Grade 9

First Term

2025 - 2026

سعـــيدة شـــافـــعي

Unit One

Kuwait: Stories Of Success

Word	Meaning	Word	Meaning
curious (adj)	شغوف	merely (adv)	بشكل مجرد
talent (n)	موهبة	mindset (n)	عقلية
explorer (n)	مستكشف	consistently (adv)	باستمرار
proudly (adv)	بفخر	efficiently (adv)	بكفاءة
highlight (v)	يُظهر – يسلط الضوء	give up (ph.v)	يتخلى عن - يستسلم
represent (v)	يمثل	tough (adj)	قاسي - صعب
inspire (v)	يلهم	positive (adj)	إيجابي
remarkable(adj)	ملحوظ – بارز	trust (v)	يثق
fulfil (v)	يحقق	progress (n)	تقدم – تطور
expedition (n)	رحلة استكشافية	trait (n)	سمه - صفه
will (n)	إرادة	remain (v)	يظل – يبقى
survive (v)	ينجو	equally (adv)	بشكل متساوي

Words to remember:

1. Families and schools encourage children to be **curious**, explore new ideas, and develop their **talents**.
2. The following are some outstanding Kuwaiti **explorers** and adventurers who have brought pride to their country.
3. He proudly **raised** the Kuwaiti flag there, along with pictures of His Highness the Amir.
4. His goal was to **highlight** Kuwait's recognition by the United Nations as a "Global Humanitarian Centre."
5. Qabazard explained that his two-week journey was not only a physical challenge but also a way to **represent** his country on an international stage.

6. His achievement brought attention to Kuwait's humanitarian role and **inspired** many people in Kuwait.
7. She is known for her **remarkable** ability to **fulfil** difficult tasks and is always excited by new adventures.
8. she joined a Euro-Arabian **expedition** led by Felicity Aston, who was the first person to ski solo across Antarctica.
9. This expedition highlighted the strong **will** of Kuwaiti and Arab women to face challenges and **survive** dangerous conditions.
10. Success is not **merely** about talent; it also depends on habits and mindset.
11. Successful people **consistently** follow smart habits: they set goals, work hard, manage their time **efficiently** and never **give up** when things get tough.
12. In addition, having a **positive** mindset is a key factor in reaching goals; this means trusting that you can make **progress** and learn from mistakes.

Vocabulary

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

1. Explorers must have a strong _____ to face challenges.

a) will b) tale c) axe d) progress

2. The scientists completed a dangerous _____ in the Arctic.

a) expedition b) mindset c) talent d) will

3. Her strong will helped her to overcome every obstacle and to work_____.

a) equally b) efficiently c) merely d) proudly

4. One important _____ of a leader is trust.

a) trait b) explorer c) expedition d) mindset

5. To achieve success, it is important to remain _____.

a) positive b) curious c) energetic d) tough

6. He continued working _____ even when the task was difficult.

a) consistently b) toughly c) merely d) equally

7. It is never smart to _____ when facing problems.

a) give up b) trust c) inspire d) remain

8. A leader should always _____ the people around them.

a) survive b) fulfill c) highlight d) inspire

9. The government treats all citizens _____.

a) efficiently b) equally c) consistently d) proudly

10. The students stayed _____ during the PE class.

a) energetic b) curious c) positive d) remarkable

*** Fill in the gaps using words from the list:**

(expedition – explorer – will – trait –tough)

1. The explorer wanted to learn about every unknown animal in the forest.
2. Their team completed a dangerous expedition across the desert.
3. Her strong will and determination helped her pass the test.
4. Climbing the mountain was very tough, but they succeeded.

*** Fill in the gaps using words from the list:**

(inspire– mindset – remain– fulfil – highlight)

1. A positive mindset helps you achieve your goals.
2. A teacher can inspire students to do their best.
3. He tried hard to fulfil his dream of becoming a doctor.
4. The report will highlight the main points of the experiment.

Past simple الماضي البسيط

- يعبر الماضي البسيط عن حدث تم في وقت محدد في الماضي و يتكون من التصريف الثاني:

– I **visited** my uncle yesterday.

– We **met** Sara last week.

- يأتي الماضي البسيط مع:

yesterday	أمس	**Last…….**	…. الماضي
ago	منذ	**In the past**	في الماضي

- لنفي زمن الماضي البسيط نضع (**didn't**) قبل الفعل:

– I visited my uncle yesterday.

– I **didn't** visit my uncle yesterday.

– I met Sara last week.

– I **didn't** meet Sara last week.

- لعمل سؤال في الماضي البسيط نستخدم كلمة (**did**) لتدل على الماضي:

– Yes, she helped her mother. (Ask Question)

Did she help herp mother?

– He went to the market. (Ask Question)

Where did he go?

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

1. The scientist _____ his theory in a famous journal in 1928.

a) publish b) published c) is publishing d) publishes

2. Last year, my family _____ to Turkey for a cultural trip.

a) travel b) are traveling c) travels d) traveled

3. The students _____ their project before the deadline.

a) finished b) finish c) finishes d) are finishing

4. The writer _____ three novels before he died.

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

5. They _____ the accident on last evening's news.

a) report b) reported c) reports d) reporting

6. Our teacher _____ us about World War II yesterday.

a) tell b) tells c) told d) is telling

7. She _____ her keys, so she couldn't enter the house.

a) lose b) lost c) loses d) losing

8. The company _____ hundreds of workers last month.

a) employ b) employed c) employs d) employing

9. The plane _____ late because of the storm yesterday.

a) arrive b) arrived c) arrives d) arriving

10. He _____ his phone at school, but luckily a teacher found it.

a) forget b) forgot c) forgets d) forgetting

*** Do as the shown between brackets:**

1. They completed the assignment on time. 'Change to negative'

They didn't complete the assignment on time.

2. The scientists discovered a new planet last month. 'Form a question'

What did the scientists discover last month?

3. The students (prepare) for the debate last week. 'Correct the verb'

prepared

4. She (buy) a new laptop yesterday. 'Correct the verb'

bought

5.They traveled to Spain last summer. 'Form a question'

Where did they travel last summer?

