

UNIT 6

USING MAPS

For ages	منذ زمن	carriage	عربة كارو
City center	وسط المدينة	catalogue	كاتالوج
change	يغير	change to	يغير الى
abbreviation	اختصار	change for	يغير من اجل
arrive at	يصل الى	compass	بوصلة
astronaut	رائد فضاء	definitely	بالتاكيد
astronomy		dhow	قارب صغير
behind	خلف	direction	اتجاه
car park	مكان ركن السيارة	drive back	يقود عائدا

Read the conversations and answer the questions:

Ahmed: Hey, Saif. I haven't seen you for ages.

Saif: Ahmed. Good to hear from you.

Ahmed: Where are you? At home?

Saif: Now? No, I'm in the city centre.

Ahmed: What are you doing?

Saif: I'm in the bank. You know we're going to England next week? So, I've come here to change some money.

Conversation 2

Yousif: Mohammed? It's me. Where are you?

Mohammed: Hi Yousif. I'm at the police academy.

Yousif: Really? I thought you were going to the cinema.

Mohammed: Yes, I am later. You know my cousin Safwan? I came here to visit him. He's training to be a police officer. We're going to the cinema this evening.

Conversation 3

Murad: Hi Khaled.

Khaled: Hi, Murad. How are you?

Murad: Fine thanks. It's loud there - are you in a metro station?

Khaled: No, I'm in the mall.

Murad: What are you doing? Shopping again?

Khaled: Yes. I need a new watch, so I came here to buy one.

1 What does Saif want?

2 Where is Saif going?

3 Why is Mohammed where he is?

4 What have Mohammed and Safwan planned to do?

5 Why does Murad think his friend is at a metro station?

6 Why has Khaled gone out?

Lesson 3- 4

dune	كثبان	go back	يعود
expedition	رحلة استكشافية	guided	مرشد
figure	شكل	gym	صالة ألعاب
fitness mad	مغرم باللياقة البدنية	heated	سخن
floor	ارضية	highway	طريق سريع
folktale	حكاية شعبية	knock	يطرق
get off	ينزل -يخرج	hotel	فندق
get on	يركب -يصعد	line	خط
get to	يصل الى	mad about	مغرم ب

Read the conversation and answer the questions:

Yousif: Hi, Ben. Where are you?

Ben: Hi Yousif. I've just arrived in Dubai. I'm on the metro from the airport. I'm coming into Deira City Centre now.

Yousif: OK. Let's meet later.

Ben: Yes, that'd be good. Listen, can you help me? I'm meeting someone near the Dhow Palace hotel.

Yousif: Sorry, you're breaking up.

Ben: Bad line – sorry. I said, Dhow Palace hotel.

Yousif: Right, I know it. It's easy. You need to get to Al Fahidi.

Ben: Sorry, what did you say?

Yousif: Al Fahidi. It's on the Green Line. You need to change to the Green Line.

Ben: Green Line. OK. So how do I get there? You know I'm not good with maps and directions.

Yousif: You have two choices. You can change at Union,

which is the stop after Rigga or at Bur Juman.

Ben: Sorry, I didn't quite catch that. Bur ...?

Yousif: Bur Juman. That's probably the easiest, in fact. Then you get off at the next stop.

Ben: That's great. Thanks for your help.

Yousif: You're welcome. Call me when you have some free time.

Ben: I will. Speak to you later.

Write down the details of the conversation.

1 Start of journey

2 Current location

3 Change at

4 Destination

5 Reason for journey

Lesson 5-6

Underground	مترو	go back	يعود
system	نظام	guided	مرشد
transport	مواصلات	palaces	قصور
metro	مترو	commuters	ركاب
around	حول	gloves	قفازات
beautiful	جميل	cheap	رخيص
station	محطة	carriages	عربة
fantastic	رائع-مدهش	museum	متحف
wonderful	رائع	decorations	زينة

Read the texts to find the answers to the quiz questions.

LONDON, ENGLAND:

The first underground transport system in the world opened in London in 1864.

Today, over 150 cities around the world have metros. In many cities they are called subways. In London, people call it the Tube.

MOSCOW, RUSSIA:

Here you will find the most beautiful metro system. Stations like Komsomolskaya have fantastic decorations, art and statues. The stations have been called people's palaces. Taking the metro is like going to a wonderful museum – but without the price. It is also a very cheap system for people to use.

TOKYO, JAPAN:

Many of the busiest stations in the world are in Japan. Over 8 million people use the Tokyo metro each day. In the rush

hour, attendants in white gloves push commuters into carriages to make sure trains are full and everyone can get home.

NEW YORK, UNITED STATES:

The New York City Subway has the most stations, with over 460. It has 24 lines, which is also more than any other system in the world, and it is open 24 hours a day.

PARIS, FRANCE:

Did you know the word metro comes from French? The French 'métropolitain' was opened in 1900. Today, about 4.5 million people use it each day. Perhaps that is not surprising. After all, France is the most visited country in the world.

SEOUL, KOREA:

People say that the metro in Seoul is the best in the world. Since it opened in 1974, it has made great use of modern technology. Commuters can use their smartphones to pay to travel. All carriages have wi-fi, 4G access and TV screens. They even have heated seats to keep you warm in the winter.

Read the texts again and answer the questions.

1 What do people call the underground in London?

2 What is special about seats in Seoul in winter?

3 Where are stations sometimes called 'people's palaces'?

4 When are people pushed into carriages in Tokyo?

5 What is the name for a part of a subway train?

6 Explain which metro you would most and least like touse, and why.

7 Make a list of things you know about the Dubai metro.

Examples of Usage

At	In	On
at home	in bed	on the table
at work	in the box	on the shelf
at school	in the closet	on the wall
at the airport	in a basket	on the second floor
at the office	in his pocket	on Columbus street
at the party	in the car	on page 10
at the restaurant	in the kitchen	
at the university	in the water	
at the theater	in an armchair	
at the hotel	in the street	
at the wedding	in the garden	
at the bus stop	in prison	
at the corner	in Times Square	
at 12 Colombus Street	in New York	
at Bob's (= at his house)	in Texas	
at the center	in the USA	
at the top	in the sky	
at the back of the house	in the mirror	
at the door (= next to the door)	in a traffic jam	
at the table (= next to the table)	in the book	

Lesson 7-8

magazine	مجلة	north	شمال
magnificent	رائع	passenger	راكب
map	خريطة	peninsula	شبة جزيرة
Mars	المريخ	playground	ملعب
metro station	محطة مترو	police station	قسم شرطة
mission	مهمة	post office	مكتب بريد
museum	متحف	restaurant	مطعم
nervous	عصبى	reputation	سمعه
mobile phone signal	اشارة تليفون	route	طريق

Read the text and answer the questions:

It's true, smart phones have maps, but you can't always get a signal, and phones get lost, so don't expect your phone to be your answer. The first tip is to look around and pay attention to what you can see. What's on your left? What's in front of you? What's the tallest building you can see? Remember, when you are going back to where you started, the building that was on the left will be on the right! When you go somewhere new, check an online map to have an idea of the place before you arrive. But don't just do that: write. Make a note of the address and the street names where you are going. Writing things down helps you remember them. Modern buildings like airports, shopping malls and even car parks are so big and they all look the same. Remember things like fountains and certain shops to help you find your way around. Finally, give yourself plenty of time. If you think

you need 30 minutes to get somewhere, start your journey 45 minutes before you need to be there. If you leave things to the last minute, you are more likely to make a mistake.

1- Read this text. Where do you think you would find this text?

