

# Secrets of Good Health

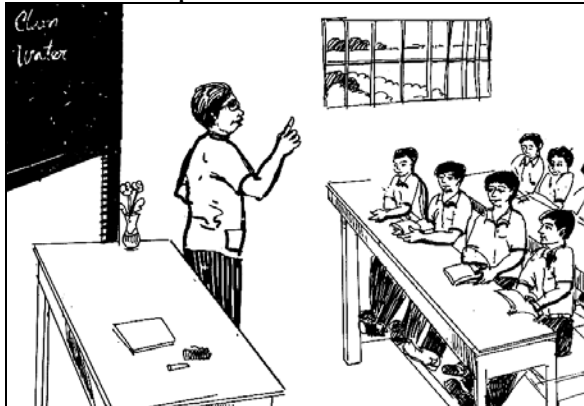
## LESSON

# 1



**Look at the picture and answer the following questions orally.**

- 1 What's the picture about?
- 2 Who can you see in the picture?



**Read the following text and answer the questions at D.**

Mr Khairul Kabir is the Headmaster of RBM Government Boys' High School. He is strong and healthy. He is active too. He teaches English in class 9. One day he came into the class as usual.

Mr Kabir : I'll no longer be your Headmaster from the next year.

Dipu : Why, Sir? Are you going to join another school?

Mr Kabir : No, Dipu. I'm going to retire from the Government service.

Dihan : How old are you, Sir?

Mr Kabir : About fifty-seven.

Dihan : Fifty-seven!

Mr Kabir : Why Dihan? You seem so surprised?

Dihan : Yes, Sir. I feel very surprised. Because you still look so young and healthy. My grandfather is also of your age. But he looks much older than you.

Mr Kabir : Perhaps he doesn't know the secrets of good health!

Students : What are these secrets, Sir? Would you explain them, please?

Mr Kabir : Yes, certainly. You seem very eager to know the secrets. Now listen to the most important secrets of good health :

1. Always eat the right food and drink clean water.
2. Have sufficient exercise and rest.
3. Prevent diseases.

This is the way to keep yourself strong and healthy. You shall follow these rules.



C

**Read and note.**

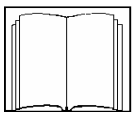
healthy	:	স্বাস্থ্যবান
active	:	কর্মঠ
no longer	:	আর অধিককাল নয়
surprised	:	বিস্মিত
still	:	even now; এখনও
join	:	যোগদান করা
secret	:	not known by everybody; গোপনীয়
exercise	:	(n) ব্যায়াম
rest	:	(n) বিশ্রাম
prevent	:	প্রতিরোধ করা
disease	:	রোগ; ব্যাধি
follow	:	অনুসরণ করা; মেনে চলা



D

**Refer to the reading text and answer the following questions first orally and then in writing.**

- 1 Who is Mr Khairul Kabir?
- 2 How old is Dihan's grandfather?
- 3 Why does he look older than Mr Kabir?
- 4 What are the rules of good health?



E

**Look at the following sentences.**

- 1 Mr Kabir is fifty seven years old. But he *looks* still young.
- 2 Certainly you can't believe my story. You *seem* surprised.
- 3 Your grandfather doesn't know the rules of good health. I *feel* sorry for him.



**Now complete the following sentences using the table below. Put correct form of verbs. The first one is done for you as an example.**

	beautiful
	young
seem	wise
look	tired
feel	sad
	cruel
	happy
	sorry

- 1 The man is old. But he looks/seems young.
- 2 He worked hard all the morning. He \_\_\_\_\_
- 3 The man is very kind. But he \_\_\_\_\_
- 4 She lost her ring. She \_\_\_\_\_
- 5 The girl is wearing a new dress. She \_\_\_\_\_
- 6 Look at the owl. It \_\_\_\_\_