Past Continuous الماضي المستمر

- يتكون الماضي المستمر من:

I, He, She, It	**was**	**verb + ing**
You, We, They	**were**	

While I **was reading** my lesson, my father came.
My father came **while** I **was reading** my lesson.

When I went home, my parents **were watching** TV.
My parents **were watching** TV, **when** I went home.

- يستخدم الماضي المستمر للتعبير عن حدث كان مستمرا في وقت معين في الماضي عندما تقاطع معه حدث آخر أيضا ويكون الحدث الثاني في زمن الماضي البسيط.

- يأتي الماضي المستمر مع:

while	بينما	**when**	عندما

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

1. The students _____ their presentations when the principal entered the hall.

a) gave b) were giving c) give d) giving

2. She _____ an email when the internet connection was lost.

a) was writing b) wrote c) writes d) writing

3. They_____ chess while their classmates were watching.

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

4. I _____ to the lecture when I saw an old friend.

a) walked b) walk c) was walking d) walking

5. As the teacher _____ the instructions, the students took notes.

a) explaining b) was explaining c) explains d) explained

6. The lights went out while we _____ our homework.

a) did b) do c) were doing d) doing

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*** Do as the shown between brackets:**

1. The students (discuss) the topic when the bell rang. 'Correct the verb'

were discussing

2. She (write) an email while her sister was cooking. 'Correct the verb'

wrote

3. Ali started studying. Omar was playing video games. 'Join using while'

Ali started studying while Omar was playing video games.

4. He explained the lesson. We were listening carefully. 'Join using when'

When he explained the lesson, we were listening carefully.

شرح لك قواعد Both... and و Neither... nor باللغة العربية:

شرح القواعد النحوية

1. Both... and (كلا من... و)

الاستخدام: يُستخدم للإشارة إلى شخصين أو شيئين معاً بطريقة إيجابية

القاعدة:

يشير إلى شخصين أو شيئين معاً

يُعتبر دائماً جمع في الجملة (يأخذ فعل جمع)

أمثلة:

سارة تحب التفاح. ليلى تحب التفاح. = Sara likes apples. Laila likes apples.

كلا من سارة وليلى تحبان التفاح. = Both Sara and Laila like apples.

2. Neither... nor (لا... ولا)

الاستخدام: يُستخدم لعمل جملة سالبة عن شخصين أو شيئين

القاعدة:

يجعل الجملة سالبة عن شيئين

عند استخدام "neither...nor"، يجب أن يتفق الفعل مع الاسم الأقرب إليه

أمثلة:

سارة لا تحب التنس. ليلى لا تحب التنس = Sara doesn't like tennis. Laila doesn't like tennis.

لا سارة ولا ليلى تحبان التنس = Neither Sara nor Laila likes tennis.

3. قاعدة مطابقة الفعل مع الفاعل في Neither...nor:

أمثلة على المطابقة:

Neither Ali nor his brother is coming.

(الأقرب "his brother" يتفق مع الفعل "is")

Neither Ali nor his friends are coming.

(الأقرب "his friends" يتفق مع الفعل "are")

الفرق الأساسي:

إيجابي (كلاهما يفعل الشيء) = Both...and

سلبي (لا أحد منهما يفعل الشيء) = Neither...nor

Both…and / Neither…nor

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

1. _____ the teacher and the students were happy with the exam results.

a) Both b) Neither c) Either d) Not only

2. She speaks both English _____ French fluently.

a) and b) nor c) or d) so

3. _____ my brother nor my sister attended the ceremony.

a) Both b) Either c) Neither d) Not only

4. Both the principal and the teachers _____ in the meeting room.

a) is b) be c) was d) are

5. I met two tourists, but ___ of them knew Arabic. They spoke in English only.

a) both b) neither c) either d) all

*** Do as the shown between brackets:**

1. Ali plays football. Omar plays football. 'both…….and'

Both Ali and Omar play football.

2. Sara didn't attend the meeting. Mona didn't attend the meeting. 'neither…….nor'

Neither Sara nor Mona attended the meeting.

3. The movie was funny. The movie was exciting. 'both…….and'

The movie was both funny and interesting.

4. The answer is not correct. The answer is not clear. 'neither…….nor'

The answer is neither correct nor clear.

5. The teacher praised both Ali and Sara. 'Make neative'

The teacher praised neither Ali nor Sara.

Read the following passage, and then answer the questions below:

A young person wants to go around with his friends with whom he likes to do things. But there are some rules about free time that help keep the young man safe when he is out and about.

It is very important to know where the young man is going, and who with? As the young man gets older, the parents can watch over their son and his activities less. Getting to know the young man's friends shows him that his parents understand how important his friendships are. One way to do this is to encourage the young man to have friends over and give a space in the home to provide meals, snacks and drinks. However, the young man needs to be good enough to be responsible for keeping the house as clean and tidy as it was before the get together.

Another point is that some of the activities, which the young man might be interested in, cost money, so we should think of how often and how much money he will be allowed to spend in order to let him learn the good ways for spending it.

Time, of course, is so important to take care of. Sometimes, the young man wants to spend time by himself, not doing very much. Solo free time is fine if it is balanced and spent with friends and family. It is also OK. For the young man to feel bored because this feeling motivates him to find something creative or new to fill his time. Solo free time is as valuable as any other time.

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

1. What is the best title for the passage?

a. Spending Free Time Rules b. Rules for Living Alone

c. Strict Parents' Rules d. Being Creative in Free Time

2. The underlined word "motivates" in the last paragraph means:

a. thinks b. involves

c. offers d. encourages

3. The underlined word "it" in the paragraph 2 refers to:

a. a space b. the plan

c. the house d. the way

4. Getting to know the child's friends shows the child:

a) how his parents strictly supervise him

b) that his parents understand how important friends are.

c) how boring his parent's behaviour is.

d) that his parents do not agree on having parties.

5- All of the following statements are FALSE EXCEPT:

a) Solo free time should not be paid much attention.

b) Parents must not give their son any money to spend.

c) A house must be tidied and cleaned after a get-together.

d) Parents have to keep away from their son.

