

Table of Contents

Health is wealth

Unit
1



2

Family celebraion

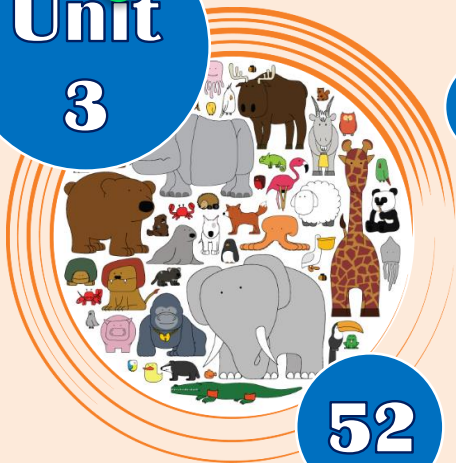
Unit
2



22

Animal Kingdom

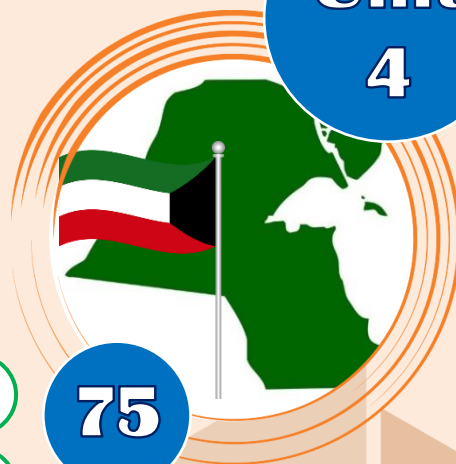
Unit
3



52

Exploring Kuwait

Unit
4



75

First Revision "43"

Second Revision "96"

Model Answer Spotlight "105"

Model Answer workbook "113"



NEW

Vocabulary:

1

Word List "1"

Listen, read and write:

1 bear	2 everyone
<p>ذُب</p> 	<p>كل واحد</p> 
3 judo	4 cycling
<p>رياضة الجودو</p> 	<p>ركوب الدراجات</p> 
5 favourite	6 keep fit
<p>مُفضَّل</p> 	<p>يحافظ على رشاقته</p> 

7

exercise

يتدرب / تدریب



8

golf

الجولف



9

hockey

الهوكي



Exercise "1"

Choose the correct answers:

- 1 – If it rains today, I won't go
- a. hockey b. cycling c. golf d. judo
- 2 – We saw a and its cubs at the zoo yesterday.
- a. golf b. judo c. bear d. exercise
- 3 – I won the "black belt" in last week.
- a. bear b. cycling c. hockey d. judo
- 4 – You should hit the ball carefully to win in
- a. golf b. judo c. cycling d. bear
- 5 – We need sticks to play
- a. cycling b. bear c. hockey d. judo

Unit

I

Health is wealth

I

Word List "2"

Listen, read and write:

1

trip

رحلة



2

stadium

استاد رياضي



3

His Highness

سمو



4

Amir

أمير البلاد



5

seat

مقعد



6

mostly

بشكل أساسي

7

match

مباراة



8

event

حدث

Spotlight

4

Exercise "2"

Choose the correct answers:

- 1 – We went on a by boat to Failaka last week.
a. match b. trip c. hockey d. judo
- 2 – Hala February Festival is a great Kuwaiti
a. golf b. seat c. stadium d. event
- 3 – The of Kuwait always helps poor countries.
a. stadium b. match c. Amir d. exercise
- 4 – Where is my ? Where should I sit?
a. seat b. bear c. golf d. trip
- 5 – Let's watch the final match at the
a. judo b. cycling c. match d. stadium
- 6 – can climb trees and swim in the sea.
a. Bears b. Seats c. Trips d. Events
- 7 – every day is a good exercise.
a. Stadium b. Cycling c. His Highness d. Golf
- 8 – In , you throw the other player on the ground.
a. match b. stadium c. trip d. judo
- 9 – The Amir lives in Dasman palace.
a. His Highness b. Event c. Hockey d. Golf
- 10 – My team won the basketball because they played well.
a. trip b. seat c. match d. bear
- 11 – is a good way to enjoy fresh air.
a. Cycling b. Judo c. Event d. Hockey
- 12 – Do you do or karate?
a. golf b. hockey c. judo d. match
- 13 – You should do more to keep fit and healthy.
a. events b. exercises c. trips d. seats

Listen, read and write:

