

Learning Unit Seven

Healthy Lifestyles



Vocabulary

Learning Unit 7

1 Lesson One: Reading

Find the words in the list.



consider – energy – worship – recite –
personal – slowly – mood – thoroughly

2 Use three words from the list. Write one meaningful sentence for each word.

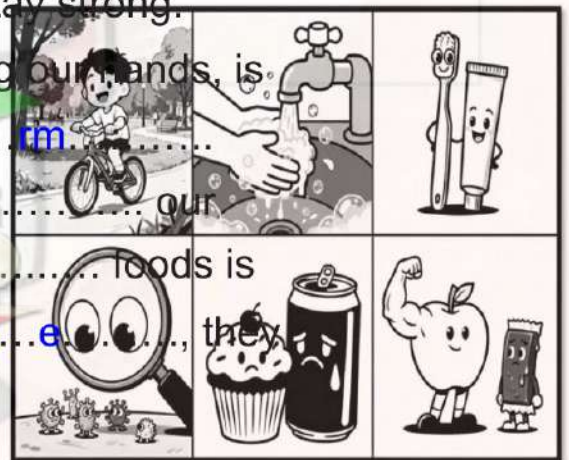
1. E...n...e...rg...y...: w...e...
...pla...y...a...nd...stu...d...y...
n...e...d...e...n...er...gy...t...
2. S...l...ow...ly...: ...th...e...tu...rt...le...
o....
.....
3. P...e...rs...o...na...l...: l...h...av...e...
computer
.....

3 Lesson Five: Reading

Complete the following passage with the correct words from the list.

sugary – germ – hygiene – lifestyle – over time – hurt

A healthy ...Li...fe...st...yle... helps us stay strong.
Good ...h...yg...ie...ne..., like washing our hands, is
good for us. It keeps us safe from any ...ge...rm...
that may cause sickness or ...h...ur...t...
bodies. Eating too many ...s...ug...a...ry... foods is
not good for our bodies.Ov...e...r t...im...e..., they
can increase health problems. Making good choices
every day helps us stay healthy.



4 Comparative and Superlative Adjectives:

Write the comparative and superlative forms of each adjective in the table.

Adjective	Comparative	Superlative
slow	Slower	Slowest
smart	Smarter	Smartest
happy	happier	happiest
funny	Funnier	Funniest
good	better	best

5 Look at the picture.

Write one sentence using bigger and one using biggest.

1- ~~House B is bigger than House A.~~

2- ~~House C is The biggest.~~



6 Too / Enough

Match sentence beginnings with the correct endings.

- | | |
|--------------------------------|----------------------------|
| 1- This shirt is too small | a. to see anything. |
| 2- She spoke loudly enough | b. to carry. |
| 3- It's too dark | c. to help us after class. |
| 4- The bag is too heavy | d. to wear. |
| 5- The teacher was kind enough | e. to drink. |
| 6- The coffee is too bitter | f. for everyone to hear. |



Micro-Skill Practice

Learning Unit 7

7 Endings That Change Words: Suffixes (–er, –est, –ness, –ment)

Suffix: letters added to the end of a word to change its meaning or grammar.

Examples:

- tall → taller / tallest
- kind → kindness
- enjoy → enjoyment

A. Focus on Words: Comparing with Suffixes

In pairs, say the words aloud. Talk about how the ending changes the meaning.

What changes?

Word 1	Word 2	
tall	taller	
dark	darkness	
move	movement	

Sentence Starters:

"This ending shows..."

"This word means..."

B. Listen and Notice: Suffix Meaning

Listen carefully. Write the suffix you hear at the end of each word.

- big.....
- happy
- move
- fast

Tip: Listen to the **endingsound**, not only the spelling.

C. Find It, Say It, Check It!

In pairs, complete the table with the correct new words. Then, read them aloud.

Base Word	New Word	Suffix
sad	Sadness	–ness
develop	development	–ment
kind	Kinder	–er

D. Let's Use Our Suffixes!

Write three sentences. Use three different suffixes (–er, –est, –ness, –ment).

