

# The Greatest Wealth 9

## Activity 1 - Act out

Once there was a kind and generous king. He looked after his people well. His people, in return, loved him and worked hard to build the country. Their country was very prosperous.



Unfortunately, as time passed, the king became lazy. He ate a lot of unhealthy food and wasted his time on trivial things. He hated doing routine exercises usually expected of kings. Soon, he became overweight and fell sick often. The king, who had once been active and energetic, was now lethargic and unhappy.

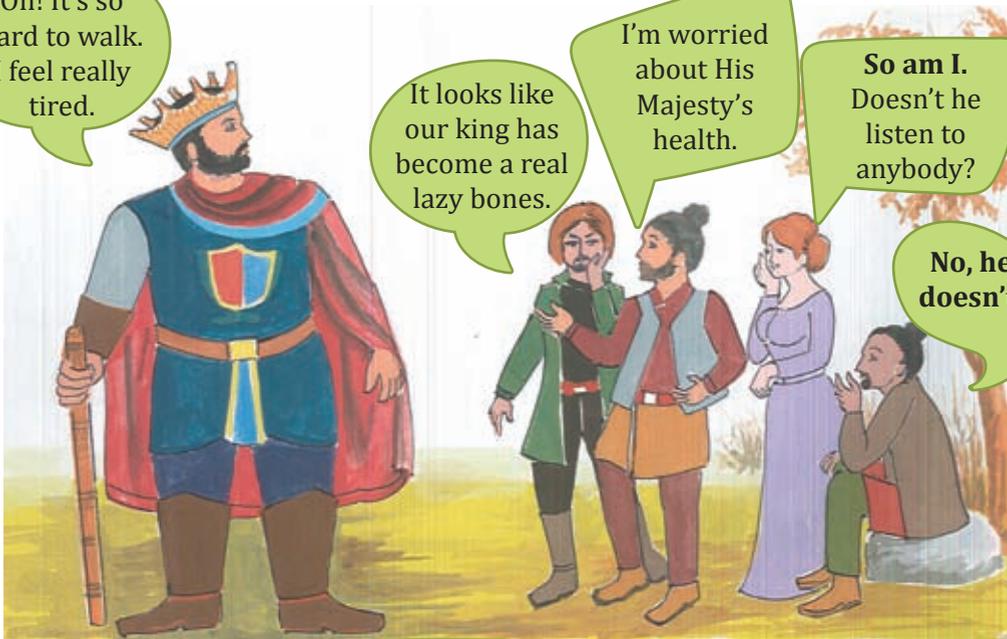
Oh! It's so hard to walk. I feel really tired.

It looks like our king has become a real lazy bones.

I'm worried about His Majesty's health.

**So am I.** Doesn't he listen to anybody?

**No, he doesn't.**



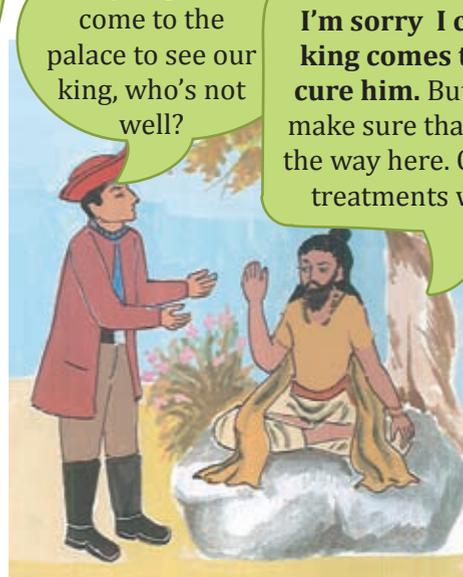
One day....

Your Majesty, a wise man has come to our country. He claims he can cure any sickness.

That's good news. Ask him to come to the palace.

Can you please come to the palace to see our king, who's not well?

**I'm sorry I can't. If the king comes to me, I will cure him.** But you have to make sure that he walks all the way here. Otherwise my treatments won't work.

