

Health and Exercise in the Past

Multiple Choice: Directions: Circle the BEST answer.

- In school today, Mouza learned about _____.
 - the importance of family relationships.
 - the effect of exercise on health.
 - good equipment in UAE gyms.
- The gym Yusef and Mouza want to join costs 1000 AED every _____.
 - week.
 - month.
 - year.
- Which statement would Yousef agree with?
 - Joining the gym is cheaper this week.
 - Swimming is the most effective way to exercise.
 - We exercise in the same way now as we did in the past.
- Which statement would Grandma agree with?
 - People’s lifestyles do not affect their health.
 - People were usually healthier in the past.
 - Exercise on a machine is the best way to exercise.
- When Grandma was a child she didn’t _____.
 - have a car.
 - walk very far.
 - get a lot of exercise.
- It was easy for Yusef’s Grandfather to walk to Dubai because _____.
 - there were fewer risks on the road.
 - it wasn’t so hot in the past.
 - his body was used to walking.



Short Answer: Directions: Listen and answer the following questions. Use a maximum of THREE words and/or a number.

- Mouza doesn’t walk far because she doesn’t like feeling _____.
- According to Grandma, what is a particularly effective way of exercising? _____
- Which TWO animals does Yusef’s family have on the farm? _____
- Grandma says that on the farm “we use our body to _____ food.”
- Why was work at home more difficult in the past? Because we didn’t have _____.
- In the past, Grandma’s family employed maids to help in the home. T / F
- Mouza says “in the past, we would probably be _____.”
- Yousef went to the family farm a short time ago. T / F
- What is ONE kind of natural exercise that Grandma wants Mouza to do?
