Grade 9

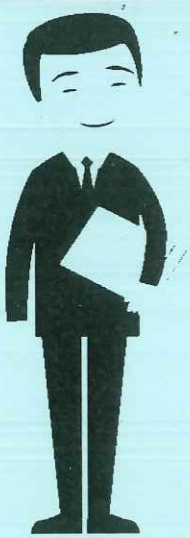
1nd term

اللغة الإنجليزية

الصف التاسع







الفصل الدراسي الأول

العام الدراسي 2026 ـ 2027







التواصل على رقمنا الوحيد

51093167

VOCABULARY ②

curious(adj.)	فضولي	merely (adv.)	مجرد ـ فقط
talent (n.)	موهبة	mindset(n.)	عقلية
explorer (n.)	مستكشف	consistently(adv.)	بشكل مستمر
proudly (adv.)	بفخر	efficiently(adv.)	بكفاءة
highlight (v.)	يلقي الضوء على	give up (ph.v)	يستسلم
represent (v.)	يمثل	tough(adj.)	قاس
inspire (v.)	يلهم	positive(adj.)	ايجابي
Remarkable(adj.)	ملفت للنظر / رائع	trust (n.)	ثقة
fulfil (v.)	ينجز / يؤدي	progress(n.)	تقدم
expedition (n.)	رحلة استكشافية	trait (n.)	ميزة / سمة / صفة
will (n.)	إرادة	remain(v.)	يبقى / يظل
survive (v.)	ينجو من ـ يتجاوز	Equally(adv.)	بشكل متساو

A) Choose the correct word from a, b, c and d:

1- The actor said he was not a hero but ..... an ordinary man doing his job.

a. merely b. equally c. proudly d. consistently

2- She has a natural ..... for painting, and many people admire her artwork.

a. trait b. talent c. will d. mindset

3- A positive ..... helps students face challenges with courage and determination.

a. highlight b. mindset c. progress d. will

4- Ibn Battuta was a great ..... who travelled across many countries centuries ago.

a. explorer b. survivor c. trait d. representative

5- The teacher praised him because he worked ..... to complete every task on time.

a. consistently b. merely c. proudly d. equally

6. Honesty builds ..... between friends and makes relationships stronger.

a. progress b. trust c. will d. mindset

7. He worked hard to ..... his dream of becoming a successful engineer.

a. inspire b. fulfil c. remain d. survive

8. The new bridge shows the great ..... that the city has made in construction. ③

a. progress b. trait c. will d. mindset

9. The team set out on an ..... to climb the highest mountain in the region.

a. explorer b. expedition c. trust d. trait

10. Being kind to others is a good ..... that everyone should develop.

a. trait b. progress c. talent d. will

11. She sang the song ....., showing how much, she loved her country.

a. proudly b. efficiently c. consistently d. merely

12. The company rewarded him because he worked ..... on all his projects.

a. consistently b. merely c. equally d. curious

B) Fill in the spaces with the suitable word from the list:

curious - proudly - mindset - highlight - survive - trait

1. The little child was very ..... and kept asking questions about the new device.
2. The football team walked ..... onto the field carrying their country's flag.
3. A positive ..... can help people succeed even when life is difficult.
4. The teacher will ..... the main points of the lesson at the end of the class.
5. During the storm, the sailors fought hard to ..... in the rough sea.

talent - expedition - trust - tough - remain - equally

6. The school discovered that the boy had a ..... for drawing beautiful pictures.
7. The group of scientists went on an exciting ..... to explore the Arctic.
8. Good friends should always keep ..... between each other.
9. Climbing the mountain was so ..... that many people gave up halfway.
10. Despite losing the match, the players tried to ..... calm and hopeful.

Answers:

1. curious	2. proudly	3. mindset	4. highlight	5. survive
6. talent	7. expedition	8. trust	9. tough	10. remain

التواصل على رقمنا الوحيد
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GRAMMAR ④

The Past Simple Tense

زمن الماضي البسيط

يعبر عن حدث تم وانتهى في الماضي وليس له اثر.
يتكون الماضي البسيط من التصريف الثاني للفعل.

(١) الافعال المنتظمة Regular verbs

نزيد **d** للفعل المنتظم المنتهي ب **e**

Receive - recieved

نزيد **ed** للأفعال المنتظمة

Play - played

نزيد **ied** للأفعال المنتظمة التي تنتهي بحرف **y** يسبقه حرف ساكن

Study - studied

(٢) الأفعال غير المنتظم Irregular Verbs

أفعال يتغير شكلها عند تحويلها للماضي (أفعال شاذه)

1- go ⟶ went
2- am \ is ⟶ was
3- are ⟶ were
4- find ⟶ found

الكلمات الدالة على زمن الماضي البسيط

(في الماضي In the past - منذ ago - الماضي Last - أمس yesterday)

Examples: - Yesterday, my father **arrived** Kuwait.

Last week, my mother **bought** a new necklace

النفي Negation

عند النفي في الماضي نضع **didn't** قبل الفعل ويرد الفعل للمصدر

didn't + المصدر

Examples:

1- The student **finished** his homework two hours ago.

The student didn't finish his homework two hours ago.

2- Ali **saw** a car accident yesterday.

Ali didn't see a car accident yesterday.

3- She **won** a gold medal in 2015.

She didn't win a gold medal in 2015.



Ask question السؤال

لعمل السؤال عن جملة في زمن الماضي البسيط

أداة الاستفهام + did + الفاعل + المصدر ?

Examples:

1- I walked yesterday.

When did you Walk?

2- My neighbour bought a new car last week.

What did your neighbour buy last week?

3- I ate my dinner at 6 o'clock yesterday.

Did you eat your dinner at 6 o'clock yesterday?

Yes, I did / No, I didn't

A) Choose the correct answer from a, b, c and d:

1- My family went to Qatar and..... one week there.

a- stay b- stayed c- staying d- stays

2- We visited the Scientific Centre and..... some photos.

a- take b- taken c- took d- takes

3- In the past, Hamad..... to America.

a- went b- gone c- go d- going

4- Yesterday, John..... a lovely picture.

a- paints b- painted c- painting d- paint

B) Do as shown between brackets: ⑥

1- My uncle (drive) the car fast to Kuwait City yesterday. (correct the verb)

.....

2- I used to wear jackets in the past. (Make negative)

.....

3- Sara visited her friend last week. (Ask question)

.....

4- My sister broke my camera yesterday. (Make negative)

.....

Answers

B	1- drove 2- I didn't use to wear jackets in the past. 3- When did Sara visit her friend? 4- My sister didn't break my camera yesterday.

The past Continuous Tense

زمن الماضي المستمر

يعبر عن حدث كان مستمرا عندما قطعه حدث اخر.

Was للفاعل المفرد

Verb + ing +

Were للفاعل الجمع

يتكون من ⟵

Example: I was studying when my father arrived.

Negation النفي

Was للفاعل المفرد

Verb + ing + not +

Were للفاعل الجمع

يتكون من ⟵

Example:

➤ The boys were playing football.

➤ The boys were not playing football.

Asking question السؤال

اداة الاستفهام (was \ were) + الفاعل + Verb + ing +?

Example:

➤ She **was** **cooking** meat when her father came

➤ What **was** she **cooking** when her father came?

A) Choose the correct answer from a, b, c and d:

1- Yesterday evening, I was ..... the house.

a- cleaning b- cleaned c- cleans d- clean

2- The boys..... playing football on the beach.

a- is b- am c- was d- were

3- I was..... the movie when you called me.

a- watches b- watching c- watched d- watch.

4- Yesterday, the girl ..... English.

a- studying b- studied c- was studying d- studies

B) Do as shown between brackets:

1- When my mother arrived home, I (watch) TV. (correct the verb)

.....

2- For 3 hours, Nasser was sleeping. (make negative)

.....

3- Sara was studying Maths because she had an exam. (Ask a question)

.....

4- I (were play) music last night for an hour. (correct)

.....

Answers

B	1- was watching 2- For 3 hours, Nasser was not sleeping. 3- What was Sara studying because she had an exam? - Why was Sara studying Maths ? 4- was playing

⑧ الاستخدام	الزمن المستخدم	ترتيب الجملة	الأداة
حدث قصير يقطع حدث أطول	ماضي بسيط يقطع ماضي مستمر	When + ماضي مستمر، ماضي بسيط	when
		While + ماضي بسيط، ماضي مستمر	While
حدثان مستمران أو متزامنان لا يقطعان احدهما الآخر	حدثان في نفس الوقت	while + ماضي مستمر، ماضي مستمر	While

➤ When I entered the room, they were talking.

➤ While she was cooking, the phone rang.

➤ While I was studying, my brother was watching TV.

حالة خاصة (لا يوجد قطع بين الحدثين)

في هذه الحالة ، نستخدم while مع الماضي المستمر لكلا الحدثين، لأن الحدثين استمرا في نفس الوقت دون أن يقطع أحدهما الآخر.

While I was cleaning the kitchen, my sister was organizing her closet.

← كلا الحدثين كانا مستمرين ولم يقطع أحدهما الآخر

Choose the correct answer (when – while)

1- I was walking in the park ..... it started to rain.

2- ..... he was reading, I was writing my homework.

3- She was sleeping ..... the alarm rang.

4- ..... they were playing football, their parents were watching.

5- I was watching TV ..... my friend called me.

Answers

1- when	2- while	3- when	4- while	5- when

الاستخدام	الزمن المستخدم	ترتيب الجملة	الأداة
حدث قصير قطع حدثا أطول	حدث طويل + حدث قصير	ماضي بسيط + when + ماضي مستمر	when
حدثان مستمران أو متزامنان	حدثان في نفس الوقت	ماضي مستمر + while + ماضي بسيط أو مستمر	While

I was watching TV when the phone rang. .

← كنت أشاهد التلفاز (حدث مستمر) عندما رن الهاتف (حدث قصير قطع الحدث الأول).

They were walking in the street when it started to rain.

← كانوا يمشون (ماضي مستمر) عندما بدأ المطر (ماضي بسيط).

⑨ **while - في منتصف الجملة:**

I heard a strange noise while I was sleeping.

سمعت صوتا غريبا أثناء نومي. ⟵

She was cooking while her brother was studying.

