

الدرس الرابع الوحدة الأولى ورقة عمل Conversation



تم تحميل هذا الملف من موقع المناهج السعودية

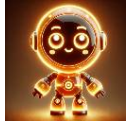
موقع المناهج ← المناهج السعودية ← الصف الثالث المتوسط ← لغة انجليزية ← الفصل الأول ← ملفات متنوعة ← الملف

تاريخ إضافة الملف على موقع المناهج: 2026-09-03 10:14:23

ملفات اكتب للمعلم اكتب للطالب ا اختبارات الكترونية ا اختبارات ا حلول ا عروض بوربوينت ا أوراق عمل
منهج انجليزي ا ملخصات وتقارير ا مذكرات وبنوك ا الامتحان النهائي ا للمدرس

المزيد من مادة
لغة انجليزية:

التواصل الاجتماعي بحسب الصف الثالث المتوسط



صفحة المناهج
السعودية على
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف الثالث المتوسط والمادة لغة انجليزية في الفصل الأول

الدرس الرابع الوحدة الأولى ورقة عمل Conversation

1

الدرس الرابع الوحدة الأولى فهم المقروء Conversation

2

الدرس الثالث الوحدة الأولى Language listening pronunciation

3

الدرس الثاني الوحدة الأولى ورقة عمل Grammar

4

الدرس الثاني الوحدة الأولى فهم المقروء Grammar

5



PER

GOAL 3

GOAL 3

طبعة جديدة

Term 1

Unit	1	Lifestyles	2
Unit	2	Life Stories	12
Unit	3	When Are You Traveling?	22
Unit	4	What Do I Need to Buy?	32
		EXPANSION Units 1–4	42

الثالث متوسط

Term 1

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Unit	2	Life Stories	12
Unit	3	When Are You Traveling?	22
Unit	4	What Do I Need to Buy?	32
		EXPANSION Units 1–4	42



Term 2

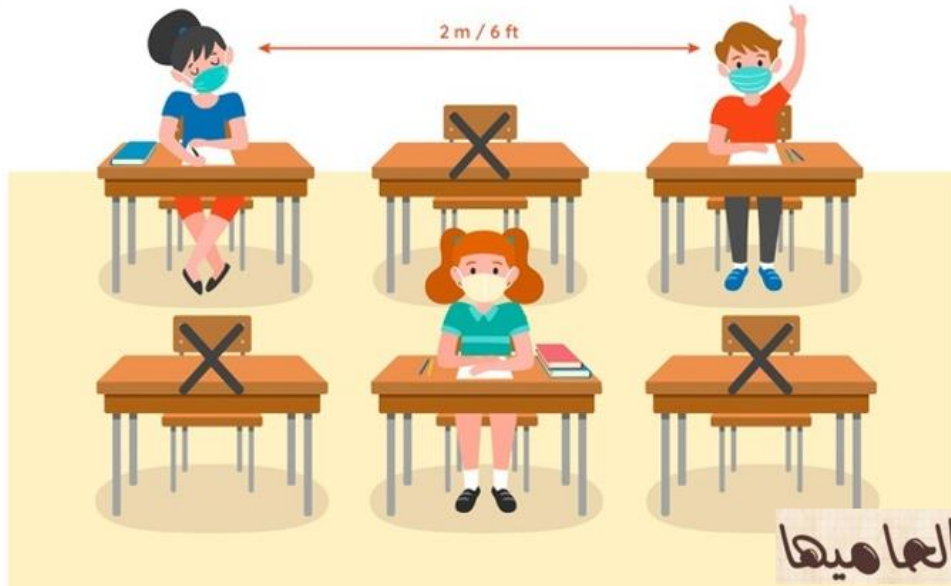
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ENGLISH TIME for you





No Contact Options



At school, I have rules to follow.
The rules help us keep safe and
happy. ❤️

CLASS RULES

1. Listen when others are talking.
2. Follow directions.
3. Keep hands, feet, and objects to yourself.
4. Work quietly and do not disturb others.
5. Show respect for school and personal property.
6. Work and play in a safe manner.

العامية

Social Distancing Activity



Make Our School
a Safe Place for
Everyone!



**Protect
yourself
& others**

WEAR A
MASK



WASH YOUR
HANDS



STAY 6 FT
APART





😊 Avoid gathering !

😊 We must wear a mask before going out.

😊 Social distancing is not a choice, it is a must!

😊 Keep a distance of 2 meters to avoid accountability

Covid 19



😊 wash hands constantly.

I AM
WISE
BECAUSE
I LEARN FROM
MY MISTAKES



ارجو الالتزام بعدم كتابة أي تعليقات غير لائقة بالأدب العام.
علماً بأنه أي محادثة نصية او كتابية مسجلة تحت اسمك ورقم
هويتك



وعليه سيتم معاقبة من لم تلتزم بالذوق العام والسلوك الحسن
خلال تواجدك في المنصة او الفصول الافتراضية.



وذلك برفع شكوى وبلاغ رسمي ضدك بما تم كتابته او قوله
والتواصل مع ولي الأمر والمسؤولين لاتخاذ الاجراء اللازم مع
المخالفة.



ونتمنى وضع صورته في ملفك التعريفي لائقة بالمنصة
التعليمية

Virtual Classroom Rules



Be on time.



Act like you're at school.



Sit in 1 spot during class.



Keep yourself muted.



Turn off your video.



Raise your hand to talk.



Listen.



No eating during class.



HAVE FUN AND DO YOUR BEST!



it's time

To LEARN

ENGLISH



في كل مكان
الله يراني
لأن الله بصير

Naureyah Alghamdi

العامية

الله IS
WATCHING YOU



To put a feeling, idea, or principle gradually into someone's mind, so that it has a strong influence on the way that person thinks or behaves.

