</i>

<b>Illness</b>	<b>Advice</b>
A sore throat	<i>You should get rest, drink warm drinks not very hot as this will make your throat feel worse.</i>
the flu	<i>You should get rest. Try to drink many liquids like soups and juice. You should take some medicine as the doctor advise for.</i>
An allergic reaction	<i>Try to put some cream which might stop your skin feeling itchy. You should see a doctor.</i>

### Food types or categories

<i>proteins</i>	<i>carbohydrates</i>	<i>Vitamins and minerals</i>	<i>Fats and sugar</i>	<i>calcium</i>
Eggs	Rice	Lettuce	Chocolate	Milk
Chicken	Pasta	carrots	oil	Cheese
Fish	Bread	Apples		Yogurt
meat		Bananas		
cheese		Green beans		
milk		onion		
nuts				

### الكميات Quantifiers

A pot of	Soup/water
A sack of	Potatoes
A pinch of	Sault and pepper
A bowl of	Beans
A bunch of	Carrots
A bag of	Onions

## استخدامات

### Some/any

#### Some (بعضاً - بعضاً من)

تأتي مع الأسماء المعدودة في صيغة الجمع والأسماء الغير معدودة.

*I have some money.* موجودة في الجملة المثبتة:

*I need some books.*

*Can I have some tea please?* ويمكن أن يأتي في السؤال في صيغة عرض أو طلب:

*Would you like some juice?*

*Do you want some flowers?*

*Do you want some coffee?*

*I gave them some food.* أمثلة أخرى:

اسم غير معدود

*I saw a dog.*

لكن عند استخدام some لا بد أن نضع الكلمة بعدها في صيغة الجمع

*I saw some dogs.*

#### Any (أي - أيامن)

تأتي مع الأسماء المعدودة في صيغة الجمع والأسماء الغير معدودة.

يأتي في السؤال وفي النفي.

*Do you have any money?* في السؤال:

*Do you have any questions?*

*Are there any foods in the fridge?*

*I don't have any money.* في النفي:

*I didn't see any dogs.*

*I don't want any trouble.*

## الكميات Quantifiers

### (Many/few/much/little/a lot of/some/plenty of)

**Many** معناها الكثير (مع الأشياء المعدودة)

I have many reasons to be happy.

**Few** معناها القليل (مع الأشياء المعدودة)

I have few ideas about that subject.

**Much** معناها الكثير (مع الأشياء الغير معدودة)

We don't have much time.

**Little** معناها القليل (مع الأشياء الغير معدودة)

I speak very little French.

**A lot of** معناها الكثير من (مع الأشياء المعدودة والغير معدودة)

There is a lot of water in the river.

**Some** معناها بعض من (مع المعدود والغير معدود)

Could you give me some books, please?

**Plenty of** الكثير من (مع الغير معدود)

There is plenty of water left.

## Countable/uncountable

### (المعدود-الغير معدود)

**Countable nouns** الأسماء التي يمكن عدّها وتأتي في صيغة الجمع.

Book books

pencil pencils

**Uncountable nouns** الأسماء التي لا يمكن عدّها. (أو التي لا تستطيع إضافة S الجمع للكلمة).

Water

oil

rice



## لكن هناك شواذ للقاعدة

ليس كل الأسماء تجمع بإضافة S لكن هناك شواذ مثل:

*1 person      2 people*  
*1 child        2 children*  
*1 man          2 men*  
*1 woman      2 women*

كل هذه الأسماء معدودة.

*information    advice    news    work    هناك كلمات غير معدودة أيضا مثل:    money*

**Countable**

Many

Few

Some

several

Any

Plenty of

a lot of

**Uncountable**

much

little

a lot of

some

Plenty of

Any

***When were you last ill?***

***I was ill last month.***

***Are you ill more in the summer or the winter?***

***I am ill in the winter more than in the summer.***

***How do you feel when you are ill?***

***When I'm ill I feel no energy, tired, headache and blocked nose.***

***What is a sore throat?***

***A sore throat means that a throat hurts.***

***Is it easy to eat when I have a sore throat? Why?***

***No, it is not easy, because it hurts.***

***What is cold?***

***Cold means sneezing, tired and lost voice.***

***What is diabetes?***

***Diabetes means there is too much sugar in the blood.***

***But we need to have some sugar, why?***

***For energy.***

### ***How many types of diabetes?***

*There are two types; type 1, which is genetic diabetes that causes children and type 2, usually happens to adults which is often caused by being overweight and not getting enough exercises.*

### ***What are the symptoms of diabetes?***

*In both types of diabetes, people can feel thirsty, hungry, tired, no energy and have blurred vision.*

### ***What can we do to try and stop getting type 2 diabetes?***

*We should eat healthy and play sports every day.*

### ***What is flu?***

*Flu is a virus caused people in the winter months.*

### ***What are the symptoms of the flu?***

*It has the same symptoms of cold; such as blocked nose, sneezing and coughing, but children have fever and headache and you don't feel like eating much food and all your body hurts.*

### ***How long the flu can last?***

*The flu can last a week or more.*

***How can you stop yourself from getting the flu?***

*Keep away from someone with the flu, wash your hands regularly and don't put your hands to your mouth and nose.*

***What should you do if you have the flu?***

*If you catch the flu you should get a lot of rest, drink plenty of liquids and have medicine if your doctor gives it to you.*

***Do you eat a healthy diet?***

*Yes, I eat a healthy diet as it makes my body healthy and strong.*

***What types of food are healthy and unhealthy?***

*Vegetables, grains and cereals, proteins and food that has a lot of calcium are healthy food, but sweets chocolate and cakes or food that has a lot of fat and sugar are unhealthy food as it's bad for our teeth and bodies.*

***How to stay healthy?***

*You should eat fruits and vegetables every day.*

*You should eat dairy products to give your body calcium.*

*You should reduce eating sweets and cakes.*

***What do we need in a healthy diet?***

*Proteins, carbohydrates, vitamins, minerals and fats.*

***Why is calcium important?***

***Because, it keeps our bones and teeth healthy.***

***Why are fruit and vegetables so important in our diet?***

***Because, they contain a lot of minerals and vitamins.***

***What do we mean by vegetarians?***

***Vegetarians are people who never eat meat.***

***Write about healthy life style or how to stay healthy:***

***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?***

***4-Mention some health habits which keep us healthy and strong.***

***Everyone has to stay healthy to keep yourself away from illness and sick.***

***To stay healthy you should practise activities every day. There are a lot of healthy activities you can do such as; running, swimming or even playing football.***

*I prefer swimming as it moves all my body and strength my muscles. To stay healthy we should eat healthy food which contains proteins, vitamins and minerals, carbohydrates and even calcium which help our body to grow properly. We should eat a lot of fruits, vegetables, meat, chicken and dairy products like milk and cheese that strength our bones and teeth.*

*We shouldn't eat a lot of sweets and chocolate .It's bad for our teeth and body.*

*Everyone should follow some healthy habits which keep us healthy and strong. We should drink plenty of water, clean our body, brush our teeth and sleep from seven to eight hours as our body needs rest.*

*Live a healthy life style and keep away from doctor.*