6. What is the writer's purpose in writing this passage?

a) To tell us how to deal with young men.

b) to prevent children from having friends.

c) to Advise us to watch over our sons day and night.

d) to tell us that parents should not allow get-togethers.

B) Answer the following questions:

7. What must a young man do when a party at his home ends?

He must clean and tidy the house.

8. What should a young man learn about spending money?

He should spend it wisely and never waste it.

Fill in the gaps using words from the list:

inspire – give up – mindset – fulfil

1. Don't give up even if things get tough.
2. A good teacher can inspire students to achieve their dreams.
3. She worked hard to fulfil her goal of becoming a doctor.
4. Having a positive mindset can help you overcome challenges.

Grammar

Do as shown between brackets.

1. They visited the museum yesterday. (Form a question)

When did they visit the museum?

2. They (drive) to the city when they saw the accident. (Correct the verb)

were driving

3. Both the laptop and the tablet need to be charged tonight. (Use: neither...nor)

Neither the laptop nor the tablet needs to be changed tonight.

Unit Two

Staying Safe Online

Word	Meaning	Word	Meaning
casually (adv)	بشكل عارض	cautious (adj)	حذِر
claim (v)	يدعي	genuinely (adv)	بصدق - بإخلاص
reject (v)	يرفض	replace (v)	يستبدل
fake (adj)	مزيف	software (n)	برنامج
uneasy (adj)	قلق – غير مستقر	manner (n)	طريقة – أسلوب
access (n)	دخول	assist (v)	يساعد
update (v)	يحدث – يطور	provide (v)	يمد – يزود
install (v)	يثبت	efficient (adj)	كُفء – فعال
phishing (n)	رسائل احتيالية	customer (n)	زبون
scam (n)	غش	accurate (adj)	دقيق
seriously (adv)	بجدية	complex (adj)	معقد
security (n)	أمن	increasingly (adv)	بشكل متزايد

Words to remember:

1. Last Friday, Ahmed was **casually** scrolling through his phone when he received an unexpected message.
2. It **claimed** he had won a brand-new smartphone and asked him to click on a link to get his prize.
3. That evening, when he attempted to log in to his social media account, his password was **rejected**.
4. Ahmed realised that the link he had trusted earlier was **fake**.
5. He began to feel **uneasy**
6. "If someone got **access** to your personal accounts, they would misuse your information."
7. He **updated** all his passwords, **installed** antivirus software, and reported the problem to the company's IT department.
8. They told him that the link was part of a **phishing scam** designed to trick students across the school.

9. Ahmed has taken his online safety more **seriously.**
10. He no longer clicks on strange links, regularly checks website **security**, and stays cautious when sharing personal information.
11. Some people even **genuinely** communicate with AI chatbots as if they were real people.
12. But can machines really **replace** human conversations?
13. AI chatbots are **software** programmes designed to understand what you say and reply in a simple, clear **manner**.
14. They can **assist** with writing tasks, help with language learning, or **provide** quick answers to questions. Many companies rely on chatbots. They believe chatbots are **efficient** and work 24/7.
15. At work, chatbots can respond to **customer** questions or help with simple jobs.
16. AI is not always **accurate** and can sometimes give incorrect information.
17. It cannot fully understand feelings or **complex** situations.
18. if you **increasingly** use AI, you may stop asking for help from real people.

Vocabulary

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

1."Ahmed was _____ scrolling through his phone when he received an unexpected message."

a) seriously b) casually c) genuinely d) increasingly

2."It _____ he had won a brand-new smartphone."

a) claimed b) rejected c) replaced d) updated

3. "His password was _____."

a) installed b) updated c) rejected d) provided

4. "The link he had trusted earlier was _____."

a) genuine b) accurate c) efficient d) fake

5. "Ahmed began to feel _____."

a) cautious b) uneasy c) accurate d) efficient

6."If someone got _____ to your personal accounts, they would misuse your information."

a) access b) software c) security d) manner

7."He _____ all his passwords."

a) rejected b) claimed c) updated d) replaced

8."He _____ antivirus software."

a) updated b) installed c) provided d) assisted

9."The link was part of a _____ scam designed to trick students."

a) phishing b) software c) security d) customer

10."The link was part of a phishing _____ designed to trick students."

a) software b) security c) scam d) manner

11."Ahmed has taken his online safety more _____."

a) casually b) genuinely c) seriously d) increasingly

12."He regularly checks website _____."

a) software b) security c) access d) scam

13."He stays _____ when sharing personal information."

a) fake b) uneasy c) cautious d) complex

14."Some people even _____ communicate with AI chatbots as if they were real people."

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

15."But can machines really _____ human conversations?"

a) update b) replace c) install d) access

16."AI chatbots are _____ programmes designed to understand what you say."

a) security b) phishing c) software d) customer

17."They can reply in a simple, clear _____."

a) scam b) manner c) access d) security

18."They can _____ with writing tasks."

a) reject b) claim c) replace d) assist

19."Chatbots can _____ quick answers to questions."

a) install b) update c) provide d) replace

20."They believe chatbots are _____ and work 24/7."

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

21."Chatbots can respond to _____ questions."

a) software b) security c) customer d) phishing

22."AI is not always _____ and can sometimes give incorrect information."

a) genuine b) cautious c) efficient d) accurate

23."It cannot fully understand feelings or _____ situations."

a) fake b) uneasy c) complex d) casual

24."If you _____ use AI, you may stop asking for help from real people."

a) casually b) seriously c) cautiously d) increasingly

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

1. Good internet _____ is important for online learning.

a) phishing b) scam c) customer d) access

2. She will _____ the printer by following the instructions.

a) reject b) install c) assist d) claim

3. The boy's answers were _____, so he got good grades.

a) uneasy b) cautious c) accurate d) fake

Conditionals: First & Second

(First Conditional)

If + present simple → will + bare infinitive

If people think before they act online, they will reduce the risk of being attacked

(Second Conditional)

If + past simple → would + bare infinitive.

If I were you, I wouldn't click on the link.

If someone got access to your personal accounts, they would misuse your information.

Fill in the gaps

1. If Ahmed clicks on the link, he will get (get) a fake message.
2. If the website was (be) real, people would trust it.
3. If I were Ahmed, I would tell (tell) the IT department immediately.

