

Aonad 2

Process and produce a variety of information about health and wellbeing.

Làithean na h-òige, làithean na slàinte

Cànan:

Relative future tense –

Ma chumas mi sùil air na dh'itheas mi, cha bhi mi cho buailteach a bhith a' faireachdainn ìseal. Nuair a chluicheadh mi spòrs agus nuair a dh'itheas mi gu fallain, bidh mi a' faireachdainn nas fheàrr nam bhodhaig agus nam inntinn.

Perfect tense –

Tha mi air sgur a dh'òl dheochan milis.
Tha mi air tòiseachadh air coiseachd dhan sgoil.
Tha Dòmhnall air gearradh sìos air an uiread de shiùcar agus de shalann a bhios e a' gabhail.
Tha mi air iris a cheannach mu dheidhinn eacarsaich.

Impersonal forms of the verb *To be* –

Thathar a' creidsinn gum faod Mothachas cuideachadh le trom-inntinn agus iomagain.
Bhathar a' creidsinn aig aon àm gun robh siùcar math dhuinn.

Impersonal forms of the verbs *Faod* and *Feum* –

Chan fhaodar deoch làidir òl.
Feumar cuimhneachadh gu bheil cus siùcair uabhasach dona dhuinn.

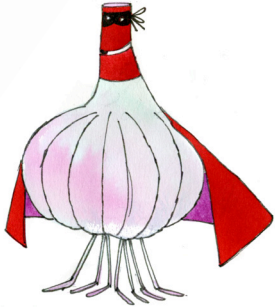
Possessive case –

Spàin-bhùird, spàin-teatha, sradag salainn,
sradag siùcair, tinneas an t-siùcair

Gnàthasan-cainnt –

a' lionadh do chraois
a' caithris na h-oidhche
cha tig an aois leatha fhèin
tha mo cheann na bhrochan
chan eil e idir aige fhèin





1. Fallain no mì-fhallain?

- Coimhead air na faclan gu h-iseal.
- Dèan dà liosta dhiubh – fallain agus mì-fhallain.
- Feuch gun cuir thu fhèin beagan ri gach liosta cuideachd.

Look at the words below. Separate them into two lists — *fallain* agus *mì-fhallain*. Add your own words to the lists too.

glasraich

gun ithe gu leòr

biadh luath

cus saill

wallach

cus salainn

uisge

eacarsaich

drogaichean

iasg

biadh giullaichte

spòrs

daidheat fharsaing

daidheat chuingichte

biadh ùr

cus deoch làidir



2. Bu chòir dhut eacarsaich gu leòr fhaighinn

- Èist ris an earrainn. (Earrann 1)
- Chaidh faighneachd do sgoilearan air a' chòigeamh bliadhna mu dè bu chòir do dhaoine a dhèanamh airson cumail fallain.
- Èist ris a' chomhairle aca (a-j).
- Dèan dà liosta ann am Beurla dhe na chanas iad.

A group of 5th year pupils were asked about healthy lifestyles and what advice they would give to others. Listen to what they say (a-j). Make two headings, like the example below, and write their advice in the correct columns.



You should...

You should not...





Bruidhinn



Sgrìobh

3. Dè do bheachd?

- Obraich còmhla ri caraid.
- Coimheadaibh a-rithist air an fhiosrachadh a sgrìobh sibh anns an eacarsaich mu dheireadh.
- A bheil comhairle a bharrachd mu shlàinte a bheireadh sibh fhèin seachad?
- Sgrìobhaibh a' chomhairle agaibh ann an Gàidhlig ann an seantansan.
- Èistibh ri Earrann 1 a-rithist airson cuideachadh ma dh'fheumas sibh.

Work with a partner. Consider the list of opinions on a healthy lifestyle given by pupils in the previous exercise. Can you add any of your own advice? Discuss this with your partner. Listen to Earrann 1 again for help if you need to. Write in Gaelic in sentences.



Bu chòir dhut cadal
gu leòr fhaighinn



Èist

4. Bu chòir dhomh barrachd eacarsaich a dhèanamh

- Èist ris an earrainn. (Earrann 2)
- Tha oileanaich ann an Colaiste na Gàidhlig a' bruidhinn mun slàinte agus sunnd.
- Anns an fharsaingneachd, a bheil iad riarachta len slàinte? A bheil iad den bheachd gum bu chòir dhaibh an dòigh-beatha atharrachadh?
- Coimhead air na faclan agus abairtean ùra airson do chuideachadh.
- Lìon an clàr le ✓ anns a' cholbh cheart.
- Lìon na beàrnann anns na seantansan.

Listen to these students reflecting on their lifestyles. Are they satisfied with their state of health or do they acknowledge that they need to make some changes? Look at the box of new vocabulary to help you. Copy and complete the table and the sentences below.



Faclan is abairtean ùra

an-dràsta agus a-rithist
anns an ùine shaor agam
ceum

cudromach dhomh

Bidh mi a' cumail sùil air na dh'itheas mi.

Tha dleastanas ort thu fhèin a chumail fallain.

nas fhallaine

an-còmhnaidh

uallach

Feumaidh mi aideachadh

leithid

Feumaidh mi gearradh sìos air...

leann

sgudal

now and again

in my free time

a degree

important to me

I keep an eye on what I eat.

You have a responsibility to keep yourself healthy.

healthier

always

worry/stress

I must admit

such as

I need to cut down on...

beer

rubbish

	Ainm	riaraichte	mì-riaraichte
a.	Gustavo		
b.	Hannah		
c.	Irina		
d.	Beathag		
e.	Raghnall Iain		

- a. Gustavo doesn't eat _____ or _____. He _____ every day.
- b. Hannah says she should _____ more and _____ less.
- c. Irina keeps a close eye on _____ and she exercises _____. She likes chocolate and Coke _____.
- d. Rebecca always feels stressed about _____ and often doesn't _____ well. When she is studying in the evening she eats _____ and drinks _____. She is so _____ and wants to _____.
- e. Although Ronald John is fairly fit, he admits he eats the wrong things. He never eats _____ or _____ and he sometimes _____ too much. He needs to cut down on the _____ and the _____.

ceum càinain:
language step

The relative future of regular verbs

You are already very familiar with the future tense and how to use it to talk about things that regularly (habitually) happen. We sometimes call this the habitual tense.

Mar eisimpleir:

Bidh mi a' snàmh a h-uile Dimàirt. I swim every Tuesday.
Cha bhi Seumas uair sam bith a' cluich ball-coise. James never plays football.

The future tense also has a special form in Gaelic, called the **Relative Future**. It is used in particular situations, for example after the following words/phrases:

Carson a... Cuin a... Mar a... Nuair a... Ciamar a... Ged a...
Cò... Dè... Ma...

You are already very familiar with the Relative Future form of the verb 'To Be' that would be used in the above situations (**bhios**).

Mar eisimpleir:

Nuair a bhios i tioram, coisichidh mi dhan sgoil. When it's dry I walk to school.
Dè bhios tu a' gabhail airson bracaist? What do you have for breakfast?

Each verb has its own Relative Future form. As with most tenses in Gaelic, verbs follow a fairly simple pattern. See if you can spot it. Below are some of the regular verbs in both their original (command/root) and relative forms, along with an example of each in a sentence.

Root	Relative future	Example
dùin	dhùineas	Carson a dhùineas na bùthan aig a còig? Why do the shops shut at 5?
gabh	ghabhas	Dè ghabhas tu nad chofaidh? What do you take in your coffee?
tòisich	thòisicheas	Chan eil fhios agam ciamar a thòisicheas mi! I don't know how to begin!
phòs	phòsas	Bidh mi co-dhiù fichead 's a còig nuair a phòsas mi. I will be at least 25 when I get married.
cuir	chuireas	Cuin a chuireas tu litir thugam? When will you send me a letter?
òl	dh'òlas	Cò dh'òlas tì agus cò dh'òlas cofaidh? Who drinks tea and who drinks coffee?
feuch	dh'fheuchas	Ma dh'fheuchas tu a-rithist, bidh e nas fhasa. If you try again it will be easier.
smaoinich	smaoinicheas	ged a smaoinicheas mi ort gu tric although I think of you often
rùisg	rùisgeas	Seo mar a rùisgeas tu buntàta. This is how you peel potatoes.



5. Ma dh'itheas tu cus

- Èist ris an earrainn. (Earrann 3)
- Tha eisimpleirean den tràth theachdail dhàimheach ann.
- Ainmich an gnìomhair anns gach eisimpleir a tha anns an tràth theachdail dhàimheach.

Listen to the examples of sentences that contain the relative future tense. Identify the verb root in each sentence that is being used in the relative future tense. The first one has been done for you.

	gnìomhair	verb
a.	ith	eat
b.		
c.		
d.		
e.		
f.		
g.		



6. Ma dh'itheas tu ann an taigh-bìdh

- Eadar-theangaich na seantansan gu h-ìseal.
- Tha gnìomhairean bho Earrann 3 a' nochdadh anns na seantansan.

Translate the sentences below. They contain verbs you will have heard in Earrann 3.

1. Ma dh'itheas tu ann an taigh-bìdh traisideanta lapanach, feumaidh tu ithe le chopsticks.
2. Ciamar a dh'fhosgla tu seo?
3. Cò smaoinicheas air an fhreagairt cheart?
4. Cò reiceas càr rium?
5. Nuair a dh'òlas tu cus deoch-làidir, tha thu a' cur do shlàinte ann an cunnart.
6. Is toigh leam mar a sheinneas Eubha an t-òran sin. Tha guth brèagha aice.
7. Cuin a shuidheas tu? Tha thu an-còmhnaidh cho trang.



Ciamar a dh'fhosglas tu seo?



Bruidhinn

7. Cluich gèam!

- Cluich gèam ann am buidheann.
- Feumaidh tu seat de chairtean a dhèanamh (feadhainn le gnìomhairean orra agus feadhainn le faclan a bhios a' tighinn ron tràth theachdail dhàimheach).
- Gabhaibh turas mu seach gus seantansan a dhèanamh.

Play a game in a group with the Relative Future Tense. You will need to make up some cards or scraps of paper to play with (some with verb roots on them and others with the words/phrases that usually precede the relative future tense.) Look at the previous **Ceum Càinain** to help you. When it is your turn, choose one of each type of card and see if you can make up a sentence in the relative future tense.

Mar eisimpleir:

Cuin a...

+

Gabh



"Cuin a ghabhas sinn dinnear?"



Sgrìobh

8. Gnìomhairean

- Cuir na gnìomhairean seo anns an tràth theachdail dhàimheach.
- Cleachd gach fear dhiubh ann an seantans.
- Cleachd am bogsa Ceum Càinain airson do chuideachadh.

Use your knowledge of language to put the following verbs into the relative future tense. Write a sentence for each one. Use the **Ceum Càinain** box to help you.

- | | |
|----------|--------------|
| 1. Dùisg | 5. Èigh |
| 2. Sreap | 6. Obraich |
| 3. Stad | 7. Fairich |
| 4. Lìon | 8. Faighnich |



9. A' feuchainn ri bhith nas fhallaine

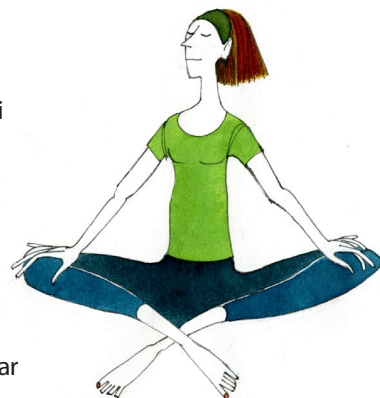
- Leugh na h-earrannan seo.
- Tha an t-siathamh bliadhna a' bruidhinn mun slàinte agus sunnd.

Some 6th year pupils are reflecting on their own health and wellbeing. Read what they have to say. Complete the work below.



Màiri-Anna

Bidh mi a' feuchainn **gun cus uallaich a ghabhail** mu rudan. Chan eil e furasta uaireannan agus bidh mi an-dràsta agus a-rithist **a' fulang le trom-inntinn**. Tha mi a' smaoinichadh gu bheil eacarsaich gam chuideachadh ma tha uallach orm mu rudeigin. 'S toigh leam **iòga** oir bidh e gam chumail fallain – nam bhodhaig agus nam inntinn. Ma chumas mi sùil air na dh'itheas mi, cha bhi mi **cho buailteach** a bhith a' faireachdainn ìseal. Tha deagh chadal gu math cudromach cuideachd, saoilidh mi. **Mura bheil mi** a' faighinn cadal gu leòr, bidh sin **a' toirt buaidh air** mar a tha mi a' faireachdainn.



gun cus uallaich a ghabhail

not to worry/stress too much

a' fulang

suffering

trom-inntinn

depression

iòga

yoga

cho buailteach

so likely

mura bheil mi

if I'm not/if I don't

a' toirt buaidh air...

affect(ing)



Lorraine

Tha dleastanas ort thu fhèin a chumail fallain. Tha mi air a bhith a' feuchainn ri bhith nas fhallaine am-bliadhna. **B' àbhaist dhomh** a bhith a' gabhail cus siùcair agus cus saill agus bha mi mothachail gun robh an daidheat agam a' toirt buaidh air mar a bha mi a' faireachdainn. Ma dh'itheas mi cus de rudan mì-fhallain, cha bhi mi a' faireachdainn gu math. Bidh mi a-nise ciallach — ag eacarsaich agus a' cumail sùil air na dh'itheas mi agus **na dh'òlas mi**. Cha bhi mi ag ithe **na h-uiread** de sgudal a-nis aig àm dinnearach agus tha mi air sgur a dh'òl dheochan milis leithid Còc agus Irn Brù. Chanainn gu bheil mi a' faireachdainn nas fheàrr air sgàth sin. Chan eil mi idir a' faireachdainn cho sgìth anns na clasaichean a-nis.

B' àbhaist dhomh

I used to

na dh'òlas mi

what I drink

na h-uiread

so/as much



Somhairle

Tha **tinneas an t-siùcair** air a bhith orm bhon a bha mi beag, agus mar sin, feumaidh mi a bhith gu math faiceallach leis na dh'itheas mi. Tha iomain a' còrdadh rium gu mòr agus **tha mi nam bhall** de sgioba na sgoile. Bidh mi a' cluich co-dhiù dà thuras san t-seachdain. Chanainn gu bheil mi reusanta fallain. Tha mi riamh air a bhith mothachail air na dh'itheas mi oir tha mi buailteach cuideam a chur orm. Tha mi air tòiseachadh air coiseachd dhan sgoil còmhla ri caraid an àite am bus a ghabhail. Tha seo a' còrdadh rium. Tha mi a-nis nam bhall den gym agus an t-seachdain seo bidh mi a' tòiseachadh a' dol gu clas bogsaichd agus tha mi a' coimhead air adhart ris gu mòr.

tinneas an t-siùcair
tha mi nam bhall

diabetes
I am a member



Peigi

Tha mi riamh air a bhith measail air spòrs agus bidh mi a' cur seachad tòrr dhe mo thìde ag eacarsaich. Tha mi gu mòr a' creidsinn gu bheil eacarsaich a' toirt buaidh air mar a tha mi a' faireachdainn. Nuair a chluicheas mi spòrs agus nuair a dh'itheas mi gu fallain, bidh mi a' faireachdainn nas fheàrr nam bhodhaig agus nam inntinn. Bidh mi ri marcachd a h-uile Disathairne agus a' snàmh a h-uile dàrna latha. Corra oidhche bidh mi a' dol a-mach a ruith. A thaobh daidheat, bidh mi a' feuchainn **gun a bhith ag ithe** feòil dhearg. Saoilidh mi gu bheil dleastanas ort thu fhèin a chumail fallain. Chan eil mi ro mheasail air rudan milis, ach feumaidh mi a ràdh gu bheil poca shliseagan a' còrdadh rium an-dràsta 's a-rithist!

gun a bhith ag ithe

not to eat



Dànaidh

Cha bhi mise a' cumail sùil air na dh'itheas mi. Tha fios agam nach eil sin ciallach agus gum bu chòir dhomh a bhith **nas fhaiceallaiche** a thaobh siùcar. Saoilidh mi gu bheil mi a' faighinn eacarsaich gu leòr. Anns an ùine shaor agam bidh mi a' sreap nam beann agus a' coiseachd monaidh nuair a bhios an t-side math agus bidh mi a' dol gu balla-sreap anns an ionad-spòrs nuair nach eil an t-side freagarrach airson sreap a-muigh. Chanainn gu bheil sin gam chumail fallain. 'S toigh leam gu mòr a bhith a-muigh.

nas fhaiceallaiche

more careful



Kamil

Tha fios agam glè mhath gum bu chòir dhomh a bhith a' dèanamh barrachd eacarsaich. Feumaidh mi aideachadh gu bheil mi rudeigin leisg. Tha mi uabhasach measail air mo bhiadh – ro mheasail 's dòcha air na rudan nach eil cho math dhomh. Tha mi air artaigil a leughadh ann an iris o chionn ghoirid mu dheidhinn **sàr bhiadhan** agus cho math 's a tha iad dhut. Bidh mi a' feuchainn ri bhith ag ithe barrachd dhiubh a-nise. 'S caomh leam **corra-mhitheagan**, cnothan, brocail agus **iasg olach**; mar bhradan agus rionnach. Cha bhi mi ag ithe feòil dhearg idir. Saoilidh mi gu bheil dleastanas ort thu fhèin a chumail **cho fallain 's as urrainn dhut**.

sàr bhiadhan
corra-mhitheagan
iasg olach
cho fallain 's as urrainn dhut

super foods
blueberries
oily fish
as healthy as you can



1. Make a note of any new and useful vocabulary.
2. Consider each passage.
 - a. With whom do you think you most identify?
 - b. Who, if anyone, do you aspire to be more like?
3. Choose two passages – one male and one female. Translate the information into English.



