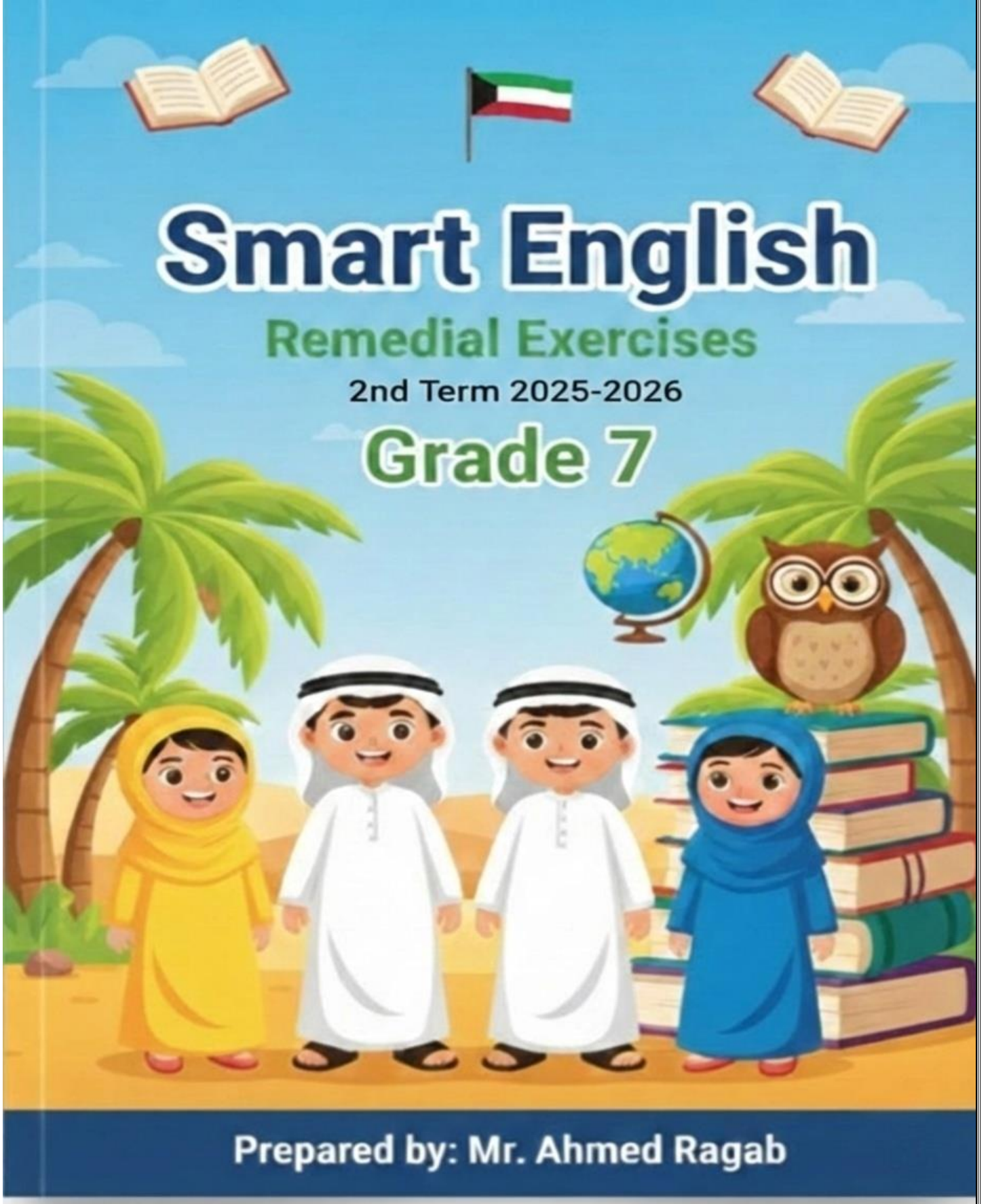




Prepared by: Mr. Ahmed Ragab

Unit 5 Healthy Habits (Vocabulary)