<p>1 phone (V.) يتصل تليفونيا</p>  <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>2 useful مفيد / نافع</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>3 lifestyle اسلوب حياة</p>  <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	
<p>4 habit عادة</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>5 snacks وجبات خفيفة</p>  <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>6 spend يقضي الوقت</p>  <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>7 pajamas بيجامة</p>  <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

8

relax

يرتاح / يسترخي



9

deep

عميق



Exercise "3"

Choose the correct answers:

- 1 – If you change your, you will live longer.
 a. pajama b. stadium c. lifestyle d. seat
- 2 – I'm very busy now. Can you me later?
 a. keep fit b. exercise c. phone d. relax
- 3 – It's a good to sleep early.
 a. habit b. event c. snack d. trip
- 4 – I wear my before I go to bed.
 a. seat b. pajamas c. lifestyle d. bear
- 5 – We always the weekend at our grandfather's farm.
 a. exercise b. relax c. spend d. phone
- 6 – I always eat healthy to have good health.
 a. seats b. pajamas c. matches d. snacks
- 7 – You will if you do exercises every day.
 a. keep fit b. relax c. phone d. spend
- 8 – the Amir will open new projects next week.
 a. Lifestyle b. Trip c. His Highness d. Habit
- 9 – You mustn't go at night.
 a. judo b. golf c. hockey d. cycling
- 10 – Sit down and Everything will be okay.
 a. exercise b. relax c. keep fit d. phone

1

Word List "4"

Listen, read and write:

1 fresh air

الهواء النقي

Four horizontal lines for writing.



2 comb (V.)

يُمسَط الشعر



Four horizontal lines for writing.

3 clip (V.)

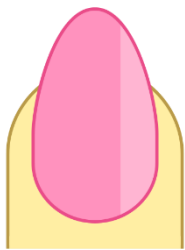
يُقَلَم الأظافر



Four horizontal lines for writing.

4 nail

ظفر



Four horizontal lines for writing.

5 pyramid

هرم



Four horizontal lines for writing.

6 fat

دهون

Foods High in Fat



Fatty meats and fish



Cheese



Butter



Avocado



Nuts and seeds



Chocolate

Four horizontal lines for writing.

7 dairy

منتجات الألبان



Four horizontal lines for writing.

8

grain

حبوب



9

cereals

طعام من الحبوب



Exercise "4"

Choose the correct answers:

- 1 – Let's go to the sea to enjoy
 a. fresh air b. grain c. pyramid d. fat
- 2 – You should your hair before going out.
 a. clip b. comb c. exercise d. relax
- 3 – The trees are very They give us food and shade.
 a. dairy b. favourite c. useful d. deep
- 4 – Your are long. You should clip them.
 a. snacks b. pyramids c. nails d. cereals
- 5 – It's not healthy to eat burger. It's full of.....
 a. fresh air b. grains c. lifestyles d. fats
- 6 – Be careful or you will fall in the hole.
 a. deep b. dairy c. useful d. favourite
- 7 – Noura always mixes with milk.
 a. pajamas b. nails c. cereals d. habits
- 8 – It's a good habit to your nails every week.
 a. comb b. clip c. exercise d. relax
- 9 – We often eat cheese. We like food.
 a. favourite b. deep c. useful d. dairy
- 10 – This bread is healthy. It's made of
 a. lifestyle b. fat c. fresh air d. grain

General Exercise

تدريبات عامة

على كلمات الوحدة:

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

- 1 – We study the food in Science class yesterday.
a. seats b. match c. lifestyle d. pyramid
- 2 – What is your writer?
a. favourite b. useful c. dairy d. deep
- 3 – I do to protect myself.
a. cycling b. hockey c. golf d. judo
- 4 – Good habits help you to enjoy a healthy
a. fresh air b. lifestyle c. cereal d. match
- 5 – Children mustn't sit in the front of cars.
a. pajamas b. snacks c. seats d. pyramids
- 6 – Did anybody me when I was outside?
a. keep fit b. spend c. relax d. phone
- 7 – Vegetables are for our bodies.
a. useful b. dairy c. favourite d. deep
- 8 – Kuwait National Day is a great for us.
a. pajama b. event c. trip d. grain
- 9 – It's unhealthy to eat of chocolate and chips.
a. seats b. nails c. habits d. snacks
- 10 – How do you your free time?
a. comb b. clip c. relax d. spend
- 11 – Which would you like for breakfast?
a. cereals b. pyramids c. matches d. seas
- 12 – Don't forget to hair before you go out.
a. spend b. clip c. comb d. exercise
- 13 – I don't like meat with a lot of
a. grain b. habit c. lifestyle d. fats