Bruidhinn



Sgrìobh

10a. Slàinte agus Sunnd

- Tha fios againn uile gu bheil slàinte agus sunnd cudromach nar beatha.
- Dè na rudan a tha a' toirt buaidh air slàinte agus sunnd?
- Bruidhinn ri do charaid agus dèanaibh spidergram còmhla.

We all know that good health and well-being is important. We often think just of food and exercise when we think of health but there are many other factors that can affect the way we feel. In your opinion, what kinds of things can affect people's health and well-being (positively and negatively)? Discuss this with your partner. Think of as many things as you can and add them to the spidergram below. Your teacher can help you with new vocabulary.



10b. Mo shlàinte agus sunnd

- Coimhead a-rithist air na sgrìobh thu anns an spidergram gu h-àrd.
- Dè na rudan, nad bheachd-sa, as cudromaiche dhut fhèin gu pearsanta a thaobh do shlàinte agus sunnd?

Look again at your spidergram. Which of the things you wrote do you consider contribute most to maintaining your own health (both physical and mental)? You might want to discuss this in your group/class or prefer to keep your information to yourself.



Bruidhinn



Sgrìobh



11. Slàinte inntinn

- Èist ri Donalda. (Earrann 4)
- Tha i a' bruidhinn mu dheidhinn slàinte-inntinn am measg dheugairean an-diugh agus mar a chuidich Mothachas i.

Listen to Donalda talking about teenage mental health and how learning the technique of Mindfulness has helped her. Answer the questions.



Faclan is abairtean

tinneasan inntinn

riamh roimhe

tha e coltach

iomagain

fèin-mhilleadh

as coireach

cho ìseal

na meadhanan sòisealta

thathar a' creidsinn

cho draghail

mental illnesses

ever before

apparently

anxiety

self harm

to blame

so low

social media

it is believed

so worried

1. What is Donalda's opening statement?
2. Donalda lists the things teenagers worry about. Name five of them.
3. Choose the correct statement:
 - a. The number of teenagers suffering from mental health problems is at an all time high.
 - b. More research into the causes of mental health problems amongst teenagers is required.
 - c. Bullying is one of the root causes of mental health problems in teens.
4. What proportion of teenagers are estimated to suffer from mental illnesses?
5. Apart from OCD and anorexia, what other problems does Donalda mention?
6. Donalda wonders where to lay the blame for the way that some teens are feeling. Name the 3 possibilities she mentions.
7. What is Mindfulness believed to be capable of doing?
8. When did Donalda start doing Mindfulness?
9. She states two ways in which Mindfulness has helped her. Mention one of them.
10. Donalda uses a Mindfulness app on her smartphone. Where does she do this?
11. Translate Donalda's closing statement:

"Ma tha beatha gad shàrachadh, feuch Mothachas. Siuthad! Cuiridh mi geall gun dèan e feum dhut."



12. Feuch fhèin Mothachas

- Èist ris an earrainn. (Earrann 5a/b)
- 'S e cothrom a tha seo d' anail a leigeil agus gabhail air do shocair.
- Faodaidh tu èisteachd ris an earrainn seo cho tric 's a thogras tu.
- Dhèanadh e feum dhut èisteachd ris aig toiseach gach leasan no mus tèid thu a chadal air an oidhche, 's dòcha.
- Bidh fiosrachadh ann an Notaichean an Tidseir air càit am faigh thu eacarsaichean eile mar seo.

Listen to the Mindfulness exercise (Earrann 5a/b). This is an opportunity for you to relax and take a breather from the day to day stresses of life. You can listen to the exercise as often as you want to. It might be useful to make it part of your daily routine; at the beginning of each lesson, on the school bus, or when you go to bed at night. Your teacher will be able to give you information on where you can access more mindful meditation exercises like this.



13. Mothachas is eile

- Faigh a-mach beagan a bharrachd air-loidhne mu mhothachas agus cleachdaidhean eile a dh'fhaodadh a bhith feumail airson d' inntinn a chumail fallain agus aig fois.
- A bheil eòlaiche anns a' choimhearsnachd a dh'fhaodadh tighinn a bhruidhinn ris a' chlas agad?
- Gheibh an tidsear agad barrachd fiosrachaidh dhuibh ann an *Notaichean an Tidseir*.

Do some on-line research to find out a little bit more about Mindfulness and other relaxation techniques that can help keep you healthy, happy and calm. Maybe there is a practitioner in the community you could invite to talk to your class? Your teacher will also be able to guide you with some information on useful apps and websites from the Teacher's Notes.





14a. Mo shlàinte is mo shunnd

- Smaoinich air na dh'ionnsaich thu anns an aonad gu ruige seo.
- Dè cho fallain 's a tha thu fhèin?
- Sgrìobh earrann ghoirid mu dheidhinn do shlàinte agus do shunnd.
- Cleachd faclan agus abairtean ùra.

Write a short passage reflecting upon your own health and wellbeing. Try to use the new vocabulary you have learned so far in this unit. Below are some key phrases that may be useful to you, but remember to check your Faclair too!

Feumaidh mi a ràdh
chanainn gu bheil mi

I must say
I would say I am

Feumaidh mi aideachadh
a' cumail sùil air

I must admit
keeping an eye on

a thaobh
tha mi air tòiseachadh air

with regards to
I have started to

mo shlàinte
tha mi air sgur

my health
I have stopped

math/dona dhomh
gun a bhith ag ithe

good/bad for me
not to eat

uallach

stress/worry

o chionn ghoirid

recently

a' gabhail uallach

stressing/worrying

a' faireachdainn

feeling

nas fhallaine

healthier

tha mi buailteach

I tend to

mothachail

aware, conscious of

cuideam

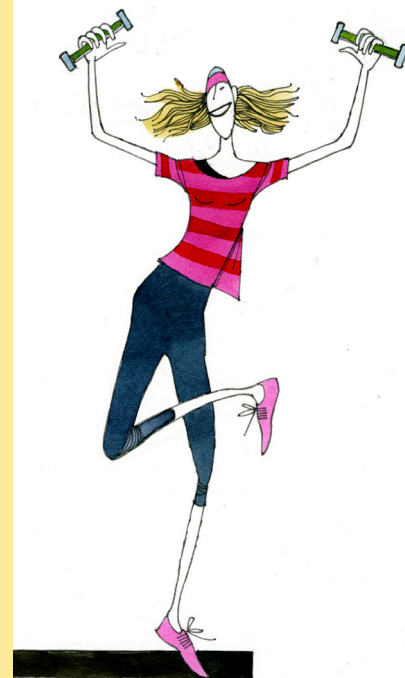
weight

gam chumail fallain

keeping me healthy

na h-uiread

the same amount/
so much



14b. Mo shlàinte agus mo shunnd

- Leugh an earrann a sgrìobh thu anns an eacarsaich mu dheireadh ri caraid.
- Clàraich do ghuth mas urrainn dhut agus èist ri seo a-rithist.
- Ciamar a chaidh dhut le fuaimneachadh?

Read out the passage you wrote about your own health and wellbeing to your partner. You should record yourself reading this if you can and listen back to it a few times with your partner. You should both assess your pronunciation.

ceum càinain:
language step

Perfect Tense

If you want to say that you **have** done something, you can use the word **air** followed by the verbal noun (the thing that you have done). Some of the examples below have appeared in this unit so far:

Tha mi air sgrìobhadh gu Anna.

I have written to Anna.

Tha mi air tòiseachadh.

I have started.

Tha mi air sgur.

I have stopped.

Tha rannsachadh air sealltainn...

Research has shown...

Tha sàr bhiadhan air fàs gu math fasanta.

Superfoods have grown very fashionable.

Notice that if you want to add an object to your sentence, you must use the infinitive of the verb after it. Notice how the examples from above change with the addition of an object. The object is underlined in each example.

Mar eisimpleir:

Tha mi air litir a sgrìobhadh gu Anna.

I have written a letter to Anna.

Tha mi air cùrsa a thòiseachadh.

I have started a course.

Tha rannsachadh air seo a shealltainn.

Research has shown this.

Tha mi air m' fhalt fhàs.

I have grown my hair.



15. Tha mi air...

- Èist ris an earrainn. (Earrann 6)
- Tha latha trang air a bhith aig Peigi.
- Dè tha i air a dhèanamh?
- Sgrìobh co-dhiù còig rudan.

Peggy has had a busy day. Listen to what she has done. Write at least five things she mentions she has done.



ceum cànan:
language step

Ceum Cànan Adhartach

To say that you **had** done something or that you **will have** done something, you use the construction from the previous Ceum cànan but change the tense of the verb *To be*.

Mar eisimpleir:

Tha mi air sgrìobhadh gu Anna.	I have written to Anna.
Bha mi air sgrìobhadh gu Anna.	I had written to Anna.
Bidh mi air sgrìobhadh gu Anna.	I will have written to Anna.

Adding the infinitive of the verb *To be* (**a bhith**) after **air** enables you to say that you have been/had been doing something.

Mar eisimpleir:

Tha mi air a bhith ann an Dùn Èideann.	I have been in Edinburgh.
Tha mi air a bhith a' bruidhinn rithe.	I have been talking to her.
Bha mi air a bhith a' faireachdainn iomagaineach.	I had been feeling anxious.



16. Tha mi air iris a cheannach

- Leugh na seantansan.
- Eadar-theangaich iad.

Translate the sentences.

1. Tha mi air iris a cheannach mu dheidhinn eacarsaich agus dòigh-beatha fhallain. Tha mi air tòiseachadh air ùidh mhòr a ghabhail ann an gnothaichean a thaobh slàinte. Tha mi gu math aineolach mun seo an-dràsta.
2. Tha Dòmhnall air gearradh sìos air an uiread de shiùcar agus de shalann a bhios e a' gabhail. Tha e ag ràdh gu bheil e air tòiseachadh air faireachdainn nas fhallaine mu thràth.
3. Tha sàr bhiadhan air fàs gu math fasanta anns an latha an-diugh. Tha rannsachadh air sealltainn gu bheil na h-anti-ogsaideantan a th' anna uabhasach math dhuinn.
4. Tha Seònaid air obair ùr fhaighinn ann an taigh-bìdh. Bha i air trèanadh a dhèanamh thall thairis airson a bhith na sàr chòcaire. Abair gu bheil e a' còrdadh rithe.
5. Tha sinn air a bhith a' coimhead air gnothaichean slàinte agus sunnd anns a' chlas againn. Tha mi air ionnsachadh gum bu chòir dhomh nas lugha de shàill, de shiùcar agus de shalann a ghabhail agus am barrachd eacarsaich a dhèanamh. Ma leanas mi seo, nì e feum mhòr dhomh a thaobh mo shlàinte.

6. I have spoken to Catherine. She hasn't written to George yet. She has been too busy.
7. I play shinty every week. I have been a member of the school team for two years now.
8. I have been stressing about things. It is affecting my health.
9. I have read two good books this week. I sleep better if I read at night.
10. I have heard that processed food is really bad for you. I have cut down on sugar and salt and I have started doing exercise. I think we have a responsibility to keep ourselves healthy.



17. Tha Ailean air an t-uabhas a dhèanamh!

- Cluich an gèam “Tha Ailean air an t-uabhas a dhèanamh!” mar chlas.
- Innsidh an tidsear dhuibh ciamar a chluicheas sibh an gèam. (Notaichean an Tidseir)

Play the game “Alan has done loads!” Your teacher will show you how to play.

Tha Ailean air an t-uabhas a dhèanamh! Tha e air bainne a cheannach agus na h-uinneagan a ghlanadh.

Tha Ailean air an t-uabhas a dhèanamh! Tha e air bainne a cheannach, na h-uinneagan a ghlanadh agus an dinnear a dhèanamh.

Tha Ailean air an t-uabhas a dhèanamh! Tha e air bainne a cheannach, na h-uinneagan a ghlanadh, an dinnear a dhèanamh agus post-d a sgrìobhadh.





18. Sàr bhiadh

- Obraich còmhla ri caraid.
- Leughaidh a-mach am fiosrachadh mu shàr bhiadhan. Gabhaibh earrann mu seach.
- Cuidichibh a chèile le fuaimneachadh agus tuigse.
- Obraichibh còmhla ri càraid eile.
- Bruidhinnibh mu na thuig sibh.
- Tagh dà earrann agus eadar-theangaich iad.

Read aloud the information about superfoods with a partner. Take turn about. Help each other with pronunciation and understanding. You should read the information more than once. Pair up with another couple and discuss what you have understood. Then choose two passages to translate.



Tha cuid de bhiadhan ann a-nis **ris an canar 'sàr bhiadhan'**: biadh a tha a rèir choltais gu sònraichte math dhar slàinte agus sunnd agus anns a bheil **tòrr mathais**.

Tha sàr bhiadhan **air fàs** gu math fasanta anns an latha a th'ann. Cluinnidh sinn gu leòr anns na meadhanan mu dheidhinn daidheatan dhaoine ainmeil agus na rudan annasach a bhios iad fhèin **a' mionnachadh** a tha **gan cumail** òg, fallain, glic agus brèagha. Seo taghadh de na sàr bhiadhan as cumanta a tha **furasta fhaotainn** agus a bhios air a' chlàr-bìdh aig mòran aig an taigh an-diugh.

ris an canar referred to as
sàr bhiadhan superfoods
tòrr mathais lots of nutrition
air fàs have grown/become

a' mionnachadh swear, vow
gan cumail keeping them
furasta fhaotainn easy to come by





Rausachadh

Bu toigh le **gnìomhachas a' bhìdh toirt a chreidsinn oirnn** gu bheil cuid de bhìdhnan **comasach air bacadh** a chur air **tinneasan marbhtach** leithid aillse, agus a bharrachd air an sin, **gu bheil an comas aca** ar cumail òg agus ar dèanamh nas toilichte, nas làidire agus **fiù 's** nas glìce. Ach, mus tòisich thu **a' lìonadh do chraois** le seòclaid dubh, feamainn agus dearcan Goji, bu chòir dhut beagan a bharrachd rannsachaidh a dhèanamh.

gnìomhachas a' bhìdh toirt a chreidsinn oirnn comasach air bacadh tinneasan marbhtach gu bheil an comas aca fiù 's a' lìonadh do chraois

the food industry
to make us believe
able to prevent
fatal illnesses
that they have the ability
even
filling your face



Iasg olach

Tha rannsachadh **air dearbhadh** gu bheil iasg olach, leithid sàrdain, bradan, rionnach is eile **air leth math** dhuinn – cho math dhuinn 's gu bheil an riaghaltas a-nis a' moladh gum bu chòir do dhaoine iasg ithe co-dhiù dà thuras san t-seachdain agus gur e iasg olach a bu chòir a bith ann an aon dhiubh.

Thòisich luchd-saidheans **air ùidh a nochdadh** ann an iasg olach agus na buannachdan a tha ann dha ar slàinte an uair a **thàinig e am follais** gun robh **na h-Inuitich**, a bhios **sa chumantas** ag ithe tòrr èisg olach, a' fulang nas lugha de **ghreimeannan cridhe** agus stròcan.

