



LET'S
LEARN
ENGLISH





دست plan

Healthy

≠

Unhealthy

Junk food



Exercise / Sports



ملف الحصة المباشرة و المسجلة

1 حصص مباشرة

2 حصص مسجلة

3 دورات مكثفة

أحصل على بطاقة الإشتراك



Order of dishes



Starter

Main course

Dessert

منصة التعليم الإلكتروني
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منصة التعليم الإلكتروني

ملف الحصة المباشرة و المسجلة

1 حصص مباشرة

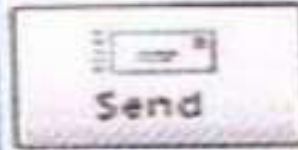
2 حصص مسجلة

3 دورات مكثفة

أحصل على بطاقة الإشتراك



This message has not been sent.



To...

nadiabent@maghrebmail.dz

Cc...

Account

Subject:

My diet plan

+ things
amirah

Hello, Nadia!

You asked me last time to send you a copy of my diet plan but I can't find it anywhere. Anyway, I can remember almost everything Dr Sandgate wrote. She recommends that a typical daily menu should be balanced, and include a salad at lunch (tomatoes, lettuce, olive oil and lemon) and a vegetable soup at dinner. One grilled turkey escalope for lunch on Monday, Wednesday and Friday and one grilled chicken leg for lunch on Tuesday and Thursday. Grilled fish for dinner at weekends. At lunch, I can take two boiled eggs instead of meat. Two veg as side dishes every day at lunch and dinner (peas, carrots, green beans, cabbage or spinach). For dessert, I have to eat one fruit after each meal (apple, orange or strawberry). I have the right to eat one slice of wholemeal bread at each meal. I can drink only water or herbal teas.

Every day, I have to breakfast on tea, cereals with skim milk and fresh-squeezed lemon or orange juice.

Oops! I forgot about the hardest part of this diet: exercise! I have to go to the gym every afternoon after school and do stretching for one hour, plus riding the stationary (exercise) bike for half an hour. At weekends, I have to go jogging in the park near my home for one hour every morning. You and I can say bye to ketchup, mayo, chocolate and cheesy snacks!

Keep in touch,
All the best,

Nadia Amy



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حصص مباشرة 1

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دورات مكثفة 3

أحصل على بطاقة الإشتراك



Task 1 page 98 - 99

Amy's Weekly Diet Plan

	Breakfast	Lunch	Dinner	Exercise	
				Morning	Afternoon
Monday	tea + cereals + skim milk + lemon/ or orange juice	salad + grilled turkey escalope/ or two eggs + veg + one fruit + one slice of wholemeal bread + water/ or herbal tea	soup + veg + one fruit + one slice of wholemeal bread + water/ or herbal tea	/	stretching + riding the stationary bike

Task 2 page 99

- "it" (paragraph 1) refers to "**diet plan**".
- "She" (§ 1) refers to "**Dr Sandgate**".
- "you and I" (§ 3)
 - "you" refers to "**Nadia**".
 - "I" refers to "**Amy**".

Task 3 page 99

- "cooked over fire or on a hot metal frame" (§ 1): "**grilled**".
- "abbreviation for the word (vegetable)" (§ 1): "**veg**".
- "pressed firmly in order to remove liquid" (§ 2): "**Squeezed**".
- "abbreviation for the word (mayonnaise)" (§ 3): "**mayo**".
- "continue to communicate with someone by using a phone or writing" (closing part of the email: Amy's last words): "**keep in touch**".

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منصة التعليم الإلكتروني

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حصة مباشرة

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أحصل على بطاقة الإشتراك



Nacer, my Tunisian friend, is overweight. He wants to know what kind of diet my Algerian dietitian recommends because he knows I have the same problem. I'm going to send him a detailed email in which I explain my doctor's dietary advice and recommendations about food and exercise. I am also going to send him a weekly diet plan and a typical daily menu as attached documents.



