

Teacher's Resources

Teaching notes · Worksheets



CONTENTS

NATURAL SCIENCE

- The human body
- Healthy habits and nutrition

LANGUAGE FOR LEARNING

- The use of the **past simple**
- **Ask and answer** using evidence

LANGUAGE OF LEARNING

- **Nouns:** advice, bile, blood, channel, charm, disease, harmony, heartbeat, illness, jewellery, lifestyle, lungs, meditation, mind, organ, phlegm, scraper, spirit, stress, symbol, theory, writings
- **Adjectives:** ancient, balanced, cold, complex, dark, evil, fancy, gentle, healthy, hot, indoor, inexpensive, influential, light, mental, physical, polluted, warm
- **Verbs:** afford, believe, build, develop, flow, honour, hope, identify, maintain, occur, rule, scare, spread, state, stay, sweat, treat, try, upset

READING ROUTE

Before reading:

Encourage the children to predict what the book is about. Show them the cover and ask: *What do you know about health in ancient times?* Write their answers on the board. Tell the children they will review their answers once they have finished reading. The vocabulary worksheet can be used to introduce the book. The children will learn or revise vocabulary before they start reading, which will help them to understand the content and to answer your questions about the book.

During the reading:

Guide the children by asking questions: *What can you do to stay healthy? What foods are healthy/unhealthy? What do you think people ate in ancient times?* Have them explain their responses to create discussion and debate.

After reading:

Review the children's predictions to compare what they know having read the book. Then they can complete the graphic organiser by comparing two ancient civilisations. The vocabulary worksheet and picture dictionary can be used after reading to practise the new vocabulary. Finally, give the children the reading comprehension test (Advanced or Basic level) to make sure they have understood what they have read.

WORKSHEETS**1. Vocabulary sheet**

This worksheet can be used before or after reading the book to practise and learn new words.

2. Graphic organiser

For individual or pair/group work. The children complete the graphic organiser by finding differences and similarities between two ancient civilizations using the content from the book. Then they can share ideas with the whole class.

3. Two reading comprehension tests

Advanced (test A) and Basic (test B) levels. These can be used in class to assess the children's reading comprehension skills.

4. Picture dictionary

Use the picture dictionary to help you introduce and explain the content. The children can complete it using the words provided in the box.

ANSWER KEY**Vocabulary sheet****1. Write the names of the ancient civilizations.**

- | | |
|---------------------|------------------|
| 1. The Roman Empire | 2. Ancient Egypt |
| 3. Ancient India | 4. Ancient China |
| 5. Ancient Greece | |

2. Circle the correct word.

- | | | |
|-------------|--------------|----------|
| 1. charm | 2. scraper | 3. blood |
| 4. Olympics | 5. bathhouse | |

**Reading comprehension
Test B (basic)****1. Circle the correct answer.**

- | | | | |
|------|------|------|------|
| 1. b | 2. a | 3. c | 4. c |
|------|------|------|------|

2. Match according to the text.

Ancient Egypt: forty-six channels, scarab beetle

Ancient Rome: bathhouses

Ancient China: qi, yin and yang

**Reading comprehension
Test A (advanced)****1. Answer the questions.**

- The ancient Egyptians thought there were forty-six channels in the human body, which carried water, air and blood, and connected the heart to other parts of the body.
- Hippocrates and other Greek doctors developed a new idea called the Four Humours. They believed the human body contained four important liquids – blood, yellow bile, black bile and phlegm – which must be kept in balance for good health.
- Yin and yang were parts of qi and the ancient Chinese believed they were in everything. Yin was associated with women, rest, darkness and cold; Yang with men, activity, light and heat.

2. Complete the sentences using these verbs.

- | | |
|--------------|----------|
| 1. believed | 2. hoped |
| 3. developed | 4. built |

Name: _____

Date: _____

1 Write the names of the ancient civilizations.

Ancient Egypt

Ancient Greece

The Roman Empire

Ancient China

Ancient India



1. _____



2. _____



3. _____



4. _____



5. _____

2 Circle the correct word.

1. Jewellery that scares away evil spirits.

charm / fort

2. A tool made of metal.

spirit / scraper

3. A red liquid.

bile / blood

4. A famous Greek sporting event.

Olympics / qigong

5. A building with steam rooms.

bathhouse / gymnasium

Name: _____

Date: _____

- 1** Compare two ancient civilizations. Write the differences and similarities.

How were they different?

Civilization 1:

Civilization 2:

Beliefs

Food

Exercise

Were there any similarities?

Name: _____

Date: _____

1 Circle the correct answer.

1. What were the ancient Egyptians able to identify?
a. the soul
b. some parts of the human body
c. the yin and yang
2. What was very important for the ancient Greeks?
a. physical and mental health
b. mental health
c. physical health
3. What did people in ancient China associate ying with?
a. men, activity, light and heat
b. women, rest, light and heat
c. women, rest, darkness and cold
4. What did Roman engineers build?
a. pyramids
b. gymnasiums for indoor exercise
c. systems to carry clean water

2 Match according to the text.

1. qi
2. forty-six channels
3. yin and yang
4. bathhouses
5. the scarab beetle

Ancient Egypt

Ancient Rome

Ancient China

Name: _____

Date: _____

1 Answer the questions.

1. What was the ancient Egyptian belief about the channels in the human body?

2. What did Hippocrates and other Greek doctors develop?

3. What were yin and yang?

2 Complete the sentences using these verbs.

believe

build

develop

hope

1. Egyptian doctors _____ that there were 46 channels in the human body.
2. Ancient Indians _____ that yoga could bring them into harmony with Nature.
3. Hippocrates and other Greek doctors _____ influential new idea about health and disease.
4. The Romans _____ public baths in villages, cities and military forts.

Name: _____

Date: _____

1 Complete the picture dictionary.

bathhouse blood charm doctor exercise healthy diet
jewellery lungs meditation scarab beetle shade writings

