

UNIT 7

Healthy life

MODULE 3: Lifestyles

P – 42

1- Match these words and phrases with their meanings.

a. Alert	5 clear-headed / awake
b. Concentrate	7 give all your attention to a subject
c. (be) deprived of something	1 not having any or enough of something
d. Irritable	3 easily annoyed
e. Moody	2 easily feeling gloomy for no good reason
f. Recharge	4 renew
g. Shallow	6 not deep

How much sleep do we need?

1. How much sleep do you need each night? Do you usually get this amount? Can you catch up on sleep you have missed at night by sleeping at other times, or do you find it difficult to sleep during the day? The rest of this article will give you some useful information and advice.
2. The amount of sleep human beings need varies from individual to individual. We know that most adults need about 8 hours of sleep a day, but this number can vary greatly; ‘short sleepers’ may need only 5 hours, whereas ‘long sleepers’ may need 9 to 10 hours. Babies need about 16 hours a day while many teenagers need an average of 9 hours. As people get older, they tend to need less sleep; some elderly people wake up early in the morning and cannot sleep for more than five or six hours. Exactly how much we need depends on several factors, including our age, our daily routine, the quality of our sleep and our genetic make-up.
3. How do we know if we are getting enough sleep? In general, if you feel drowsy during the day, you need more sleep. You may think that you are sleeping for long enough, but these are some of the signs that you may need more:
 - You cannot concentrate at school or at work.
 - You find it difficult to get up in the morning.
 - You are moody or irritable; you have memory problems.
4. So why is it important that we get enough sleep? Sleep provides our bodies with a chance to switch off. This allows us to recharge our mental and physical batteries and be ready for each new day. If we have slept well, we should wake up in the morning feeling alert and rested. People who have been deprived of sleep find it difficult to perform the simplest activities. For example, motorists who fall asleep at the wheel are responsible for thousands of traffic accidents every year.
5. How we sleep also affects us. When we fall asleep, our sleep can be deep and restful or light and shallow. Shallow sleepers wake up still feeling tired, while deep sleepers wake up refreshed.

3. Read the article again and complete these sentences with a word or phrase.

- Adults and teenagers need a lot less sleep than **babies**.
- It is **elderly (old) people** who seem to need the least sleep.
- People who do not get enough sleep may find it difficult to **concentrate** at school or work.
- Sleep lets people recharge their **batteries**

إلى كم نحتاج من النوم ؟

١. إلى كم نحتاج من النوم كل ليلة ؟ هل تحصل عادةً على هذا المقدار ؟ هل تستطيع أن تعوض النوم الذي فوّته في الليل بالنوم في أوقات أخرى ، أم هل تجد صعوبة بالنوم خلال النهار ؟ ستعطيك بقية هذه المقالة بعض المعلومات والنصائح المفيدة .

٢. يختلف مقدار النوم الذي يحتاجه البشر من فرد إلى آخر . نحن نعرف أن معظم الراشدين يحتاجون حوالي ٨ ساعات من النوم في اليوم و لكن هذا الرقم يمكن أن يختلف بشكل كبير ، فقد يحتاج ذوي النوم القصير إلى ٥ ساعات فقط ، بينما قد يحتاج ذوي النوم الطويل من ٩ إلى ١٠ ساعات . يحتاج الأطفال إلى ١٦ ساعة من النوم في اليوم . بينما يحتاج العديد من المراهقين معدلاً وسطياً من ٩ ساعات . عندما يكبر الناس يميلون لأن يحتاجوا إلى نوم أقل [يميلون لأن يناموا أقل] . يستيقظ بعض كبار السن باكراً في الصباح و لا يستطيعون أن يناموا أكثر من ٥ إلى ٦ ساعات . ما نحتاجه بالضبط يعتمد على عدة عوامل ، تتضمن عمرنا ، روتيننا اليومي ، جودة نومنا و تركيبنا (بنيتنا) الوراثي .

٣. كيف نعرف (إذا كنا) أننا نحصل على ما يكفي من النوم ؟ إذا كنت تشعر بالنعاس خلال النهار ، فأنت تحتاج إلى المزيد من النوم . قد تظن أنك تحصل على قسط كاف من النوم ، و لكن فيما يلي بعض الإشارات التي قد تحتاجها أكثر (لمعرفة ذلك) .

