

# Life Experiences

## Module One

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### You are expected to:

- Determine the purpose of different texts
- Exchange information and personal opinions about different topics.
- Write connected paragraphs (email, short story) for different purposes.

### Activities:

- Identifying main ideas of texts
- Discussing familiar topics
- Designing a poster
- Retelling a story

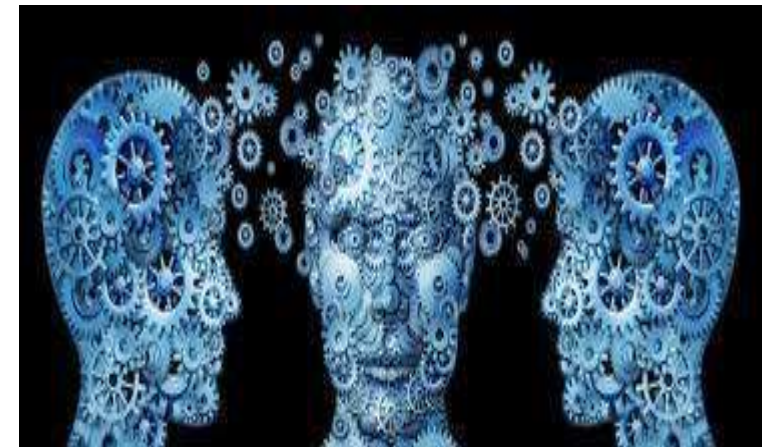
**Guess the title of the unit .**

**ASK THE**



**What's the lesson going to be about ?**

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Think , pair and share :

# Reading

Before you read

1 In pairs, look at the pictures and name the sports.

|                      |   |
|----------------------|---|
| Cycling              | 8 |
| Basketball           | 1 |
| Weightlifting        | 2 |
| Skating              | 5 |
| Skiing               | 3 |
| Throwing the javelin | 4 |
| High jump            | 6 |
| Sprinting            | 7 |



# Read the text and guess the meaning of the highlighted words

**A** When you are fit, studying is easier, and you can do daily tasks better. It doesn't have to be **extremely** difficult to keep fit. Walking is easy and doesn't need any special equipment. Try to take the stairs rather than the lift. Even playing a friendly game of football helps you to keep fit.

**B** There are three main types of exercise – aerobic, resistance and stretching. Aerobic exercise is when you make your heart and lungs work hard. Examples of this are swimming and roller skating. **Resistance** training, such as press-ups and weight-lifting, is for building up muscles. Stretching activities, such as yoga, make you more **flexible**. In general, it is important to have an exercise **regimen** which contains all three types of exercise.

**C** It is important to keep a diary for training. A good exercise **session** has a warm-up of about 5–10 minutes. This could be walking or jogging. Then, move to exercises such as press-ups help to build up your muscles. Also, include aerobic exercise like cycling and basketball. Finally, stretching exercises are good for **cool down**.

Think , pair and share :

2



Read the following text and match each title with the right paragraph.

• Types of Exercise

B

• How to Exercise

C

• Tips on How to Keep Fit

A

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# Think , pair and share :

1



Read the 2<sup>nd</sup> paragraph and write the missing information about each picture.



Sport: Basketball

Type: **Aerobic**

Good for: **making heart and lungs strong.**



Sport: **Press up**

Type: Resistance

Good for: **Building up muscles**



Sport: **Yoga**

Type: **Stretching**

Good for: It makes you more flexible.



2 Look at the underlined sentences in each paragraph and decide whether they are:

A When you are fit, studying is easier, and working out feels better. It doesn't have to be extremely difficult to keep fit. Walking is easy and doesn't need any special

Topic Sentence

Topic sentences / Supporting details / Concluding sentences

Remember:

The topic sentence is the sentence that expresses the main idea of a paragraph.  
The supporting details explain and clarify the main idea.  
The concluding sentence summarizes the main points.

Concluding sentence

It is important to have an exercise regimen which contains all three types of exercise.