# Right Food and Clean Water

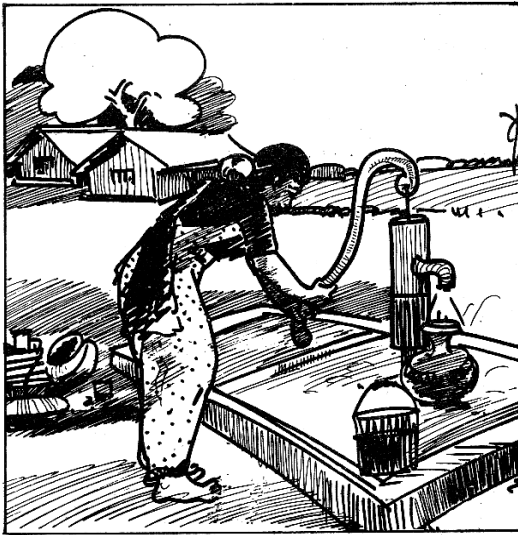
## LESSON

# 2



Look at the pictures and answer the questions orally.

- 1 What's the woman doing in Picture 1?
- 2 What's the woman doing in Picture 2?



Picture 1



Picture 2



**B**

Read the following passage and answer the questions at **D**.

The next day Mr Khairul Kabir told the class about food. "Food is essential for our health and we can't live without it", he said. "But very often we don't eat the right food".

Dihan : I eat enough rice and bread everyday. Aren't they the right food, Sir?

Mr Kabir : Yes, they are. They're necessary for our body. They keep our body warm and help us work. But in order to be healthy you must have other foods as well. What else do you eat, Dihan?

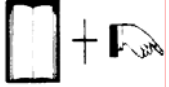
Dihan : My mother usually gives me vegetables, small fish and 'dal' for my lunch and supper. But I'm tired of having these things, Sir. I don't like them at all.

Mr Kabir : Then what do you like?

Dihan : Beef, mutton, chicken and big fish, Sir.

Mr Kabir : Well, Dihan, I like them too. But they are expensive. We can't eat them every day.

- Mahbub : Aren't they good for our health, Sir?
- Mr Kabir : Yes, they are. But so are vegetables, small fish and 'dal'. And they're cheap. But you can't keep well by eating good food only.
- Dihan : Why, Sir?
- Mr Kabir : You must drink clean water too. Unclean water may contain germs. It's dangerous. It causes diarrhoea, dysentery, jaundice and many other diseases.
- Mahbub : My mother always uses tube-well water for drinking and cooking. In order to prevent diseases she uses tube-well water for washing pots and plates too.
- Mr Kabir : Oh, that's good! She's really intelligent! Tube-well water is safe to use. We should always drink clean tube-well water in order to keep healthy.



## C

### Read and note.

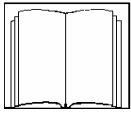
warm	:	a little hot; অল্প গরম
as well	:	also; in addition to something
what else	:	আর কি
tired of	:	অবসাদগ্রহণ; বিরক্ত
beef	:	Mi "i মাংস
mutton	:	খাসি বা ভেড়ার মাংস
chicken	:	মুরগির মাংস
cheap	:	not expensive; সস্তা
keep well	:	being healthy; সুস্থ থাকা
contain	:	to have something inside; eg. The pot contains water.
dangerous	:	not safe; বিপজ্জনক
dysentery	:	আমাশয়, (রোগ বিশেষ)
jaundice	:	জন্টিয়া
safe	:	নিরাপদ

## D



### Refer to the text at B and answer the following questions first orally and then in writing.

- 1 What do rice and bread do to our body?
- 2 What foods does Dihan like?
- 3 Why does Mr Kabir ask his students to eat vegetables, small fish and 'dal'?
- 4 Why is unclean water dangerous?
- 5 How do you know that Mahbub's mother is intelligent?



**E**

**Look at the following sentences.**

- 1 You must eat right food in order to be healthy.
- 2 You must drink clean water in order to prevent diseases.
- 3 In order to keep yourself fit you should have regular physical exercise.