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

1. If it _____ tomorrow, we will cancel the picnic.

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

2. If I _____ enough money, I would buy a new car.

a) have b) had c) will have d) am having

3. If I _____ taller, I would play basketball.

a) am b) will be c) were d) would be

4. If the train _____ on time, we won't be late.

a) arrives b) arrived c) will arrive d) would arrive

Defining Relative Clauses: who, which, that, when, where

We use **relative clauses** to give **essential information** about ***a person, a place, a thing, or a time.***

Reference	Relative Pronoun	Example
person	who, that	The person **who** called is my friend.
thing	which, that	This is the book **that** I like.
place	where	That's the café **where** we meet.
time	when	I remember the day **when** we met.

Complete the sentences with the correct relative pronouns

(who, which, where, when).

1. The teacher who helps us is very friendly.
2. This is the app which helps me study English.
3. That's the library where we study for our exams.
4. 2023 was the year when AI tools became popular.

Complete the sentences with the correct relative pronoun.

(when, who, where, which)

1. The nurse who helped us was really kind.
2. We stayed at a hotel which was near the airport.
3. Friday evening is the time when the streets are busy.
4. This is the restaurant where we had dinner last night.

Do as shown between brackets.

1. If I won a million Dinar, I would help the poor. (Complete)
2. If I were you, I (take) that job. (Correct the verb)

would take

3. I met a tourist. She speaks four languages. (Join using: "who")

I met a tourist who speaks four languages.

4. Summer is the season. We travel the most in summer. (Join using: "when")

Summer is the season when we travel the most.

5. If she (finish) her work, she will come with us. (Correct the verb)

finishes

6. I know a place. You can buy fresh fruits there. (Join using: where)

I know a place where you can buy fresh fruits.

Unit Three

Food for Life: Culture, Health, and the Future

Word	Meaning	Word	Meaning
reflect (v)	يعكس – ينعكس	experience (v)	يجرب
serve (v)	يخدم	energetic (adj)	نشيط – مفعم بالطاقة
symbol (n)	رمز	source (n)	مصدر
occasion (n)	مناسبة	fibre (n)	الياف
ingredient (n)	مكون – أحد المكونات	significantly (adv)	بشكل كبير
aromatic (adj)	عطري - فواح	homemade (adj)	مصنوع في المنزل
distinctive (adj)	مميز	produce (n)	إنتاج
recipe (n)	وصفه	organic (adj)	عضوي
commonly (adv)	بشكل شائع	harmful (adj)	ضار
flavour (n)	نكهه – طعم	label (n)	مُلصق
variety (n)	تنوع	maintain (v)	يحافظ على
raw (adj)	نيء		

Words to Remember:

1. Every country has special dishes that **reflect** its history, traditions, and lifestyle.
2. Whether it is a spicy meal cooked at home, or a famous dish **served** during celebrations, food connects people and cultures.
3. It is a **symbol** of the country's rich history, culture, and family traditions.
4. For generations, Machboos has been at the heart of Kuwaiti life, bringing people together on both ordinary days and special **occasions**.
5. In the past, traders brought new spices to Kuwait, and families carefully chose **aromatic ingredients** to give Machboos its distinctive and spicy taste.
6. **Recipes** were often passed down from parents and grandparents, with each family adding its own touch.
7. It is usually served on big plates and is **commonly** eaten with sauces like Daqous, which enhance its **flavour**.

8. It is made with a **variety** of ingredients, including cooked or raw fish, vegetables, and even fruit.
9. It is **experiencing** Japanese culture in every bite.
10. When people make better food choices, they often feel more **energetic** and are less likely to get sick.
11. Some foods are healthier than others. For example, vegetables and fruits are important sources of vitamins, minerals, and **fibre**.
12. Diets that are rich in these foods can **significantly** lower the risk of obesity and heart disease.
13. More families cook at home because **homemade** meals are often healthier, cheaper, and you can control what ingredients you use.
14. Supermarkets now offer a greater variety of fresh **produce** than ever before.
15. Additionally, organic foods are becoming more popular because they are grown without **harmful** chemicals.
16. People are reading food **labels** and choosing food items with less sugar, salt, or fat.
17. Making small changes can help everyone **maintain** a better diet.

Vocabulary

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

1. "Every country has special dishes that _____ its history, traditions, and lifestyle."

a) preserve b) reflect c) enhance d) maintain

2. "Food _____ people and cultures."

a) preserves b) maintains c) connects d) enhances

3. "Traders brought new spices to Kuwait, and families carefully chose _____ ingredients."

a) distinctive b) aromatic c) organic d) traditional

4."Families chose aromatic ingredients to give Machboos its _____ and spicy taste."

a) aromatic b) traditional c) organic d) distinctive

5. "Recipes were often _____ from parents and grandparents."

a) preserved down b) passed down c) maintained down d) enhanced down

6. "Machboos is usually served with sauces like Daqous, which _____ its flavour."

a) reflect b) preserve c) enhance d) maintain

7. "Over time, the way Italians _____ pasta has changed."

a) preserved b) maintained c) enhanced d) flavoured

8. "Pasta is now _____ enjoyed by people of all backgrounds."

a) traditionally b) widely c) organically d) significantly

9. "Sushi began over a thousand years ago as a way to _____ fish."

a) flavor b) enhance c) preserve d) reflect

10. "Good food is important for our bodies and minds. When people make better food choices, they often feel more _____."

a) traditional b) organic c) distinctive d) energetic

11. "Vegetables and fruits are important _____ of vitamins, minerals, and fibre."

a) ingredients b) sources c) recipes d) dishes

12. "Diets that are rich in these foods can _____ lower the risk of obesity."

a) traditionally b) widely c) significantly d) organically

13. "Supermarkets now offer a greater _____ of fresh produce than ever before."

a) source b) ingredient c) recipe d) variety

14. "_____ foods are becoming more popular because they are grown without harmful chemicals."

a) Traditional b) Distinctive c) Organic d) Aromatic

15. "Making small changes can help everyone _____ a better diet."