- لا تستطيع أن تركز في المدرسة أو في العمل .
- تجد صعوبة في النهوض في الصباح .
- تكون مزاجياً أو سريع الانفعال . يكون عندك مشاكل في الذاكرة .

٤. لماذا من المهم إذاً أن نحصل على قسط كاف من النوم ؟ يزود النوم أجسادنا بالفرصة للاستراحة . و هذا يسمح لنا بإعادة شحن بطارياتنا الجسدية و العقلية و نكون جاهزين لكل يوم جديد . إذا نمنا بشكل جيد ، يجب أن نستيقظ في الصباح يقظين (منتعشين) و مرتاحين . يجد الناس المحرومين

(الذين حُرّموا) من النوم صعوبة في إنجاز أبسط النشاطات . فعلى سبيل المثال إن السائقين الذين ينامون خلف عجلة القيادة مسؤولين عن آلاف الحوادث المرورية كل عام .

٥. طريقة (كيفية) نومنا تؤثر علينا . عندما نغط في النوم يمكن أن يكون نومنا عميقاً و مريحاً أو خفيفاً و سطحيّاً . يستيقظ ذوي النوم الخفيف (السطحي) و هم لا يزالون يشعرون بالتعب بينما يستيقظ ذوي النوم العميق منتعشين .

VOCABULARY

1- Choose the correct form of the verb *make* or *do* to complete these conversations.

- a. A Could I *make* a suggestion?
 B Of course.
 A You should think carefully before you *make* your decision.
 B You're right. If I *made* a mistake now, I could *do* a lot of damage to a lot of people.
- b. A Are you at university?
 B Yes, I *'m doing* research into sleep deprivation.
 A What does that involve?
 B I have to *do* experiments on people who have had little or no sleep.
- c. A Where do you *do* your shopping?
 B The little shop round the corner. They sell most of the things I need.

2- Choose the correct phrasal verbs to complete these sentences.

- a. You shouldn't try to (do away with / *do without*) sleep. You need at least eight hours a night.
- b. He said everything was okay, but that was just a story he (made out / *made up*) to stop me from worrying.
- c. You'd better (do out / *do up*) your boots tightly to stop the sand getting in.

P – 44 Grammar

1- Report the questions and answers in these short conversations.

- a. Deema: What are you doing at the weekend? Ruba: I'm going out with my parents.

Deema asked Ruba what she was doing at the weekend. Ruba said / replied (that) she was going out with her parents.

b. Deema: Where are you going? Ruba: I'm going to visit my cousins in the next town.	Deema asked Ruba where she was going. Ruba said / replied that she was going to visit her cousins in the next town.
c. Bashaar: Can you take me to the airport tomorrow? Rakan: What time do you have to be there?	Bashaar asked Rakan if he could take him to the airport the following day. Rakan asked Bashaar what time he had to be there.
Bashaar: I have to be there at four o'clock in the afternoon.	Bashaar replied that he had to be there at four o'clock in the afternoon.

d. Laila: Did you enjoy your holiday?	Laila asked Fadia if she had enjoyed her holiday.
Fadia: Yes, it was very relaxing.	Fadia said that it had been very relaxing.
Laila: When did you get back?	Laila asked (Fadia) when she had got back.
Fadia: Very late last night – our plane was delayed.	Fadia replied that she had got back very late the previous night because their plane had been delayed.
e. Hani: Have you seen my briefcase?	Hani asked Amer if he had seen his briefcase.
Amer: No, I haven't. When did you last have it?	Amer said he hadn't and asked Hani when he had last had it.
Hani: I brought it home from work yesterday, but I haven't seen it since.	Hani said he had brought it home from work the previous day, and added that he hadn't seen it since.

2- What were these people's actual words?



