

# Sequence Three: Me, and my health



Doctor



Nurse



Cough syrup



Pills



Inhaler



Obesity



Physician



Neurologist



Herbal tea



Ophthalmic ointment



Asthma



Cancer



ملف الحصة المباشرة و المسجلة

حصص مباشرة

1

حصص مسجلة

2

دورات مكثفة

3

أحصل على بطاقة الإشتراك

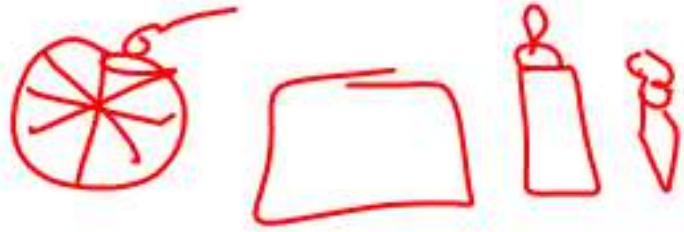






**Doctor:** Hello, Amy. You look very pale. How do you feel?

**Amy:** Not very well. I've got terrible pains in my belly. I also vomited up my dinner last night and I have the runs.



**Doctor:** You mean "diarrhoea". Let me examine you. Oh, you have a high temperature! What did you eat for dinner?

**Amy:** (hesitatingly) ... hmm ... I ate out at a fast food restaurant with some friends of mine. I had a large pizza with extra cheese, a large portion of chips, a large coke and some ice cream for dessert.

**Doctor:** Oh! No wonder then you threw up your dinner last night and you have a stomach ache this morning!

ache  $\Rightarrow$  pain



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a nauseous



a medicine



a dietician



a prescription



a chemist

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منصة التعليم الإلكتروني

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you should eat / you shouldn't sleep  
✓ drink practise X eat think

Task 11 page 79

Amy: I still feel nauseous, like wanting to vomit again

Doctor: Listen, Amy. I'm going to give you some medication to ease the pain in your stomach and stop diarrhoea and vomiting but you should consult a dietician, a specialist who'll give you some good advice about what you should or shouldn't eat. You're overweight seventy kilos!

Amy: Thank you,

Doctor: Here's your prescription. The chemist will explain how you should take the medicine I prescribed to you. Follow his instructions and take care of your health. Good bye, Amy.

Amy: Good bye, doctor.

you should consult a dietician  
advice

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أحصل على بطاقة الإشتراك



1



a flu

2



a headache

3



a sore throat

4



a toothache

5



a cold

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منصة التعليم الإلكتروني

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a cough



a fever



an earache



a backache



Sneezing

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منصة التعليم الإلكتروني

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أحصل على بطاقة الإشتراك





**Dietician:** Listen, Amy. Too much food or bad food, plus lack of exercise or sport practice are the usual causes of overweight and obesity, and many other health problems. You should eat less fat, less sugar and less salt and more fruit and vegetables because they're rich in vitamins and many other good things. You must do more exercise to keep fit and healthy. Try to walk more often and spend less time watching TV. You must go on a diet immediately if you want to lose weight. I'm putting you on a four-week diet plan with balanced daily menus. Follow it, Amy, and come back in a month for a check. Bye Bye.

**Amy:** Thank you, doctor. Bye.

you should  
↓  
advice

advice  
you must  
↓  
obligation

try to walk  
↓  
imperative.



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Runny nose



Ankle sprain



Severe sunburn



Cut finger



Sunstroke

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**Conjunctivitis**



**Swollen**



**Bleeding**



**a cramp**



**a broken bone**

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أحصل على بطاقة الإشتراك







use



drink

am Infusion



Cough syrup

cure



put on

Sunburn cream

am Inhaler

What should I do ?

illness / sickness

the flu



a cough



Severe sunburn



ملف الحصة المباشرة و المسجلة

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أحصل على بطاقة الاشتراك







Inhaler



Infusion



Cough syrup



Sunburn cream

What should I do ?



a cough



ASTHMA



Severe sunburn

أحصل على بطاقة الإشتراك



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To give advice to someone, we use:

"should + Stem" or "shouldn't + Stem"

eg: You should consult the doctor. (It is better for you to go to the doctor)

You shouldn't eat too many sweets. (I think it's not good for you to eat too many sweets)

\* To ask for advice we use: "should + Subject + Stem ...?"

eg: What should I do if I have a headache?. (Please, tell me what to do?)

You should lie on your back and take a rest. You shouldn't move. You should stay in bed.

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Obesity

Give him some advice to lose weight :



- Follow a healthy diet → imperative
- you shouldn't eat junk food  
advice
- you should eat healthy food
- Try to walk more and do sport → imperative
- you must go on a diet → obligation
- you shouldn't drink soda

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\* To make recommendation or give advice to someone, we can also use

the imperative: "Stem" eg: **Come** in./ **Have** a seat./ **Let's** check.

