



# ceumannan <sup>5</sup>

## ceumannan 5

Aonad 2  
Làithean na h-òige, làithean na slàinte  
Freagairtean

## Aonad 2 Làithean na h-òige, làithean na slàinte

### 1. Leugh agus Smaoinich

### Fallain no mì-fhallain

fallain	mì-fhallain
uisge	biadh luath
iasg	cus saill
spòrs	cus salainn
biadh ùr	biadh giullaichte
daidheat fharsaing	cus deoch làidir
eacarsaich	uallach
glasraich	daidheat chuingichte
	drogaichean
	gun ithe gu leòr

### 2. Èist Bu chòir dhut eacarsaich fhaighinn

You should...	You should not...
Get enough exercise	Be too thin or too fat
Drink enough water (two litres a day)	take too much sugar
Eat 5 pieces of fruit and veg a day	smoke
Be happy in your self	eat processed foods
get enough sleep	spend too much time in front of screens

### 4. Èist Bu chòir dhomh barrachd eacarsaich a dhèanamh

	Ainm	riaraichte	mì-riaraichte
a	Gustavo	x	
b	Hannah		x
c	Irina	x	
d	Beathag		x
e	Ragnall Iain		x

- Gustavo doesn't eat sugar or meat. He walks every day.
- Hannah says she should exercise more and drink less.
- Irina keeps a close eye on her diet and she exercises every day. She likes chocolate and Coke now and again.
- Rebecca always feels stressed about college work and often doesn't sleep well. When she is studying in the evening she eats too much chocolate and drinks lots of coffee. She is so tired and wants to feel better.

- e. Although Ronald John is fairly fit, he admits he eats the wrong things. He never eats fruit or veg and he sometimes drinks too much. He needs to cut down on the beer and the junk/rubbish he eats.

### 5. Èist is Leugh - Ma dh'itheas tu cus

	<b>gnìomhair</b>	<b>verb</b>
a	ith	eat
b	fosgail	open
c	can	say
d	reic	sell
e	bi	be
f	leugh	read
g	suidh	sit

### 6. Leugh Ma dh'itheas tu ann an taigh-bìdh

1. If you eat in a traditional Japanese restaurant, you must eat with chopsticks.
2. How do you open this?
3. Who can think of the correct answer?
4. Who will sell a car to me?
5. When you drink too much alcohol, you are putting your health in danger.
6. I like how Eva sings that song. She has a beautiful voice.
7. When do you sit? You are always so busy.

### 8. Sgrìobh Gnìomhairean

1. a dhùisgeas
2. a shreapas
3. a stadas
4. a lìonas
5. a dh'èigheas
6. a dh'obraicheas
7. a dh'fhairicheas
8. a dh'fhaighnicheas



## 9 Leugh A' feuchainn ri bhith nas fhallaine

### 2. a & b) Pupil's own response

#### 3. Translations

##### Mary Ann

I try to not worry/stress too much about things. Sometimes it is not easy and now and again I suffer from depression. I think that exercise helps me if I am stressed about something. I like yoga because it keeps me healthy - in my mind and body. If I keep an eye on what I eat, I am not so likely to feel low. Good sleep is important I think. If I do not get enough sleep, this affects how I am feeling.

##### Lorraine

You have a responsibility to keep yourself healthy. I am trying to be more healthy this year. I used to have too much sugar and too much fat and I was aware that my diet was affecting how I was feeling. If I eat too much unhealthy stuff, I do not feel well. I am now sensible - exercising and keeping an eye on what I eat and what I drink. I do not eat so much junk now at dinner time and I have stopped drinking cola and irn-brù. I would say that I feel better because of that. I do not feel so tired in classes now.

##### Sorley

I have had diabetes since I was little, and therefore, I must be careful about what I eat. I enjoy shinty and I am a member of the school team. I play at least two times a week. I would say that I am reasonably healthy. I have always been aware of what I eat because I have a tendency to put on weight. I have started walking to school with a friend instead of taking the bus. I enjoy this. I am now a member of the gym and this week I will start going to boxing class and I am really looking forward to it.