- a In an email from a friend.**
- b In a newspaper with the day's news.**
- c On a website that gives advice.**

2- Read the text again. Decide if these statements are true (T) or false (F).

- 1 Writing things down can help you remember them.**
 - 2 Give yourself extra time when you go somewhere new.**
 - 3 Your smart phone can always help you find your way around a new place.**
 - 4 You should always pay attention to the most modern buildings you can see.**
 - 5 You should do some research on a new place before you travel.**
-

Read the text and answer the questions:

Do you find maps confusing? You're not alone. Here's our quick guide to how to use a map. Firstly, you have to choose the right map. Drivers need road maps, tourists want maps that show the main attractions, and pilots need maps that show important landmarks like rivers, mountains, towns and cities. Secondly, you need to know that maps have scales, and the scales are different on different maps. If you don't know the scale, you might think two places are close on the map, but they might be far apart in reality. Next, another very important thing to understand is the contour lines. These contour lines tell you how flat or hilly a place is. If the lines are close together, it is hilly. Finally, the fourth key point: of course, it's also important to understand the signs and symbols – and here the legend or key is useful. These tell you what everything means. They include symbols like car parks, and colours to indicate rivers, seas, mountains and so on. So, now you know how to use a map to make sure you don't get lost when you are in a new place.

Read and decide if these statements are true (T) or false (F).

1 Pilots, drivers and tourists should use different maps.

2 The scale of a map helps you understand the distance between places.

3 Contour lines tell you if places are close together.

4 The legend or key of a map tells you what the signs and symbols mean.

Read the text and answer the questions

This a full-day guided tour from Dubai to Musandam, on the Strait of Hormuz. The Musandam peninsula is a narrow area of land that sticks out into the sea. There are many small communities living in the mountains on the peninsula. These communities are very old; some have been there for centuries. Many coastal villages can only be reached by boat. The population of approximately 29,000 is mainly in the capital, Khasab, in the north, and the much smaller port town of Dibba on the east coast. We will pick you up at your hotel early in the morning in our coach and take you on an exciting day trip to Musandam via Ras Al Khaimah on the Emirates highway. You can photograph the golden sands of the desert and the beautiful Hajar mountains. When you arrive on the east coast in Dibba, you will board our traditional dhow and sail along the coast. We will stop at one of the beautiful beaches to relax and explore. After a delicious lunch back on board, there will be still time to have a swim in the warm waters. You may also see dolphins during the cruise. We will drive you back to your hotel in time for your evening meal.

1 How long does the tour last?

2 What's the best way to get to the villages on the coast?

3 Where do most people live?

4 Which place does the tour pass through after leaving Dubai?

5 Where do tourists get on the dhow?

6 Where will they have lunch?

Lessons 11–12

Lucky escape

Read the text and answer the questions

Ben Akintola, 30, was snowboarding in the French Alps under a clear blue sky on the last Saturday of his holiday when there was an avalanche. Ben, who started snowboarding when he was in his teens, realised he was in danger when he heard the sound of thousands of tons of snow rushing down the mountain. Avalanches can travel at speeds of 100 kilometres an hour, so Ben knew he couldn't outrun the wall of snow. He was desperately trying to get out of the path of the avalanche when it hit him with full force and knocked him unconscious. He woke much later in the middle of the night in pitch darkness. He was lying on a narrow, icy ledge. Although he was in pain, a quick check indicated that he had no broken bones. Amazingly, he still had a mobile phone signal, so he called a friend a thousand kilometres away in Britain. His friend called the French rescue services. 'I was waiting for what seemed like hours on that narrow ledge. I was beginning to give up hope,' he said.

1 Who is the article about?

2 Where was he?

3 When did the story take place?

4 What happened?

5 How did he try to get help?

Lesson 13

Famous explorers

Read the text and answer the questions

Ibn Battuta (1304–1369)

Ibn Battuta was the greatest Muslim traveller of his age and the author of one of the most famous travel books, the Rihlah (Travels). His great work describes the many years of his extensive explorations, covering some 75,000 miles (120,000 km) in trips to almost all of the Muslim countries throughout the world and as far as China and Sumatra (now part of Indonesia).

Roald Amundsen (1872–1928)

Norwegian explorer Roald Amundsen is one of the great figures of polar exploration. In 1911 he was the leader of an expedition to the Antarctic and was the first person to reach the South Pole in 1911. Some years later he led another team to the North Pole. In addition, Amundsen was the first explorer to make a voyage through the Northwest Passage, a route that begins in the Arctic Ocean and ends in the Pacific Ocean.

Christopher Columbus (1451–1506)

Italian by birth, explorer Christopher Columbus lived and worked in Portugal for several years before he sailed from Spain across the Atlantic in charge of four expeditions between 1492 and 1504. His goal was to find a route west from Europe to Asia. He is often called the discoverer of the New World— north and south America, although the Icelandic Viking Leif Eriksson had visited North America several centuries earlier.

Read the text again and answer the questions.
Which person:

1 wrote a book about his travels?

2 led expeditions to opposite ends of the world?

3 spent years travelling around different Muslim countries?

4 left where he was born and worked in another country?

5 found a new route to the Pacific?

Remember:

Pronouns الضمائر

A pronoun replaces a noun . الضمير يحل محل الاسم .

Subject Pronouns ضمائر الفاعل	Object Pronouns ضمائر المفعول به	Possessive Adjectives صفات الملكية	Possessive Pronouns ضمائر الملكية	Reflexive Pronouns ضمائر الانعكاس
I	me	my	mine	myself
you	you	your	yours	yourself
he	him	his	his	himself
she	her	her	hers	herself
it	it	its	its	itself
We	us	our	ours	ourselves
you	you	your	yours	yourselves
they	them	their	theirs	themselves

Lesson 15

Mission to Mars

Answer the following questions according to the text.

In an interview yesterday Mr. Wilson was questioned about the harmful effects of horror movies on teenagers. He argued that such effects were often exaggerated and claimed that other types of films were far more dangerous for young people. When asked to prove this, he pointed out that horror films were often set in unreal situations and were clearly not to be taken seriously. In contrast, he claimed that films showing violent crime were often set in everyday life, and were therefore more damaging.

1. In Mr. Wilson's opinion, horror films _____.
 - A) cost more than other kinds of films.
 - B) are more popular among the elderly than among the young.
 - C) should be banned altogether.
 - D) are less damaging to young people than films of violent crime.
 - E) have recently ceased to appeal to the young.
2. For Mr. Wilson the main difference between a horror film and one showing violent crime is that the former _____.
 - A) is mainly concerned with everyday situations.
 - B) is liked by the young, and the latter by the old.
 - C) is unrelated to real life, whereas the latter is.
 - D) is less expensive to produce than the latter.
 - E) rarely receives any attention from the young.
3. The interviewer wanted to find out whether _____.
 - A) young people were being harmed by horror films.
 - B) Mr. Wilson had himself been affected by horror films.
 - C) Mr. Wilson preferred horror films to films of violence.
 - D) people were seriously objecting to horror films.
 - E) the effects of crime films were being exaggerated.

Answer the following questions according to the text.

The famous Tower of London was built as a fortress by William the Conqueror. Early in the Middle Ages the kings used it as a palace; later on it was turned into a prison, but only distinguished prisoners, including statesmen and princes, were held there. Today the Tower is a national museum, where, among other things, the jewelry of the English kings and queens is on display.

4. It is obvious from the passage that the functions of the Tower of London _____.

- A) were all established by William the Conqueror.
- B) have always been controlled by the kings.
- C) have varied greatly over the centuries.
- D) are all of a military nature.
- E) have not changed at all since the Middle Ages.