كانت تطبخ بينما كان أخوها يذاكر (حدثان مستمران في نفس الوقت). ⟵

Choose:

1. I was reading a book ..... the lights went out.

a) while b) when

2. He was driving ..... it started to rain.

a) while b) when

3. I broke my arm ..... I was playing football.

a) while b) when

4. She was listening to music ..... her sister was doing homework.

a) while b) when

نوع الجملة	المعنى	الاستخدام	القاعدة
مثبتة	كلاهما / الاثنان	للربط بين شيئين أو شخصين مثبتين	Both ... and ...
منفية	لا هذا ولا ذاك / لا أحد منهما	للربط بين شيئين أو شخصين منفيين	Neither ... nor ...

Both ... and ...

Both Ali and Omar play football.

علي وعمر يلعبان كرة القدم (كلاهما) ⟵

Both the teacher and the students were happy.

المعلم والطلاب كانوا سعداء ⟵

Neither ... nor ...

Neither Ali nor Omar plays football.

لا علي ولا عمر يلعب كرة القدم ⟵

Neither the teacher nor the students were happy.

لا المعلم ولا الطلاب كانوا سعداء ⟵



ملاحظة مهمة:

الفعل يتبع الفاعل الأقرب له في حالة المفرد أو الجمع في الحالة الثانية أما مع Both .... and دائما يكون جمع

Choose the correct answer:

1- Sara Mona like chocolate.

a) Both / and b) Neither / nor c) Either / or d) Not / and

2- the manager the assistant was in the office.

a) Both / and b) Neither / nor c) Either / or d) Not / and

3- my brother my cousin play the guitar.

a) Both / and b) Neither / nor c) Either / or d) Not / and

4- Ahmed Karim are coming to the party.

a) Both / and b) Neither / nor c) Either / or d) Not / and

5- the cat the dog likes water.

a) Both / and b) Neither / nor c) Either / or d) Not / and

A) Choose the correct answer from a,b,c and d:

1. At 8 o'clock last night, Ali his homework at the kitchen table while his sister was preparing a snack.

a. did b. does c. was doing d. do

2. While the teacher the new science lesson, students were writing notes carefully.

a. explained b. was explaining c. explains d. explain

3. The children happily, in the park when it suddenly started to rain heavily.

a. play b. played c. were playing d. plays

4. Huda ..... her favourite book quietly in her room when her best friend called her.

a. reads b. read c. was reading d. reading

5. They ..... for the bus at the station when a taxi stopped in front of them.

a. were waiting b. wait c. waited d. waits

6. My younger brother enjoys both reading adventure stories ..... watching cartoons every evening.

a. and b. nor c. neither d. or

7. ..... the students and the teachers worked hard to prepare the school for the national celebration.

a. Both b. Neither c. Nor d. And

8. The farmer grows both vegetables ..... fruits in his large field near the river.

a. and b. nor c. neither d. or

9. ..... my cousins and my friends are planning to travel abroad during the summer holiday.

a. Neither b. Both c. Nor d. And

10. The science museum has both interactive experiments ..... interesting workshops for children.

a. and b. nor c. neither d. or

B. Do as shown between brackets:

1. The children played football in the park yesterday after finishing their homework. (Negative)

.....

2. My father cleaned the family car carefully in front of our house on Friday evening. (Ask)

.....

3. She (visit) her grandmother who lives in another town last weekend. (Correct)

.....

4. The students read the story quietly. They answered the questions carefully. (Join using Both ... and)

.....

5. The singer performed a song beautifully. He played the guitar at the same time. (Join using Both ... and)

.....

6. Ahmed didn't bring his books. He didn't bring his notebook. (Join using Neither ... nor)

.....

7. The children didn't eat breakfast. They didn't drink milk. (Join using Neither ... nor)

.....

Answers
1- The children did not play football in the park yesterday after finishing their homework
2- Did your father clean the family car carefully in front of your house on Friday evening?
3- She visited her grandmother who lives in another town last weekend.
4- The students both read the story quietly and answered the questions carefully
5- The singer both performed a song beautifully and played the guitar at the same time.
6- Ahmed neither brought his books nor his notebook
7- The children neither ate breakfast nor drank milk

Reading comprehension

Read the following text carefully, then answer the questions below:

Every time you're online, you are attacked by pictures, links, and videos trying to tell their story. Unfortunately, not all these stories are true. Sometimes they want you to click another story or advertisement at their site, other times they want to upset people for political reasons. These
stories circulate quickly, and the result is fake news. Read these tips, and
don't get fooled.

First check the source, look at the website where the story comes from. Does it look real? Is the next well written? Are there a variety of other stories or is it just one story? Fake news websites often use **headlines** that sound like real newspapers, but don't have many real stories about other topics. If you aren't sure, click on the "About" page and look for a clear description of the organisation. Second, watch out for fake photos: Many fake new stories use images that are Photo shopped or taken from an unrelated site. In such case, use a tool like Google Reverse Image search. It will show you if the same image has been used in other context.

Third, check if stories you are reading are on other news sites that you know and trust. If you find them on many other websites, then they probably aren't fake, as many big news organisations try to check **their** sources before they publish a story. Finally, if you can apply these things in everyday life, then you have the control over what to read and most importantly what to share. If you find fake news, don't share it!

A) Choose the correct answer from a, b, c and d:

1- Which of the following is the best title for the passage?

a) Reading online news
b) Dangers of fake news
c) Online advertisements
d) Tips for realizing fake news

2- What is the meaning of the underlined word "headlines" in the 2nd paragraph?

a) notes
b) articles
c) titles
d) summaries

3- The underlined pronoun "their" in the 3rd paragraph refers to.....

a) stories
b) other websites
c) big news organisations
d) other news sites

4- According to the text, many fake news stories are written.....

a) Along with some real images.
b) In a way that makes people interested.
c) Inside of advertisements that pop up on your screen.
d) Without capital letters, punctuations and with terrible spelling.

5- According to the text, all the following statements are TRUE EXCEPT:

a) Fake news stories use images that are photo shopped.

b) Fake news stories aim to make people have fun.

c) Fake news stories aim to upset people for political reasons.

d) A tool like Google Reverse Image search helps you spot fake news.

6- What is the writer's purpose of writing this passage?

a) Inform us how to notice unreal news.

b) Explain the problem of techno-criminals.

c) Tell us how online advertisements are created.

d) Compare and contrast sharing news now and then.

B) Answer the following questions:

1- What should you do with fake news?

.....

2- How can you know that stories that read aren't fake?

.....

Answers

B	1- I shouldn't share it. 2- If you find stories on many other websites, they aren't fake

Writing

Plan and write a two-paragraph report about going on an expedition discussing the safety preparations people should make and the challenges they might face.

*** Your writing should include a topic sentence, supporting details and a conclusion.**

The plan

	Part	Content
Paragraph 1	Topic Sentence	
	Supporting Detail 1	
	Supporting Detail 2	
	Supporting Detail 3	
	Concluding Sentence	
Paragraph 2	Topic Sentence	
	Supporting Detail 1	
	Supporting Detail 2	
	Supporting Detail 3	
	Concluding Sentence	

The Report

Writing (15)

Plan and write a two-paragraph report about going on an expedition discussing the safety preparations people should make and the challenges they might face.

*** Your writing should include a topic sentence, supporting details and a conclusion.**

The plan

	Part	Content
Paragraph 1	Topic Sentence	People must prepare well before going on an expedition
	Supporting Detail 1	They should pack food, water, and warm clothes.
	Supporting Detail 2	They need a first aid kit and a map or GPS
	Supporting Detail 3	It is good to tell someone where they are going
	Concluding Sentence	Sentence These steps help people stay safe during the trip.
Paragraph 2	Topic Sentence	Expeditions can be hard and dangerous
	Supporting Detail 1	People may get lost or face bad weather
	Supporting Detail 2	They might feel tired or run out of supplies
	Supporting Detail 3	Wild animals or rough paths can also be a problem
	Concluding Sentence	Sentence These challenges show why good planning is very important

The Report

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People must prepare well before going on an expedition. They should pack enough food, clean water, and warm clothes to stay healthy and safe. A first aid kit is important in case someone gets hurt, and a map or GPS helps them find the way. It is also smart to tell a friend or family member where they are going. These steps help people stay safe during the trip.

Expeditions can be hard and dangerous. People may get lost or face bad weather like rain or snow. They might feel tired after walking for a long time or run out of food and water. Wild animals or rough paths can also make the trip difficult. These challenges show why good planning is very important.

الترجمة

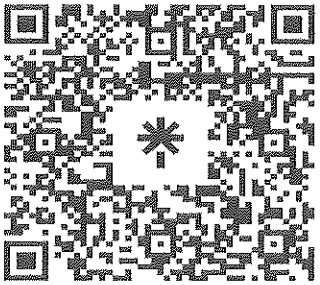
يجب أن يستعد الناس جيدا قبل الذهاب في رحلة استكشافية. يجب أن يحضروا ما يكفي من الطعام والماء النظيف والملابس الدافئة للحفاظ على صحتهم وسلامتهم. حقيبة الإسعافات الأولية مهمة إذا أصيب أحدهم، والخريطة أو جهاز تحديد المواقع يساعدهم في إيجاد الطريق. من الذكاء أيضا إخبار صديق أو أحد أفراد العائلة عن وجهتهم. هذه الخطوات تساعد الناس على البقاء بأمان أثناء الرحلة.

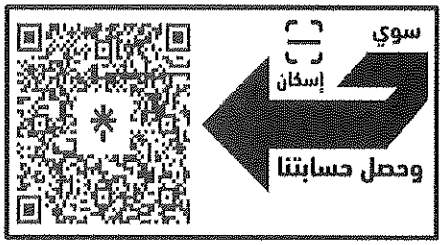
الرحلات الاستكشافية يمكن أن تكون صعبة وخطيرة، قد يضيع الناس أو يواجهون طقسا سيئا مثل المطر أو الثلج. قد يشعرون بالتعب بعد المشي لفترة طويلة أو تنفد منهم المؤن. الحيوانات البرية أو الطرق الوعرة قد تجعل الرحلة أكثر صعوبة. هذه التحديات تظهر لماذا التخطيط الجيد مهم جدا.