Tha fianais ann gu bheil iasg olach **gar dìon** bho thinneas-cridhe, stròcan, cuid de dh'aillsean agus a' cuideachadh le fradhrac agus cuimhne ann an seann aois. Tha seo **ri linn** 's gu bheil e na stòras math de phròtain, beòthaman D agus B, selenium agus Omega 3.

iasg olach
air dearbhadh
air leth math
air ùidh a nochdadh
thàinig e am follais
na h-Inuitich
sa chumantas
greim(eannan) cridhe
gar dìon
ri linn

oily fish
has proven
especially good
have shown an interest
it became evident
the Inuit
generally, commonly
heart attack(s)
protecting us
as a result of

Slàinte inntinn

Tha daidheat fhallain cudromach dhuinn, **chan ann a-mhàin** dhar slàinte bodhaig ach airson **ar n-inntinn** a chumail slàn agus fallain cuideachd. Coltach ri ar bodhaig, tha **ar n-eanchainn a cheart cho feumach** air **deagh bheathachadh**. A rèir choltais, tha cuid de shàr-bhiadhan gu sònraichte math **do shlàinte na h-inntinn**. **Thathar a' creidsinn** gu bheil ròs-màiri, **sàiste**, sùbhan-làir, corra-mhitheagan agus iasg olach uile comasach air ar cuimhe a dhèanamh nas fheàrr agus gu bheil siol nam puimpcean comasach air **iomagain a lùghdachadh**.



slàinte inntinn	mental health	do slàinte na h-inntinn	for the health of the mind
chan ann a-mhàin	not only	Thathar a' creidsinn	It is believed
ar n-inntinn	our mind	sàiste	sage
ar n-eanchainn	our brain	iomagain	anxiety
a cheart cho feumach	just as needful	a lùghdachadh	to reduce
deagh bheathachadh	good nutrition		

Ag ithe cus

Bidh cuid a' smaoinichadh gum faod iad **na thogras iad** de na sàr bhiadhan seo ithe – gan lìonadh fhèin le pailteas dhiubh. Ach, chan eil e math dhut cus de rud sam bith a ghabhail – fiù 's biadh fallain. Faodaidh tu fhathast cuideam a chur ort le bhith ag ithe cus biadh fallain! 'S ann a bu chòir daidheat **chothromach** a bhith againn far a bheil **raon farsaing** de mheasan, de ghlasraich agus de **shlàn-ghràin** air ithe.

na thogras iad	whatever they please	cothromach	balanced
raon farsaing	a wide variety	slàn-ghràin	wholegrain



19. Taigh!

- Cluich bingo le faclan mu shàr-bhiadhan.
- Innsidh an tidsear dhuibh ciamar a chluicheadh sibh an gèam. (Notaichean an Tidseir)

Play superfood bingo. Your teacher will show you how to play.

rionnach, uighean, aillse,
feamainn, dearcan goji,
pròtain, stròc...



20. Rannsachadh air sàr bhiadhan

- Tagh sàr bhiadh sam bith.
- Faigh a-mach beagan mu dheidhinn carson a dh'fhaodadh e a bhith math dhut.
- Sgrìobh beagan sheantansan ag innse carson.
- Coimhead air an earrainn mu shàr bhiadh (Eacarsaich 18) agus air a' chànan fheumail gu h-ìseal airson taic.

Choose a superfood. Find out what you can about it's reputed health benefits. Write a short passage about it and about why it is reputed to be good for you. Look back at the information in exercise 18 and **Cànan Feumail** below to help you.



Cànan Feumail

Tha rannsachadh air sealltainn

a rèir choltais

a rèir rannsachaidh

Thathar a' creidsinn

Thathar a' cumail a-mach

eòlaichean

luchd-saidheans

fianais

a' dearbhadh

mathas

beathachail

Tha ... na stòras math de ...

comasach air bruthadh-fala a lùghdachadh

comasach air ar dìon bho ...

math airson do chraiceann a chumail glan

aillse

tinneas-cridhe

stròc(an)

bruthadh-fala àrd

coileastarail

Research has shown

apparently

according to research

It is believed

It is claimed

experts

scientists

proof

proving

nutrition

nutritious

... is a good source of ...

able to reduce blood pressure

able to protect us from ...

good to keep your skin clear

cancer

heart disease

stroke(s)

high blood pressure

cholesterol

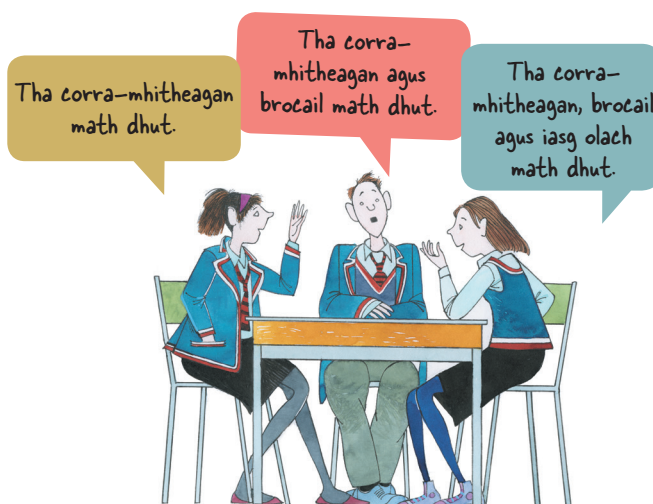


Bruidhinn

21. Tha corra-mhitheagan math dhut

- Cluich an gèam "Tha corra-mhitheagan math dhut" mar chlas.
- Innsidh an tidsear dhuibh ciamar a chluicheas sibh an gèam. (Notaichean an Tidseir)

Play the game "Blueberries are good for you". Your teacher will show you how to play.





22. A' còmhraidh mu shàr-bhiadh

- Dèan còmhraidh mu shàr-bhaidh còmhla ri do charaid/mar chlas.
- Faighnich/freagair na ceistean a leanas.
- Bidh am fiosrachadh a sgrìobh thu ann an Eacarsaich 20's dòcha feumail an seo.

Have a conversation with your partner/class about superfoods. You could try asking/answering the following questions along with any others you can think of. The information you researched and wrote in Exercise 20 might be useful here.

- Am bi thu fhèin ag ithe sàr bhiadhan?
- Dè na sàr bhiadhan a bhios tu ag ithe?
- Dè an sàr bhiadh as fheàrr leat? Carson? Ciamar a tha e math dhut?
- A bheil thu a' creidsinn gu bheil sàr bhiadhan cho math dhuinn 's a tha na meadhanan a' cumail a-mach?



Thathar and Bhathar – The impersonal forms of the verb ‘To be’

Thathar is the impersonal present tense form of the verb **Bi** (To be). This tense is called impersonal as the action in the sentence is not attributed to a particular person. For example, the statement “Snow is expected” doesn’t specify who expects it to snow. The impersonal tense is passive in form and is most often used and seen in more formal language like news broadcasts, official reports, job adverts and factual articles. You will see examples of the impersonal form used a few times throughout this unit.

Mar eisimpleir:

Thathar a’ moladh dhuinn a bhith ag ithe nas lugha de shiùcar.

It is recommended that we eat less sugar.

Thathar a’ creidsinn gu bheil brocail comasach air bacadh a chur air aillse.

It is believed that broccoli can hinder cancer.

Bhathar is used in the very same way, but to express the past tense.

Mar eisimpleir:

Bhathar a’ creidsinn aig aon àm gun robh siùcar math dhuinn.

It was believed at one time that sugar was good for us.

Bhathar a’ smaoinichadh gun robh e marbh...

It was thought that he was dead...

You will notice that **Thathar** and **Bhathar** are followed by the progressive verbal noun in each of the above examples above. You will be very familiar with lots and lots of verbal nouns and so the impersonal tense should be very easy for you to recognise and use.

NB! You might also hear **Thathas** and **Bhathas** being used instead of **Thathar** and **Bhathar**. You may use whichever you prefer.



*Thathas a’ creidsinn gun deach
dineasaran à bith o chionn 65
millean bliadhna.*



23. Bhathas a' cruinneachadh airgead.

- Leugh na seantansan anns a' chlàr gu h-iseal.
- Tagh trì bho gach colbh agus eadar-theangaich iad.

Read the sentences in the table below. They all contain examples of the impersonal tense. Choose 3 from each column to translate.

	Thathar/Thathas	Bhathar/Bhathas
1.	Thathar ag ràdh gu bheil sneachd garbh a' tighinn aig deireadh na seachdain.	Bhathas a' moladh dhuinn dà uair a thìde gu leth de dh'ecarsaich a dhèanamh gach seachdain.
2.	Thathas a' creidsinn gun deach dìneasaran à bith o chionn 65 millean bliadhna.	Bhathar an dùil coinneamh a chumail an t-seachdain sa chaidh mus do thachair an tubaist.
3.	Thathar a' sireadh luchd-obrach aig an stòr ùr a dh'fhosgail a' bhòn-dè.	Bhathas a' cruinneachadh airgead nuair a ghabh an duine grèim-cridhe.
4.	Thathas an dòchas gun tig an leabhar a-mach ro dheireadh na bliadhna.	Bhathar a' togail thaighean do dhaoine bochda anns an sgìre as fhaide a-muigh.
5.	Thathar ag iarraidh fhreagairtean sa bhad no cha bhi na daoine air an dòigh idir idir.	Bhathas an dùil seirbheis a chumail anns an eaglais a-nochd, ach chaidh an dealan dheth mu mheadhan-latha.
6.	Thathas a-nis a' creidsinn gu bheil seòclaid dubh math dhut, ach chan eil mi a' creidsinn facal dheth.	Bhathar ag ràdh gun robh clann fhathast a' bàsachadh leis an acras ann an Siria a dh'aindeoin taic.

ceum càinain: language step

Impersonal forms of verbs *Faod* and *Feum*

The verbs **Faod** and **Feum** can be put into the impersonal form by adding the ending **-ar**. The forms **Faodar** and **Feumar** are used to express something which may be or must be done. You are familiar with using the verbs **Faod** and **Feum** already. Have a look at these examples:

Mar eisimpleir:

Personal (a person is named)

Feumaidh mi peann dubh a chleachdadh.

I need to use a black pen.

Chan fhaod mi deoch làidir òl.

I am not allowed to drink alcohol.

Impersonal (no-one is named)

Feumar peann dubh a chleachdadh.

A black pen must be used.

Chan fhaodar deoch làidir òl.

Drinking alcohol is not permitted.



24. Rabhadh!

- Leugh na riaghailtean/rabhaidhean.
- Càit am faic thu gach fear, saoil?
- Sgrìobh gach fear ann am Beurla.

Look at these signs with rules/warnings on them. Where might you possibly expect to find each one? Translate them into English.

1. FEUMAR ADAN CRUAIDH A CHLEACHDADH.



2. CHAN FHAODAR PEANSAIL A CHLEACHDADH.



3. FEUMAR A' PHÀIRC A CHUMAIL SGIOBALTA.



4. FAODAR SNÀMH EADAR NA BRATAICHEAN UAINE A-MHÀIN.



5. CHAN FHAODAR ITHE AN SEO.



6. FEUMAR COIN A CHUMAIL AIR IALL.



7. CHAN FHAODAR DEALBHAN A THOGAIL.



25. Riaghailtean

- Coimhead air na dealbhan.
- Sgrìobh fhèin riaghailt no rabhadh freagarrach airson gach tè.

Look at the pictures below. Write a suitable rule/warning for each one. Use the passive impersonal tense.





26. Cìs an t-Siùcair

- Èist ris an earrainn (Earrann 7) mu Chìs an t-Siùcair cho tric 's a thogras tu.
- Cuir crìoch air a' gheàrr-chunntas de fhiosrachadh NO Freagair na ceistean.

Listen to the news report about The Sugar Tax (Earrann 7) as often as you need. Choose to complete either the summary of the news report or the questions based on it.



1. According to research, two conditions are on the rise. Name one of them.
2. What is the cause of this rise in ill health?
3. What are the government promising to do to help tackle this rise?
4. According to the health correspondent, what is the recommended daily sugar intake for :
 - a. young children
 - b. adults?
5. What comment is made about canned fizzy drinks such as Coke and Irn Bru?
6. What might happen to the price of fizzy drinks as a result of the sugar tax?
7. What might soft drinks manufacturers do as a result of the imposed sugar tax?
8.
 - a. Three drinks are mentioned that will be exempt from the sugar tax. Name one of them.
 - b. What is the reason for this exemption?



Research has shown that _____ consume _____ sugar.
As a result of this, the _____ obesity and _____ is ever increasing. This is a huge problem for _____.

_____ has promised to _____. This will take effect in _____. The tax is designed to specifically target the _____ industry. It is _____ that _____ will welcome the news.

According to guidelines, the recommended daily sugar intake for young children is _____. _____ are recommended to take no more than _____.

The sugar tax could mean _____ per litre on fizzy drinks. Therefore, it is hoped that people will _____. It is hoped that _____ might reduce the _____ in their products, as a result of the tax.

_____, _____ and _____ will be unaffected by the sugar tax. They are _____ to be healthier for us than _____.



27. Leabhar-latha

- Cùm leabhar-latha den a h-uile grèim a dh'itheas tu agus a h-uile rud a dh'òlas tu airson co-dhiù dà latha.
- Cuideachd, sgrìobh eacarsaich sam bith a rinn thu – fiù 's coiseachd.
- Sgrìobh na rudan a rinn thu airson fois agus sìth a ghabhail.
- Cùm sùil air na tha thu a' faighinn de chadal gach oidhche.
- Beachdaich air an fhiosrachadh agad.
- A bheil thu toilichte leis an daidheat agus an dòigh-beatha agad?
- A bheil iad fallain?
- Mura bheil, dè bu chòir dhut atharrachadh?
- Sgrìobh na smuaintean agad.



Keep a food diary (including drinks) for at least two days. You should also keep a note of what exercise you do on these days (including walking), what you have done in the way of relaxation, and how much sleep you get each night. Reflect on your information. Are you happy with your lifestyle? Is it healthy? If not, what could you change? Write down your thoughts. Some of the language below may be of use to you. Use your faclair to help you too.



Faclan feumail

Tha mi air cus... ithe/òl.

I have eaten/drunk too much...

Chan eil mi air gu leòr ... ithe/òl.

I have not eaten/drunk enough...

Bu chòir dhomh barrachd ... ithe/òl/a dhèanamh.

I should eat/drink/do more...

Cha bu chòir dhomh na h-uiread de ... ithe/òl.

I shouldn't eat/drink so much...

Anns an fharsaingneachd

In general, on the whole

Chanainn gu bheil...

I would say that...

Tha mi mothachail a-nis gu bheil...

I realise now that...

Tha mi a' faireachdainn...

I feel...

Tha/chan eil mi a' faighinn eacarsaich/cadal gu leòr.

I do/do not get enough exercise/sleep.

Bu chòir dhomh am barrachd cadail fhaighinn.

I should get more sleep.

Bidh/Cha bhi mi a' cur seachad cus ùine...

I do/do not spend too much time...

air an fhòn/air a' choimpiutair/air beulaibh an TBh

on my phone/on the computer/in front of the TV



28. Mar as teotha 's ann as fheàrr!

- Èist ris an earrainn. (Earrann 8)
- Tha Sandra agus Micheal a' bruidhinn mu dheidhinn còcaireachd.
- Èist ris a' chòmhradh aca.
- Coimhead air na seantansan (1-13) anns a' chlàr gu h-iseal.
- Cò na seantansan a tha ceart no ceàrr?
- Cuir ✓/no x airson gach fear dhiubh.
- Ceartaich na seantansan nach eil fìor.

Listen to Sandra and Michael talking about cooking. Read the sentences (1-13) below. Which ones are true/false? Correct the sentences that are false.



Seantans	ceart/ ceàrr	seantans fìor
1. Sandra likes cooking.		
2. Michael cooks almost every night.		
3. Michael lives with his mother.		
4. The first dish Michael made was curry.		
5. Michael is a very messy cook.		
6. Sandra's first ever dish was a success.		
7. Michael finds cooking good for de-stressing.		
8. Michael likes to make Chinese food.		
9. Italian food is quick and easy to make.		
10. Sandra prefers exotic food.		
11. Sandra often has to cook for herself.		
12. Michael says Sandra should come for dinner sometime.		
13. According to Michael, the more often you do something the easier it becomes.		

ceum cànan:
language step

Mar as..., 's ann as...

In **Earrann 8** Michael uses the construction, **Mar as ... 's ann as ...**

When he talks about making curry he says, "**Mar as teotha, 's ann as fheàrr!**" (the hotter the better!) and again when he tries to persuade his friend Sandra to learn how to cook he says, "**Mar as trice a nì thu rud, 's ann as fhasa a bhitheas e**" (the more you do something, the easier it is).

To use this construction you will need to use the comparatives of adjectives. The comparatives are underlined in the examples below.

Look back to **Ceumannan 4** p 428-429 for a reminder.

Mar eisimpleir:

The older you are, the wiser you should be.

The younger you are, the faster you are.

Mar as sine a bhios tu, 's ann as glìce a bu chòir dhut a bhith.

Mar as òige a tha thu, 's ann as luaithe a tha thu.



29. Seantansan

- Èist ris na seantansan. (Earrann 9)
- Lìon na beàrnan anns na seantansan gu h-ìseal.

Listen to these sentences in Gaelic. Fill in the missing information in English.

- _____ , the quicker time passes.
- _____ , the more dangerous it is in a storm.
- _____ , the happier I am.
- _____ , the more supple you are.
- _____ , the less freedom you have.



30. Mar as ..., 's ann as ...

- Leugh na seantansan Gàidhlig.
- Eadar-theangaich iad.

Read the Gaelic sentences. Translate them.

1. Mar as motha de dh'èacarsaich a nì mi, 's ann as fheàrr a bhios mi a' faireachdainn.
2. Mar as miosa an tha an daidheat agam, 's ann as miosa a bhios mo chraiceann.
3. Mar as trice a chluinneas mi Gàidhlig, 's ann as fhasa a tha e a tuigsinn.
4. Mar as motha de shiùcar a dh'itheas mi, 's ann as motha a bhios mi ag iarraidh!
5. Mar as fhaide a dh'fhàgas tu e, 's ann as duilghe a dh'fhàsas e.