اجتنبوا السبع الموبقات

(1) الشُّرْكُ بِاللَّهِ

(2) السَّحَرُ

(3) قَتْلُ النَّفْسِ الَّتِي حَرَّمَ اللَّهُ إِلَّا بِالْحَقِّ

(4) أَكْلُ الرِّبَا

(5) أَكْلُ مَالِ الْيَتِيمِ

(6) التَّوَلَّى يَوْمَ الزَّحْفِ

(7) قَذْفُ الْمُحْصَنَاتِ الْمُؤْمِنَاتِ الْغَافِلَاتِ

... عَنْ أَبِي هُرَيْرَةَ، عَنِ النَّبِيِّ صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ قَالَ:

"اجْتَنِبُوا السَّبْعَ الْمَوْبِقَاتِ". قَالُوا يَا رَسُولَ اللَّهِ وَمَا هُنَّ قَالَ "الشُّرْكُ بِاللَّهِ،
وَالسَّحَرُ، وَقَتْلُ النَّفْسِ الَّتِي حَرَّمَ اللَّهُ إِلَّا بِالْحَقِّ، وَأَكْلُ الرِّبَا، وَأَكْلُ مَالِ الْيَتِيمِ،
وَالتَّوَلَّى يَوْمَ الزَّحْفِ، وَقَذْفُ الْمُحْصَنَاتِ الْمُؤْمِنَاتِ الْغَافِلَاتِ".



Seven Destructive Sins



**Stay away from these
sins**



Shirk

Magic

Riba

Murder

Eating Orphan Property

Slandering

Fleeing from battle

1 Lifestyles

College Students and healthy Lifestyle

Unit Goals

-  **Vocabulary**
Routine activities
Technology in everyday life
-  **Functions**
Talk about lifestyles
Talk about habits and routines
Talk about frequency of actions
-  **Grammar**
Simple Present Tense:
Habitual Activities
Adverbs/Expressions of Frequency
Questions with *How Often/How Much/How Long*
All/Both/Neither/None
-  **Listening**
Listen for specific details in a lifestyle description
-  **Pronunciation**
Reduction of *do you*
-  **Reading**
College Students and their healthy Lifestyle
-  **Writing**
Write a report about a common habit or pastime among young people in your country
-  **Project**
Do a group survey on common habits and pastimes



VOCABULARY

Nouns

addict
fanatic
fitness
herbal tea
lifestyle
puzzle
thumb

Verbs

enjoy
hate
overdo
solve
work out

**Phrases
with verbs**

access the Internet
chat online
get a haircut
spend money/time

Adverbs/Expressions of frequency

all the time
always
every day/week
frequently
from time to time
generally
hardly ever
never
normally
now and then

occasionally
often
once/twice a day
once/twice a week
once in a while
rarely
regularly
seldom
sometimes
usually

Adjectives

challenging
physical
proud
vegetarian

**Question
words**

How long?
How much?
How often?

Preposition

except

EXPRESSIONS

Real Talk

Anyway
exercise freak
turn (someone) off
You see

😊😊 مع كتابة كلمات الدرس من السبورة في دفترك

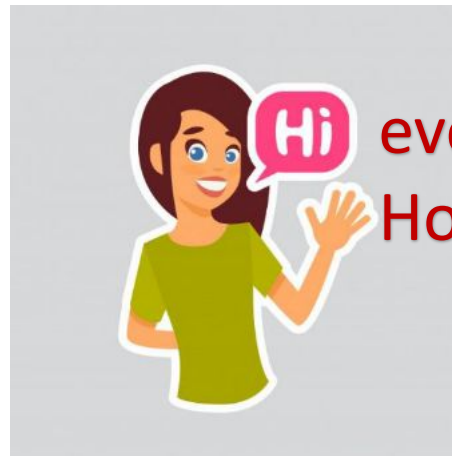
1 Lifestyles



Today: Monday

Date:
29 - 1 - 1445 H

6th August \ 2023



everyone,
How is everything going?

9 Reading A green icon of an open book.

10 Project A red icon of a gear.

SG3 U1
Page 8 & 9

WEEK
2

1 Lifestyles



Learning Objectives



Read the text



Find the meaning of new words in the text



Survey a friend habits



Match the paragraph with its main idea



Explain why is sleeping important factor in students' health.



Answer the questions

9 Reading 

10 Project 

SG3 U1
Page 8 & 9



9 Reading

SG3 U1
Page 8 & 9

العامية

What healthy habits do you have?

(such as washing your hands before eating)

STOP
Bad Habits



Before Reading

What will this book be about?

What does the title tell me?

What do I already know about the topic?

What do I want to learn?

During Reading

I wonder why...?

I'm curious about...?

What would happen if...?

How...?

How is the character feeling?

Does this make sense?

What do I think will happen next?

What have I learned so far?

After Reading

What is my opinion of _____?

What was the author's message?

What did I learn?

Why is this information important?

What was the main idea?

What do I still want to know?

What new words did I learn?

Why did the author write this?



BEFORE, DURING AND AFTER READING QUESTIONS

BEFORE	DURING	AFTER



Activating Prior Knowledge



I can use what I already know to help me understand something new.
I can think about what is going to happen based on what I already know and what I have read.

Gayle Pinn

K

What I **know**

Introduce the topic and brainstorm with the class. Note down responses.

W

What I **want to know**

Record any questions the class has about the topic and/or turn textbook subheadings into questions.

L

What I **learned**

After reading or listening record what students say they have learned.
Note any W questions that were answered.

STRATEGY



READING STRATEGY Using prior knowledge

What do I
already know
about this
topic?

Have I seen this
topic on
Television or in
a movie?

Have I read
about this
topic in a
book

Does the topic
remind me of
any
experiences I
have had?

What would
I like to
learn about
this topic?

العامية



	What do I already know about this topic?
	What have I read that is similar?
	Do I recognise the author's name?
	What type of text is this?
	What sort of vocabulary would I expect to find in this text?
	What do the pictures tell me about the text?



الجاميها

K.W.L. Chart



Topic: _____

K What I Already Know	W What I Want to Know	L What I Have Learned
☺ Cell phone addiction ☺ The cell phone is an object for communication	Why are people so addicted to their cell phones/smart phones? What is a normal use of cell phones? How much time do students in grades 7 through 12 spend a day on their cell phones?	☹ Some people get the fear that they can't send or receive texts ☹ Most of the cell phone usage is for text messages. ☹ Smartphone or Internet addiction can also negatively impact your life by Increasing loneliness and depression.



