

الشرح

Lesson 3 (5+6+7) PB.page 59+60

Eat a lot of

fruit (تناول الكثير من الفاكهة)

Open your Pupil's Book at page 59

Exercise 5, Ask and answer

1. What do you have for breakfast?

ماذا لديك لتناول الافطار؟

2. Do you eat a lot of sweets, cakes and ice cream?

هل تأكل الكثير من الحلويات، الكيك والمثلجات؟

3. Do you like fruit and vegetables?

هل تحب الفاكهة والخضراوات؟

4. Do you do a lot of exercise?

هل تمارس الكثير من التمارين الرياضية؟

5. Do you brush your teeth before you go to bed?

هل تنظف اسنالك قبل ان تنام؟

6. What time do you go to bed?

ما هو الوقت الذي تذهب الى السرير؟

Are you healthy?



Pupil A: What do you have for breakfast?

ماذا لديك لتناول الافطار؟

Pupil B: I have fruit juice, bread, cheese and fruit.

لدي عصير فواكه وخبز وجبن وفاكهة.

Pupil A: That's healthy. What time do you go to bed?

هذا صحي. ما هو الوقت التي تذهب به الى السرير؟

Pupil B: I go to bed at ten o'clock.

أنا اذهب الى السرير في العاشرة تماما.

Pupil A: That's not healthy. Go to bed at eight o'clock.

هذا ليس صحي. اذهب إلى الفراش في الساعة الثامنة. ماذا لديك لتناول الافطار؟

Open your Pupil's Book at page 60
Exercise 6, Listen and say

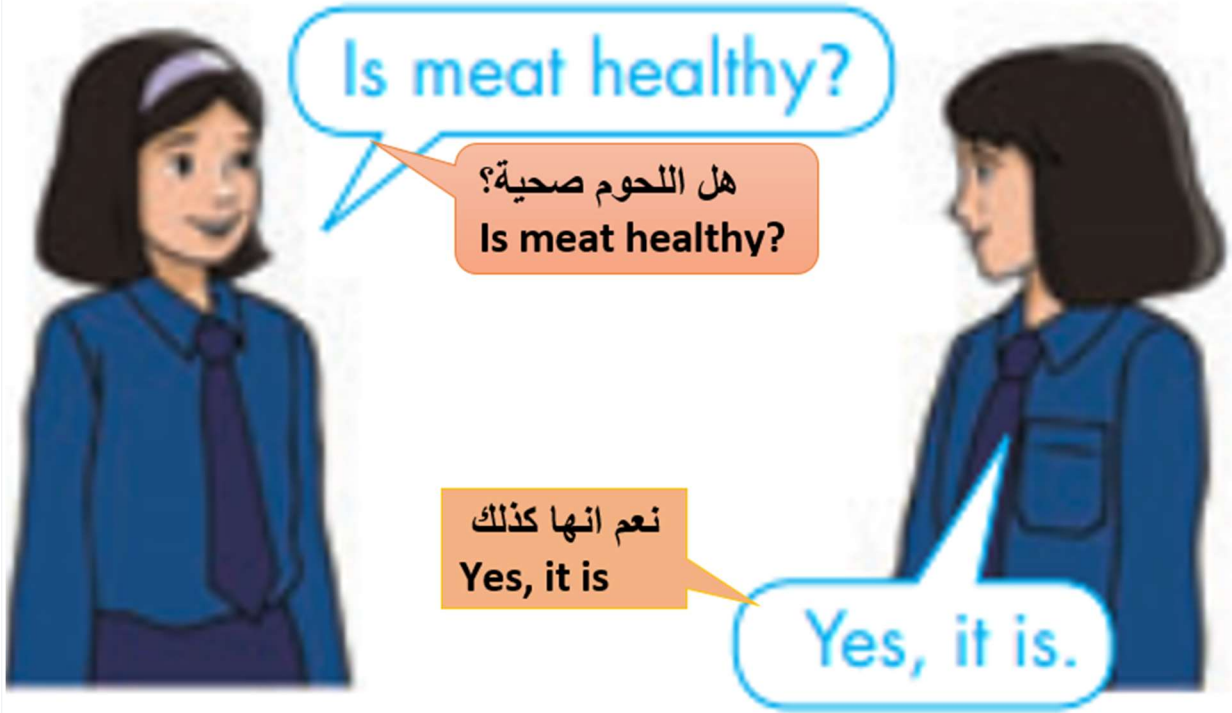


Fruit (عصير فواكه)



Juice (عصير)

Exercise 7, Ask and answer



Exercise 8, Project. Make a poster about being healthy



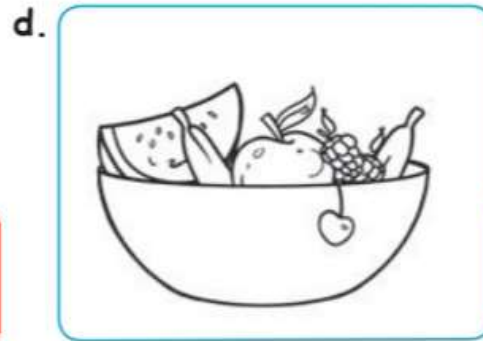
حل أسئلة الدرس

Lesson 3 (5+6+7) WB page 59 +60

Eat a lot of fruit (تناول الكثير من الفاكهة)

Activity book page 59

Exercise 5, Listen and number



1. Brush your teeth in the morning and before you go to bed.
2. Have a healthy breakfast.
3. Do a lot of exercise.
4. Don't eat a lot of cakes.
5. Eat a lot of fruit.
6. Don't forget. Help your mother and father.

Exercise 6, Listen, spell and say

1. I like fr ui t.

2. J ui ce is good for me.

Activity Book page 60
Exericse 7 , Listen and write .

1. We play basketball at the sports centre.

2. **We play basketball at the sports center.**

3.

Exercise 8, Look and write.

apples aubergines chicken grapes ice cream
juice lamb milk peppers sweets

fruit	vegetables	meat	drinks	food that is not healthy
apples	aubergines	Chicken	juice	ice cream
grapes	peppers	lamb	milk	sweets