Mar as motha
de dh'èacarsaich
a nì mi, 's ann as
fheàrr a bhios mi
a' faireachdainn.



31. Seantansan eile

- Sgrìobh na seantansan seo ann an Gàidhlig.
- Cleachd an clàr de bhuadhairean air d 429 ann an Ceumannan 4 airson taic.
- Feuch gun sgrìobh thu fhèin eisimpleir cuideachd.

Translate these sentences into Gaelic.

Use the table of comparatives and superlatives on page 429 of Ceumannan 4, if you need help. You should make up one example of your own too.

1. The smaller the car the cheaper the price.
2. The earlier the better.
3. The harder the bed, the more comfortable it is.
4. I drink lots of water. The colder the better.
5. _____.



32. 'S toigh leam còcaireachd

- An toigh leat fhèin a bhith a' còcaireachd?
- Am bi thu uair sam bith a' dèanamh dinnear dhut fhèin, dhan teaghlach no dha na caraidean agad?
- Dè am biadh as toigh leat a bhith a' dèanamh/ag ithe?
- An canadh tu gu bheil thu math air còcaireachd?
- Dèan còmhraidh ann an Gàidhlig còmhla ri do charaid.
- Clàraibh an còmhraidh agaibh agus èistibh ris a-rithist.
- Èistibh ris a' chòmhraidh eadar Sandra agus Micheal (Earrann 8) a-rithist airson taic.
- Anns a' bhogsa gu h-ìseal chì thu cuid de na h-abairtean a chleachd Sandra agus Micheal.

Do you like to cook? Do you ever make dinner for yourself, your family or your friends? What kinds of things do you like to make/eat? Would you say you are a good cook? Have a conversation with your partner. If you like, listen to Sandra and Michael's conversation again to help you. Record your conversation and listen back to it. Below are some phrases from Michael and Sandra's conversation that you might find useful.



Cànan feumail

Dè cho tric 's a bhios tu a' còcaireachd?

Bidh mi a' còcaireachd cha mhòr a h-uile h-oidhche.

Bidh mo mhàthair a' dèanamh a h-uile sìon anns an taigh againne.

Dè thug ort tòiseachadh air còcaireachd ma-tha?

Dè mu do dheidhinn-sa?

Tha mi gu math dèidheil air mo bhiadh.

Tha mi riamh air a bhith math air còcaireachd.

Abair bùrach!

Chan eil mi cho math air sgioblachadh às mo dhèidh.

Dè a' chiad rud a rinn thu fhèin?

ma 's math mo chuimhne

Bidh mi ga fhaighinn cho tlachdmhor.

Chan eil càil nas fheàrr na beagan ùine a chur seachad anns a' chidsin.

Dè am biadh as toigh leat a bhith a' dèanamh, mar as trice? glè ainneamh

Tha mise air tòrr ionnsachadh mu chòcaireachd.

Mar as trice a nì thu rud, 's ann as fhasa a bhitheas e.

How often do you cook?

I cook almost every night.

My mum makes everything in our house.

What made you take up cooking then?

What about you?

I'm really keen on my food.

I've always been good at cooking.

What a mess!

I'm not so good at clearing up after myself.

What was the first thing you made yourself?

If I remember rightly

I find it so enjoyable.

There's nothing better than spending a little time in the kitchen.

What food do you usually like making? very rarely

I've learned/learnt lots about cooking.

The more often you do something, the easier it is.

ceum cànan: language step

An suidheachadh ceangailte — The possessive case (a reminder)

You have seen various examples of the possessive case in previous Ceumannan books. Look again at **Ceumannan 3 p154-5** and **p234-5** and **Ceumannan 5 Aonad 1 p17-19**.

You will remember that possessive case (as its name suggests) is used to show possession of something. In English we use an apostrophe (*'s*) or the word *of*.

Eg: Martin's book and the end of the street

Keep a look out for nouns in the possessive case on the next few pages. The recipes which follow have quite a few examples in them.

Mar eisimpleir:

bàlaichean-feòla

meatballs (lit. balls of meat)

sradag salainn

a pinch of salt



33. Reasabaidhean furasta agus fallain!

- Coimhead air an dà reasabaidh gu h-iseal.
- Tagh fear dhiubh.
- Dèan an reasabaidh aig an taigh no anns an sgoil, mas urrainn dhut.
- Ciamar a chaidh dhut?
- An robh e blasta?

Read the two recipes that follow. Choose the one you prefer. Have a go at making the recipe. If possible, your class may be able to all cook together with your Gaelic teacher (through the medium of Gaelic!) in one of the Home Economics kitchens. Otherwise, try out your chosen recipe at home with your family/friends.

Spaghetti le bàlaichean-feòla Quorn

(gu leòr airson co-dhiù ceathrar)

Tha an reasabaidh seo a' cleachdadh Quorn an àite feòil. Tha Quorn na stòras math de phròtain, ach tha e nas fhallaine na feòil. Tha an reasabaidh saor, furasta agus luath ri dhèanamh — ga dhèanamh gu math freagarrach do dh'oileanaich agus dhaibhsan aig nach eil mòran tìde no mòran airgid!

Tha an reasabaidh seo math do dhaoine a tha a' seachnadh feòil no bainne.

Na dìochuimhnich do làmhnan a nighe mus tòisich thu!

Dè dh'fheumas mi?

- Pacaid bàlaichean-feòla Quorn rèite (300g)
- 2 spàin-bhùird ola chroinn-ola
- uinnean air a ghearradh gu mìn
- 3 pìosan creamhaig air am pronnadh
- sàiste (a dhà no trì dhuilleagan) air an gearradh gu mìn
- 2 x 400g chrogan thomàtohan
- sradag siùcair
- sradag salainn
- 11 unnsa spaghetti slàn-ghràin
- curran beag air a bhleith
- 200g bloinigean-gàrraidh air a ghearradh
- mearag-bheag air a bleith

Dè uì mi?

1. Fraidhig na bàlaichean-feòla (fhathast rèite) ann am beagan ola airson 5 mionaidean.
2. Thoir na bàlaichean-feòla a-mach às a' phraigheapan agus cùm blàth iad air truinnsear le pìos foidhle orra.
3. Fraidhig an t-uinnean, an curran agus a' mhearag-bheag airson còig mionaidean.
4. Cuir a' chreamhag agus leth den t-sàiste ris, agus fraidhig airson mionaid (ga chur mun cuairt gu tric).
5. Cuir na bàlaichean-feòla air ais dhan phraigheapan agus cuir na tomàtohan, am bloinigean-gàrraidh agus sradag bheag siùcair ann. Cuir mun cuairt gu math e.
6. Cuir ceann air a' phraigheapan agus goil gu socair airson 8 mionaidean.
7. Bruich an spaghetti ann an uisge goileach le sradag bheag salainn.
8. Nuair a bhios an spaghetti deiseil, cuir dhan phraigheapan e còmhla ris na bàlaichean-feòla agus measgaich a h-uile rud còmhla gu math.
9. Crath an còrr den t-sàiste air uachdar.



Uidheaman

- sgian bhiorach
- bòrd-gearraidh
- sgriobadair
- praigheapan mòr
- pana mòr
- spàin-fhiodh
- spàin-bhùird
- greatair

Bonnaich slàn-ghràin le banana agus corra-whitheagan

Tha rudan nàdarra eile a ghabhas cleachdadh an àite siùcair airson blas milis a thoirt air biadh. Tha an reasabaidh seo a' cleachdadh siorap Agave agus bananathan. Mar sin, tha na bonnaich seo nas fheàrr dhut an taca ri cèicean àbhaisteach le siùcar geal annta – a' ciallachadh nach leig thu a leas a bhith a' faireachdainn cho ciontach gan ithe! A bharrachd air sin, tha iad seo loma làn de dh'aona de na sàr bhiadhan as fheàrr a th' ann – corra-mhitheagan. Tha iad freagarrach mar bhraicaist luadh no mar ghreim-bìdh an uair a bhuaileas an t-acras ort agus nuair a dh'fheumas tu breab milis!



Dè dh'fheumas mi?

- 1 cupa flùr geal
- $\frac{3}{4}$ cupa flùr slàn-ghràin
- $\frac{3}{4}$ spàin-teatha sòda-arain
- sradag salainn
- 3 bananathan air am pronnadh
- $\frac{1}{2}$ cupa siorap Agave
- 1 cupa corra-mhitheagan reòite
- $\frac{1}{4}$ cupa iògart Greugach
- 2 ugh mhòr
- 1 builgean bhanila
- 6 spàinean-bùird ime (gun shalann) air a leaghadh
- $\frac{1}{4}$ cupa àmoin air am bleith

Uidheaman

- 12 cèis pàipeir
- tiona a ghabhas 12 bonnach
- spàin-fhiodh
- 2 bobhla
- spàin-teatha
- spàin-bhùird
- cupa
- sgian bheag
- forca

Dè uè mi?

1. Cuir air an àmhainn aig 170C.
2. Cuir am flùr, an sòda agus an salann còmhla ann am bobhla.
3. Ann am bobhla eile, cuir na bananathan, an siorap Agave, an iògart Greugach, na h-uighean, an t-ìm agus a' bhrìgh bhon bhanila. Measgaich gu math.
4. Cuir a h-uile càil còmhla. Na measgaich ro fhada.
5. Cuir na corra-mhitheagan a-steach ann agus measgaich gu faiceallach.
6. Lìon an tiona leis na cèisean pàipeir.
7. Lìon gach cèis $\frac{2}{3}$ chun a' mhullaich.
8. Crath na h-àlmoine air uachdar gach bonnach.
9. Cuir dhan àmhainn iad aig 170C airson 20-25 mionaidean.



34. An suidheachadh ceangailte

- Coimhead tro na reasabaidhean a-rithist.
- Lorg eisimpleirean den t-suidheachadh cheangailte annta.
- Feuch gun lorg thu co-dhiù ceithir eisimpleirean.

Look at the two recipes again. Can you find examples of the possessive case in them? Try to find at least 4 examples.



35. An reasabaidh as fheàrr leam

- Dè an reasabaidh/am biadh as fheàrr leat?
- Sgrìobh an reasabaidh ann an Gàidhlig.
- Feuch gun dèan thu reasabaidh fallain!
- Tog dealbh den bhiadh a rinn thu agus cuir sin ris an reasabaidh agad.
- Coimhead air ais air na reasabaidhean airson spaghetti agus bonnach airson taic.
- Cruinnichibh na reasabaidhean aig a h-uile duine anns a' chlas agus dèanaibh leabhran beag de reasabaidhean fallain.

What is your favourite recipe/food? Write your recipe in Gaelic. If your chosen recipe isn't particularly healthy, try and make some changes to the ingredients to make it a healthier option. For example, you might try reducing the sugar, salt or fat content or by using alternative ingredients as a substitution. Take a photograph of what you have made to include in your recipe. Collate everyone's recipes to make a healthy eating cookbook that everyone can enjoy.





36.a Cò do bhràmair?

- Coimhead air an fhilm ghoirid *Cò do bhràmair?* air làrach Ceumannan.
- Faodaidh tu an sgrìopt a leughadh gu h-ìseal cuideachd.
- Stad às dèidh gach pàirt (A, B agus C) agus bruidhinn ri do charaid/chlas mu na puingeann còmhraidh.

Watch the short film *Cò do bhràmair?* on the Ceumannan website. You can also follow the script below, if you wish. Stop after each part (A, B and C) and discuss the **puingeann còmhraidh** with your partner/class. New vocabulary is in bold font and appears in the boxes below each part.

"Bidh thu ann am beul a' bhaile!"

"Cuir dealbh eile thugam a-màireach no bidh ceannach agad air!"



"Tha mi a' coimhead ort."

"Tha fios agam càit a bheil thu."

"Mura dèan thu seo gheibh mi grèim ort fhèin AGUS air do phiuthar!"

Aon oidhche tha Ceit a' faighinn a-mach gu bheil a bràthair Anndra air a bhith a' cleith rudeigin uabhasach oirre. An urrainn dhi a chuideachadh? No a bheil e ro fhadalach?

One night Kate discovers her twin brother Andrew has been keeping a very dark secret. Can she help him or is it too late?

PÀIRTA

'S e oidhche Shathairne a th'ann agus tha Ceit agus a caraid Alàna a' coiseachd dhachaigh bhon taigh-dhealbh.

Alàna: Bha siud math, nach robh?

Ceit: Aidh, bha. Ach 's bochd nach robh Anndra ann, a-rithist!

Alàna: Càit a bheil Anndra a-nochd co-dhiù?

Ceit: Bidh e glaist' anns an rùm aige aig an taigh, tha mi cinnteach.

Alàna: A Cheit, a bheil Anndra ceart gu leòr?

Ceit: Chan eil fhios agam, Alàna. Chan eil fhios agam dè tha ceàrr air an-dràsta ach **chan eil e idir aige fhèin. Tha stùirc air** a h-uile latha. Tha e air sgur a dhol a-mach cuide ri a charaidean, tha e air sgur a chluich iomain agus ball-coise agus tha e an-còmhnaidh a' coimhead cho **tùrsach**. Chan eil e a' dèanamh gu math anns an sgoil **nas motha** agus tha na deuchainnean a' tòiseachadh a dh'aithghearr. Bha sinn riamh cho **rèidh** ach a-nis cha bhruidhinn e rium. Chan eil mi ga thuigsinn idir. Tha mi gu math draghail mu dheidhinn. Carson a tha thu a' faighneachd co-dhiù? A bheil fhios agad fhèin dè tha ceàrr air?

Alàna: Uill, 's dòcha. Chuala mi Cailean agus Sandaidh a' bruidhinn ann am Bith-eòlas an-dè. Bha iad ag ràdh gum faca iad lotan air gàirdeanan agus casan Anndra anns a' chlas spòrs. Cha robh aodach-spòrs aig Anndra a-rithist agus thug Maighstir MacLeòid dha briogais-ghoirid agus lèine-T. Cha robh Anndra idir ag iarraidh an cur air ach bha Maighstir MacLeòid a' trod ris. Nuair a thug e dheth a gheansaidh agus a bhriogais, chunnaic Cailean agus Sandaidh gun robh a ghàirdeanan agus a chasan ann an droch staid. Nuair a dh'fhaighnich iad dha dè thachair, **chaidh Anndra às a rian** agus ruith e a-mach às a' chlas.

Ceit: Dè? Dè lotan? Dè tha thu ag ràdh, Alàna?



Alàna: Tha Cailean agus Sandaidh a' smaoinneachadh gu bheil Anndra air a bhith **ga ghearradh fhèin** le sgian, a Cheit.

Ceit: Dè? Tha fios 'am gu bheil e air a bhith **caran ìseal ann fhèin** ach **fhèin-mhilleadh**? Anndra? Carson a dhèanadh e sin? Chan eil mi ga chreidsinn. A bheil thusa ga chreidsinn?

Alàna: Smaoinich air, a Cheit. Ciamar a fhuair e lotan mar siud air fhèin? Cuin a chunnaic thu Anndra le lèine-T no briogais ghoirid air mu dheireadh? 'S e an samhradh a th' ann! Nach eil thu fhèin a' smaoineachadh gu bheil sin caran neònach? Thuirt thu gu bheil e air stad a dhol gu ball-coise agus iomain agus chan eil sin coltach ri Anndra.

Ceit: Alàna, tha thu ceart. Ò mo chreach! Anndra bochd. Dè nì mi?

Alàna: 'S dòcha gum bu chòir dhut bruidhinn ris.

chan eil e idir aige fhèin

tha stùirc air

tùrsach

nas motha

rèidh

chaidh Anndra às a rian

ga ghearradh fhèin

caran ìseal ann fhèin

fèin-mhilleadh

He's not himself at all.

He's got a face like a wet weekend
sad

either

close/friendly

Anndra went mad

cutting himself

a bit depressed

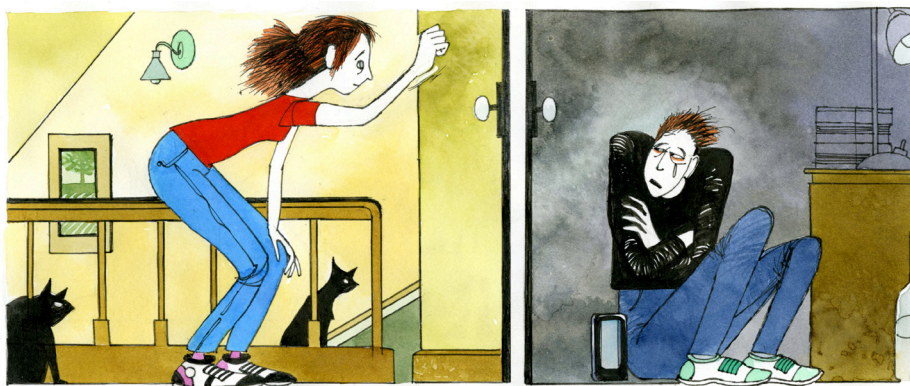
self harm

Puingean còmhraidh A

- What advice would you give Ceit about how to approach Anndra?
- What reasons do you think someone might have for self-harming?