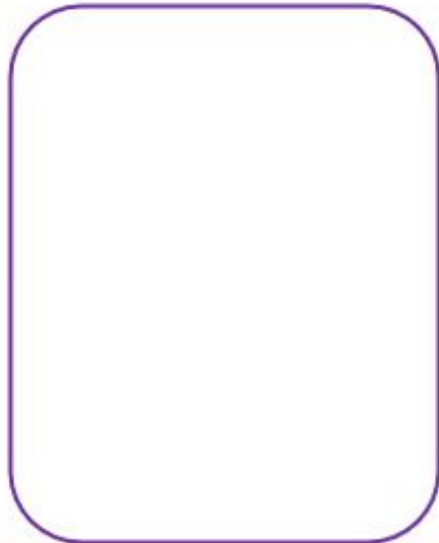
SG3 U1
Page 8 & 9

Emotions and
Feelings

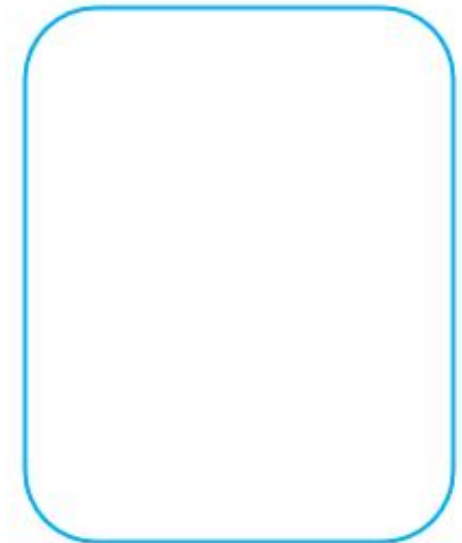
emotion



Emotional Map Strategy



What do you think?



What do you feel?

Give a sentence describing the picture:

.....
.....



9 Reading

Use the Healthy Eating Plate as a guide for creating healthy, balanced meals—whether served at the table or packed in a lunch box.



SG3 U1
Page 8 & 9

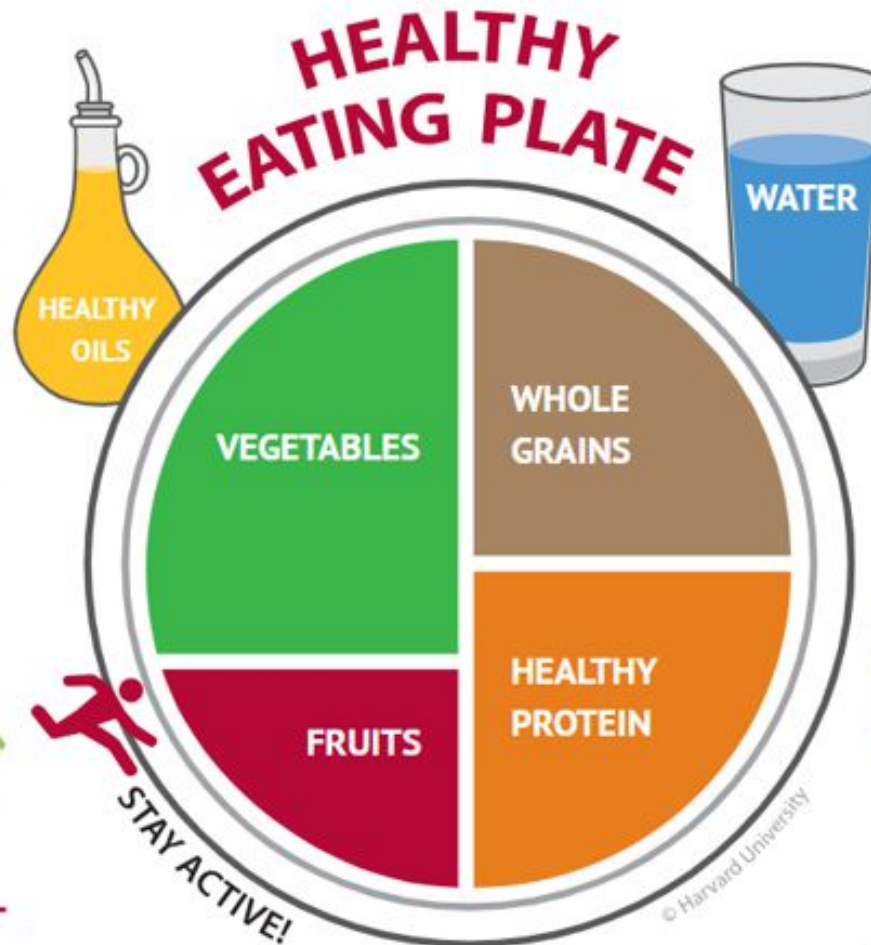
الهامية



The more veggies — and the greater the variety — the better. Potatoes and French fries don't count.



Eat plenty of fruits of all colors



Eat a variety of whole grains (like whole-wheat bread, whole-grain pasta, and brown rice). Limit refined grains (like white rice and white bread).



Choose fish, poultry, beans, and nuts; limit red meat and cheese; avoid bacon, cold cuts, and other processed meats.

LET'S DISCUSS



SG3 U1
Page 8 & 9

Let's Discuss

I **work out** regularly to **keep fit**.

What are the ..?
..?

😊 *Exercise boosts energy-Exercise can increase your energy levels.*
Exercise is good for your muscles and bones.
Exercise controls weight-Exercise can help with weight loss.
Exercise improves mood.

Exercise can reduce your risk of chronic disease

😊 *Exercise can be fun — and social!*

Exercise can help your brain health and memory

Exercise can help skin health.

Exercise can help with relaxation and sleep quality

Exercise can reduce pain.



S T R A T E G Y

WORD

Sunday 8\8\1442H
March 21st \2021

JOB



العامية



SCANNING

Find the words
in the text:

1. lifestyle
2. work out



Unit:1

Reading

Lifestyle

SG3 Page 8 & 9

Thursday 8\10\1442H
May 20th 2021



What is the words job?