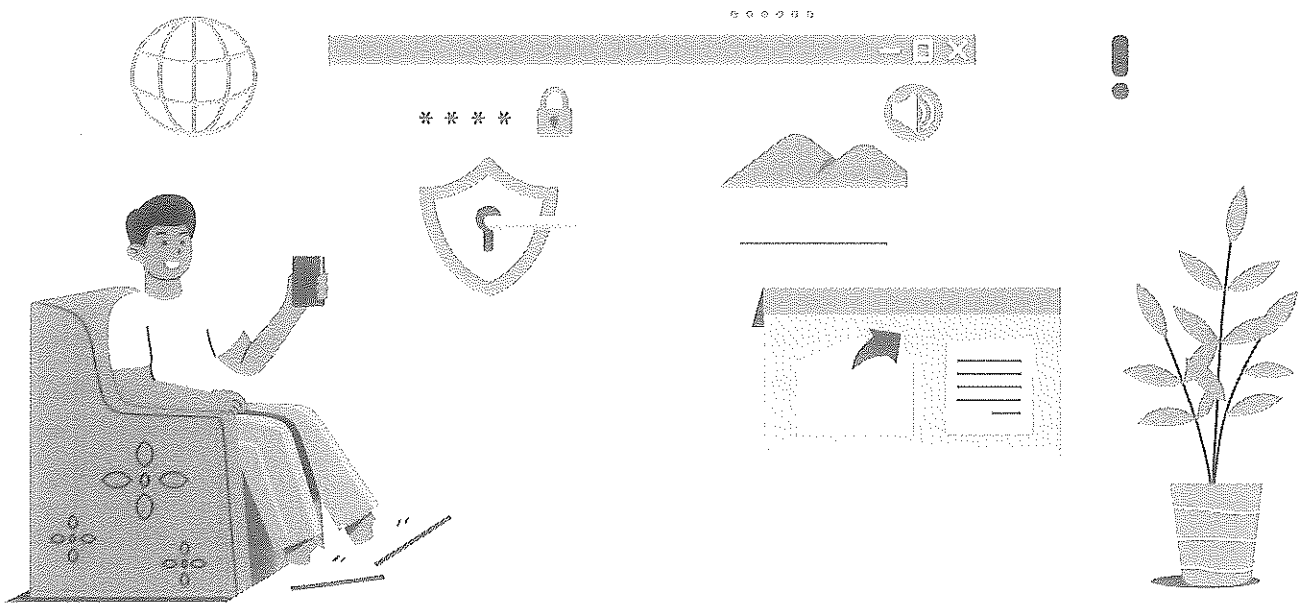




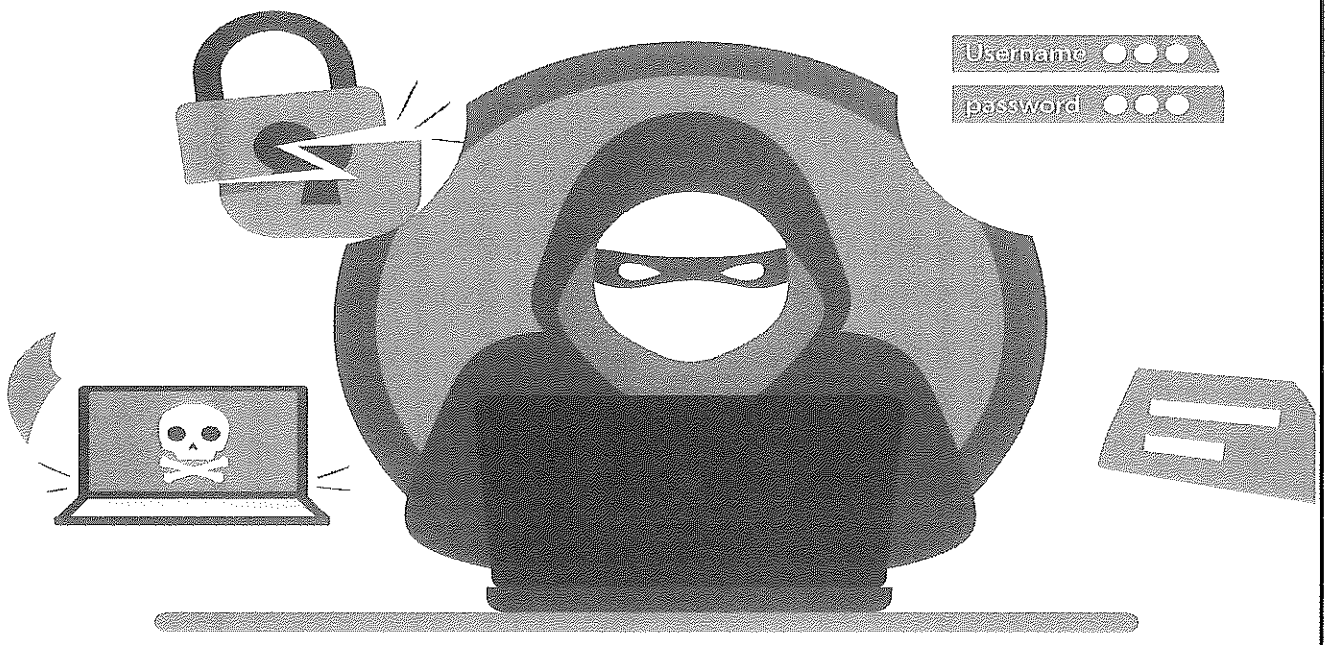


Unit 2

Staying Safe Online



SAFER INTERNET DAY



Unit 2

Staying Safe Online

VOCABULARY

casually (n.)	بشكل غير رسمي / بعفوية	genuinely (adv)	بصدق / بشكل حقيقي
claim (v.)	يدعي / يطالب	replace (v)	يستبدل / يغير
reject (v.)	يرفض	software (n)	برنامج / برمجيات
fake (n.)	مزيف / زائف	manner (n)	أسلوب / طريقة
uneasy (n.)	غير مرتاح / قلق	assist (v)	يساعد
access (adj.)	وصول / دخول	provide (v)	يقدم / يوفر
update (adv.)	يحدث	efficient (adj)	فعال / كفء
install (n.)	يثبت	customer (n)	زبون / عميل
phishing (n.)	تصيد الكتروني	accurate (adj)	دقيق
scam (n.)	احتيال	complex (adj)	معقد
seriously (n)	بجدية	increasingly (adv)	بشكل متزايد
security (n.)	أمن / حماية	genuinely (adv)	بصدق / بشكل حقيقي

A) Choose the correct word from a, b, c and d:

1- The travel agency gave us a colorful ..... that explained all the details about our summer trip.

a. book b. brochure c. letter d. newspaper

2- You should always be ..... when chatting with strangers online.

a. cautious b. casual c. fake d. uneasy

3- The company decided to ..... the old system with new software.

a. reject b. replace c. assist d. install

4- The hacker tried to steal personal data using a ..... email.

a. genuine b. cautious c. phishing d. achievement

5- This app allows you to ..... files from the internet easily.

a. provide b. update c. access d. claim

6- The student answered all the questions ..... and got full marks.

a. casually b. accurately c. increasingly d. seriously

7- The ..... helped the customer solve the technical issue.

a. scam b. assistant c. software d. manner

8- The website was designed to be ..... and easy to use.

a. complex b. efficient c. fake d. uneasy

9- He spoke ..... about the dangers of sharing passwords.

a. genuinely b. casually c. cautiously d. seriously

10- The ..... of the new invention was questioned by many experts.

a. scam b. fake c. achievement d. software

11- The ..... of the app was improved after the latest update.

a. manner b. security c. brochure d. competition

12- The student was ..... and created a new game using coding.

a. talented b. cautious c. uneasy d. phishing

B1) Fill in the spaces with words from the list:

List: software - scam - cautious - install - fake - assist

1- The technician came to our house to ..... the new antivirus program.

2- You should be very ..... when clicking on unknown links.

3- The email looked real, but it was actually a ..... trying to steal information.

4- We use special ..... to protect our devices from online threats.

5- The help desk will ..... you if you have trouble logging in.

B2) Fill in the spaces with words from the list:

List: phishing - update - security - replace - accurate - genuinely

6- The company sent a warning about a new ..... attack targeting bank accounts.

7- You should always ..... your apps to keep them safe and working well.

8- Online ..... is important to protect your personal data.

9- The teacher asked us to ..... the old password with a stronger one.

10- He spoke ..... about the dangers of sharing private information online.

Answers:

1	install	2	cautious	3	scam	4	software	5	assist
6	phishing	7	update	8	security	9	replace	10	genuinely

GRAMMAR 20

First Conditional If إذا / لو / الحالة الشرطية الأولى

الاسم	الحالة الشرطية الأولى	First Conditional
الاستخدام	للتعبير عن موقف محتمل الحدوث في المستقبل	Used to express a possible situation in the future
تركيب الجملة	If + مضارع بسيط ... will + المصدر	If + present simple, ... will + base verb
	... will + المصدر if + مضارع بسيط	...will + base verb.... if + present simple
ملاحظة	" If " في بداية أو وسط الجملة يمكن أن تأتي	" If " can come at t e beginning or middle of the sentence

If it rains tomorrow, we will stay home	إذا أمطرت غدا، سنبقى في المنزل
She will pass the exam if she studies well	ستنجح في الامتحان إذا ذاكرت جيدا
If they arrive early, they will catch the train	إذا وصلوا مبكرا ، سيلحقون بالقطار

A) Choose the correct answer from a, b, c, and d:

1. If you study hard, you ..... pass the test.

a) would b) will c) can d) would not

2. She will call you if she ..... the message.

a) gets b) got c) will get d) getting

3. If it ..... tomorrow, we will go to the beach.

a) rains b) rained c) will rain d) rain

4. They ..... arrive on time if they leave now.

a) would b) will c) can d) would not

B) Do as shown between brackets:

1. You will get high marks. You study hard. (Join using If)

→ If you study hard, you will get high marks.

2. If she ..... early, she will catch the bus. (Complete)

→ If she arrives early, she will catch the bus.

3. Ali (go) to the party if he finishes his homework. (Correct)

→ Ali will go to the party if he finishes his homework.

4. If we (has) time, we will visit the museum. (Correct)

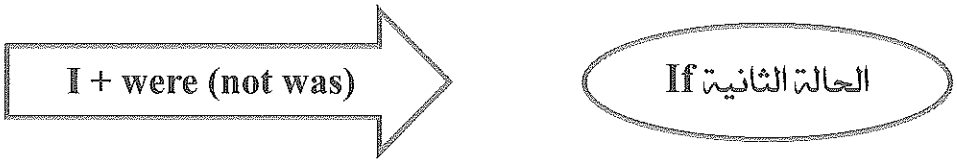
→ If we have time, we will visit the museum

2nd conditional if الحالة الثانية

تربط بين جملتين

If ماضي بسيط , would+ inf

- If he finished his HW, he would watch TV.
- If they had money, they'd buy a car.
- If she didn't study, she wouldn't pass the exam.



