

## Grade 7 - unit 5 (A)- vocabulary

| Word                 | P.O.S | Definition & Example                                                                                                                           | Arabic Meaning    |
|----------------------|-------|------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|
| <b>balance</b>       | n.    | The state of being steady or equal in weight or importance.<br>-----<br><i>She lost her <b>balance</b> and fell off the bike.</i>              | توازن             |
| <b>concentration</b> | n.    | The ability to focus your attention on one thing.<br>-----<br><i>Good <b>concentration</b> helps you study better.</i>                         | تركيز             |
| <b>growth</b>        | n.    | The process of increasing in size, amount, or importance.<br>-----<br><i>Children need healthy food for proper <b>growth</b>.</i>              | نمو               |
| <b>nutrient</b>      | n.    | A substance in food that helps plants, animals, or humans live and grow.<br>-----<br><i>Vegetables are full of important <b>nutrients</b>.</i> | مادة غذائية       |
| <b>strength</b>      | n.    | The quality of being strong, both physically or mentally.<br>-----<br><i>She showed great <b>strength</b> during difficult times.</i>          | قوة               |
| <b>stress</b>        | n.    | A feeling of worry or pressure caused by difficult situations.<br>-----<br><i>Exercise helps reduce <b>stress</b>.</i>                         | توتر / ضغط نفسي   |
| <b>tiredness</b>     | n.    | The state of being in need of rest or sleep.<br>-----<br><i>After a long day, he felt a lot of <b>tiredness</b>.</i>                           | تعب               |
| <b>well-being</b>    | n.    | The state of feeling healthy, happy, and comfortable.<br>-----<br><i>Good sleep is important for your <b>well-being</b>.</i>                   | رفاهية / صحة جيدة |

|                                                             |      |                                                                     |                   |
|-------------------------------------------------------------|------|---------------------------------------------------------------------|-------------------|
| <b>function</b>                                             | v.   | To work or operate in a correct or normal way.                      | يعمل / يؤدي وظيفة |
| -----                                                       |      |                                                                     |                   |
| <i>The machine doesn't <b>function</b> properly.</i>        |      |                                                                     |                   |
| <b>limit</b>                                                | v.   | To control or reduce the amount of something.                       | يحد من            |
| -----                                                       |      |                                                                     |                   |
| <i>You should <b>limit</b> the amount of sugar you eat.</i> |      |                                                                     |                   |
| <b>perform</b>                                              | v.   | To do a task or activity, especially one requiring skill or effort. | يؤدي / يقدم       |
| -----                                                       |      |                                                                     |                   |
| <i>The singer will <b>perform</b> on stage tonight.</i>     |      |                                                                     |                   |
| <b>repair</b>                                               | v.   | To fix something that is broken or damaged.                         | يُصلح             |
| -----                                                       |      |                                                                     |                   |
| <i>He <b>repaired</b> his broken phone.</i>                 |      |                                                                     |                   |
| <b>calm</b>                                                 | adj. | Relaxed and quiet; not angry, upset, or excited.                    | هادئ              |
| -----                                                       |      |                                                                     |                   |
| <i>She stayed <b>calm</b> during the emergency.</i>         |      |                                                                     |                   |
| <b>main</b>                                                 | adj. | Most important or largest in importance or size.                    | رئيسي             |
| -----                                                       |      |                                                                     |                   |
| <i>The <b>main</b> reason for success is hard work.</i>     |      |                                                                     |                   |
| <b>proper</b>                                               | adj. | Correct, suitable, or appropriate for the situation.                | مناسب / لائق      |
| -----                                                       |      |                                                                     |                   |
| <i>You should wear <b>proper</b> clothes for school.</i>    |      |                                                                     |                   |
| <b>steady</b>                                               | adj. | Firm, stable, or not likely to change suddenly.                     | ثابت              |
| -----                                                       |      |                                                                     |                   |
| <i>Keep your hand <b>steady</b> while writing.</i>          |      |                                                                     |                   |
| <b>correctly</b>                                            | adv. | In a right or accurate way.                                         | بشكل صحيح         |
| -----                                                       |      |                                                                     |                   |
| <i>He answered all the questions <b>correctly</b>.</i>      |      |                                                                     |                   |
| <b>completely</b>                                           | adv. | Totally or entirely; in every way.                                  | تمامًا / كليًا    |
| -----                                                       |      |                                                                     |                   |
| <i>The room was <b>completely</b> dark.</i>                 |      |                                                                     |                   |