5. We learn from the passage that the Tower _____.

- A) was not originally intended to be a fortress.
- B) was never a prison for ordinary people.
- C) is still a unique example of medieval architecture.
- D) was never a residence of English kings.
- E) functions today only as a jewelers museum.

6. William the Conqueror's original purpose in building the Tower of London _____.

- A) was one of defense
- B) was to exhibit his valuable jewellery.
- C) was strongly criticized later in the Middle Ages.
- D) remains unknown even now.
- E) is still being debated among historians

E	
cupboard	it used for store clothes
secret	something that mustn't be known
message	written or spoking piece of information
physical	the teaching of training people to be fit
the bell	a hollow metal that make a ringing sound
maths	the study of numbers , shapes etc
look out of	turn eyes to particular direction
weather	the climate of place
bring	to come with something
dark	no light
inside	the oppiste of outside
tracksuit	a suit for sports
fed up	not happy
spider	an insect
hate	don't like
look like	almost the same
weird	strange
search me	I' don't know
dirty	not clean
costume	style of clothes
scare	to feel afraid of something
blow	to move
athletics	sports such as running, jumping and
equipment	tools
bat	a piece of wood for hitting the ball
racket	use to hit the ball
club	a stick for golf
Championship	a competition
trophy	sick for golf
special	not usual
professional	do something that shows skill
academy	a school for special traning

Answer the following questions according to the text.

Never before in history have people been so aware of what is going on in the world. Television, newspapers and radio keep us continually informed and stimulate our interest. The sociologist's interest in the world around him is intense, for society is his field of study. Indeed, he needs to know what is happening in society; he wants to know what makes the social world what it is, how it is organized, why it changes in the ways that it does. Such knowledge is valuable not only for those who make great decisions, but also for you, since this is the world in which you live and make your way.

7. The passage emphasizes that whatever goes on in the world today _____.

- A) is quickly forgotten by the majority.
- B) only concerns the sociologist.
- C) first makes the headlines in the press.
- D) is of great interest to everyone.
- E) can easily be ignored by people in power.

8. It is pointed out in the passage that, among other things, sociologists are very much interested in _____.

- A) our reaction to their studies.
- B) the effect of television on education.
- C) the reasons for social change.
- D) how people make a living in the world.
- E) environmental problems.

9. One may conclude from the passage that the studies made by sociologists _____.

- A) are extremely useful both to decision makers and to ordinary people.
- B) are of little general interest.

- C) receive a lot of attention from the media.
- D) are primarily intended for students of sociology.
- E) do not adequately reflect real conditions in the world.

Every summer many people, girls and women as well as boys and men, try to swim from England to France or from France to England. The distance at the nearest points is only about twenty miles, but because of the strong currents the distance that must be swum is usually twice as far. The first man to succeed in swimming across the Channel was Captain Webb, an Englishman. This was in August 1875. He landed in France 21 hours 45 minutes after entering the water at Dover. Since then there have been many successful swims and the time has been shortened. One French swimmer crossed in 11 hours and 5 minutes.

10. Swimming the Channel is not as easy as it might seem _____.

- A) as the distance between the two counties is far too much.
- B) and it always takes more or less 20 hours.
- C) and only two people have managed to do it so far.
- D) so few people even try to swim it.
- E) for there are very strong currents.

11. The first time anyone swam across the Channel _____.

- A) was in the last century.
- B) was when England and France organized a swimming competition.
- C) no one really believed him.
- D) he was helped by favorable currents.
- E) he reached Dover just before 10 in the evening.

12. The time Captain Webb needed to swim across the Channel

- A) was unbelievably short.
- B) has since been nearly reduced to half
- C) still remains a record.
- D) was thought to be far too long.
- E) hasn't been equaled by any French swimmer

Important paragraphs

1-People and fashions

Fashion means the style of clothes, hair, behavior etc that is popular at a particular time. People all over the world are fond of buying the latest fashions yearly. Fashion houses always decide how we should appear and what we should wear. These houses decide not only the clothes, but shoes, hair, hand bags and jewellery as well. In fact, the world of fashion is endless. The big fashion houses in many countries of the world design fashionable styles and colours to satisfy all tastes. Women cannot ignore fashions and are always attracted to buy dresses, blouses, skirts, etc... . Men also try to follow fashions when they buy suits, shirts, ties and trousers. What is clear is that fashion changes every year. Consequently, what is fashionable this year will be out of fashion موضة قديمة next year.

-Modern means of transport

There is no room for doubt that transport has been greatly developed in the last few years. The world has become a small village. In the past people found difficulties in moving from place to another. This used to take much time and effort. Nowadays passengers can cover long distances in no time. Thanks to modern means of transport, travel has become easier, comfortable and enjoyable. Now cities are getting more and more crowded, so people look for modern means of transport to help them go here and there fast. Modern underground metro, planes and trains can help them save time and effort.

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The advantages and disadvantages of advertisements

It's a fact that business without advertisement never flourishes .Goods can be advertised in various ways ; on TV , in newspapers and magazines , by posters put up in streets . In Egypt , advertisements have become an important part of television . Not only do they attract kids , but the elders as well . Most of them are about fast food , crisps chocolates and the lik . Some advertisements are about films and plays . Of course , they ruin the pleasure of watching TV programmes because they are displayed in the midst of them . I , myself , don't like the way they are displayed on TV in Egypt They don't reflect the Egyptian culture at all . Almost all TV advertisements show merely dance and nonsense

A film you have enjoyed recently

In fact I like comic films best. Watching comic films makes my day because they make me laugh. I think a successful film should not only have a good moral but also it benefit the society. Really, I have watched a film of Ramadan Mabrouk Abu El-Allamen Hamoda recently. I really enjoyed watching this film because it deals with some important social issues in a comic way. The moral of this film is that it shows some problems in our society resulted from contacts and social differences. This film tries to solve these problems. It also shows the important role of the teacher in the process of the change if there is determination وتصميم , bravery شجاعة and patience صبر . To sum up للتأخير , I would like to say watching films is sometimes the best way to have an influence on people. At last not at least, I recommend watching this film to enjoy

Unit 7 Health- food and exercise

Lesson 1-2

E	meaning
boat	a small ship without engine
sail	to travel by sea
grass	green plants
leaves	plural of leaf
sharp	having a fine edge that can cut
hurt	to cause damage
genius	a person who has very great
Swan	a larg white bird with very long nick
Lake	a large area of water
pond	an area of water that smaller than lake
stream	a small river
waterfall	the sudden drop of water
volcano	Fire
mountain	very high hill
Hill	as a mountain

cave	a larg hole in the side of cliff or hill
field	a piece of land that is coverd with trees
jungle	Forest
wood	Forest
desert	a large area of land coverd with sand
day out	to fun outside your home
amusement park	a funfair
exciting	interesting
fantastic	wonderful
crowred	full of people
loudspeaker	a piece of electrical equipment for speaking
first aid	medical help
terrible	very bad
architect	building engineer
ancient	very old
complicated	Complex
hide	far from the sight
enemy	someone who form a dangerous

Read the text and answer the questions

Protein is used to build our bodies and to make them strong. It can be found in meat, fish, eggs, nuts and pulse .Carbohydrates give us energy and can be found in bread, pasta and rice, for example. We need fat to keep us warm and to protect us. Sugar gives us quick energy, but we should try to eat it in natural products like fruit and honey. Vitamins are divided into groups: A, B, C, D and E. Vitamins keep our body healthy. Minerals such as iron and calcium are also important for our health. Iron is important for our blood, and calcium for our teeth and bones. It is important to get the right balance in your diet. You need to eat plenty of fruit and vegetables because they contain vitamins and minerals. You don't need to eat a large amount of protein, but you need to eat enough to keep your body strong. You need to eat carbohydrates, but you don't need to eat a large quantity. Most people in their normal daily lives only need a little sugar and fat.

