Grade 07

UNIT 5

Healthy Habits for Lifelong Wellness

Vocabulary and Grammar Revision



EAT HEALTHY



EXERCISE



GET ENOUGH SLEEP



DRINK WATER



MANAGE STRESS



STAY POSITIVE

U.5-L.1 Taking care of your mind and body P.19

1 strength (n.) 	2 well-being (n.) 	3 balance (n.) 	4 calm (adj.) 	5 proper (adj.) 
6 main (adj.) 	7 growth (n.) 	8 concentration (n.) 	9 perform (v.) 	10 nutrient (n.) 
11 function (v.) 	12 correctly (adv.) 	13 limit (v.) 	14 tiredness (n.) 	15 repair (v.) 
16 stress (n.) 	17 completely (adv.) 	18 steady (adj.) 		



Take care of your mind and body today for a better tomorrow!



Taking care of your mind and body

U.5 - L.1



1. **The doctor said walking daily improves overall ..... .**

   a. failure b. leadership c. emotion d. well-being

2. **After the storm, the workers began to ..... the broken windows.**

   a. achieve b. repair c. control d. rise

3. **Dana answered all the questions ..... without making any mistakes.**

   a. mentally b. strategically c. physically d. correctly

4. **Students need strong ..... to focus during long exams.**

   a. concentration b. leadership c. movement d. decision

5. **Too much work can cause serious ..... .**

   a. victory b. emotion c. stress d. well-being





6. **6. The body needs iron as an essential ..... .**

a. movement b. nutrient c. decision d. courage

7. **7. A leader must remain ..... during difficult situations.**

a. calm b. unfair c. strength d. individual

8. **8. Muscles grow in size and ..... with regular exercise.**

a. emotion b. failure c. leadership d. strength

9. **9. The company decided to ..... spending to save money.**

a. achieve b. rise c. limit d. function

10. **10. The baby's breathing was slow and ..... .**

a. unfair b. steady c. dynamic d. individual





11. Lack of sleep leads to extreme ..... .

a. leadership b. emotion c. movement d. tiredness

12. Children need enough sleep for healthy ..... .

a. growth b. failure c. decision d. victory

13. It is ..... to follow safety rules in the lab.

a. proper b. unfair c. dynamic d. individual

14. The heart continues to ..... even when we are asleep.

a. control b. rise c. achieve d. function

15. He was ..... surprised by the final result.

a. physically b. completely c. mentally d. strategically

U.5-L.5 Lessons for body and mind P.24

1. **control** (v.)



2. **emotion** (n.)



3. **unfair** (adj.)



4. **dynamic** (adj.)



5. **decision** (n.)



6. **individual** (adj.)



7. **courage** (n.)



8. **depend on** (Ph. v.)



9. **achieve** (v.)



10. **physically** (adv.)



11. **mentally** (adv.)



12. **movement** (n.)



13. **train** (v.)



14. **strategically** (adv.)



15. **leadership** (n.)



16. **teammate** (n.)



17. **rise** (v.)



18. **failure** (n.)



19. **victory** (n.)





“Lesson for Body and Mind”