General Exercise

تدريبات عامة

على كلمات الوحدة:

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

- 14 – What healthy habit should I do to ?
 a. keep fit b. comb c. clip d. spend
- 15 – I prefer eating whole cereals in breakfast.
 a. seat b. grain c. match d. event
- 16 – Let's go to the to watch the final football match.
 a. habit b. trip c. stadium d. bear
- 17 – The food shows us what we should eat more.
 a. nail b. pyramid c. pajama d. fat
- 18 – Salem is very fat. He doesn't do any
 a. exercise b. event c. lifestyle d. grain
- 19 – We like going at weekends.
 a. judo b. cycling c. hobby d. golf
- 20 – Are there any in Kuwait Zoo?
 a. stadiums b. matches c. bears d. cereals
- 21 – Eating vegetables helps you to enjoy a healthy
 a. lifestyle b. trip c. pyramid d. fat
- 22 – I will buy a new pair of
 a. habits b. nails c. stadiums d. pajamas
- 23 – I like my free time with my family.
 a. spending b. relaxing c. clipping d. combing
- 24 – Babies always have a sleep.
 a. dairy b. useful c. deep d. favourite
- 25 – Can you show me the way to the , please?
 a. fresh air b. stadium c. snack d. nail
- 26 – Milk, cheese and yoghurt are called products.
 a. favourite b. useful c. deep d. dairy



Grammar:

قواعد الوحدة الأولى

- 1- Using "like + ing"
3- Future with "going to"

- 2- Past Simple
4- Present Simple

1

Using "like + ing"

استخدام الفعل (like)

• يتعلم الإبناء استخدام الفعل (like) كالآتي:

I like reading English.
Sara likes eating fish.

like

الفعل

ing

• يتعلم الإبناء استخدام الفعل (like) في صيغة السؤال الآتية:

What

do

I/we/you/they

like

doing

does

he / she / it

like

- What do you like doing to keep fit?
- I like swimming and horse riding.
- What does your mother like doing in the evening?
- She likes going shopping.

I like

.....



What do you like doing
on Friday morning?

2

Past Simple

استخدام زمن الماضي البسيط

إذا كانت الجملة تُعبر عن شيء حدث في الماضي فإننا نستخدم التصريف الثاني للفعل ..

- I **played** football **yesterday**.
- Salma **helped** her mother in the kitchen **last** night.
- My friends **visited** me **last** week.

A

- My mother **went** shopping **last** Friday.
- My friends **came** to my birthday party **yesterday**.
- I **had** a wonderful time in the zoo **last** week.

B

من خلال الأمثلة السابقة يتعلم الأبناء أن:

- * إذا كانت الجملة تُعبر عن شيء حدث في الماضي فإننا نستخدم التصريف الثاني للفعل ...
- * الكلمات الدالة على زمن الماضي:

yesterday	أمس	last	الماضي
ago	منذ	in the past	في الماضي

* يمكن الحصول على التصريف الثاني للفعل بطريقتين:

- إما بإضافة (**ed**) على الفعل المنتظم مثل:

jump "ed"	climb "ed"	change "d"	phone "d"
look "ed"	brush "ed"	walk "ed"	tidy "ied"
wash "ed"	comb "ed"	clip "ped"	play "ed"

- وإما بتغيير الفعل مثل: (وهي ما تُسمى الأفعال الشاذة)

come	came	meet	met
have / has	had	keep	kept
do / does	did	swim	swam
run	ran	go	went
take	took	give	gave

3

Future with "going to"

التعبير عن المستقبل

I'm **going to play** tennis in the evening.
What about you, Ali?



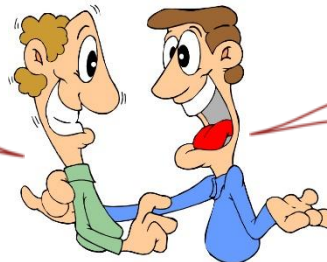
I'm **going to visit** my grandparents after lunch.

* نستخدم صيغة (going to + V) للتعبير عن أحداث تم التخطيط للقيام بها في المستقبل ..

* هناك بعض الكلمات والعبارات التي تُستخدم للدلالة على المستقبل ، مثل:

tomorrow / **next** week / **next** month / **next** Friday
after breakfast / **after** lunch / **after** school
today / **this** morning / **this** afternoon / **this** evening

What **are you going to do** today, Fahed?



I'm **going to read** a storybook.

What
Where
When
Why

am I
is he / she / it
are we / you / they

صيغة الاستفهام:
going to + inf.