1-What is protein used to?

2-Where can proteins be found ?

3-what do carbohydrates give us?

4-why do we need fat?

5-why are minerals important ?



Countable/uncountable nouns

Countable nouns	Uncountable nouns	Both
<ul style="list-style-type: none"> - We can count them - Singular and plural forms - Apple, apples - One dog, two dogs, three dogs, many dogs 	<ul style="list-style-type: none"> - Have only 1 form - We cannot count them - We can use containers (bottle, loaf, drop) - Usually are singular (technology, love) - Sometimes are ONLY plural (scissors, jeans) 	<ul style="list-style-type: none"> - Sometimes an uncountable noun can be used as a countable noun, but the meaning changes (we understand that a certain quantity is meant) <p>Coffee (beans and a cup of coffee)</p>

Quantifiers

<i>with countable nouns</i>	<i>with non-countable nouns</i>	<i>with both</i>
many people	much pollution	all of the people/pollution
not many people	not much pollution	some people/pollution
a few people	a little pollution	some of the people/pollution
few people	little pollution	most of the people/pollution
several people	a bit of pollution	none of the people/pollution
numerous people	a good deal of pollution	enough people/pollution
a couple of people	a great deal of pollution	a lot of people/pollution
a number of people	a large amount of pollution	lots of people/pollution
a large number of people	a significant amount of pollution	plenty of people/pollution
a great number of people		a lack of people/pollution
		no people/pollution
		hardly any people/pollution

Single-word quantifier (positive/negative)	Some compound quantifiers
much	a lot of, lots of, a great deal of, a large amount of
many	a lot of, lots of, a large number of, quite a few
some, several	a few, a number of, a bit of
few, not many, not much	not a lot of, a little bit of, a small number of, a small amount of

Remember:

Past الماضي	Present المضارع	Future المستقبل
I did أنا فعلت	I do أنا أفعل	I will do أنا سوف أفعل
You did أنت فعلت	You do أنت تفعل	You will do أنت سوف تفعل
He did هو فعل	He does هو يفعل	He will do هو سوف يفعل
She did هي فعلت	She does هي تفعل	She will do هي سوف تفعل
It did هي أو هو فعل	It does تفعل أو يفعل لغير العاقل	It will do سيفعل أم ستفعل
You did أنتم فعلتم	You do أنتم تفعلون	You will do أنتم سوف تفعلون
We did نحن فعلنا	We do نحن نفعل	We will do نحن سوف نفعل
They did هم فعلوا	They do هم يفعلون	They will do هم سوف يفعلون

Past الماضي	Present المضارع	Future المستقبل
I had كنت أملك	I have أنا أملك	I will have سأملك
You had كنت تملك	You have أنت تملك	You will have ستملك
He had كان يملك	He has هو يملك	He will have سيملك
She had كانت تملك	She has هي تملك	She will have ستملك
It had كُنت أو كان يملك	It has تملك أو يملك لغير العاقل	It will have سيملك أم ستملك
You had كنتم تملكون	You have أنتم تملكون	You will have ستملكون
We had كنا نملك	We have نحن نملك	We will have سنملك
They had كانوا يملكون	They have هم يملكون	They will have سيملكون

Read the text and answer the questions:

Vegetarians are people who for many reasons don't eat meat. Some vegetarians do not eat any animals or fish. People can be vegetarians because they don't like the taste of meat or because they don't want to harm animals. It can be a problem to eat a balanced diet for some vegetarians because meat is a good source of protein and iron. We need protein to help our bodies grow. Iron is used to move oxygen around our bodies. This means that vegetarians need to find another source for these nutrients in their diets. Luckily there are lots of foods made from plants that contain protein and iron.

1 What is a vegetarian?

2 Why are some people vegetarians?

3 Why can being a vegetarian be a problem?

4 What do we need protein for?

5 What do we need iron for?

6 How can vegetarians get enough protein and iron in their diet?

Read this dialogue. Then discuss the questions below.

Bader: Mum, I'm hungry. There is nothing to eat in this house!

Mum: Don't be silly Bader, there are plenty of snacks for you.

Bader: There are no biscuits in the tin.

Mum: That's right, I haven't bought any this week.

Bader: But you always buy us lots of snacks!

Mum: Yes, usually I do, but your father and I have decided that we all need to be healthier.

We are all going to eat a more balanced diet, get more exercise and more sleep.

Bader: What do you mean by a balanced diet?

Mum: For our family, this will mean eating less food with too much fat and sugar in it, and eating more fruit and vegetables.

Bader: But I like biscuits a lot! So does Dad!

Mum: Well, luckily for you, I have been busy making some alternative snacks.

Bader: OK, I'll give them a try. Where are they?

Mum: If you look in the cupboard, you will find some wholemeal scones and some unsweetened popcorn. They will taste a little different from the snacks you usually eat, but you will soon like eating them.

Bader: What are these?

Mum: That's raisin bread, and a pack of rice cakes. They are both healthy alternatives.

You can also help yourself to some dried fruit, nuts or seeds.

● Why has Bader's mum decided to have healthier alternative snacks in the house?

● How does Bader feel about there being no biscuits?

● How many alternatives does Mum suggest he can choose from?

● Have you tried any of these snacks before?

● Do you think you would like them?

Write a paragraph about healthy and un healthy food:

Healthy food is the food that contains the integrated nutrients of vitamins, minerals and mineral salts that benefit the body by strengthening the immune system to resist various bacterial, parasitic and viral diseases.

Healthy food groups:

Energy foods: They are responsible for giving the body the energy it needs to perform its various vital activities. Its main sources are sugars, tubers, animal and vegetable fats, and grains of all kinds.

Building foods: They are useful in the growth of the body and regeneration of its cells, and the most important sources; proteins in animal form and plant.

Prevention food: It is competent to resist diseases that may be exposed to the body, the most important; vegetables and fruits, and various types of natural juices.

Write a paragraph about fast foods

Fast food is one of the easiest and cheapest ways of eating . It saves a lot of time and money, especially for people who are coming home from work . However , it is the worst enemy of human health these days It has many negative aspects on humans . One of these negative aspects is that it contains too much fat , oil and salt , which make people overweight and thirsty . It can also be bad for family life , it doesn't provide family members opportunity to set and eat at one place . Moreover it has a bad effect on the environment because it comes with wrapping or polystyrene which make pollution when we're burning them

Lessons 5–6 **Be at your best**

When you are a student, you use your brain a lot. For your brain to work well, it needs ...

GOOD FOOD

Experts say that breakfast is much more important than any other meal. Your brain works better when you have eaten. So don't miss breakfast – especially before an exam! But you need to eat a good breakfast – junk food won't work.

A REGULAR SUPPLY OF ENERGY

Your brain needs a steady supply of energy, so you need to eat carbohydrates. They're found in bread, pasta, rice and pulses. Chocolate, biscuits and sweets are not good for your brain. They work more quickly than bread and rice, so they give you a short burst of energy, but afterwards you feel more tired.

A CONSTANT SUPPLY OF OXYGEN

Your brain needs oxygen, which it gets from exercise.