PÀIRT B

Tha Ceit aig an taigh a-nis. Tha i a' dol gu rùm Anndra airson bruidhinn ris.
(gnog gnog)



Ceit: Anndra? Anndra, am faod mi tighinn a-steach?

Anndra: (a' rànaich) Chan fhaod!

Ceit: Anndra, a bheil thu ceart gu leòr? A bheil thu a' rànaich?

Anndra: Chan eil! Thalla, a Cheit!

Ceit: Anndra, tha fios 'am gu bheil thu air a bhith gad ghearradh fhèin.
Tha mi airson do chuideachadh.

Anndra: Dè? A Cheit, **leig leam!**

Ceit: Anndra! Fosgail an doras sa mhionaid no thèid mi sìos an staidhre agus innsidh mi do Mham.

Anndra: **Na gabh ort sin a dhèanamh!**

(Tha an doras a' fosgladh. Tha sùilean Anndra dearg agus tha coltas air gu bheil e air a bhith ag òl. Tha botal bhodca air an làr ri taobh na leapa.)

Ceit: Anndra? **A bheil an deoch ort?** Anndra bruidhinn rium! Tha uallach mòr orm mu do dheidhinn.

Anndra: Tha mi ceart gu leòr. Leig leam.

Ceit: Seall dhomh do ghàirdeanan ma tha.

(Tha Ceit a' faighinn grèim air gàirdean Anndra agus tha e a' leigeil sgreuch às)

Anndra: Aobh, a Cheit! **Leig às mi!**

(Ceit a' toirt an aire de spotan beaga fala air muilchinnean lèine Anndra)

Ceit: Anndra! Dè idir a rinn thu ort fhèin?



Anndra: Ò, a Cheit, **tha mo cheann na bhrochan.** Chan eil fhios 'am dè nì mi. Tha mi air a bhith cho gòrach, ach **cha robh dol às ann dhomh.**

Ceit: Gabh air do shocair. Inns dhomh.

Anndra: O chionn mìos no dhà thòisich mi air bruidhinn ri tè air-loidhne. Bha i cho laghach rium. Thuirt i gur e Brèagha a t-ainm a bh' oirre. Bha sinn a' bruidhinn air-loidhne a h-uile h-oidhche. Thuirt i gun robh i a' fuireach ann an Canada. Chuir i dealbhan thugam — an teaghlach aice, a caraidean, an taigh aice, rudan mar sin. Chuir mise dealbhan **thuicese** cuideachd. Bha i cho snog agus bha mi a' smaoinichadh gun robh mi ann an gaol ach...



- Ceit:** Ach dè? Dè thachair?
- Anndra:** Aon latha chuir i dealbhan caran pearsanta thugam, a bheil fhios agad?
- Ceit:** Dealbhan pearsanta? Dè tha thu a' ciallachadh? A bheil thu a' ciallachadh...?
- Anndra:** Tha.
- Ceit:** Ò, Anndra, an do chuir thusa dealbhan mar sin thuicese cuideachd?
- Anndra:** Chuir. Ach **cho luath 's a rinn mi sin** thòisich rudan a' dol ceàrr.
- Ceit:** Ciamar?
- Anndra:** Bha i ag iarraidh bruidhinn rium air an fhòn agus thug mi dhi an àireamh agam. Bha mi cho toilichte. Ach nuair a fhreagair mi am fòn...
- Ceit:** Seadh... nuair a fhreagair thu am fòn...
- Anndra:** Ò, a Cheit. **Tha gràin agam orm fhèin.** Ciamar a b'urrainn dhomh a bhith cho gòrach?

a' rànaich

Leig leam!

Na gabh ort sin a dhèanamh!

A bheil an deoch ort?

Leig às mi!

Tha mo cheann na bhrochan.

cha robh dol às ann dhomh.

thuicese

cho luath 's a rinn mi sin

Tha gràin agam orm fhèin.

crying

Leave me alone!

Don't you dare do that!

Are you drunk?

Let me go!

My head's in a mess.

I had no choice.

to her

as soon as I did that

I hate myself.

Puingean còmhraidh B

- What do you think Andrew's first mistake may have been?
- What do you think has happened with Brèagha that is upsetting Andrew so much?
- What do you think might happen next in the story?

PÀIRT C

Ceit: Anndra, dè thachair? Dè thuirt Brèagha? Dè rinn i?

Anndra: **Cha b'e "i" a bh'ann idir.**

Ceit: Chan eil mi a' tuigsinn. Cò bha ann ma tha?

Anndra: 'S e fireannach a bh'ann! Chan e nighean òg a bh'ann am 'Brèagha' idir. Cha robh 'Brèagha' riamh ann! 'S e fireannach salach, grod a bh'ann bhon toiseach, **a' leigeil air gur e nighean òg a bh'ann.**



- Ceit:** Dè? Ò mo chreach! Tha sin uabhasach!
- Anndra:** Tha! Agus tha na dealbhan agamsa aige! Thuir e **mura cuirinn** tuilleadh dhealbhan thuige gun cuireadh e iad air post-dealain chun a h-uile duine! Smaoinich! Dè chanadh mo charaidean? Dè chanadh Mam is Dad? **Tha mi air mo mhaslachadh!**
- Ceit:** Ò, Anndra! Agus an do chuir dealbhan eile thuige?
- Anndra:** Chuir. Aon dealbh a h-uile latha. Ach, cha robh dol às ann dhomh. Bidh suas ri trithead aige a-nis!
- Ceit:** Agus a bheil thu gad ghearradh fhèin air sgàth seo?
- Anndra:** Tha. Shaoil mi ma bha mi a' coimhead grànda gu leòr anns na dealbhan nach biodh e gan iarraidh tuilleadh agus gun stadadh e, ach cha stad!
- (Anndra a' rànaich a-rithist)*
- Ceit:** Ist, ist. Bidh e ceart gu leòr.
- Anndra:** Cha bhi e ceart gu leòr, a Cheit! Ciamar air thalamh a bhios e ceart gu leòr? Dè ma gheibh Mam agus Dad agus an sgoil a-mach? **Gheibh mi an t-sitig!**
- Ceit:** Chan fhaigh! Na bi gòrach. Èist thusa riumsa! Tha seo a' sgur an-dràsta. Cha bhrudhinn thu ris an fhear seo a-rithist agus thèid sinn dìreach gu na poilis.
- Anndra:** Chan urrainn dhomh! Thuir mi ris gun robh mi a' dol gu na poilis, ach thuir e gu robh fhios aige càit an robh sinn a' fuireach agus **gun goirticheadh e sinn** — mise agus thusa! — A Cheit, tha e air a bhith gar coimhead! Tha fhios aige air a h-uile rud. Ach chan eil fhios 'am cò e no càit a bheil e! **Tha eagal mo bheatha orm**, a Cheit. Tha mi cho duilich. Tha thusa ann an cunnart a-nis cuideachd agus 's e mise as coireach!
- Ceit:** Chan e thusa as coireach idir, Anndra. Tha an duine seo craicte agus cunnartach. **Feumaidh sinn ceann a' mhaide a chumail ri leithid.** Tha seo an aghaidh an lagh agus **chan fhaigh e às leis.** Bheir sinn am fòn-làimh agad dha na poilis agus gheibh iad a-mach cò e.

Cha b' e "i" a bh' ann idir
a' leigeil air

mura cuirinn

Tha mi air mo mhaslachadh!

Gheibh mi an t-sitig!

gun goirticheadh e sinn

Tha eagal mo bheatha orm

'S e mise as coireach

Feumaidh sinn ceann a' mhaide a chumail ri leithid.

chan fhaigh e às leis.

mura dèan sinne càil mu dheidhinn

do chiall reusanta

trustar

It wasn't a "she" at all
pretending

if I wouldn't send

I'm mortified!

I'll be thrown out!

that he would hurt us

I'm so scared

It's my fault

We need to stand up to the likes of him.

He won't get away with it.

If we don't do anything about it

your common sense

low life/scoundrel

Anndra: Ach dè mu dheidhinn na dealbhan?

Ceit: Chan eil fhios 'am, Anndra. Ach cia mheud balach no nighean eile a tha gu bhith a' fulang **mura dèan sinne càil mu dheidhinn?** Cleachd **do chiall reusanta** an seo. Chan urrainn seo a dhol nas fhaide. Mar as luaithe a dh'innseas tu dha na poilis, 's ann as luaithe a stadas iad an **trustar** seo. Tha fios agad gu bheil mi ceart. Nise, thoir dhomh am fòn...



Puingean còmhraidh C

- Do you know of anyone who has ever been the victim of online bullying?
- What do you think you might do/have done if you were Anndra?
- Do you think we could all learn something from Anndra's experience? If so, what?
- What measures do you personally take to make sure you are safe online?



36b. Agus an uair sin...

- Ciamar a chuireadh tu fhèin crìoch air an stòiridh aig Anndra agus Ceit?
- Inns dhan chlas.
- Cò anns a' chlas a bheil an deireadh as fheàrr?
- Taghaibh am fear as fheàrr leis a' chlas agus cuiribh crìoch air an sgrìopt còmhla.
- 'S dòcha gun còrdadh e ribh an dràma seo actadh a-mach agus film goirid a dhèanamh dheth.

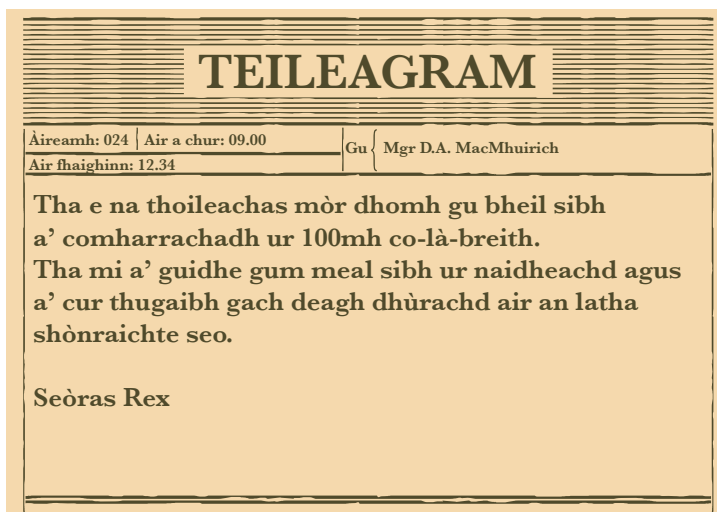
How would you like Anndra and Ceit's story to end? Share your ideas with your class. Who in the class comes up with the best ending? Choose the ending the class likes best and finish the script together. You might want to act out the script and maybe make a short film of it.



37. A bhith beò ceud bliadhna agus an còrr

- Leugh am fiosrachadh mu cheudairean.
- Freagair na ceistean a leanas.

Read the article about centenarians and answer the questions that follow.



Ann an 1917 thòisich an còigeamh Rìgh Seòras traidisean ùr. Chuir e teileagram chun a h-uile neach ann am Breatainn agus ann an Dùthchannan a' Cho-fhlaitheis a bha air aois ceud bliadhna a ruighinn. Air a' bhliadhna sin, chuir e fichead teileagram 's a ceithir. Am-bliadhna, ceud bliadhna air adhart bhon uair sin, thathar an dùil gun cuir a' Bhanrigh Ealasaid còrr is sia mìle dhiubh!

Thathar ag ràdh gum bi aon phàiste a-mach à trìùir a tha air am breith ann am Breatainn an-diugh beò gu ceud bliadhna a dh'aois. Tha seo a' sealltainn cho mòr agus a tha gnothaichean air atharrachadh thar na linn a dh'fhalbh. 'S ann air sgàth adhartasan meidigeach agus atharrachaidhean a thaobh dòigh-beatha a tha sinn uile a-nis beò nas fhaide.

Ach, ged is e rud math a tha ann gu bheil beatha nas fhaide aig daoine, tha duilgheadasan ann mar thoradh air an seo: cosgaisean a thaobh slàinte, peinnseanan agus cùram nam measg. Mun àm a thig a' bhliadhna 2050, thathar a' smaoinichadh gum bi mu 190, 000 neach beò gu aois 100 agus còrr anns an Rìoghachd Aonaichte.



Carson a bhios cuid beò nas fhaide na feadhainn eile?

	Dùil-aoise	
Dùthaich	Boireannaich	Fireannaich
Monaco	naochad 's a ceithir	ochdad 's a sia
Iapan	ochdad 's a seachd	ochdad 's a h-aon
An Eadailt	ochdad 's a còig	ochdad
An Rìoghachd Aonaichte	ochdad 's a trì	seachdad 's a naoi
Pagastan	seasgad 's a h-ochd	seasgad 's a sia
Afganastan	seasgad 's a dhà	caogad 's a naoi
Lesotho, Afraga a Deas	ceathrad 's a naoi	caogad

Mar a chì sinn bho na figearan anns a' chlàr gu h-àrd, bidh faid do bheatha gu mòr an urra ri càit a bheil thu a' fuireach. Bidh eòlaichean a' smaoinichadh gu bheil corra adhbhar ann airson seo. Anns an fharsaingeachd, anns na dùthchannan far a bheil daoine beò nas fhaide tha cuid de rudan aca sa chumantas:

1. daidheat fhallain le measan, glasraich, slàn-ghràin, fion dearg agus iasg gu leòr.
2. bidh daoine ag ithe glè bheag de fheòil dhearg, siùcar agus biadh giullaichte.
3. cha bhi mòran a' smocadh no ag òl cus.
4. bidh daoine ag eacarsaich gu socair agus gu cunbhalach.
5. bidh daoine a' faighinn griann gu leòr.
6. bidh balans math aig daoine eadar obair agus beatha shòisealta.
7. bidh daoine a' cur luach nas motha air bannan teaghlach.

Cuideachd, ann an dùthchannan mar Iapan agus an Eadailt, tha rannsachadh air sealltainn gu bheil àireamhean fada nas ìsle de dh'aillse agus tinneas cridhe. Agus, nas inntinniche buileach, gu bheil àireamh uabhasach ìseal de thinneasan inntinn anns na dùthchannan sin.

Ach carson a bhios cuid a' bàsachadh cho òg?

Gu mì-fhortanach, tha cuid de dhùthchannan far nach urrainn do dhaoine a bhith an dùil a bhith beò nas sine na mu chaogad. Carson a tha seo ge-tà? Ann an cuid de dh'aitichean ann an Afraga, mar eisimpleir, 's iad trioblaidean mar AIDS, bochdainn, gort, cion uisge glan agus cion fhoghlaim as coireach gu bheil an t-uabhas a' bàsachadh cho òg.

Na daoine a bu shine air an t-saoghal



Aig aois ceud agus seachd-deug bliadhna, b'ì **Violet Nic 'Ille Dhuinn** an neach a bu shine air an t-saoghal gus an do chaochail i ann an 2017 ann an lameuga. Carson a bha i beò cho fada? A rèir Violet fhèin, b' e a creideamh làidir ann an Dia a chùim cho fada beò i.

Bha **Gertrude Weaver** ceud agus sia-deug an uair a chaochail ise ann an Ameireaga. Thuir i fhèin gur e coibhneas agus toileachas a chùim cho fada beò i: "Ma bhios tu laghach ri daoine", thuir i, "bidh iad laghach riutsa agus bidh thu toilichte."

Rugadh **Emma Morano** anns an Eadailt ann an 1899. Bha ise an aon aois ri Violet Nic 'Ille Dhuinn nuair a chaochail i. A rèir Morano, b' e a bhith ag ithe dà ugh amh agus tòrr bhriosgaidean a h-uile latha a bha ga cumail beò cho fada!

Bha **Jiroemon Kimura** ceud agus sia-deug bliadhna a dh'aois an uair a chaochail e ann an 2013. B' ann à Kyotango ann an Iapan a bha e, far a bheil àireamh mòr de cheudairean a' fuireach. Thuir e fhèin nach do dh'ìth e cus riamh na bheatha agus gur e siud an t-adhbhar a bha e beò cho fada.

B' ann à Iapan a bha **Misao Okawa**. Rugadh i ann an 1898 agus bha i ceud bliadhna agus seachd-deug an uair a chaochail i. Na beachd fhèin, b' e sushi agus cadal gu leòr a chùim i beò cho fada.



Ceistean

1.
 - a. Who began the tradition of sending 100th birthday telegrams?
 - b. Centenarians living in which countries might expect to receive a telegram of this kind?
 - c. How many telegrams is Queen Elizabeth expected to send this year?
2.
 - a. What statement is made about children born in Britain today?
 - b. According to the article, why are we all now living longer?
3.
 - a. What are the economic downsides to our increased longevity?
 - b. What is predicted will happen by the year 2050?
4. Look at the data in the table in the article.
 - a. What information does the table provide?
 - b. Translate the contents of the table on page 47.
5. Complete the sentence:
According to statistics, the length of your life largely depends upon_____.
6. In countries where people live the longest, there are certain things that these societies have in common. Of the seven commonalities listed, mention three. Which of the seven reasons given do you consider the most important?
7. Re-write the list in order of importance to you – the last one being the least important.
8. What particularly interesting piece of information has been discovered about countries like Italy and Japan?
9. Look at the information given about some of the oldest people to have lived. Choose two people and write as much information as you can about them.
10. Now consider the article as a whole.
The article discusses the ages of people in different parts of the world. According to the writer, what various factors contribute to people's lifespan? Give reasons for your answer with reference to the text.