**Now make six meaningful sentences from the following table. One is done for you as an example.**

We must	drink eat read take	physical exercise books clean water vegetables fish and meat rice and bread	in order to	grow well get vitamins prevent diarrhoea keep fit keep our body warm learn things.
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1. We must eat fish and meat in order grow well.
2. -----
3. -----
4. -----
5. -----
6. -----

# Prevention is Better than Cure

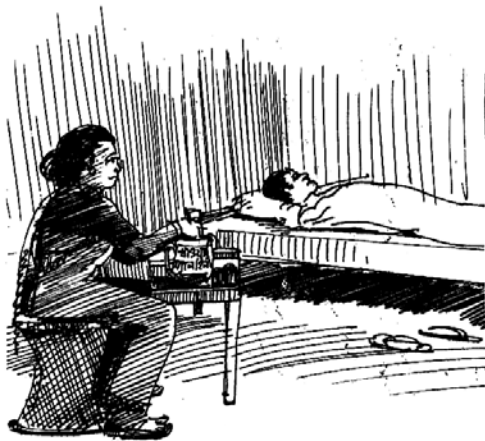
## LESSON

# 3



Look at the pictures and answer the questions orally.

- 1 What has happened to the boy?
- 2 What's the woman doing in Picture 1?
- 3 What's the woman doing in Picture 2?



Picture 1



Picture 2



### B

Read the following passage and answer the questions at D.

Shahriyar was absent from school for a week. Today he has come to the class. He has grown thin.

Mr Kabir : What happened to you, Shahriyar? Where were you so long?

Shahriyar : I was sick, Sir. I had diarrhoea.

Mr Kabir : Diarrhoea? How?

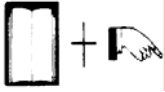
Shahriyar : I don't know exactly, Sir. The other day I just ate some 'puri' from a wayside tea-shop.

Mr Kabir : That's the cause! Perhaps the food was unclean. Unclean food often contains germs and they cause diarrhoea. How did you get well, Shahriyar?

Shahriyar : My mother gave me oral saline. I drank it again and again and at last I got well.

- Mr Kabir : Yes, oral saline is very useful and effective for diarrhoea. It's also very cheap. But it is better to prevent a disease than to cure it.
- Mahbub : How can we do that, Sir?
- Mr Kabir : Well, you can do that by growing conscious of your health. Always follow certain rules and you can prevent many diseases.
- Mahbub : What are the rules, Sir?
- Mr Kabir : Note, the rules are very simple.
- 1 You must drink clean water.
  - 2 You must eat clean food.
  - 3 You must cover your food.
  - 4 You must wash your hands with soap before meals and after using the toilet.
  - 5 You must keep your nails short.
  - 6 You must exercise regularly.
  - 7 You must eat vegetables and fruit everyday.

## C



### *Read and note.*

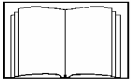
a wayside tea-shop	: iv̄-wī ciʃki Pv-t̄ vKvb
cause	: (v) to make something happen; ঘটান
get well	: Av̄i vM̄ j vf̄ Kiv
oral saline	: Lvevi m̄vj vBb
effective	: Kv̄h̄R̄i
easily	: mn̄ʃR̄
cover	: tʃʃK̄ iv̄Lv
after using the toilet	: gj Z̄v̄ʃMi ci
nail(s)	: নখ
exercise	: (v) ব্যায়াম করা

## D



*Refer to section B and answer the following questions first orally and then in writing.*

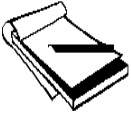
- 1 Why was Shahriyar absent from school?
- 2 How did he get diarrhoea?
- 3 What causes diarrhoea?
- 4 How did Shahriyar get well?
- 5 What should we do when we get diarrhoea?
- 6 How can we prevent many diseases?



**E**

*Look at the following sentences.*

- 1 Shahriyar was sick. He has grown thin.
- 2 He drank oral saline. He got well.
- 3 It is very hot. He becomes thirsty.