##### Peggy

I have always been fond of sport and I spend much of my time exercising. I really believe that exercise can affect how I am feeling. When I play sport and when I eat healthily, I feel better in my body and in my mind. I horse-ride every Saturday and I swim every second day. Some nights I go out running. Regards diet, I try not to eat red meat. I think that you have responsibility to keep yourself healthy. I am not too fond of sweet things, but I must say I enjoy a bag of chips now and again.

##### Danny

I do not keep an eye on what I eat. I know that is not sensible and that I should be more careful regards sugar. I think that I get enough exercise. In my free time I do mountain climbing and hillwalking when the weather is good and I go to the climbing wall in the sports centre when the weather is not suitable for climbing outside. I would say that I keep healthy. I really like to be outdoors.

##### Kamil

I know very well that I should do more exercise. I must admit that I am somewhat lazy. I am terribly fond of food - too fond perhaps of the things that are not good for me. I have read an article in a



magazine recently about superfoods and how good they are for you. I am trying to eat more of them now. I like blueberries, nuts, broccoli and oily fish; such as salmon or mackerel. I do not eat red meat at all. I think that you have a responsibility to keep yourself as healthy as you can.

### 11. Èist Slàinte Inntinn

1. It is not easy being a teenager today
2. exams, friends, family, work, relationships, bullying, appearance, money
3. a
4. 1 in 4
5. depression, anxiety, self-harm
6. School / parents / Social Media
7. help with anxiety
8. Last year
9. not so worried about things, happier
10. listening on the bus, in school, in bed
11. If life is getting you down, try mindfulness. Go on! I bet that it will do you good.

### 15. Èist Tha mi air...

Any 5 of the following:

phoned my auntie

did homework

wrote a letter

bought food

cleaned windows

tidied room

made dinner

sat down

### 16. Leugh - Tha mi air iris a cheannach

1. I have bought a magazine about exercise and healthy lifestyle. I have started taking a great interest in matters related to health. I am very ignorant about this just now.
2. Donald is cutting down on the amount of sugar and salt that he takes. He says that he is starting to feel healthier already.
3. Superfoods are growing quite fashionable these days. Research shows that antioxidants are terribly good for us.

4. Janet has got a new job in a restaurant. She had trained abroad to be an excellent cook. She enjoys it a lot.
5. I have been looking at health and wellbeing matters in our class. I have learned that I should take less fat, sugar and salt and I should do more exercise. If I follow this, it will do me a lot of good regards my health.
6. Tha mi air bruidhinn ri Catrìona. Chan eil i air sgrìobhadh gu Seòras fhathast. Tha i air a bhith ro thrang.
7. Bidh mi a' cluich iomain a h-uile seachdain. Tha mi air a bhith nam bhall de sgioba na sgoile airson dà bhliadhna a-nis.
8. Tha mi air a bhith a' gabhail uallach mu rudan. Tha e a' toirt buaidh air mo shlàinte.
9. Tha mi air dà leabhar math a leughadh an t-seachdain seo. Bidh mi a' cadal nas fheàrr ma leughas mi air an oidhche.
10. Tha mi air cluinntinn gu bheil biadh giullaichte uabhasach dona dhut. Tha mi air gearradh sìos air siùcar agus salann agus tha mi air tòiseachadh air eacarsaich a dhèanamh. Tha mi a' smaoinichadh gu bheil dleastanas oirnn sinn fhèin a chumail fallain.

## 18. Leugh Sàr-bhiadh

Some foods are now called Superfoods: food that apparently is especially good for our health and wellbeing and in which there is a lot of nutrition.

Superfoods have grown quite fashionable these days. You will hear plenty in the media about famous people's diets and they unusual things that they swear keep them young, healthy, clever and beautiful.

### Research

The food industry would like to make us believe that some foods are capable of preventing fatal illnesses such as cancer, and more than that, that they have the ability to keep us young and make us happier, stronger and even cleverer. But before you start filling your face with dark chocolate, seaweed and goji berries, you should do a little research.