الجاميها

paragraph	line	word	Part of speech	meaning
1	5-7	lifestyle	noun	the way a person or group of people live
4	26	Work out 	verb	to exercise to improve appearance of your body

Unit:1

Thursday 8\10\1442H

May 20th 2021

Reading

lifestyle

SG3 pages 8& 9



© Can Stock Photo

Anticipation guide

Reading



Before Reading		Statement	After Reading	
Agree	Disagree		Agree	Disagree
✓		Many college students don't look after their health.		
✓		The research focus on students' eating, sleeping and exercise habits.		
✓		The average student diet consist of a big amount of fruit and vegetables.		
✓		The number of hours of sleep affected the test scores of five students.		

mm

T. Noureyah Alghamdi

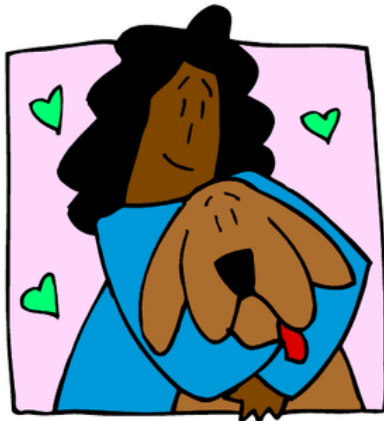
الغامدي

What is the Main Idea?

SG3 U1
Page 8 & 9

العامية

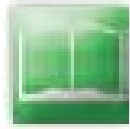
The main idea of a paragraph, series of paragraphs, or a whole work is what the selection is **mostly or mainly about**. It is an important idea that the author wants the reader to remember. The main idea should be captured in a **single sentence**.



Dogs are man's best friend.



9 Reading

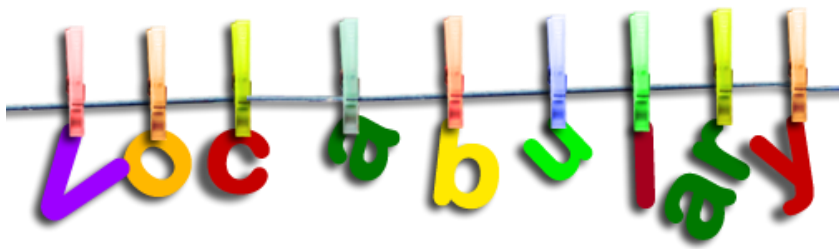


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العامية

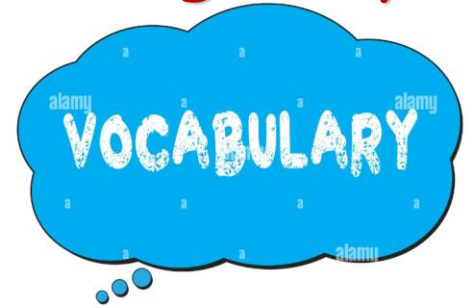
habit





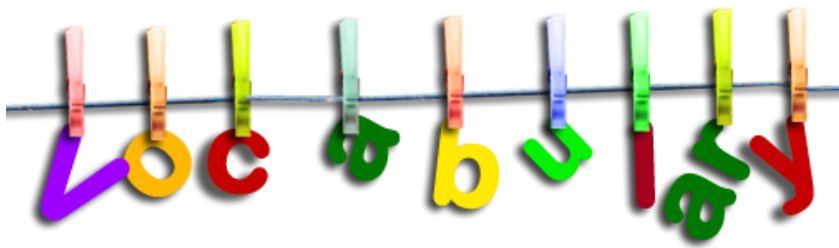
A habit is something that you do often or regularly.

habit



Healthy
Habits



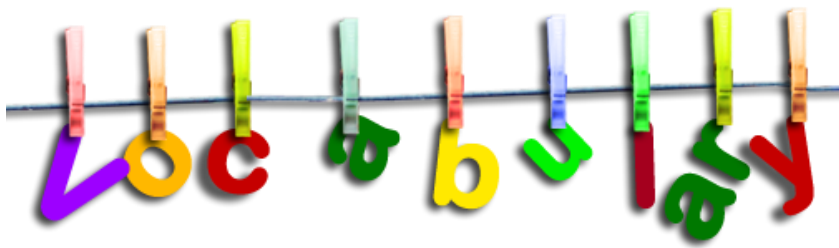


work out means to exercise .



work out





A lifestyle is the way a person live..

lifestyle



COMPREHENSION

I understand
what I read.

I'm
Thinking

I'm
seeing

I'm
Wondering

I'm Feeling

I'm
noticing



VISUALIZING

to create a picture in your
mind as you are reading





9

Reading



SG3 U1
Page 8 & 9

Take a **closer** look!



LOOK!

Find the **main ideas**



The main **idea**
for each **paragraph**





رابط الدرس الرقمي



www.iem.edu.sa

*Who
are the people and what
are they doing?

☺ They
are college students.
One young man is
interviewing
the others

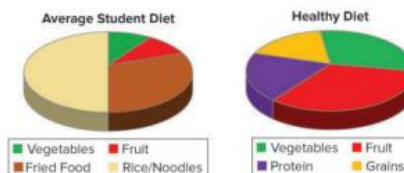
*What do you think the in
About?

Lifestyle , the healthy habits.
Sleeping habits

Do College Students Have a Healthy Lifestyle?

1 The majority of college students seem to be quite healthy. They don't suffer from health issues that older people have because **they** are still young. However, that doesn't mean
5 they shouldn't try to improve **their** lifestyle. We carried out research at a local college to find the truth about students' lifestyle: their eating, sleeping, and exercise habits.

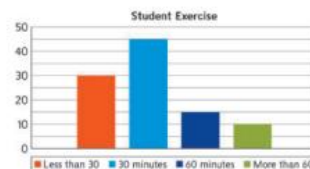
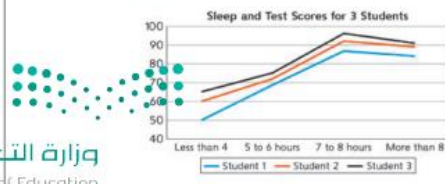
Our findings below show that the Average
10 Student Diet differs greatly from that of a Healthy Diet. A healthy diet contains plenty of fresh produce, and moderate amounts of protein and grains. Yet, the diet of most students consists mainly of rice and noodles.
15 It also contains a lot of fried food, which suggests that they eat too much fast food and need to add more fresh fruit and vegetables to their diet.