Choose the right answer:

1. She walks a tightrope with perfect .....

- (A) stress                      (B) balance                      (C) repair                      (D) growth

2. He needs better ..... during math class.

- (A) tiredness                      (B) nutrient                      (C) concentration                      (D) strength

3. The tree shows rapid .....this spring.

- (A) limit                      (B) calm                      (C) well-being                      (D) growth

4. Apples contain many important .....for health.

- (A) function                      (B) nutrients                      (C) stress                      (D) perform

5. His .....helps lift heavy boxes easily.

- (A) strength                      (B) tiredness                      (C) steady                      (D) main

6. Work deadlines create too much daily .....

- (A) well-being                      (B) repair                      (C) stress                      (D) nutrient

7. Long meetings cause extreme ..... by afternoon.

- (A) concentration                      (B) proper                      (C) growth                      (D) tiredness

8. Fresh air improves her sense of .....

- (A) well-being                      (B) limit                      (C) balance                      (D) correctly

9. Broken clocks no longer ..... after falling.

- (A) perform                      (B) function                      (C) repair                      (D) strength

10. Parents ..... video games to two hours.

- (A) repair                      (B) limit                      (C) growth                      (D) concentration

11. Singers .....songs at the big concert.

- (A) function                      (B) calm                      (C) tiredness                      (D) perform

12. Workers ..... roads damaged by heavy rain.

- (A) concentration                      (B) well-being                      (C) repair                      (D) main

13. Deep breaths keep her ..... in crowds.

- A** steady                      **B** main                      **C** calm                      **D** completely

14. Breakfast provides the ..... energy for school.

- A** proper                      **B** main                      **C** strength                      **D** stress

15. Follow directions to complete work .....

- A** correctly                      **B** completely                      **C** proper                      **D** nutrient

### Fill in the Spaces Test 1

(balance - nutrient - strength - stress – tiredness - well-being )

1. Fruits provide vitamins and other .....
2. He feels ..... after staying up late.
3. Yoga improves both ..... and flexibility.
4. Too much ..... harms your health.
5. Good food supports overall .....

### Fill in the Spaces Test 2

(Concentration - growth - function - limit – perform - repair)

1. The doctor will ..... your injured knee.
2. Babies need milk for healthy .....
3. You need ..... in math lessons.
4. All parts must ..... for success.
5. Actors ..... on stage every night.



Fill in the Spaces Test 3

( calm - correctly - main - proper – steady — completely )

1. She remained ..... during the strong storm.
2. Use ..... grammar in your essay.
3. The ..... goal is to win fairly.
4. Hold the pencil with a ..... hand.
5. If you finish the puzzle ....., you will get a reward.

## Grade 7 – unit 5 (A) – Grammar

## Structure and Meaning

Be + used to + verb - ing).

تستخدم هذه الصيغة لوصف ان الشخص متعود على فعل شيء في الماضي وما زال يفعله

Affirmative Examples

- |                                           |                                      |
|-------------------------------------------|--------------------------------------|
| 1. She is used to waking up early.        | (هي معتادة على الاستيقاظ مبكرًا)     |
| 2. Children are used to playing outside.  | (الأطفال معتادون على اللعب خارجًا)   |
| 3. He was used to driving long distances. | (كان معتادًا على قيادة مسافات طويلة) |

Negative Form

لنفي ----- am / is / are not used to

- |                                        |                                      |
|----------------------------------------|--------------------------------------|
| 1. I am not used to eating spicy food. | أنا لست معتادًا على أكل الطعام الحار |
| 2. They are not used to cold weather.  | هم ليسوا معتادين على الطقس البارد    |
| 3. We were not used to living alone.   | لم نكن معتادين على العيش وحدنا       |

Question FormIs/Are + الفاعل + used to + verb-ing شكل السؤال

- |                                      |                                     |
|--------------------------------------|-------------------------------------|
| 1. Are you used to studying late?    | (هل أنت معتاد على الدراسة متأخرًا؟) |
| 2. Is she used to cooking every day? | (هل هي معتادة على الطبخ كل يوم؟)    |
| 3. Are they used to sharing a room?  | (هل هم معتادون على مشاركة غرفة؟)    |

