**Unit-3 English-5**

**Notes on**

**Cold Cure**

***BY:***

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**Words and their Meanings**

|  |  |  |  |  |  |
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| **S.#** | **Words** | **Meanings** | **S.#** | **Words** | **Meanings** |
| **1.** | cold | **ٹھنڈا۔ زکام** | **16.** | discuss | **بحث کرنا** |
| **2.** | cure | **علاج۔ علاج کرنا** | **17.** | guess | **اندازہ لگانا** |
| **3.** | recognize | **پہچان لینا۔ شناخت کرنا** | **18.** | disease | **بیماری** |
| **4.** | agree | **اتفاق کرنا۔ مطابقت رکھنا** | **19.** | when | **کب۔ جب** |
| **5.** | gender | **جِنس۔ تذکروتانیث**  **مذکر۔ مونث** | **20.** | wake up | **جاگنا یا جگانا** |
| **6.** | number | **عدد۔ ہندسہ۔ تعداد** | **21.** | notice | **دیکھنا۔ توجہ کرنا** |
| **7.** | articulate | **ٹھہر ٹھہر کر صاف تلفّط سے بولنا** | **22.** | sneezing | **چھینکنا** |
| **8.** | hard | **سخت** | **23.** | ill | **بیمار** |
| **9.** | soft | **نرم** | **24.** | wrong | غلط۔ بُرا |
| **10.** | paragraph | **پیرا ۔ رکوُع** | **25.** | sore throat | **دُکھتا ہوا گلا** |
| **11.** | pre-writing | **لکھائی سےقبل یا پہلے** | **26.** | feel | **محسوس کرنا** |
| **12.** | strategy | **حکمت عملی ۔ طریقہ قار** | **27.** | check | **معائنہ کرنا ۔ جانچ پڑتال کرنا** |
| **13.** | pre-reading | **پڑھائی سے قبل یا پہلے** | **28.** | me | **مجھے** |
| **14.** | text | **متن ۔ نصاب** | **29.** | also | **بھی** |
| **15.** | below | **نیچے** | **30.** | fever | **بخار** |

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| **S.#** | **Words** | **Meanings** | **S.#** | **Words** | **Meanings** |
| **31.** | become | **ہونا** | **47.** | catch | پکڑنا۔ بیمار ہونا |
| **32.** | stuffy | بند بند | **48.** | well | **کنواں۔ اچھا۔ بجا۔ درست ہے** |
| **33.** | breathe | سانس لینا | **49.** | touch | **چھونا** |
| **34.** | can’t | نہیں ہو سکتا | **50.** | something | **کوئی چیز** |
| **35.** | easily | آسانی کے ساتھ | **51.** | cold virus | زکام کا وائرس |
| **36.** | because | کیونکہ | **52.** | dirty | **گندا** |
| **37.** | dear | پیارا | **53.** | thing | **چیز** |
| **38.** | but | لیکن | **54.** | door | **دروازہ** |
| **39.** | always | ہمیشہ | **55.** | shop | **دوکان** |
| **40.** | put on | پہننا | **56.** | next | **اگلا** |
| **41.** | warm | گرم | **57.** | swing | جُھو لا ۔ پینگ |
| **42.** | clothes | کپڑے | **58.** | see-saw | **ہنڈولا۔** جُھو لاجُھولی |
| **43.** | before | پہلے | **59.** | slide | **پھسلن۔ پھسلنی** |
| **44.** | then | پھر | **60.** | carry | اُٹھا کر لے جانا |
| **45.** | how | کیسے۔ کیسا | **61.** | germs | **جراثیم** |
| **46.** | could | سکتا تھا | **62.** | move | **حرکت کرنا** |