If I were you, I'd study science abroad. بمعنى لو كنت مكانك

A) Choose the correct answer from a, b, c, and d:

1- If you slept well, you ..... feel tired.

a. will b. would c. will not d. would not

2- I'd buy a car if I ..... money.

a. save b. saving c. would save d. saved

3- If I were you, I ..... meet my friends.

a. will b. will were c. would d. was

4- If I ..... you, I'd work in this company.

a. am b. is c. was d. were

B) Do as shown between brackets:

1- You would get high marks. You studied too hard. (join: use (If))

.....

2- If I ..... you, I would go shopping. (complete)

.....

3- Mona (go) to cinema if she finished her work. (correct)

.....

4- If we (has) money, we would start our project. (correct)

.....

Answers

B	1- If you studied too hard, you would get high marks. 2- were 3- would go 4- had

Relative Pronouns

ضمائر الوصل

تستخدم ضمائر الوصل لربط جملتين ببعضهما لتصبح جملة واحدة

(Who / That) الذي / التي (for people) للفاعل العاقل

Ex:

➤ This is Hamad. He won a prize last week

تلاحظ ان : (He) فاعل الجملة الثانية يعود على (Hamad)

(١) نحذف النقطة و نحذف He

(٢) ضمير الوصل المستخدم للفاعل العاقل هو who \ that

➤ This is Hamad **who** won a prize last week

نفس القاعدة يتم تطبيقها في كل ضمائر الوصل

(Which / That) الذي / التي (for animals \ things)
للفاعل غير العاقل (الحيوانات / الأشياء)

Ex:

➤ It is an expensive car. I bought it.

- It is an expensive car **which** I bought

لاحظ ان (that) تستخدم بدلا من who & which
للعاقل وغير العاقل

whose (for possession) تستخدم نيابة عن الملكية

Ex:

➤ My uncle is a doctor. His son is a pilot.

- My uncle **whose** son is a pilot, is a doctor.

A) Choose the correct answer from a, b, c and d:

1- I know a great teacher .explanation for lessons is very simple and clear.

a- that b- who c- whose d- where

2- I sent that letter . I wrote to my family.

a- which b- who c- where d-when

3- Those are the winners will receive prizes.

a- which b- when c- who d- where

4- The police need details help identify the robber.

a- who b- that c- where d- when

B) Do as shown between brackets:

1-This is a lesson (whose) I can't understand. (correct)

.....

2- My brother is clever. He speaks many languages. (join)

.....

3- That novelist is a good thinker. His books are best sellers. (join)

.....

4- The school was opened last year. I study at the school. (join)

.....

Answers

B	1- which 2- My brother who speaks many languages, is clever. 3- That novelist whose books are best sellers, is a good thinker. 4- I study at the school which was opened last year.





شرح القاعدة: ضمائر الوصل When / Where (24)

when	Used to connect clauses referring to time	تستخدم للربط بين جملتين عند الحديث عن الزمن
where	Used to connect clauses referring to place	تستخدم للربط بين جملتين عند الحديث عن المكان
I remember the day when we met		أتذكر اليوم الذي التقينا فيه
That was the moment when she won the prize		تلك كانت اللحظة التي فازت فيها بالجائزة
This is the house where I was born		هذا هو المنزل الذي ولدت فيه
Do you know a place where we can study quietly?		هل تعرف مكانا يمكننا ان نذاكر فيه بهدوء؟

Choose

1- This is the restaurant we had dinner last night.

a) when b) where c) which d) who

2- I'll never forget the day I graduated.

a) where b) which c) when d) who

3- That's the park children love to play.

a) when b) where c) which d) what

4- Do you remember the time we traveled to Italy?

a) where b) when c) which d) who

B) Do as shown between brackets:

1- I was studying. My brother was watching TV. (join using while)

.....

2- He was crossing the street. The accident happened. (join using when)

.....

3- I was reading a book. The lights went out. (join using when)

.....

4- She was cooking. I was setting the table. (join using while)

.....

Answers

1. While I was studying, my brother was watching TV.
2. He was crossing the street when the accident happened.
3. I was reading a book when the lights went out.
4. While she was cooking, I was setting the table.

Reading comprehension

Read the following text carefully, then answer the questions below:

Technology is shaping tomorrow's society by shaping today's teenagers. Nowadays, teens seem incapable of having a quality face-to-face conversation that lasts more than two minutes. Experts attribute this to the lack of meaningful interaction and social habits, which are a direct consequence of modern technology. Basically, people have the need to be connected to each other 24 hours a day, 7 days a week but never in a person.

Technology can be seen as a social obstacle. I myself have been caught up in a technological web. When I want to see my friends, I just video chat them on Skype. It is easier to see them that way than taking the time to meet them in person. I can also talk to the whole group at the same in one call instead of meeting them one by one.

Technology can give you access to a whole new world of people and information. Without the internet, I wouldn't be able to find facts about things as varied as computers, cars, and cameras quite as quickly and easily. Sites such as YouTube allow you to watch anything from a funny video to a lesson on Physics. People learn more about each other through Instagram and Facebook.

Yet you need to be really careful not to get too obsessed with it as it will steal your time and keep you quite isolated and unsociable.

A) Choose the correct answer from a, b, c, and d:

1- The main idea of the 2nd paragraph is.....

a) Why teens like to use Facebook. b) Things you find on the internet.

c) How to stop using the internet. d) How the writer meet his friends online.

2- The underlined pronoun (them) in the 2nd paragraph refers to .....

a) friends b) sites c) minutes d) facts

3- The underlined word (attribute) in the 1st paragraph means.....

a) avoid b) refer c) stick d) learn

4- Technology can give you access to a new world of.....

a) Face-to-face conversation. b) In person meeting with friends.

c) People and information. d) Visits and camping trips

5- All the following statements are TRUE except:

a) Teens seem incapable of having a quality face-to-face conversation.

b) People can't know more about each other on Instagram.

c) You need the internet to find information about varied things.

d) People have the need to be connected to each other.

6- The writer's purpose of writing the passage is to.....

a) Inform the readers of the good and bad sides of using technology.

b) Entertain the readers with a story about online meeting.

c) Persuade the readers to avoid using Facebook and Instagram.

d) Tell readers more about technology in schools.

B) Answer the following questions:

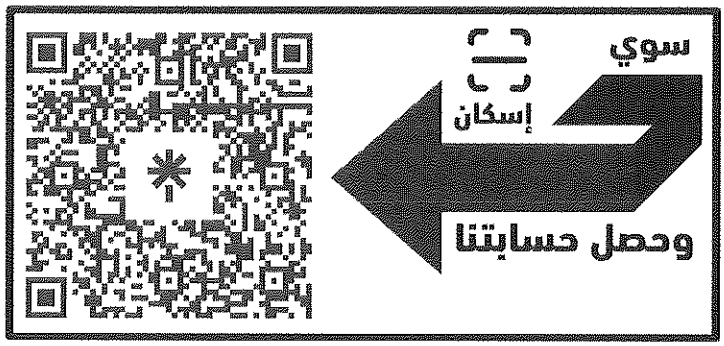
1-How does the writer like to meet with his friends?

.....

2- Why should people be more careful when using technology?

.....

Answers	
B	1- He videos chat them on Skype. Instead of meeting them one by one, he can talk to them as a group at the same time. 2- Not to get too obsessed with technology. It'll steal our time and keep us isolated and unsociable



Writing

Plan and write a two-paragraph report explaining common online risks and giving useful safety tips to help people protect their information and stay safe online.

*** Your writing should include a topic sentence, supporting details and a conclusion.**

The plan

	Part	Content
Paragraph 1	Topic Sentence	
	Supporting Detail 1	
	Supporting Detail 2	
	Supporting Detail 3	
	Concluding Sentence	
Paragraph 2	Topic Sentence	
	Supporting Detail 1	
	Supporting Detail 2	
	Supporting Detail 3	
	Concluding Sentence	

The Report

.....

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Writing

28

Plan and write a two-paragraph report explaining common online risks and giving useful safety tips to help people protect their information and stay safe online.

*** Your writing should include a topic sentence, supporting details and a conclusion.**

The plan

	Part	Content
Paragraph 1	**Topic Sentence**	Many people face different risks when they use the internet
	Supporting Detail 1	Phishing is a common risk where fake messages try to steal your data
	Supporting Detail 2	Scams can trick people into giving money or personal information
	Supporting Detail 3	Some websites may have fake news or harmful software
	Concluding Sentence	These online risks can cause serious problems if people are not careful
Paragraph 2	**Topic Sentence**	There are easy ways to stay safe while using the internet
	Supporting Detail 1	Use strong passwords and never share them with anyone
	Supporting Detail 2	Always check websites before entering your personal details
	Supporting Detail 3	Update your apps and be careful when clicking on links
	Concluding Sentence	These tips help protect your information and keep you safe online

The Report

Many people use the internet every day, but not everyone knows about the risks. One common risk is phishing, where fake emails or messages try to steal your personal information. Another danger is scams, which trick people into giving money or private details. Some websites may also have fake news or false information that can confuse users. If you are not careful, you might download harmful software that can damage your device. These risks can cause problems like losing money or having your account hacked.

To stay safe online, you should follow some simple tips. First, never share your password with anyone. Second, check the website address before entering personal details. Use strong passwords with letters, numbers, and symbols. Always update your apps and software to protect your device. Finally, be cautious when clicking on links in emails or messages. These tips can help you protect your information and enjoy the internet safely.