English Word	Part of Speech	Arabic Meaning	English Word	Part of Speech	Arabic Meaning
strength	(n.)	قوة	emotion	(n.)	عاطفة - شعور
well-being	(n.)	الصحة - العافية	unfair	(adj.)	غير عادل
balance	(n.)	توازن	dynamic	(adj.)	نشط - حيوي
calm	(adj.)	هادئ	decision	(n.)	قرار
proper	(adj.)	صحيح - مناسب	individual	(adj.)	فردى
main	(adj.)	رئيسي - أساسي	courage	(n.)	شجاعة
growth	(n.)	نمو	depend on	(Ph. v.)	يعتمد على
concentration	(n.)	تركيز	achieve	(v.)	يحقق - ينجز
perform	(v.)	يؤدي	physically	(adv.)	بدنياً - جسدياً
function	(n.)	عنصر غذائي	mentally	(adv.)	ذهنياً - عقلياً
correctly	(adv.)	بشكل صحيح	movement	(n.)	حركة
limit	(v.)	يحد من - يقلل	train	(v.)	يتدرب
tiredness	(n.)	تعب / إرهاق	strategically	(adv.)	بشكل استراتيجي
repair	(v.)	يصلح	leadership	(n.)	قيادة
stress	(n.)	ضغط	teammate	(n.)	زميل في الفريق
completely	(adv.)	بشكل تام - تماماً	rise	(v.)	ينهض
steady	(adj.)	ثابت / مستقر	failure	(n.)	فشل
control	(v.)	يسيطر - يتحكم	victory	(n.)	فوز - انتصار

Choose the correct answer from a, b, c or d:

- 1-Regular exercise gives the body more _____ and helps people stay active.
a. emotion b. tiredness c. strength d. stress
- 2-Athletes usually _____ for many hours to prepare for important competitions.
a. achieve b. control c. train d. limit
- 3-Choosing the _____ choice in difficult situations shows wisdom.
a. unfair b. steady c. proper d. main
- 4-After listening carefully, the students answered the questions _____.
a. physically b. correctly c. mentally d. wrongly
- 5-Too much pressure at school may increase mental _____.
a. courage b. balance c. victory d. stress
- 6-Good results often _____ careful organization and teamwork.
a. repair b. depend on c. control d. limit
- 7-The teacher stayed _____ when the class became noisy.
a. individual b. calm c. main d. unfair
- 8-The players worked _____ to follow their plan and win the match.
a. honestly b. physically c. strategically d. wrongly
- 9-Not getting enough rest can cause serious _____ during the day.
a. growth b. tiredness c. movement d. emotion
- 10-Doctors try to _____ damaged muscles, so patients recover quickly.
a. perform b. limit c. repair d. rise

Fill in the spaces with words from the list:**A- (strength – calm – depend on – correctly – train- perform)**

- 1-Doing simple exercises from a young age helps build muscle _____.
- 2-To become professional, young athletes should _____ daily.
- 3-The teacher remained _____ while answering students' questions.
- 4-Good planning helps students answer questions _____ in exams.
- 5-High marks usually _____ regular revision and practice.

Fill in the spaces with words from the list:**B- (dynamic – perform – stress – strategically – depend on- calm)**

- 1-Too many responsibilities without rest can cause mental _____.
- 2-The coach likes _____ players who are fast and active.
- 3-The players discussed the match plan _____ before playing.
- 4-Actors must _____ well to succeed on stage.
- 5-Winning big competitions may _____ teamwork and discipline.

Fill in the spaces with words from the list:**C- (physically – well-being – control – rise – tiredness- stress)**

- 1-Regular walking improves people's overall _____.
- 2-Not sleeping enough often leads to extreme _____.
- 3-Athletes should be _____ prepared before any competition.
- 4-Feelings of anger can _____ quickly without relaxation.
- 5-Learning how to _____ emotions is very important.

Fill in the spaces with words from the list:**D- (unfair – achieve – leadership – depend on – completely- control)**

- 1-A successful captain shows strong _____ during challenges.
- 2-It is _____ to judge people without hearing their side.
- 3-Ahmed felt _____ happy after improving his results.
- 4-Students work hard to _____ their academic dreams.
- 5-Team success does not _____ one person only.

