

Video Worksheet

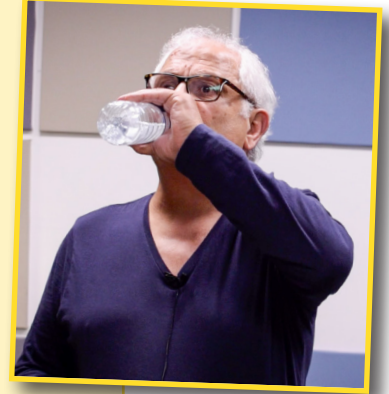
Unit number: 12

Topic: Fitness

Video: *Mahmoud talks about fitness*

Go to www.macmillanihe.com/masteringarabic to play the video of Mahmoud talking about fitness. Can you answer these questions?

- 1 When did he first notice the symptoms?
 - 2 Name three things Mahmoud decided he needed to change to be healthier.
 - 3 Was he successful? How do you know?
- First, listen for the key information to answer the questions. Then, on the website, study the transcript, the translation and the extension activity for more detailed listening.



Extension activity

✓ Match the English to the Arabic phrases as used in the video.

a fatty food

١ حياتي

b symptoms of illness

٢ الطعام الصحيّ

c I cut out

٣ الهواء الملوّث

d my health

٤ أعراض المرض

e polluted air

٥ بدأتُ أشعر

f healthy food

٦ أمتنع عن

g my life

٧ صحتي

h I began to feel

٨ الطعام الدهنيّ

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Transcript

من حوالي سنتين، بدأت أشعر ببعض أعراض المرض. فقررت أن أغير حياتي.

كان من الضروري أن أمتنع عن الملح، والطعام الدهني، والهواء الملوث. كان من المفروض أن آكل الخضروات، والفواكه، والطعام الصحي. كان عليّ أن أمتنع عن التوتر.

غيرت حياتي، فتحسنت صحتي، وبدأت أشعر بالسعادة.

Translation

About a couple of years ago, I began to feel some symptoms of illness. So, I decided to change my life.

It was necessary to cut out salt, fatty food, and polluted air. I was supposed to eat vegetables, fruit, and healthy food. I had to cut out stress.

I changed my life, so my health improved, and I began to feel happy.

Notes

- ✓ Note how Mahmoud uses كان عليّ أن, literally *it was on me that*, to mean *I had to*. This is a useful phrase which can be adapted for different subjects and time frames: كان علينا أن, *we had to*; عليهم أن, *they have to*; سيكون عليك أن, *you will have to*, etc.
- ✓ Mahmoud uses the verb تَحَسَّنَتْ to mean [my health] *improved*, or *got better*. This is a form V verb from the root حسن. You may be familiar with other words from this root, such as حَسَن, *good* (and a boy's name); أَحْسَن, *better*; تحسّين, *refinement*; مُحسِن, *benefactor* (and a boy's name).

١g; ٢f; ٣e; ٤b; ٥h; ٦c; ٧d; ٨a

Answers to Extension activity

1 About two years ago. 2 Three of the following: no salt, fatty food, polluted air, stress; eating more vegetables, fruit, and healthy food. 3 Yes, his health has improved and he is happier.

Answers to comprehension questions

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