

Unit 4 Dialogue

Health and Nutrition

Pre-Listening Activity

Activity One

Getting To Know The Words

Directions to the teacher: (Students should do this in groups. There should be 5 groups. Each group should have 4 students.

Directions: You should already be familiar with most of the vocabulary words below. Most of the words are from your Level 2, Unit 4 Vocabulary word list. Some words will be new for you. [New words are written in blue.](#)

Step 1: Look up the Arabic translation of the words. Use Google Translate or a translation app on your iPad to translate the words into Arabic so you can better understand the meaning.

Step 2: Then look up the meaning of the words in an English dictionary app on your iPad. Write the meaning of the word on the line next to the word.

Step 3: Be sure to write an English synonym for the word. A synonym is a word that means the same thing as the vocabulary word. Choose a synonym that is easy for you to remember. Use a dictionary app on your iPad that will assist you with finding synonyms for the vocabulary word

Unit 4 Dialogue - Health and Exercise in the Past

Vocabulary Word	Meaning in Arabic	English Synonym (another word with same meaning)	Meaning of the word in English
natural			
lifestyle			
machine			
exercise			
equipment			
distance			
relationship			
prevent			
health			
risk			
improve			
agree			
promotion			
affected			
avoid			
essential			
beneficial			
absolutely			
recommend			

Activity Two

Pre-Listening Activity

Directions to the teacher: The teacher should lead a short general discussion about the three different types of exercise. After this short discussion the teacher should put students into groups of 3-4.

Step 1: Explain each form of exercise

Step 2: Assign one type of exercise to each group:




Step 3: After groups have had time to list their three examples and list advantages and disadvantages, each group will share their examples and advantages and disadvantages.





As one group speaks, the other two groups should be encouraged to critique the advantages and disadvantages listed by the group speaking. A semi-debate style discussion should develop.

Exercise – Positives and Negatives

Your teacher will give you ONE topic

MY TOPIC (circle)

Natural Exercise 	Exercise at a Gym 	Exercise from Sports 
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	Examples What are some examples of this kind of exercise?	<ul style="list-style-type: none"> • • •
	PLUS What are the good things about this kind of exercise?	<ul style="list-style-type: none"> • •
	Minus What are the bad things about this kind of exercise?	<ul style="list-style-type: none"> • •
	Interesting What else can you tell me about this type exercise	<ul style="list-style-type: none"> • •

Activity Three

Post Listening

Directions: With your group members, answer the following questions. Be creative and imagine what exercise will be like in the future.

1. What kinds of exercise will people do 1,000 years from now?
2. Do you think people will have to exercise 1,000 years from now?
3. Do you think medicine and technology develop medicines or tools that will stop us from having to exercise?
4.or will medicine and technology come together to encourage us to exercise?