*Now complete the following sentences using the table below. Give correct form of the verbs. The first one is done for you as an example.*

get	hungry
become	thirsty
grow	poor
	sad
	angry
	old
	tired
	well

- 1 If you do not eat you will become/grow/get hungry
- 2 The man is bad-tempered. He \_\_\_\_\_
- 3 I walked along that way and \_\_\_\_\_
- 4 The man was young 40 years ago. Now he has \_\_\_\_\_
- 5 If you do not drink water you will \_\_\_\_\_
- 6 He was ill. The doctor gave him medicine. He \_\_\_\_\_
- 7 Kamal wanted to go for a picnic. His father did not let him go. He \_\_\_\_\_  
\_\_\_\_\_

# Revision and Test

## LESSON

# 4

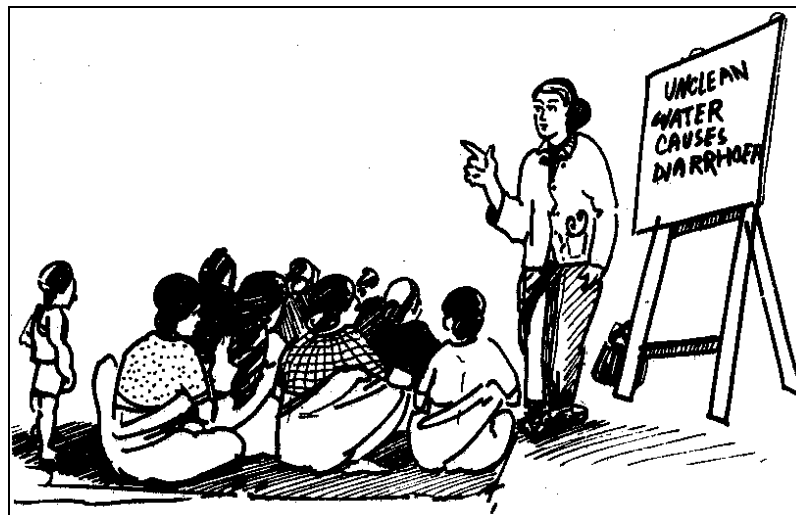
### A



Read the passage and put suitable words in the blanks. Choose words from the list given below. (There are more words in the list than necessary.)

Mamun is a student in class 9. He is very strong and \_\_\_\_\_. He knows the \_\_\_\_\_ of good health and always follows them. He drinks \_\_\_\_\_ water. He knows that unclean water causes diarrhoea and many other \_\_\_\_\_. He goes to \_\_\_\_\_ early and gets up early in the \_\_\_\_\_. He takes enough exercise and \_\_\_\_\_ everyday.

Word-list : bed, clean, cold, dirty, diseases, healthy, morning, noon, rest, rules.



### B



Complete each sentence with a word from column A followed by a word from column B. Use the correct form of the verbs. One is done as an example.

Column A	Column B
feel	angry
look	cold
get	happy
become	hot
grow	impatient
seem	independent
	sad
	sick
	tired
	young

- 1 Do you feel tired? Please have some rest.
- 2 His father died. He \_\_\_\_\_ when I saw him.
- 3 After a bloody war we \_\_\_\_\_ in 1971.
- 4 My grandfather is 60 years old but he \_\_\_\_\_.
- 5 He waited for his friends for hours and \_\_\_\_\_.
- 6 We laugh when we \_\_\_\_\_.
- 7 Turn on the fan. I \_\_\_\_\_.
- 8 Don't go into the rain. You will \_\_\_\_\_.
- 9 The lion roars when it \_\_\_\_\_.
- 10 When the temperature comes down in winter we \_\_\_\_\_.



**C**

*Join each pair of sentences using 'in order to'.*

Example :Q He wants to be healthy. He must follow the rules of health.

A He must follow the rules of health in order to be healthy.

or In order to be healthy he must follow the rules of health.

