

Video Worksheet

Unit number: 06

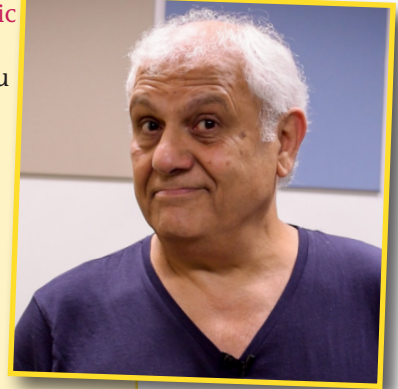
Topic: Talking about food

Video: Mahmoud describes his new diet

Go to www.macmillanihe.com/masteringarabic to play the video of Mahmoud describing his new food and cooking regime. See whether you can answer these questions:

- 1 What diet does Mahmoud follow?
- 2 What does he suggest eating to keep yourself healthy?
- 3 What does Mahmoud try to eat more of?
- 4 What does Mahmoud try to eat less of?

You know how to approach these videos now. First, listen for the key information, answering the questions above. Then listen again, referring to the transcript, the translation and the extension activity on the website.



Extension activity

- ✓ Put a line under the correct word, according to what Mahmoud says. Then listen to the video again and check your answers.

أهلاً بكم! أنا (نباتي/مصري/صحافي)، لا (أشرب/أكل/أشاهد) اللحم. قررت أن أمتنع عن أكل اللحم لأنني (أكرهه/أريد/أمل) أن تكون صحتي في (أخف/أجمل/أفضل) صورة.

الخضروات و(الفيل/البن/الفواكه) والأطعمة الخالية من (الدهن/السكر/الكحول) تساعد الإنسان على أن يكون (نشيطاً/كسولاً/عنيداً). المكسرات، والمأكولات (البحرينية/البحرية/النباتية)، والفواكه، والخضروات (كله/كلهم/كلها) سهلة الهضم. ولكن الدهون وبعض منتجات الألبان صعبة الهضم.

بـ(صفة/صورة/صفات) عامة، صحتي الآن أفضل (متى/من/منذ) أن أصبحت نباتياً.

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Transcript

أهلاً بكم! أنا نباتي، لا أكل اللحم. قررت أن أمتنع عن أكل اللحم لأنني أريد أن تكون صحتي في أفضل صورة.

الخضروات والفواكه والأطعمة الخالية من الدهون تساعد الإنسان على أن يكون نشيطاً. المكسرات، والمأكولات البحرية، والفواكه، والخضروات كلها سهلة الهضم. ولكن الدهون وبعض منتجات الألبان صعبة الهضم.

بصفة عامة، صحتي الآن أفضل منذ أن أصبحت نباتياً.

Translation

Hello! I am vegetarian; I don't eat meat. I decided to not eat meat because I wanted my health to be as good as possible.

Vegetables, fruit, and fat-free foods helps a person to be active. Nuts, sea food, fruit, and vegetables are all easy to digest. But, fats and some dairy products are difficult to digest.

Broadly speaking, my health is now better since I became a vegetarian.

Notes

- ✓ Mahmoud uses the phrase *في أفضل صورة*, literally *in the best picture*, to mean *as good as possible*; and the phrase *بصفة عامة*, literally *with a general description*, to mean *broadly speaking*. These are useful phrases for many situations.
- ✓ Note the difference between *أنا نباتي*, *I am vegetarian*, and *أصبحت نباتياً*, *I became a vegetarian*.

See transcript.

Answers to Extension activity

4 Meat, fats and some dairy products.

1 Vegetarian. 2 Vegetables, fruit, and fat-free foods. 3 Nuts, sea food, fruit, and vegetables.

Answers to comprehension questions

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