Bruidhinn

38. Cha tig an aois leatha fhèin!

- Obraichibh ann an buidheann.
- Freagraibh na ceistean.

Work in a group. Answer the following questions.



1. A bheil thu fhèin a' smaoinichadh gum bu toigh leat a bhith beò gu ceud bliadhna a dh'aois?
2. Cò an neach as sine air a bheil thu eòlach? Dè an aois a tha e/i? Inns beagan mu d(h)eidhinn.
3. Saoil dè an rud as motha a tha a' cur uallach air seann daoine?
4. Dè na rudan a tha thu a' smaoinichadh a bhiodh math no dona mu bhith beò gu ceud bliadhna a dh'aois?
5. "**Cha tig an aois leatha fhèin!**"
Dè tha seo a' ciallachadh?



Sgrìobh

39. Nuair a ruigeas mise ceud...

- Freagair na ceistean a leanas.
 - Sgrìobh ann an Gàidhlig.
1. Cuin a bhios tu fhèin ceud bliadhna?
 2. Cò ris a bhios an saoghal coltach an uair sin?
 3. Dè bhios a' tachairt anns na naidheachdan an uair sin?
 4. Saoil dè na goireasan a bhios anns an dachaigh?





40. An cò-là-breith agam

A. Sgrìobh

- Meal do naidheachd! Tha do chò-là-breith ann an-diugh agus tha thu ceud bliadhna a dh'aois.
- Sgrìobh nad leabhar-latha mun latha a tha air a bhith agad.
- Bu choir dhut 120-150 facail a sgrìobhadh.
- Dèan cinnteach gun tog thu air na puingeann a leanas nad sgrìobhadh:

Congratulations! It is your 100th birthday today. Write a diary entry about your day. You must include the following information and you should try to add other relevant details. You should write approximately 120–150 words.

- How and where you celebrated your birthday.
- What kind of life you have led.
- Your own thoughts on why you have lived to such an age.
- How you feel after your big day.



B. Bruidhinn

- Dèan còmhradh còmhla ri caraid no tidsear mu do chò-là-breith.
- Bidh am fiosrachadh agad stèidhichte air na sgrìobh thu ann an A gu h-àrd.

Have a conversation with your partner or your teacher about your 100th birthday. The information you give should be based on the diary entry you wrote in A above.



41. Bheubadh – Fìor chunnart no faochadh?

- Leugh am fiosrachadh mu bheubadh.
- Tha Ceit agus Alasdair air dà thaobh eadar-dhealaichte den deasbad.
- Coimhead air na duilleagan 'Faclan Feumail airson Aiste Bheachdail' ann an Aonad 4 airson taic.
- Freagair na ceistean a leanas.

Read the information below about electronic cigarettes and vaping. Kate and Alasdair have opposing views on the topic. Some new vocabulary appears in the boxes beneath the text. You should also use the **Faclan Feumail airson Aiste Bheachdail** pages in unit 4 to help you. Answer the questions which follow.



Rinnear adhartas mòr air an àireimh de dhaoine a tha ri smocadh a **lùghdachadh** anns na bliadhnaichean on a thàinig **casg** air smocadh ann an àitichean poblach ann an 2006.

Ach, ged is e deagh naidheachd a tha seo do shlàinte na dùthcha, tha **cleachdadh** eile **air togail ceann** na àite: **'bheubadh'** — no smocadh **thoitean eileagtronaigeach**.

Mun àm a thig a' bhliadhna 2023, thathar a' creidsinn gum bi barrachd thoitean eileagtronaigeach gan reic na thoitean tombaca. Ach an e rud math a th' ann an toitean eileagtronaigeach no rud dona?

Rinnear adhartas	progress has been made
a lùghdachadh	to reduce
casg	a ban
cleachdadh	a habit
air togail ceann	has arisen/has appeared
bheubadh	vaping
toitean eileagtronaigeach	electronic cigarettes

1. What progress does the writer refer to in the opening lines?
2. Why does the writer mention 2006?
3. The writer has identified a new habit since then – vaping. What comment does he make regarding this development?

Tha mise gu mòr an aghaidh thoitean eileagtronaigeach.

Cha deach rannsachadh gu leòr a dhèanamh air bheubadh fhathast. Mar sin, chan urrainnear a bhith cinnteach dè a' bhuaidh a dh'fhaodadh a bhith aige air slàinte dhaoine anns an **àm ri teachd**.

Dhòmhsa dheth, tha e do-chreidsinneach gum biodh duine sam bith a' smaoineachadh gu bheil rud sam bith math mu dheidhinn bheubadh.

A bharrachd air a' chunnart a dh'fhaodadh a bhith ann **dha do shlàinte**, tha cunnart

teine bho na **bataraidhean** ann an toitean eileagtronaigeach. Cluinnidh tu sgeulachdan anns na naidheachdan far a bheil daoine air an goirteachadh gu dona nuair a spreadh **e-thoit** nam pòcaid no nam beul! Smaoinich! Bhiodh tu **às do chiall** a dhol faisg air e-thoit airson an adhbhair sin a-mhàin.

Na mo bheachd-sa, tha a' mhargaideachd agus an t-sanasachd airson e-thoitean sgainnealach. Faodaidh clann e-thoitean a cheannach air-loidhne le blasan millis tarraingeach leithid seòclaid-theth, measan agus tofaidh. Tha seo maslach agus tha an t-àm ann rudeigin a dhèanamh mu dheidhinn! A rèir fhigearan, tha e coltach gu bheil an àireamh de dhaoine òga eadar 11 agus 18 bliadhna a dh'aois a tha a' feuchainn thoitean eileagtronaigeach a' sior fhàs. Faodaidh seo a bhith ag adhbharachadh thrioblaidean le daoine a bhith air am beò-ghlacadh le nicotain anns an àm ri teachd.

Tha mise a' smaoineachadh gum bu chòir casg a bhith air bheubadh ann an àitichean poblach cuideachd. Ma chì clann inbhich a' bheubadh, bidh iad a' smaoineachadh gur e cleachdadh àbhaisteach a th' ann agus tha seo ceàrr. Bu chòir do dh'inbhich a bhith a' sealltainn eisimpleir mhath do dhaoine òga.



Alasdair

Chanadh cuid gu bheil e-thoitian math airson daoine a chuideachadh gus sgur a smocadh tombaca. Chan eil teagamh sam bith nach eil seo fìor, ach ma tha thu fhathast an air do bheò-ghlacadh leis an nicotain bho thoitian eileagtronaigeach, chan eil thu air sgur a smocadh! Chan eil ann ach droch chleachdadh eile! Chan eil e fallain a bhith air do bheò-ghlacadh le rud sam bith.

Air a' cheann thall, 's e droga a th'ann an nicotain agus **gheibh e grèim ort a cheart cho math ri heroin!** Cha bu chòir do dhuine sam bith a bhith **an lùib** dhrogaichean. Tha mise den bheachd gum bu chòir tombaca, e-thoitian agus bheubadh a bhith **toirmisgte uile-gu-lèir**. Tha iad uile cunnartach agus bu chòir sin a bhith follaiseach do dhuine sam bith!

àm ri teachd	future
dha do shlàinte	for your health
bataraidhean	batteries
e-thoit	e-cigarette
às do chiall	out of your mind
a' sior fhàs	ever increasing
daoine air am beò-ghlacadh	people addicted
nicotain	nicotine
gheibh e grèim ort a cheart cho math ri	it is just as addictive as
an lùib	involved in
toirmisgte uile-gu-lèir	banned altogether

1. Identify the first issue Alasdair raises regarding vaping and why he is concerned about this?
2. What incident has been highlighted in the news regarding vaping?
3. What does Alasdair think should happen with vaping?
4. What reasons does he give for this?
5. How does he link vaping and cigarette smoking?
6. Does he make any positive comments about vaping?
7. Why does he think vaping is dangerous?
8. What conclusion does he come to at the end?
9. Translate the underlined paragraph: "*Na mo bheachd-sa, tha . . . anns an àm ri teachd*"

Thòisich m'athair air bheubadh o chionn bliadhna nuair a cheannaich mo mhàthair e-thoit dha mar phreusant Nollaig.

Thòisich e air tombaca a smocadh nuair a bha e glè òg agus bha e uabhasach trom air. Bha e air feuchainn **iomadach uair** ri sgur — a' cleachdadh phaidsichean, **gum-cagnaidh** nicotain is eile ach cha do dh'obraich sgath dheth. Ach, riamh bhon an latha a thòisich e air bheubadh, cha do chuir e toit tombaca na bheul tuilleadh. Tha mi fhìn agus mo theaghlach cho taingeil oir bha dragh mòr oirnn gum bàsachadh e le aillse, tinneas cridhe no stròc ri linn 's na bha e a' smocadh. Faodaidh e a-nis 'smocadh' **gun chunnartan** tombaca agus 's e **faochadh** a th'ann dhuinne mar theaghlach.

Bidh dotairean a' toirt phaidsichean agus gum-cagnaidh nicotain do dh'èuslaintich a tha ag iarraidh sgur a smocadh. Ciamar a tha sin diofraichte ri nicotain a ghabhail ann an e-thoit? Tha a-nis cuid de na **bùird-slàinte** a' moladh e-thoit do dhaoine air sgàth 's gu bheil rannsachadh air sealltainn gu bheil iad fada **nas soirbheachaile** na paidsichean agus gum-cagnaidh nicotain ann a bhith a' toirt air daoine sgur a' smocadh.

Tha fios agam gu bheil m'athair fhathast **fo ghrèim** nicotain ach the e coltach nach e an nicotain a tha ag adhbharachadh thinneasan **bàsmhòr** ach na **ceimigean** eile a tha ann an ceò tombaca. Tha mi a' tuigsinn nach deach rannsachadh gu leòr a dhèanamh air bheubadh, ach tha **eòlaichean** a' creidsinn gu bheil e-thoit fada nas sàbhailte na smocadh tombaca.

Tha mi a' gabhail ris gum faod cunnart teine a bhith ann bho bhataraidhean e-thoit **a' spreadhadh**. Ach tha seo fìor mu bhataraidh sam bith — fiù 's fònaichean-làimh agus bruisichean-fhiaclan. Am bu chòir dha na rudan sin a bhith toirmisgte cuideachd? A bheil daoine a' dol a sgur a chleachdadh nan rudan sin? Chan eil! Thathar ag ràdh gu bheil e-thoit ag adhbharachadh dà theine gach seachdain anns an Rìoghachd Aonaichte, ach tha seo fada nas lugha na an àireamh de theintean bho thoitean tombaca.

A bharrachd air na buannachdan a tha air a bhith ann dha slàinte m'athar, tha buannachdan eile ann dhomh fhìn agus dhan chòrr den teaghlach. Chan eil an taigh againn a-nis làn ceò chunnartach shalach agus chan eil droch fhàileadh ann nas motha. A bharrachd air an seo, tha e-thoit fada fada nas saoire na tombaca. Tha m'athair a-nis a' sàbhaladh an airgid a chosgadh e air tombaca (co-dhiù deich notaichean a h-uile latha!) Tha an t-airgead sin a' dol ann an crogan agus mar thoradh air an seo bidh sinn a' falbh air saor-làithean dhan Ghrèig as t-samhradh am-bliadhna. Tha fadachd orm a dhol ann!

Tha m'athair ag ràdh gur e an toit eileagtronaigeach am preusant a b' fheàrr a fhuair e a-riamh agus tha mi fhìn ag aontachadh gu mòr ris.



Ceit

iomadach uair	numerous occasions
gum-cagnaidh	chewing gum
gun chunnartan	without the dangers
faochadh	a relief
bùird-slàinte	health boards
nas soirbheachaile	more successful
fo ghrèim	in the grip of/addicted
bàsmhòr	deadly
ceimigean	chemicals

Tha mi a' gabhail ris
a' spreadhadh
droch fhàileadh

I accept
exploding
bad smell

1. When did Kate's dad start vaping and why?
2. How did he attempt to stop smoking before?
3. What effect did vaping have on the family?
4. According to Kate what has research shown about vaping?
5. What is the main cause of high mortality rates amongst smokers?
6. How does she respond to the claims that e-cigarette batteries cause fires?
7. Now consider the whole article.
What do you think is the purpose of this article? Give reasons for your answer with reference to the text.
8. Translate the underlined text:
"Chan eil an taigh againn a-nis làn ceò ... fadachd orm a dhol ann!"



42. Deasbad air an rèidio

- Tha deasbad air bheubadh air a' phrògram rèidio "Dè do bheachd?"
- Èist ris na beachdan a th' aig daoine. (Earrann 10)
- A bheil iad a' smaoinichadh gur e rud math no dona a th' ann, no a bheil iad eadar dà bharrail?
- Roinn na beachdan ann an trì cholbhan: Airson, An-aghaidh agus Eadar dà bharrail.
- Chaidh a' chiad fhear a dhèanamh dhut.
- Tagh dà bheachd a tha thu fhèin a' meas èifeachdach.

Listen to an extract from the radio program "Dè do bheachd?" People are debating electronic cigarettes and vaping. What are their opinions on the matter? Sort the listeners' opinions into 3 columns: For, Against and Undecided. Then choose the two statements you consider to be most valid. NB These may be opposing statements.



Neach	Airson	An aghaidh	Eadar dà bharrail
Seòna		✓	
Sileas			
Anna			
Lionsaidh			
Alasdair Pòl			
Marc			
Raibeart			
Seòras			



43. Bheubadh — Mo bheachd fhèin

- Tha thu a-nis air fiosrachadh a leughadh mu bheubadh agus air èisteachd ri diofar bheachdan air a'ghnothach cuideachd. Dè do bheachd fhèin air?
- Sgrìobh beagan loidhnichean a' toirt seachad do bheachd air a' chuspair agus ag innse carson a tha am beachd sin agad.

Now that you have read and listened to information and opinions on vaping, where do you stand on the matter? Write a few lines stating your opinion and explaining your reasons.



44. Mo bheachd fhèin

- Tagh cuspair a tha thu a' faireachdainn gu math làidir mu dheidhinn.
- Sgrìobh earrann a' toirt seachad do bheachd.
- Cleachd na duilleagan *Faclan Feumail airson aiste Bheachdail* ann an Aonad 4 airson taic.

Choose a topic you feel particularly strongly about. Prepare and write a passage giving your opinions on the matter. You should also acknowledge and refute other viewpoints within your piece. You may find the pages *Faclan Feumail airson aiste Bheachdail* from Unit 4 helpful.



Tha thu deiseil de Modal 2. 'S math a rinn thu!

- An urrainn dhut na leanas a dhèanamh?
- Obraich còmhla ri caraaid.
- Dèanaibh measadh air a chèile.

Check that you can do the following. Your partner will test you.

'S urrainn dhomh/I can:

- recognise and use a range of vocabulary on the topic of Health and Wellbeing.

Me: **sàr bhiadh, aillse, tinneas cridhe, dòigh-beatha, slàinte inntinn, mathas**

- recognise and use the Relative Future tense of some regular verbs.

Me: **Ma dh'itheas tu gu fallain, bidh thu a' faireachdainn math.**

- recognise and use the impersonal form of the verb *To be*.

Me: **Thathar a' creidsinn gu bheil Mothachas math dhuinn.**

- recognise and use the impersonal form of the verbs *Faod* and *Feum*.

Me: **Chan fhaodar smocadh an seo.**

- recognise and understand the construction "Mar as ... 's ann as ..."

Me: **Mar as teotha 's ann as fheàrr.**

- recognise the possessive case.

Me: **tòrr mathais, bannan teaghlaich, bàlaichean feòla, brùthadh-fala, sradag salainn**

- say that I **have** done something using the using the Perfect tense.

Me: **Tha luchd-saidheans air rannsachadh a dhèanamh.**

Tha mi air gearradh sìos air...

Tha mi air/I have:

- read and listened to a range of texts about issues surrounding health and wellbeing.
- talked and written about my own personal health and wellbeing.



