



What can happen if we do not eat **HEALTHY** or **EXERCISE**?



# Unit 8



# Our amazing [www.almanahj.com](http://www.almanahj.com) body



I'm .....

Grade four / .....

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Zamzam School

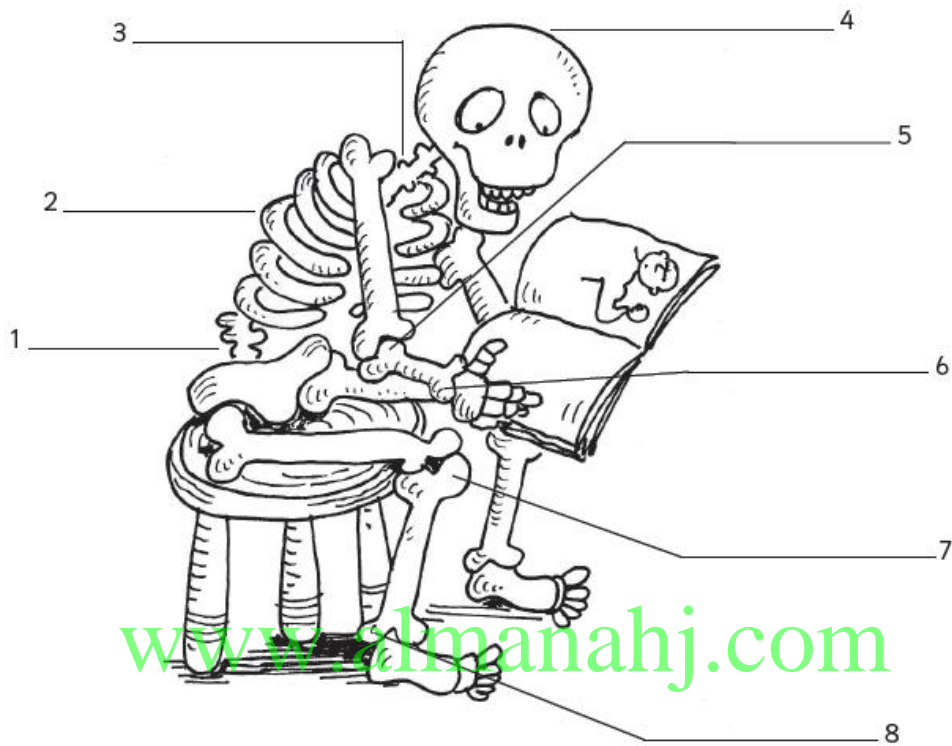
## Dictation List

- 1) human - body - heart - beat - lung - bone - backbone - skull - muscle - fist - pump - rib
- 2) breath - breathe - exercise - healthy - head - hard - need - nose - smell - sniff - flow - fruit - vegetables
- 3) ear - listen - hear - finger - fingernail - glass of water - play football - go for a swim - go for a walk
- 4) lips - lick - chew - see - skin - sleep - smile - soft - stroke - sweet - pulse - take good care of
- 5) taste - throat - thumb - toenail - tooth - tummy - touch - watch - unhealthy - upset
- 6) whale - rabbit - shark - ice pack - salty - plaster - blink - beautiful - asleep - awake
- 7) ride a bike - I've cut my ... - I fell and hit my knee/elbow/arm - shall I bring you ... - shall I get your mother/father/teacher
- 8) sink - frown - forehead - point - join together - grown-up - dark - bright
- 9) basket - bat - mouse - more quickly - leather - glove - oyster shell - pearl diver - tidy my/his/her room

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# Label the skeleton with words from the box:

ankle - backbone - elbow - knee - neck - ribs - skull - wrist



# Read and complete the sentences:

rib bones - backbone - muscles - heart - skull - bones

- 1- Your ..... is the size of your fist.
- 2- Our ..... give our body its shape.
- 3- Your ..... helps you to stand up and move.
- 4- The ..... is inside your head.
- 5- Your ..... protect your heart and lungs.
- 6- ..... move our arms and legs when we run, jump, climb and lift things.

