

Worksheet SG3/U1 Lifestyles - Reading



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 10:16:35

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

المزيد من مادة
لغة انجليزية:

إعداد: Alghamdi Noureyah

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 الخامس الوحدة الأولى ورثة عمل Reading

1

الدرس الخامس الوحدة الأولى فهم المقروء Reading

2

الدرس الرابع الوحدة الأولى ورقة عمل Conversation

3

الدرس الرابع الوحدة الأولى فهم المقروء Conversation

4

الدرس الثالث الوحدة الأولى Language listening pronunciation

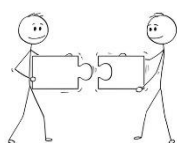
5

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



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.		



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 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.

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

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. 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.

- The research was carried out at a local college.

3.

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.

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

T: Noureyah Alghamdi

SG23 U1 Reading page 8 & 9



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.



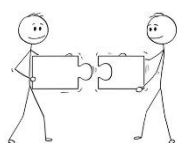
I need help!
I don't understand this. I'm not ready to move on yet.

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