1 Q He wants to work in a factory. He must learn some skills.

A \_\_\_\_\_

2 Q She wants to be a high school teacher. She must have a B Ed.

A \_\_\_\_\_

3 Q He wants to study medicine. He must study Biology.

A \_\_\_\_\_

4 Q They want to speak English. They must practise speaking.

A \_\_\_\_\_

5 Q Sharmin wants to do well in the examination. She must study hard.

A \_\_\_\_\_



**D**

*One of your relatives often gets diarrhoea. Write a letter to him suggesting how he can prevent diarrhoea and how he can cure himself if he gets diarrhoea. Write at least 50 words.*

## LESSON : 1

### **A**

- 1 a classroom
- 2 a teacher and some students

### **D**

- 1 Mr Khairul Kabir is the Headmaster of RBM Government Boys' High School.
- 2 He is about fifty seven years old.
- 3 Because he does not know the rules of good health.
- 4 The rules of good health are :
  - (a) Eat the right food and drink clean water.
  - (b) Have sufficient exercise and rest.
  - (c) Prevent diseases.

### **E**

- |                         |                                  |
|-------------------------|----------------------------------|
| 2 looked/felt tired     | 3 looks/seems cruel              |
| 4 looked/felt sad/sorry | 5 looks/beautiful or feels happy |
| 6 looks/seems wise      |                                  |

## LESSON : 2

### **A**

- 1 She's collecting water from a tube-well.
- 2 She's washing plates and pots.

### **D**

- 1 They keep our body warm and help us to work.
- 2 He likes beef, mutton, chicken and big fish.
- 3 Because they are cheap and good for health.
- 4 Because it causes diarrhoea, dysentery, jaundice and many other diseases.
- 5 Because she always uses tube-well water for drinking, cooking and washing.

### **E**

- 2 We must take physical exercise in order to keep fit.
- 3 We must read books in order to learn things.
- 4 We must drink clean water in order to prevent diarrhoea.

- 5 We must eat vegetables in order to get vitamins.
- 6 We must eat rice and bread in order to keep our body warm.

### LESSON : 3

#### **A**

- 1 He's sick.
- 2 She's making oral saline.
- 3 She's giving the boy medicine/oral saline.

#### **D**

- 1 Because he had diarrhoea.
- 2 He got it from unclean food.
- 3 Germs in unclean food and water cause diarrhoea.
- 4 He got well by drinking oral saline.
- 5 We should drink/take oral saline.
- 6 We can prevent many diseases by following some rules. Such as –
  - (a) We must drink clean water.
  - (b) We must eat clean food.
  - (c) We must cover our food.
  - (d) We must wash our hands with soap before meals and after using the toilet.
  - (e) We must keep our nails short.
  - (f) We must exercise regularly.
  - (g) We must eat vegetables and fruit everyday.

#### **E**

- |                            |                           |
|----------------------------|---------------------------|
| 2 becomes/gets/grows angry | 3 became/got/grew tired   |
| 4 become/grown old         | 5 become/get/grow thirsty |
| 6 became/got/grew well     | 7 became sad              |

### LESSON : 4

#### **A**

healthy, rules, clean, diseases, bed,  
morning, rest

#### **B**

- |                     |                             |
|---------------------|-----------------------------|
| 2 looked sad        | 3 became independent        |
| 4 looks/seems young | 5 became/grew/got impatient |
| 6 become/feel happy | 7 feel hot                  |
| 8 become sick       | 9 gets/becomes/grows angry  |
| 10 feel cold        |                             |

**C**

- 1 In order to work in a factory, he must learn some skills.  
or  
He must learn some skills in order to work in a factory.
- 2 In order to be a high school teacher, she must have a B Ed.  
or  
She must have a B Ed in order to be a high school teacher.
- 3 In order to study medicine, he must study Biology.  
or  
He must study Biology in order to study medicine.
- 4 In order to speak English, they must practise speaking.  
or  
They must practise speaking in order to speak English.
- 5 In order to do well in the exam, Sharmin must study hard.  
or  
Sharmin must study hard in order to do well in the exam.

**D**

*Try yourself and show your answer to your tutor.*