a) preserve b) enhance c) reflect d) maintain

16. "Every country has special dishes that reflect its history, traditions, and lifestyle. Whether it is a spicy meal cooked at home, or a famous dish served during celebrations, food connects people and cultures. Let us explore _____ dishes from three different countries."

a) organic b) traditional c) distinctive d) energetic

17. "Sushi began over a thousand years ago as a way to _____ fish, but today it is made with a variety of ingredients."

a) enhance b) preserve c) maintain d) reflect

18. "Vegetables and fruits are important _____ of vitamins, minerals, and fibre."

a) variety b) ingredients c) sources d) recipes

19. "Diets that are rich in these foods can _____ lower the risk of obesity and heart disease."

a) widely b) traditionally c) organically d) significantly

20. "When people make better food choices, they often feel more _____."

a) traditional b) organic c) energetic d) distinctive

21. "Supermarkets now offer a greater _____ of fresh produce than ever before."

a) source b) variety c) ingredient d) recipe

22. "_____ foods are becoming more popular because they are grown without harmful chemicals."

a) Traditional b) Organic c) Distinctive d) Energetic

23. "Pasta is now _____ enjoyed by people of all backgrounds at home, in restaurants, and during family events."

a) significantly b) traditionally c) widely d) organically

24. "Machboos is served with sauces like Daqous, which _____ its flavour."

a) preserve b) maintain c) reflect d) enhance

25. "Families chose aromatic ingredients to give Machboos its _____ and spicy taste."

a) traditional b) organic c) distinctive d) energetic

Fill in the gaps with words from the list:

variety - ingredient - distinctive – reflect

1. Traditional foods often _____ a country's culture and traditions.
2. The use of special spices gives Machboos its _____ flavour.
3. Tomatoes have become an important _____ in pasta recipes.

Fill in the blanks using the correct words from the box

distinctive – harmful – organic – produce – recipe

1. A list of ingredients and instructions for cooking a dish is called a .....
2. Food grown without chemicals or artificial fertilizers. .....
3. Easy to recognise because it is different from others. .....

Complete the following sentences with words from the list below

occasion – label – fibre – symbol – source

1. Fruits and vegetables are a good _____ of vitamins.
2. Eating food high in _____ helps keep your stomach healthy.
3. Always read the food _____ to check the ingredients.
4. Doves are often used as a _____ of peace.

Grammar

Passive Voice (Present simple - Past simple - Modals)

مكونات الجملة

Ali	eats	an apple
فاعل	فعل	مفعول

- لتحويل جملة للمجهول نأتي بـ:

1	2		3
المفعول Object	Verb (to be)		التصريف ٣ Verb 3
	Present simple = verb 1	am/is/are	
	Past simple = verb 2	was/were	
	can / could / will / would / shall / should / must	be	
Ali eats an apple.			
An apple	*is*		*eaten.*
Mona wrote the letters.			
The letters	*were*		*written.*
Mona is cooking the lunch.			
The lunch	*is being*		*cooked.*
My mother was cooking lunch.			
Lunch	*Was being*		*cooked*
Manal must do homework.			
Homework	*must be*		*done*

Change into passive:

1. They will build a new house.

A new house will be built by them.

2. He must ride the bicycle in a safe place.

The bicycle must be ridden in a safe place by him.

3. Salim watched a film.

A film was watched by Salim.

4. Huda washes the dishes.

The dishes are washed by Huda.

5. The boys played football.

Football was played by the boys.

6. People produce cars in this factory.

Cars are produced in the factory by people.

7. The farmer grows carrots in his field.

Carrots are grown by the farmer in his field.

8. The policeman arrested the thieves while stealing.

The thieves were arrested while stealing by the policeman.

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

1. Their house ..... every year.

a) is painting b) was painted c) is painted d) been painted

2. Cars ..... in Japan. a) are made b) are making c) have made d) was made

3. Thousands of cars ..... every year.

a) are produced b) were producing c) produced d) producing

4. Our house ..... by solar power.

a) heats b) is heating c) is heated d) was heated

5. I ..... to tomorrow's party.

a) don't invite b) am invited c) invited d) wasn't invited

6. Some of my books ..... by my friends.

a) are borrowing b) were borrowed c) are borrowed d) borrowed

7. A lot of money ..... to buy that house.

a) is paid b) pays c) paid d) were paid

8. Thomas Edison ..... as one of the greatest inventors in history.

a) is known b) knew c) knows d) has known

9. Mona Lisa ..... by Leonardo Da Vinci.

a) painted b) is painted c) paints d) was painting

10. Cheese ..... from milk.

a) makes b) are made c) is made d) was made

Change the following sentences into passive.

1. The chef cooks the meals every day.

The meals are cooked every day by the chef.

2. They completed the project last week.

The project was completed last week by them.

3. The teacher will check the homework tomorrow.

The homework will be checked tomorrow by the teacher.

4. The workers build bridges every year.

Bridges are built every year by the workers.

Comparatives	Superlatives
Comparatives show the difference between **two** people, things, or groups. Example: Vegetables are healthier than snacks.	**Superlatives** show that something has the **highest** or **lowest** degree of **a quality in a group of three or more.** Example: This is the most delicious dish on the menu.

- **Use -er / -est** with most one-syllable adjectives (small, smaller, the smallest).
- **Use -er / -est** with two-syllable adjectives ending in **-y** (happy, happier, the happiest). Change y to i before adding -er or -est.
- **Use more/most or less/least with:**
- most adjectives of two syllables (not ending in -y) (more modern / the most modern).
- all adjectives of three or more syllables (expensive, more expensive, the most expensive).

Some adjectives do not follow regular rules:

good	→ better	→ the best
bad	→ worse	→ the worst
little	→ less	→ the least
much / many	→ more	→ the most
far	→ farther / further	→ the farthest / the furthest

Examples:

1-I'm taller than my brother.

2-Sara is the tallest girl in the class.

3-Burg Al-Arab is the most expensive hotel in the world.

4-My car is more comfortable than yours.

5- Sara is good at Math, but Haya is better.

6- He is the worst car driver I have ever seen.

