

Objective

In this unit, you will talk about how to maintain a healthy lifestyle.

A Listening and speaking

LESSON ONE

Activity

Discuss the questions below in groups of three.

1. What game do you see in the picture?
2. How are physical exercises useful to your body?
3. Talk about the different games you know.
4. Which games do you enjoy most?
5. What time do you play games?
6. What do you think you will miss if you do not play games?

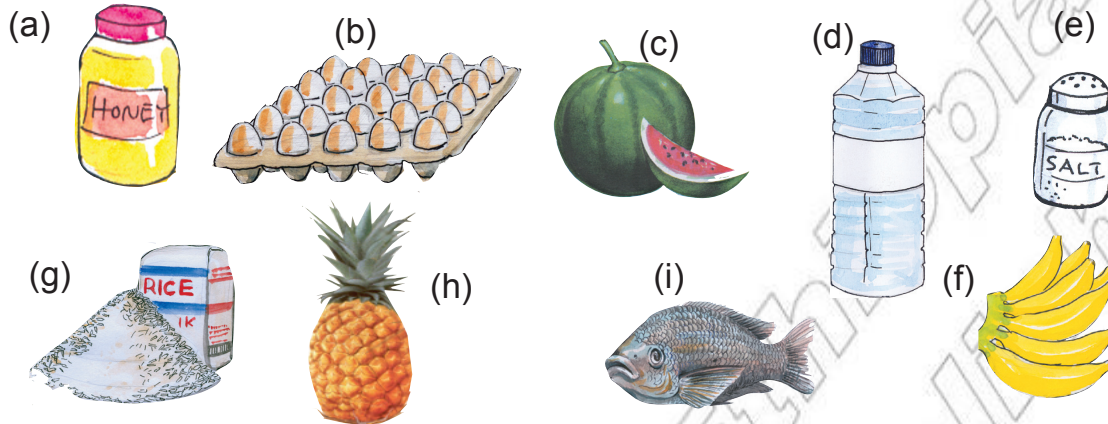


EXERCISE: Look at the pictures below. In your exercise book, arrange the foodstuffs according to the categories they belong to.

(a) vitamins

(b) carbohydrates

(c) proteins



LESSON TWO

Listening exercises

Activity 1

In groups of five, talk about what you think people should eat to keep healthy. What other good habits should one practise?

EXERCISE 1: Your teacher will read to you a short passage about general hygiene. Listen carefully and answer the questions below.

1. Why is it important for people to brush their teeth daily?
2. Name the types of food mentioned.
3. What will happen to someone who does not keep his/her body clean?
4. With a partner, discuss the things you do to keep your body healthy.
5. In your exercise book, write down the things we should avoid in order to keep healthy.

Activity 2

Do you maintain a healthy life? Study the habits below and discuss with your partner which ones are good or bad for your health.

1. Having regular meals
2. Drinking unboiled water.
3. Spending days without sleep
4. Wearing ironed clothes
5. Eating too many sweets
6. Playing games
7. Having regular meals
8. Sleeping under a mosquito net
9. Covering food
10. Covering food
11. Spitting in public
12. Washing hands after toilet

EXERCISE 2: Work in groups of three. Find out eight more practices as shown above. Four of them should be good and four of them should be bad practices for your health. Your teacher will let you read them to your classmates.

EXERCISE 3: Suggest what will happen to you if you ...

1. Eat fruits without washing them.
2. Do not cover the dustbin at home.
3. Do not cut your nails short.
4. Play in the rain.
5. Swim in dirty water.
6. Leave your wound open
7. Burn polythene bags
8. Do not play games.

LESSON THREE

Vocabulary practice

Activity

With your partner, discuss the answers to the questions below.

1. What **physical exercises** do you do at school?
2. Where do you dispose of **rubbish** or (**garbage**)?
3. What do you understand by the word "**litter**"?
4. Why do you need a **dustbin** in the school compound?
5. How do you feel when you are **unhealthy**?
6. What is **over-weight**?
7. What are some of the **disinfectants** that you know?
8. When do you use **disinfectants**?
9. Why should we keep our bodies **healthy**?
10. What is **contaminated** water?
11. What **bad habits** do you know of?.
12. How can a bad **drainage** system be dangerous to you?

EXERCISE 1: Practise making sentences using the words below in your exercise book.

balanced-diet

fats

hygiene

toilet

sick

EXERCISE 2: Complete the sentences using the words below.

soap

pit

bush

well

pond

bathroom

broom

handkerchief

mosquito net

sweep

1. Grade six girls have dug a _____. They want to dump rubbish there.
2. You should always boil water collected from the _____.
3. Always keep the _____ clean and cover pit latrines.
4. You should use a _____ to wipe your nose.
5. It is advisable to sleep under a _____ to avoid mosquitoes.