Choose the right answer:

- She ..... used to living in a big city.  
 (A) is (B) was (C) m (D) are
- ..... they used to swimming in the sea?  
 (A) Do (B) Is (C) Was (D) Are
- I am not used to ..... fast.  
 (A) run (B) running (C) ran (D) to run
- He ..... used to working at night.  
 (A) isn't (B) don't (C) does (D) did
- ..... you used to rainy weather now?  
 (A) Are (B) Was (C) Do (D) Did
- We were used to ..... in the village.  
 (A) live (B) living (C) lived (D) to live
- Isn't he used to ..... English?  
 (A) speak (B) speaking (C) spoke (D) speaks
- They are not used to ..... vegetables.  
 (A) eat (B) eating (C) ate (D) to eat
- ..... she used to walking to school?  
 (A) Does (B) Is (C) Was (D) Did
- My dog is used to ..... alone.  
 (A) stay (B) staying (C) stayed (D) stay

10 "Do as Shown" Exercises

1. She is used to reading books.

(Change into negative)

2. They are used to (play) football.

(Correct)

3. I (be) used to hot weather.

(Correct the verb)

4. He was not used to (drive) long distances.

(Correct)

5. We are used to walking home.

(Change into negative)

6. You (be) used to studying hard.

(Correct the verb)

7. The cat is used to sleeping outside.

(Form a question)

8. Children were used to sharing toys.

(Change into negative)

9. She (be) not used to cooking.

(Correct the verb)

10. He is used to (wake) early.

(Correct)



## Grade 7 - unit 5 (A) - Writing

- 4  Plan and write a report of two paragraphs **discussing the healthy habits we follow to improve our well-being** and **explaining how playing sports keeps our bodies strong and active.**

a. Fill in the following plan.

**Introduction:**

**Paragraph (1): What healthy habits improve our well-being**

**Topic sentence:**

**Supporting details:**

**Concluding sentence:**

**Paragraph (2): How playing sports keeps our bodies strong and active**

**Topic sentence:**

**Supporting details:**

**Concluding sentence:**

**Conclusion:**

| Habit              | How it helps you                                                |
|--------------------|-----------------------------------------------------------------|
| 1. Exercise        | Strong heart. Big muscles. More energy.                         |
| 2. Eat well        | Good fuel. No sickness. Grow big.                               |
| 3. Sleep enough    | Full power. Sharp brain. Happy mood.                            |
| 4. Drink water     | Clean body. Good skin. Stay strong.                             |
| 5. Be calm         | Less worry. Better focus. Quiet mind.                           |
| 6. Talk to friends | Feel happy. Get help. Strong friends.                           |
| 7. Play sports     | Build muscles. Fast heart. Tough bones. Bend easy. Long energy. |

## Topic

[illegible]

## Grade 7 - unit 5 (B)- vocabulary

| Word              | POS  | Definition                                                                                                          | Arabic         |
|-------------------|------|---------------------------------------------------------------------------------------------------------------------|----------------|
| <b>courage</b>    | n    | The ability to do something dangerous or difficult.<br>.....<br><i>The firefighter showed great <u>courage</u>.</i> | الشجاعة        |
| <b>decision</b>   | n    | A choice made after thinking about possibilities.<br>.....<br><i>She made a quick <u>decision</u>.</i>              | قرار           |
| <b>emotion</b>    | n    | A strong feeling such as joy or fear.<br>.....<br><i>His face showed <u>emotion</u>.</i>                            | عاطفة          |
| <b>failure</b>    | n    | Lack of success in doing something.<br>.....<br><i>The project was a <u>failure</u>.</i>                            | فشل            |
| <b>leadership</b> | n    | The action of leading a group.<br>.....<br><i>Good <u>leadership</u> inspires teams.</i>                            | قيادة          |
| <b>movement</b>   | n    | An act of moving the body or part of it.<br>.....<br><i>The dancer's <u>movement</u> was graceful.</i>              | حركة           |
| <b>teammate</b>   | n    | A fellow member of a team.<br>.....<br><i>My <u>teammate</u> helped me win.</i>                                     | زميل في الفريق |
| <b>victory</b>    | n    | Success in a battle or competition.<br>.....<br><i>The team celebrated their <u>victory</u>.</i>                    | نصر            |
| <b>achieve</b>    | v    | To succeed in reaching a goal.<br>.....<br><i>They worked hard to <u>achieve</u> success.</i>                       | يحقق           |
| <b>control</b>    | v    | To make someone or something do what you want.<br>.....<br><i>She learned to <u>control</u> her temper.</i>         | يسيطر          |
| <b>depend on</b>  | ph.v | To rely on someone or something.<br>.....<br><i>Success <u>depends on</u> hard work.</i>                            | يعتمد على      |