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أحصل على بطاقة الإشتراك



KNOWLEDGE	SKILLS	ATTITUDES
<ul style="list-style-type: none"> Lexis related to healthy food (meat, fish, vegetables, fruit, bread, dairy produce, drinks, etc.) Lexis related to physical exercise (indoor and outdoor activities) Lexis related to different meals of the day Lexis related to different courses of a meal Lexis related to days of the week (weekdays and weekends) Structural lexis related to obligation and advice Imperative mode 	<ul style="list-style-type: none"> Giving advice using "should" Giving advice and recommendations using the imperative Planning a healthy balanced meal to avoid overweight Planning a healthy weekly diet to avoid overweight 	<ul style="list-style-type: none"> Raising teenagers' awareness in regard to healthy food Raising teenagers' awareness in regard to physical exercise Raising teenagers' awareness in regard to health problems caused by overweight and obesity Sharing valuable medical advice and recommendations between teenagers in regard to health Valuing healthy food (mainly fruit and vegetables) Valuing physical exercise and sports

Salad - boiled eggs
Grilled
Soup
Walks - Jogging
riding the bike
Breakfast - lunch - dinner
Starter - main course - Dessert
Sunday
(Should) imperative
Imperative mode



ملف الحصة المباشرة و المسجلة



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3. To write the email to my Tunisian friend Nacer, I need to read again Amy's email and follow this layout.

Layout

⇒ Salutations

– I greet Nacer (Dear Nacer; Hi/Hello, Nacer)

⇒ Part 1 of email

– I talk about the contents of a typical daily menu (starter; main course and side dishes; dessert; drinks)

– I extend this daily menu to other days of the week (weekdays & weekends)

⇒ Part 2 of email

– I talk about breakfast

⇒ Part 3 of email

– I talk about exercise activities (during weekdays and weekends) and (period of the day)

⇒ Closing

– I express my "Best wishes", "(Kind) Regards", etc.

⇒ I sign my name.

⇒ PS (i.e. Post Scriptum)

– I mention the attached documents in a sentence like this: "Please, find attached two documents: a weekly diet plan and a typical daily menu."



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حصص مباشرة

1

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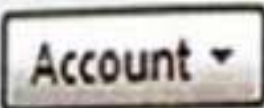
3

أحصل على بطاقة الإشتراك



4. Now, I can write my email to my Tunisian friend.

This message has not been sent.

	To...	nacerben@fastmail.edu.tn
	Cc...	
	Subject:	Diet plan

.....
I'm sending you a detailed

.....
At breakfast, you should

.....
.....
.....
.....
.....
PS Please find



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أحصل على بطاقة الإشتراك



This message has not been sent.



To...

nacerben@fastmail.edu.tn

Cc...

Account

Subject:

Diet plan

Dear Nacer;

I'm sending you a detailed and typical daily menu that should be balanced. The typical daily menu for lunch is a salad (lettuce, tomatoes, olive oil and a lemon) as a starter, and for the main course and side dishes, a grilled poultry (turkey escalope) on Saturday, Monday and Wednesday. And (chicken leg) on Sunday, Tuesday and Thursday or two boiled eggs instead of meat. And a veg (peas, carrots, green beans, cabbage or spinach). For dinner, a vegetable soup as a starter, a veg as a main course and grilled fish at weekends. For dessert, one fruit (an apple, an orange or one strawberry). Concerning drinks, you should drink only water or herbal tea.

At breakfast, you should have tea, cereals, skimmed milk, orange or lemon juice.

You should exercise (gym: stretching, riding the stationary bike, weight training, brisk walking, treadmill, etc.) during weekdays and jogging in the morning during weekends.

Keep in touch,

With all my best wishes,

Bye for now,

Ahmed

PS: Please find a weekly diet plan and a typical daily menu as attached documents.

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حصص مباشرة

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أحصل على بطاقة الإشتراك



Function	Example
Imperative to use giving a direct/order/command	Wake up now!
Imperative to use giving a warning/prohibition	Watch out! Don't touch me!
Imperative to use giving a advice	Don't be panic Don't eat too much
Imperative to use giving a instruction	Go straight ahead then turn left Take the pill after a meal
Imperative to use giving a request	Please don't go Please reconsider Let me alone, please



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أحصل على بطاقة الإشتراك



Examples of Imperative Sentences



1. As Command:

- Get the flag quickly.
- Keep off the grass.

