



الصف الثانى الثانوى Mega Goal 2.3

Unit 2

You are what you eat

Vocabulary- Grammar- Exercises



أ : عماد حمدى

ت/ ماجستير فى مناهج وطرق تدريس اللغة الانجليزية

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Unit 2 You are what you eat



Listen and Discuss :

Word	المعنى	Word	المعنى
careful about	حريص على	antioxidants	مضادات اكسدة
diner	متناول الطعام	allow	يسمح
heart disease	مرض القلب	bitter	مر
taste	مذاق / طعم	sour	حامض
red dye	صبغة حمراء	depend on	يعتمد على
grinding up	يطحن	aroma = flavor	نكهة / رائحة جميلة
minerals	معادن	distinguish	يفرق / يميز بين
peak	قمة	carmine	لون قرمزي
delicacy	طعام غالى الثمن / نادر	a stuffed-up nose	به زكام
deadly toxins	مواد سامة	cochineal insect	حشرة الصبار
poisoning	سام	buds	براعم
licensed chefs	طهارة ذوى رخصة للطهى	pick	يقطف فاكهة / يلتقط
maintain	يحافظ على	nutritious	مفيد للجسم / صحى
reduce the risk of	يقلل من خطر	blood flow	تدفق الدم
lock in	يغلق على	consumption	استهلاك



كلمات هامة Quick Check

- Delicacy** = an expensive and/or hard to find food طعام غالى الثمن او نادر
- Toxins** = poisons مواد سامة
- Licensed** = having legal permission to do something صاحب رخصة لممارسة شىء ما
- Maintain** = to keep something in good shape يحافظ على الشىء فى حالة جيدة
- Peak** = the highest point قمة وهى اعلى نقطة
- Aroma** = fragrant smell / flavor رائحة جميلة
- Distinguish** = to be able to identify one from another يفرق بين



Exercises

A - Complete the sentences with the words from the box.

aroma / delicacy / licensed / peak / bitter / distinguish / locks in / toxins

1. Paint has lots of _____ in it, so you should try not to breathe in the fumes.
2. Tom wants to get _____ to fish so that he can catch some of the food his family eats.
3. It's true that I can run 5 kilometers now, but years ago, when I was at my _____, I could run 10 kilometers.
4. I put a lot of sugar and milk in my coffee, because otherwise it tastes too _____.
5. Some people say that you should soak a turkey in salt water before you bake it. Apparently, this _____ all the juice, so it doesn't get dried out in the oven.
6. The _____ of fresh baked bread in the kitchen is making my mouth water.
7. My mother is such a gourmet cook that it's difficult to _____ between her cooking and restaurant cooking.
- 8-Did you know that camel humps are a _____ in China ? They are usually boiled before they are served, but they are sometimes eaten raw!



Check your answer:

1. delicacy 2. toxins 3. licensed 4. maintain 5. peak 6. aroma 7. distinguish



Grammar

Phrasal Verbs تعبيرات الافعال

عبارة عن فعل يتكون من فعل اساسى يأتى معه حرف جر او ظرف حيث يغير فى معنى الفعل الاساسى ويمكن ان يأتى بعد الفعل الاساسى كلمتين .

look after يهتم بـ **look after** بعد **after** **look** ينظر

look forward to يتطلع الى / يتمنى



Examples

(**pick at** / **pick on** / **pick out** / **pick up**)

1-Didn't you like the dinner? You only picked at it. (pick at = eat without enthusiasm)

يأكل بدون حماس او شغف

2-My sister picks on me for being a vegetarian. (pick on = tease) يضايق على سبيل المزاح / يستفز

3-We need to pick out a restaurant for the celebration. (pick out = choose) يختار

4-Will you pick up a gallon of milk on your way home? (pick up = get, buy) يشتري

Separable and Nonseparable Phrasal Verbs

تعبيرات الافعال القابلة للانفصال والغير قابلة للانفصال

1-Some phrasal verbs are nonseparable:

-هناك تعبيرات افعال غير قابلة للانفصال حيث ياتى الاسم المفعول بعد حرف الجر او الظرف مباشرة

-I ran into Reema at the supermarket. (NOT: I ran Reema into at the supermarket.)

-I ran into her. (NOT: I ran her into.)

call for	come from	look into	tire of
come across	go on	run into	turn out

2-Many phrasal verbs are separable:

2-هناك أيضا تعبيرات افعال يمكن فصلها حيث يمكن ان يأتى الاسم المفعول بعد حرف الجر مباشرة او بين الفعل الاساسى وحرف الجر كالاتى :

-The chef cut up the steak into small pieces.