Getting the required amount of sleep is another important factor in students' health. Studies
20 have shown that **it** has a positive effect on memory and concentration. We recorded the sleeping habits of three college students for one semester. The *Sleep and Test Scores* results in the graph below support this theory: when the students got enough sleep, **their** exam scores were much higher. On average, however, most of **them** only get about six hours of sleep every night.

25 Finally, we interviewed students to find out how much they exercise. The *Student Exercise* graph below shows that the majority work out for at least 30 minutes a day. This is positive, because students **who** get enough exercise are usually happier, more energetic, and find it easier to pay attention.

Unfortunately, many college students are so busy focusing on their studies that they don't
30 take time to look after **themselves**. All it takes is some good time management. Healthy habits can help them succeed in their classes, so they should try to get enough sleep, eat well, and exercise.



Do College Students Have a Healthy Lifestyle?



CD1, T7

SG3 U1
Page 8

العامية

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mm

..

1 The majority of college students seem to be quite healthy. They don't suffer from health issues that older people have because **they** are still young. However, that doesn't mean they shouldn't try to improve **their** lifestyle. We carried out research at a local college to find the truth about students' lifestyle: their eating, sleeping, and exercise habits.

Our findings below show that the *Average Student Diet* differs greatly from that of a *Healthy Diet*. A healthy diet contains plenty of fresh produce, and moderate amounts of protein and grains. Yet, the diet of most students consists mainly of rice and noodles. **It** also contains a lot of fried food, which suggests that they eat too much fast food and need to add more fresh fruit and vegetables to their diet.

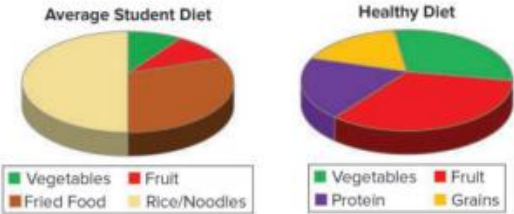
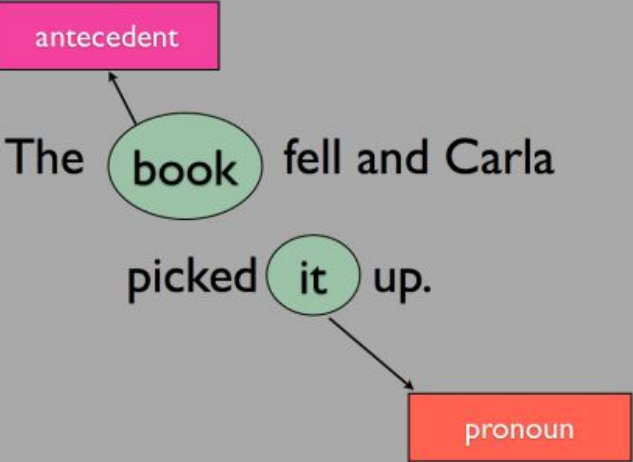
Getting the required amount of sleep is another important factor in students' health. Studies have shown that **it** has a positive effect on memory and concentration. We recorded the sleeping habits of three college students for one semester. The *Sleep and Test Scores* results in the graph below support this theory: when the students got enough sleep, **their** exam scores were much higher. On average, however, most of **them** only get about six hours of sleep every night.

25 Finally, we interviewed students to find out how much exercise they get. The graph below shows that the majority work out for at least 30 minutes a day because students **who** get enough exercise are usually more likely to pay attention.

30 Unfortunately, many college students are so busy that they don't have time to take time to look after **themselves**. All it takes is a few good habits can help them succeed in their classes, so they can study well, and exercise.

Do College Students Have a Healthy Lifestyle?

Pronoun Reference



1 The majority of college students seem to be healthy. They don't suffer from health issues that older people have because **they** are still young. However, that doesn't mean they should ignore **their** lifestyle. A study conducted at a local college to improve **their** lifestyle: their exercise habits.

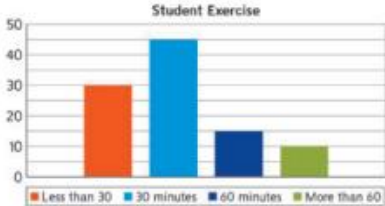
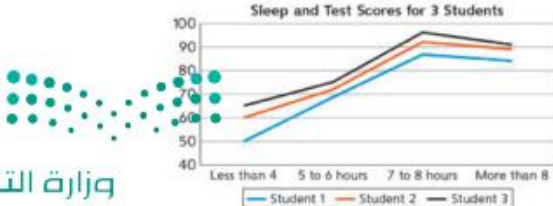
2 Now that the Average Student Diet is significantly different from that of a Healthy Diet, it's clear that a diet containing moderate amounts of vegetables, fruit, protein, and grains is healthier. In fact, the diet of most college students is high in rice and noodles, and low in vegetables and fruit, which is not ideal. Eating too much fast food and fried food, which is high in fat and calories, can lead to weight gain and other health problems. Eating more fruits and vegetables to

3 The amount of sleep is another important factor in students' health. Studies show that getting enough sleep has a positive effect on memory and concentration. We recorded the sleep habits of college students for one semester. The *Sleep and Test Scores* graph below supports this theory: when the students got enough sleep, **their** exam scores were much higher. On average, however, most of **them** only get about six hours of sleep every night.

25 Finally, we interviewed students to find out how much they exercise. The *Student Exercise* graph below shows that the majority of students do not work out for at least 30 minutes a day. This is positive, because students **who** get enough exercise are usually happier, more energetic, and find it easier to pay attention.

Unfortunately, **many college students** are so busy focusing on their studies that **they** don't take time to take care of **themselves**. All it takes is some good time management. Healthy habits can help them succeed in their classes, so they should try to get enough sleep, eat well, and exercise.

30



(paragraph 1)

Where was the research carried out? (at a local college)

What three aspects of students' lifestyle did the research focus on?
(their eating, sleeping and exercise habits)

(paragraph 2)

What does a Healthy Diet contain? (lots of fresh fruit and vegetables and moderate amounts of protein and grains)

What does the Average Student Diet consist of? (mostly rice, noodles, and fried food, with a small amount of fruit and vegetables)

What is missing from the Average Student Diet? (fresh fruit and vegetables)

(paragraph 3)

Why is getting the required amount of sleep important? (It has a positive effect on memory and concentration.)