### Oily Fish

Research has proven that oily fish such as sardines, salmon, mackerel and others are especially good for us - so good for us that the government is now recommending that people eat fish at least twice a week and that one of these should be oily fish.

Scientists have shown an interest in oily fish and the benefits for our health since it became evident that the Inuit, who generally eat a lot of oily fish, suffer less heart-attacks and strokes.

There is evidence that oily fish protect us from heart disease, strokes, some cancers and help our eyesight and memory in old age. This is as a result of them being a good source of protein, vitamins D and B, Selenium and Omega 3.

### Mental Health

A healthy diet is important for us, not only for our physical health but to keep our mind whole and healthy also. Similar to our bodies, our brains are just as needful of good nutrition. Apparently, some



superfoods are especially good for your mental health. Some believe that rosemary, sage, strawberries, blueberries and oily fish all capable of making your memory better and that pumpkin seeds are able to reduce anxiety.

### Eating too much/Overeating

Some think that they can eat whatever they please of superfoods - filling themselves with plenty of them. But, it is not good for you to eat too much of anything - even healthy food. You may still put on weight by eating too much healthy food. We should have a balanced diet with a wide range of fruits, vegetables and wholegrains.

## 23 Leugh Bhathas a' cruinneachadh airgead

	Thathar/Thathas	Bhathar/Bhathas
1	It is said that bad snow is coming at the weekend.	It was recommended to us to do two and a half hours of exercise a week.
2	It is believed that dinosaurs became extinct 65 million years ago.	It was expected that a meeting would be held this week before the accident.
3	Workers are being sought for the new store that opened the day before yesterday.	Money was raised when the man had a heart attack.
4	It is hoped that the book will come out before the end of the year.	Houses were built for poor people in the area furthest away.
5	Answers are wanted/sought now or people will not be happy at all.	A service was expected to be held in the church tonight, but the electricity went off about noon.
6	It is now said that dark chocolate is good for you, but I do not believe a word of it.	It was said that children were still dying with hunger in Syria despite aid/support.

1. Hard hats must be worn on site at all times
2. Pencil may not be used
3. park must be kept tidy
4. Swimming permitted between green flags only
5. Food may not be consumed in this area
6. Dogs to be kept on leash
7. Photography prohibited

## Ceanglaichean-lìn feumail airson slàinte is sunnd

## 26 Èist Cìs an t-Siùcair

1. obesity, diabetes
2. people take too much sugar
3. sugar tax starting in 2018
4. a) less than 5 teaspoons b) seven spoons
5. about nine teaspoons in one can
6. go up about 20p
7. cut the amount of sugar
8. a) yogurt drinks, sugary milk drinks, fruit juice. b) healthier than the other drinks

### Summary

Research has shown that **the majority of people** consume **too much sugar**. As a result of this, the **number of people suffering** obesity and **diabetes** is ever increasing. This is a huge problem for **The Health Service**.

**The Government** has promised to **put in place a sugar tax**. This will take effect in **2018**. The tax is designed to specifically target the **soft drinks** industry. It is **thought** that **doctors** will welcome the news.

According to guidelines, the recommended daily sugar intake for young children is **less than 5 teaspoons**. **Adults** are recommended to take no more than **seven**.

The sugar tax could mean **a price rise of about 20p** per litre on fizzy drinks. Therefore, it is hoped that people will **take less/cut down**. It is hoped that **companies** might reduce the **amount of sugar** in their products, as a result of the tax.

**Yogurt Drinks, sugary milk drinks** and **fruit juice** will be unaffected by the sugar tax. They are believed to be healthier for us than **other soft drinks**.

## 28 Èist Mar as teotha 's ann as fheàrr

1. Ceàrr
2. Ceart
3. Ceàrr
4. Ceàrr
5. Ceart
6. Ceàrr
7. Ceart
8. Ceàrr
9. Ceart
10. Ceàrr
11. Ceàrr
12. Ceàrr
13. Ceart





**29 Èist Seantansan**

- The busier you are
- the higher the building
- The hotter the weather
- The younger you are
- The more famous you are

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

- The more exercise I do, the better I feel.
- The worse my diet is, the worse my skin is.
- The more often I hear Gaelic, the easier it is to understand.
- The more sugar I eat, the more I want!
- The longer you leave it, the harder it becomes.

