



التعليم | education
فوق | above
الجميع | all

زُكَّامٌ

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Level 2



أَتَشُووَهْ، أَتَشُووَهْ!

أَوْهْ لَا!
تَامرَ أَصِيبَ بِالزُّكَامِ.



تامر لا يُمكنُ أن يُصابَ
بالزُّكَّامِ اليَومَ! عَلَيهِ أن يَلْعَبَ!

إنَّها نِهايَّاتُ كأسِ كُرَّةِ القَدَمِ
الشَّهيرة!





أَتَشُوووه، أَتَشُوووه!

لَقَدْ فَازُوا!

لَقَدْ فَازُوا بِكَأْسِ كُرَّةِ الْقَدَمِ الشَّهِيرَةِ!



أَشُوووه، أَشُوووه!

"كَفِّكَ يَا رَامِي!"

أَشُوووه، أَشُوووه!

"يَا لَهَا مِنْ مُبَارَاةٍ مُفْتَعَةٍ يَا
محمود!"



أَتَشُوووه، أَتَشُوووه!

"أَحْسَنْتَ يَا مُحَمَّد!"

أَتَشُوووه، أَتَشُوووه!

"لَقَدْ فَعَلْتَهَا يَا بَدْر!"



أَشُوووه، أَشُوووه!

"مَبْرُوكٌ لِلْجَمِيعِ!"



أَتَشُوووه، أَتَشُوووه.

لَا مَزِيدَ مِنْ كُرَّةِ الْقَدَمِ لِتَامِرٍ
إِلَى أَنْ يَتَّحَسَّنَ.

إِنَّهُ يَفْتَقِدُ جَمِيعَ أَصْدِقَائِهِ.



بَعْدَ أُسْبُوعٍ...

لَا مَزِيدَ مِنَ الزُّكَامِ!

تَامَرَ يَثُوقُ لِرُؤْيَا جَمِيعِ
أَصْدِقَائِهِ!



أَتَشُوووه، أَتَشُوووه!

أوه لآ! مَا هَذَا؟!
يَبْدُو أَن رَامِي أُصِيبَ بِالزَّكَامِ
الآن...

أَتَشُوووه، أَتَشُوووه!

وَمحمود أَيْضًا...



أَتَشُوووه، أَتَشُوووه!

... وَمُحَمَّد...

أَتَشُوووه، أَتَشُوووه!

وَبَدْرٍ أَيْضًا...

أَوْهَ لَا!

الْجَمِيعُ أَصِيبَ بِالزُّكَامِ!

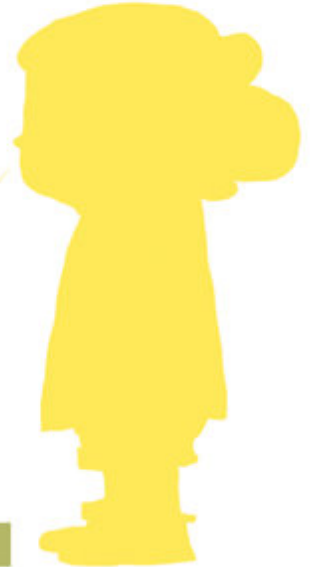
أَتَشُوووهَ، أَتَشُوووهَ!





تَحْدُثُ نَزَلَاتُ الْبَرْدِ بِسَبَبِ جُزْئِيَّاتٍ صَغِيرَةٍ تُسَمَّى الْفَيْرُوسَاتِ يُمَكِّنُهَا أَنْ تَطْفُوَ فِي الْهَوَاءِ الَّذِي نَتَنَفَّسُهُ وَتَسْتَقِرُّ عَلَى الْأَشْيَاءِ الَّتِي نَلْمَسُهَا، وَعِنْدَمَا تَدْخُلُ هَذِهِ الْفَيْرُوسَاتُ إِلَى أَنْوْفِكُمْ وَحُلُوقِكُمْ، فَإِنَّهَا تُؤَدِّي إِلَى التَّهَابِ الْحَلْقِ أَوْ الصُّدَاعِ أَوْ انْسِدَادِ الْأَنْفِ - أَوْ حَتَّى الثَّلَاثَةِ جَمِيعِهَا فِي نَفْسِ الْوَقْتِ!

يُمْكِنُ أَنْ يَنْتَقِلَ الرُّكَامُ بِسُرْعَةٍ كَبِيرَةٍ مِنْكُمْ إِلَى أَوْلَادِكُمْ. فَإِذَا لَمَسْتُمْ أَوْلَادَكُمْ عِنْدَ إِصَابَتِكُمْ بِنَزْلَةٍ بَرْدٍ أَوْ عَطَسْتُمْ أَوْ سَعَلْتُمْ بِالْقُرْبِ مِنْهُمْ، فَسَوْفَ يَمْرُضُونَ أَيْضًا. هَلْ تَعْلَمُونَ أَنَّ سَعْلَةً أَوْ عَطَسَةً وَاحِدَةً يُمَكِّنُهَا أَنْ تَقْذِفَ الْفَيْرُوسَاتِ الْمَوْجُودَةَ فِي الْأَنْفِ وَالْحَلْقِ مَسَافَةَ 12 قَدَمًا عَبْرَ الْهَوَاءِ؟ كَمْ هَذَا مُرْبِعًا!



إِيَّكُمْ بَعْضَ النَّصَائِحِ الَّتِي بِإِمْكَانِكُمْ اتِّبَاعُهَا لِلْوِقَايَةِ مِنَ الْإِصَابَةِ بِالزُّكَّامِ:

-ابْتَعِدُوا عَنْ أَيِّ شَخْصٍ مُصَابٍ بِالزُّكَّامِ.

-إِذَا صَادَفْتُمْ أَوْ صَافَحْتُمْ أَحَدَ الْأَشْخَاصِ الْمُصَابِينَ بِالزُّكَّامِ، اغْسِلُوا
أَيْدِيَكُمْ جَيِّدًا وَإِلَّا فَسَوْفَ يَنْتَقِلُ الْفَيْرُوسُ مِنْ أَيْدِيكُمْ إِلَى أَنْفِكُمْ.

-تَجَنَّبُوا مُشَارَكَةَ أَدْوَاتِ الطَّعَامِ كَالْأَكْوَابِ وَالْمَلَاعِقِ أَوْ الْقَلَابِسِ مَعَ شَخْصٍ
مُصَابٍ بِالزُّكَّامِ.

-تَنَاوَلُوا الْخُضَارَ وَالْفَوَاكِهَ وَاشْرَبُوا الْكَثِيرَ مِنَ الْمَاءِ وَمَارِسُوا الرِّيَاضَةَ
وَاثَقُوا الْبَرْدَ وَحَافِظُوا عَلَى صِحَّتِكُمْ!



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زُكَّامٌ (Arabic)

إِنَّهُ نِهَائِي كَأْسِ كُرَّةِ الْقَدَمِ الشَّهِيرَةِ، وَتَامَرَ الْمَسْكِينِ أُصِيبَ بِالزُّكَّامِ! هَلْ سَيَكُونُ قَادِرًا عَلَى اللَّعِبِ؟
أَفْرَأُ هَذِهِ الْقِصَّةَ لِتَكْتَشِفَ مَا يَحْدُثُ لِتَامَرَ، وَتَتَعَرَّفَ أَيضًا عَلَى أَفْضَلِ السُّبُلِ لِتَجَنِّبِ الزُّكَّامَ.

This is a Level 2 book for children who recognize familiar words and can read new words with help.



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