|                      |     |                                                                                                    |             |
|----------------------|-----|----------------------------------------------------------------------------------------------------|-------------|
| <b>rise</b>          | v   | To move upwards or stand up.<br>.....<br><i>The sun <b>ris</b>es in the east.</i>                  | يرتفع       |
| <b>train</b>         | v   | To teach skills or prepare for sport.<br>.....<br><i>Athletes <b>train</b> every day.</i>          | يتدرب       |
| <b>dynamic</b>       | adj | Full of energy and new ideas.<br>.....<br><i>She is a <b>dynamic</b> leader.</i>                   | ديناميكي    |
| <b>individual</b>    | adj | For or relating to one person.<br>.....<br><i>Each <b>individual</b> effort counts.</i>            | فردى        |
| <b>unfair</b>        | adj | Not treating people equally.<br>.....<br><i>The decision was <b>unfair</b>.</i>                    | غير عادل    |
| <b>mentally</b>      | adv | In the mind or related to thinking.<br>.....<br><i>She prepared <b>mentally</b> for the test.</i>  | ذهنياً      |
| <b>physically</b>    | adv | Relating to the body.<br>.....<br><i>He is <b>physically</b> fit.</i>                              | جسدياً      |
| <b>strategically</b> | adv | In a planned way to achieve advantage.<br>.....<br><i>They placed troops <b>strategically</b>.</i> | استراتيجياً |



Choose the right word:

1. The soldiers showed great ..... during the battle.

- A** failure                      **B** courage                      **C** decision                      **D** emotion

2. The coach praised his ..... for teamwork.

- A** teammate                      **B** leadership                      **C** movement                      **D** victory

3. She needs to ..... her anger better.

- A** rise                      **B** train                      **C** depend on                      **D** control

4. The sun begins to ..... in the morning.

- A** rise                      **B** achieve                      **C** fail                      **D** lead

5. Players ..... daily for the match.

- A** train                      **B** decide                      **C** emotion                      **D** move

6. The result will ..... your effort.

- A** unfair                      **B** victory                      **C** individual                      **D** depend on

7. Athletes must stay ..... fit.

- A** strategically                      **B** mentally                      **C** physically                      **D** dynamically

8. The game was ..... to our team.

- A** dynamic                      **B** unfair                      **C** emotional                      **D** leader

9. Good ..... brings success.

- A** leadership                      **B** teammate                      **C** failure                      **D** rise

10. They worked to ..... the goal.

- A** control                      **B** achieve                      **C** depend                      **D** train

11. Fear is a strong .....

- A** decision                      **B** emotion                      **C** movement                      **D** victory

12. The dancer made a smooth .....

- A** leadership                      **B** failure                      **C** individual                      **D** movement

13. Losing the game was a .....

- Ⓐ victory      Ⓑ courage      Ⓒ failure      Ⓓ teammate

14. She is a ..... person full of energy

- Ⓐ unfair      Ⓑ dynamic      Ⓒ mental      Ⓓ strategic

15. Focus on ..... needs first.

- Ⓐ teammate      Ⓑ individual      Ⓒ depend      Ⓓ rise

### Fill in the Spaces Test 1

( courage - decision - emotion - failure - leadership - movement )

1. The leader showed strong ..... in tough times.
2. Her ..... hid the sadness inside.
3. Quick ..... saved the project.
4. Poor ..... led to team problems.
5. The ..... was smooth and graceful.

### Fill in the Spaces Test 2

( victory - control - teammate - depend on - achieve - rise )

1. The ..... scored the winning goal.
2. They celebrated their hard-earned .....
3. Hard work helps you ..... your dreams.
4. Stay calm and ..... the ball.
5. Prices ..... supply and demand.