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| **S.#** | **Words** | **Meanings** | **S.#** | **Words** | **Meanings** |
| **63.** | means | **مطلب ۔ ہونا۔ ذرائع** | **79.** | some | **کچھ** |
| **64.** | handling | **ہاتھ میں لینا۔ قابو کرنا** | **80.** | monthly | **ماہانہ** |
| **65.** | right | **دایاں۔ ٹھیک** | **81.** | tests | **امتحانات** |
| **66.** | caught | **پکڑا۔ بیمار ہوا** | **82.** | week | **ہفتہ** |
| **67.** | park | **پارک** | **83.** | want | **چاہنا** |
| **68.** | may be | **ہوسکتا ہے** | **84.** | miss | **چھوڑنا۔ کھونا** |
| **69.** | went | **گیا** | **85.** | them | **انہیں** |
| **70.** | ago | **پہلے** | **86.** | worry | **پریشان ہونا** |
| **71.** | alright,  all right | **صحت مند۔ درست ہے۔ ٹھیک ہے** | **87.** | won’t | **نہیں ہوگا** |
| **72.** | know | **جاننا** | **88.** | now | **اب** |
| **73.** | inside | **کے اندر** | **89.** | so that | **تاکہ** |
| **74.** | take | **لینا۔ پینا۔ کھانا** | **90.** | better | **بہتر** |
| **75.** | symptoms | **علامات** | **91.** | hot drinks | **گرم مشروبات** |
| **76.** | appear | **ظاہر ہونا** | **92.** | chicken | **مرغی** |
| **77.** | how long | **کتنا عرصہ** | **93.** | soup | **شوربہ۔ یخنی** |
| **78.** | recover | **صحت یاب ہونا۔ بازیاب کرانا** | **94.** | below | نیچے |

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| **S.#** | **Words** | **Meanings** | **S.#** | **Words** | **Meanings** |
| **95.** | rid | سے پاک کرنا۔ سے صاف کرنا۔ سے نجات دلانا | **111** | toys | **کھلونے** |
| **96.** | mucus | بلغم | **112** | other | **دوسرا** |
| **97.** | take rest | آرام کرنا | **113** | too | **بھی** |
| **98.** | bed | بستر | **114** | cover | **ڈھکنا۔ ڈھانپنا** |
| **99.** | again | دوبارہ | **115** | cough | **کھانسی** |
| **100.** | need | ضرورت | **116** | tissue | **مومی کاغذ۔ باریک کپڑا** |
| **101.** | get relaxed | سکون حاصل کرنا | **117** | handkerchief | **رومال** |
| **102.** | story | کہانی | **118** | share | **حصہ بانٹنا** |
| **103.** | please | مہربانی کر کے | **119** | towels | **تولیے** |
| **104.** | soothe | تسکین دینا۔ دھیما کرنا | **120** | items | **چیزیں۔ شقیں** |
| **105.** | gargle | غرارہ | **121** | anyone | **کوئی ایک** |
| **106.** | remember | یاد کرنا | **122** | related | **تعلق۔ متعلقہ** |
| **107.** | keep | رکھنا | **123** | illness | **بیماری** |
| **108.** | clean | صاف کرنا | **124** | happen | **واقع ہونا** |
| **109.** | wash | دھونا | **125** | avoid | **بچنا۔ گریز کرنا** |
| **110.** | soap | **صابن** | **126** | cross | **کاٹنا۔ کاٹنے کا نشان** |

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| **S.#** | **Words** | **Meanings** | **S.#** | **Words** | **Meanings** |
| **127** | cold drinks | **ٹھنڈے مشروبات** | **143** | cookie | **بسکٹ** |
| **128** | someone | **کوئی ایک** | **144** | dance | **ناچ۔ ناچنا** |
| **129** | pluck | **توڑنا** | **145** | spicy | **مصالحہ دار** |
| **130** | shirt | **قمیض** | **146** | cube | **مکعب** |
| **131** | choose | انتخاب کرنا۔ چُننا | **147** | mice | **چوہے** |
| **132** | blank | **خالی** | **148** | either | دونوں میں سے کوئی ایک |
| **133** | trunk | **سونڈ۔ دھڑا** | **149** | toothache | **دانت کا درد** |
| **134** | colourful | **رنگین** | **150** | earache | **کان کا درد** |
| **135** | wings | **پر** | **151** | stomachache | **معدہ کا درد** |
| **136** | appropriate | **مناسب۔ موزوں** | **152** | headache | **سردرد** |
| **137** | cap | **ٹوپی** | **153** | pocket | **جیب** |
| **138** | house | **گھر** | **154** | kind | قِسم۔ مہربان |
| **139** | distinguish | **تفریق کرنا۔ فرق کرنا** | **155** | weather | **موسم** |
| **140** | cab | **ٹیکسی** | **156** | pair | **جوڑا** |
| **141** | cent | **ڈالر یا روپے کاسوواں حصہ100th** | **157** | a few | **چند ایک** |
| **142** | rice | **چاول** | **158** | eraser | **مٹانے والا۔ ربڑ** |