**31 Sgrìobh Seantansan eile**

- Mar as lugha an càr, 's ann as saoire am prìs.
- Mar as tràithe, 's ann as fheàrr.
- Mar as cruaidhe an leabaidh, 's ann as cofhurtaile a tha i.
- Òlaidh mi tòrr uisge. Mar as fhuaire, 's ann as fheàrr.
- Any correct answer

**34 Leugh An suidheachadh ceangailte**

bàlaichean-feòla  
 mòran airgid  
 sradag siùcair  
 sradag salainn  
 bòrd-gearraidh  
 spàin-bhùird  
 an àite siùcair  
 greim-bìdh  
 slàn-ghràin  
 spàin-teatha  
 soda-arain  
 cèis pàipeir  
 cèisean pàipeir

**37 Leugh A bhith beò ceud bliadhna agus an còrr**

- King George (V)
  - Britain and the Commonwealth
  - over 6000



2. a. One in three will live until 100  
b. Advances in medicine, changes in lifestyle
3. a. health, pension and care costs  
b. about 190,000 people will live to the age of 100 and beyond in the UK.
4.
  - a. Life expectancy in different countries for men and women
  - b.

Life expectancy		
Country	Women	Men
Monaco	94	86
Japan	87	81
Italy	85	80
The UK	83	79
Pakistan	68	66
Afghanistan	62	59
Lesotho, South Africa	49	50

5. where you live.
6. healthy diet with fruit, veg, wholegrains, red wine, plenty fish; don't eat too very much red meat, sugar, processed foods; many don't smoke or drink too much; they exercise gently and regularly; they get enough sun; there is a good balance between work and social life; people place great value on family bonds.
7. Pupil's own response
8. much lower levels of heart disease and cancer, and also mental illness
9. Violet Brown: Died in 2017 in Jamaica. Strong faith in God; Gertrude Weaver 116, died in America, kindness and happiness; Emma Morano died Italy 1899, ate two raw eggs and lots of biscuits every day; Jiroemon Kimura 116, died 2013, lived in a village with lots of centenarians, never ate too much; Misao Okawa, died 117, sushi and plenty sleep
10. Any suitable answer

## 41 Leugh

## Bheubadh

### Intro

1. Big decrease in number of smokers
2. Year smoking ban in public places introduced
3. There will be more electronic cigarettes sold than tobacco cigarettes

**Alasdair**

1. Not enough research done. Can't tell what will happen in future.
2. E-cigarette exploded in their mouth or pocket, injured them.
3. Banned in public places as well.
4. If children see it, they will think it is normal.
5. Vaping helps people stop smoking tobacco.
6. No, although he does admit that vaping helps people stop smoking tobacco.
7. Not healthy to be addicted to anything. Nicotine is a drug just as addictive as heroin.
8. All tobacco, E-cigarettes and vaping should be banned entirely. They are all dangerous and that should be obvious to everyone.
9. In my opinion, the advertising and marketing of e-cigarettes is scandalous. Children may buy e-cigarettes on line with sweet, attractive flavours such as hot chocolate, fruit and toffee. This is a disgrace and it is time to do something about it. According to the figures, apparently the number of people between 11 and 18 who have tried e-cigarettes is continuing to rise. This may cause problems with people being addicted to nicotine in the future.

**Ceit**

1. A year ago, her mother bought him an e-cigarette for Christmas
2. Patches, nicotine chewing gum
3. They were so thankful because they were worried he would die of cancer, stroke or heart disease.
4. More successful than patches and nicotine gum in helping people quit
5. The other chemicals in tobacco smoke
6. She accepts the danger, but says it is no different from other batteries in things like mobiles or electric toothbrushes.
7. Any acceptable answer with evidence.
8. Our house is now not full of dirty, dangerous smoke and there is no longer a bad smell. More than this, e-cigarettes are much cheaper than tobacco. My father is now saving the money he would spend on tobacco (at least 10 pounds a day!) The money goes into a jar and as a result of this we will go on holiday to Greece in the summer this year. I can't wait to go.