Faclan is abairtean

A bheil an deoch ort?	Are you drunk?
a thaobh	with regards to/regarding
a thoirt a chreidsinn oirnn	to make us believe
àbhaisteach	normal/usual
a-cheana	already, previously
a dh'aindeoin	despite
a dh'aona ghnòthaich	intentionally
adhartas, an t-adhartas (m), adhartasan	progress, the progress, advances
adhbhar, an t-adhbhar (m), adhbharan	reason, the reason, reasons
ag adhbharachadh	causing
ag aontachadh	agreeing
ag èirigh	rising
aig fois	at peace/at ease
aillse, an aillse (f)	cancer, the cancer
ainneamh	seldom
air a bhith	have been
air a' cheann thall	in the end/at the end of the day
air uachdar	on top of
almon, an t-almon (m), almoin	almond, the almond, almonds
àm ri teachd, an t-àm ri teachd (m)	future, the future
amh	raw
An Co-fhlaitheas	The Commonwealth
An e lain as coireach?	Is it lain's fault?
an Rìoghachd Aonaichte	the UK
an t-uabhas	a great many/a large number
an urra ri	dependant upon
anail, an anail (f), anailean	breath, the breath, breaths
annasach	strange/unusual/rare
anns an fharsaingeachd	in general
as coireach	to blame/at fault
as cunnartaiche	most dangerous
às do chiall	out of your mind
as trainge	busiest
atharrachadh, an t-atharrachadh(m), atharrachaidhean	change, the change, changes
b' àbhaist dhomh	I used to
bacadh	hindrance/prevention/obstruction
bàlaichean-feòla	meatballs
balans, am balans (m)	balance, the balance
balla-sreap, am balla-sreap (m)	climbing wall, the climbing wall
bannan teaghlaich, na bannan teaghlaich	family ties, the family ties
bànrighe, a' bhànrighe (f)	queen, the queen

barrachd	more
bàsmhor	deadly/fatal
bataraidh, am bataraidh (m), bataraidhean	battery, the battery, batteries
beatha an dèidh bàs	life after death
bhathar/bhathas a' creidsinn	it was believed
bhathar/bhathas a' cumail a-mach	it was claimed
bhathar/bhathas a' moladh (do)	it was recommended (to)
bhathar/bhathas a' smaoineachadh	it was thought
bhathar/bhathas ag ràdh	it was said
bhathar/bhathas an dòchas	it was hoped
bhathar/bhathas an dùil	it was expected/intended
a' bheubadh	vaping
bheubadh	vaping
bhithinn air fònadh	I would have phoned
biadh giullaichte	processed food
Bleith!	Grind/Grate!
boireannach, am boireannach (m), boireannaich	woman, the woman, women
bonnach, am bonnach (m), bonnaich	muffin/bun, the muffin/bun, muffins/buns
bòrd-gearraidh, am bòrd-gearraidh (m)	chopping board, the chopping board
bòrd-slàinte, am bòrd-slàinte (m), bùird-slàinte	health board, the health board, health boards
bràmair, am bràmair (m)	boyfriend/girlfriend, the boyfriend/girlfriend
brocail, am brocail (m)	broccoli, the broccoli
Bruich!	Cook/Boil!
bruthadh-fala, am bruthadh-fala (m)	blood pressure, the blood pressure
Bu chòir dhut fheuchainn	You should try (it)
buaidh, a' buaidh (f), buaidhean	effect/impact, the effect/impact, effects/consequences
buidheann taic, am buidheann taic (m), buidhnean taic	support group, the support group, support groups
buidheann, am buidheann (m), buidhnean	group, the group, groups
buileach	absolutely, quite, completely
burrraidheachd	bullying
cabhag, a' chabhag (f)	hurry/rush, the hurry/rush
caithris na h-oidhche	burning the midnight oil, the tradition of visiting an intended at night (often in secret)
caran ìseal ann fhèin	(he is) a bit depressed
casg, an casg (m)	ban/obstruction, the ban/obstruction
ceudaire, an ceudaire (m), ceudairean	centenarian, the centenarian, centenarians
ceum, an ceum (m), ceumannan	degree, the degree, degrees (academic)
cha bhi iad air an dòigh	they will not be happy
cha deach rannsachadh a dhèanamh	research hasn't been done
cha dèighinn faisg air...	I wouldn't go near...
cha do dh'obraich sgath dheth	none of it worked
Chan fhaodar peansail a chleachdadh	pencil must not be used

cha mhòr
 cha robh dol às ann dhomh
 chaidh e às a rian
 chaidh rannsachadh a dhèanamh
 chan e mise as coireach
 chan e thusa as coireach
 chan eil e idir aige fhèin
 chan fhaigh e às leis
 chan fhaodar deoch làidir òl air an t-sràid

chaochail
 cha tig an aois leatha fhèin
 cho luath 's a rinn mi sin
 chùim e air
 a' ciallachadh
 Ciamar a dh'fhosglas tu seo?
 cion
 cìs, a' chìs (f), cìsean
 clas bogsaigh, an clas bogsaigh (m)
 cleachdadh, an cleachdadh (m), cleachdaidhean
 cnò, a' chnò (f), cnothan
 Cò as coireach?
 Co-fhlaitheas, an Co-fhlaitheas (m)
 coibhneas
 coileastarail, an coileastarail (m)
 comas, an comas (m), comasan
 còrr is
 corra-mhitheag, a' chorra-mhitheag (f),
 corra-mhitheagan
 cosgais, a' chosgais, (f) cosgaisean
 cothromach
 craiceann, an craiceann (m)
 Crath!
 creamhag, a' chreamhag (f)
 crogan, an crogan (m), crogain
 cuideam, an cuideam (m)
 cuiridh mi geall
 a' cumail sùil air...
 a' cur bacadh (air)
 cùram, an cùram (m)
 daidheat chuingichte
 daidheat fharsaing
 dàimh, an dàimh (f), dàimhean

almost
 I had no choice
 he went mad
 research has been done
 it's not my fault
 it is not your fault
 he's not himself at all
 he won't get away with it
 drinking alcohol is not permitted on the street
 died
 Age doesn't come alone
 as soon as I did that
 he kept going
 meaning
 How do you open this?
 a lack
 tax, the tax, taxes
 boxing class, the boxing class
 habit, the habit, habits
 nut, the nut, nuts
 Who is to blame?
 Commonwealth, the Commonwealth
 kindness
 cholesterol, the cholesterol
 ability, the ability, abilities
 more than
 blueberry, the blueberry
 blueberries
 cost, the cost, costs
 balanced/fair
 skin, the skin
 Shake/Sprinkle!
 garlic, the garlic
 jar, the jar, jars
 weight, the weight
 I bet
 keeping an eye on...
 preventing/hindering/obstructing
 care, the care
 a limited/restricted diet
 a wide/varied diet
 relationship, the relationship, relationships

a' dèanamh gàirdeachas	welcoming (being pleased at something)
Dè ghabhas tu nad chofaidh?	What do you take in your coffee?
Dè reiceas a' bhùth sin?	What does that shop sell?
dè thug ort...?	what made you...?
Dèan gàirdeachas!	Rejoice!
Dèan na thogras tu!	Do whatever you like/want/please!
a' dearbhadh	proving
dearbhadh, an dearbhadh (m)	evidence, the evidence
deoch làidir	strong drink (alcohol)
dh'fhaodadh	could/might
Dia	God
diofraichte	different
a' dìon	protecting
Dion!	Protect!
dleastanas, an dleastanas (m), dleastanasan	duty, the duty, duties
do chiall reusanta	your common sense
do shlàinte	your health
do-chreidsinneach	unbelievable
dòigh-beatha, an dòigh-beatha (f), dòighean-beatha	lifestyle, the lifestyle, lifestyles
droch chleachdadh, an droch chleachdadh (m),	bad habit, the bad habit, bad habits
droch chleachdaidhean	
droch fhàileadh, an droch fhàileadh (m),	bad smell, the bad smell, bad smells
droch fhàilidhean	
droga, an droga (f), drogaichean	drug, the drug, drugs
eanchainn, an eanchainn (f), eanchainnean	brain, the brain, brains
eòlaiche slàinte, an t-eòlaiche-slàinte	health expert, the health expert
eòlaiche, an t-eòlaiche (m), eòlaichean	expert, the expert, experts
e-thoit, an e-thoit (f), e-thoitèan	E-cigarette, the E-cigarette, E-cigarettes
euslainteach, an t-euslainteach (f), euslaintich	patient, the patient, patients
faid, an fhaid (f)	length, the length
Faighnich!	Ask!
a' faireachdainn ìseal	feeling low/depressed
a' faireachdainn	feeling
Fairich!	Feel!
faochadh, am faochadh (m)	relief, the relief
feamainn, an fheamainn (f)	seaweed
fèin-mhillleadh	self harm
feumach (air)	needful/in need (of)
feumaidh mi aideachadh	I must admit
feumaidh sinn ceann a' mhaide a chumail ri leithid	we need to stand up to the likes of him
feumar peann dubh a chleachdadh	black pen must be used
fianais, an fhianais (f)	evidence, the evidence
fior chorra uair	very occasionally

fireannach, am fireannach (m), fireannaich	man, the man, men
fo ghrèim	in the grip of/addicted to/under arrest
follaiseach	obvious
Fraidhig!	Fry!
a' fulang	suffering
furasta fhaotainn	easy to come by
ga ghearradh fhèin	cutting himself
a' gabhail ris	accepting
gad ghearradh fhèin	cutting yourself
gad shàrachadh	getting you down/stressing you out
gàirdeachas	joy, pleasure
gam chumail fallain	keeping me healthy
gam shàrachadh	getting me down/stressing me out
a' gearradh sìos	cutting down
ged a smaoinicheas mi	although I think
gheibh mi an t-sitig!	I'll be thrown out!
glaiste	locked
gnìomhachas a' bhìdh	the food industry
gnìomhachas, an gnìomhachas (m), gnìomhachasan	industry, the industry, industries
gnothach, an gnothach (m), gnothaichean	issue, the issue, issues
Goill!	Boil!
a' goirteachadh	hurting
grèim-cridhe, an greim-cridhe (m)	heart attack, the heart attack
gu fallain	healthily
gu mòr an aghaidh	totally opposed to/completely against
gu socair	gently
gum-cagnaigh, an gum-cagnaigh (m)	chewing gum, the chewing gum
gun a bhith ag ithe	without eating/not eating
gun choimhead air	without looking at/not looking at
iasg olach, an t-iasg olach (m)	oily fish, the oily fish
Inns dhomh/dha/dhi/dhuinn/dhaibh	Tell me/him/her/us/them
Inns!	Tell!
Inuitich, na h-Inuitich	Inuit, the Inuit
lòga, an t-iòga (m)	Yoga
iomadach uair	many times
iomagain, an iomagain (f)	anxiety, the anxiety
iomagaineach	anxious
iomadach	many/various
Leig às mi!	Let me go!
Leig leam!	Leave me alone!
Leig leam/leis/leatha/leinn/leotha	Let me/him/her/us/them
Leig!	Allow/Let
a' leigeil air	pretending

leithid	such as
linn, an linn	century, the century
Lìon!	Fill!
a' lìonadh do chraois	filling your face/stuffing yourself
lot, an lot (m), lotan	wound/cut, the wound/cut, wounds/cuts
luach, an luach (m), luachan	value, the value, values
a' lùghdachadh	reducing/decreasing
ma 's math mo chuimhne	if my memory serves me correctly
ma chuireas tu	if you put/send
ma dh'fhàsas tu	if you grow
ma dh'fheuchas tu	if you try
ma dh'fhosgla tu	if you open
ma dh'itheas tu	if you eat
ma dh'òlas tu	if you drink
ma phòsas tu	if you get married
ma reiceas tu	if you sell
ma sheinneas tu	if you sing
ma smaoinicheas tu	if you think
ma thòisicheas tu	if you start
Mac 'Ille Dhuinn	Brown (male surname)
Mac Mhuirich	Currie (male surname)
mar a shaoileadh tu	as you would think
mar as motha, 's ann as fheàrr	the bigger the better
mar as sine a bhios tu, 's ann as glìce a bu	the older you are, the wiser you should be
chòir dhut a bhith	
mar as teotha 's ann as fheàrr	the hotter the better
mar as tràithe, 's ann as fheàrr	the earlier the better
mar as trice a nì thu rud 's ann as fhasa a bhitheas e	the more often you do something the easier it is
mar thoradh air an seo	as a consequence of this
maslach	disgraceful
meadhanan sòisealta, na meadhanan sòisealta	social media, the social media
mearag-bheag, a' mhearag-bheag (f), mearagan-beaga	courgette, the courgette, courgettes
meidigeach	medical
a' mionnachadh	swearing/vowing
mo shlàinte	my health
mothachail	aware, conscious
mothachas	mindfulness
mu do dheidhinn	about you
mura bheil	if ... not
mura cuirinn	if I wouldn't send
mura dèan sinn càil mu dheidhinn	If we don't do anything about it
na aghaidh	against it (referring to a masculine noun)
Na gabh ort sin a dhèanamh!	Don't you dare do that!

na h-aghaidh	against it (referring to a feminine noun)
na thogras iad	whatever they please
nas cunnartaiche	more dangerous
nas fhaiceallaiche	more careful
nas fhallaine	healthier
nas motha	either
nas sàbhailte	safer
nas soirbheachaile	more successful
nas toilichte	happier
nas trainge	busier
neònach gu leòr	oddly enough
Nic 'Ille Dhuinn	Brown (female surname)
nicotain, an nicotain (f)	nicotine, the nicotine
nochd	appear
nuair a chluicheas mi	when I play
nuair a dh'itheas mi	when I eat
o chionn ghoirid	recently
O mo chreach!	Oh my goodness!
ola chroinn-ola, an ola chroinn-ola (f)	olive oil, the olive oil
pailteas, am pailteas (m)	abundance, the abundance
pàiste, am pàiste (m), pàistean	child, the child, children
pearsanta	personal
peinnsean, am peinnsean (m), peinnseanan	pension, the pension, pensions
pinnt	a pint
poblach	public
praigheapan, a' phraigheapan (f)	fryingpan, the fryingpan
a' pronnadh	mashing
a' rànaich	crying
raon farsaing	a wide variety
rèidh	close/friendly
reòite	frozen
reusanta	reasonable
ri linn sin	as a result of that
ri linn	as a result of
riaghaltas, an riaghaltas (m), riaghaltasan	government, the government, governments
rothaireachd	cycling
rudeigin leisg	a bit lazy
'S e lain as coireach	It's lain's fault
'S e mise as coireach	It's all my fault
sa chumantas	in general/commonly
a' sàbhaladh	saving
saill, an t-saill (f)	fat, the fat
sàiste, an t-sàiste (f)	sage, the sage

salach	dirty
sanasachd, an t-sanasachd (f)	advertising, the advertising
sàr bhiadh, an sàr bhiadh (m), sàr bhiadhan	superfood, the superfood, superfoods
sgainnealach	scandalous
siol, an siol (m), sìl	seed, the seed, seeds
a' sìor fhàs	ever increasing
siorap, an t-siorap (f), siorapan	syrup, the syrup, syrups
slàinte, an t-slàinte (f)	health, the health
slàinte inntinn	mental health
slàn	whole, intact, healthy
slàn-ghràin	wholegrain
smuain, an smuain (f), smuaintean	thought, the thought, thoughts
socair	gentle
sòda-arain, an sòda-arain (m)	baking soda, the baking soda
spàin-bhùird, an spàin-bhùird (f), spàinean-bùird	tablespoon, the tablespoon, tablespoons
spàin-f(h)iodha, an spàin-f(h)iodha (f), spàinean-fiodha	wooden spoon, the wooden spoon, wooden spoons
spàin-teatha, an spàin-teatha (f), spàinean-teatha	teaspoon, the teaspoon, teaspoons
sradag salainn	a pinch of salt
stòras math	a good source
sunnd	wellbeing
taingeil	thankful
tarraingeach	attractive
teileagram, an teileagram (m)	telegram, the telegram
teine, an teine (m), teintean	fire, the fire, fires
tha an riaghaltas air gealltainn	the government has promised
tha an ùine air ruith	the time has run out
tha eagal mo bheatha orm	I'm so scared
tha gràin agam orm fhèin	I hate myself
thàinig e am follais	it became evident
tha mi air atharrachadh	I have changed
tha mi air faighinn seachad air	I have got over it
tha mi air fàs	I have grown/become
tha mi air fònadh	I have phoned
tha mi air gearradh sìos	I have cut down
tha mi air ionnsachadh	I have learned
tha mi air mo mhaslachadh!	I'm mortified!
tha mi air sgioblachadh	I have tidied up
tha mi air sgrìobhadh	I have written
tha mi air suidhe	I have sat
tha mi nam bhall	I am a member
tha mo cheann na bhrochan	my head's in a mess
tha rannsachadh air sealltainn	research has shown
tha stùirc air	he's got a face like a wet weekend

tha uallach orm	I am worried/concerned
thathar a' creidsinn	it is believed
thathar a' smaoinichadh	it is thought
thathar/thathas a' cumail a-mach	it is claimed
thathar/thathas a' moladh (do)	it is recommended (to)
thathar/thathas ag ràdh	it is said
thathar/thathas an dòchas	it is hoped
thathar/thathas an dùil	it is expected/intended
thuicese	to her
tinneas an t-siùcair	diabetes
tinneas cridhe	heart disease
tinneas-inntinn, an tinneas-inntinn (m), tinneasan-inntinn	mental illness, the mental illness, mental illnesses
tlachdmhor	enjoyable, pleasurable
a' togail ceann	appearing
toileachas, an toileachas (m)	happiness, the happiness
a' toirt buaidh (air)	influencing/affecting
toit eileagtronaigeach	electric cigarette
toit, an toit (f), toitean	cigarette, the cigarette, cigarettes
tòrr mathais	lots of goodness/nutrition
e-thoit, an e-thoit (f), e-thoitean	E-cigarette, the E-cigarette, E-cigarettes
tombaca, an tombaca (m)	tobacco
trioblaid, a' thrioblaid (f), trioblaidean	problem, the problem, problems
trom-inntinn	depression
truinnsear, an truinnsear (m), truinnsearan	plate, the plate, plates
trustar	scoundrel/low life
tuilleadh dhiubh	more of them
tuilleadh	more/anymore
a' tuiteam	falling
tùrsach	sad
uallach, an t-uallach (m)	worry/concern
uile gu lèir	completely
uiread	number/quantity (as many/so much)
unnsa, an t-unnsa (m), unnsaichean	ounce, the ounce, ounces



Sùil air ais Seòclaid: A bheil e math dhuinn?