الترجمة

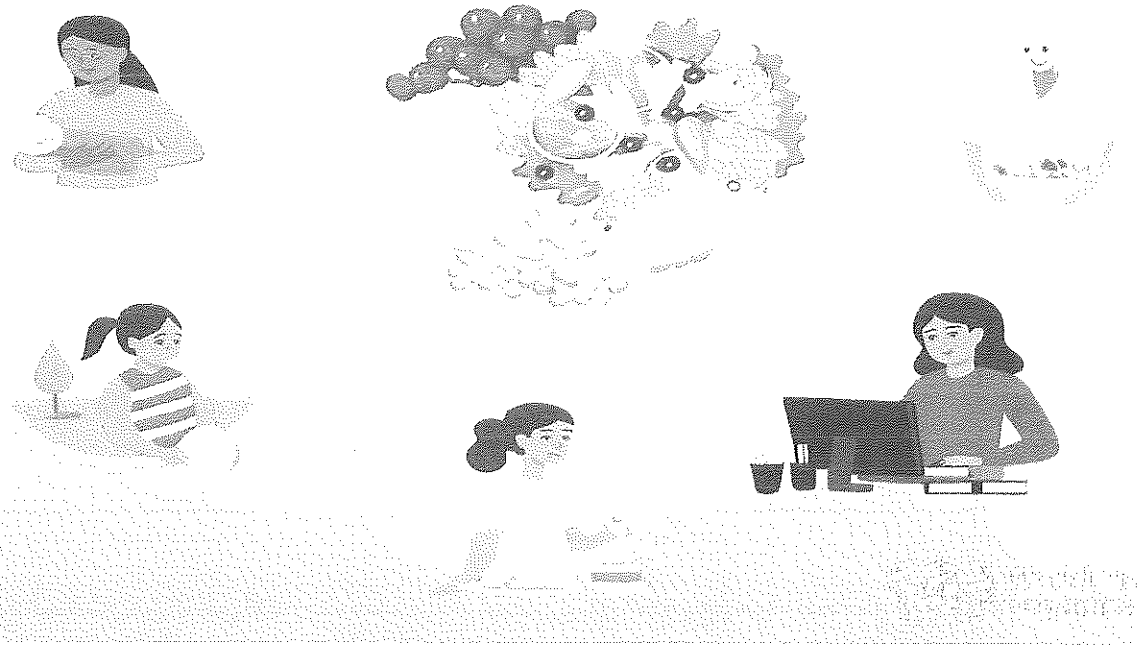
يستخدم الكثير من الناس الإنترنت كل يوم، لكن ليس الجميع يعرف المخاطر الموجودة فيه. من أشهر هذه المخاطر هو التصيد الإلكتروني، حيث ترسل رسائل مزيفة لسرقة معلوماتك الشخصية، هناك أيضا الاحتيال وهو محاولة خداع الناس للحصول على المال أو معلوماتهم الخاصة. بعض المواقع تنشر أخبارا كاذبة أو معلومات خاطئة قد تضلل المستخدمين. وإذا لم تكن حذرا، قد تقوم بتحميل برامج ضارة تضر بجهازك. هذه المخاطر قد تسبب مشاكل مثل خسارة المال أو اختراق حسابك.

لكي تبقى آمنا على الإنترنت، يجب أن تتبع بعض النصائح البسيطة، أولا، لا تشارك كلمة المرور الخاصة بك مع أي شخص. ثانيا، تحقق من عنوان الموقع قبل إدخال معلوماتك الشخصية. استخدم كلمات مرور قوية تحتوي على حروف وأرقام ورموز. قم دائما بتحديث التطبيقات والبرامج الحماية جهازك. وأخيرا، كن حذرا عند الضغط على الروابط في الرسائل أو البريد الإلكتروني. هذه النصائح تساعدك على حماية معلوماتك والاستمتاع بالإنترنت بأمان.

Unit 3

Food For Life: Culture, Health And The Future

NUTRITION IS ESSENTIAL FOR HEALTH AND WELL-BEING AT EVERY STAGE OF LIFE





Unit 3

Food For Life: Culture, Health And The Future

VOCABULARY

reflect (v)	يعكس / يتأمل	energetic (adj)	نشيط / مفعم بالحيوية
serve (v)	يخدم / يقدم	source (n)	مصدر
symbol (n)	رمز	fibre (n)	ألياف
occasion (n)	مناسبة	significantly (adv)	بشكل ملحوظ
ingredient (n)	مكون / عنصر	homemade (adj)	منزلي الصنع
aromatic (adj)	عطري / ذو رائحة طيبة	produce (n)	منتجات زراعية
distinctive (adj)	مميز / فريد	organic (adj)	عضوي
recipe (n)	وصفة طعام	harmful (adj)	ضار
commonly (adv)	بشكل شائع	label (n)	ملصق / بطاقة تعريف
flavour (n)	نكهة / طعم	maintain (v)	يحافظ على / يصون
variety (n)	تنوع / صنف	energetic (adj)	نشيط / مفعم بالحيوية
raw (adj)	نيء / غير مطهو	source (n)	مصدر
experience (v)	يختبر / يمر بـ	fibre (n)	ألياف

A) Choose the correct word from a, b, c, and d:

1. People in our country belong to many ..... groups.

a) ingredient b) ethnic c) fibre d) label

2. The soup has a very ..... smell because of the herbs.

a) aromatic b) raw c) harmful d) organic

3. This dish contains a special ..... that gives it a spicy taste.

a) symbol b) ingredient c) recipe d) label

4. The national flag is a ..... of unity and pride.

a) symbol b) flavour c) source d) produce

5. We should always read the ..... on food packages.

a) label b) fibre c) variety d) occasion

6. Vegetables are a good ..... of vitamins and minerals.

a) source b) flavour c) symbol d) occasion

7. The food was ..... and full of energy.

a) raw b) energetic c) homemade d) distinctive

8. This meal is ..... made by my grandmother.

a) commonly b) homemade c) organic d) aromatic

9. The salad includes a wide ..... of vegetables.

a) fibre b) variety c) ingredient d) label

10. He tried to ..... a new culture during his travels.

a) reflect b) maintain c) experience d) serve

11. These fruits are grown using ..... methods.

a) aromatic b) organic c) harmful d) raw

12. We need to ..... a healthy lifestyle by eating well.

a) maintain b) reflect c) serve d) produce

B1) Fill in the spaces with the suitable word from the list:

(rush - essentially - gratitude - catastrophes - annual - reflect)

1- Hala February is a/an ..... festival.

2- They always ..... on their actions to improve.

3- We refer wars as great human .....

4- He is ..... a generous person who helps others.

5- We should show ..... to those who support us.

B2) Fill in the spaces with the suitable word from the list:

(ingredient - flavour - organic - label - variety - aromatic)

1- This dish has a strong ..... because of the spices.

2- You should read the ..... before buying packaged food.

3- The salad includes a wide ..... of vegetables.

4- These fruits are grown using ..... farming methods.

5- Garlic is a key ..... in many Mediterranean recipes

B1 Answers				
1- annual	2- reflect	3- catastrophes	4- essentially	5- gratitude
B2 Answers				
1- aromatic	2- label	3- variety	4- organic	5- ingredient

تكوين الجملة الأساسية

subject + verb + object

مفعول + فعل + فاعل

Examples:

- Ahmed is translating the email.
- The man was fixing the car.
- My sister can finish the task.

تكوين الجملة المبني للمجهول

Object + (v.to.be the same tense of sentence) + V3 + by + subject

مفعول +v.to.be + نفس زمن الجملة by + V3 + الفاعل

Examples:

The email is being translated by Ahmed.

The car was being fixed by the man.

The task can be finished by my sister.

خطوات التحويل للمبني للمجهول

١- المفعول يأتي في بداية الجملة مكان الفاعل.

٢- الفعل ينقسم إلى

(١) (v.to.be) في نفس زمن الجملة.

(٢) التصريف الثالث (v3) من الفعل الأساسي للجملة.

٣- الفاعل يأتي آخر الجملة مسبوقا بحرف الجر (by)

المبني للمجهول (Passive Voice)

What is it ? ما هو المبني للمجهول؟

In passive voice, the action is more important than the doer.

في المبني للمجهول، نركز على الفعل نفسه وليس من قام به

Present Simple Passive

Structure: am / is / are + past participle (V.3)

Example:

Organic food is sold in many Kuwaiti stores.

يباع الطعام العضوي في العديد من المتاجر الكويتية

Past Simple Passive

Structure: was / were + past participle (V.3)

Example:

The food was prepared by students during the health fair.

تم إعداد الطعام بواسطة الطلاب خلال معرض الصحة

Modals Passive

Structure: modal + be + past participle

Example:

Traditional recipes should be preserved for future generations.

يجب الحفاظ على الوصفات التقليدية للأجيال القادمة .

Modal	Use	Arabic Meaning
can	ability / possibility	يستطيع / يمكن
could	past ability / polite request	كان يستطيع / طلب مؤدب
may	permission / possibility	قد / يسمح بـ
might	weak possibility	ربما / احتمال ضعيف
must	strong necessity / obligation	يجب / ضرورة قوية
should	advice / recommendation	ينبغي / نصيحة
will	future certainty	سوف / تأكيد للمستقبل
would	polite request / hypothetical	سوف بشكل افتراضي أو مؤدب

Practice Questions:

1- People eat healthy food in Kuwait. → (Passive)
Healthy food is eaten in Kuwait.

2- The chef cooked the meal. → (Passive)
The meal was cooked by the chef.

3- We must protect food traditions. → (Passive)
Food traditions must be protected

المعلم للمذكرات التعليمية للمتوسط والثانوي
مذكرات أبو محمد
51093167
Teacher for Educational Books

Comparatives and Superlatives (المقارنة والتفضيل)

We use comparatives to compare two things

نستخدم صيغة المقارنة للمقارنة بين شيئين

We use superlatives to show the highest or lowest degree.

نستخدم صيغة التفضيل لإظهار الدرجة الأعلى أو الأدنى

Comparatives

Structure: short adjective + -er or more + than

التركيب : (صفة قصيرة + er) أو (صفة طويلة + more)

Example:

Organic food is healthier than fast food.

الطعام العضوي أكثر صحة من الوجبات السريعة

This dish is more aromatic than the one we had yesterday.

هذه الوجبة أكثر عطرية من التي تناولناها بالأمس .

Superlatives

Structure: the + short adjective + -est or the most + long adjective

التركيب : (the + صفة قصيرة + est) أو (the most + صفة طويلة)

Example:

This is the most nutritious meal in the cafeteria.

هذه أكثر وجبة مغذية في الكافتيريا

Garlic is one of the strongest ingredients in Kuwaiti cooking.

الثوم من أقوى المكونات في الطبخ الكويتي

1- Dates are ___ than chocolate in nutritional value.

→ healthier

2- Choose the correct form:

This is the (aromatic / more aromatic / most aromatic) dish.

→ most aromatic

3- February is the _____ month for food festivals in Kuwait.

