

MODULE TWO: HEALTH

UNIT TWO : A HEALTHY LIFE

KEY WORD	MEANING IN ENGLISH	MEANING IN ARABIC
acupuncture (n)	a system of complementary medicine in which fine needles are inserted in the skin at specific points	الوخز بالابر
ailment (n)	illness	مرض/اعتلال
allergy(n)	a reaction of the immune system when it is sensitive to something; this reaction comes in the form of sneezing, itchy eyes or a skin rash. allergic (adjective)	حساسية
arthritis(n)	a disease causing painful inflammation and stiffness of the joints. arthritic (adjective)	التهاب المفاصل
herbal remedy(n)	an extract or mixture of a plant used to prevent, alleviate, or cure disease. remedy (verb) - remedial (adjective)	العلاج بالاعشاب
homoeopathy(n)	a system of complementary medicine in which illnesses are treated by minute doses of herbs	المعالجة المثلية
immunisation(n)	the process by which an individual's immune system becomes protected against an illness immunise (verb) - immune (adjective)	تطعيم/مناعة
malaria(n)	a dangerous disease transmitted by mosquitoes	مرض الملاريا
migraine(n)	a very bad headache which often comes with a feeling of sickness and problems with vision	الصداع النصفي
sceptical(adj) skeptical	having doubts; not easily convinced. sceptic(noun), scepticism (noun)	شكاك/ متشكك
dental(adj)	relating to your teeth	سني
mortality(n)	death, especially on a large scale (e.g. infant mortality); mortal (noun and adjective) - mortally (adverb)	الفناء / الموت
workforce(n)	all the people who work in a particular industry or company, or are available to work in a particular country	القوى العاملة
bounce back (phr. v)	to start to be successful again after a difficult time	يرتد الى حاله
complementary medicine(n)	medical treatment which provides an alternative to scientific medical practices. complement (verb)	العلاج التكميلي/ الطب البديل
commitment (n)	a promise to do something or to behave in a particular way. commit (verb) - committed (adjective)	التزام
conventional (adj)	having been used for a long time and is considered usual convention (noun) - conventionally (adverb)	تقليدي
optimistic(adj)	believing that good things will happen in the future optimism, optimist (noun)	متفائل
life expectancy(n)	the length of time that a person or animal is expected to live. expect (verb) - expectation (noun)	متوسط العمر المتوقع

setback(n)	a problem that delays or stops progress, or makes a situation worse	انتكاسة
healthcare(n)	the prevention or treatment of illness by doctors, dentists, psychologists, etc.	الرعاية الصحية
antibodies(n)	a substance produced by the body to fight disease	اجسام مضادة
viable(n)	effective and able to be successful. viability (noun)	قابل للنجاح
strenuous (adj)	requiring a lot of effort	مجهد/ شاق
obese(adj)	extremely fat, in a way that is dangerous to your health obesity (noun)	بدین/ مفرط في السمنة
reputation (n)	the common opinion that people have about someone or something repute (verb)	سمعة
alien (adj)	strange	غريب

DERIVATIVE WORDS OF UNIT TWO

1	allergy (n)	حساسية	allergic (adj)
2	arthritis (n)	التهاب المفاصل	arthritic (adj)
3	remedy (n)	العلاج	remedy (v)	remedial (adj)
4	immunisation (n)	مناعة	immunise (verb)	immune (adj)
5	sceptical(adj)	شكاك	sceptic(n) المتشكك scepticism (n) الشك
6	mortality(n) mortal(n)	الفناء فاني	mortal (adj)	mortally (adv)
7	complementary (adj)	المكمل	complement(v)
8	commitment (n)	التزام	commit (v)	committed (adj)
9	conventional (adj)	تقليدي	convention (n)	conventionally (adv)
10	optimistic(adj)	تفاؤلي	optimism(n) تفاؤل optimist(n) متفائل
11	expectancy (n) expectation(n)	توقع توقع	expect (v)
12	viable (adj)	قابل للنجاح	viability (n)

Ex 1 p 14

Answers

a herbal remedy b acupuncture c immunisation

Ex 2 p 14

Answers

1 acupuncture, herbal remedy, homoeopathy, immunisation
2 ailment, allergy, arthritis, malaria, migraine

Ex 3 p 14

Answers

insomnia, arthritis, migraines, anxiety, depression and certain allergies

(2)

1. Many types of complementary medicine are mentioned in the article. Write down two of these types.

2. Write down the sentence which indicates that most doctors used to have doubts about the validity of some forms of complementary medicine.