6. We _____ the compound using a _____.
7. Water from the _____ is not safe for drinking.
8. Always clear the _____ around your home to avoid mosquitoes.
9. Always wash dirty clothes with _____.

LESSON FOUR

Grammar Practice

Activity

Suggest what tools/machines we use at home or school.

EXERCISE 1: In your exercise book, form sentences from the table using **...used for ...**

Example: A mosquito net is **used for** keeping away mosquitoes.

A		B
1. Soap	is / are used for	a. disposing of dirty water.
2. A dustbin		b. keeping clean water.
3. Brooms		c. killing germs and insects.
4. A mosquito net		d. sweeping.
5. Towels		e. stopping flies from contaminating food.
6. Disinfectants		f. keeping utensils dry.
7. A rack		g. keeping away mosquitoes.
8. A water tank		h. drying the body.
9. A latrine cover		i. keeping rubbish.
10. Drainage pipes		j. washing clothes.

EXERCISE 2: Identify the items we use at home, school, hospital or any other place. Form sentences using **used for** as in the examples in the table.

LESSON FIVE

Using; If you ..., you ...

Activity

With a partner, discuss five things that would happen to you if you did not care for your body well. What is the importance of living a healthy life?

Join the sentences below using; **If you ..., You ...**

Examples:

- (a) What will happen to you if you eat food with dirty hands? (Suffering from diarrhoea).

If you eat with dirty hands, you will suffer from diarrhoea.

- (b) What do you do if you are not feeling well? (visiting a doctor.)

If you are not feeling well, you will visit a doctor.

EXERCISE 1: Form sentences using "if". Write the sentences in your exercise books.

Example:

not doing physical exercises.

If you do not do physical exercises, you will fall sick.

1. not washing the clothes
2. eating one type of food
3. bathing everyday
4. using soap all the time
5. resting the body
6. eating a balanced diet
7. playing games
8. practising hygiene

EXERCISE 2: Form sentences from the table below. Write the answers in your exercise book.

If I	find know have don't eat don't smoke	cakes and, ice-cream, the answer, a car, so much, a lot of money, some money, in the street,	I will I will not	feel better. lose weight. buy a big house. keep it. tell you. give you a lift. suffer from cancer
------	--	---	----------------------	---

LESSON SIX

Using: You will ... If you ...

Activity

What will you do if...? Discuss in small groups.

- your classmate falls sick.
- you lose your appetite.
- you become overweight.
- your school compound gets littered.

Examples:

- Sleep under a mosquito net or else you will get malaria.
You will get malaria if you don't sleep under a mosquito net.
- Boil drinking water or else you will catch the typhoid fever.
You will catch typhoid fever if you don't boil drinking water.

EXERCISE 1: Form sentences like the ones in the examples above. Write the answers in your exercise book.

- Wash your handkerchief or else you will catch the flu.
- Drink boiled water or else you will suffer from dysentery.



3. Mop the house or else you will attract germs.
4. Do not eat a lot of sweets or else you will develop dental cavities.
5. Do not smoke cigarettes or else you will suffer from cancer.

EXERCISE 2: For questions 1-6, answer beginning: **If you,**

1. What will happen if you eat fruits without washing them?
2. What will happen if you don't cover your food?
3. What will happen if you don't cover the dustbin?
4. What will happen if you don't brush your teeth?
5. What will happen if you play in the rain?
6. What will happen if you don't bathe well?

LESSON SEVEN

Using: should/ must

Study the following situations and pieces of advice given.

- (a) Jemila has got a toothache.
The doctor told her that she **should not** eat a lot of sweets.
- (b) Faisal wants to buy a car.
His mother told him that he **should buy** a house first.
- (c) The child has got an electric shock.
His father warned him that he **must not** touch a bare wire.
- (d) The student failed the exam.
The teacher told him that he **must** study hard.

Activity

Ask your partner if he/she has ever had a health problem. What kind of advice would you give him/her? Use **should** and **must**.

EXERCISE 1: Form sentences from the table and write them in your exercise book.

We	should	cover the hole use water and toilet paper mop the floor burn rubbish throw away cut the tall grass	of the pit latrine. in the toilets. to keep it clean. to avoid flies. used tins after use. to avoid mosquitoes. after the meals.
	must	wash plates wash and keep dry exercise our bodies have enough rest	to live a healthy life. to keep fit. to have a healthy mind.

EXERCISE 2: With your partner, form correct sentences from the table and write them in your exercise book.

We	should not	keep the house clean. wash our bodies every day. let young children bathe themselves. brush our teeth after every meal. avoid many sweets.
	must not	smoke cigarettes. keep the environment clean. eat a balanced diet. teach every body about good samaritans. leave rotten materials for flies to feed on. bury all rubbish. exercise our bodies to live a healthy life.