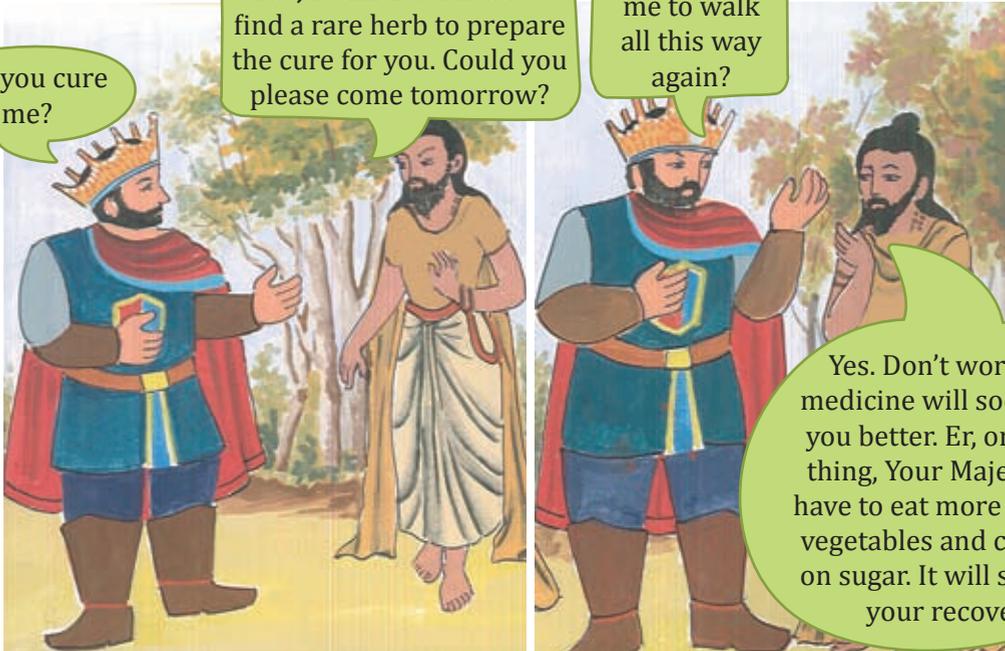


Next day, the king visited the wise man. It was a long walk to the wise man's house.

Can you cure me?

**Yes, I can.** But I need to find a rare herb to prepare the cure for you. Could you please come tomorrow?

Do you want me to walk all this way again?



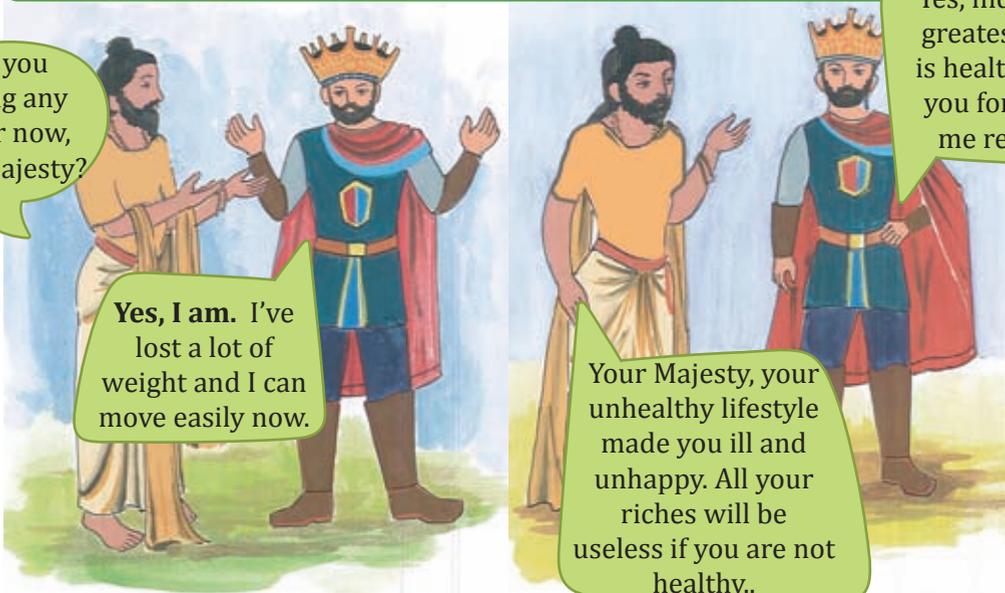
Yes. Don't worry. My medicine will soon make you better. Er, one other thing, Your Majesty. You have to eat more fruit and vegetables and cut down on sugar. It will speed up your recovery.

For thirty days, the wise man made the king walk from the palace to his hut saying on each day that he had not yet found the herb for the cure. Gradually, with all the exercise, the king began to lose weight and feel better. On the thirty first day .....

Are you feeling any better now, Your Majesty?

**Yes, I am.** I've lost a lot of weight and I can move easily now.

Yes, indeed. The greatest wealth is health. Thank you for making me realize it.