3. Quote the sentence which indicates that the conception of complementary medicine has changed a lot over the last few years.

4. According to the text, many family doctors these days study two types of medicine. Write these two types down.

5. What did patients use to do if they wanted to receive any form of complementary medicine (non- conventional medicine)?

6. What did critics use to say about non- conventional treatments?

7. The efficiency of non- conventional treatments passed through two phases regarding how it was viewed by medical experts. Write these two phases down.

8. The patients at a surgery in London were offered two choices concerning the strategy of the treatment of common complaints. Write these two choices down.

9. The writer mentions some kinds of illnesses which herbal remedy could cure. Write down two of these illnesses.

10. The writer mentions some kinds of illnesses for which homoeopathy could be a viable option. Write down two of these illnesses.

11. The writer mentions some reasons for which complementary medicine can't be used for all medical treatments. Write down two of these reasons.

12. The writer says that complementary medicine can never be a substitute for immunizations. Why?

13. The writer states that childhood diseases can't be treated by complementary medicine. Suggest three ways to protect children from diseases.

14. Why do some doctors incline to conventional medical treatment first?

15. Write down the sentence which indicates that using complementary treatment has become common these days.

17. Find a word in the text which means the same as "reactions of the immune system when it is sensitive to something"

18. What does the underlined word "conventional" mean?

19. The article suggests that people's perception of complementary medicine has changed over time. Why do you think this is the case?

1. homoeopathy, acupuncture
2. Most doctors used to be sceptical about the validity of homoeopathy, acupuncture and other forms of complementary medicine.
3. However, in recent years, the perception of this type of treatment has changed.
4. These days, many family doctors study complementary medicine alongside conventional treatments.
5. If patients wanted to receive this kind of non-conventional treatment, they used to have to consult a private practitioner who was likely not to have a medical degree.
6. critics used to say that there was no scientific evidence that non-conventional treatments actually worked.
7. Whereas critics used to say that there was no scientific evidence that non-conventional treatments actually worked, now it is more common for medical experts to recognise that conventional medicine may not always be the only way to treat an ailment.
8. herbal treatment or a conventional medicine.
9. insomnia, arthritis and migraines
10. anxiety, depression and certain allergies
11. It can never substitute for immunisations as it will not produce the antibodies needed to protect against childhood diseases. It also cannot be used to protect against malaria.
12. as it will not produce the antibodies needed to protect against childhood diseases.
13. Student's own answers
14. to ensure that no underlying condition is missed.
15. However, the idea of complementary treatments is no longer an alien concept.
16. الاجابات موجودة اثناء الشرح
17. allergies
18. having been used for a long time and is considered usual
19. Suggested answers: I think people's opinions of complementary medicine might have changed because of more information being freely available on the Internet. Additionally, more research may have been done on the effects of complementary medicine.

وزارة 2017

Most doctors used to be sceptical about the validity of homoeopathy, acupuncture and other forms of complementary medicine. If patients wanted to receive this kind of non-conventional treatment, they used to have to consult a private practitioner who was likely not to have a medical degree. However, in recent years, the perception of this type of treatment has changed. These days, many family doctors study complementary medicine alongside conventional treatments, and many complementary medicine consultants also have medical degrees.

At a surgery in London, 70 per cent of patients who were offered the choice between a herbal or a conventional medicine for common complaints such as insomnia, arthritis and migraines chose the herbal remedy. Fifty per cent of patients then said that the treatment helped. One doctor said, "I now consider homoeopathy to be a viable option for many different conditions, including anxiety, depression and certain allergies."

However, complementary medicine cannot be used for all medical treatments. It can never substitute for immunisations as it will not produce the antibodies needed to protect against childhood diseases.