C It is important to keep a diary for training. A good exercise session has a warm-up period. This could be walking or jogging. Then, move to exercises such as press-ups help to build up your muscles. Also, include aerobic exercise like cycling and basketball. Finally, stretching exercises are good for cool down.

Supporting details

## Think , pair and share :

### 3 Grammar in context *the -ing form (gerund); the infinitive*

train / warm up / ~~walk~~ / build

1. Walking every day is very good for you.
2. You need ..... **train** ..... hard for the weight lifting competition.
3. It is important ..... **to warm up** ..... for 10 minutes before the game.
4. Resistance training is good for ..... **building** ..... the body.





## Think , pair and share :

- 3  Use the words in the list to write sentences with **infinitive** or **gerund**. Check with your partner for mistakes.

enjoy / good at / try / interested in / prefer / **promise**

1. Ahmed enjoys **swimming** in the sea .
2. I'm good at **speaking** English .
3. I **try to solve the problem by myself** .
4. Omar is **interested in studying Math** .
- 5- I **prefer to have / having** my lunch at home .



- 6- They **promise to visit us again next summer** .

Think , pair and share :

16

Visit the school library. Search for books about lifestyles (food, activities, sports) and make a presentation about how you can make yours better and healthier. Share your ideas with the class.

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# HEALTHY LIFESTYLES



**What's the lesson going to be about ?**



# Think , pair and share :

1  Match the pictures with the right equipment. Which sports do we use each piece of equipment for?

|   | Sports Equipment     | Name of Sports |
|---|----------------------|----------------|
| 1 | Bow and arrows       | Archery        |
| 2 | Boxing gloves        | Boxing         |
| 3 | Billiards cue/ balls | Billiards      |
| 4 | Cleats               | Football       |
| 5 | Bowling ball/ pins   | Bowling        |
| 6 | Fishing rod          | Fishing        |



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Think , pair and share :

## Listening

**2**  **1.1** a. **Guess what these sports are, then listen and check**

Sprinting: ..... **Running very fast over a short distance .**

Shot put: ..... **Throwing a heavy metal ball away by shoulder .**

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Think , pair and share :

3



1.1

a. Listen and choose what the speakers are talking about.

a. Famous Athletes

b. Sports Races

c. Doing Sports

d. The Olympic Games

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# Think , pair and share :



b. Listen again and complete the table.

|              | Favourite sport            | How often                      | Today  |
|--------------|----------------------------|--------------------------------|--|
| <b>Ayman</b> | ..... <b>Jumping</b> ..... | ..... <b>Once a week</b> ..... | He is doing long jump.                           |
| <b>Maha</b>  | ..... <b>Running</b> ..... | Two or three times a week      | <b>She's doing long distance running</b>         |
| <b>Fawzi</b> | Throwing                   | <b>Twice a week</b>            | <b>He's training with a specialist trainer .</b> |

# Think , pair and share :

**Grammar in context** Present simple or Present continuous

**4**  **1.1 Listen and make notes about Abdulaziz, Nour and Hanan.**

|                  | <b>often / usually</b>                             | <b>at the moment / now</b>            |
|------------------|--|---------------------------------------|
| <b>Abdulaziz</b> | He often goes running.                             | <b>He's doing shot put now.</b>       |
| <b>Nour</b>      | She often goes roller skating twice a week.        | She is doing long jump now.           |
| <b>Hanan</b>     | She usually practices throwing discus once a week. | <b>She's playing basketball now .</b> |



Think , pair and share :

Sample

5  In pairs, discuss and write sentences about your partner's daily routine using the following expressions:

sometimes / usually / never / at the moment / now



1. **Ali sometimes** goes swimming on Friday .
2. **He usually** studies his lessons with me .
3. **Ali never** stays up late .
4. **He is writing an activity now** .

# Think , pair and share :

6



Design a poster for a gym. Give it a name, agree on a logo and discuss the benefits. Draw the logo and write the benefits in the spaces provided

*Name*

**Fitness Center**

*Benefits*

**Improve your body muscles .**

**Change your life style .**

**Make friends .**

**Improve your health .**

*Logo*



**What's the lesson going to be about ?**



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**Healthy Diet**



**Before you read**

It shows that which types and food groups we should follow .