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| **S.#** | **Words** | **Meanings** | **S.#** | **Words** | **Meanings** |
| **159** | mind | **دماغ۔ ذہن** |  |  |  |
| **160** | map | **نقشہ** |  |  |  |
| **161** | feel like | **ایسے محسوس ہوتا ہے جیسے** |  |  |  |
| **162** | medicine | **دوائی** |  |  |  |
| **163** | game | **کھیل** |  |  |  |
| **164** | person | **شخص۔ بندہ** |  |  |  |

**VERBS USED IN THE LESSON**

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| **S.#** | **Verb** | | | **Meaning** | **Noun** | **Meaning** |
| **1.** | cure | cured | cured | **علاج کرنا** | cure | **علاج** |
| **2.** | recognize | recognized | recognize | **پہچان کرنا۔ شناخت کرنا** | recognition | **شناخت۔ پہچان** |
| **3.** | agree | agreed | agreed | **اتفاق کرنا** | agreement | **اتفاق ۔ معاہدہ** |
| **4.** | articulate | articulated | articulated | **صاف تلفّظ سے بات کرنا** | articulation | **وضاحت۔ ترتیل** |
| **5.** | discuss | discussed | discussed | **بحث کرنا** | discussion | **بحث** |
| **6.** | tell | told | told | **بتانا** | tale | **کہانی** |
| **7.** | guess | guessed | guessed | **اندازہ لگانا۔ قیاس کرنا** | guess | **اندازہ۔ اٹکل۔ قیاس** |
| **8.** | wake | woke | woken | **جاگنا۔ جگانا** | wakefulness | **جاگ** |
| **9.** | notice | noticed | noticed | **توجہ دینا۔ دیکھنا** | notice | **توجہ۔ اطلاع** |
| **10.** | sneeze | sneezed | sneezed | **چھینک مارنا** | sneeze | **چھینک** |
| **11.** | feel | felt | felt | **محسوس کرنا** | feeling | **احساس ۔ جذبہ** |
| **12.** | tire | tired | tired | **تھک جانا** | tiredness | **تھکاوٹ** |
| **13.** | check | checked | checked | **معائنہ کرنا** | check | **معائنہ** |
| **14.** | breathe | breathed | Breathed | **سانس لینا** | breath | **سانس** |
| **15.** | put | put | put | **رکھنا** |  |  |

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| **S.#** | **Verb** | | | **Meaning** | **Noun** | **Meaning** |
| **16.** | catch | caught | caught | **پکڑنا۔ بیمار ہونا** | catch | **پکڑ** |
| **17.** | encourage | encouraged | encouraged | **حوصلہ افزائی کرنا** | encouragement | **حوصلہ افزائی** |
| **18.** | expect | expected | expected | **توقع رکھنا** | expectation | **توقع** |
| **19.** | touch | touched | touched | **چھونا** | touch | **لمس** |
| **20.** | carry | carried | carried | **ڈھونا۔ اُٹھا کر لے جانا** | carriage | **گاڑی۔ خرچہ باربرداری** |
| **21.** | move | moved | moved | **حرکت کرنا** | movement | **حرکت** |
| **22.** | mean | meant | meant | **معانی ہونا** | meaning  means | **معانی ۔ ذرائع** |
| **23.** | handle | handled | handled | **سے نبٹنا۔ سے کام لینا۔ ہاتھ میں لینا** | handle  handling | **دستہ** |
| **24.** | think | thought | thought | **سوچنا۔ خیال کرنا** | thought | **خیال** |
| **25.** | take | took | taken | **لینا** | take | **رائے** |
| **26.** | appear | appeared | Appeared | **ظاہر ہونا۔ نمودار ہونا** | appearance | **ظہور۔ وضع قطع۔ ظاہری شکل** |
| **27.** | recover | recovered | recovered | **صحت یاب ہونا۔ بازیاب ہونا** | recovery | **صحت یابی۔ بازیابی** |
| **28.** | worry | worried | worried | **پریشان ہونا** | worry | **پریشانی** |
| **29.** | drink | drank | drunk | **پینا** | drink | **مشروب** |
| **30.** | blow | blew | Blown | **پھونکنا۔ ہوا کا چلنا۔ ناک صاف کرنا** | blow | **مُکّہ۔ وار۔ مصیبت** |