Question Number One

1. There are two pieces of evidence which show that people's perception of complementary medicine has changed over time. Write these two pieces of evidence down. (2 points)
2. Certain medical conditions may possibly be treated using complementary medicine. Write down four of these medical conditions. (4 points)
3. What does the underlined word "it" refer to? (2 points)
4. Quote the sentence which shows that a large number of doctors didn't use to be easily convinced of the effectiveness of complementary medicine and its forms. (2 points)
5. Find a word in the text which means "giving drugs to protect against illnesses". (2 points)
6. Complementary medicine has gained wide recognition all over the world. Suggest three reasons that make patients choose to turn to complementary medicine. (3 points)
7. "He who has health has hope; and he who has hope, has everything". Explain this quotation and, in two sentences, write down your point of view. (2 points)

1. a. many family doctors study complementary medicine alongside conventional treatments
b. many complementary medicine consultants also have medical degrees.
2. Any four of the following:
1. insomnia 2. arthritis 3. migraines 4. anxiety 5. depression 6. certain allergies
3. complementary medicine
4. Most doctors used to be sceptical about the validity of homoeopathy, acupuncture and other forms of complementary medicine.
5. immunisations
6. Any relevant answer
7. Any relevant answer

Ex 4 p15

Answers

1 True 2 True 3 False. Fifty per cent of patients said it helped. 4 False. Complementary medicine cannot be used for all medical treatments.

Ex 5 p15

5

Suggested answers

- 1 I think people's opinions of complementary medicine might have changed because of more information being freely available on the Internet. Additionally, more research may have been done on the effects of complementary medicine.
- 2 Students' answers might include mention of the doctor's comments in lines 27–32, recognition that conventional medicine isn't always the solution to a medical problem (lines 16–19) and the positive responses from patients (lines 25–26).

Ex 6 p15

6

Answers

1 didn't use to 2 is used to 3 used to
4 aren't used to 5 used to

(6)

1. The writer mentions two things that can have bad effects on our health. Write down these two things.

2. High blood pressure is associated with some health problems. Write down two of these health problems.

3. Write down the sentence which indicates that the relationship between positive feelings and good health was not examined thoroughly.

4. The writer says that several factors can influence our health positively. Write down two of these factors.

5. According to the text, young children with certain characteristics will enjoy better health when they become in their middle ages. Write down two of these characteristics.

6. The writer says that two bad lifestyle choices are the reason for heart disease and other illnesses. Write down these two bad lifestyle choices.

7. Find a word in the text that means the same as "believing that good things will happen in the future".

8. The writer says that there are two characteristics, if taught by parents, can improve children's overall health in the future. Write down these two characteristics.

9. What does the underlined word "setback" mean?

11. What are the possible effects of anger and stress on someone's health?

12. What is controversial about the researchers' study?

13. What is your opinion of the researchers' findings?

Ex 1 P 16

Suggested answer

I think that happier people are healthier than unhappy people. They have a better perspective on life and will do almost everything with an optimistic attitude. Because of this, I think that they will make healthy, positive decisions in life; for example, they will choose to eat well and exercise more often.

7

- Answers**
1. negative emotions (stress) and anger
 2. headaches, sleep problems and digestive problems.
 3. Until recently, scientists had not investigated whether there is a link between positive feelings and good health.
 4. positivity, a supportive network of family and friends, and an optimistic outlook on life.
 5. a. children who were more able to stay focused on a task,
b. and who had a more positive attitude to life at age seven
 6. smoking or lack of exercise
 7. optimistic
 8. teaching children to develop positive thinking, and to 'bounce back' after a setback.
 9. a problem that delays or stops progress, or makes a situation worse
 - 10.
 11. They can raise blood pressure and cause headaches, sleep problems and digestive problems, as well as leading to illnesses such as heart disease.
 12. Many other researchers believe that bad lifestyle choices are responsible for these problems and not an individual's attitude.
 13. Students' own answers. Whichever opinion they have, they should give reasons using the information in the article, where possible.