ملاحظة هامة: يجب استخدام التصريف الأول للفعل بعد "going to" ...

Choose the correct answers:

- 1 – What (am – is - are) you going to do after school?
- 2 – When (am – is - are) Fahed going to visit you?
- 3 – Where (am – is - are) Ali and Sara going to travel?

1 - استخدام الفعل بدون (S) أو مضافا إليه حرف (S):

اقرأ الإبناء أمثلة المجموعتين الآتيتين ، ويسأل عن الفرق بين أفعال المجموعتين:

- I **play** tennis every Friday.
- We **go** shopping every week.
- My daughters **like** milk.

- Ali **plays** tennis every Friday.
- Haya **goes** shopping every week.
- My cat **likes** milk.

من خلال المقارنة بين أفعال المجموعتين يتعلم الأبناء أن:

* الفعل يُضاف له حرف (s) إذا كان الفاعل: (He – She – It)

Choose the correct answers:

- 1 – My sisters always (go – goes) to bed early.
- 2 – Nawal usually (phone – phones) me every day.
- 3 – I always (comb – combs) my hair in the morning.

2 - صيغة الاستفهام: استخدام (do) أو (does):

اقرأ الإبناء أمثلة المجموعتين الآتيتين ، ويسأل عن الفرق بين أفعال المجموعتين:

- What **do** you like doing?
- When **do** you get up?
- **Do** your brothers go shopping?

- What **does** Sara like doing?
- When **does** your sister get up?
- **Does** your father go shopping?

من خلال المقارنة بين أفعال المجموعتين يتعلم الأبناء أن:

* نستخدم الفعل المساعد (do) إذا كان الفاعل: (I – we – you – they)

* نستخدم الفعل المساعد (does) إذا كان الفاعل: (He – She – It)

* ملحوظة: (Do / Does) في أول السؤال معناها (هل ؟)

Choose the correct answers:

- 1 – Where (do – does) you live?
- 2 – Why (do – does) your little son always cry?
- 3 – What (do – does) Ahmed like eating?

General Exercise

تدريبات عامة

على قواعد الوحدة:

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

- 1 – Salma often yogurt with low fat.
a. is eating b. ate c. eat d. eats
- 2 – Yesterday, we a lot for the final match.
a. are exercising b. exercises c. exercised d. exercise
- 3 – We always our hands before we eat.
a. washes b. wash c. are washing d. washed
- 4 – His Highness the Amir is going America tomorrow.
a. to visit b. visits c. visiting d. visited
- 5 – Last week, they on the beach for sunshine.
a. are sitting b. sat c. sits d. sit
- 6 – My parents like in the fresh air.
a. walked b. walks c. walking d. walk
- 7 – This is my mobile. She bought it yesterday.
a. mothers b. mothers' c. mother d. mother's
- 8 – I my teacher at the Avenues an hour ago.
a. meets b. meet c. am meeting d. met
- 9 – Hamad never his nails.
a. bites b. biting c. is biting d. bite
- 10 – We usually online video games.
a. are playing b. play c. played d. plays
- 11 – Haya her nails last Friday.
a. is clipping b. clips c. clipped d. clip
- 12 – We are going to the house tomorrow.
a. to clean b. clean c. cleaning d. cleans
- 13 – Sara likes hockey on television.
a. watching b. watched c. watches d. watch

General Exercise

تدريبات عامة

على قواعد الوحدة:

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

- 14 – Mona always her teeth before she sleeps.
 a. is brushing b. brushes c. brushed d. brush
- 15 – I two glasses of milk yesterday.
 a. drank b. drink c. am drinking d. drinks
- 16 – We often our time in useful activities.
 a. spent b. spends c. are spending d. spend
- 17 – In the past, people to live in small houses.
 a. are using b. used c. use d. uses
- 18 – Noura always her bed.
 a. tidies b. tidy c. is tidying d. tidied
- 19 – Kuwait is going the next football match.
 a. building b. to build c. builds d. build
- 20 – I like my mother in the housework.
 a. helps b. help c. helping d. helped
- 21 – This is my new car.
 a. fathers b. fathers' c. father d. father's
- 22 – Haya her long hair every day.
 a. is combing b. combed c. combs d. comb
- 23 – What you like doing after school?
 a. are b. were c. have d. do
- 24 – They some new words yesterday.
 a. wrote b. write c. are writing d. write
- 25 – My grandmother sometimes us stories.
 a. is telling b. tells c. told d. tell
- 26 – We relaxed at home yesterday. We didn't out.
 a. going b. goes c. go d. went



Writing:

موضوعات التعبير
الوحدة الأولى



Write a short paragraph of “4 sentences” about **“My favourite sport”** with the help of the picture and guide words below:

(sports – useful – favourite – basketball – friends – the club)

Handwriting practice area with five horizontal dotted lines.