Fill in the Spaces Test 3

(dynamic - unfair - train - individual - temmate - physically)

1. Runners ..... for the race every day.
2. He is ..... and full of ideas.
3. Give each ..... student attention.
4. The judge called the ruling .....
5. Prepare ..... for challenges ahead.

## Grade 7 – unit 5 (A) – Grammar

## Prepositions of Movement Overview

حروف جر الحركة تستخدم لوصف الاتجاهات مثل من خلال - داخل - باتجاه - عبر.....الخ

Explanations and Examples

**Across** (عبر): The boy walks **across** the street. (الصبي يمشي عبر الشارع)

**Towards** (نحو): She runs **towards** the park. (هي تركض نحو الحديقة.)

**Through** (من خلال): The car drives **through** the tunnel. (السيارة تقود من خلال النفق.)

**Into** (إلى داخل): The cat jumps **into** the box. (القط يقفز إلى داخل الصندوق.)

**Over** (فوق): The plane flies **over** the mountain. (الطائرة تطير فوق الجبل.)

**Around** (حول): They walk **around** the tree. (هم يمشون حول الشجرة.)



Fill in the blanks with the correct preposition.

(across - towards - through - into - over - around)

1. The girl swims ..... the river.
2. He moves ..... the door.
3. We go ..... the forest.
4. The dog runs ..... the room.
5. Birds fly ..... the house.
6. Kids play ..... the school.

Choose the right word:

1. The children run ..... the playground.  
 (A) across (B) towards (C) through (D) over
2. She walks ..... the shop slowly.  
 (A) across (B) towards (C) through (D) into
3. The train goes ..... the bridge.  
 (A) towards (B) through (C) over (D) around
4. He rides his bike ..... the gate.  
 (A) across (B) towards (C) into (D) through
5. The ball rolls ..... the hole.  
 (A) towards (B) over (C) around (D) into
6. We drive ..... the desert.  
 (A) across (B) towards (C) through (D) over
7. The fish swims ..... the rock.  
 (A) towards (B) through (C) over (D) around
8. Mom goes ..... the kitchen.  
 (A) across (B) through (C) into (D) around
9. The kite flies ..... the cloud.  
 (A) towards (B) across (C) through (D) over
10. Friends run ..... the lake.  
 (A) into (B) towards (C) over (D) around

## Grade 7 – unit 5 (A) – Reading Comprehension

Read the following passage and answer the questions:

Healthy habits help us stay strong and happy all our lives. Good food like fruits and vegetables gives our body what it needs. Nutritious food makes us grow well and feel full of energy. We should drink a lot of water every day. It keeps us fresh and helps our body work right. Eat breakfast every morning. It gives power for school and play. Brush teeth two times a day. Clean hands before eating stop germs. Sleep eight to ten hours each night. It helps the brain think better.

These habits are easy to do. Play outside or run for one hour daily. It makes heart strong and body fit. Walk or ride a bike with friends. Do not sit too much with TV or phone. Good sleep and play help us learn fast. They stop sickness and make us smile more. Start now and feel great always. Moms and dads can help too.

Answer the following questions:

1. What is the best title for this passage?

- Ⓐ Fun Games for Kids
- Ⓑ Healthy Habits for Lifelong Wellness
- Ⓒ TV Shows to Watch
- Ⓓ Sleep All Day

2. What does the underlined word "nutritious" mean?

- Ⓐ Bad for health
- Ⓑ Full of good things for body
- Ⓒ Very sweet
- Ⓓ Colorful

3. The pronoun "they" refers to .....

- A Fruits and water
- B Good sleep and play
- C Moms and dads
- D TV and phone

4. The purpose of the writer is .....

- A To tell a fun story
- B To teach us good health habits
- C To sell food
- D To talk about school

5. All these sentences are right except:

- A Drink a lot of water every day
- B Play outside one hour daily
- C Sit all day with screens
- D Brush teeth two times a day

6. How much sleep do kids need each night?

- A Two hours
- B Eight to ten hours
- C Twelve hours
- D No sleep

-----

**Answer the following questions:**

7. Name two healthy habits from the passage about food and drink.

.....

8. Why do you think playing outside helps us stay healthy?

.....