Your Majesty, your unhealthy lifestyle made you ill and unhappy. All your riches will be useless if you are not healthy..

Number the sentences in the correct order to form the story.

- a. Once upon a time there was a kind- hearted king. [ 1 ]
- b. He ruled his country justly and his countrymen loved him. [ ]
- c. One day, the king heard that a wise man who could cure any illness had come to his country. [ ]
- d. The king asked his Chief Minister to bring the wise man to the palace. [ ]
- e. Gradually, the king became lazy and neglected his duties spending most of his time eating and sleeping. [ ]
- f. The wise man refused to come to the palace and said he would cure the king only if the king visited him. [ ]
- g. The wise man asked the king to come back on the following day saying that he had to find a rare herb for the cure. [ ]
- h. For thirty days, the wise man gave the same excuse and made the king walk back and forth from the palace to his hut. [ ]
- i. As a result, he became overweight and sick. [ ]
- j. As a result of the long walk, the king lost his excess weight and began to feel better. [ ]
- k. Upon hearing this, the king decided to meet the wise man. [ ]
- l. The king thanked the wise man for helping him to realize the value of good health. [ 12 ]

### **Activity 2** *Reading*

Find utterances taken from the picture story that are used to convey the given ideas.

- **e.g. :-** I also like him. - So do I
- I'm also worried about His Majesty's health. - \_\_\_\_\_
- Of course we are lucky to have such a great king. - \_\_\_\_\_
- I'm sorry, I can't come to the palace. - \_\_\_\_\_

- Yes, I can cure you. - \_\_\_\_\_
- Yes, I'm feeling better now. - \_\_\_\_\_

### Activity 3 *Speaking*

This is a telephone conversation between Pavan and his uncle who is in Dubai. Complete it using the utterances in the box and practise it in pairs.

**Uncle Ravi :** Hello, Pavan. This is Uncle Ravi.

**Pavan:** .....

**Uncle Ravi:** I'm fine, thanks. How's everybody?

**Pavan:** .....

**Uncle Ravi:** Pavan, is grandpa at home? Can I speak to him, please?

**Pavan:** .....

**Uncle Ravi:** No, it's okay. How is he? I hope he's in good health?

**Pavan:** .....

**Uncle Ravi:** Good! He needs exercises as well. Pavan, why don't you encourage him to take a short walk in the evenings? Perhaps you can accompany him.

**Pavan:** .....

**Uncle Ravi:** Thanks, son. Say hello to everybody for me and, er, tell grandpa that I called. I'll call him again tomorrow if I have time.

**Pavan:** .....

**Uncle Ravi:** Bye!

- We're all fine, thanks.
- Hi uncle, how are you?
- Yes, he's fine. He takes his medicine regularly and he is very careful with his diet.
- I'll tell him, Uncle Ravi. Bye!
- Grandpa is taking a nap. Shall I wake him up?
- Sure. That'd be fun.

### **Activity 4**

Read the given utterances and do activity 3 in the workbook unit 9.

If we do regular exercises, we will be healthy.

If it rains, we will get wet.

If you drink a lot of milk, you will have strong bones and teeth.



If you eat a lot of sweets, you will become overweight.

If you get wet, you will catch a cold.

If I go to the pharmacy, I will buy a roll of bandage.

## Learning point

### Conditional Sentences Type 1

Type 1 conditional sentences are used to refer to:

- actions that are likely to happen (realistic situations)

The result will happen only if the condition is fulfilled.

Form:

If clause (condition)

Main clause (result)

If + simple present tense,

simple future tense

*If I go to the pharmacy, I will buy a roll of bandage.*

If the if - clause comes first, you should use a comma to separate the two clauses.

The main clause can come before the if clause.

When this happens, we do not use a comma to separate the two clauses.

- *I will buy a roll of bandage if I go to the pharmacy.*

## Activity 5 Grammar

Refer to the table and build conditional sentences. Make the necessary punctuation and capitalization changes.

If	I find your book	I will bathe at the hot water springs
	I visit Trincomalee	I will bring it to you
	It doesn't rain today	They will call off the match
	It rains today	They will be the champions
	Ruwani comes to school today	The teacher will give her a role in the play
	Our team wins the match today	I will water the plants

*e.g. :- If I find your book, I will bring it to you.*

## Activity 6 *Writing*

Use your own ideas and complete these clauses to form conditional sentences.

1. If I'm hungry, .....
2. If my friend Ram visits me, .....
3. .... if you don't study hard.
4. If Sachini catches the 6 o'clock train, .....
5. If they like the house, .....
6. I will make some tea .....
7. ...., I will tidy up the room.