ex 3. p 16

Answers

- 1 They can raise blood pressure and cause headaches, sleep problems and digestive problems, as well as leading to illnesses such as heart disease.
- 2 Many other researchers believe that bad lifestyle choices are responsible for these problems and not an individual's attitude.
- 3 Students' own answers. Whichever opinion they have, they should give reasons using the information in the article, where possible.

ex 4 p 17

COLOUR IDIOMS

COLOUR IDIOM	MEANING IN ENGLISH	MEANING IN ARABIC
out of the blue (adj)	apparently from nowhere; unexpectedly	بشكل غير متوقع
(feel) blue (verb phrase)	to feel sad	يشعر بالحزن
red-handed (adj)	in the act of doing something wrong	متلبسا
(see) red (verb phrase)	to be angry	يغضب
white elephant (noun phrase)	something that has cost a lot of money but has no useful purpose/ useless possession	شيء عديم الفائدة
(have) the green light (verb phrase)	to have or give permission to go ahead with something or for something to happen	لديه الاذن / يعطي الاذن

(2)

Audioscript

Mrs Rashwan: We're all aware of the importance of being healthy. We know that we need to eat well and take regular exercise. However, how often do we stop and think about how much energy we waste by being angry? Anger can lead to stress and other mental health problems, and it makes it harder for us to concentrate and enjoy life. I used to live outside the city, so I would drive for two hours to get to school. There was always so much traffic. I remember, I used to feel more and more angry about the traffic. I would sit there in my car, with my heart beating fast, worrying about arriving late for my class. Then I realised what a waste of time it was, being angry about something you couldn't control! I also realised how much better it was to arrive to school calm and relaxed!

Zainab: What did you do to stay calm, Mrs Rashwan?

Mrs Rashwan: I took a deep breath, held it for a few seconds and then breathed out very slowly. Each time I breathed out, I imagined that I was pushing away all the anger, all the angry feelings that were building up, and it worked! Zainab, what do you do to control your anger?

Zainab: Whenever I feel myself getting angry, I count to ten. This technique gives me enough time to think about my anger and be able to control it.

Mrs Rashwan: That's a very helpful tip! Exercise can help, too. Has anyone got any other suggestions? Sami?

Sami: Yes, I recite some verses from the Holy Quran whenever I feel cross.

Mrs Rashwan: I strongly agree with you. Reciting verses from the Holy Quran makes us feel peaceful and patient, and it helps us to be kind to people. In fact, Prophet Mohammad (PBUH) said, 'He who is victorious over his passion at the time of anger is the strongest among you.'

وزارة 2016 صيفية

Study the following sentence and answer the question that follows. (3 points)
Have you heard the good news! We have got the permission to go ahead with our project.

Replace the underlined phrase with the suitable colour idiom.

وزارة 2018 صيفية

Replace the underlined color idiom in the sentence below with the correct one to form the appropriate color idiom.

Luckily, the police arrived and the thief was caught the green light.

ex6: p 17 - Comprehension

Answers

- 1 The amount of traffic on the roads when she was driving to school made her angry.
- 2 She was worried she would be late for her class.
- 3 She took a deep breath, held it for a few seconds and then slowly let it out. Each time she breathed out she imagined she was pushing the anger away.
- 4 She counts to ten.
- 5 cross
- 6 He recites verses from the Holy Quran.

1. Health conditions in Jordan are among the best in the Middle East. Write down one reason to justify this.

.....
2. Jordan's commitment to making healthcare for all people a top priority has made our community healthier. Write down three practical procedures which made this come true.

.....
3. Careful planning in the field of health has led to the rapid increase in the number of healthcare services in Jordan over the past years. Write down two examples that prove this.

.....
4. In the past, some remote areas in Jordan suffered from the lack of two essential needs. Write down these two essential needs.

.....
5. In the field of hospitals, Jordan has been focusing on improving two lively facilities. Write down these two facilities.

.....
6. The writer says that many patients come to Jordan for open heart surgery. What do you think is the reason for that?

.....
7. Write down the sentence which indicates that the open heart surgery programme started in Jordan a long time ago.

.....
8. The writer says that the life expectancy figures in Jordan show that Jordan's healthcare system is successful. Write down an example to prove this.

