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THEME THREE

HEALTH AND SAFETY

UNIT ONE

HEALTHY LIVING

VOCABULARY:

WORD		SYNONYM	DEFINITION	MEANING
Adhere	V	Cohere	To stick fast and firmly to (a surface or substance).	يتقيد
Aware	Adj	Conscious	Having knowledge or perception of a situation or fact.	وصف
Balance	N	Fairness	A condition in which different elements are equal or in the correct proportions.	توازن
Beneficial	Adj	Useful	A favourable or an advantageous; resulting in good. =(helpful)	مفيد
Cholesterol	N	Cholesterol	A substance found in blood.	كولسترول
Cyclone	N	Tornado	A large scale air mass that rotates around a strong centre of low atmospheric pressure	الإعصار
Deal with		Treat	To treat with someone or an issue.	التعامل مع
Depressed	Adj	Stressed	The state of general unhappiness or despondency.	مكتئب
Diabetes	N		The disease when the body's inability to produce any or enough insulin causes elevated levels of glucose in the blood.	داء السكري
Disaster	N	Tragedy	A sudden event or a natural catastrophe causes great damage or loss of life.	كارثة
Hazard	N	Threat	A danger or risk.	خطر
Improve	V	Upgrade	To make or become better.	يتحسن
Intake	N		An amount of food, air, or another substance taken into the body.	استيعاب
Issue	N	Topic-subject	An important topic or problem for debate or discussion.	القضية
Meal	N	Food	The regular occasions in a day when we eat food, breakfast, lunch, dinner.	وجبة
Mental	Adj	Mental	Related to the mind.	عقلي
Moderate	Adj	Average	Average in amount, intensity, quality, or degree. (ordinary-normal)	معتدل
Moderation	N	Fairness	Avoidance of excess or extremes, especially in behavior, opinions.	الاعتدال
Obesity	N	Overweight	Being grossly fat or overweight. (fatness)	بدانة
Overeating	N		Eating too much.	إفراط في الطعام
Packaged food	N	Fast food	The foods in wrappers or parcels. (junk food)	طعام مغلب
Physical	Adj	Bodily	Related to the body and the muscles.	جسدي - بدني
Potential	Adj	Possible	Having the capacity to become or develop into something in future.	محتمل
Prevent	V	Stop	To stop something from happening.	يحول دون
Range	N	Rate -Variety	A set of different things of the same general type.	نطاق
Salt	N		a white crystalline substance that gives seawater taste.	ملح
Salted	Adj		Contain salt.	مملح
Satisfy		Fulfill	To meet the expectations, needs, or desires of (someone).	رضا
Saunter	V - N	Wander	To walk in a slow, relaxed manner, without hurry or effort.	مشى بهدوء - تسكع
Sedentary	Adj	Lazy	Spending much time seated; somewhat inactive.	كثير الجلوس
Sense	N	Feeling	A feeling that something is the case.	إحساس
Pave	V	Prepare	Make it ready and prepare the way to.	يمهد الطريق
Snacks	N	Light meal	A small amount of food eaten between meals.	وجبات خفيفة
Soar	V	Rise- fly	To increase quickly to a high level, or to fly or rise high in the air.	حلق
Sugar	N		A white substance gives a sweet taste.	السكر

Take a step	Start-	Start the way.	اتخذ خطوة
Tasty	Delicious	Having a delicious taste.	طيب المذاق
Unsalted		Having no salt in.	غير مملح
Vary	Differ	To differ in size, amount, degree, or nature from something else of the same general class.	تختلف
Vital	Main- essential	Absolutely necessary or important.	حيوي

SUMMARY

How to have a healthy life

All the human being have the hope of being healthy ones. There are three main routes to have a healthy body with fitness. In case we follow the following instructions, we would have a great healthy life filled with happiness. Moreover, we should avoid three main things.

The first aspect is to eat healthy and variable foods. Our meals should contain proteins, vitamins, carbohydrates, fibers, and fats. Proteins are found in meat, chickens, fish, and eggs. They build and rebuild the body. They help us to grow and they compensate the dead cells and replace them with new ones. We shouldn't eat too much of them.

