5^{th} English Dossier: unit 14 p56

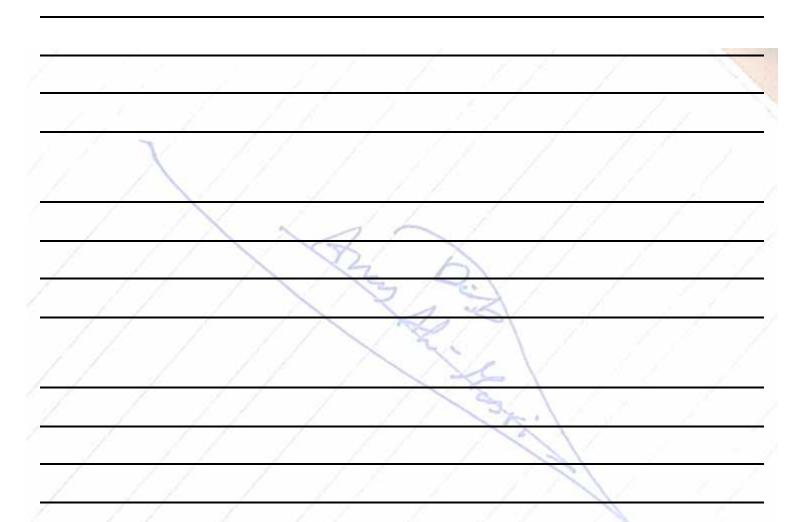
you should play sport

<u>Health</u> n	صحة	Important	مهم	Let's	دعنا = ل
Poster	ملصق	Fruit	فواكه	Vegetables	خد اوات
Should	يجب (للنصيحة)	Shouldn't	لايجب	<u>A lot of</u>	الكثِ من
Lots	الكثم (للمعدود)	fizzy	ذو الفقاقيع	Late	متأخر
<u>Early</u>	مبكرا	<u>Watch</u>	يشاهد – ساعة يد	<u>Television</u>	تلفاز
So	لذلك	Energy	طاقة	Tired	متعب
<u>Healthy</u> adj	कर्ष	Children	أطفال	///	/ /
<u>Good at</u>	جيد ۋ	Running	ركض	<u>Strong</u>	قوي
<u>Exercises</u>	تمارين	Harder	بجد	<u>Heart</u>	قلب
Fast	بسرعة	Тоо	أيضا	Different	مختلف
Difficult	صعب	Muscle	عضلة	Wrong	خطأ
Stomachache	ألم في المعدة				1.16
<u>Help</u>	يساعد	<u>Sweet</u>	حلويات	Salad	سلطة
Shout	يصيح	<u>Sleep</u>	ينام	All day	طوال اليوم
Kind	لطيف	f = f	1 - 1	1978 - 1975 - 1975 - 1975 - 1975 - 1975 - 1975 - 1975 - 1975 - 1975 - 1975 - 1975 - 1975 - 1975 - 1975 - 1975 -	
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Health		Healthy		Important	
		· · · ·		·	
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Should	يجب (للنصيحة)	Shouldn't	لايجب	A lot of	الكثر من
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		XX	23		h h i s
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So	لذلك	Energy	طاقة	Tired	متعب
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[]		[]	6 - [C]		
	[]	l p	1.	1 .	
Because	بسبب	<u>Good at</u>	جيدۆ	<u>Exercises</u>	تمارين
		1.1			
1 1		11	£		
<u>Strong</u>	قوي	<u>Strong</u>	قوي	<u>Strong</u>	قوي

Make your own luck..... Learning to learn..... Keep tuned with further learning.

You should eat fruit and vegetables. You shouldn't eat a lot of cake or ice cream. You should drink water. You shouldn't drink a lot of fizzy drinks



You should have a lot of sleep. You shouldn't go to bed late. You should play sports. You shouldn't watch a lot of television.

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	Should / shouldn't/ so/ because		
	111	1 11	
1. We television.	play sports,	but we	watch too much
2. You	go to bed	You	go
3. She	_ eat healthy food	d. She	4 / /
4.1	_drink water. I _	drii	nk fizzy drinks.
5. I play sport,	I am health	y.	
6. I am not tired <u>-</u>	I hav	ve a lot of energ	ıy.
7. He eats fruit an	d vegetables,	I am health	y.
8.1 am not tired <u>-</u>	I go to l	bed early.	
9.1 have a lot of e	nergy 1	play sports.	

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you should play sport

Methkal Abu Dhrais is very good at running. He ran for Jordan in the Olympic Games. He runs very fast. He runs every day. He's strong and healthy.

You should do some exercise every day too. Exercise makes you strong and healthy. It makes your muscles work hard. Your heart goes fast when you do exercise, so it works harder.

What exercise do you do? Do you run every day too? You should do some exercise every day to make your heart stronger. You should play different sports to be strong and healthy. Playing sports is good for you!

True or false:

- 1. Methkal Abu Dhrais isn't good at running.
- 2 Methkal Abu Dhrais ran for Jordan in the Olympic Games.
- 3 You shouldn't do some exercise every day.
- 4 Your heart isn't a muscle.
- 5 Your muscles work hard when you do exercise.
- 6 Your heart doesn't go fast when you do exercise.
- 7 Playing sports isn't good for you

so I'm not tired at school	
because Thave a lot of sleep	'
bles. / I'm not often ill.	
so	- +
because	
because	,
	^
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because	
	bles. / I'm not often ill. so because re strong. so because ot. so