## Brilliant bones and marvellous muscles

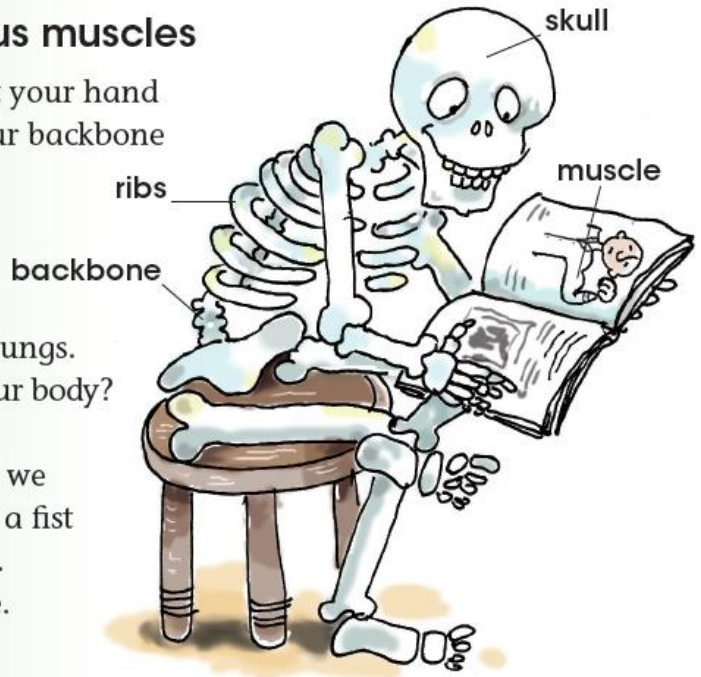
Our **bones** give our body its shape. Put your hand on your back. Feel your **backbone**. Your backbone helps you stand up and move.

Inside your head is your **skull**.  
Feel your skull.

Now put your hands on your **ribs**.  
Your rib bones protect your heart and lungs.

What other bones can you feel in your body?

**Muscles** touch our bones.  
Muscles move our arms and legs when we run, jump, climb and lift things. Make a fist and feel the muscle in your upper arm. Smile and feel the muscles in your face. What other muscles can you feel?



# Circle the correct answer:

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- 1- You can feel your ( skull - muscle - backbone ) on your back.
  - 2- The ( ribs - muscles- heart ) touch our bones.
  - 3- The ( heart - wrist - skull ) is inside your head.
- 

# Read and write ( T ) or ( F ) :

- 1- Our muscles give our body its shape.
- 2- Your backbone protects your heart.
- 3- My ribs help me to stand up.

## # Read and answer:

# How can we stay healthy?

To keep your body healthy and strong, you need healthy food to eat and clean water to drink. You need plenty of exercise and plenty of sleep. You need to keep clean.

### Healthy food

We need food to make our muscles strong – foods like eggs, beans, fish, meat, milk and cheese. Fruit and vegetables are also important.

### Sleep

Your bones grow while you sleep. Your brain and body need to rest. Children need to sleep for about 10 hours each night.



### Exercise

Exercise makes strong bones and muscles. There are many ways to exercise, for example: walking, running, climbing stairs and playing ball games.

### Try this!

**Balance!** Stand on your left leg. Hold your right foot. Bring your heel close to your body. How long can you stay in this position? Swap legs. Was it easier to balance on your right or your left leg?



1- Why do we need food?

.....

2- Name some kinds of healthy food:

.....

3- What happens to your bones while you sleep?

.....

4- Why is exercise good for our bodies?

.....

5- Name some kinds of exercise:

.....

# Look at the pictures and write five things that you need to do to stay healthy and strong:

1- I need to .....

2- I need to .....

3- I need to .....

4- I .....

5- .....



1



2



3

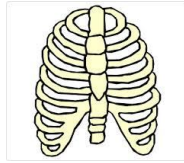


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5

# Look, read and match:



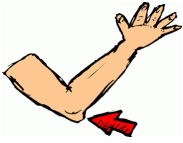
ribs

muscle

skull

knee

backbone



heart

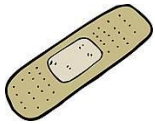
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elbow

feet

wrist

thumb



tummy

throat

plaster

ankle

ear

## Partner A

Explain the problem:

My **(head)** hurts.



head tummy ear throat

I've cut my **(finger)**.



finger hand thumb

I fell and hit my **(knee)**.



knee elbow arm

## Partner B

Try to help:

Shall I bring you **(a plaster)**?



a plaster

an ice pack

a glass of water

Shall I get **(the teacher)**?



the teacher

your mother

your father



the nurse

# Look at the pictures and write the sentences for partner A and partner B:

Example:



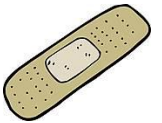
A: I fell and hit my ankle.

