

Healthy Living

sprinting	N	الركض	arrow	N	سهم
extremely	Adv	للاغاية	strict	Adj	شديد - صارم
resistance	N	مقاومة	risk	N	مخاطرة
flexible	Adj	مرن	obesity	N	سمنه
session	N	جلسة - نشاط	gain	V	يحصل علي
regimen	N	نظام غذائي	amount	N	كمية
cool down (ed)	Ph V	يهدئ - يبرد	lack -ed - ed	V	ينقص
promise -d - d	V	يوعد	adequate	Adj	دقيق

Set back

Grammar

Gerund: هو فعل مضاف له (ing) و يستخدم كاسم

Stretching keeps your body flexible.

I enjoy playing football.

Huda is good at cooking many dishes.

My brother prefers drinking milk.

I try going on a diet.

Infinitive: (to) هو حالة الفعل في التصريف الأول مسبوقة بـ

We need to train hard for the race.

It is important to eat fruit and vegetables.

I try to go on a diet.

It is easy to practise a sport.

I study hard to get high marks.

Choose the correct verb:

1- Students go to school to (learn / learning / learns – learned) many subjects.

2- I dream of (am / as / be / being) a famous scientist.

3- (Read / Reads / Reading / To read) is my favourite hobby.

4- (Eat / Eating / Eats / ate) proteins is very important for athletes.

Present Simple

المضارع البسيط

* يتكون المضارع البسيط من التصريف الأول ويعبر عن:

1- عادة (habit):

I pray at the mosque every day.

We always get up early.

2- حقيقة (Fact):

It gets cold in winter in Kuwait.

Ice melts in hot weather.

* نضيف للفعل S مع:

He = Ali	+ Verb → + s
She = Huda	
It = Cat	

Ali usually reads the Quran.

* يأتي المضارع البسيط مع:

every....	كل	always	دائما	usually	عادة
sometimes	احيانا	often	غالبا	rarely	نادرا

Correct the following verbs:

1. They usually (play) football at school. 1.
2. Hamad (visit) his uncle every day. 2.
3. We (go) to the club every Friday. 3.
4. She always (eat) chocolate. 4.
5. The boy always (come) here. 5.
6. He (like) drinking milk. 6.
7. My friend rarely (eat) ice cream. 7.
8. They (like) to repair cars. 8.
9. She (drink) tea every day. 9.
10. Children (suffer) from diseases in poor countries. 10.

Present Continuous

المضارع المستمر

○ يتكون المضارع المستمر من:

I	am	
He / She / It (اسم مفرد)	is	+ verb + ing
You / We / They	are	

I **am reading** English now.

Look, he **is watching** TV.

Listen, they **are playing** music.

○ يدل المضارع المستمر على شيء يحدث الان ويأتي مع:

now	الآن	still	لا يزال
look	أنظر	at the moment	في هذه اللحظة
listen	استمع	at the present time	في الوقت الحالي

Choose:

1. Now, we (am – is – are – was) eating our lunch.
2. Look, they are (run – runs – running – ran) quickly.
3. Listen, Huda (speaks – speak – is speaking – are speaking) English.
4. What are you (do – does – did – doing) now?
5. They (is – am – are – were) watching TV at that moment.

Question Forming **تكوين السؤال**

What	ماذا	When	متى	Where	أين	1- كلمات الاستفهام
Why	لماذا	Who	من	How	كيف	

am	is	are	was	were	can	2- أفعال مساعدة
could	will	would	shall	should	have...	

➔	1- كلمة استفهام	2- فعل مساعد	3- باقي الجملة بدون الإجابة	3- يتكون السؤال من:
	↓	↓	↓	

Ali is eating **fish**.

What	is	Ali eating?
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Huda will travel to **Lebanon**.

Where	will	Huda travel?
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Ahmed can run **fast**.

How	can	Ahmed run?
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إذا كان الفعل مضارع	do	➔	يأتي الفعل بدون إضافة (تصريف أول) بعد: do/does/did	إذا لم يوجد فعل مساعد تأتي بـ:
إذا كان الفعل مضارع به S	does			
إذا كان الفعل ماضي	did			

The boys **like** playing football.

What	do	the boys like?
------	-----------	----------------

Nora **plays** tennis at the club.

Where	does	Nora play tennis?
-------	-------------	-------------------

Sami **bought** a car yesterday.

When	did	Sami buy a car?
------	------------	-----------------

Make questions:

1- Manal will make a cake.