What does the graph about Sleep and Test Scores compare? (how the number of hours of sleep affected the test scores of three students)

According to the graph, how many hours of sleep produced the best test scores? (7 to 8 hours) How many hours of sleep do most students get on average? (only 6 hours)

(paragraph 4)

According to the graph about Student Exercise, what percentage of students worked out for 30 minutes or more per day? (70 percent)

How many exercised for less than 30 minutes per day? (30 percent)

What are the benefits of getting enough exercise for students? (They feel happier, more energetic, and find it easier to pay attention.)

(paragraph 5) What conclusion is made based on the results of the research? (Many college students are so focused on their studies that they don't look after their health.) What is recommended? Why? (It is recommended that college students make time to look after their health because healthy habits will help them succeed in their studies.)



الجابها

8 Reading



After Reading

Answer **yes** or **no**.



CD1, T6

1. **no** Young tourists are usually rich.
2. **yes** The rooms in youth hostels are usually cheap.
3. **no** You can't cook in any youth hostels.
4. **yes** Hostels are good places for meeting people.

antecedent

Pronoun Reference

The **book** fell and Carla
picked **it** up.

pronoun

Where do you stay when you travel? Describe the places where you stay.

Location / cost /
number of bedrooms / bathrooms
elevator air conditioning
washing machine / dryer

Before Reading

What do you know about youth hostels?
What do you know about S.A.Y.H.A.?

SG2 U1
page 7



The Place to Stay

Many young people traveling around the world are backpackers or students on a low budget. They want to see the world, but they can't afford to pay for regular hotels. So youth hostels are the perfect solution for travelers without a lot of money to spend. Today there are more than 4000 hostels in over 80 countries, and the Saudi Arabian Youth Hostels Association (S.A.Y.H.A) offers accommodations in 21 cities across the Kingdom.

The accommodations in hostels are inexpensive because guests usually share rooms and bathrooms. Most hostels have a laundry room, telephones, Internet connection, and a restaurant. Some hostels also offer cooking facilities, such as a kitchen with pots and dishes. Youth hostels are usually in interesting places where young people can learn about the local monuments, history, and culture. Some hostels are even inside old historic buildings, castles, and on boats.

Hostels are definitely the place for socializing. The guests, who are from different cities or countries, have the opportunity to meet other young people and share experiences. Many hostels organize tours and fun activities. For example, S.A.Y.H.A. holds sports and painting competitions, and there are also prizes for the best community projects. So when traveling, youth hostels are the best place to stay and make new friends.

8-Reading (page 8&9)

SQ3R

Leader Name: _____

Group No. (____)

Pre-Reading

- a. What are the best ways to avoid getting sick?-----
- b. Who is the healthiest person you know? -----
- c. What do they do to stay healthy?-----

1) S: Find in the Reading a passage or the article:

- 1 food _____
- 2 a a habit _____
- 3 a number _____



2) Q: Choose the correct answer:

1. The research was carried out at a local (school - hospital - college).
2. Most students only get about (six- one - four) hours on average
3. Healthy habits will help the college students to succeed in their (hobbies - studies - relationships).

3) 3R: ①Read ②Recite ③Review

4) W: Draw a good habit:

©How many hours of sleep do you need daily? Why?



I understand today's work



I understand some of the work today but need some help with other parts.



I don't really understand the work today and need some help.

Tr.Noureyah Alghamdi
SG3 U1- Reading page 8 & 9

8-Reading (page 8&9)

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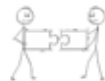
Tr.Noureyah Alghamdi
SG3 U1- Reading page 8 & 9

8-Reading (page 8 & 9) Leader Name: _____

I predict...

Anticipation guide

Before Reading		Statement	After Reading	
agree	disagree		agree	disagree
		Many college students don't look after their health.		
		The research focus on students' eating, sleeping and exercise habits.		
		The average student diet consist of a big amount of fruit and vegetables.		
		The number of hours of sleep affected the test scores of five students.		

**Main Idea**

Match the main ideas in the text with its paragraph:

1. Getting the required amount of sleep is another important factor in students' health. Studies have shown that it has a positive effect on memory and concentration. We recorded the sleeping habits of three college students for one semester. The Sleep and Test Scores results in the graph below support this theory: when the students got enough sleep, their exam scores were much higher. On average, however, most of them only get about six hours of sleep every night.

2. Our findings below show that the Average Student Diet differs greatly from that of a Healthy Diet. A healthy diet contains plenty of fresh produce, and moderate amounts of protein and grains. Yet, the diet of most students consists mainly of rice and noodles. It also contains a lot of fried food, which suggests that they eat too much fast food and need to add more fresh fruit and vegetables to their diet.

3. The majority of college students seem to be quite healthy. They don't suffer from health issues that older people have because they are still young. However, that doesn't mean they shouldn't try to improve their lifestyle. We carried out research at a local college to find the truth about students' lifestyle: their eating, sleeping, and exercise habits.

- o A Healthy Diet contains lots of fresh fruit and vegetables and the average student diet consists of mostly rice, noodles, and fried food.

- o The research was carried out at a local college.

- o The amount of sleep has a positive effect on memory and

I can do this. I'm ready to try something new.

I'm getting there. I need a bit of help. I'm a bit unsure. I might need to practice.

I need help! I don't understand this. I'm not ready to move on yet.

T: Noreyah Alghamdi

SG23 U1 Reading page 8 & 9

8-Reading (page 8 & 9) Leader Name: _____

I predict...

Anticipation guide

Before Reading		Statement	After Reading	
agree	disagree		agree	disagree
		Many college students don't look after their health.		
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T: Noreyah Alghamdi

SG23 U1 Reading page 8 & 9



HIGHLIGHTER

SG2 U10
Page 87

This is some highlighted text



VISION
EDUCATION
OBJECTIVES
ETHICS
STRATEGY
INSPIRATION
PARTNERSHIP

الجامعيها



نوبه الغامسي
الجامعيها
Marouf Alghamdi

1 novel, movie, etc.
suc-cès d'es-time (suk
gaining of acim from profes
artistic work...iving such ac
success
suc-cès fou (s
cess, esp. financ.
suc-cess (sək ses
1 orig., result; ou
result b) somethin
wealth, fame, rank, ad.
suc-cess-ful (-fəl) ad.
honed fo

to be best in a
point of view
Adapt
make fit for,
to suit a new
perform one

Feedback

Evaluative information derived
a response or reaction to a part
about the result of a process or
company uses customer feedb
to improve a product, perform

9 Reading



العامية

1. the meaning of text evidence.

