

What's the matter?

صداع



a headache

يشعر بالمرض



feel sick

يشعر بالدوران



feel dizzy

برد



a cold

كحه



a cough



an earache

وجع فى الاذن

a stomach
ache

ألم فى المعده

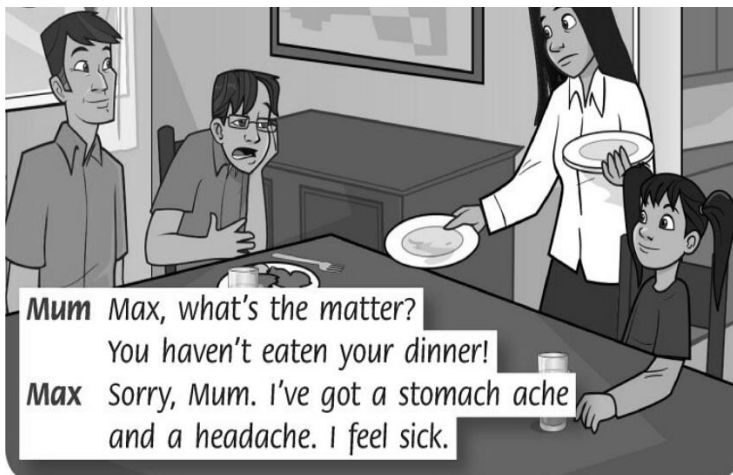
a sore
throat

التهاب فى الزور

take
medicine

يأخذ الدواء

Story time:



Should / shouldn't

Should: يجب أن

We use should to tell someone what is good.

- You should drink some water.
- He should stay in bed.

Shouldn't: لا يجب أن

We use shouldn't to tell someone what is not good.

- You shouldn't stay outside.
- We shouldn't be late.

Should
Shouldn't + V-(inf مصدر الفعل)

Read and circle.

- 1 On school days, you **should** / **shouldn't** get up early.
- 2 You **should** / **shouldn't** get dressed quickly.
- 3 You **should** / **shouldn't** run in the kitchen.
- 4 You **should** / **shouldn't** be late for school.
- 5 You **should** / **shouldn't** listen to the teacher.
- 6 You **should** / **shouldn't** talk when the teacher is talking.
- 7 You **should** / **shouldn't** always try your hardest.



(could / couldn't) + مصدر الفعل

could: استطاع

- He could swim when he was two.
- I could read when I was seven.

Couldn't: لم يستطع

- He couldn't play football but he could ride a bike.
- I couldn't write but I could read well.

Circle the correct words.

- 1 Max had a headache. He couldn't / could / should do his homework.
- 2 Jenny has a sore throat. She couldn't / should / shouldn't take some medicine.
- 3 I feel healthy. I can / couldn't / shouldn't play outside.
- 4 Mum had an earache. She should / shouldn't / couldn't hear anything.
- 5 I've got a stomach ache. I shouldn't / should / couldn't go to bed.
- 6 I feel sick. I shouldn't / could / should eat anything.

Write the short answers.

- 1 Has he ever lived in a village? (x) No, he hasn't.
- 2 Could you walk when you were one? (✓) _____
- 3 Should you run when you feel sick? (x) _____
- 4 Has she ever attached a photo to an email? (x) _____

Phonics

le

al

<i>candle</i>	شمعه
<i>castle</i>	قلعه
<i>table</i>	منضده
<i>people</i>	ناس

<i>sandal</i>	صندل
<i>animal</i>	حيوان
<i>hospital</i>	مستشفى
<i>cereal</i>	حبوب قمح

Read



Many years ago, some people lived in castles.

Look at the picture. Can you see a woman wearing a purple dress and sandals?

On the table there is a bowl of apples and a basket full of cereals. There are lots of candles because there weren't any lights many years ago.



Write a sentence using each word.

- 1 (sandal) _____
- 2 (table) _____
- 3 (people) _____
- 4 (hospital) _____

healthy	صحي	sugar	سكر
fit	لائق بدنيا	cabbage	الكرنب
energy	طاقه	calcium	كالسيوم
crisps	مقرمشات	sardine	سمك السردين

2 Listen and read. 99



Take lots of exercise

Watching TV or playing computer games won't make you fit, but playing sports will. You can join a club or play with your friends in a park. If you don't like team sports, you can walk to school, go swimming or try skating instead. Regular exercise makes you feel stronger and gives you more energy.

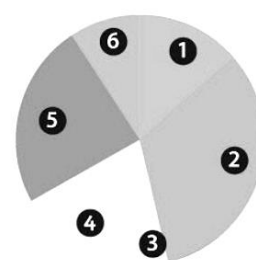
Eat a healthy diet

Sweets, chocolate and crisps are fun to eat sometimes, but it is not good to eat them every day. These foods contain too much sugar, fat or salt. Make sure you eat vegetables, such as cabbage, with every meal, and plenty of fruit, too. Fruit and vegetables help you stay healthy and grow strong.

Drink lots of water and milk

Water or juices are better for you than fizzy drinks because fizzy drinks contain lots of sugar. Eating a lot of sugar is bad for your teeth. One can of cola contains about nine teaspoons of sugar! Milk is good because it contains lots of calcium. You need calcium to help your 206 bones to grow and keep your teeth strong.

There is this much calcium in a serving of ...



- 1 a glass of milk
- 2 two sardines
- 3 cabbage
- 4 cheese
- 5 yogurt
- 6 beans

Read again and complete the sentences.

- 1 Walking and skating are types of exercise.
- 2 You should eat _____ with your meal.
- 3 There is a lot of _____ in fizzy drinks.
- 4 _____ has got a lot of calcium.
- 5 Vegetables help you to stay _____.
- 6 Calcium keeps your _____ strong.