□ To form the negative we use: "Don't + Stem" eg: **Don't** move.

don't + stem ✗

stem + R S



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To ask for advice I use the form :

**Should + subject + verb + RS**

Example : 1/ Should I drink more water ?

**W-h + should + subject + verb + rs**

2/ What should I eat when I go on a diet ?



ملف الحصة المباشرة و المسجلة

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**Task 3 : Give advice using the model Should or shouldn't :**

**1/ Eat healthy food**

- *you should eat healthy food.*

**2/ Practice sport to stay fit**

- *you should practise sport to stay fit.*

**3/ Drink a lot of water to stay hydrated.**

*you should drink a lot of water.*



**Task 2 : turn into the imperative :**

1/ ~~You should~~ see a doctor

- .....

2/ ~~You shouldn't~~ eat much sugar

- .....

3/ ~~You should~~ wash your hands before eating

- .....



ملف الحصة المباشرة و المسجلة



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Choose *should* or *shouldn't* to complete the sentence.

1. Karl's tooth hurts. He  go to the dentist.
2. The children are all sick. They  go to school today.
3. My eyes hurt. I  watch TV right now.
4. Your leg is very sore. You  get an X-ray.
5. Mario hurt his back. He  see a doctor.
6. Alissa has a stomach ache. She  eat a big dinner.

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Complete the sentences. Type *should* or *shouldn't*.

1. A: Uncle Pete has a bottle of medicine.

B: He **shouldn't** keep it in a hot place.

He **should** keep it away from children.

2. A: Sue has a headache.

B: She **shouldn't** listen to loud music.

She **should** take some aspirin.

3. A: Abel has a stomach ache.

B: He **should** take some medicine.

He **should** eat his lunch.

4. A: Francine has a sprained ankle.

B: She **shouldn't** play soccer.

She **should** get a pair of crutches.

5. A: I'm very hot. I don't feel well.

B: You **should** drink a lot of water.

You **shouldn't** stay in the sun.

6. A: Mrs. Lam hurt her leg.

B: She **should** see a doctor.

She **shouldn't** walk.

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# Health Problems

1 - 5

1 Choose the correct option.



- a) flu
- b) measles
- c) broken arm



- a) sneeze
- b) shivering
- c) stuffy nose



- a) headache
- b) stomach ache
- c) backache



- a) cough
- b) fever
- c) retching



- a) faint
- b) fever
- c) measles



- a) dizzy
- b) heart attack
- c) cold



- a) itch
- b) rash
- c) shivering



- a) toothache
- b) stomach ache
- c) headache



- a) bleed
- b) broken arm
- c) swollen thumb



- a) measles
- b) asthma
- c) cold

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- a) cough
- b) toothache
- c) sore throat



- a) cough
- b) sore throat
- c) retching



- a) cold
- b) retching
- c) asthma



- a) bleed
- b) rash
- c) faint



- a) sore throat
- b) stuffy nose
- c) cough



- a) swollen finger
- b) broken leg
- c) backache



- a) sneeze
- b) cough
- c) stuffy nose



- a) flu
- b) chicken pox
- c) headache



- a) sore throat
- b) cough
- c) dizzy



- a) headache
- b) earache
- c) toothache

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**Ahmed:** Good morning Mom! is there anything to eat?

**Mom:** Good morning son! No, there isn't any! Go and buy some vegetables!

**The Green Grocer:** Hi son! Do you need any vegetables?

**Ahmed:** Yeah. I need some potatoes, onions, tomatoes, parsley and celery, please.

**The Green Grocer:** How many potatoes, onions and tomatoes do you need?

**Ahmed:** 2 kilos for each.

**The Green Grocer:** How much parsley and celery do you want?

**Ahmed:** 2 branches for each.

**The Green Grocer:** the cost is 500 dinars.

**Ahmed:** Oh! That's too much.

**Part One: (14pts)**

**A. Reading Comprehension: (7tps)**

**Activity One: Choose (a, b, c or d) to complete the following sentences.**

- Ahmed is at :  
a- butcher shop    **b- green grocer shop**    c- supermarket
- Ahmed needs :  
**a- vegetables**    b- fruit    c- meat
- The cost is :  
a- 300 dinars    b- 400 dinars    **c- 500 dinars**

**Activity Two: Answer the following questions.**

- Is there anything to eat?  
*No, there isn't any*
- How many potatoes, onions and tomatoes does Ahmed need?  
*Ahmed needs 2 kilos each*