LESSON EIGHT

Using: un + adjective

Activity

In a group of four, Identify the adjectives that are used to describe both good and bad health habits. How can people be helped to turn bad health habits into good ones?

Study these adjectives

necessary → unnecessary

fair → unfair

conditional → unconditional

Example:

When you are **not** feeling **well**, you are **unwell**.

When you are **not** **happy**, you are **unhappy**.

EXERCISE 1: Fill in the opposites to the adjectives in the tables below. Do the work in your exercise book.

Word	opposite
healthy	unhealthy
fit	_____
well	_____
kind	_____
happy	_____
like	_____
ruly	_____

word	opposite
fortunate	_____
worth	_____
washable	_____
fair	_____
true	_____
trustworthy	_____
willing	_____

EXERCISE 2: Write sentences using the opposites of the provided adjectives in the table. Do the work in your exercise book.

Example:

A sick child is unwilling to eat the food.

LESSON NINE

Grammar practice: Using: look + adjectives

Activity 1

With your partner, revise the adjectives you have studied before. List them down on a piece of paper and present them for marking.

EXERCISE 1: Find the missing letters to complete the words.

tir__d	h__ngry	b__sy	unw__ll
s__ck	unhe__lthy	th__rsty	exha__sted
yo__ng	o__d	sm__rt	shab__y
bor__d	unh__ppy	he__pless	

EXERCISE 2: Form sentences using the adjectives you have completed above. Do the work in your exercise book.

EXERCISE 3: Read the dialogue below and write another similar one to describe your health.

- A : You look tired.
 B : Yes, I am.
 A : Are you unwell?
 B : No, I am fine but I did not sleep well.
 A : You need some rest then.
 B : Yes, I do. Let me do that now.

LESSON TEN

Dialogue

Activity

With your partner, talk about a disease which you or someone in your family or in your school has ever suffered from. What exactly happened? Who took the sick person to hospital?

EXERCISE: Practise and act the dialogue below with a partner.

- Nurse : Nur din, how old is your son?
- Nur din : He turned six on Wednesday.
- Nurse : Did you take him for immunisation?
- Nur din : Yes, I did.
- Nurse : What was his condition last night?
- Nur din : He had a high temperature. He was also shivering.
- Nurse : That could be malaria. Does he sleep under a treated mosquito net?
- Nur din : Not at all but I always make sure the grass around my house is kept short.
- Nurse : Are the gutters clean? What about the water he drinks, is it clean?
- Nur din : I always make sure my children drink boiled water.
- Nurse : Does your son usually suffer from fever?
- Nur din : No, he doesn't. He last had a fever two years ago.
- Nurse : Your child's blood needs to be tested. He could be suffering from typhoid or malaria.
- Nur din : How long will the test take?
- Nurse : Just a few minutes.
- Nur din : Please, go ahead.
- Nurse : *(After reading the blood test result)* Your son has typhoid fever. The doctor will treat him. He will also give you further instructions on how to take good care of yourself.
- Nur din : Thank you.

B Reading

LESSON ELEVEN

Comprehension

Pre-reading activity: With a partner, discuss the questions and report to the class.

1. In order to live a healthy life, what should be done by each individual?
2. Name some of the things that can be found in your surrounding.

EXERCISE 1: Read the passages below and answer the questions that follow in your exercise book.

A good place to live in

Living and non-living things are part of our **environment**. The environment includes, plants, animals, stones, the air, things that we find at home, in schools, at places of work and in all other places.

In order to live a **healthy** life, animals and plants should grow in a clean environment. When this happens, we can talk of an environment with good **sanitation**.

When the sanitation is poor, the environment is full of germs, bacteria, and viruses that cause diseases. Germs are **transmitted** by insects like houseflies, mosquitoes, fleas, and others.

Diseases and germs are on the increase in many areas. This is often due to poor disposal of **sewage** and other waste matter.

Wash your hands after visiting the toilet or else you will catch cholera.

Healthy living

The function of wetlands is to **filter** water and other waste materials before it flows out to the lakes or sea. Unfortunately, people have built their houses or made gardens in wetlands. As a result, there is plenty of **stagnant** water. Stagnant water is the breeding ground for mosquitoes.



Diseases like cholera, dysentery, malaria and typhoid fever are difficult to prevent if we do not improve on the sanitation in our areas.

We should do the following to improve on our sanitation: clean the toilets, use **disinfectants** and soap when washing, disinfect toilets, **dispose of** dirty water and educate people about the advantages of living in a clean environment.

When the environment is **regularly** kept clean, one can talk of good health.

