

UNIT 06

BETTER SAFE THAN SORRY

Activity 1

Act out

Suganya is Absent Today

Teacher : Where's Suganya? Is she absent today?

Mufeeda : Yes, teacher. She's not well.

Teacher : That's too bad. What's the matter with her?

Mufeeda: She had food poisoning.

Teacher : Oh dear! You **should** be very careful about what you eat and drink. Stale or contaminated food and unpasteurized milk can make you sick.

Nisal : We **should** also drink clean water.

Teacher : Yes, Nisal. That's very important. Children, **would** you like to make a Get Well card for Suganya?

Children: Yes, we **would**, teacher. We'll come a little early tomorrow and make one.

Iromi and Surandi: Shall we go to see her, teacher?

Teacher : Why not? We'll go to see her after school tomorrow. But remember, you **must** get permission from your parents.

Activity 2

Read the conversation and answer the questions.

1. A. Who is absent?
B. Why is she absent?
2. Find a term similar in meaning to the following words: stale, contaminated, unpasteurized, ill
3. Discuss with your partner.
 - How can we prevent food poisoning?
4. Read the above conversation and find the sentences used to:

i. give advice	iii. ask permission
ii. express willingness	iv. to advise or to warn

Activity 3

Complete these sentences using “**must, should, would or can**.”

1. All students eat healthy food.
2. We keep our class nice and clean.
3. you like another piece of cake?
4. You look tired. I make you a cup of tea?

Activity 4

Writing

Suganya’s friends have made a Get Well card for her. Read it. Imagine you are Suganya and write a note to your classmates thanking them for their concern.

Dear Suganya,
We are sorry to hear
that you are not well.
Please take care and
get well soon!

Your friends

Activity 5

Listening

Do you know how to identify fresh food? Here are some guidelines.
Listen to your teacher and complete this table.

Guideline	Type of Food Item
1. Should be crisp and green.	
2. Should sink to the bottom when put in a pot of cold water.	
3. Should be sweet smelling and not too soft.	
4. Should be firm and crisp.	

Activity 6

Reading

Match the riddles with the name of the fruit or the vegetable.

1

It is an orange-coloured vegetable. The part we eat is the root. It is rich in vitamins A, B6, K and dietary fibre. This vegetable can be eaten raw, boiled or cooked. Blended juice is also very popular. It grows well in the hill country of Sri Lanka.

2

This is a juicy fruit. It turns yellow when it is ripe. When this fruit is cut in half, it looks like a star. It has a sour taste and is rich in vitamin C and dietary fibre.

3

This fruit is oblong shaped. It is green when raw and turns yellow or orange when ripe. There are many small black seeds inside the fruit. It is sweet and juicy and rich in vitamins A and C.

5

This is a green vegetable. It is long and oblong shaped with small bumps all over it. It grows on a creeper. It has a bitter taste. It can be eaten cooked or fried.

4

This is a root which is eaten as a vegetable. It is hard with a brown skin. It is used to prepare many dishes and can be eaten boiled, cooked or fried. It is rich in carbohydrates. This grows well in the hill country of Sri Lanka.

- a). Potatoes
- b). Carrots
- c). Star fruit
- d). Bitter gourd
- e). Papaya

Reading

A Food Rainbow

Fruits and vegetables get their colour from natural substances. They contain different nutrients. These nutrients are essential for good health. Some of them are vitamins. Eating a colourful range of food helps you to get most of these nutrients. Remember! Food with artificial colours will not do any good as natural fruits and vegetables do. Here are the advantages of eating different coloured fruits and vegetables.

- **Red** fruits and vegetables help keep your heart strong.
- **Orange** fruits and vegetables help keep your eyes healthy.
- **Yellow** fruits and vegetables help keep you from getting sick.
- **Green** fruits and vegetables help make your bones and teeth strong.
- **Blue and purple** fruits and vegetables help your memory.

Eat a lot of coloured fruits and vegetables every day!