Text is written work.

Evidence is proof.

Text + Evidence is citing proof in the reading.



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2. Read through the text thoroughly.



It is helpful to read through the text independently and then together. That way struggling readers will be able to hear words that they may not have understood or read correctly.

Answer the question using prior knowledge and inferences.

After Reading

SG3 U1

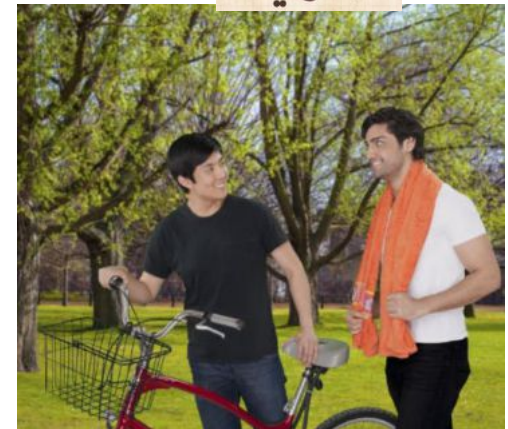
Page 9

الجامعي

What are the young men doing? (exercising)

Answer **true** or **false**.

1. F The writer thinks that most college students have healthy habits.
2. T The diet of most students doesn't contain enough fruit and vegetables.
3. T It's probably not a good idea to stay up late studying before an exam.
4. F Most college students don't get enough daily exercise.
5. T If students manage their time better, they can have a healthier lifestyle.



True 😊

😞 False

Discussion

A. Discuss the questions.

1. What do you think about the study on college students' health habits?
2. How does your diet compare to the ones shown in the graphs?
3. Does the amount of sleep you get affect your test scores?
4. Do you think you get enough exercise every day?
5. Discuss the advantages of having a healthy lifestyle.

1. College students are leading unhealthy lives, where most of them have unhealthy eating habits and poor physical activity level.

2. My diet consists of a lot of fried food, but I will make most of my meal vegetables and fruits as the ones shown in the healthy diet graph.

3. yes, it does.

4. Yes, I do.

5. The advantages of having a healthy lifestyle..

Advantages 👍

Exercise can increase my energy levels

..

..

Disadvantages 🗨️

...

..

..

.

..

B. Read and discuss.

Many studies agree that certain foods can boost brain power and memory. These include oily fish (tuna, salmon, sardines), green vegetables (spinach, kale, broccoli), berries (blueberries, blackberries, strawberries), and dark chocolate. What do you think?

What other foods do you know about that are beneficial and in what ways?

What is the research about? (collage students' lifestyles)

How many hours of sleep do you need daily?

What does the research find? (Many college students are so focused on their studies that they don't look after their health)



B. Read and discuss.

Foods that are good for your brain can improve your ability to do specific mental tasks, such as memory and concentration.

Tuna, salmon and sardines all of which are rich sources of omega-3 fatty acids. Your brain uses omega-3s to build brain and nerve cells, and these fats are essential for learning and memory



B. Read and discuss.

What other foods do you know about that are beneficial and in what ways?

Coffee

If coffee is the highlight of your morning, you'll be glad to hear that it's good for you.

Two main components in coffee — caffeine and antioxidants — can help support brain health.

The caffeine found in coffee has a number of positive effects on the brain, including (10Trusted Source):



Increased alertness. Caffeine keeps your brain alert by blocking adenosine, a chemical messenger that makes you feel sleepy (11Trusted Source, 12Trusted Source).

Improved mood. Caffeine may also boost some of your "feel-good" neurotransmitters, such as dopamine (13Trusted Source).

Sharpened concentration. One study found that caffeine consumption led to short-term improvements in attention and alertness in

10 Project

Work in groups. Do a survey to find out how often and how long group members spend on the following activities:

on chores	on the Internet
on homework	shopping
on a hobby/sport	using a cell phone
watching TV	other: _____

Discuss and compare results as a class. What habits or pastimes are the most common? On average, how often and how much time do members of the class spend doing them?



10 Project Survey

1. How long do you spend on your **homework**?

- ☐ Less than 10 minutes
- ☐ 10-20 minutes
- ☐ 30-40 minutes
- ☐ More than an hour

2. How often do you go **shopping**?

- ☐ Always
- ☐ Twice a week
- ☐ Once a month
- ☐ seldom

3. How much time do you spend on **chores**?

- ☐ Less than 10 minutes
- ☐ 10-20 minutes
- ☐ 30-40 minutes
- ☐ More than an hour

4. How long do you spend on the **Internet** every day?

- ☐ Less than 10 minutes
- ☐ 10-20 minutes
- ☐ 30-40 minutes
- ☐ More than an hour



العامية

HOMEWORK



SCHOOL PLATFORM



HOMEWORK



نوع السؤال: إختيار من متعدد

...Percent' means'

% ☒

100 ☐

? ☐

واجب المنصة
للتذكير

School activity



<https://www.liveworksheets.com/gp2079811fr>

نشاط على المنصة
في قسم الأنشطة
اضغطي على الرابط
لعمل ورقة العمل

Exercise 3 : (i) Listen to and read the key phrases.

(ii) Match the key phrases with the responses in **blue** in the dialogue. .

(i)

Talking on the phone:

Key Phrases

1. Do you want to meet later ?	4. It's (Dylan).
2. Where are you now ?	5. Is it good there ?
3. Give me a call.	6. How are you ?

(ii) Listen :

Holly : Hello.

Dylan : Hey, Holly. It's Dylan.

Holly : **Hi there.** How are you ?

Dylan : **Fine, thanks.** Where are you now ?

Holly : **I'm at the aquarium with Aisha.**

Dylan : Really ? Is it good there ?

Holly : **Yeah, it's great.** There are a lot of different types of fish, but the sharks are the most interesting.

Dylan : Oh, you can see sharks there ? Cool ! Do you want to meet later ?