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

1. My sister is two years ..... than me.

a) young b) as young c) younger d) youngest

2. I think spring is ..... season of the year.

a) beautiful b) very beautiful c) more beautiful d) the most beautiful

3. This information is ..... for me than the previous one.

a) useful b) useful as c) more useful d) the most useful

4. Mohamed is ..... doctor in our city.

a) good b) good as c) better d) the best

Fill in the gaps with the correct form of the words in brackets:

1. My house is (big)..... bigger ..... than yours.
2. This flower is (beautiful)..... more beautiful ..... than that one.
3. This is the (interesting)..... most interesting ..... book I have ever read.
4. Non-smokers usually live (long)..... longer ..... than smokers.
5. A holiday by the sea is (good)..... better ..... than a holiday in the mountains.
6. The weather this summer is even (bad)..... worse ..... than last summer.

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

1. The documents _____ before the meeting.

a) sign b) must sign c) signed d) must be signed

2. The plane tickets _____ last week.

a) should buy b) were bought c) are buying d) are bought

3. My new job is _____ the one I had before.

a) better than b) better c) best d) the best

4. She is _____ person I know. She always helps others.

a) kinder than b) kinder c) the kindest d) kindest

Fill in the gaps with suitable words from the list

flavour – organic – harmful – commonly – maintain

1. Many people prefer to eat organic fruits and vegetables.
2. Rice is commonly eaten in many countries around the world.
3. It's important to maintain a healthy diet and regular exercise routine.
4. Lemon adds a fresh flavour to the dish and makes it taste better.

Grammar

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

1. Every week, important reports _____ by the team to track progress.

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

2. The museum _____ by tourists for free next week.

a) visit b) will visit c) visited d) will be visited

3. It is _____ winter we've ever had in years.

a) colder b) colder than c) the coldest d) coldest

Unit Four

Simple Living, Better World

Word	Meaning	Word	Meaning
focus (v)	يركز على	packaging (n)	تغليف
necessarily (adv)	بالضرورة	responsibly (adv)	بمسؤولية
instead (adv.)	بدلاً من	minimise (v)	يقلل إلى الحد الأدنى
thoughtful (adj)	عميق التفكير	expense (n)	نفقة
benefit (v)	يفيد	preserve (v)	يحمي - يحافظ
conserve (v)	يحافظ على - يوفر	disposable (adj)	للاستعمال مرة واحدة
meaningful (adj)	ذو معنى	consumption (n)	استهلاك
gadget (n)	أداة صغيرة	donate (v)	يتبرع
valuable (adj)	قيم	mindful (adj)	منتبه – واع
balanced (adj)	متوازن	wasteful (adj)	مبذر
discard (v.)	يتخلص من		

Words to Remember:

1. Living simply means choosing a lifestyle that **focuses** on what is truly important.
2. It does not **necessarily** mean giving up everything or living without comfort.
3. **Instead**, it means using fewer things, spending less money, and being more **thoughtful** about how we live.
4. They may choose to buy fewer clothes, which not only helps them save money, but also **benefits** the environment.
5. Furthermore, adopting this lifestyle can include eating local food and making an effort to **conserve** water and electricity.
6. However, living simply is not only about having fewer things; it is also about making smarter and more **meaningful** choices in everyday life.

7. Rather than spending money on the newest **gadgets** or fashionable clothes, many people choose to invest in important things such as healthy food, education, and **valuable** experiences.
8. Whether it is saying "no" to something unnecessary or planning the day more carefully, each small step brings us closer to a simpler and more **balanced** life.
9. we **discard** plastic water bottles, old clothes, food **packaging**, and paper.
10. It is about living wisely and **responsibly**.
11. When we use only what we need, we can **minimise expenses** and **preserve** natural resources.
12. bringing a reusable water bottle, saying no to plastic bags, or using a lunchbox instead of **disposable** wrappers can make a big difference.
13. Some people follow the three R's rule: Reduce, Reuse, Recycle. First, they try to reduce **consumption** by choosing only what is necessary
14. Turning off lights, **donating** old clothes, and using digital notes instead of paper are all smart ways to reduce waste.
15. These simple actions lead to a healthier planet and a more **mindful** lifestyle.
16. "Indeed, the **wasteful** are brothers of the devils." (Surah Al-Isra, 17:27) Being careful with our resources is a serious social responsibility.

Vocabulary

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

1. "Living simply means choosing a lifestyle that _____ on what is truly important."

a) preserves b) focuses c) conserves d) minimises

2. "It does not _____ mean giving up everything or living without comfort."

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

3. "_____ of using fewer things, spending less money, and being more thoughtful."

a) Instead b) Necessarily c) Responsibly d) Mindfully

4. "Being more _____ about how we live."

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

5. "Which not only helps them save money, but also _____ the environment."

a) focuses b) benefits c) discards d) donates

6. "Making an effort to _____ water and electricity."

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

7. "Making smarter and more _____ choices in everyday life."

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

8. "Rather than spending money on the newest _____ or fashionable clothes."

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

9. "Choose to invest in important things such as healthy food, education, and _____ experiences."

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

10. "Each small step brings us closer to a simpler and more _____ life."

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

11. "Every day, we _____ more things than we think."

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

12. "We discard plastic water bottles, old clothes, food _____, and paper."

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

13. "It is about living wisely and _____."

a) wastefully b) expensively c) responsibly d) disposably

14. "When we use only what we need, we can _____ expenses."

a) focus b) benefit c) preserve d) minimise

15. "We can minimise expenses and _____ natural resources."

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

16. "Using a lunchbox instead of _____ wrappers can make a big difference."

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

17. "They try to reduce _____ by choosing only what is necessary."

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

18. "Turning off lights, _____ old clothes, and using digital notes."

a) discarding b) preserving c) donating d) conserving

19. "These simple actions lead to a healthier planet and a more _____ lifestyle."

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

20. "Indeed, the _____ are brothers of the devils."