→ busiest

A) Choose the correct answer from a, b, c, and d:

Passive Voice (6 Questions)

1. Organic vegetables __ in many Kuwaiti supermarkets. (Present Simple Passive)

a) sell b) are sold c) sold d) selling

2. The food festival ____ by the Ministry of Health last year. (Past Simple Passive)

a) was organized b) organized c) organizes d) is organized

3. Traditional recipes _____ be preserved for future generations. (Modal Passive)

a) must b) must be preserved c) must preserve d) preserved

4. Healthy meals _____ by students during the school event. (Past Simple Passive)

a) prepared b) were prepared c) are prepared d) preparing

5. Labels _____ read carefully before buying packaged food. (Modal Passive)

a) should b) should read c) should be read d) should reading

6. Organic food _____ in Kuwait every year. (Present Simple Passive)

a) is promoted b) promotes c) promoted d) promoting

Comparatives & Superlatives (4 Questions)

7. Organic food is _____ than fast food.

a) healthy b) healthiest c) healthier d) more healthy

8. This dish is the _____ on the menu.

a) nutritious b) more nutritious c) most nutritious d) nutritiousest

9. Garlic is one of the _____ ingredients in Kuwaiti cooking.

a) strong b) stronger c) strongest d) most strong

10. February is the _____ month for food festivals in Kuwait.

a) busy b) busier c) busiest d) most busy

Modals (2 Questions)

11- You _____ eat more vegetables to stay healthy. (Advice)

a) must b) should c) can d) may

12- Students ___ prepare healthy meals for the school event. (Possibility)

a) must b) might c) should d) are

B) Do as shown between brackets:

1. You would get high marks. You studied too hard. (Join: use If)
.....
2. People eat organic food in Kuwait. (Change into passive)
.....
3. The chef prepared the meal yesterday. (Change into passive)
.....
4. We must protect traditional food culture. (Change into passive)
.....
5. Organic food is healthy. Fast food is unhealthy. (Use: comparative)
.....
6. This dish is nutritious. It's the most nutritious on the menu. (Use: superlative)
.....
7. You should eat more vegetables. (Rewrite using advice)
.....
8. Students might prepare healthy meals for the event. (Change into passive)
.....
9. The Ministry organizes the food festival every year. (Change into passive)
.....
10. Garlic is strong. Chili is stronger. (Use: comparative)
.....
11. Dates are nutritious. They are the most nutritious fruit in Kuwait.
(Use: superlative)
.....
12. You can try new dishes during the food fair. (Rewrite using permission)
.....

Answers
1. If you studied too hard, you would get high marks
2. Organic food is eaten in Kuwait
3. The meal was prepared by the chef yesterday
4. Traditional food culture must be protected
5. Organic food is healthier than fast food
6. This is the most nutritious dish on the menu
7. You should eat more vegetables
8. Healthy meals might be prepared for the event
9. The food festival is organized every year
10. Chili is stronger than garlic
11. Dates are the most nutritious fruit in Kuwait
12. You can try new dishes during the food fair

Reading comprehension

Read the following passage and then answer the questions below:

Have you ever heard the sound of a hummingbird? They make a buzzing noise when they fly. They make this noise because they beat their wings so fast. They fly in a **unique** way. They move their wings so fast that they can hover. This means that they can stay in one spot in the middle of the air like a helicopter. Sometimes they fly or hover upside down. They are the only bird that flies backwards.

Hummingbirds are small. The bee hummingbird, which is a type of hummingbirds, is the smallest bird in the world. It is just a little bit bigger than a bee. Bee hummingbirds build tiny nests.

Hummingbirds move fast. It takes lots of energy to move as fast as they do. This means that they need to eat a lot of food. They have to store enough energy to survive through the night. Their favourite food is nectar, a sweet liquid inside of some flowers. They have to visit hundreds of flowers to get enough nectar to live. Hummingbirds don't use **their** long beaks for drinking nectar; they use their tongues. Their long tongues work like little pumps.

Hummingbirds help flowers too. They get pollen on their heads when they feed. Flowers use pollen to make seeds. Hummingbirds help pollen get from one flower to the next. This helps flowers make more seeds. More seeds mean more flowers. More flowers mean more food for hummingbirds. Isn't it nice how that work out?

A) Choose the correct answer from a, b, c and d:

1- Which best describes the main idea of the 3rd paragraph?

a) Hummingbirds move faster than other birds.

b) Hummingbirds like to visit different birds.

c) Hummingbirds needs a lot of food to have energy.

d) Hummingbirds like to drink nectar from different flowers.

2- What is the antonym (opposite) of the underlined word "unique" in the 1st paragraph?

a) strange b) common c) special d) different

3- The underlined pronoun "Their" in the 3rd paragraph refers to .....

a) beaks b) flowers c) hummingbirds d) tongues

4- Why do flowers need pollen?

a) Flowers eat pollen.

b) Hummingbirds eat pollen.

c) Flowers use pollen to make seeds.

d) Pollen attracts bee hummingbirds.

5- All the following statements about hummingbirds are TRUE except.....

a) They can fly backwards.

b) They eat flower seeds.

c) They grow larger than bees.

d) They drink nectar using their tongues.

6- What the author's purpose in writing this text?

a) To tell us about the world's biggest bird.

b) To explain how birds drink nectar from flowers.

c) To give information about a unique and helpful bird.

d) To compare between the different types of hummingbirds.

B) Answer the following question:

1- Why do hummingbirds visit hundreds of flowers?

.....

2- When hummingbirds feed, they help flowers. Explain.

.....

Answers	
B	1- to get enough nectar to live. 2- When they feed, they get pollen on their heads. Flowers use pollen to make seeds. More seeds means more flowers and more food



Writing (40)

Plan and write a two-paragraph report explaining what healthy food choices people can make and why eating healthily is becoming more important today

*** Your writing should include a topic sentence, supporting details and a conclusion.**

The plan

	Part	Content
Paragraph 1	Topic Sentence	
	Supporting Detail 1	
	Supporting Detail 2	
	Supporting Detail 3	
	Concluding Sentence	
Paragraph 2	Topic Sentence	
	Supporting Detail 1	
	Supporting Detail 2	
	Supporting Detail 3	
	Concluding Sentence	

The Report

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Writing

Plan and write a two-paragraph report explaining what healthy food choices people can make and why eating healthily is becoming more important today

*** Your writing should include a topic sentence, supporting details and a conclusion.**

The plan

	Part	Content
Paragraph 1	**Topic Sentence**	People today can make many healthy food choices to improve their lifestyle.
	Supporting Detail 1	Choosing organic food helps avoid harmful chemicals.
	Supporting Detail 2	Reading food labels helps people avoid unhealthy ingredients.
	Supporting Detail 3	Eating a variety of nutritious meals improves health.
	Concluding Sentence	These choices help people stay energetic and avoid health problems
Paragraph 2	**Topic Sentence**	Eating healthily is becoming more important in today's fast-paced world
	Supporting Detail 1	Many people rush through meals and choose fast food.
	Supporting Detail 2	Annual health reports show rising health issues like obesity.
	Supporting Detail 3	Healthy eating habits can prevent future health catastrophes.
	Concluding Sentence	That's why schools and families should promote healthy food culture

The Report

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People today can make many healthy food choices to improve their lifestyle. One of the best choices is eating organic food, which is free from harmful chemicals and pesticides. Another smart habit is reading the labels on packaged food to avoid unhealthy ingredients like artificial flavours or too much sugar. Also, eating a variety of nutritious meals, including fruits, vegetables, and whole grains, helps the body stay strong and energetic. These choices are simple but powerful ways to protect our health and enjoy better living.

Eating healthily is becoming more important in today's fast-paced world. Many people are in a rush and often choose fast food, which may be tasty but lacks nutrition. Annual health reports in Kuwait and around the world show an increase in problems like obesity and diabetes. If people continue to eat poorly, it could lead to serious health catastrophes in the future. That's why schools, families, and communities should work together to promote a healthy food culture and encourage better eating habits for everyone.

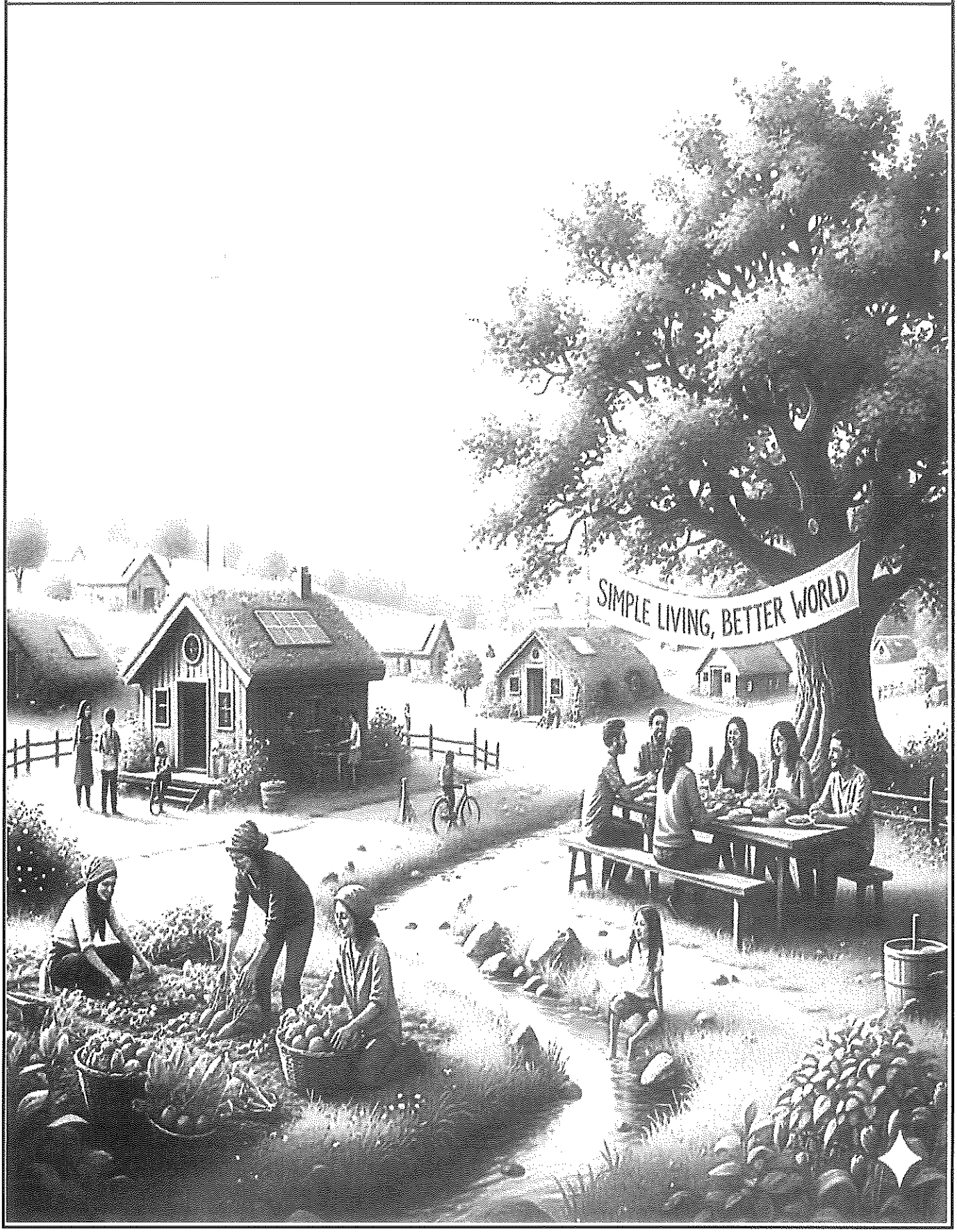
الترجمة

يمكن للناس اليوم اتخاذ العديد من الخيارات الغذائية الصحية لتحسين نمط حياتهم. من أفضل هذه الخيارات تناول الطعام العضوي، لأنه خال من المواد الكيميائية الضارة والمبيدات. ومن العادات الذكية أيضا قراءة الملصقات على الأغذية المعلبة لتجنب المكونات غير الصحية مثل النكهات الصناعية أو السكر الزائد. كذلك، فإن تناول تنوع من الوجبات الغذائية المفيدة مثل الفواكه والخضروات والحبوب الكاملة يساعد الجسم على أن يكون قويا ونشطا. هذه الخيارات بسيطة لكنها فعالة في حماية الصحة وتحسين جودة الحياة.