B: Shall I bring you an ice pack.



A: .....

B: .....



A: .....

B: .....










A: .....

B: .....





H = Haya K = Khalid

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
playing tennis	sweeping the floor	tidying her room	doing karate	reading books	visiting Grandma	playing football
						
H	K	H	K	H K	H K	H K

# Look, read and design your own calendar:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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\* Write about things you are going to do and draw / stick pictures of them.

# Look, read and circle the answer:

- 1- There was no ( more - most ) paint.
  - 2- They caught ( more - most ) fish to eat.
  - 3- She stayed awake ( more - most ) of the night.
  - 4- ( More - Most ) of the boat is under water.
  - 5- Add ( more - most ) wood to your fire.
  - 6- There is little ( more - most ) to say about it.
  - 7- My father is the ( more - most ) wonderful man.
  - 8- This is the ( more - most ) delicious chicken I've ever eaten.
  - 9- The weather is ( more - most ) beautiful today than yesterday.
  - 10- Winter is the ( more - most ) wonderful season of all.
- 

# Read and circle:

Fact or opinion?

- 1- My mother is the most beautiful woman in the world. fact / opinion
- 2- There are seven emirates in the UAE. fact / opinion
- 3- Pizza is more delicious than pasta. fact / opinion
- 4- Global village is in Dubai. fact / opinion
- 5- The largest animal ever is the blue whale. fact / opinion
- 6- Pink color is awful on cars. fact / opinion

# Read and circle:

- 1- I sit in the bus **quietly** / **loudly**.
  - 2- I go to my class **slowly** / **quickly**.
  - 3- I write my homework **neatly** / **carelessly**.
  - 4- When I run, my heart beats **slowly** / **quickly**.
- 

Asma Ahmad

The human body has muscles and bones <sup>(1)</sup>.

Your backbone<sup>(2)</sup> is long and straight and runs down your back. It has 33 bones altogether.

Your brain <sup>(3)</sup> is like a big muscle in your head and gets stronger as you learn new things.

Your ribs <sup>(4)</sup> are bones that protect your heart and lungs.




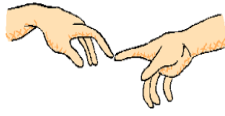

Your wrists <sup>(5)</sup> join your hands and your arms, and your knees <sup>(6)</sup> join the top and bottom of your legs.

# Read and choose the correct answer:

- 1- The main idea of the text is .....  
a. Humans                                      b. Human body                                      c. Muscles
- 2- The wrists join your hands and your .....  
a. head    b. legs    c. arms
- 3- Your ..... join the top and bottom of your legs.  
a. ribs    b. wrists    c. knees
- 4- The backbone has ..... bones.  
a. 32    b. 33    c. 22
- 5- Your ribs protect your lungs and .....  
a. head    b. heart    c. legs

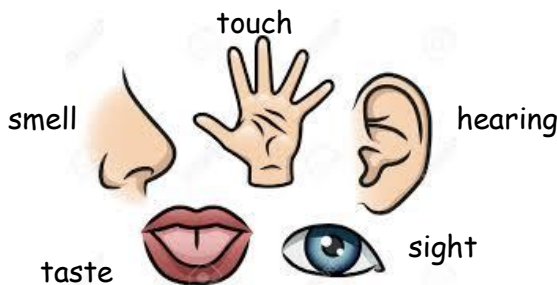
# Read and write the actions under the correct pictures :

lick - listen - watch - hear - see - point - sniff - chew -  
blink - stroke - smell - touch

				
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....
.....	.....	.....	.....	.....

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# Read and write full answers:



**Speaking tip**

Use these questions to help your friends talk about the things they like:

*What's your favourite sound/taste/smell?*

Here is how they should answer:

*My favourite sound/taste/smell is ... .*

1- What is your favorite smell?

.....

2- What is your favorite taste?

.....

3- What is your favorite sound?

.....