U.5-L.5



Student’s Book P.24

47. A good captain must show strong ..... to guide the team.

a. growth b. leadership c. balance d. strength

48. Players must ..... hard before the championship.

a. repair b. limit c. train d. function

49. She made the right ..... after thinking carefully.

a. stress b. decision c. tiredness d. growth

50. True heroes show great ..... in dangerous situations.

a. balance b. courage c. well-being d. stress

51. The team celebrated their big ..... after the final match.

a. stress b. victory c. tiredness d. growth





52. Every ..... has a different personality and opinion.

a. individual b. steady c. proper d. main

53. The coach asked each ..... to support the others.

a. teammate b. nutrient c. balance d. concentration

54. Too much pressure may lead to ..... .

a. growth b. strength c. failure d. balance

55. Athletes must ..... their emotions during competitions.

a. perform b. repair c. control d. limit

56. Prices may ..... next month due to high demand.

a. rise b. function c. perform d. repair





57. **Success often ..... hard work and dedication.**

a. limits b. depends on c. repairs d. performs

58. **The athlete trained ..... to improve his body strength.**

a. properly b. physically c. steady d. completely

59. **The manager planned the project ..... to avoid problems.**

a. strategically b. correctly c. completely d. steady

60. **It was ..... to treat him differently from others.**

a. main b. steady c. unfair d. proper

61. **The team developed a ..... style of playing.**

a. calm b. dynamic c. steady d. proper

Be + used to + v.ing

We use **be + used to + v.ing** to talk about **things** or **activities** that we are **familiar with** and do often.



EXAMPLES

1. I am used to waking up early.



2. She is used to studying hard.



3. He is used to playing football.



4. We are used to eating healthy food.



5. They are used to living in a big city.



6. I am used to listening to music.



7. She is used to cooking every day.



8. He is used to working late.



9. We are used to traveling during the holidays.



10. They are used to working as a team.



USES

- To talk about habits or routines that happen regularly.
- The person is familiar with the activity and it is normal for them.

FORM

Be + used to + v.ing

I am used to
You are used to
He / She / It is used to
We are used to
They are used to

TIP!

Used to + base verb	Be used to + v.ing
talks about past habits.	talks about present habits.

Compare:

I used to play the guitar. (past habit)



I am used to playing the guitar. (I do it often now)





Grammar : (be) + used to + v.ing



1. Sarah is used to ..... online lessons because she studies from home most days.

a. attend b. attending c. attended d. attends

2. We are used to ..... our homework before dinner every evening.

a. finish b. finished c. finishing d. finishes

3. My brother ..... waking up early to catch the school bus.

a. is used to b. use to c. are used to d. used

4. The students are used to ..... English during the class activities.

a. speak b. spoke c. speaking d. speaks

5. Fatma is used to ..... notes carefully during the lesson.

a. write b. writing c. wrote d. writes

6. My parents ..... living in Kuwait because they have stayed here for many years.

a. is used to b. are used to c. use to d. using to

7. Ahmed is used to ..... his room by himself every weekend.

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

8. The football player ..... training hard every day before competitions.

a. are used to b. use to c. is used to d. using to

9. I am used to ..... a lot of water during the hot summer in Kuwait.

a. drink b. drank c. drinking d. drinks

10. They are used to ..... teamwork activities at school.

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







Grammar : (be) + used to + v.ing



11. I am used to waking up early before sunrise to go jogging.

→ _____ (Negative)

12. They are used to studying hard for exams and finishing all their projects.

→ _____ (Ask a question Wh question)

13. He is used to driving long distances without needing a break.

→ _____ (Negative)

14. She is used to living alone in a small, comfortable apartment.

→ _____ (Negative)

15. Hana is used to speaking English with her teacher every day in class.

→ _____ (Ask a question Wh question)

PREPOSITIONS OF MOVEMENT

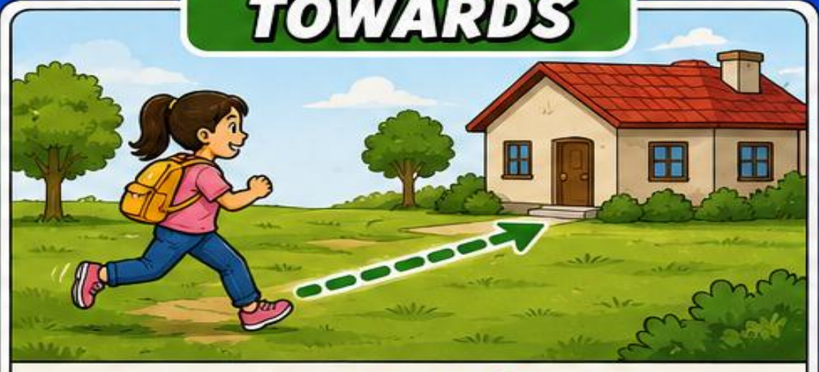
(across – towards – through – into – over – around)