Exercise improves your memory too. You also need a good supply of iron because iron helps your blood to carry oxygen round your body.

WATER

Water is much better than sweet fizzy drinks. You need water because dehydration will stop your brain from working well. And remember, water isn't as expensive as fizzy drinks!

A GOOD NIGHT'S SLEEP

Your brain needs several hours' sleep, so it can 'update' itself, just like a computer. Experts say that when you revise for a test or an exam, you should get some sleep as quickly as possible after you've done your revision. This helps you to remember what you've learned.

Complete these sentences using the information in the text.

1- (You need to eat a healthy breakfast) because your brain performs better when you've eaten a good meal in the morning.

2 -----because your brain needs a steady supply of energy.

3 -----because they only give you a short burst of energy.

4----- because it helps your blood to carry oxygen round the body.

5 -----because your brain doesn't work well if you're dehydrated.

6----- because your brain needs to process information

#####

Remember:

Past الماضي	Present المضارع	Future المستقبل
I was أنا كنت	I am أنا أكون	I will be أنا سوف أكون
You was أنت كنت	You are أنت تكون	You will be أنت سوف تكون
He was هو كان	He is هو يكون	He will be هو سوف يكون
She was هي كانت	She is هي تكون	She will be هي سوف تكون
It was هي أو هو كان	It is تكون أو يكون لغير العائل	It will be سيكون أم ستكون
You were أنتم كمنتم	You are أنتم تكونون	You will be أنتم سوف تكونون
We were نحن كنا	We are نحن نكون	We will be نحن سوف نكون
They were هم كانوا	They are هم يكونون	They will be هم سوف يكونون

Use of English:**Adjectives and adverbs**

Adjectives describe people or things.

They go before nouns: *a good breakfast.*

They can also go after some verbs, such as *be, feel, look: I feel tired.*

Adverbs tell us about a verb. They describe how an action is done.

Remember that you can make an adverb by adding *-ly* to an adjective: *clear – clearly, easy – easily, quick – quickly.*

Speak clearly. I can do it easily. Come quickly.

However, some adverbs are irregular:

For your brain to work well, you need to eat breakfast

Answer the following questions:(choose)

1. “ _____ did the first man walk on the moon?”

“In 1969.”

A) When B) Where C) Who D) What

2. “ _____ did she marry?”

“She married to John.”

A) What B) Who C) Which D) Why

3. A _____ dog.

A) bigger than B) big C) biggest D) the biggest

4. A _____ driver.

A) care B) careful C) carefully D) the careful

5. She ran _____.

A) quick B) quicker C) quickly D) the quickly

6. He drives too _____ .

A) fastly B) fast C) faster D) fastest

7. What is the story _____ ?

A) of B) on C) at D) about

8. What happened _____ the end of the story?

A) on B) in C) at D) from

9. The train leaves _____ platform 9.

A) of B) at C) from D) for

10. “ _____ did you buy your new jacket?”

“At supermarket.”

A) What B) Where C) When D) How

Change the adjectives in brackets into the correct form of the adverb.

1 I do (*good*) in exams, and so does my brother.

I do well in exams, and so does my brother.

2 I only sleep (*bad*) when I'm ill or anxious.

3 I study (*good*) when I listen to music.

4 I eat (*healthy*) most of the time – but I do eat chocolate sometimes.

5 I play football badly when I haven't eaten enough, but I also play (*bad*) when I've eaten too much!

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Read the text and answer the question:

It is important to drink enough, because our bodies need fluids to work well and to avoid dehydration. The cells in our bodies need water to work. We also need water so that our blood can carry nutrients around the body. However, we lose water all the time when we breathe and sweat. If the temperature goes up or we do more activity, we lose more water. To stay healthy, it is important to replace the water we lose. We can do this by drinking regularly. We should drink about 1.2 litres (six to eight glasses) of fluid every day so we aren't dehydrated. In hotter weather, the body needs more than this. We also need more when we exercise. We also get some fluid from the food we eat. When our bodies do not have enough water, we can become dehydrated. One of the first signs of dehydration is feeling thirsty. Check for these common signs of dehydration: headaches and lack of concentration.

1 Why do our bodies need water?

2 How do we lose water?

3 How much water should we drink every day?

4 What are the symptoms of dehydration?

Read the text and answer the questions:

Water is the best choice because it has no calories and has no sugars that can damage teeth. Milk is a good source of calcium and is a mineral that helps keep your bones healthy. It also has vitamins and other minerals, and does not cause tooth decay. Don't drink too many flavoured milks and milkshakes because these have added sugar, which is bad for teeth. Fruit juice and fruit smoothies have a variety of vitamins that are good for our health. Fruit juice also has sugar that can damage teeth. It is best to drink it with a meal because this can help protect teeth. When you buy fruit juice, check the labels carefully and choose 100% fruit juice with no added sugar. These drinks count as one of your five portions of fruit and vegetables a day. Fizzy drinks and squashes have lots of sugar and very few nutrients, so don't drink too many. All the sugar could make you put on weight. Sports drinks can be useful when you are doing endurance sports, for example running marathons, and when you need some extra energy. However, like fizzy drinks, they are high in calories and can give you problems with your teeth.

1 Why is the water the best choice?

2 How does milk help your bones?

3 Why shouldn't you drink too many milkshakes?

4 Which drink counts as one of your five a day?

5 What do fizzy drinks and squash have in them?

6 When are sports drinks useful?

Lessons 10–11 **Food and fitness**

Read the text and answer the questions

Kenya's long-distance runners are among the best in the world. Is their diet and daily routine a key to the secret of their success? We spent a week at a training camp with ten top athletes to find out. This is what we discovered.

They eat five times a day: Breakfast- Mid-morning snack
Lunch- Afternoon snack-Supper The Kenyan runners' diet is based on bread, rice, potatoes, porridge, cabbage, beans and ugali (balls of cornmeal). Ugali is usually eaten with a sauce or vegetables. Meat is eaten in small amounts, just four times a week. The athletes drink a lot of tea with milk and sugar. They get all the vitamins and minerals they need from their food – they never take vitamin or mineral pills. They usually train as a group twice a day. The first run is at 6 o'clock in the morning and the afternoon run is at 5 o'clock. They run 10 to 15 kilometres in the morning and 6 to 8 kilometres in the afternoon. Once a week, the two 1500-metre runners in the group run shorter distances at higher speeds. The Kenyans diet has a lot of carbohydrates. Every 24 hours, they have about 600 grams of carbohydrate to give them energy for their training. They only eat a little fat, most of it coming from the milk they have in their tea. Two-thirds of their protein comes from vegetables. They drink about a litre of water every day. Surprisingly, they drink more than a litre of tea every day, too. They always eat soon after training. Rest and sleep are also an important part of the athletes' programme. They are always in bed early and they always get a good night's sleep.

1 Which thing about the athletes surprised the writer?

.....

2 Is there anything that surprises you about the athletes' diet and training programme?

3 Do you think the Kenyanrunners' diet is healthy and balanced?

Rewrite the sentences in the correct order.

1 usually / in the morning / reads the paper /Rashid

2 He / sometimes / is / for class / late

3 help / she / often / Does / her mother?