1. Why do you think **clean** environment is important?
2. What important things make up the environment?
3. What kind of insects transmit diseases?
4. How do people misuse wetlands?
5. Name two water-borne diseases.
6. Where do we usually find germs?
7. Suggest ways in which you can improve on the environment in your home.
8. How can you keep your body healthy?

EXERCISE 2: Match the sicknesses in **A** with the way they are spread in **B**.

A		B
1. cholera 2. cough 3. malaria 4. dysentery 5. river blindness 6. tuberculosis 7. diarrhoea 8. lung cancer	is is caused by	a. smoking cigarettes. b. bacteria. c. housefly germs. d. blackflies. e. eating contaminated food. f. air borne. g. anopheles mosquito.

EXERCISE 3: With a partner, match the words in **A** with their meaning in **B**.

A

sanitation
filter
stagnant
disinfectant
dispose of
regularly
transmit
sewerage

B

hygiene
from time to time
get rid of
clean
not moving
chemical that kills germs
spread
waste

C Writing

LESSON TWELVE

Guided composition

Activity 1

With your partner, imagine that you are a doctor/patient. Talk about a health problem of your choice.

EXERCISE 1: Use the correct words to complete the dialogue below.

No matter find high suffering alright feel temperature
unwell treated

Aziza : You look _____ ! Are you _____ ?

Gebre : _____ am not. I don't _____ alright.

Aziza : Sorry, what is the _____ ?

Gebre : The doctor checked my _____ yesterday.

Aziza : What did he _____ out?

Gebre : My body temperature was _____.



Aziza : Are you _____ from malaria?

Gebre : Yes, the doctor _____ me and advised me to sleep under a treated mosquito net.

EXERCISE 2: With a partner, form correct sentences from the table. Write your answers in your exercise book.

Example: If you eat well, you will be healthy

If you eat well,	before you eat food.
Brush your teeth	so that you keep fit.
Wash your hands	you will feel strong and fine in class.
When you wash your body	well balanced food.
Exercise the body	you will be healthy.
Sportsmen and women	means healthy lives.
If you exercise well,	to avoid bad teeth.
Your body needs	by keeping a clean environment.
A good environment	you feel fresh.
You can avoid diseases	practise running every day.

Practice : What will happen if...?

Activity 2

Study the statements below. They talk about hopes for the future. What do you note about the way the sentences are constructed?

For example: If I study hard, I will pass my exams.
If I do more work, I will...

<p>If...</p> <p>I don't go out</p> <p>↓</p> <p>do more work</p> <p>↓</p> <p>pass my exams</p> <p>↓</p> <p>go to university</p> <p>↓</p> <p>study medicine</p> <p>↓</p> <p>become a doctor</p> <p>↓</p> <p>save people's lives</p>	<p>If...</p> <p>I spend money on new clothes</p> <p>↓</p> <p>have more money</p> <p>↓</p> <p>save some every week</p> <p>↓</p> <p>be rich when I am thirty</p> <p>↓</p> <p>start my own business</p> <p>↓</p> <p>make a lot of money</p> <p>↓</p> <p>retire when I am fifty</p>
---	---

Grammar highlight

1. The form of the sentences (first conditional) is:

If + present simple, will + infinitive with out to

2. Positive and negative

If you work hard, you'll (will) pass your exams.

If we don't hurry up, we'll (will) be late.

The conditional clause if... can be used at the beginning of the sentence or at the end

If I work hard, I'll pass my exams.

I'll pass my exams if I work hard.

LESSON THIRTEEN

Revision exercises

Activity

In small groups of four, talk about the common diseases in your area.

1. What do you think are the causes of the diseases?
2. What should people do to avoid those diseases?

Present your answers to the class.

EXERCISE 1: Write sentences in your exercise book as shown in the example below.

Example:

1. Get treatment from a doctor or else you will get into a worse condition.
If you do not get treatment from the doctor your condition will worsen.
2. Drink boiled water, or else you will get sick again.
3. Close the windows early enough, or else you will let mosquitoes in.
4. Drink boiled water, or else you will catch cholera .
5. Wash dirty clothes, or else you will attract germs.
6. Sleep under a treated mosquito net, or else you will be bitten by mosquitoes.
7. Drink boiled water, or else you will suffer from typhoid fever.
8. Clean all gutters, or else they become breeding places for mosquitoes.
9. Don't play in dirty water, or else you will catch skin diseases.
10. Use a handkerchief, or else you will spread the germs.

Vocabulary Revision

EXERCISE 2: Which words belong to the groups shown? Write the answers in your exercise book.

Parts of the body	Exercise	Diet	Hygiene
Chest	fresh	washing	body
physical	running	education	neck
vitamins	water	clean	smell
fruits	limbs	sit straight up	
		balanced	health
		proteins	active
		rotting	walking
		water	backache
			fit
			fast
			smoke
			fatigue