Write a short paragraph of four sentences about **“Healthy food”**, using the following guide words and picture:

(fruits and vegetables – important – delicious – useful – vitamins – mangos and bananas)

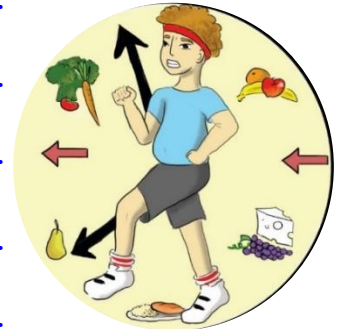
Handwriting practice area with five horizontal dotted lines.



3

Write a short paragraph of 4 sentences about **“Healthy lifestyle”** with the help of the picture and guide words below:

(important – good life – healthy food – fizzy drinks – sleep – TV and computer)



4

Write a short paragraph of “four sentences” about **“My Day”**, using the following guide words and picture:

(get up – a shower – my teeth – clean clothes – fresh air – tennis)



Punctuate the following:

- 1 – i like fish rice and salad.
- 2 – do you go cycling
- 3 – nada usually drinks milk
- 4 – What is ali going to do



Reading Comprehension ...



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

1

Jassim and Fahed are two Kuwaiti brothers. They are the only sons of their parents with only one sister whose name is Sara. Jassim and Fahed are very **clever** at school. **They** are interested in sports as well. Jassim likes playing football, but his brother is good at basketball because he is very tall. They lead a happy life with their family in a nice house in Bayan.

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

- 1 – The **best title** of the passage is
- | | |
|-------------------|-----------------|
| a. Kuwaiti People | b. A Nice House |
| c. A happy Family | d. Only Sons |
- 2 – The underlined word “**they**” in line 3 refers to
- | | |
|-------------------|---------------------|
| a. their parents | b. Jassim and Sara |
| c. Fahed and Sara | d. Jassim and Fahed |
- 3 – The underlined word “**clever**” in line 3 means “they are”
- | | |
|---------|------------|
| a. bad | b. lazy |
| c. good | d. naughty |

Answer the following questions:

4 – Why is Fahed good at basketball?

.....

5 – Where does the family live?

.....

**R**eading Comprehension ...

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

2

Fruits and vegetables are very good for our health. They are the second group in the food pyramid. They are very healthy and delicious, too. Most people like eating them. Fruits and vegetables **provide** our bodies with many vitamins and a lot of energy we need, so we should eat some of **them** every day. Apples, oranges, grapefruits, pomegranate and mangos are among the most useful fruits we should eat daily.

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

- 1 – The **best title** of the passage is
- | | |
|---------------------|--------------------|
| a. The Food Pyramid | b. Useful Vitamins |
| c. Delicious Apples | d. Healthy Food |
- 2 – The underlined word “**them**” in line 5 refers to
- | | |
|--------------------------|----------------|
| a. vitamins | b. most people |
| c. fruits and vegetables | d. our bodies |
- 3 – The underlined word “**provide**” in line 3 means “.....”
- | | |
|---------|---------|
| a. take | b. give |
| c. wash | d. comb |

Answer the following questions:

4 – Why are fruits and vegetables important?



.....

5 – What is your favourite fruit?



.....

يمكنكم الحصول على "Spotlight" من:

I ♥
English

ع جمعية المعلمين (الدسة)

ع مكتبة السنافر (الاندلس)

ع حولي:

- مكتبة أطلس - مكتبة لندن - مكتبة نيويورك

- مكتبة النور (ميدان حولي) - مكتبة (GPS) - سوق المعلم

ع السالمية : (شارع عمان)

- مكتبة اليوم / بجران (شارع عمان)

- مكتبة الأميرة (بجوار مطعم مروش)

- مكتبة (Reach)

ع الفروانية :

- سوق كندا المركزي (بجوار صيدلية الشعب)

- سوق الامتياز

ع سلوي :

- مكتبة الأسرة (ق: 2 / بجوار فرع الجمعية)

ع العقيلة :

- مكتبة السنافر / مكتبة الاسرة (مجمع أوتاد)

ع الفحاحيل :

- مكتبة الأسرة الشعبي

- مكتبة الإشرف

ع الجهراء :

- مكتبة ميكي ماوس

- سوق كرز

Spotlight