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

Grammar

على الطالب التفريق بين هذين الزمنين

الزمن	Present perfect المضارع التام	Present perfect continuous المضارع التام المستمر
تكوينه	have / has + v3	have / has + been + v + ing
امثلة	She has made cakes for 3 hours. انتهت من عمل الكيك	She has been making cakes for 3 hours. لا تزال مستمرة في عمل الكيك
استخدامه	يعبر عن شيء حدث وانتهى في الماضي ومازال له أثر أو نتيجة في الحاضر.	يعبر عن شيء بدأ في الماضي ومازال مستمر حتى وقت الكلام.
كلماته	Since – for – just – already – not…yet – recently – ever – never – lately	Since – for – all day – the whole day

و كذلك يجب التركيز على استخدام هتان الكلمتان

since – for	
For لمدة	**Since** منذ
يأتي بعدها فترة زمنية محددة لا نعرف بدايتها	يأتي بعدها فترة زمنية مفتوحة أي انا نعرف بدايتها و لا نعرف نهايتها
▪ For an hour, two hours…etc. ▪ For three days, four days…etc. ▪ For two months, three months…etc. ▪ For five years, three years…etc. ▪ For a long time, a short time…etc.	▪ Since 1999, 1988 …, etc. ▪ Since 8 O'clock, 5 O'clock …, etc. ▪ Since yesterday, last week, last month, ▪ Since I was child, he was 10… ▪ Since November, Monday

Examples:

* Dana hasa lready cleaned her room.

* I have just finished typing my research.

* Sara has never travelled alone.

* Sara has not travelled alone yet.

* My mother hasn't finished cooking our lunch yet.

* How long evah you deudits English?

*I have studied English since 2000.

*I have studied English for 15 years.

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

1- I .....in the USA for a long time.

a) has worked b) have been working c) working d) work

2- She has been meeting many people of different nationalities .....her life.

a) since b) for c) all d) last

3- Actually, all of them .....to work hard to make fortune.

a) will try b) have been trying c) trying d) has tried

4- Travelling to America has been my dream .....my life.

a) all b) since c) for d) last

Do as shown between brackets:

1-We have been working in this school for two years. (Ask a question)

How long have you been working in this school?

2- She has been writing the report since the morning. (Ask a question)

How long has she been writing the report?

3-My father (watch) the news all the time. (Correct the verb)

has been watching

EX. (1) Make negative:

1- She has met her favourite movie star.

She hasn't met her favourite movie star.

2- We have talked to the manager.

We haven't talked to the manager.

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

1- I have lived in Kuwait.....20 years.

a) since b) for c) ago d) last

2- She has been teaching Science .....1990.

a) for b) since c) last d) ago

3- They have .....had their hair cut.

a) never b) since c) yet d) ever

4- We haven't finished teaching the lesson.....

a) already b) yet c) never d) never

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

1. Have you ..... been to America?

a) since b) ever c) never d) already

2. Do you hear the noise? The train has ..... arrived.

a) just b) ever c) yet d) for

3. Your cousin hasn't come to the party .....

a) since b) ever c) never d) yet

4. Can you open the door? Oh, I have ..... opened it.

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

5- We have .....come back home after a very busy day at school.

a) Just b) ever c) yet d) for

Ask questions:

1-We have worked in this factory for more than six years.

How long have you worked in this factory?

2- Salma has written the report since the morning.

How long has Salma written the project?

3-The little boy has played for two hours.

How long has the little boy played?

Do as shown between brackets:

1-I have met my favourite movie star. (Make negative)

I haven't met my favourite movie star.

2- Ahmed has seen a flying saucer. (Make negative)

Ahmed hasn't seen a flying saucer.

3-The manager (have) an important meeting since 8 o'clock. (Correct the verb)

has been having

Correct the verbs between brackets.

a. I have been reading (read) this book for two hours.

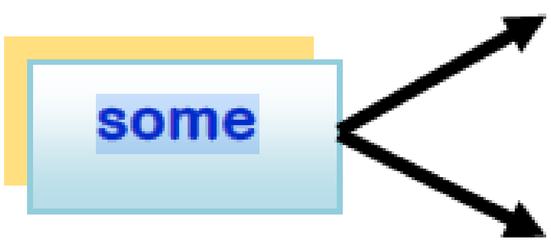
b. She hasn't finished (not finish) her homework yet.

c. He has eaten (eat) lunch already.

d. We have been studying (study) English since 1990.

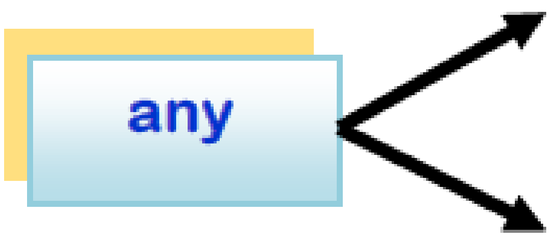
e. We have just cleaned (clean) the kitchen.

Some / any



I bought some books. — Positive

Would do like some tea? — Offer



I don't have any pens. — Negative

Do you need any help? — Question

* I want to buy **some** new pens.

* Sara needs to drink **some** water.

* Would you like to have **some** tea?

Examples:

* Dina **doesn't** have **any** money today.

* Do you need **any** help**?**

Notice

- I eat some banana.

-I don't eat any banana.

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

1. Have you got ..... brothers or sisters?

a) some b) any c) an d) a

2. We need .....more milk.

a) any b) a c) an d) some

3. Would you like .....more bread?

a) some b) a c) any d) an

4. Our team hasn't won .....game this year.

a) some b) a c) an d) any

5. He hasn't done .....work for ten years.

a) some b) a c) any d) an

6. She has got ..... interesting friends.

a) a b) an c) any d) some

7. Are there ..... restaurants near here?

a) any b) some c) an d) a

Quantifiers	المحددات الكمية

*** لمعرفة استخدامات المحددات الكمية Quantifiers يجب التعرف على:**

Nouns الاسماء	
Countable nouns أسماء معدودة	Uncountable nouns أسماء غير معدودة
a few قليل = تأتي قبل الأسماء التي تعد I bought a few books to read.	**a little** قليل = تأتي قبل الأسماء التي لا تعد There will be a little rain this week.
many كثير = تأتي قبل الأسماء التي تعد I met many friends yesterday.	**much** كثير = تأتي قبل الأسماء التي لا تعد You should drink much water to be healthy.
a lot of كثير = تأتي قبل الأسماء التي تعد والتي لا تعد I met a lot of friends yesterday. You should drink a lot of water to be healthy.	

