✍️ WRITING · الكتابة · LESSON 08

# Tips for a healthy life

## جهازي المفضّل

Common Core
الجذع المشترك

TEACHME AMINE

💡 صف جهازك: ما هو، ما شكله، كيف تستعمله، فوائده وعيوبه.

🎯 **Write five tips to stay healthy.**

### THE PLAN تصميم النص

1. Title
2. Tip 1: food
3. Tip 2: drinks
4. Tip 3: sport
5. Tip 4: sleep
6. Tip 5: your idea

### THE WRITING PROCESS · مراحل الكتابة

| 1 Think أفكّر | 2 Plan أخطّط | 3 Write أكتب | 4 Check أراجع | 5 Share أشارك |
|---|---|---|---|---|

### USEFUL LANGUAGE · عبارات مفيدة

- ... tips for a healthy life
- Do you want to...? Here are...
- First, ...
- Second, you should...
- Don't...
- Finally, ... Stay healthy!

## MODEL TEXT نص نموذجي



Do you want to be healthy and strong? Here are five easy tips. First, eat a balanced diet with fruit and vegetables every day. Second, drink a lot of water, but don't drink too many fizzy drinks. Third, do sport for one hour a day: you can walk, run or play football. Fourth, go to bed early because your body needs eight to ten hours of sleep. Finally, wash your hands before you eat. Stay healthy!

## ANALYSE THE MODEL حلّل النموذج

1. How many tips are there?
2. What should you eat every day?
3. How long should you do sport every day?
4. Why should you go to bed early?

## LINK YOUR IDEAS اربط أفكارك

1. Sport is good for you. It makes you strong. (because)
2. I was tired. I went to bed early. (so)
3. I like sweets. I eat them only on Fridays. (but)
4. Eat fruit. Drink water. (and)

## CHECKLIST لائحة المراجعة

- [ ] I answered the task. · أجبت عن الموضوع.
- [ ] I followed the plan. · احترمت التصميم.
- [ ] I used linking words. · استعملت أدوات الربط.
- [ ] I checked capitals, punctuation and spelling. · راجعت الحروف الكبيرة والترقيم والإملاء.
- [ ] I checked verbs and tenses. · راجعت الأفعال والأزمنة.

**ANSWER KEY** الأجوبة

### Analyse the model

1. Five.
2. Fruit and vegetables.
3. One hour.
4. Because your body needs eight to ten hours of sleep.

### Link your ideas

1. Sport is good for you because it makes you strong.
2. I was tired, so I went to bed early.
3. I like sweets, but I eat them only on Fridays.
4. Eat fruit and drink water.

**SELF-CHECK** · أقيّم نفسي

★ I understand · أفهم | ★★ I can practise · أطبّق | ★★★ I can use it · أستعمل

**MY NOTES** · ملاحظاتي