X9. According to the text, the writer says that Jordan's infant mortality rates declined more rapidly than anywhere else in the world. Explain this statement, suggesting three reasons that may have led to this result.

.....
10. Two factors have been contributing to Jordan's healthy population growth. Write down these two factors.

.....
11. There are two positive consequences for Jordan's healthy population growth. Write down these two positive consequences.

X12. What do the underlined words refer to?

.....
13. Find a word in the text that means the same as "a promise to do something or to behave in a particular way."

.....
14. Health conditions in Jordan are among the best in the Middle East. Why do you think this is the case? Give examples.

ex. 1. P. 18

Answers

1. This is largely due to the country's commitment to making healthcare for all a top priority.
2. Advances in education, economic conditions, sanitation, clean water, diet and housing have made our community healthier.
3. the number of healthcare services has been increasing rapidly over the past years. More than 800 different kinds of healthcare centres have been built, as well as 188 dental clinics.
4. electricity and safe water
5. Although the country has been focusing mainly on improving its primary healthcare facilities, it has not neglected its advanced medical facilities.
6. a. The reputation of Jordanian doctors has spread in the region.
b. In Jordan, the open heart surgery programme started in 1970 CE in Amman.
7. In Jordan, the open heart surgery programme started in 1970 CE in Amman.
8. In 1965 CE, the average Jordanian's life expectancy was age 50. In 2012 CE, this average life expectancy had risen to 73.5.
9. Students' own answers. - *healthcare centres, immunisation*
10. The low infant mortality rate, as well as the excellent healthcare system
11. a strong work force with economic benefits for the whole country.
12. ~~the low infant mortality rate, as well as the excellent healthcare system~~
13. **commitment**
14. Students' own answers.

ex 3 p 18

Suggested answers

sanitation – the systems which supply water and deal with human waste

dental – relating to teeth

immunisation – giving a substance to a person (often by needle) to prevent them from getting a particular disease

infant mortality – deaths amongst babies or very young children

work force – the people who are able to work

Research Box

Answer

Children should have been vaccinated against Diphtheria, Measles, Tetanus, Mumps, Pertussis (Whooping cough), Rubella and Polio in early childhood. Later they should have been vaccinated against Hepatitis A & B and Varicella (Chicken pox).

ex 4 p 18

Answers

- 1 Health in Jordan: A report
- 2 They tell the reader what the section will be about. If it is a very long report, they are very useful in helping the reader to find particular pieces of information and making the text easier to read.
- 3 'Health conditions are among the best in the Middle East' and 'Advances ... have made our community healthier' links with 'excellent healthcare system' and 'contributing factors to Jordan's healthy population growth'.
The language is formal. There are no contractions; the sentences are quite long, with relative pronouns, etc.; the vocabulary is formal; there are linking expressions such as *As a result of*, *According to* and *Although*; the statistics included add to the formality.

11

Quotation p.19

من يتمتع بالصحة يخذوه الأمل، ومن يخذوه الأمل لا
ينفضه أي شيء / يمتلك كل شيء.

Explain that Thomas Carlyle (/tɒməs kɑ:lɪl/) was a Victorian author and social philosopher who lived through some important changes in British history.

The quotation is stressing the importance of health through emphasising that it is possible to feel optimistic about the future when one is healthy. Hope for the future and a positive attitude are seen as, overall, the most important things in life.

1. According to the article, what are the main reasons for higher rates of obesity?
.....
2. What is the minimum amount of exercise recommended for someone in your age group?
.....
3. Do most British people get enough exercise? Which sentence in the article tells you this?
.....
4. Guess the meaning of the underlined word (*strenuous*) in paragraph three.
.....
5. The author suggests some ways of including exercise in our normal lives. Give two examples from the article.
.....
6. Quote the sentence which indicates that a lot of people all over the world are too fat.
.....
7. The writer mentions some reasons that may cause obesity among young people and adults. Write down two of these reasons.
.....
8. The writer says the lack of exercise is a main factor for the obesity among people. Suggest three activities that people should do to keep fit.
.....
9. Modern technology may affect our health negatively and make us lazy in many ways. Write down two of these ways.
.....
10. According to the text, what should adults do to alleviate the problem of "lack of exercise"?
.....
11. Write down the sentence which indicates that less than half of the British people do regular exercise.
.....
12. Experts recommend that we should do a mixture of activities to keep fit. Write down two of these activities.
.....
13. Building more muscles can lead to many positive consequences to our bodies. Write down two of these consequences.
.....
14. According to the text, how can we manage to do all the extra exercise needed to keep fit?
.....