4 study / You / rarely / for exams

3 Rewrite the complete sentence using theadverb in brackets in the correct position.

1 She runs in the park. (often)

2 They help with the chores. (sometimes)

3 Jamal is very friendly. (usually)

4 I see Hannah on my journey to school.(always)

5 Paul gets angry. (never)

Unit 8

all living things

Ability مقدره	Interest اهتمام
Amphibian برمائي	Kangaroo كنغر
Attack يهاجم	Leopard فهد
Beak منقار	Lungs رئتين
Bird طائر	Mammal ثدييات
Breathe يتنفس	Ostrich نعامه
Butterfly فراشة	Penguin طائر البطريق
Carnivore اكله للحوم	Skin جلد
Chameleon الحرباء	Sloth حيوان الكسلان
climate change تغير المناخ	Snake ثعبان
Curly مجعد	Spider عنكبوت
Diet نظام غذائي	Starving يجوع
Environment بيئة	Straight مستقيم
Feather ريش	Survive ينجو
Fins زعانف	Tiger نمر
Flooding فيضان	Whale حوت
Frog ضفدعة	Wild مفترس
global warming الاحتراس الحرارى	lay eggs يبيض
Habitat نظام تغذية	so am I وكذلك انا

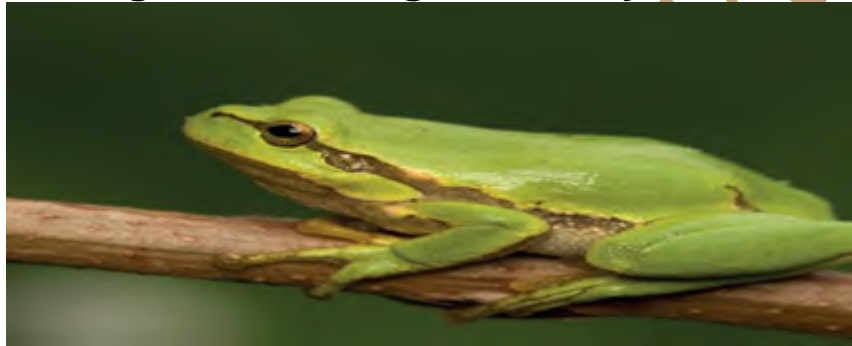
Read about the animals and match the descriptions to the pictures. Say what each animal is: a bird, mammal, a fish, an amphibian or a reptile

1 The roadrunner lives on land and doesn't often fly. It has very strong legs and can run at speeds of up to 32 kilometres per hour. It has a very sharp beak. It can kill a snake with one

bite.



2 The green tree frog has sticky toes so it



can hang on smooth leaves and branches. It's so small and light that a leaf can take its weight.

3 The sloth moves very slowly. It can't run away from other

animals, so it hides.



It hangs upside down under the branches of trees so that it can't be seen. The sloth's fur grows down from its stomach to its back so that the rain runs off more easily.

4 Many people think chameleons change colour so that they can't be seen by other animals. But scientists disagree. Their studies show that light, temperature and mood cause chameleons to



change colour. Chameleons also change colour to help them communicate with other chameleons. Their eyes can move through a full 360-degree circle so that they can see all around them. The name chameleon comes from the Greek words chamai (on the earth) and leon (lion).

5 Siamese fighting fish are known for their brilliant colours and their large fins. It's the male fish that looks after the young fish, not the female. As their name suggests, they fight, sometimes until one of them dies



Read the passage and answer the questions that follow.

Birds are very interesting animals. They come in all shapes and sizes and sometimes beautiful colours. There are many different types of birds, from ducks and geese in rivers and lakes, to birds of prey that are carnivores and eat other animals and insects. The smallest bird in the world is the male bee hummingbird, which is only 7 cm long. The tallest bird is the 2.7 metres tall ostrich which can weigh up to a staggering 120 kg! Some birds can also sing beautifully. Why do they sing? Most experts believe that birds sing to communicate with each other. We are lucky that they often make such a beautiful sound when they are 'talking' to each other!

1 Which birds live in rivers?

2 What do birds of prey eat?

3 Which is the smallest bird in the world?

4 How tall is the tallest bird in the world?

5 How much does an ostrich weigh?

6 Why do birds sing?

3 Read the text and answer the questions true (T) or false (F).

The UAE is famous for birds that migrate during the cold winter months in other countries. Some birds fly more than 3,000 kilometres to get to the UAE from colder countries, and then fly back when the weather changes. The UAE is halfway between Europe and Asia, so it makes a perfect place for birds to stop off on their long journeys. Scientists estimate that about three million birds visit the UAE annually. Anyone can go and see these birds from covered huts called blinds or hides near Ras Al Khor. You can see thousands of different birds. You could ask your family and visit there! You won't be able to see the birds in winter because they fly back home then. There are also lots of beautiful birds that you can see all year round. For example, the rose-ringed parakeet is a beautiful green bird with a bright red beak and a pink ring around its neck. These birds are very small and eat small insects and nectar. They have long tails to help them balance on fences. Another common bird in the UAE is the hoopoe. This bird is very funny looking with a crest of feathers on its head that sticks up in the air. These birds look in holes in trees for small insects and like to sleep in tree holes too. They love sunshine and spread their feathers out. Hoopoes take baths in sand to make sure that their feathers stay clean. You could leave small nuts and seeds in your garden for visiting birds. Birds will also eat fruit and berries so you could cut up some bananas or strawberries and put them in the garden as well.

- 1 Birds from other countries fly to the UAE when it is winter in their home countries.**
- 2 Migrating birds stay in the UAE all year.**
- 3 The UAE is in a good place for birds to migrate to.**

- 4 Only scientists can see birds from huts at Ras Al Khor.
- 5 The rose-ringed parakeet and the hoopoe are in the UAE all year.
- 6 Hoopoes have long tails to help them balance.
- 7 Hoopoes have feathers that stand up on their head.
- 8 You could help birds by putting food in the garden

SO DO I, NEITHER DO I, ...

CORK
ENGLISH
TEACHER

SAME EXPERIENCE AS
POSITIVE STATEMENT

SO + AUX. VERB + SUBJECT

"I love going to the beach in summer."	- "So do I."
"I went to the cinema last night."	- "So did I."
"We got married in 2003."	- "So did we."
"I have been to Paris twice."	- "So have I."
"I'm meeting John tomorrow."	- "So am I."
"I'd love to visit Edinburgh."	- "So would I."
"He can speak 3 languages fluently."	- "So can I."
"Maria has a new boyfriend."	- "So does Ana."

SAME EXPERIENCE AS
NEGATIVE STATEMENT

NEITHER + AUX. VERB + SUBJECT

"I really don't like Guinness."	- "Neither do I."
"I didn't go out last night."	- "Neither did I."
"I couldn't answer that question."	- "Neither could I."
"Patrick has never lived in Italy."	- "Neither has Mike."
"I'm not going to work tomorrow."	- "Neither am I."
"I wouldn't like to live there."	- "Neither would I."
"We can't go to the meeting today."	- "Neither can we."
"I don't like the weather in Ireland."	- "Neither does Elena."

Lessons 10–11

Read the text and answer the questions:

Polar bears live in the Arctic, which is one of the planet's coldest environments. They move around on the Arctic ice sheets and swim in the coastal waters. They feed mainly on seals, which they catch with their huge paws when the seals are resting on the ice or coming up to breathe. However, global warming is changing their way of life. Climate change is a problem for the bears. As the sea ice melts, they can't move around and hunt so freely. They get very hungry and begin to starve. They're actually very good at starving for a time – they can starve for several months. But eventually they need to eat. This is why they're shifting their habitat. They're spending more time on land and less on the ice. They're going into towns and villages and looking for food in rubbish bins. They're not afraid of people and may attack them when they're very hungry. Polar bears can't live with people, but their natural habitat is disappearing. How will they survive?