أصبح تناول الطعام الصحي أكثر أهمية في عالمنا السريع اليوم. كثير من الناس يعيشون في حالة اندفاع ويختارون الوجبات السريعة التي قد تكون لذيذة لكنها تفتقر إلى القيمة الغذائية. وتظهر التقارير الصحية السنوية في الكويت والعالم ارتفاعا في مشاكل مثل السمنة والسكري. وإذا استمر الناس في تناول الطعام غير الصحي، فقد يؤدي ذلك إلى كوارث صحية خطيرة في المستقبل. لهذا السبب، يجب على المدارس والعائلات والمجتمع أن يتعاونوا لنشر ثقافة الغذاء الصحي وتشجيع العادات الغذائية السليمة للجميع

Unit 4

Simple living, Better world



Unit 4

Simple living, Better world

VOCABULARY

focus (v)	يركز	discard (v.)	يتخلص من / يرمي
necessarily (adv)	بالضرورة	packaging (n)	التغليف / العبوة
instead (adv.)	بدلا من ذلك	responsibly (adv)	بمسؤولية
thoughtful (adj)	متفكر / مراعي	minimise (v	يقلل / يخفض
benefit (v)	يستفيد / يفيد	expense (n)	تكلفة / مصروف
conserve (v)	يحافظ / يصون	disposable (adj)	يستخدم مرة واحدة
meaningful (adj)	ذو معنى / هادف	consumption (n)	الاستهلاك
gadget (n)	أداة / جهاز صغير	donate (v)	يتبرع
valuable (adj)	ثمين / ذو قيمة	preserve (v)	يحافظ / يصون
balanced (adj)	متوازن	mindful (adj)	واع / منتبه

A) Choose the correct word from a, b, c, and d:

1. We should water to protect the environment.

a) discard b) conserve c) donate d) minimise

2. This device is a useful for saving energy.

a) packaging b) gadget c) expense d) consumption

3. People are becoming more of their daily habits.

a) thoughtful b) wasteful c) disposable d) balanced

4. You can old clothes to help those in need.

a) discard b) donate c) conserve d) minimise

5. Buying items increases pollution.

a) disposable b) valuable c) balanced d) meaningful

6. We should read food to know what we consume.

a) packaging b) labels c) gadgets d) expenses

7. A lifestyle helps you stay healthy and happy.

a) balanced b) wasteful c) disposable d) expensive

8. Instead of throwing things away, try to their use.

a) preserve b) discard c) minimise d) donate

9. The campaign encourages people to shop

a) necessarily b) responsibly c) instead d) thoughtfully

10. We should avoid _____ habits that harm the planet.

a) mindful b) wasteful c) meaningful d) valuable

11. The goal is to make life more _____ and sustainable.

a) thoughtful b) meaningful c) disposable d) expensive

12. You don't _____ need to buy new things every month.

a) necessarily b) responsibly c) instead d) conserve

B1) Fill in the spaces with the suitable word from the list:

(focus – conserve – gadget – meaningful – discard – balanced)

1. We should _____ energy and water to protect the planet.
2. This new _____ helps you measure your daily water intake.
3. Try to eat a _____ diet that includes fruits and vegetables.
4. Don't _____ old items that can still be reused.
5. Let's _____ on reducing waste in our daily lives.
6. Volunteering to clean the beach is a _____ activity.

B2) Fill in the spaces with the suitable word from the list:

(donate – packaging – responsibly – expense – wasteful – mindful)

7. We should shop _____ to avoid buying unnecessary items.
8. Excessive _____ increases pollution and harms nature.
9. It's better to _____ clothes than throw them away.
10. Buying too many gadgets can be _____ and expensive.
11. Always be _____ of how much electricity you use.
12. Reducing daily _____ helps save money and resources.

Answers

1- conserve	2- gadget	3- balanced	4- discard	5- focus	6- meaningful
7- responsibly	8- packaging	9- donate	10- wasteful	11- mindful	12- expense

Present Perfect Simple Tense

زمن المضارع التام البسيط

- يتكون الفعل من (التصريف الثالث) (has / have + p. p

- يعبر عن حدث تم وانتهى في الماضي ومازال له أثر

Key words - الكلمات الدالة

already / yet / just / ever / since / for

Example:

> She has finished her work.

> They have found their pens.

Negative النفي

(has / have + not + p. p)

Example:

> She hasn't finished her work.

> They haven't found their pens.

Ask question السؤال

أداة الاستفهام + have / has + الفاعل + p. p ?

Example:

> What has she finished ?

> What have they found ?

Present Perfect Continuous Tense

زمن المضارع التام المستمر

- يتكون الفعل من has / have + been + V + ing

- يعبر عن حدث بدأ في الماضي ومازال مستمر وقد يستمر للمستقبل

Example:

> Sara has been sleeping for 3 hours.

> I have been studying English since 2018

Negative النفي

(has / have + not + been + V + ing)

Example:

➤ Sara hasn't been sleeping for 3 hours.

➤ I haven't been studying English since 2018.

Ask question السؤال

أداة الاستفهام + have / has + الفاعل + been + V + ing ?

Example:

➤ What has Sara been doing for 3 hours?

➤ What have you been studying since 2018?

since / for استخدام

Since + بداية المدة (منذ)	For + مدة محددة (لمدة)
Since 2015..... etc.	For 5 years..... etc.
Since 5 o'clock..... etc.	For 3 hours..... etc.
Since last week..... etc.	For one week..... etc.
Since April..... etc.	For 7 months..... etc.
Since Monday.....etc.	For 2 days.....etc.
Examples:	**Examples:**
➤ She has studied English **since 3 o'clock.**	➤ She has studied English **for 3 hours.**
➤ They haven't met **since last June**.	➤ They haven't met **for 4 months**.

استخدام How long للسؤال عن المدة

والاجابة تكون since / for وما بعدها

How long + has / have + الفاعل + p.p ?

Examples:

➤ How long has she studied English ?

➤ How long have they met ?

A) Choose the correct answer from a, b, c, and d:

1. My brother..... in Kuwait for 10 years till now.

a) lives b) lived c) has lived d) has been living

2. My sister has been watching TV .....an hour.

a) for b) since c) as d) yet

3. The boy has played football since .....

a) a day b) 3 days c) 3 hours d) 3 o'clock

4. He has worked as a teacher ..... he was 20 years old.

a) for b) since c) as d) yet

B) Do as shown between brackets:

1. Nasser has worked in this company since 2020. (use: for)

.....

2. Hamad has been teaching Maths since 1999. (Ask question)

.....

3. They have already paid the bill. (make negative)

.....

4. I've written a report for 1 hour. (use: since)

.....

Answers	
B	1- Nasser has worked in this company for 3 years. 2- What has Hamad been teaching since 1999? 3- They haven't paid the bill yet. 4- I've written a report since 1 o'clock

Quantifiers: some, any, much, many, few, little

ما هي أدوات الكمية ؟

Quantifiers هي كلمات تستخدم قبل الأسماء **nouns** لتحديد الكمية أو العدد، سواء كانت الكمية محددة أو غير محددة. تستخدم مع الأسماء المعدودة (**countable**) أو غير المعدود (**uncountable**)

1. some / any

الكلمة	الاستخدام	الترجمة
some	تستخدم في الجمل المثبتة أو العروض والطلبات	بعض
any	تستخدم في النفي أو الأسئلة	أي

Examples:

- We should donate some clothes to help others.
  يجب أن نتبرع ببعض الملابس المساعدة الآخرين .
- Do you have any disposable items at home?
  هل لديك أي أدوات تستخدم مرة واحدة في المنزل؟
- We don't need any extra packaging.
  لا نحتاج إلى أي تغليف إضافي .



2.much / many

الكلمة	الاستخدام	الترجمة
much	تستخدم مع الأسماء غير المعدودة	الكثير من
many	تستخدم مع الأسماء المعدودة	العديد من

Examples:

- We don't have much waste if we shop mindfully.
  لا يوجد لدينا الكثير من النفايات إذا تسوقنا بوعي .
- There are many gadgets that help reduce energy consumption.
  هناك العديد من الأجهزة التي تساعد في تقليل استهلاك الطاقة .

3.few / little

الكلمة	الاستخدام	الترجمة
few	كمية صغيرة من الأسماء المعدودة	عدد قليل
little	كمية صغيرة من الأسماء غير المعدودة	القليل من

Examples:

- Few people understand the value of simple living.
  عدد قليل من الناس يفهمون قيمة الحياة البسيطة .
- We have little packaging waste thanks to reusable bags.
  لدينا القليل من نفايات التغليف بفضل الأكياس القابلة لإعادة الاستخدام .

Writing

'Many people today are choosing a simpler lifestyle than what we usually see.'

Plan and write a two-paragraph report explaining what living simply means and why some people choose to live a simple life. Give examples to support your ideas. a. Fill in the following plan.