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| **S.#** | **Verb** | | | **Meaning** | **Noun** | **Meaning** |
| **31.** | need | needed | needed | **ضرورت ہونا** | need | **ضرورت** |
| **32.** | relax | relaxed | relaxed | **ستانا** | relaxation | **تفریح** |
| **33.** | read | read | read | **پڑھنا** | read  reading | **پڑھائی** |
| **34.** | soothe | soothed | soothed | **تسکین پہچانا۔**  **دھیما کرنا** | soothingness | **تسکین** |
| **35.** | rid | ridded/rid | ridded/rid | **نجات حاصل کرنا** | riddance | **نجات** |
| **36.** | gargle | gargled | gargled | **غرارے کرنا** | gargle | **غرارہ** |
| **37.** | remember | remembered | remembered | **یاد کرنا** | remembrance | **یاد** |
| **38.** | keep | kept | kept | **رکھنا** | keep | **گزارہ۔ روٹی** |
| **39.** | clean | cleaned | cleaned | **صاف کرنا** | clean | **صفائی** |
| **40.** | wash | washed | washed | **دھونا** | wash  washing | **دھلائی** |
| **41.** | cover | covered | covered | **ڈھانپنا۔ طے کرنا** | cover  coverage  covering | **ڈھکنا۔ سرپوش** |
| **42.** | cough | coughed | coughed | **کھا نسنا** | cough | **کھانسی** |
| **43.** | share | shared | shared | **بانٹنا۔ تقسیم کرنا۔ تبادلہ خیال کرنا۔ میں شریک ہونا** | share | **حصہ** |
| **44.** | relate | related | related | **تعلق ہونا۔**  **رشتہ ہونا** | relation | **تعلق۔ رشتہ داری** |

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| **S.#** | **Verb** | | | **Meaning** | **Noun** | **Meaning** |
| **45.** | happen | happened | happened | **واقع ہونا** | happening | وقوُعہ |
| **46.** | avoid | avoided | avoided | **گریز کرنا۔ بچنا** | avoidance | **گریز۔ کنارہ کشی** |
| **47.** | cross | crossed | crossed | **پار کرنا۔ عبور کرنا۔ پر لکیر کھینچنا** | cross | **صلیب۔ سولی۔ منسوخ** |
| **48.** | pluck | plucked | plucked | **توڑنا** | pluck | جراُت۔ **ہمّت** |
| **49.** | tear | tore | torn | **پھاڑنا** | tear | **آنسو۔ سوراخ** |
| **50.** | choose | chose | chosen | **انتخاب کرنا** | choice | **انتخاب** |
| **51.** | distinguish | distinguished | distinguished | **فرق کرنا۔ امتیاز کرنا** | distinction | **امتیاز۔ تفریق** |
| **52.** | pair | paired | paired | **جوڑا بنانا** | pair | **جوڑا** |
| **53.** | play | played | played | **کھیلنا** | play | **کھیل** |
| **54.** | dance | danced | danced | **ناچنا** | Dance | **ناچ** |

**PHRASES**

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| --- | --- | --- |
| **1.** | wake up | جاگنا۔ جگانا |
| **2.** | look ill | بیمار لگنا |
| **3.** | what’s wrong | کیا مسئلہ ہے |
| **4.** | to have a sore throat | گلا خراب ہونا |
| **5.** | to feel tired | تھکاوٹ محسوس کرنا |
| **6.** | because of | کی وجہ سے |
| **7.** | put on | پہننا |
| **8.** | to catch cold | زکام ہونا |
| **9.** | to carry virus or disease | وائرس یا بیماری برداری |
| **10.** | may be | ہوسکتا ہے۔ ممکن ہے |
| **11.** | to get inside | اندر داخل ہونا |
| **12.** | it takes two to three days | دو سے تین دن لگتے ہیں |
| **13.** | how long will it take me? | مجھے کتنا وقت لگے گا؟ |
| **14.** | don’t worry | پریشان مت ہو۔ فکر مت کرو |
| **15.** | to feel better | بہتر محسوس کرنا |
| **16.** | here is | یہ لو |
| **17.** | to get rid of | چھٹکارا پانا |
| **18.** | to go to bed | لیٹنا۔ سو جانا |
| **19.** | read me a story | مجھے ایک کہانی پڑھ کر سناؤ |
| **20.** | It’s time to gargle | غرارے کرنے کا وقت ہو گیا ہے |
| **21.** | keep clean | صاف ستھرے رہو۔ اپنے آپ کو صاف ستھرا رکھو |
| **22.** | cover up | چھپانا |

**READING COMPREHENSION**

**A- Answer the following questions.**

**1.** She caught cold

**2.** The symptoms of cold are sneezing, sore throat, stuffy nose and fever.

**3.** You may catch cold if you touch something that has cold virus on it.

**4.** We should take hot drinks like chicken soup; blow our nose to get rid of mucus, take rest and gargle to soothe our sore throat.