- Leugh an t-artaigil a sgrìobh Anna mu sheòclaid.
- Dèan an obair a leanas.

Anna has done some research into one of her favourite things — chocolate. Read what she has found out and complete the work that follows.

Cluinnidh sinn gu tric anns na meadhanan gu bheil seòclaid dona dhuinn. Ach a bheil sin dha-rìribh fìor? 'S dòcha nach eil! Tha mi fhìn glè mheasail air seòclaid, agus mar sin, tha mi air beagan rannsachaidh a dhèanamh air a' chuspair. Seo cuid de na rudan as inntinniche a fhuair mi a-mach...



Tha seòclaid air a dhèanamh bho shìol còco a dh'fhàsas air a' chraoibh *Cacao*. 'S e an còco an rud anns an t-seòclaid a tha math dhuinn. Mar as àirde an ìre de chòco, 's ann as fheàrr a tha e dhut. Tha sin a' ciallachadh gur e an seòclaid dorcha as fheàrr dhuinn agus chan e, gu mì-fhortanach, an stuth àbhaisteach a bhios sinn a' ceannach anns na bùthan le tòrr siùcair agus bainne ann.

Ann am Panama, bidh na h-Innseanaich Kuna ag òl tòrr còco agus tha luchd-saidheans air faighinn a-mach gu bheil bruthadh-fala fada nas ìsle aig na daoine sin. Ri linn sin, thathar a' creidsinn gum faod seòclaid dorcha cuideachadh le bruthadh-fala àrd a lùghdachadh.



Chaidh rannsachadh eile a dhèanamh a tha air sealltainn gum faod seòclaid dorcha a bhith gar dìon bho aillse cuim.



Ged nach eil dearbhadh ann fhathast, tha luchd-saidheans air a ràdh gum faodar gearradh sìos air an ìre de dh'ùallach agus iomgain a bhios cuid a' faireachdainn ma ghabhas iad seòclaid dorcha.

Tha tòrr mathais ann an seòclaid dorcha. Tha e na stòras math de dh'iarann, mangaineis, magnesium, fosfaras, sinc agus anti-ogsaideantan.

Mar a thuir mi a-cheana, tha mi glè mheasail air seòclaid — gu h-àraid seòclaid geal, ach nuair a cheannaicheas mi a-rithist e, ri linn 's na tha mi air fhaighinn a-mach, ceannaichidh mi an stuth dorcha.



A Ceistean

1. What is often heard in the media?
2. What is chocolate made from?
3. What is the particular ingredient in chocolate that is believed to good for us?
4. Why is dark chocolate better for us than regular chocolate?
5. What are the reputed benefits of dark chocolate on:
 - Physical health
 - Mental health
6. What change has Anna decided to make regarding her chocolate consumption?
7. Now consider the article as a whole. Where do you think this article would appear? Explain your article with reference to the text.

B Obair cànanain

Lorg eisimpleir anns an teacs de na leanas:

Find an example in the text of each of the following:

1. a verb in the relative future tense
2. possessive case
3. a comparative or superlative of an adjective
4. impersonal form of any verb

C Beurla gu Gàidhlig

Lorg a' Ghàidhlig anns an teacs airson na leanas:

In the article, find the Gaelic for the following:

1. I am very fond of
2. good for us
3. bad for us
4. I have done a little bit of research
5. scientists have found out
6. it is believed
7. the higher the cocoa content, the better it is for you
8. lots of goodness/nutrition
9. as I said earlier
10. stress and anxiety
11. bowel cancer
12. high blood pressure



Ceum a bharrachd 1a. Biadh

- Leugh an t-artaigil le Cathy NicDhòmhnaill
- Freagair na ceistean

Read the article by Cathy MacDonald and answer the questions.



Cha do ghabh mise riamh mòran cùraim mu dè bu chòir dhomh a bhith ag ithe, nuair a bha mi glè òg. Bha sin 's dòcha ri linn 's nach robh mòran fiosrachaidh ri fhaotainn air dè na rudan a bha fallain dhuinn. Coltach ri mòran eile dhem cho-aoisean, bha mi anabarrach dèidheil air suiteis, agus shaoil mi fhad 's a bha mi a' dèanamh cinnteach gun robh mi glanadh m'fhiaclan gu cunbhalach, nach dèanadh iad cron sam bith orm.

1. According to the author, why did she not bother too much about what she ate when she was very young?
2. How was she similar to many of her peers?
3. What was her impression regarding regular toothbrushing?

An-diugh, ge-tà, tha barrachd air a sgrìobhadh mu dheidhinn nan rudan a bu chòir dhuinn a bhith a' seachnadh agus mu na rudan a tha math dhuinn, na aig uair sam bith eile. A dh'aindeoin sin, ge-tà, tha sinn cuideachd a' cluinntinn gu bheil an àireamh de dhaoine a tha a' giùlan cus cuideim a' sìor dhol am meud – agus gu h-àraidh am measg na h-òigridh. Tha a' choire air a cur air cho dèidheil 's a tha sinn air fàs air biadh a ghabhas ithe ann an cabhaig – sgdal gun mòran brìgh, agus anns a bheil glè bheag de dh'fhallaineachd.

4. What is more written about nowadays, than ever before?
 - a. What does the author say is happening despite this?
 - b. Which group of people is this particularly affecting?
 - c. What is to blame for this, according to the article?

Nise, nuair a bha mise a' fàs suas, cha robh na goireasan sin ann, agus cha robh uimhir a chothrom againn a bhith ag ithe *junk food*. Ach bha a cheart uimhir de sheòclaid agus crisps rim faotainn – biadh a tha sinn a-nise a' tuigsinn a tha loma làn geir agus gun mhathas sam bith. Bha mise fortanach, oir cha do chuir mi cuideam orm a dh'aindeoin 's na bha mi ag ithe. Cha b' e sin e dhan a h-uile duine ge-tà. Ach bha aon rud ann, mar bu mhotha de shuiteis agus a bu lugha de mheasan leithid ùbhlán agus orainsearan a bha mi 'g ithe, b' ann bu mhiosa dh'fhàs mo chraiceann. B' ann an uair sin a thòisich mi a' gabhail ùidh ann a bhith a' feuchainn ri barrachd mheasan agus lusan ithe.

5. What do we now understand about junk food? Mention two things.
6. How, according to the author, was she fortunate when she was younger?
7. How did her diet at that time affect her skin?

An-diugh thathar a' moladh dhuinn a bhith ag ithe còig piosan de mheasan no lusan anns an latha, agus ged a shaoileas tu gu bheil tòrr an sin, chan eil dha-rìribh. Pios banana no glainne sùgh orainseir, can anns a' mhadainn an àite briosgaid, ubhal aig àm suipearach. Ma dh'itheas tu sailead corra oidhch' cha mhòr nach eil thu a' faighinn nan còig earrannan sin air an aon thruinnsear. Agus ged nach eil e an-còmhnaidh furasta measan no lusan ùr fhaighinn, tha a cheart uimhir a bheatha ann am feadhainn reòite. 'S e an rud as cudromaiche gun cus bruich a thoirt dhaibh air neo bheir thu a' bheath' asta. An rud a tha dha-rìribh beathachail mu dhuilleagan uaine ann an sailead, 's e nach eil iad bruich.

8. Why, according to the author, is salad a good choice?
9. What is said about frozen vegetables?
10. What is it important not to do to vegetables and why?

Bha mi riamh dèidheil air lusan – a h-uile seòrs', mar as motha a bhios mi ag ithe dhiubh, 's ann as glaine a dh'fhàsas mo chraiceann agus 's ann as èasgaidhe a bhios mi gus rud a dhèanamh. Tha thu a' faighinn susbaint bhuapa, cus a barrachd na gheibheadh tu bho rudan milis, nach mair ach airson ùine ghoirid. Airson do chumail a' dol, tha e nas fheàrr dhut a bhith ag ithe rud beag tric an àite cus ithe aig aon àm. A bharrachd air an sin, ma dh'itheas tu cus anmoch, chan eil e furasta a chnàmh.

11. According to the author, what effects has her love of vegetables had on her skin?
12. Why does the author not recommend eating too much late at night.

Chan eil càil sam bith agam dha deochan milis gu fortanach – 's fheàrr leam uisge a ghabhail airson a' phathaidh. Uisge fuar – dhòmhsa chan eil càil coltach ris airson do chraiceann a dhèanamh glan agus min. **Ge b' e dè** cho beag de chadal 's a gheibh mise, fhad 's a tha mi ag òl gu leòr uisge, chan aithnich thu gun robh mi **caithris na h-oidhch'**. Tha 'n t-uisge math airson do ghlanadh a-mach agus thathar a' moladh, co-dhiù dà liotair gu leth òl anns an latha – tha tòrr an sin tha fhios a'm, ach fairichidh tu a' bhuaidh aige gu math luath.

ge b' e dè
caithris na h-oidhche

whatever/however
up late/burning the midnight oil

13. What does the author say about sweet drinks?
14. Name one benefit that the writer mentions of drinking water.

Chaidh mo thogail-sa ann an dachaigh far an robh sinn ag ithe iasg, co-dhiù dhà no trì làithean san t-seachdain — biadh aotrom, blasta agus fallain. Tha sinn a' faighinn dearbhadh air an sin bho dhùthchannan eile leithid lapan far a bheil daoine beò nas fhaide ri linn agus na tha iad ag ithe de dh'iasg geal an taca ri feòil reamhar. Aig a' cheart àm, bu chòir dhuinn cumail ann an cuimhne gu bheil e a cheart cho dona dhuinn agus a cheart cho cunnartach gun a bhith ag ithe gu leòr. Chan e na tha thu ag ithe a bu chòir a bhith a' cunntadh, ach dè cho fallainn 's a tha a h-uile grèim a th' air an truinnsear. Tha e nar comas fhèin ar cleachdaidhean ithe atharrachadh, ach feumaidh sinn a bhith foighidneach agus dìcheallach ma tha sinn a' dol a leantainn le na dòighean ùra sin.



15. Now consider the article as a whole. In your opinion, does the writer give a more positive or negative view of our eating habits today compared to when she was younger? Give details from the text to justify your answer.
16. Translate the paragraph above from “**Chaidh mo thogail ... to ... na dòighean ùra sin.**”



Faigh a-mach

- Dèan rannsachadh.
- Faigh a-mach dè tha ann an ‘Caithris na h-oidhche’

Caithris na h-oidhche was an integral part of Gaelic culture at one time. Can you find out some more about this tradition?



Ceum a bharrachd 1b. Cha mhòr nach eil mi tinn

- Coimhead air na faclan anns a' bhogsa. Bha iad uile anns an artaigil 'Biadh'.
- Tagh faclan airson gach beàrn a lionadh anns na seantansan gu h-ìseal.
- Eadar-theangaich na seantansan agad gu Beurla.

Fill the blanks in the sentences below. Choose from the words and phrases in the box, all of them appear in the article 'Biadh' you have just read. Translate your completed sentences into English

a' mothachadh	do chumail a' dol
cha mhòr nach eil mi tinn	chaidh mo thogail
a' gabhail ùidh	ri linn
a' dèanamh cron	ri fhaotainn
thathar a' moladh	a' sìor dhol am meud

1. Ma dh'itheas mi cus siùcair, _____.
2. Gabh banana airson _____.
3. Thòisich mi _____ ann am biadh fallain agus eacarsaich.
4. Tha an aireamh de luchd-turais a' tadhal air a' Ghàidhealtachd _____.
5. Bha mi _____ nach robh an daidheat agam fallain gu leòr.
6. Tha obair _____ ann am buth a' bhèiceir ann am meadhan a' bhaile.
7. Bidh smocadh _____ ort.
8. _____ mar a bha mi a' faireachdainn, chuir mi romham a dhol dhan dotair.
9. _____ ann am baile beag air cost an ear Astràilia.
10. _____ gun itheamaid iasg co-dhù da thuras san t-seachdain.



Ceum a bharrachd 1c. Seantansan

- Tha na faclan agus abairtean gu h-ìseal uile a' nochdadh anns an artaigil 'Biadh' gu h-àrd.
- Cleachd gach fear dhiubh ann an seantans agad fhèin.
- Sgrìobh na seantansan agad ann an Gàidhlig agus Beurla.

The words and phrases below all appear in the article 'Biadh'. Use each one in a sentence of your own. Write your sentences in Gaelic and English.

1. a cheart cho cunnartach
2. as cudromaiche
3. ged a shaoileas tu
4. a dh'aindeoin
5. a' seachnadh
6. a' dèanamh cron
7. loma làn
8. Chan eil càil sam bith agam dha ...

Ceum a bharrachd 2. Bulimia: Sgeulachd Sheòrais

- Coimhead air a' bhidio *Bulimia: Sgeulachd Sheòrais* air làrach Cheumannan. (Earrann bhidio 2)
- Gheibhear an sgrìobt ann an Notaichean an Tìdseir.
- Anns a' bhidio cluinnidh tu Seòras a' bruidhinn air cò ris a bha e coltach a bhith a' fulang Bulima agus mar a tha e a' faighinn seachad air.
- Freagair na ceistean a leanas.

Watch the animation **Bulimia: Sgeulachd Sheòrais** on the Ceumannan website. In it, you will hear George talking about his struggle with and on-going recovery from Bulimia. Watch the animation as many times as you need. You can also access the script in the Teacher's Notes. Complete the following questions. Choose the correct answer where a choice is given.

1. What comment does the interviewer make in the introduction about Bulimia with regards to boys?
 - a) It is becoming more common amongst boys
 - b) It is not so common amongst boys
 - c) It has more adverse effects on boys
2. George explains to Rachel that Bulimia is a mental illness. What are the two symptoms he mentions?
3. George was sixteen when things started to go wrong. He talks about the many factors that may have caused his bulimia. Mention two of them.
4. Initially George started to lose weight because he was under a lot of stress.
 - a) How did people react to his weight loss?
 - b) How did people's reactions make him feel?
5. George says he would binge-eat when he felt down. He started making himself sick, to avoid putting on any weight.
 - a) How often would he do this to begin with?
 - b) George gives two reasons as to why making himself sick made him feel good. Mention one of these.
6. How long was it before George was making himself sick every time he ate anything?
7. Who was George lying to?
8. According to the interviewer, what is considered to be just as dangerous as over eating and being overweight?
9. What was George doing without realising it?
10. Bulimia affected George both physically and mentally. Give an example of how it affected:
 - a) his physical health
 - b) his mental health



11. George talks about the turning point in his life — the day he was hospitalised.
 - a) What happened to George when he was playing shinty?
 - b) How did the combination of not enough food and too much exercise affect his body?
 - c) How long did George spend in hospital?
12. How did George feel confessing his bulimia to his parents and his doctors? Choose one of the following:
 - a) embarrassed
 - b) scared
 - c) relieved
13. How did he start to feel after his month in hospital?
14. George talks about his return to school. What does he say about his friends and teachers?
15. George says he still feels depressed and anxious sometimes. Why must he be particularly careful when he feels like this?
16. George believes talking to others helps him maintain good mental health. Apart from his parents, to whom does he talk?
17. George mentions three other things that help him to stay well. Mention two of them.
18. What advice does George have for teenagers in a similar situation?



Ceum a bharrachd 3. Litir gu caraid

- Tha do charaid far na sgoile le trom inntinn.
- Tha àm duilich air a bhith aige/aice o choinn ghoirid.
- Sgrìobh litir thuige/thuice le do chuid naidheachdan airson togail a thoirt dha/dhi.
- Inns dha/dhi gu bheil thu a' smaoinichadh air/oirre agus gu bheil thu ann airson taic a thoirt dha/dhi.
- Chan fheum an litir a bhith fìor.

Your friend is off school with depression. S/he has had a difficult time lately. Write a letter to him/her with all your news to lift his/her spirits. Let him/her know that you are thinking about him/her and that you are there to support him/her if s/he needs you. NB This may be a fictional piece and need not contain true personal information.