### Learning point

#### Conditional Sentences Type 2

Type 2 conditional sentences are used when the action or situation in the if-clause is

1. unlikely to happen

*e.g. :- If I saw a robbery, I would call the police.*

or

2. contrary to fact i.e. the opposite of the real situation.

*e.g. :- If I knew his phone number, I would give him a call.*

(real situation - I don't know his phone number.)

Form:

If clause (condition)

Main clause (result)

If + simple past tense,

would + verb

- ***It is important to remember that although the past tense is used in the if-clause, (knew/saw) the meaning is either present or future, NOT past.***

The main clause can come before the if clause.

*e.g. :- I would give him a call if I knew his phone number.*

*or*

*If I knew his phone number, I would give him a call.*

- **'Were' can be used with any subject (PLURAL OR SINGULAR).**

*e.g. :- If I were a bird, I would fly around the world.*

*If he were here, he would help us.*

- However, nowadays people tend to use **'was'** with singular subjects.

*e.g. :- If I was a bird, I would fly around the world.*

*If he was here, he would help us.*

## **Activity 7** *Grammar*

Match the clauses and form meaningful sentences.

- |  |  |
|--|--|
| • If I knew Sahan's address,                 | if I had more time                       |
| • I would sail around the world              | there would be more vehicles on the road |
| • If today was Monday,                       | if the earth suddenly stopped spinning   |
| • I would learn to play a musical instrument | the crops would grow better.             |
| • If we had more rain,                       | if I had a ship                          |
| • If my uncle had a motorbike,               | he would take me for a ride.             |
| • What would happen                          | I would send him a birthday card.        |

## **Activity 8** *Reading*

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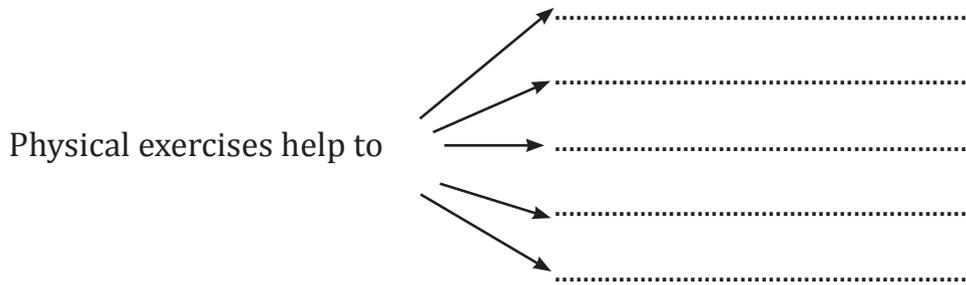
### ***Physical Fitness and the Value of Exercise***

Physical fitness refers to being healthy in body. Being physically fit gives us the ability to engage in daily activities and sports without being unduly tired. Together with nutrition, rest and relaxation, physical exercises also play a major role in determining the level of a person's physical fitness.

There are many ways that exercises help us to be healthy. When we exercise, we burn calories and when we burn calories regularly, we do not become overweight. Thus, exercising is very useful in maintaining a healthy weight. It also helps to improve heart and lung health besides increasing our energy levels. Another advantage is that regular physical exercises also contribute to preventing illnesses. Exercising brings down unhealthy cholesterol levels and minimises the risk of heart disease. Apart from that, when you are physically active, you sleep better at night. A good night's sleep relaxes and rejuvenates your body. As a result, you feel refreshed and stress-free.

In modern society, addiction to television, smart phones and computers tends to keep people away from physical activities. This is very harmful to our health. Contrary to what some may believe, exercising does not have to be tedious or monotonous. It does not have to be merely stretching, running or lifting weights. It can be an enjoyable activity such as hiking, swimming, cycling or dancing. You can turn it into a social event which you can enjoy with your friends. This way it will boost not only your physical well-being but your mental well-being too.

1. Read the text and complete the diagram.



2. Find synonyms for these words from the text.

dull : .....

restore : .....

reduce : .....

3. Find words from the text that have opposite meanings to these words.

useless : .....

healthy : .....

disadvantage: .....

## Activity 9 *Reading and Writing*

### STEP 1

Read the given short descriptions.

We touch many surfaces with our hands. Therefore it is important to wash our hands before and after eating and after using the toilet.

**Immunization** minimizes the risk of getting dangerous **diseases** like polio, diphtheria and tuberculosis. Getting yourself vaccinated at the right time is a must to prevent such diseases.