ACROSS



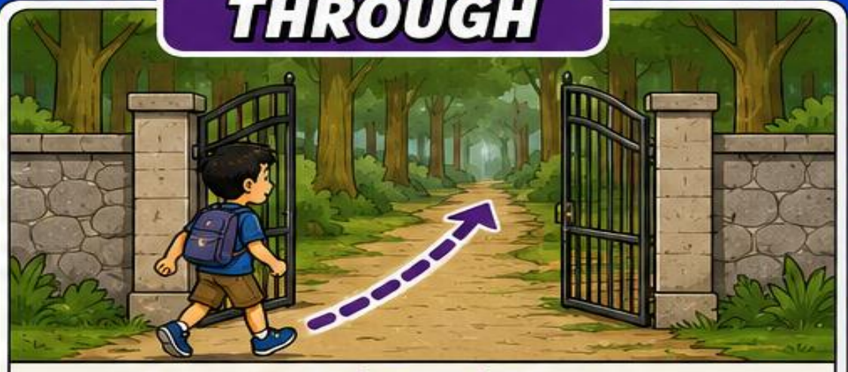
He is walking **across** the street.

TOWARDS



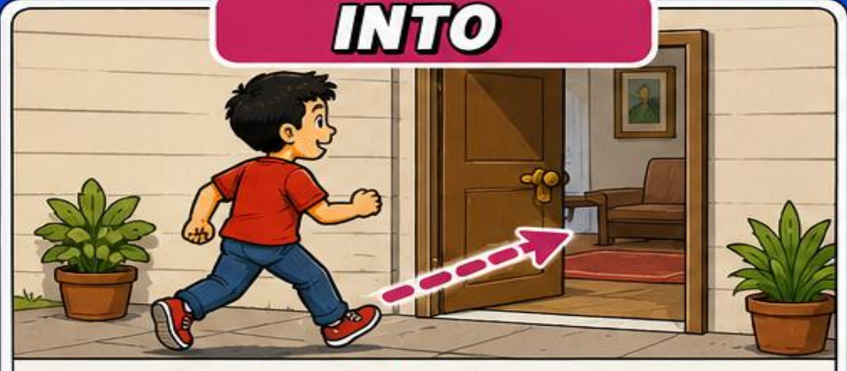
She is walking **towards** the house.

THROUGH



He walked **through** the gate.

INTO



He went **into** the room.

OVER



She jumped **over** the fence.

AROUND



The car drove **around** the roundabout.

Prepositions of movement show the path of movement from one place to another.



Prepositions of Movement

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



1. The boy walked ..... the bridge to reach the other side of the river.

a. into **b. across** c. around d. through



2. The cat jumped ..... the wall quickly.

a. over b. into c. through d. around



3. The students ran ..... the school gate when the bell rang.

a. around b. across c. into **d. towards**



4. The car drove ..... the tunnel during the trip.

a. through b. over c. around d. into



5. We walked ..... the park and looked at the flowers.

a. around b. over c. through d. towards





Prepositions of Movement

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



1. The little girl ran ..... her mother happily.

a. across **b. towards** c. through d. over



2. The bird flew ..... the lake in search of food.

a. around b. into **c. across** d. through



3. The thief climbed ..... the fence and escaped.

a. around **b. over** c. into d. towards



4. The tourists walked ..... the museum entrance quietly.

a. into b. across c. over d. around



5. The children crawled ..... the small hole in the wall.

a. around **b. through** c. over d. towards


THANK YOU..
WISH YOU
ALL THE BEST

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M.F ENGLISH & MORE

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Designed by:

Mr Muhammad Ahmad Fathy