We should eat carbohydrates, which are found in rice, flour, potatoes, sweet potatoes, and past, or pastries. They give us the energy for our bodies to by providing them with calories. In case we eat too much of carbohydrates, we would have more energy, which would turn into fats and would cause a density problem. So we should eat suitable quantities of carbohydrates to our efforts.

We should eat a variety of vitamins, which are found in fruits and vegetables. They make us healthy by fighting the viruses and other diseases. Moreover, they provide us with fibers, which support a good digestion. Having much fruits and vegetables doesn't make any problem or difficulty for our bodies.

Finally, our bodies need little quantities of fats, which support our bodies with too much quantities of energy. They are found in cooking oils, ghee, milk, and yoghurt. There are great dangers on our bodies to eat much fats.

The second aspect is to do sport. This would be to have fitness and to burn the additional calories we have had from the foods. We must burn an equal quantity of energy, we have taken from the our meals, as there would be a problem in case we burn more calories than we have taken, as we would be thinner and lose our energy. On the other hand we shouldn't do little sport, otherwise we would have more energy in our bodies and that would make us overweight.

The third factor is sleeping well or having enough sleep time. Having suitable sleep time is great and very useful for the body as well as for the work.

On the other hand, we should avoid the junk food. They have too much calories and provide our bodies with too much calories and raise the safe rate of cholesterol. Also, we should be away from packed foods and fizzy drinks. Thirdly, we should do a continual medical examinations to follow up our health and prevent health problem from the beginning. We shouldn't have food during watching TVs or during doing any other activities, as that would make us eat too much than our need without taking care.

To have a good diet, we should change our diet so slightly.

Vocabulary Exercises:

1) For each item, read the definition and the example. Then complete the word in the space provided. You are given the first letter(s) of the word. Make sure your spelling is correct.

1- (adj) - Very urgent or essential.

e.g: - You should take all the medicines, as they are **vit** _ _ for your complete recovery.

2- (V) - To have more than one type.

e.g: - We should **va** _ _ our activities and foods as well.

3- (adj) - Having a nice delicious taste.

e.g: - Mum cooks very **ta** _ _ _ food. We always finish all the dishes she cooks.

4- (V) - To rise or becoming higher in degree.

e.g: - Having too much fat would **so** _ _ the cholesterol rate.

5- (N) - Chips and crisps food which are taken between meals.

e.g: - He likes having **sna** _ _ _ and chips very much, although they are unhealthy.

6- (V) - To prepare the road for cars by putting the asphalt on it.

e.g: - The government has **pa** _ _ _ more than 2000 km of roads last year.

7- (N) - A white or brown substance added to drinks or food to make their taste sweet.

e.g: - He likes the tea so sweet, so add another spoon of **sug** _ _ .

8- (V) - To walk slowly and in a relaxed way.

e.g: - My grandfather likes to **sau** _ _ _ every afternoon for an hour to keep healthy.

9- (N) - Spending too much time on couches or chairs.

e.g: - My friend suffers from **sed** _ _ _ _ _ . He doesn't leave home at all.

10- (V) - To fulfill a need or someone.

e.g: - Human beings should to **sat** _ _ _ _ their needs to live comfortably.

11- (adj) - Containing salt or has much salt in it.

e.g: - I can't eat this dish. It is very **sa** _ _ _ and I don't add in my foods.

12- (V) - To stop something or something from happening.

e.g: - The police could **pre** _ _ _ _ the robbers from escaping. They arrested them.

13- (N) - The wrapped foods which is sold in parcels.

e.g: - Children should eat the **pa** _ _ _ _ food, as they are unhealthy for them.

14- (adv) - Related to the body's efforts and muscles.

e.g: - He needs to practice **phys** _____ more than mentally.

15- (N) - To be overweight or is more than his or her normal weight.

e.g: - He suffers from **obe** _____. He is too fat and eats too much.

16- (adj) - Related to the mind.

e.g: - Physics needs a lot of **men** ___ efforts to understand.