**1**  **Think, pair, share**

- What does this picture show?
- What are the main food groups?

**Fruit**  
**Vegetables**  
**Grains**  
**Protein**  
**Dairy**



**Fats**  
**Proteins**  
**Vitamins**  
**Carbs**  
**Water**  
**drinks**

## Read and guess the meaning of the new words in bold .

Vegetarianism has become popular worldwide. Lots of people go on this diet because they consider it to be the key to a healthy life. They follow a **strict** diet that includes fruits, vegetables, cereal grains, nuts, seeds and sometimes eggs and dairy products.

A vegetarian diet has its advantages. The main advantage is that there is less **risk** of **obesity** and heart diseases. It has high **amounts** of vitamin C, folic acid and fiber. This diet helps to avoid diseases because of the vegetables which are an excellent source of antioxidants. It also helps in digestion since vegetables contain more fiber. Lastly, there is more energy **gained** from vegetables because they are the primary source of the food chain.

However, being a vegetarian has its downsides and can negatively affect one's health. This diet is low in calcium, proteins, iron, vitamin B12 and zinc. Vegetarians who do not consume milk or dairy products **lack** vitamin D as well. These nutrients are all found in the vegetarian diet but not in **adequate** amounts. Athletes for instance cannot be vegetarians because they need huge amounts of protein that is found in meat.

In conclusion, I think that eating a balanced diet is key to maintaining good health and keeping the body in top condition. A balanced diet does not cut out any food group. It consists of a wide variety of foods, served in the correct amounts to support our body and keep us energised, motivated and healthy.

## Think , pair and share :

2  Read the following text and write the main idea of each paragraph.

Vegetarianism has become popular worldwide. Lots of people go on this diet because they consider it to be the key to a healthy life. They follow a strict diet that includes fruits, vegetables, cereal grains, nuts, seeds and sometimes eggs and dairy products.

A vegetarian diet has its advantages. The main advantage is that there is less **risk** of **obesity** and heart diseases. It has high **amounts** of vitamin C, folic acid and fiber. This diet helps to avoid diseases because of the vegetables which are an excellent source of antioxidants. It also helps in digestion since vegetables contain more fiber. Lastly, there is more energy **gained** from vegetables because they are the primary source of the food chain.

However, being a vegetarian has its downsides and can negatively affect one's health. This diet is low in calcium, proteins, iron, vitamin B12 and zinc. Vegetarians who do not consume milk or dairy products **lack** vitamin D as well. These nutrients are all found in the vegetarian diet but not in **adequate** amounts. Athletes for instance cannot be vegetarians because they need huge amounts of protein that is found in meat.

In conclusion, I think that eating a **balanced** diet is key to maintaining good health and keeping the body in top condition. A balanced diet does not cut out any food group. It consists of a wide variety of foods, served in the correct amounts to support our body and keep us energised, motivated and healthy.

Think , pair and share :

Paragraph 1

Vegetarianism is the key to a healthy life .

Paragraph 2

The advantages of the vegetarian diet

Paragraph 3

The disadvantages of the vegetarian diet

Paragraph 4

A balanced diet is the key to good health .

## Think , pair and share :

Vegetarianism has become popular worldwide. Lots of people go on this diet because they consider it to be the key to a healthy life. They follow a strict diet that includes fruits, vegetables, cereal grains, nuts, seeds and sometimes eggs and dairy products.

A vegetarian diet has its advantages. The main advantage is that there is less **risk** of **obesity** and heart diseases. It has high **amounts** of vitamin C, folic acid and fiber. This

### 3 Answer the following questions:

1. What are the advantages of being a vegetarian?
2. Which paragraph is against vegetarianism? How can you tell?
3. What is the writer's opinion of vegetarianism?
4. Do you agree with the writer? Why? Why not?

vegetarian diet but not in adequate amounts. Nuts for instance cannot be vegetarians because they need huge amounts of protein that is found in meat.

