

# Health is Wealth 5

**“Health excels all gain.”**

**-The Buddha**



## **Activity 1**

### **Act Out**

Some friends of Sri Mahanaga Primary Pirivena, Tissamaharama have met each other before their classes start in the morning.

Gayan :- What's that article you're reading?

Sanju :- It's about the health risks of being overweight.

Gayan :- You mean obese?

Sanju :- Well, not all people who are overweight are obese.

Gayan :- What do you mean?

Sanju :- I mean, all of us can put on some weight. It's natural, but we shouldn't let ourselves put on too much weight. Otherwise we might end up becoming ill.

- Gayan :- How do you become ill?
- Sanju :- When your body cannot hold your weight, your heart and other organs will have a hard time working properly. So you'll have illnesses like diabetes and strokes.
- Sanju :- In that case, isn't health more important than wealth?
- Janith :- Yes, you're right.
- Gayan :- Why do you think so ?
- Janith :- Because any healthy person can earn wealth.
- Gayan :- Then what about wealth? Don't you need money to live?
- Janith :- Yes, you are right but even if you are wealthy you can't be happy if you're not healthy.
- Sanju :- We can't forget the words of the Buddha '*Arogya Parama Laba*',
- Gayan :- Do you know what it means?
- Sanju :- Yes, "health excels all gain."
- Gayan :- Does that mean you have found the answer to what you have been thinking about?
- Sanju :- I think so.

## Activity 2 - Reading

Answer the following questions.

1. Who are the friends in the above conversation?
2. What are they talking about?
3. How does putting on too much weight lead to illness?
4. What is the Buddhist saying mentioned in the conversation?
5. What does it mean?

## Learning Point

### ➤ What is word stress?

“Word Stress” is pronouncing one syllable of a multi syllabic word with greater emphasis (stress) than the other syllables in the word.

### ➤ Why do we stress words?

Words are mainly stressed to differentiate the meaning of words. According to the stressed syllable, we can determine the word class too. In addition, the flow of speech is ensured.

### ➤ What are the word stressing rules?

#### 1. Stress the first syllable of:

- o Most two-syllable nouns (examples: CLImate, KNOWledge)
- o Most two-syllable adjectives (examples: FLIPpant, SPACious)
- o Most two-syllable verbs (examples: reQUIRE, deCIDE)

#### 2. Stress the second syllable of:

- o Words that end in -ic (examples: ecSTATic, geoGRAPHic)
- o Words ending in -sion and -tion (examples: exTENSion, retriBUtion)
- o Words that end in -cy, -ty, -phy and -gy (examples: deMOCracy, unCERTainty, geOGRAPHy, radiOLOGy)
- o Words that end in -al (examples: exCEptional, CRItical)

Keep these simple rules in mind and you will soon find your pronunciation getting better and better!

### Activity 3 - Listening

Listen to the given words read by the teacher and circle the correct number of the stressed syllable of each word.

Word	Syllable Number			
reception	1	2	3	
comparison	1	2	3	4
potato	1	2	3	
bedroom	1	2		
fourteen	1	2		
forty	1	2		
delicious	1	2	3	
playful	1	2		

### Learning Point

*then, otherwise, in that case*

These words are used to link ideas.

*Examples:*

- \* **Then**, what about wealth?
- \* **In that case**, isn't health more important than wealth?
- \* We shouldn't let ourselves put on too much weight. **Otherwise**, we'll end up becoming ill.

## Activity 4 - Grammar

Insert *otherwise, then* or *in that case* where necessary.

1. Please hurry up; ..... we will miss the bus.
2. First, I went to the bank and ..... I went to the market.
3. A: Tomorrow is Monday. Traffic will be heavy.  
B: ..... we should leave early.
4. First peel the potatoes and ..... cut them into strips.
5. Bhatiya was ill, ..... he would have attended the meeting.
6. Read the instructions in the manual carefully. .... you won't have any problems.
7. You must study well, . .... the money you spent is useless.

## Obesity

Obesity can be defined as a medical condition in which the amount of body fat in a person is sufficient to cause a negative effect on his or her health. One is considered obese if one's bodyweight is at least 20% higher than it should be. The measurement of that is the body mass index (BMI). Body mass index or the BMI is obtained by dividing a person's weight by the square of the person's height.

Obesity increases the likelihood of diseases such as heart disease, diabetes, obstructive sleep apnea, certain types of cancer, and osteoarthritis.

Common causes of obesity are binge eating, frequent intake of sugary and fatty foods, fast food and abnormal eating patterns. Another cause is lack of exercise. Sedentary life style with too much TV and computer games could lead people to become overweight. Other causes are hereditary factors and effects of illness or drugs.