- 1 What do you think will happen if the polar bears' natural habitat disappears?**

 - 2 What can you do at home to help reduce climate change?**

 - 3 Do you think learning about climate change is important? Why? Why not?**
-

Use of English: Relative clauses with which as a subject pronoun

Note how you can join two sentences by using **which** to replace *it* or *they*:

-Polar bears live in the Arctic. It is one of the planet's coldest environments.

*-Polar bears live in the Arctic, **which** is one of the planet's coldest environments.*

-Polar bears have large webbed front paws. They help them to swim.

*-Polar bears have large webbed front paws, **which** help them to swim.*

What happens to the words *it* and *they* when you use *which*?

-- Use **which** to join the following sentences together.

1 They have a thick coat of fur. It covers a layer of fat.

They have a thick coat of fur, which covers a layer of fat.

2 On the bottom of their paws they have fur. It protects them against the cold and helps them to walk on the ice.

3 Under their fur, the bears have black skin. It helps them to get as much heat as possible from the sun.

4 Females usually have two cubs. They live with their mother for over two years.

5 They feed mainly on seals. They are easy to catch when they are resting on the ice.

Choose one of the following relative pronouns who, which or whose from the dropdown menu.

1. I talked to the girl car had broken down in front of the shop.
 2. Mr Richards, is a taxi driver, lives on the corner.
 3. We often visit our aunt in Norwich is in East Anglia.
 4. This is the girl comes from Spain.
 5. That's Peter, the boy has just arrived at the airport.
 6. Thank you very much for your e-mail was very interesting.
 7. The man, father is a professor, forgot his umbrella.
 8. The children, shouted in the street, are not from our school.
 9. The car, driver is a young man, is from Ireland.
-

Lessons 12–13 Fiction

Read the text and answer the questions:

Albert was the same height as me and talked so gently as he approached that I was immediately calmed and not a little intrigued, and so stood where I was against the wall. I jumped at first when he touched me, but could see at once that he meant me no harm. He smoothed my back first and then my neck, talking all the while about what a fine time we would have together, how I would grow up to be the smartest horse in the whole wide world, and how we would go out hunting together. After a bit he began to rub me gently with his coat. He rubbed me until I was dry and then dabbed salted water onto my face where the skin had been rubbed raw. He brought in some sweet hay and a bucket of cool, deep water. I do not believe he stopped talking all the time. As he turned to go out of the stable I called out to him to thank him and he seemed to understand for he smiled broadly and stroked my nose. 'We'll get along, you and I,' he said kindly. 'I shall call you Joey, only because it rhymes with Zoey, and then maybe, yes maybe because it suits you. I'll be out again in the morning – and don't worry, I'll look after you. I promise you that. Sweet dreams, Joey.

1 Read the extract from the novel *War Horse* and then answer the questions.

● Who is the narrator (the 'I')?

● Who is Albert?

● Who is Joey?

2 Answer the questions.

1 Does Albert like Joey? How do you know?

2 What does Albert promise Joey?

3 When will Albert see Joey again?

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Unit 9

world records

achieve	يحقق
amazing	مدهش
animal kingdom	مملكة الحيوان
antelope	ظبي
athlete	اللاعب القوي
atmosphere	غلاف جوى
average speed	معدل السرعة
award	مكافاة
awards ceremony	حفل توزيع جوائز
biography	سيرة ذاتية
body weight	وزن الجسم
boxing	الملاكمة
brilliant	عبقري
bus stop	محطة اتوبيس
career	وظيفة
ceremony	احتفال
champion	بطل
cheer	يبتهج
cheetah	الفهد الصياد

Lesson 1-2

Read the following text and answer the questions

The modern Olympic Games began in 1896. They were based on the ancient Olympic Games which took place a thousand years before that. The ancient Olympics began in 776 BCE in Olympia in Greece and they took place every four years until 394 CE. The first Games were a one-day event and had just one running race. A cook called Koroibos won the first ever Olympic race. The Games became popular and from about 400 BCE they took five days. There was a ceremony on both the first day and the last day. Some of the events were discus, javelin, long jump and wrestling. There were also running races, horse races, chariot races, boxing and wrestling. The athletes trained for at least ten months before the Games. There were no medals, no prizes and no second or third places. Winning was everything. However, back in his home city, the winner received money and he probably never worked again. Women didn't take part in the ancient Olympics, but they had their own women-only Games, which took place every four years. About 40,000 spectators travelled to Olympia to watch the Games. Some walked for days; others came by sea from places as far away as Spain, Italy and Egypt. On the final day of the Games there was a big celebration for all the competitors.

1 Where and when did the first Olympics take place?

2 What was there at the beginning and end of the five-day Olympics?

3 Who won the first Olympic race?

4 Which of these was NOT a sport at the ancient Olympic Games: discus, wrestling, football, chariot races?

5 'Winning was everything.' Why?

6 Did women take part in sport in Ancient Greece? How do you know?

7 How did people get to Olympia?

Use of English: Review of past simple

We use the past simple to talk about events in the past that are now finished.

Regular verbs end with **ed** or **d**.

- They were **based** on the ancient Olympic Games ...
- The athletes **trained** for at least ten months ...

Irregular verbs change in different ways.

- The modern Olympic Games **began** in 1896.
- Winning **was** everything.... others **came** by sea ...

For past simple negatives and questions we use **did**.
Women **didn't** take part in the ancient Olympics.

Except for **be**.

There **were no** medals (= There **weren't** any medals)

AFFIRMATIVE		NEGATIVE		INTERROGATIVE	
I	WAS	I	WASN'T	WAS	I ... ?
YOU	WERE	YOU	WEREN'T	WERE	YOU ... ?
HE	WAS	HE	WASN'T	WAS	HE ... ?
SHE		SHE			SHE ... ?
IT		IT			IT ... ?
WE	WERE	WE	WEREN'T	WERE	WE ... ?
YOU		YOU			YOU ... ?
THEY		THEY			THEY... ?

Infinitive	Past Tense	Negative
to be	was were	was not were not
to have	had	did not have
to do	did	did not do
to say	said	did not say
to get	got	did not get
to make	made	did not make
to go	went	did not go
to take	took	did not take
to see	saw	did not see
to come	came	did not come

Present	Past	Present	Past
begin	began	become	became
blow	blew	come	came
drink	drank	draw	drew
dig	dug	forget	forgot
fall	fell	give	gave
grow	grew	get	got
ride	rode	know	knew
rise	rose	ring	rang
run	ran	sing	sang
shine	shone	sink	sank
sit	sat	swim	swam
throw	threw	wake	woke
win	won	write	wrote

Read the text and answer the questions:

Everything about the Paralympics is brilliant. The athletes are amazing. When Alan Oliveira won, everyone in the stadium cheered. Lots of people jumped up from their seats and a few were in tears. The sound in the stadium was incredible. I've never heard anything like it. These athletes are an inspiration. Nothing stops them. They make you think no-one should ever give up. Is there anyone who wasn't inspired by what they saw? The Paralympics are more exciting than the Olympics. Anyone who has seen the blade runners will tell you that Everyone is going to be talking about it at school. Everybody is going to be saying, 'We were there, we saw him break the world record!'

Read what the people said again. Are these sentences true (T) or false (F)?

- 1 Blade running is a paralympic sport.**
- 2 Alan Oliveira lost a world record.**
- 3 People were sad when Alan won.**
- 4 The stadium was very loud when he won.**
- 5 Athletes like Alan Oliveira inspire other people to do well.**
- 6 There won't be any talk about Alan Oliveira after the Games are finished.**

Use of English: Pronouns everyone, anyone, no-one; everything, anything, nothing

-We usually use **anyone** and **anything** with negatives and questions.