In conclusion, I think that eating a balanced diet is key to maintaining good health and keeping the body in top condition. A balanced diet does not cut out any food group. It consists of a wide variety of foods, served in the correct amounts to support our body and keep us energised, motivated and healthy.



3



**Answer the following questions:**

1. What are the advantages of being a vegetarian?

There's less risk of obesity and heart diseases .

2. Which paragraph is against vegetarianism? How can you tell?

Paragraph 3 because it has the disadvantages of vegetarianism .

3. What is the writer's opinion of vegetarianism?

The writer agrees on a balanced diet rather than follows vegetarianism .

4. Do you agree with the writer? Why? Why not?

Yes, of course . A balanced diet is the key to a good health .

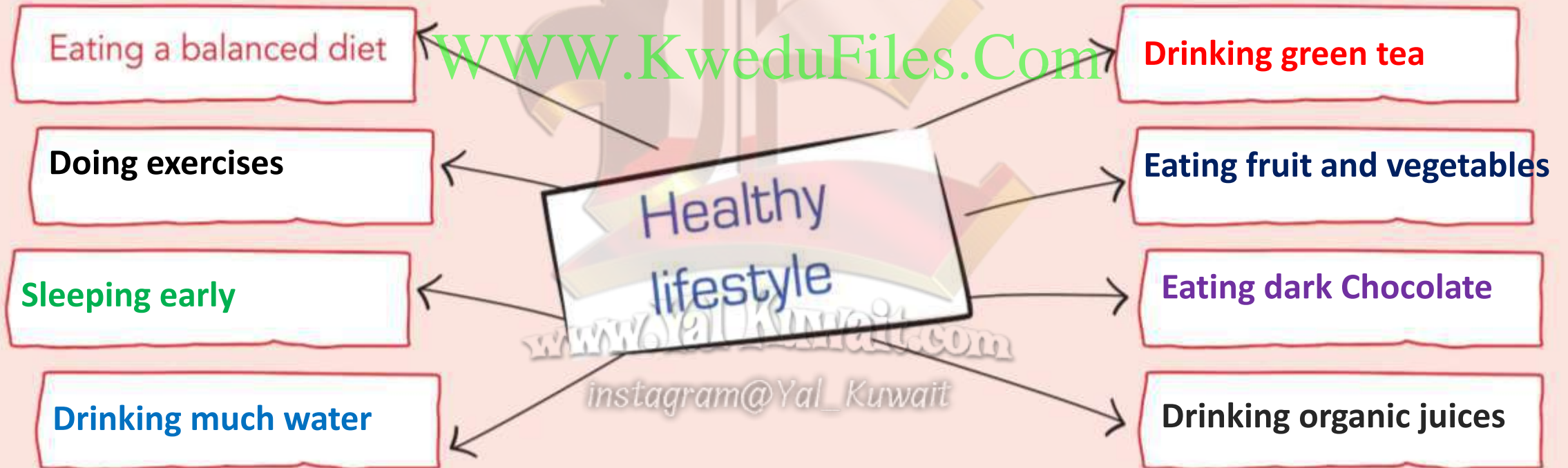
# Think , pair and share :

## Speaking and Writing

4



In groups, decide on how you can have a healthy lifestyle. Discuss and write your notes in the diagram below to present them to the other groups.



## Think , pair and share :

5



Expand your notes to write a report of two paragraphs explaining the things everybody should do to keep fit and healthy.

.....Why does everybody think that a healthy life style is very difficult to follow ? A healthy life style is very easy but it needs a will and a plan to do it well . Just start and you'll enjoy .

.....Following a diet needs some types of food and exercises . Doing exercises is very important so I advise you all to keep going to the gym . We should drink much water . It removes toxins . We should eat a lot of fruit and vegetables . They are rich in vitamins and fiber . A balanced diet is the Key to a good health .

## Remember to:

- begin with an interesting introduction such as a question.
- develop the body by adding facts and details.
- edit your writing, checking spelling and punctuation.

Think , pair and share :

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