15. According to the text, the writer says that we can build this extra exercise into our daily lives and make it a routine through a variety of activities. Write down two of these activities.

16. Think of some simple ways you and other people you know could increase your physical activity. Write two or three ideas.

Answers

1. the growing popularity of fast food; increasing inactivity (preferring to drive rather than walk, and shopping online)
2. at least an hour's exercise every day
3. No, they don't: 'However, recent research shows that less than 50% of the British population manages this.'
4. *Strenuous* means requiring a lot of effort
5. getting off the bus one stop earlier than usual; standing up when you're on the phone.
6. In many countries, an increasing number of young people and adults are overweight or even obese.
7. the growing popularity of fast food; increasing inactivity (preferring to drive rather than walk, and shopping online)
8. Students' own answers.
9. Modern technology has also played its part; we spend more and more time focusing on computer screens. Before the Internet was invented, nobody had dreamt of online shopping, but now we can buy almost anything without leaving the sofa.
10. Adults should aim to exercise for at least two and a half hours every week
11. However, recent research shows that less than 50% of the British population manages this.
12. a mixture of activities include moderate exercise, such as fast walking, and more strenuous exercise, like running.
13. The more muscle we build, the more calories we burn, and the fitter we become.
14. The best way is to build it into our daily lives so that it becomes a routine.
15. You could get off the bus one stop earlier than usual, or stand up when you're on the phone!
16. Students' own answers.

(14)

[Handwritten mark]

In many countries, an increasing number of young people and adults are overweight or even obese. One reason for this is the growing popularity of fast food, which didn't use to be as common as it is now. Another big factor is lack of exercise. Modern technology has also played its part; we spend more and more time focusing on computer screens.

Health experts have been warning about this trend for years, and their advice is clear. Adults should aim to exercise for at least two and a half hours every week; for children and teenagers the target should be at least an hour a day. This might not sound very much. Recent research shows that less than 50% of the British population manages this.

Experts recommend a mixture of activities. These should include moderate exercise, such as fast walking, and more strenuous exercise, like running. They also advise exercise that strengthens the muscles, for example sit-ups. The more muscle we build, the more calories we burn. In addition, exercise is a great way to cope with stress. In a recent study, patients who had been suffering from depression reported a great improvement after increased physical activity.

Of course this raises a question: how can I manage to fit in all this extra exercise? The best way is to build it into our daily lives so that it becomes a routine. It doesn't have to take much extra time. You could get off the bus one stop earlier than usual, or stand up when you're on the phone! Most importantly, we should find a sport that we enjoy doing. That way, we will all become fitter, healthier and happier.

Question Number One

1. The author suggests some ways of including exercise in our normal daily lives. Give two examples from the article (4 points)
2. Find a phrasal verb that means "to deal successfully with a situation". (2 points)
3. What does the underlined word "their" refer to? (2 points)
4. Quote the sentence which shows that most British people don't get enough exercise. (2 points)
5. The article states some reasons for higher rates of obesity. Write down two of these reasons. (2 points)
6. "It is known that bad eating habits may cause some health problems." Mention three of these bad habits. (3 points)
7. It is said that school children are less physically active than they used to be. Think of this statement and, in two sentences, write down your point of view. (2 points)

1. a. You could get off the bus one stop earlier than usual,
b. stand up when you're on the phone
2. to cope with
3. Recent research shows that less than 50% of the British population manages this.
4. a. the growing popularity of fast food.
b. lack of exercise.
c. modern technology.
5. Health experts.
6. Any acceptable answer.
7. Any acceptable answer.

(15)