



Nova 5

Lesson 09

Staying Healthy

پښتو: صحتمند پاتې کېدل
دری: سالم و صحتمند بودن



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Learning Objectives

1

Identify

Identify and describe common health problems.

2

Learn

Learn how to give and follow health advice in English.

3

Practice

Practice conversations about health with peers.



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Vocabulary

Common Health Problems

English	Pashto	Dari
a cold	زکام	زکام
a fever	تبه	تب
the flu	ريزش	ريزش
a headache	د سر درد	سر درد
a backache	کمر درد	کمر درد
a cough	توخې	سرفه
a sore throat	د ستوني درد	گلو درد
a stomachache	د معدې درد	معهه درد، دل درد
dry skin	د پوستکي وچوالی	خشکی پوست
an earache	د غوږونو درد	گوش درد
sprained hand	اونبتي لاس	دست پيچ خورده
a broken hand	مات شوی لاس	دست شکسته



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Describing Health Problems & Giving Suggestions

Describing Health Problems

- I have a cold / the flu.
- I have a sore throat / backache.
- My stomach / knee hurts.
- I can't sleep at night.

پښتو:

- زه زکام / ریزش یم.
- زما د ستوني / ملا درد کوي.
- زما خيټه / زنگون خوږيږي.
- د شپې ماته خوب نه راځي.

دري:

- من تب / ریزش دارم.
- گلو / کمرم درد دارد.
- معده / زانويم درد می کند.
- شب نمی توانم بخوابم.

Making Suggestions

- Why don't you go home and rest?
- It's a good idea to drink hot tea.
- Try not to eat late at night.
- I suggest seeing a doctor.

پښتو:

- ولې کور ته نه ځي او آرام ونه کوي؟
- دا به ښه وي چې گرم چای وڅښي.
- کوشش وکړه ناوخته خواړه ونه خوري.
- زه مشوره داده چې ډاکټر ته لار شي.

دري:

- چرا به خانه نمی روید و استراحت نمی کنید؟
- خوب است که چای گرم بنوشید.
- سعی کنید ناوقت شب غذا نخورید.
- پیشنهاد می کنم به دکتر مراجعه کنید.



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Conversation

A:

Hey, you look tired. Are you okay?

B:

I have a sore throat. It hurts when I talk.

A:

Oh no! I'm sorry. Have you tried any remedies?

B:

Not yet. What do you suggest?

A:

You can try drinking warm water with honey. It can soothe your throat.

B:

That sounds easy enough. I'll try it. Anything else?

A:

You can also gargle with warm saltwater. It helps reduce inflammation.

B:

I'll try that too. Thanks!



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Review

English

Learning how to describe health problems and give advice helps you take care of yourself and your friends. Use polite suggestions to support others' health.



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Congratulations!

Taking care of your health is smart! Practice describing problems and giving suggestions every day.



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