-everyone is the same as **everybody**

-anyone is the same as **anybody**

-no-one is the same as **nobody**

-Everyone is going to be talking about it at school.

-Did anyone go to the stadium?

-No-one should ever give up.

-Everything is brilliant. I've never heard **anything** like it.

-Nothing stops these athletes.

Complete each sentence about the Paralympics with a word from the box.

everybody –everything- anybody- anything- nobody -nothing

1 There were lots of events going on at the same time, but **everything** was very well organised.

2 The opening ceremony was brilliant. I've never seen like it.

3 It was a fantastic event. was really happy to be there.

4 We all got tickets, so was disappointed.

5 A lot of people bought souvenirs like T-shirts and baseball caps. At the end of the evening, there was left.

6 I was amazed that could go so fast in a wheelchair.

Read the text and answer the questions:

Sumo wrestling is an extremely popular sport in Japan. The Sumo champions are extremely large men who are not only tall but also weigh 130 kilograms or more. The reason that these wrestlers are so big is that the object of the game is for one wrestler to either throw his opponent out of the ring or to force him to the ground. The larger a wrestler is, the greater his chances of winning a fight. These matches are usually very short, most lasting less than one minute.

1. Sumo wrestlers are extremely large _____.

- A) because they must use their bodies against their opponents.
- B) because this is a Japanese sport.
- C) due to their great strength.
- D) so that they can object to their opponents.
- E) to force the ring to wrestle with him.

2. The length of these matches _____.

- A) is very tall.
- B) takes only a moment or so.
- C) is about 13 kilograms.
- D) generally lasts under a minute.
- E) goes on until the bell rings.

3. To win the match _____.

- A) one opponent must leave the ring.
- B) one large wrestler must give up his ground.
- C) the larger wrestler's weight must be more than 130 kilos.
- D) the force of the larger wrestler is measured.
- E) one wrestler must prove his strength against the other.

Important paragraphs

Life in big cities

Life in big cities is very hard. People there suffer from many problems such as over-population, housing problems and crowded means of transport. It takes a very long time to go from one place to another. There is very little cooperation among people.

overcrowding results in many accidents.

Pollution caused by car fumes is a major cause of many diseases.

The air is unclean and impure. There are no gardens or green areas where people can spend nice time. The noise from cars and machines also make life in big cities unbearable. Great efforts are needed to solve the problems in big cities. People should think of going to new cities built in the desert or the country.

The value of sports

There are many kinds of sports. The most common sports are football, basketball, volleyball, tennis, skiing, swimming and cycling. Sports have great value in our life. They are very important for keeping us healthy. People who are used to Practising sports usually enjoy good health. They are always active and do their jobs well. Sports are a good way of spending our spare time. Sports help us gain good qualities such as patience, cooperation and how to face difficult problems and situations . Sports teach us good manners and develop our character. Some sports help us to defend ourselves such as karate and judo. In fact, sports are very essential for us.

Friendship

We can not do without friends in our lives. Friends play an outstanding role in our lives. Without friends, we will lose much. We benefit much from friends. They help us in happy and sad times. They lend us money when we need it. They advise us when we are in trouble. Good friends reflect our defects and our advantages. They usually protect us from danger. Bad friends destroy our lives. So, we should be careful in choosing friends

Making the best use of spare time

Time is gold. The time wasted is too hard to regain . So we have to make the best use of our time. If we have a spare time we can make a plan to spend it doing useful things. The wise person is one who spends his / her time carefully in a proper way. Some people prefer to read a useful book, or a story. In this way they increase their information and knowledge in different aspects. Some others prefer to practise sports. So they renew their energy, activate their minds, and strengthen their bodies. . Young men prefer to spend most of their time playing computer games, which can be useful in developing their abilities and computer skills.

School activities

School activities are indispensable for students. They express their desire well. They teach them good manners such as cooperation and patience. School activities also renew their energies and build up their bodies. There are different kinds of school activities such as cultural. Social and sports activities. Each student chooses the activity which suits his character. Schools also organize these activities to help students benefit from them. The Ministry of Education pays much attention to school activities as they help well in forming the student's character

A form of exercise that I enjoy doing

Exercising is very important. It helps us to be healthy and fit. All people should take exercise to avoid diseases. I really enjoy walking. It is the best form of exercise. It is also the cheapest one. It costs you nothing. You can do it at any time. You can walk alone or with others. It helps you to be active. It enables you to do your job well. It also helps the blood circulation. It is very useful for people of all ages. I usually walk for an hour every day. I prefer walking alone. I advise all people to walk. Walking helps you to think well. It also helps you to use your body well.

Libraries

Libraries are places where we can read or borrow books. We can spend useful time reading in the library , we can find many books of various kinds and standards which satisfy all classes , all tastes and all cultures. The library is the best place where a person can be acquainted with the latest researching of brave men , the emotions and feelings of men of arts. In fact , it is a spring of knowledge which is never finished. It is the place where a person finds comfort and relief after the troubles and cares of life . In the library a person can find himself among books which are the best friends of man, through books in libraries we spend our spare time and increase our general knowledge

Hobbies

We should practise something different from our normal work to make our life cheerful and pleasant. It is very important for us to have our own hobbies. Hobbies give you a chance to spend our time in a useful and pleasant way. In fact, there are various kinds of hobbies and we have own hobbies which suit our tastes. Playing games, collecting stamps, playing music, chatting and painting are all interesting hobbies and of great benefit to us. In fact, our hobbies help us to be sociable and at the same time very popular. It often happens that a hobby paves the way for us to become famous. So hobbies are not a waste of time but a way of earning our living.

A wonderful book

I read a wonderful book, written by Charles Dickens. Its title is Oliver Twist. Dickens wrote it in the nineteenth century. I read it last week in the school library. It is about a child who had to live in a workhouse because his mother died when he was born. In this story, Dickens shows the dark side of life in London in the nineteenth century. He describes the life of child workers and the life in the workhouse where poor people were sent to live and work. The details of characters and the workhouse are wonderful. The characters are Oliver Twist, some members of a gang and Mr. Brownlow who will adopt Oliver. I liked this book very much as it has a moral. The moral is "Good people are rewarded while bad people are punished." Really, this is my favourite book, so I will definitely read it again.

E-Mail البريد الالكترونى

Write an e-mail to your new British pen friend, Michael:

- Start the e-mail and ask about your friend's health.
- Tell him that you are coming to London with your family on August 10th.
- Ask him to meet you at the airport.
- Tell him how long you are going to stay in Britain.
- Finish the e-mail.
- Your name is Mustafa and your e-mail ID is Mustafa@yahoo.com and your pen friend's e-mail ID is Michael15@yahoo.co.uk

From : Mustafa@yahoo.com.
To : Michael15@yahoo.co.uk.
Subject : My visit to London.
Date : 15th, June,2015.

Dear Michael,

I am sending to you this e-mail hoping that you and your family are all enjoying the best of luck and health. How are you? I want to tell you about good news. I am coming to London with my family on August 10th. Could you meet me at the airport, please? I will stay in Britain for 2 weeks. I wish it would be a nice holiday. I intend to improve my English and meet such nice people in London. I want to gain information about the history and geography of Britain. I know that London is full of nice landmarks such as Big Ben and London Bridge, so I hope to enjoy my time. I am looking forward to hearing from you.

Yours,
Mustafa

Mr Mohammed lotfy 0503437147