Diseases can spread through personal items like towels, combs, dining plates and drinking glasses. Therefore, they should not be shared with anybody.

Vitamins give us immunity against **diseases**. Taking a balanced meal with plenty of fruit and vegetables helps us to fight diseases.

Inactive lifestyle is **unhealthy**. Doing exercises **regularly** helps our bodies to be strong and healthy.

We need enough sleep to **restore** our bodies. Sleep also helps our bodies to grow and strengthen our memory.

### STEP 2

Now rewrite the following jumbled sentences correctly.

- I. hands/wash/using/before/and/eating/toilet/after/the/and/after  
*e.g. :-* Wash hands before and after eating and after using the toilet.
- II. don't/personal/such/towels/with/combs/share/belongings/as/others/and
- III. regularly/do/ to/be/and/healthy/strong/exrcises/
- IV. diseases/to/get/dangerous/vaccinated/prevent.
- V. balanced/eat/plenty/with/meal/vegetables/a/fruit/of/and
- VI. sleep/get/enough

### STEP 3

Dengue has become an epidemic in Sri Lanka due to our negligence. We have created unnecessary space for mosquitoes to breed excessively. Yet, with a little effort and commitment, we can get rid of this menace.

Write five instructions on “How to Prevent Dangerous Types of Mosquitoes from Breeding Rapidly”. You may make use of the given vocabulary

clean    remove    plant    don't    turn over  
 throw            gutters    containers    hold out  
 leaves            buckets    plants such as Basil  
 rainwater    regularly    repel mosquitoes    environment

### Learning point

### Affixes

An affix is added to the beginning or the end of a word to form a new word.

*e.g.* :- healthy **-un**healthy    polite- **im**polite    neat- **ness**

#### prefixes

\* added to the beginning of a word

**un-**happy    unhappy  
**dis-** advantage    disadvantage  
**im** - patient    impatient

#### suffixes

\* added to the end of a word

<b>ful/fully</b> - beauty	beautiful/beautifully
<b>less</b> - use	useless
<b>ness</b> - fit	fitness
<b>ment</b> - agree	agreement
<b>ation/ ion</b> - recommend	recommendation
<b>ation/ ion</b> - prevent	prevention
<b>able</b> - adore	adorable
<b>ly</b> - sad	sadly

- *Prefixes change the meaning of the word.*
- *Suffixes change the word class.*

<i>forget (verb)</i>	—————>	<i>forgetful (adjective)</i>
<i>happy (adjective)</i>	—————>	<i>happiness (noun)</i>
<i>angry (adjective)</i>	—————>	<i>angrily (adverb)</i>

## Activity 10 Grammar & Vocabulary

Add the prefixes **un/dis/im/ in** to form the opposites of these words.

wrap                      agree              connect  
ability                  possible          fold

## Activity 11 Grammar & Vocabulary

Combine the words with the suitable affixes to form meaningful words.

un	tidy
dis	like
im	clear
	wanted
	mobile
	balance

hour	able
comfort	less
suit	ly
govern	ment
treat	ness
sweet	
tooth	

## Activity 12 Grammar and Vocabulary

Complete each sentence using the word given in brackets in its correct form.

- The little puppy is ..... (adore)
- The baby played ..... (happy) with his toys.
- The two companies signed an ..... (agree) yesterday.
- We still haven't found a ..... (suit) actor for the character.
- Thank you for the books you lent me. They were very ..... (use).

### **Activity 13** *Listening*

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In this listening lesson you will hear a dialogue between a doctor and a patient. Listen to it and select the correct answer.

1. The patient's symptoms are
  - a) a sore throat, a headache and a runny nose
  - b) stomachache, vomiting and a skin rash.
2. The patient has
  - a) high fever
  - b) no fever
3. The patient has had the symptoms for
  - a) a week
  - b) two days
4. The patient should take the medicine ..... times a day.
  - a) two
  - b) three
5. The patient should drink .....
  - a) plenty of water and other fluids.
  - b) only a glass of water at a time.

### **Activity 14** *Speaking*

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Look at the picture and prepare a short description about the picture of the hospital. Present your description to the class. You may use the vocabulary given below.

admissions  
 OPD/Out Patients Department  
 wards                      nurse                      doctor  
 wheelchair              line/queue              trolley  
 helping                      stethoscope              pushing  
 kneeling



**Activity 15** *Writing*

Write a small description about the picture of the hospital using the vocabulary given above.