Name ……………………………………………………………………… Class: ………………………………… Date / /

Objectives: **After the period the students will be able to:**

Know why an inappropriate diet can lead to anorexia, obesity, coronary heart disease or diabetes.

# Activity 1

1. Mention 3 kinds of diet relating diseases.
   1. Anorexia
   2. Diabetes
   3. Obesity
2. What are the symptoms of diabetes.

--------a—urinating after-waking – several times- at night to go w. c -----------------------------------------------

--------b----extraordinary thirst---------------------------------------------------------------------------------------------------------

---------c rapid weight loss --------------------------------------------------------------------------------------------------------

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# Activity 2

Using cards provided by your teacher with the names of the health problem, the causes of the health problem and the symptoms written on them, work in pairs, to arrange the cards into the correct sets.

## .Homework:

Use the Internet to locate information on anorexia, obesity, coronary heart disease and diabetes.

توقيع ولى الامر