**Activity Three: Read the following statements and write: "True" / "False"**

- Ahmed wants to buy oranges. *False*
- There aren't any vegetables at home. *True*
- Ahmed wants to buy 2 kilos for each. *True*
- The cost is too much! *True*



*True*







**B. Mastery of Language: (7pts)**

**Activity One: Spot the mistakes and correct them.**

• How many coffee do you need. = ..... *much*

**Activity Two: Fill in the gaps with suitable words.**

① **This - That - These - Those** → ② - - -

- 1- *Those* ... are my books. → *an* → 
- 2- *This* ... is our school. → ① → 
- 3- *These* ... are your pens. → 
- 4- *That* ... is your jacket. → *an* → 

*That* → *an* }  
*This* → *near* }  
Singular

①  
*These* → *near* }  
*Those* → *an* }  
Plural



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**Part Two (2) : Situation of Integration (6pts)**

**Context:** Ahmed is at the butcher shop now he wants to buy some meat and fish

**Task:** Complete the dialogue between Ahmed and the butcher.

**Support:** How many? / How much? / Some / any / Tuna / dinars

**Ahmed:** Good Afternoon Sir!

**The Butcher:** Good Afternoon Son!

**Ahmed:** Do you have *any* Lamb?

**The Butcher:** Yeah sure! ..... Lamb  
*how much*  
do you want?

**Ahmed:** I need two slices of lamb leg.

**The Butcher:** do you need *any* fish?

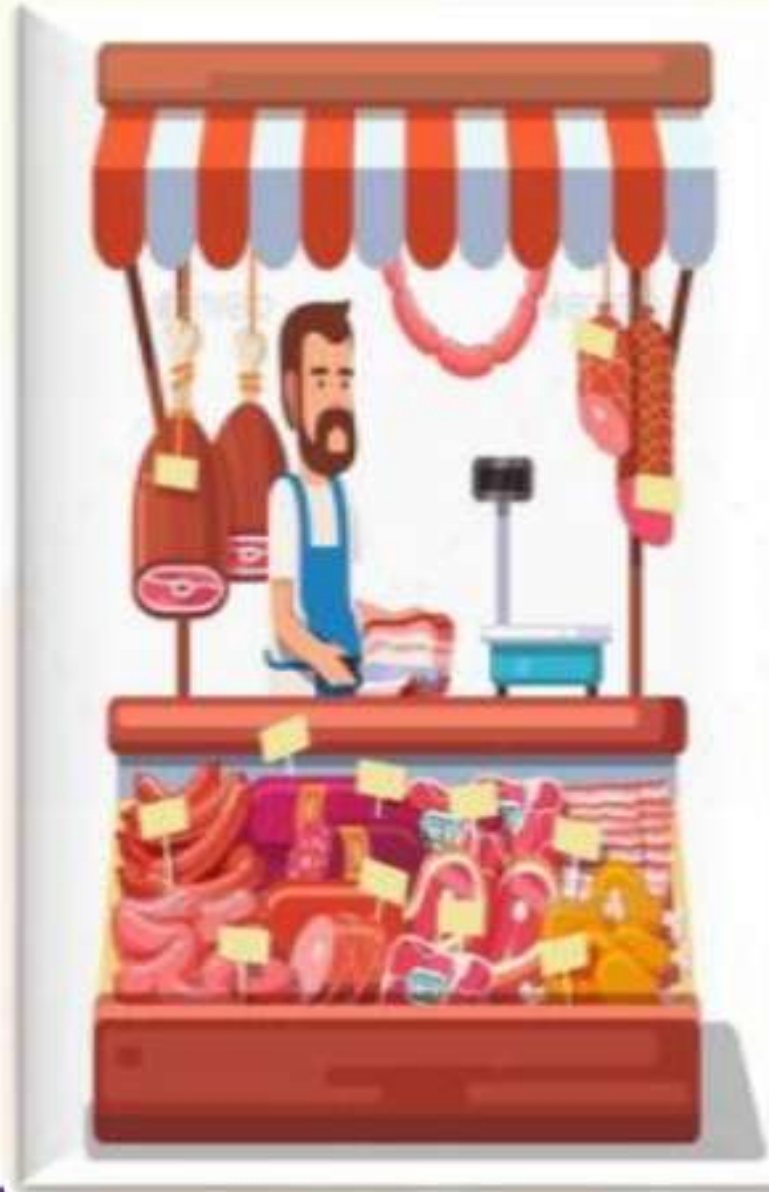
**Ahmed:** Yes please, I need some *tuna* slices.

**The Butcher:** How .....slices do you need?

**Ahmed:** 3 slices. *many*

**The Butcher:** the cost is 4000 *dinars*

**Ahmed:** Oh that's expensive!



*كشور  
البيوت*

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