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

1. There are..... car parks in the center of city, we need to have more.

a) much b) a little c) many d) a few

2. I need .....sugar in my tea.

a) much b) a little c) many d) a few

3. Hurry up! We only have ..... time before the coach leaves.

a) much b) a little c) many d) a few

4. There are ..... shops near the university.

a) much b) a little c) many d) a few

5. It's very quiet. There aren't ..... people here today.

a) much b) a little c) many d) a few

6. There are ..... expensive new flats next to the river.

a) much b) a little c) many d) a few

7. He isn't very popular. He has ..... friends

a) much b) a little c) many d) a few

8. Dana is very busy these days. She has ..... free time.

a) much b) a little c) many d) a few

9. Did you take ..... photographs when you were on holidays?

a) much b) a little c) many d) a few

10. I'm not very busy today. I haven't got ..... things to do.

a) much b) a little c) many d) a few

11.Tomorrow is my exam; I need to study.....more before sleeping.

a) much b) a little c) many d) a few

12.There is .....water in this bottle. You need more to drink.

a) much b) a little c) many d) a few

13. How.....sugar do you take in your tea?

a) much b) a little c) many d) a few

14. He was.....tensed at the meeting.

a) much b) a little c) many d) a few

Complete the sentences using: some, any, much, many, few, little.

1. We don't have much sugar at home, so we can't make tea.

2. Have you seen any good movies recently?

3. She has very few friends who like saving money

Vocabulary

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

1. Eating a balanced diet will _____ your body, mind, and immune system.

a) donate b) minimize c) focus d) benefit

2. We used _____ plates at the picnic to make cleanup easier.

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

3. The chef used a kitchen _____ that slices vegetables in seconds.

a) flavor b) symbol c) expense d) gadget

Complete the sentences with words from the box:

benefit – consumption– disposable – minimise – valuable – focus

1. You should _focus_ on your studies if you want to pass the exam.
2. The museum has many _valuable_ paintings from the 18th century.
3. The doctor advised him to reduce his sugar _consumption_.
4. To save money, we need to _minimise_ unnecessary spending.
5. Many people use _disposable_ cups for coffee.

Grammar

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

1. She _____ just _____ from an international conference.

a) has /returned b) will / return c) was / returning d) would / return

2. We _____ for the presentation since Monday.

a) prepare b) prepared c) would prepare d) have been preparing

3. We had _____ information about the event.

a) few b) little c) many d) any

Grammar

Complete the sentences using the correct form of the verb in the present perfect simple or present perfect continuous.

1. Sara has never tried (never/ try) sushi.
2. They have been studying (study) for the exam since morning.
3. Have you finished (you/finish) your homework yet?
4. She has broken (break) her glasses and can't see clearly.
5. She has been learning (learn) Spanish for two months.

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

1. There isn't _____ water left in the bottle; it is almost empty.

a) few b) much c) many d) little

2. Is there _____ milk in the fridge?

a) any b) many c) few d) little

3. We saw _____ people at the concert last night. It was very crowded.

a) any b) many c) few d) little

4. She is worried because she has _____ time to finish the task.

a) any b) many c) few d) little

5. _____ people attended the meeting because of the rain.

a) Any b) Many c) Few d) Little

Choose the correct answer to complete each sentence.

1. She (has worked / has been working) here since 2015.
2. We (have just received / have been receiving) the email.

Base Form	Past Simple	Past Participle
be	was/were	been
beat	beat	beaten
become	became	become
begin	began	begun
bend	bent	bent
bet	bet	bet
bite	bit	bitten
blow	blew	blown
break	broke	broken
bring	brought	brought
broadcast	broadcast	broadcast
build	built	built
burst	burst	burst
buy	bought	bought
catch	caught	caught
choose	chose	chosen
come	came	come
cost	cost	cost
creep	crept	crept
cut	cut	cut
deal	dealt	dealt
dig	dug	dug
do	did	done
draw	drew	drawn
drink	drank	drunk
drive	drove	driven
eat	ate	eaten
fall	fell	fallen
feed	fed	fed
feel	felt	felt
fight	fought	fought
find	found	found
flee	fled	fled
fly	flew	flown

Base Form	Past Simple	Past Participle
hear	heard	heard
hide	hid	hidden
hit	hit	hit
hold	held	held
hurt	hurt	hurt
keep	kept	kept
kneel	knelt	knelt
know	knew	known
lay	laid	laid
lead	led	led
leave	left	left
lend	lent	lent
let	let	let
lie	lay	lain
light	lit	lit
lose	lost	lost
make	made	made
mean	meant	meant
meet	met	met
pay	paid	paid
put	put	put
read	read	read
ride	rode	ridden
ring	rang	rung
rise	rose	risen
run	ran	run
say	said	said
see	saw	seen
seek	sought	sought
sell	sold	sold
send	sent	sent
set	set	set
sew	sewed	sewn/sewed
shake	shook	shaken

Base Form	Past Simple	Past Participle
forgive	forgave	forgiven
freeze	froze	frozen
get	got	gotten
give	gave	given
go	went	gone
grow	grew	grown
hang	hung	hung
have	had	had
sit	sat	sat
sleep	slept	slept
slide	slid	slid
swim	swam	swum
swing	swung	swung
take	took	taken
teach	taught	taught
tear	tore	torn
tell	told	told
think	thought	thought
throw	threw	thrown
understand	understood	understood
wake	woke	woken
wear	wore	worn
forbid	forbade	forbidden
forget	forgot	forgotten

Base Form	Past Simple	Past Participle
show	showed	shown/showed
shrink	shrank	shrunk
shut	shut	shut
sing	sang	sung
sink	sank	sunk
speak	spoke	spoken
spend	spent	spent
spit	spat	spat
split	split	split
spread	spread	spread
spring	sprang	sprung
stand	stood	stood
steal	stole	stolen
stick	stuck	stuck
sting	stung	stung
stink	stank	stunk
strike	struck	struck
swear	swore	sworn
sweep	swept	swept
weep	wept	wept
win	won	won
write	wrote	written
shine	shone	shone
shoot	shot	shot