I feel a lot of happiness when I play sports.

The development of the city very fast.

My brother is taller than me.

E. My Life, My Suffix Words

Describe a place (your school, a room or a park). Use two comparison words with –er or –est.



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8 Vocabulary: Choose the most suitable answer from a, b, c or d.

1- It is important to keep your information safe when using the internet.

- a) sugary b) sticky **c) personal** d) bright

2- The teacher asked us to the cards on the table.

- a) spread** b) hurt c) cause d) recite

3- You should check the of your bag so it doesn't hurt your shoulders.

- a) energy **b) weight** c) fuel d) mind

4- Noor read the test paper before answering.

- a) beautifully b) over time **c) thoroughly** d) slowly

9 Grammar: Choose the correct answer from a, b, c, or d.

5- Today is day of the year.

- a) cold b) colder c) coldest **d) the coldest**

6- For me, maths is than English.

- a) easy **b) easier** c) easiest d) the easiest

10 Do as shown between brackets:

7. The street is very noisy. We can't sleep.

(Join using: too ...to)

The street is too noisy to sleep.

8. The question is easy. Everyone can answer it.

(Join using: enough)

The question is easy enough for everyone to answer

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the task.

Student Performance Checklist

Learning Unit 7

Skill	Excellent and respond details	Good small gaps in details	OK repetition or help.	Needs Help	Not Yet
Listening	details, in English details, with only sometimes misses and needs clearly. The student can understand and respond to the task. The student can understand and respond to the task.	details, in English details, with only sometimes misses and needs clearly. The student can understand and respond to the task. The student can understand and respond to the task.	details, in English details, with only sometimes misses and needs clearly. The student can understand and respond to the task. The student can understand and respond to the task.	details, in English details, with only sometimes misses and needs clearly. The student can understand and respond to the task. The student can understand and respond to the task.	details, in English details, with only sometimes misses and needs clearly. The student can understand and respond to the task. The student can understand and respond to the task.
Speaking	English is easy to clear and relevant. clarity; answers to understand. The student can speak clearly and respond to the task. The student can speak clearly and respond to the task.	English is easy to clear and relevant. clarity; answers to understand. The student can speak clearly and respond to the task. The student can speak clearly and respond to the task.	English is easy to clear and relevant. clarity; answers to understand. The student can speak clearly and respond to the task. The student can speak clearly and respond to the task.	English is easy to clear and relevant. clarity; answers to understand. The student can speak clearly and respond to the task. The student can speak clearly and respond to the task.	English is easy to clear and relevant. clarity; answers to understand. The student can speak clearly and respond to the task. The student can speak clearly and respond to the task.
Reading	clear pronunciation clearly with small clearly enough but with many errors. The student can read clearly and respond to the task. The student can read clearly and respond to the task.	clear pronunciation clearly with small clearly enough but with many errors. The student can read clearly and respond to the task. The student can read clearly and respond to the task.	clear pronunciation clearly with small clearly enough but with many errors. The student can read clearly and respond to the task. The student can read clearly and respond to the task.	clear pronunciation clearly with small clearly enough but with many errors. The student can read clearly and respond to the task. The student can read clearly and respond to the task.	clear pronunciation clearly with small clearly enough but with many errors. The student can read clearly and respond to the task. The student can read clearly and respond to the task.
Writing	good writing clearly and respond to the task. The student can write clearly and respond to the task. The student can write clearly and respond to the task. The student can write clearly and respond to the task.	good writing clearly and respond to the task. The student can write clearly and respond to the task. The student can write clearly and respond to the task. The student can write clearly and respond to the task.	good writing clearly and respond to the task. The student can write clearly and respond to the task. The student can write clearly and respond to the task. The student can write clearly and respond to the task.	good writing clearly and respond to the task. The student can write clearly and respond to the task. The student can write clearly and respond to the task. The student can write clearly and respond to the task.	good writing clearly and respond to the task. The student can write clearly and respond to the task. The student can write clearly and respond to the task. The student can write clearly and respond to the task.

Note: This checklist reflects overall unit performance using both the Student's Book and the Workbook.