17- (V) - To adjust or control in something in a reasonable method.

e.g: - He should **mod** _____ his efforts for the sake of his family, not for his own self only.

18- ((V) - To stick on some habit or follow strictly in some habit.

e.g: - In case, he doesn't **ad** _____ the instructions, he would lose his job.

19- (V) - To make things equal with each other.

e.g: - We should **bal** _____ our activities with our work times.

20- (N) - A topic or a subject.

e.g: - The government has discussed many important **is** _____ during its last meeting.

21- (N) - A danger or a risk.

e.g: - There are many **haz** _____ in case of cyclones or natural disasters.

22- (N) - A tornado or a large scale of rotating winds, which is strong in the middle and weaker from out.

e.g: - The **cy** _____ has removed away all the roofs. The winds were really strong.

23- (N) - A sudden harmful even, naturally or not.

e.g: - volcanoes and earthquakes are dangerous natural **dis** _____.

24- (V) - To make it better or upgrade something or someone.

e.g: - He studied abroad and improved his **qua** _____.

25- (N) - An illness of not controlling the rate of insulin in blood.

e.g: - He suffers from **dia** _____. He needs to take insulin twice a day.

26- (adj) - Being stressed or have some psychological problem.

e.g: - He is so **dep** _____ after the accident. He lost his family and job as well.

2-a- Complete the text. For each item, shade in the bubble Under the correct option.

(There are three extra words in the text).

My brother suffers from ----- . He is 150kg in weight. In addition to ----- , We took him the medical nutrition centre, in which the doctor has given him some suitable medicine to ----- the ----- rate in his blood. Moreover, he advised him to ----- a hard diet, in which he must prevent himself from snacks and junk food. We advised him to follow the instructions, otherwise he would be in a health problem.

medicine	adhere	diabetes	insulin	pressure	sedentary	overweight	moderate
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2-b- Complete the text. For each item, shade in the bubble Under the correct option.

(There are three extra words in the text).

There are many health problems caused by ----- habits. The first one is the ----- problem. The second one is the rise in the ----- rate to reach a dangerous and more than the normal rate. This would increase the possibilities of heart attacks. The ----- is another problem as the Pancreas has difficulties of creating enough quantities of ----- . The percent of the overweight people who suffer from the heart attack is much more than the normal people. Moreover, the overweight on the skeleton and heart.

Cancer	insulin	diabetes	slim	cholesterol	overweight	snacks	sugar
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3- In each sentence, complete the word in the space provided. You are given the first letter(s) of the word. Make sure the word is correct.

- 1- He doesn't leave the coach at all. He suffers from **sed** _____ .
- 2- The government has **pre** _____ many companies from practicing their activities.
- 3- His **he** _____ **attack** was due to the increase of the **chol** _____ in his blood.
- 4- He had a high **blood pre** _____ because he was **dep** _____ .
- 5- Following a **di** _____ is the best way to be healthy.
- 6- Children should never eat sugary **sn** _____ .
- 7- He should **ad** _____ a strict regime to lose weight.
- 8- This **is** _____ is the most important for me.
- 9- We need **phy** _____ training. His muscles are so weak.
- 10- He doesn't practice sport at all. He is suffering from **over** _____ .
- 11- He doesn't like **sugar** in his coffee. He drinks black coffee.
- 12- This street needs to be **pa** _____ again.
- 13- We should **mode** _____ our work time with our free time.
- 14- Natural **dis** _____ like storms and volcanoes, etc. are more dangerous than wars on humanity.
- 15- Studying English is **vi** _____ for finding a job nowadays.
- 16- The **obe** _____ has become very popular with children. They are all overweight.
- 17- You should **imp** _____ your language skills. Apply for an English course.
- 18- We should have our three **me** _____ at home not in restaurant- breakfast, lunch, and dinner-.
- 19- There is a **pot** _____ problem with the new company. They refuse many of our requested.
- 20- She was divorced last month. She is **depr** _____ .
- 21- There is a **haz** _____ in case of refusing the surgery. He may die.