-The chef cut the steak up into small pieces.

ولكن اذا تم استخدام ضمير مفعول مثل it / him / her / us فإنه لايد ان يأتى بين الفعل الاساسى وحرف الجر كالاتى :

-The chef cut it up into small pieces. (NOT: The chef cut up it into small pieces.)

turn down	figure out	think over	tell apart
whip up	take out	talk over	throw away
cut up	point out	turn into	send back
give up	throw out	take off	fit in
wake up	put on	burn off	

Three-Word Phrasal Verbs**تعبيرات افعال ثلاثية**

هناك تعبيرات افعال تتكون من ثلاث كلمات وتعبّر غير قابلة للانفصال حيث يأتى بعدها الاسم مباشرة :

The doctor says you must cut down on sugar. (NOT: You must cut sugar down on.)

catch up on	drop out of	get along with	look forward to
come down with	feel up to	get rid of	make do with
come up with	get away with	load up on	run out of
cut down on	get down to	look down on	take care of



Exercises

1-Complete the sentences with a particle from the box. Some of the particles can be used more than once:

for / into / off / on / out / over / up

-My sister has **gone** (1) _____ too many crazy diets. Last month, she was on a diet that **called** (2) _____ her to eat almost nothing but grapefruit all day. Initially, the diets seem to work. They **take weight** (3) _____ quickly. But a few weeks later my sister always seems to **put the weight** (4) _____ again. And the diets were making her tired and weak. I **pointed** this (5) _____ to her last week and we **talked** (6) _____ my concerns. I asked her to **figure** (7) _____ a better way of losing weight. She **thought** it (8) _____ and agreed to **give** (9) _____ the crazy diets. She's going to **look** (10) _____ more sensible diets, and she's going to try to **burn** (11) _____ calories with more exercise.



Check your answer:

1. on — (go on: to begin and then continue) يبدأ ويستمر
2. for — (call for: require) يتطلب / يحتاج
3. off — (take [weight] off: remove; also take off [clothing]) يزيل / يخلع ملابسه / تقلع الطائرة
4. on — (put [weight] on: to add something to the body, such as clothing or weight) يزداد فى الوزن
5. out — (pointed [this] out : indicated) يشير الى
6. over — (talked over : discussed) يناقش
7. out — (figure out : find an answer or solution to a problem) يجد الاجابة / يحل مشكلة
8. over — (thought [it] over: considered) يفكر فى / يعتبر
9. up — (give up : stop doing something; also abandon hope) يقلع عن / يتوقف عن عمل شىء
10. into — (look into : investigate) يحقق فى / يتحرى
11. off — (burn off : to cause to go away because of heat or activity) يحرق (سعات حرارية)

2. Choose the correct answer :

1. I'm going to sendthis food. (of / back) يرجع / يعيد
2. Most people can't tell a yam from a sweet potato. (apart / down) يعرف الفرق بين
3. You need to throw the moldy cheese. (on / out) يرمى
4. I never tire chocolate. (of / off) يشعر بالملل
5. Wake Jenna for breakfast. (in / up) يوقظ من النوم
6. I never turn dessert. (down / on) يرفض
- 7-We came a great recipe. (across / cross) يجد صدفة



Check your answer:

- 1- back 2- apart 3- out 4- of 5- up 6- down 7- across

3. Complete the three-word phrasal verbs:

1. He ran to the supermarket because we ran _____ milk.
2. These shoes are old. I think I'll get _____ them.
3. She has heart problems. Her doctor told her to cut _____ fatty foods.
4. They came _____ food poisoning after they ate the spoiled meat.
5. Marathon runners often load _____ pasta the night before a race.
6. We're looking _____ trying the new Indian restaurant.
- 7-I don't feel _____ to going out to dinner tonight.



Check your answer:

1. ran out of (came to an end of; used up) يستهلك / ينفذ
2. rid of (throw away something that is unwanted) يتخلص من / يرمى
3. cut down on (reduced the amount used) يقلل كمية
4. came down with (became ill with something) يمرض بسبب
5. load up on (get a lot of something) يحصل على كثير
6. looking forward to (anticipating with pleasure) يتمنى / يتطلع الى
- 7-feel up to (feel like) يرغب / متحمس لـ