◆ II. Reading Comprehension

Read the following passage carefully, then answer the questions that follow:

Healthy Habits and an Active Life

Living a healthy life is very important for students at a young age.

Healthy habits help the body grow strong and keep the mind active and calm. Eating balanced meals that include fruits, vegetables, and grains provides the body with the nutrients it needs. Drinking enough water every day also helps the body function properly and reduces tiredness. In addition, regular exercise plays a big role in improving well-being. Sports strengthen muscles, improve concentration, and reduce stress. Team sports teach students how to cooperate, follow rules, and show leadership, while individual sports help **them** depend on themselves and build confidence. Playing sports regularly helps students perform better at school and feel more energetic during the day.

Getting enough sleep is another important habit. When students sleep well, their bodies **repair** themselves and their minds become more focused. A good daily routine that includes healthy food, exercise, and rest helps students stay physically and mentally strong. By following these habits, students can live a happier and more balanced life.

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

1-The best title for this passage would be:

- a. School Rules and Exams
- b. Healthy Habits and an Active Life
- c. Famous Sports Players
- d. The Importance of Technology

2-The underlined word “**repair**” in the 3rd paragraph means:

- a. damage
- b. break
- c. fix
- d. ignore

3-The underlined word “**them**” in the 2nd paragraph refers to:

- a. muscles
- b. habits
- c. students
- d. sports

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4-According to the passage, team sports help students learn:

- a. how to depend on themselves only
- b. cooperation and leadership
- c. how to avoid rules
- d. to sleep better

5-According to the passage, ONE of the following sentences is FALSE:

- a. Healthy food provides the body with nutrients.
- b. Individual sports help students build confidence.
- c. Sleeping well makes the body weaker.
- d. Sports help reduce stress.

6-The main purpose of the writer for writing this passage is to:

- a. explain why sports are dangerous
- b. inform students about healthy habits
- c. compare team sports and individual sports
- d. advise students to stop using technology

B) Answer the following questions:

7- How do sports help students both physically and mentally?

.....
.....

8- Why is getting enough sleep important for students?

.....
.....

قاعدة التعود والتأقلم (Be used to) - الحاضر مع أفعال الكينونة (am, is, are) والاسم أو الفعل المضارع (ing)

القاعدة الأساسية: نستخدم هذه الصيغة للتعبير عن شيء أصبح مألوفاً وعادياً للشخص (لم يعد غريباً). المعادلة هي: فعل الكينونة + used to + (اسم أو فعل + ing).

أولاً: الجمل الخبرية (Statements)

الجملة المثبتة (+) → (أنا متعود / متأقلم) Form: Sub + be + used to + (v.ing / noun)	الجملة المنفية (-) → (لسه غريب عليا) Form: Sub + be + not + used to + (v.ing / noun)
I am used to eating spicy food. (أنا متعود على أكل الحارة.)	I am not used to driving on the left. (أنا لست معتاداً على القيادة يساراً.)
She is used to the cold weather. (هي متأقلمة مع الجو البارد.)	She isn't used to sleeping early. (هي ليست متعوداً على النوم مبكراً.)
They are used to the new technology. (هم متأقلمون مع التكنولوجيا الجديدة.)	We aren't used to the noise yet. (نحن لسنا معتادين على الضوضاء بعد.)

ثانياً: السؤال والتحذيرات (Questions & Warnings)

هل تأقلمت؟ → صيغة السؤال (?) Form: (Am / Is / Are) + Sub + used to + ...?	تحذير: خطأ شائع (Common Mistake) Rule: Don't use Infinitive after (Be used to)
Are you used to working from home? (هل تعودت على العمل من المنزل؟)	I am used to wake up early. (خطأ: لا تستخدم المصدر)
Is he used to staying up late? (هل هو متعود على السهر؟)	I am used to waking up early. (صح: لازم الفعل يكون آخره ing)
Are they used to the new school? (هل تأقلموا على المدرسة الجديدة؟)	السر: إذا رأيت (am/is/are) قبل used to ← ضع ing فوراً.

⚠ ملاحظة هامة: هناك فرق كبير بين "I used to play" (عادة قديمة وانتهت - يأتي بعدها مصدر) وبين "I am used to playing" (عادة مستمرة وألفة - يأتي بعدها ing).