Obesity can mostly be prevented through a combination of social changes and personal choices. People should train themselves to control their desire for food. Parents can set up a good eating example for children to follow. Schools can also avoid selling foods that are unhealthy in canteens and supply healthy lunches without too much meat or oily food.

### Activity 5 - Reading

Answer the following questions.

01 What is obesity?

02 What measurement is used to decide whether a person is overweight?

03 Name three diseases mentioned in the article.

04 What are common causes of obesity?

05 How can we prevent obesity?

### Learning Point

#### Summarizing a Text

When summarizing a text:

- Read the text keeping the questions *what, where, who, when, why* and *how* in mind.
- Include the main points of the text.
- Avoid minor details.
- Use your own words.
- Try to summarize the original text up to 1/3 of its length.

Given below is a summary of the text “obesity”. Read it comparing it with the original text.

Obesity is the accumulation of too much body fat, generally 20% or more of what is considered the healthy weight. Body Mass Index is the measurement used to determine it. Obesity could cause various life threatening medical conditions. Unhealthy eating patterns and lack of exercise are the major causes of obesity. Self-control, will power as well as parents and schools can play a major role in preventing obesity in addition to inculcating healthy eating habits.

### Activity 6

Read the text given below. Then summarize it to about 1/3<sup>rd</sup> of the text.

### Healthy Foods for Healthy Life

A balanced diet is important in maintaining our health. Therefore, we should make sure that we take a balanced diet. What is a balanced diet? A balanced diet contains all the main nutrients. They are carbohydrates, proteins, fats, minerals and vitamins. Drinking plenty of water is also important for a healthy life.

Sri Lankans generally take three main meals a day. They are breakfast, lunch and dinner. If we miss one of these meals regularly, it could lead to illnesses such as gastritis. Fast food could also be bad for our health as most of them contain a lot of artificial flavours, colorings and preservatives.

Growing fruit and vegetables in our home garden is important. We can get fresh fruit and vegetables free of chemicals without spending a lot of money. Besides, eating healthy food helps in preventing diseases too.

#### Learning Point

#### Blending

Sometimes, new words are formed by merging two words together.

e.g. breakfast + lunch = brunch (a meal usually eaten late in the morning combining both breakfast and lunch)

The resulting words are called blends.

### Activity 7 - Grammar

Guess and match the following.

motor + hotel

electric + execute

smoke + fog

car + hijacking

camera + recorder

work + alcoholic

electrocute

motel

carjacking

smog

workaholic

camcorder

### Activity 8 - Listening

Listen to the dialogues and circle the correct answer.

Problem	Suggested Solution
A has put on some weight.	i. going on a diet ii. jogging
Fruit and vegetables are full of pesticides.	i. buy organically grown vegetables ii. grow fruit and vegetables in our home gardens
Waste disposal is a big problem.	i. We should reuse things. ii. We should recycle things.
A has caught a cold.	i. He is going to a doctor. ii. He is going to drink a herbal medicinal drink like <i>Pas Panguwa</i> .



### Activity 9 - Reading

The parts of a formal letter are given below. Read it and arrange the parts of the given letter in the correct order.

Return address	
Date	
Recipient's address	
The salutation	
Subject	
Body	
Complimentary close	
Signature	
Name and the designation of the sender	

1  
District Medical Officer  
Base Hospital,  
Hambantota.

2  
Navoda Health Club,  
Hambantota.  
10-11- 2018

Dear Sir/Madam 3

Health Camp 4

5  
Our Health Club is hoping to conduct a Health Camp for the school children and the parents in Mirijjawila and Weerawila areas. We have planned to have this health camp on 10<sup>th</sup> November at Nagavihara temple Mirijjawila from 8.00 a.m. to 4.00 p.m. We would be most grateful if you could send us a team of doctors for this programme.  
We are looking forward to a favourable reply.

W. Saman Jayantha,  
( The Secretary)  
6

7  
Thank you,  
Your faithfully,

### **Activity 10 - Grammar**

Rewrite the passage correcting the grammatical errors.

## **Sports for Healthy Life**

Sports are very important for humans. It is help for our mental and physical health. From our childhood we does a lot of sports and games. Sports help to keep our body healthy giving by some exercises when we doing sports it make our body strong and help to grow well. When our body is free of sickness our mind also automatically become healthy. When we are engage in sports, it help us to develop team work and understand each other. Sports give us courage to accept both winning and losing. The new generation has becoming lethargy because they plays a lot of games with mobile phones and computers and as a result they contracts many diseases.

### **Activity 11 - Writing**

Write an essay titled “How to achieve Physical and Mental Well-being through Buddhism.”

### **Activity 12 - Speaking**

#### **Group Work**

Using the facts of the essay (Activity 11) deliver a sermon to the class.