**5.** We can avoid cold by doing the following things:-

Keep our hands, toys and other things clean,

Use a tissue or a handkerchief at the time of coughing or sneezing,

Avoid using drinking glasses, cloths, towels etc. belonging to some having cold or fever,

**B- Put tick or cross**

1- x 2- 3- 4- x 5-

**Grammar**

**Use of has/have**

**a. Match nouns and pronouns with have or has.**

Ali has, Nidda and Fizza have, boy has, children have, cat has, books have, he has, they have, it has, we have, she has, you have, I have.

**b. Choose has or have.**

1- has, 2- have, 3- has, 4- have, 5- has

**c. Fill in the blanks with has or have.**

1- has, 2- have, 3- has, 4- have, 5- has

**d. Complete these sentences with appropriate pronouns.**

1- my, mine

2- her, hers

3- their, theirs

4- your, yours

5- our, ours

**PHONICS**

**Hard and soft /c/ sounds.**

cab, car, cat, cow, cookie, cold, cube, cup. **hard**

cent, nice, face, city, pencil, dance, spicy, mice: **soft**

**WRITING SKILLS**

**A- Answer the following questions in complete sentences.**

Use either “have” or “has” in your answer.

1- I have two feet.

2- My room has two beds.

3- My bag has three pockets.

4- My hands have ten fingers.

5- Northern Areas have very cold weather in winter but very pleasant one in summer.

**B- Pair works.**

1- I have two pencils but he has one eraser.

2- I have three rulers but she has two sharpeners.

3- I have one pair of shoes but she has two pairs of shoes.

4- I have two suits but she has one suit.

5- I have one bag but she has two bags.

6- I have a bicycle but he has a car.

7- I have a small house but he has a big house.

8- I have two brothers but she has three brothers.

9- I have one son but she has two sons.

**When I Caught Cold**

I caught cold last month. I also had fever and sore throat with it. My nose was stuffy and I could not breathe. I was feeling very tired. I visited a doctor for check-up and treatment. He did not give me any medicine. He prescribed me to take chicken soup and rest. He also advised me to gargle to soothe my sore throat. I followed the doctor’s advice and started feeling better. It took me five days to recover from this illness.

**Oral Communication**

**1-** Does Raza have a dog?

Yes, he has.

**2-** Does Sana have a cat?

Yes, she has.

**3-** Does Karim have a flower?

Yes, he has.

**4-** Does Asif have any toys?

Yes, he has some.

**Use of has and have**

**“has” is used with he, she, it and singular noun (third person). For example:-**

**1.** He has two books. (اُس کے پاس دو کتابیں ہیں)

**2.** She has three brothers.

**3.** It has four legs.

**4.**  Yasir has a bicycle.

**5.** Fatima has a doll.

**We always use third form of the verb after “has”. For example:-**

**1.** He has **drunk** a glass of water. (اُس نے پانی کا ایک گلاس پی لیا ہے)

**2.** She has **eaten** an apple.

**3.** It has **broken** its right leg.

**4.** Yasir has **beaten** his brother.

**5.** Fatima has **given** a mango to her father.

**We use “has to” with the first form of the verb to indicate obligation  
(لازمی، مجبوری). For example:-**

**1.** He has to **go** to school on foot. (اُسے سکول پیدل جانا پڑتا ہے)

**2.** She has to **cook** food, herself. (اُسے کھانا خود پکانا پڑتا ہے)

**3.** Yasir has to **help** his father in the fields. (یاسر کو کھیتوں میں اپنے ابو کی مدد کرنی پڑتی ہے)

**"have” is used with I, we, you, they, and plural nouns. For example:-**

**1.** I have a pen.(میرے پاس ایک قلم ہے)

**2.** We have five teachers in our school.

**3.** You have three brothers.

**4.** They have a lot of money.

**5.** Yasir and Amina have two pencils each.

**We always use third form of the verb after “have”. For example:-**

**1.** I have **written** a letter. (میں نے ایک خط لکھ دیا ہے)

**2.** We have **done** our homework.

**3.** You have **gone** home.

**4.** They have **reached** the school.

**5.** Fatima and Yasir have **answered** all the questions.

**We use “have to” with the first form of the verb to indicate obligation (لازمی، مجبوری). For example:-**

**1.** I have to clean my office, myself. (مجھے اپنا دفتر خود صاف کرنا پڑتا ہے)

**2.** We have to be there by 5 o’clock. (ہمیں پانچ بجے تک وہاں پر ہونا ہے)