1. Pumpkin	4. Ladies Fingers	7. Cucumber	10. Brinjal
2. Potato	5. Sweet Potato	8. Broccoli	11. Beetroot
3. Carrot	6. Cauliflower	9. Celery	12. Tomato
	2	23	
1		25	22
	11	24	
		20	21
4			
	3		
5	6	13	26
		17	
7	10		15
		18	
8			16
13. Grape	9	14	20. Sweet Melon
14. Corn			21. Banana
15. Lemon			22. Pomegranate
16. Strawberry			23. Orange
17. Bell Pepper	12		24. Apple
18. Woodapple			25. Avocado
19. Papaw			26. Mango

Activity 7

Read the paragraph and study the picture. Fill in the table with suitable fruits and vegetables.

Quality	Fruit	Vegetable
Fruits and vegetables that are good for our heart		
Fruits and vegetables that give us healthy eyes		
Fruits and vegetables that help us to prevent diseases		
Fruits and vegetables that make our bones and teeth strong		
Fruits and vegetables that are good for our memory		

Activity 8

Writing

You are going to prepare a poster on good health habits. You have been given the following sentences and pictures. Match the pictures with the sentences that you hope to include in the poster. Give the poster a suitable title.

1. Wash your hands thoroughly before you eat.
2. Wash fruit before you eat it.
3. Wash your hands after using the bathroom.
4. Clean all cooking utensils before using them.
5. Wash food well before you cook it.
6. Check the date of expiry when you buy packeted food.
7. Drink boiled or filtered water.

a ————— **b**

c ————— **d**

e ————— **f**

————— **g**

Activity 9

Writing

Refer to the picture and complete the instructions.

1. fruit, vegetables and your hands before eating.
2. garbage regularly.
3. meat and fish from other food items when storing.
4. leftover food quickly in a refrigerator.
5. food properly in the correct temperature.
6. fruit and vegetables for fruit worms before eating.

“Before” and “After”

Read these examples.

- I have my breakfast. I go to school.
I have my breakfast **before** I go to school.
- My father returns home from work. He does some exercises.
My father does some exercises **after** he returns home from work.

Activity 10

Use this table and construct sentences using “before” or “after.”

Please brush your teeth		you go out to play.
You must clean your room	before / after	you go to bed.
I will leave only		you finish your homework.
You can play		I finish my work.

Reading

Prevention is Better than Cure

Animals help to keep the balance in nature. At the same time, animals could pose health hazards to people. We have to be aware of these dangers to prevent them.

Household pets like dogs and cats can transmit a disease called “rabies” to people. This disease is very dangerous because it has no cure. Pets should be vaccinated against this disease. We can take our dogs to free vaccination camps and get them vaccinated. We must also keep pets like cats clean and healthy. Parasites like ticks and fleas can make both people and animals ill.

There are many insects living around us that are harmful to our health. Mosquitoes spread diseases like dengue and malaria. Destroying mosquito breeding grounds is the best prevention method. Houseflies contaminate food and cause food poisoning and diarrhoea. They also spread diseases like typhoid. We can get rid of flies by keeping our homes and surroundings clean.

Insects like bees and wasps sometimes sting people. It is best to see a doctor because some people develop allergic reactions due to the venom that is injected by the sting.

Activity 11

Read the passage and complete the grid.

	Name of the animal	Disease or injury that can be caused by it	Method of prevention or treatment
	dog	rabies	Vaccinating dogs against rabies

Because

We can connect sentences using “because.”

- This disease is dangerous. It has no cure.
- This disease is dangerous **because** it has no cure.

Combine the sentences using “because”.

• The cricket match was postponed	because	• I missed the bus.
• I was late		• It was raining hard.
• The road is closed		• Mother let them play outside.
• The children were happy		• The constructions are still going on.

Activity 12

Listening

Listen to the announcement and complete the required information.

What the announcement is about: _____

Date: _____

Place: M.O.H. Office

Time: _____

How old the dogs should be: _____

Activity 13

Speaking

These are pictures of some insects and arachnids we see around us. Is there any way they can be harmful to us? Collect some facts about them. Present your findings to your class.

moth

spider

termite

flea

cockroach

e.g. :-

Moths are insects that look similar to butterflies. They have two pairs of wings and three pairs of legs. But their wings are smaller than those of butterflies. Their bodies are also thicker. Baby moths look like worms and are called larvae. Larvae are considered pests because they destroy clothes.