



6 My grandma



Words of wisdom: "Sound minds in healthy bodies." (Al- 'aqlus saliim fil jismis saliim)

A. Read the text and fill in the blanks with these verbs: prayed, ~~learned~~, smiled, lived, enjoyed.

- I always loved my grandma. I'll never see her again but I learned a lot from her. Physical activity was very important for her. She loved cycling. She rode her bicycle wherever she went. We often went cycling together.
- My grandma was a farmer. She _____ working in her rice field from morning until late afternoon. She was a hard worker but she was never stressed.
- She also _____ a healthy life. She ate vegetables, fruit, fish, and rice. She fasted on Mondays and Thursdays.
- She was always relaxed and patient. When she _____, she concentrated and she often did this for a long time.
- My grandma was a busy person but she was very sociable. She was friendly and she always _____ at everyone she met. I will never forget what she said, "Be happy, positive and friendly."

B. Match the pictures (a – e) with paragraphs 1 – 5.



C. Answer these questions.

- What can you learn about the writer's grandmother's life?
- Did she live a modern or traditional life style? How do you know?
- Would you like to live this kind of life? Why?
- Why do you think the writer will never see her grandmother again?

D. SPEAKING. Who did the activities in the chart? Write at least 2 names of students who answer "Yes".



Names	Activities
1. _____ & _____	drank milk two days ago.
2. _____ & _____	studied English yesterday.
3. _____ & _____	fasted last Monday.
4. _____ & _____	ate vegetables last week.