## 42. Eist Deasbad air an rèidio

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

### Sùil Air Ais - Leugh Seòclaid: A bheil e math dhuinn?

A Ceistean

1. That chocolate is bad for us
2. Cacao seeds
3. cocoa
4. not as much milk and sugar in it
5. lower blood pressure, less chance of bowel cancer, reduce stress and anxiety
6. She will buy dark chocolate
7. Any suitable answer

### B Obair cànan

1. a verb in the relative future tense — a dh'fhàsas, a bhios x 2, ma ghabhas, a cheannaicheas
2. possessive case — beagan rannsachaidh, tòrr siùcair, tòrr chòco, bruthadh-fala, tòrr mathais,
3. a comparative or superlative of an adjective — as inntinniche, as àirde, as fheàrr, nas isle,
4. impersonal form of any verb — thathar, faodar

### C Beurla gu Gàidhlig

1. Tha mi glè mheasail air
2. math dhuinn

3. dona dhuinn
4. Tha mi air beagan rannsachaidh a dhèanamh
5. tha luchd-saidheans air faighinn a-mach
6. thathar a' creidsinn
7. Mar as àirde an ìre de chòco, 's ann as fheàrr a tha e dhut.
8. tòrr mathais
9. mar a thuir mi a-cheana
10. strèan agus iomagain
11. aillse cuim
12. bruthadh-fala

### Ceum a bharrachd

#### 1a. Leugh Biadh

1. There wasn't much information about health foods
2. Terribly fond of sweets
3. As long as she brushed her teeth, the sweeties wouldn't do her any harm at all.
4. a. The things that we should avoid and the things that are good for us  
b. the number of people with obesity is increasing  
c. young people  
d. fast food
5. they are full of fat and have no goodness at all in them
6. She didn't put on weight
7. Badly
8. You get all of your 5 A Day on one plate
9. Just as full of nutrients as fresh
10. Don't overcook them
11. Clears up her skin
12. Hard to digest
13. She doesn't drink them
14. Cleans you out, clears up your skin
15. Positive - any suitable evidence from text



16. I was raised in a house where we ate fish, at least two or three times a week — light, healthy and tasty food. We get proof of this from other countries such as Japan where people are alive longer because they eat white fish instead of fatty meat. At the same time, we should remember that it is just as bad for us and just as dangerous to not eat enough. It is not what you eat that should count but how healthy every bite on your plate is. We are capable of changing our eating habits, but we must be patient and diligent if we are going to continue with these new ways.

### 1b. Leugh - Cha mhòr nach eil mi tinn

1. cha mhòr nach eil mi tinn
2. do chumail a' dol
3. a' gabhail ùidh
4. a' sìor dhol am meud
5. a' mothachadh
6. ri fhaotainn
7. a' dèanamh cron
8. ri linn
9. Chaidh mo thogail
10. Thathar a' moladh

### 1c. Sgrìobh - Seantansan

#### 1-8 Any suitable answer

#### 2. Coimhead **Bulimia: Sgeulachd Sheòrais**

1. b) It is not so common amongst boys
2. think you are fat, binge eat & vomit
3. Any **two** of the following:

Parents divorced/separated, father and he moved away, left his friends, went to new school, exams were near, felt anxious about everything.

4. a) People said he looked great.  
b) delighted



5. a) twice a week  
b) **One** of the following:  
he had control of something, he thought he looked good
6. a few months
7. parents, friends
8. Not eating enough and being too thin
9. doing himself harm/damaging himself
10. a) sore head and stomach every day, very tired  
b) couldn't concentrate in school, feeling so low/depressed
11. a) Fainted  
b) his body couldn't keep going  
c) month
12. c) relieved
13. stronger
14. they were so supportive and understanding
15. to prevent his bulimia getting worse
16. friends, support group for sufferers of Bulimia/Anorexia
17. getting enough sleep & exercise, eating healthily