Holly : **Yeah. That sounds good.**

Dylan : OK, great ! Give me a call.

Holly : **Sure.** See you later.

homework



Homework



Assign page
171 for
reading
practice
Ex **G**

Workbook



Answers will vary. Sample answers:

Are You Addicted to Shopping?

Do you love to shop?

Do you shop several times a week?

Do you buy things you don't need just because you have to buy something?

Do you ever spend money you don't really have?

Do you sometimes borrow money for shopping?

Are you a shopping addict? That means you can't stop shopping.

Take this test and find out. Circle **yes** or **no**.

- | | | |
|--|-----|----|
| 1. Do you think about shopping a lot? | yes | no |
| 2. Do you feel excited and happy when you are shopping? | yes | no |
| 3. Are you always planning your next shopping trip? | yes | no |
| 4. Do you feel nervous when you can't go shopping? | yes | no |
| 5. Do you go shopping when you are depressed or unhappy? | yes | no |
| 6. Do you go shopping at least once a day? | yes | no |
| 7. Do you sometimes buy things you don't need? | yes | no |
| 8. Do you spend a lot more money than you have? | yes | no |
| 9. Do you lose track of how much money you spend? | yes | no |
| 10. Do you say you spend less money than you really spent? | yes | no |
| 11. Do you want to spend less time shopping? | yes | no |

Did you answer **yes** to five or more questions?

You may be a shopping addict. What can you do? You can ask for help from friends.

You can get counseling. Shopping shouldn't control you. You should control shopping.

Answer these questions.

1. What are three things that shopping addicts do?

They go shopping when they're depressed. They spend more money than they have. They feel nervous when they can't go shopping.

2. What are two things shopping addicts can do to change their shopping habit?

They can ask friends for help. They can get counseling.

أتمنى الاهتمام بمتابعة الدروس في قنوات **عين** الرسمية من وزارة التعليم

عين بوابة التعليم الوطنية
iEN National Education Portal



T.Noureyah Alghamdi

The end





Culture Notes

Tips for Staying Healthy in College

Most colleges and universities offer tips to promote healthy lifestyle habits. Some of these include:

1. Start your day with a nutritious breakfast.
2. Establish an eating routine of three balanced meals per day, including plenty of fruit and vegetables.
3. Drink plenty of water. Avoid too much caffeine and sugary drinks.
4. Be active and get regular exercise.
5. Get seven to eight hours of sleep every night.
6. Practice good time management so you can balance a healthy routine, studies, and your social life.
7. Listen to your body and assess how it responds positively or negatively to your exercise, sleep, and dietary habits.



Culture Notes

School Age

In the United States, students in grades 7 through 12 are usually between the ages of 12 and 18.

The *Los Angeles Times*

The *Los Angeles Times* is a newspaper in the city of Los Angeles in California. It is one of the major newspapers of the United States.





Teaching Tip

At the end of every unit, ask students to write down the focus of the unit and the vocabulary and grammar points they learned. This helps to reinforce what students have learned and link the ideas of a unit together.



Additional Activity

Have students in groups choose ten words and expressions from the reading. Have them write definitions for the words and expressions. Then have a group member read the definitions to the class. The first person in the class to say the word for the definition wins a point for his or her group.



Project: Internet Addicts

In groups, have students do research on Internet addiction (called Internet Addiction Disorder). Encourage them to use a variety of sources, including magazines, newspapers, Internet websites, and their own friends and relatives.



fun
facts

- According to a survey in 2010, less than 1% of SMS messages in North America were mobile spam. But in parts of Asia, up to 30% were mobile spam.
- However, about 90% of email messages received in 2010 were spam.



Predict:

- Open your book p.
- Make a scanning reading (quick reading)

To predict What is our lesson about.....

Reciprocal teaching (التعلم التبادلي)

الجاميها

P roof
o f
c oncept

Clarify:

Read and find out more (

(ideas, phrases and words,

Explain for your friend...if she doesn't understand.



Question:

Why.....?

or

How.....?



Summarizing



Fiction

- Who?
- When?
- Where?
- What?
- Why?

Nonfiction

- Facts
- Important Information

To Tell What the Story Was Mostly About

Summarize



Write one sentence or two about every paragraph as a conclusion for the text or passage.

SUMmarize It

Shorter than the text

Use your own words

Main ideas only

Irregular Verbs

Base Form	Simple Past
be	was/were
become	became
buy	bought
come	came
cut	cut
do	did
draw	drew
drink	drank
drive	drove
eat	ate
fight	fought
find	found
get (up)	got (up)
give	gave
go	went
hang	hung
have	had
hear	heard
know	knew
leave	left
lend	lent
make	made

mean	meant
meet	met
read	read
ride	rode
run	ran
say	said
see	saw
sell	sold
send	sent
sing	sang
sit	sat
sleep	slept
speak	spoke
spend	spent
sweep	swept
swim	swam
take	took
teach	taught
think	thought
understand	understood
wake (up)	woke (up)
wear	wore
write	wrote



Irregular Verbs

Base Form	Simple Past	Past Participle
be	was / were	been
become	became	become
blow	blew	blown
buy	bought	bought
come	came	come
cut	cut	cut
do	did	done
drink	drank	drunk
drive	drove	driven
eat	ate	eaten
fall	fell	fallen
feed	fed	fed
fight	fought	fought
find	found	found
fly	flew	flown
get	got	gotten
give	gave	given
go	went	gone
hang	hung	hung
have	had	had
hear	heard	heard
hold	held	held
hurt	hurt	hurt
know	knew	known
leave	left	left
lend	lent	lent
lose	lost	lost
make	made	made
mean	meant	meant
meet	met	met
pay	paid	paid

put	put	put
read	read	read
ride	rode	ridden
run	ran	run
say	said	said
see	saw	seen
sell	sold	sold
send	sent	sent
sing	sang	sung
sit	sat	sat
sleep	slept	slept
speak	spoke	spoken
spend	spent	spent
steal	stole	stolen
swim	swam	swum
take	took	taken
teach	taught	taught
think	thought	thought
throw	threw	thrown
wake (up)	woke (up)	woken (up)
wear	wore	worn
win	won	won
write	wrote	written