3 advice

• eat healthy food

• Don't drink Soda

2. As Request:

- Can you help me find my shoes?
- Please return to your seats.



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IMPERATIVE

The imperative is formed with the verb without a subject

Open the door!

Take an aspirin.

Pay attention

The negative imperative is formed with Do not / Don't and the verb

Don't touch that

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دروسكم



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حصص مباشرة

1

حصص مسجلة

2

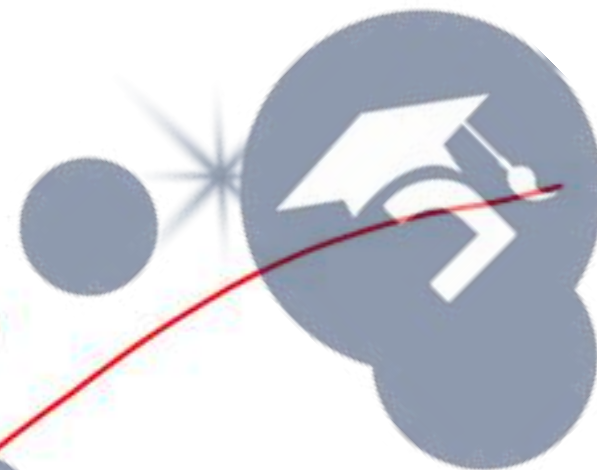
دورات مكثفة

3

أحصل على بطاقة الاشتراك



- 1 upstairs. (to go)
- 2 in this lake. (~~not~~/~~to~~ swim)
- 3 your homework. (~~to~~ do)
- 4 football in the yard. (~~not~~/~~to~~ play)
- 5 your teeth. (~~to~~ brush)
- 6 during the lesson. (~~not~~/~~to~~ talk)
- 7 the animals in the zoo. (~~not~~/~~to~~ feed)
- 8 the instructions. (~~to~~ read)
- 9 late for school. (~~not~~/~~to~~ be)
- 10 your mobiles. (~~to~~ switch off)



منصة التعليم الإلكتروني دروسكم

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Jessica doesn't feel well so she is seeing her doctor.

Doctor: Hello Jessica. How can I help you?

Jessica: I don't feel well doctor. I have a stomach ache and I feel dizzy.

The doctor examines Jessica. Then she gives her some medical advice.

Doctor: Jessica, you have a stomach ache because you don't eat healthy food. You should eat more fruit and vegetables. Also you should drink water. You shouldn't drink cola or other soda because it isn't good for you. I will give you some pills and injections today but you should come back again in a week.



Reading Comprehension

1-I read the dialogue and complete the following table

Patient's name	Health problem	Advice
Jessica	a stomach ache	Drink water eat fruit and veg

2-I answer the following questions from the text

-Where is Jessica ?

-Is healthy food good for her ?

She is seeing a doctor.
Yes, it is.

3-Lexis : Pick out from the text the words that identify the following



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3-Lexis : Pick out from the text the words that identify the following



.....

.....

.....

.....

Mastery of Language

1-Correct the words order to get coherent sentences

-feels -terrible- Sami. -

Sami feels terrible

- a head ache - He-- from - suffers. -

He suffers from a head ache

- take- should- He - an aspirin. -

He should take an aspirin

2-I fill in the gaps with :

should-healthy -overweight-exercise

A:I'm *overweight*, what *should* I do?

B:You should eat *healthy* food and *exercise* regularly.

3-I classify the following words according to their consonants sounds

child - earache - fishing - itching



/s/	/tʃ/	/k/
<i>Fishing</i>	<i>child, itching</i>	<i>earache</i>



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Situation of Integration

I fill in the dialogue using « should » or « shouldn't » (+) the appropriate advice in the box

A: I have got a terrible back ache , what should I do?

B: you *shouldn't carry heavy things*

A: I have got a painfull sore throat, what should I do?

B: you *should take throat syrup*

A: I have got a tooth ache , what should I do?

B: you *should go to the dentist*

A: I have a painfull stomach ache , what should I do?

B: you *shouldn't eat too much food*

-eat too much food

-go to the dentist.

~~-carry heavy things.~~

- take throat syrup



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