

Unit 3	Title: Be Fit, But Be Safe	Card # 9
Grade: 9	Reading Comprehension	

Read the following passage then answer the questions. اقرأ القطعة التالية ثم أجب على الأسئلة

Dr. Blake is at Waleed's school, and he has been using charts to talk about health, sport and getting fit. He advises students to do sports as swimming which is the safest activity and is good for old injuries. But he tells them to warm up first, do gentle exercises for the various parts of the body. Hard training after being sick is dangerous. His last advice was to take things slowly, and remember the old saying "Better safe than sorry." Hard training after you've been sick is dangerous; your body is still too weak to do sports.

(A) Answer the following questions: أجب على الاسئلة التالية

1. What does the old saying "Better safe than sorry" mean?

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2. Do gentle exercises help stop injuries?

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3. What was Dr. Blake doing at Waleed's school?

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(B) Read again and find the following in the text. اقرأ مرة اخرى ثم استخرج من الفقرة

Word	Opposite العكس
safe	
strong	
before	
new	

Word	Meaning المعنى
healthy	
different	
ill	
proverb	

- A proverb means "Prevention is better than cure."

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- A word rhymes: - (wealth): - _____, (pick): - _____.