- | |
|--|
| a. She asked me if I'd got the time
<i>Have you got the time?</i> |
| b. He said he'd slept for ten hours the previous night.
- I slept for ten hours last night. |
| c. Hani asked his mother if he could go out with his friends.
- (Please) Can I go out with my friends? |
| d. Waleed asked whether Omar wanted to go swimming with him.
- Would you like to come (go) swimming with me? |
| e. Hiba said she was enjoying her new job.
- I'm enjoying my new job. |

A- Keep moving to keep fit

Are you getting enough exercise? Most people these days agree that regular exercise is an important part of a healthy lifestyle, especially for people who spend most of their time at work sitting in offices. Some people find exercise boring so they make excuses to avoid doing it, but in this article I am going to suggest a few types of exercise which everyone will find enjoyable.

A. واصل الحركة لتبقى رشيقاً .

هل تتدرب كفاية ؟ (هل تحصل على ما يكفي من التدريب ؟) يتفق معظم الناس هذه الأيام على أن التمرين المنتظم جزء هام من نمط حياة صحي ، و خاصة للناس الذين يمضون معظم وقتهم في العمل جالسين في المكاتب. يجد بعض الناس أن التمرين ممل لذلك يختلقون الأعذار لتجنبه . و لكن في هذه المقالة سوف أقترح عدة نماذج من التمارين سيجدها الجميع ممتعة .

B- Enjoy your food and stay healthy

How healthy is your diet? In the modern world, experts frequently tell us that what we eat affects how healthy we are and how long we live. But most people like food and want to eat the things they enjoy. In this article I am going to suggest how you can eat the food you enjoy and still have a healthy diet.

B. استمتع بطعامك و ابق بصحة جيدة .

إلى أي حد طعامك (حميتك) صحي ؟ في العالم المعاصر يقول لنا الخبراء بشكل متكرر أن ما نأكله يؤثر على مدى صحتنا و على كم نعيش و لكن معظم الناس يحبون الطعام و يريدون أن يأكلوا الأشياء التي يستمتعون بها . في هذه المقالة سوف أقترح كيف تستطيع أن تأكل الطعام الذي تستمتع به و يبقى طعامك صحياً .

C- Thinking is good for you

One of the factors which affect how long people live and how much they enjoy their old age is 'brain activity'. Scientists have shown that people who keep their brains busy tend to live long, happy lives compared with those who do not. In this article, I am going to suggest some interesting and enjoyable ways in which you can keep your brain active.

C. التفكير مفيد (جيد) لك .

أحد العوامل التي تؤثر بكم يعيش الناس و بمدى تمتعهم بكبر سنهم هو ، النشاط العقلي . لقد أظهر العلماء أن الناس الذين يبغون عقولهم منشغلة يميلون للعيش حياة سعيدة أطول بالمقارنة مع هؤلاء الذين لا يفكرون كثيراً . في هذه المقالة سوف أقترح بعض الطرق المسلية و الممتعة التي تستطيع بها أن تحافظ على دماغك نشيطاً .

What do you do to keep healthy ? Do you have the best balance of habits and activities ? How can you improve your health ? Make what you write interesting to people of all ages .

Finding balance in health and wellness might not be as easy because we are under more stress than ever before. I think that sleeping and getting up early are very important things we can do for health. Besides, eating breakfast with the family keeps the bonds strong and positively impacts our health. Moreover, meditation and yoga increase memory and help balance the mind. If you do these things, you become happier and healthier every day.

إيجاد التوازن في الصحة و العافية قد لا يكون بهذه السهولة لأننا تحت ضغط (إجهاد) أكثر من أي وقت مضى. أعتقد أن النوم و الاستيقاظ باكراً هما أمران مهمان جداً من أجل الصحة. الذهاب للخارج في نزهة في الطبيعة لعدة دقائق يمكن أن يكون عظيماً لصحتك. بالإضافة إلى ذلك ، فإن تناول الإفطار مع العائلة يحافظ على علاقات قوية و يؤثر بشكل إيجابي على صحتنا. و أيضاً الخروج مع الأصدقاء و فعل الأشياء سوياً جيد جداً. علاوة على ذلك ، فإن التأمل و اليوغا يعززان الذاكرة و يساعدان في توازن الدماغ. إذا قمت بفعل هذه الأمور، ستصبح أكثر سعادةً و صحةً كل يوم .

www.eschoolsy.net

مدرسة سوريا الإلكترونية