*** Your writing should include a topic sentence, supporting details and a conclusion.**

The plan

	Part	Content
Paragraph 1	**Topic Sentence**	Living simply means focusing on what is truly necessary and avoiding excess.
	Supporting Detail 1	It involves reducing material possessions and avoiding wasteful habits
	Supporting Detail 2	People who live simply often choose minimalistic homes and fewer gadgets
	Supporting Detail 3	They also prioritize experiences and relationships over buying things.
	Concluding Sentence	simple living is about making conscious choices to live with less.
Paragraph 2	**Topic Sentence**	Many people choose a simple lifestyle for personal, environmental, or financial reasons
	Supporting Detail 1	Some want to reduce stress and find more peace by decluttering their lives
	Supporting Detail 2	Others aim to protect the environment by consuming less and recycling more
	Supporting Detail 3	Financially, living simply helps people save money and avoid debt.
	Concluding Sentence	These reasons show that simple living can lead to a more meaningful and sustainable life

The Report

Living simply means focusing on what is truly necessary and avoiding excess. People who choose this lifestyle often reduce their material possessions and avoid wasteful habits. For example, they may live in small, minimalistic homes and use fewer electronic devices. Instead of constantly buying new things, they prioritize meaningful experiences and strong relationships. In short, simple living is about making conscious choices to live with less and appreciate more.

Many people choose a simple lifestyle for personal, environmental, or financial reasons. Some want to reduce stress and find peace by decluttering their lives and slowing down. Others are motivated by environmental concerns, aiming to consume less and recycle more to protect the planet. Financially, simple living helps people save money, avoid debt, and focus on what truly matters. These reasons show that simple living can lead to a more meaningful, peaceful, and sustainable life.

الترجمة

العيش ببساطة يعني التركيز على ما هو ضروري حقا وتجنب المبالغة في الأشياء الأشخاص الذين يختارون هذا الأسلوب في الحياة غالبا ما يقللون من ممتلكاتهم المادية ويتجنبون العادات المهدرة. على سبيل المثال، قد يعيشون في منازل صغيرة وبسيطة ويستخدمون عددا أقل من الأجهزة الإلكترونية، وبدلا من شراء الأشياء باستمرار، يفضلون التجارب ذات المعنى والعلاقات القوية باختصار، العيش ببساطة هو اتخاذ قرارات واعية للعيش بأقل قدر ممكن وتقدير ما نملك.

يختار الكثيرون أسلوب الحياة البسيط لأسباب شخصية أو بيئية أو مالية بعضهم يريد تقليل التوتر وإيجاد السلام من خلال ترتيب حياتهم وإبطاء وتيرتها. وآخرون لديهم دوافع بيئية، فيسعون إلى تقليل الاستهلاك وزيادة إعادة التدوير لحماية الكوكب. ومن الناحية المالية، يساعد العيش ببساطة الناس على توفير المال وتجنب الديون والتركيز على ما هو مهم حقا. هذه الأسباب توضح أن العيش ببساطة يمكن أن يؤدي إلى حياة أكثر معنى وسلاما واستدامة.

Practice more on

Reading comprehension

Read the following passage and then answer the questions below:

The year is 2020, and it's 7.45 on a rainy Monday morning, and you are in your car and on your way to work. You stop at a traffic light, when the light turns green, you continue on your way. Ten minutes later, you arrive at work and you stop reading the morning paper. Then, you get out of your car and you say to **it**, "Thank you!" your car replies, "You are welcome!" This possible future may sound unreal, but in fact many car companies are already testing **robotic** cars, or "driverless cars", on the roads today, although the cars don't speak very much yet.

In 1980s, Germany and United States tested the first driverless cars, and by 2020 companies such as Volvo, GM, Nissan and BMW plan to sell driverless cars. Driverless cars aren't really driverless, the drivers are computers that use radar, computer maps, and other modern technology.

Actually, these driverless cars offer many facilities. Perhaps the most important of these is fewer deaths caused by road accidents. In addition, people will spend less time stuck in traffic jams and there will be no need for people to have a driving license. It's not free. $5000 to $ 10.000 is added to the price of a new car. Nevertheless, at some time in your life, you will probably be sitting in a robotic, driverless car on your way to work. Who knows? Life in the future may have amazing improvements in all fields of life.

A) Choose the correct answer from a, b, c, and d:

1- The main idea of the 3rd paragraph is.

a) The advantages of the future cars.

b) Future cars will be expensive.

c) The causes of car accident.

d) How to get a driving license?

2- The under lined word (robotic) in the 1st paragraph refers to...

a) socialized b) fantastic

c) scientific d) computerized

3- The underlined pronoun "it" in the 1st paragraph refers to.....

a) car b) work

c) light d) morning paper

4- The future cars will be ..... today's cars.

a) be cheaper than b) have the same price

c) be more expensive than d) be free of people

5- Driverless cars run on .....

a) petrol b) water

c) fossil fuel d) electricity

6- The writer wrote the text to

a) explain the causes of car accident.

b) Compare old cars with modern ones.

c) Encourage people to get a driving license.

d) Show how cars will look like in the future.

B) Answer the following questions:

1- What modern technology do driverless cars use?

.....

2- When will robotic cars be available in the market?

.....

Answers	
B	1- They use computers, radar, computer maps, and other modern technology. 2- At some times in your life

Reading comprehension

Read the following passage and then answer the questions below:

Fortunately, some air tragedies are ended up with happy endings.

Once, a pilot of a Small plane took off from an airport runway on a training flight. A strong wind blew and hit the plane to the top of a tree.

The two wheels of the plane were knocked off, but the plane didn't crash.

The pilot sent a radio message to the airport. He didn't know how to land.

The airport controller telephoned the airport firemen and told them what to do.

A fireman borrowed a lorry that was waiting at the airport building to collect some **goods**. **He** had an Idea that was to let the Pilot try to land on the top of the lorry. He drove the lorry quickly along the runway and the Pilot flew down to land. Luckily, he managed to land on the lorry. Part of the lorry was damaged, and the tail of the plane was broken, but nobody was injured. The pilot was grateful to the fireman. He gladly agreed to pay for the damage to the lorry driver.

A) Choose the correct answer from a, b, c, and d:

1- The best title of this passage can be...

a) Training Pilots b) An Air Tragedy

c) A Radio Message d) The Duties of Firemen

2- The underlined word "goods" means...

a) firemen b) things

c) airplanes d) people

3.The underlined word " He" refers to...

a) pilot b) lorry

c) airport controller d) fireman

4- The ..... was clever and helped the pilot.

a) airport fireman b) airport controller

c) lorry owner d) radio massage

5- According to the passage, ONE of the following statements is NOT TRUE:

a) Air tragedies never end with happy endings.

b) The cause of the accident was the wind.

c) The pilot didn't know how to land the plane.

d) Part of the lorry was damaged

6- The purpose of the writer of this passage is to.....

a) convince us not to travel again.

b) tell us about the types of planes.

c) inform us about the jobs of the pilot.

d) show how teamwork helps solve problems.

B) Answer the following questions:

1- What was the pilot's problem?

.....

2- How did the fireman save the pilot?

.....

Answers	
B	1- He didn't know how to land because the two wheels of the plane were knocked off 2- He let the pilot tried to land on the lorry as he drove it quickly along the runway and the pilot flew down to land

Base Verb / Infinitive	الترجمة	Past Simple (V2)	Past Participle (V3)
be	يكون	was / were	been
beat	يضرب	beat	beaten
become	يصبح	became	become
begin	يبدأ	began	begun
bend	ينحني	bent	bent
bet	يراهن	bet	bet
bite	يعض	bit	bitten
blow	ينفخ	blew	blown
break	يكسر	broke	broken
bring	يجلب	brought	brought
broadcast	يبث	broadcast	broadcast
build	يبني	built	built
burst	ينفجر	burst	burst
buy	يشتري	bought	bought
catch	يمسك	caught	caught
choose	يختار	chose	chosen
come	يأتي	came	come
cost	يكلف	cost	cost
creep	يزحف	crept	crept
cut	يقطع	cut	cut
deal	يتعامل	dealt	dealt
dig	يحفر	dug	dug
do	يفعل	did	done
draw	يرسم	drew	drawn
drink	يشرب	drank	drunk
drive	يقود	drove	driven
eat	يأكل	ate	eaten
fall	يسقط	fell	fallen
feed	يطعم	fed	fed
feel	يشعر	felt	felt
fight	يحارب	Fought	fought
find	يجد	Found	found
flee	يهرب	Fled	fled

fly	يطير	Flew	flown
forget	ينسى	Forgot	forgotten
forgive	يغفر	forgave	forgiven
freeze	يتجمد	froze	frozen
get	يحصل	got	got/gotten
give	يعطي	gave	given
go	يذهب	went	gone
grow	ينمو	grew	grown
hang	يعلق	hung	hung
have	يملك	had	had
hear	يسمع	heard	heard
hide	يختبئ	hid	hidden
hit	يضرب	hit	hit
hold	يمسك	held	held
hurt	يؤذي	hurt	hurt
keep	يحافظ	kept	kept
kneel	يجثو	knelt	knelt
know	يعرف	knew	known
lay	يضع	laid	laid
lead	يقود	led	led
leave	يغادر	left	left
lend	يقرض	lent	lent
let	يدع	let	let
lie	يستلقي	lay	lain
light	يشعل	lit	lit
lose	يفقد	lost	lost
make	يصنع	made	made
mean	يعني	meant	meant
meet	يقابل	met	met
pay	يدفع	paid	paid
put	يضع	put	put
read	يقرأ	read	read
ride	يركب	rode	ridden
ring	يرن	rang	rung
rise	ينهض	rose	risen

run	يركض	ran	run
say	يقول	said	said
see	يرى	saw	seen
sell	يبيع	sold	sold
send	يرسل	sent	sent
set	يضع	set	set
shake	يهز	shook	shaken
shine	يلمع	shone	shone
shoot	يطلق النار	shot	shot
show	يعرض	showed	shown
shut	يغلق	shut	shut
sing	يغني	sang	sung
sink	يغرق	sank	sunk
sit	يجلس	sat	sat
sleep	ينام	slept	slept
speak	يتحدث	spoke	spoken
spend	ينفق	spent	spent
stand	يقف	stood	stood
steal	يسرق	stole	stolen
stick	يلتصق	stuck	stuck
strike	يضرب	struck	struck
swim	يسبح	swam	swum
take	يأخذ	took	taken
teach	يعلم	taught	taught
tear	يمزق	tore	torn
tell	يخبر	told	told
think	يفكر	thought	thought
throw	يرمي	threw	thrown
understand	يفهم	understood	understood
wake	يستيقظ	woke	woken
wear	يرتدي	wore	worn
win	يفوز	won	won
write	يكتب	wrote	written