Choose the correct answer from a, b, c or d:

- I am used to _____ my bag the night before school.
a. prepare b. preparing c. prepared d. prepares
- They _____ sitting quietly during the school assembly.
a. is used to b. use to c. are used to d. Using to
- Nour is used to _____ online lessons every afternoon.
a. attend b. attends c. attending d. attended
- My uncle _____ driving to work early in the morning.
a. are used to b. is used to c. will use to d. use to
- We are used to _____ healthy snacks between meals.
a. eat b. eats c. eating d. ate
- The students are used to _____ in groups during projects.
a. work b. works c. working d. worked

Do as shown between brackets:

- 1-I am used to studying in a quiet place.
..... (Negative)
- 2-They are used to arriving at school before the bell rings.
..... (Negative)
- 3-He is used to drinking water during breaks.
..... (Negative)
- 4-She is used to spending her free time reading books.
..... (Negative)
- 5-Omar is used to helping his parents at home.
..... (Ask a question)
- 6-The girls are used to wearing uniforms at school.
..... (Ask a question)
- 7-Lina is used to walking to the library after class.
..... (Ask a question)
- 8-My father is used to checking emails at night.
..... (Ask a question)
- 9-We are used to sharing ideas during class discussions.
..... (Ask a question)

شرح حروف الجر الدالة على الحركة (Prepositions of Movement)**1. Across (عَبْر - من جانب لآخر)**

The boat sailed **across** the river.
القارب أبحر عبر النهر.
Be careful when you walk **across** the street.
كن حذراً عند عبور الشارع.

2. Towards (تجاه / ناحية)

The child ran **towards** his father.
الطفل ركض تجاه والده.
She is walking **towards** the library.
هي تمشي باتجاه المكتبة.

3. Through (من خلال / وسط)

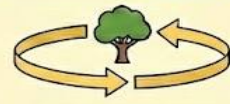
The train went **through** the tunnel.
القطار مر من خلال النفق.
Sunlight comes **through** the window.
ضوء الشمس يدخل من النافذة.

4. Into (إلى داخل)

The frog jumped **into** the water.
الضفدع قفز إلى داخل الماء.
Please put the milk **into** the fridge.
ضع الحليب داخل الثلاجة.

5. Over (فوق / من أعلى)

The horse jumped **over** the fence.
الحصان قفز فوق السور.
The plane flew **over** the mountains.
الطائرة حلقت فوق الجبال.

6. Around (حول / دوران)

The earth goes **around** the sun.
الأرض تدور حول الشمس.
We walked **around** the park.
مشينا في جولة حول الحديقة.

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Choose the correct answer from a, b, c or d:

- 1-The boy ran _____ the street to catch the bus
a. through b. across c. into d. around
- 2-The cat jumped _____ the wall quickly.
a. over b. through c. towards d. into
- 3-The players ran _____ the coach when he called them.
a. around b. over c. towards d. through
- 4-The girl walked _____ the tunnel carefully.
a. into b. over c. through d. across
- 5-The ball rolled _____ the box and disappeared.
a. across b. around c. into d. over
- 6-During the break, students were running _____ the playground happily.
a. through b. around c. into d. towards
- 7-Suddenly, a bird flew _____ the trees to reach its nest.
a. through b. across c. into d. towards
- 8-In the race, the runner jumped _____ the small fence.
a. into b. across c. over d. around
- 9-After school, the dog ran _____ the garden chasing a ball.
a. around b. through c. towards d. into
- 10-On the way home, people walked _____ the bridge to reach the other side.
a. across b. into c. around d. over

IV. Writing

““A healthy lifestyle depends on good habits and regular physical activity.”

Plan and write a report of two paragraphs explaining how healthy habits help us feel better and how sports make our bodies strong and active.

Introduction:

.....

Paragraph (1): Healthy habits and a balanced life

Topic sentence:

.....

.....

Supporting details:

.....

.....

.....

Concluding sentence:

.....

.....

Paragraph (2): The importance of sports for physical health

Topic sentence:

.....

.....

Supporting details:

.....

.....

Concluding sentence:

.....

Conclusion:

.....

[illegible]