.....?

2- I can go at 7 o'clock.

.....?

3- Sami went to the cinema.

.....?

4- Osama goes to the market to buy a shirt.

.....?

The negative **النفى**

أفعال مساعدة:

am – is – are – was – were – can – could – will – would – shall – should -
have – has – had – must

1) ~~~~~

I am a doctor. (Negative)

I am **not** a doctor. بعد الفعل المساعدnot

She can cook meat. (Negative)

She can **not** cook meat.

Answer:

1- Ali is a policeman.

2- They will travel to Bahrain.

3- We are eating fish now.

2) ~~~~~

I like fish. (Negative)

I **don't** like fish. do not إذا كان الفعل مضارع

Samy plays football. (Negative)

Samy **doesn't** play football. does not إذا كان الفعل مضارع به S

She washed the dishes. (Negative)

She **didn't** wash the dishes. did not إذا كان الفعل ماضي

Answer:

1- We study in the street.

2- Hamad eats rice.

3- Nada walked to school.

3) ~~~~~

Sara { always
usually
sometimes } walks to school.

Sara **never** walks to school.

Exercises
Vocabulary

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

- 1-is running very fast over a short distance.
a) Obesity b) Stretching c) Resistance d) Sprinting
- 2- Stretching keeps our body fit and.....
a) extreme b) adequate c) flexible d) strict
- 3- My father.....to give me special present when I pass the exam.
a) cooled b) promised c) lacked d) gained
- 4- A good exercise has a warm-up of about 5–10 minutes.
a) arrow b) session c) resistance d) obesity

B) Fill in the spaces with words from the list:

lack – amounts – gained – regimen – risk

- 1- Vegetarian diet has high of vitamin C, folic acid and fiber.
2- It is important to have an exercise which contains all three types of exercise.
3- There is more energy from vegetables because they are the primary source of the food chain.
4- Vegetarians who do not consume milk or dairy products vitamin D.

Reading Comprehension



Read the following passage then answer the questions below:

In England, many parents think that they must teach **their** children how to swim to make them more respected and strong among their friends. They usually take them to public swimming pools or sports clubs on holidays.

One often sees parents anxious trying to force their **frightened** children to swim. I believe that pushing the little child to the water can be a big mistake. Another mistake that these parents do is that they give the children a rubber ring or wings to help them. This makes the child think that it is dangerous to get his head under water.

When my children were young, we usually spent the weekends in mountains where there was a circular water tank. It was about two metres deep. I let my children swim there. I never gave them rubber rings or water wings while they were in water. My eldest son began to jump into the tank. Soon, his brother and sister got used to the water and did the same thing.

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

- 1- The underlined word **their** refers to.....
a) parents b) children c) neighbours d) friends

- 2- The underlined word frightened in line 4 means
 a) strong b) angry c) afraid d) upset
- 3- The purpose of the writer is to tell us that.....
 a) Children can swim in England. b) Children should learn at their own speed.
 c) Children must learn to swim very quickly. d) Swimming is dangerous.

B) Answer the following questions:

- 4- How deep was the tank?

- 5- Where did they use to spend their weekends?

- 6- What are the mistakes of the parents?

Grammar

A- Choose the correct answer:

(Cycle – Cycles – Cycling) is my favourite sport. My brother always (come – comes – coming) with me to the club. But he (study – studies – is studying) now. He (have – will have – had) an exam tomorrow.

B) Do as shown between brackets:

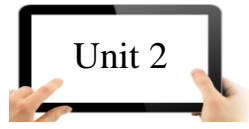
- 1- The waiter has brought the coffee. { Ask a Question }

- 2- A sheep is kept for its wool. { make plural }

- 3- I sometimes stay up till midnight. { Make negative }

- 4- My friend travels abroad every summer. { Ask a Question }

- 5- A Muslim (fast) in Ramadan. { Correct }



Life Events

lead - led - led	V	تؤدي إلى	master - d - d	V	يجيد - يتحكم
theme	N	موضوع رئيس	frequently	Adv	مرارا وتكرارا
provide - d - d	V	يزود / يمد	infection	N	عدوي
cavern	N	كهف كبير	sight	N	رؤية - منظر
voluntary	Adj	تطوعي	determination	N	تصميم - إصرار
native	Adj	أصلي - وطني	over <u>co</u> me - <u>a</u> - <u>o</u>	V	يتغلب على
recently	Adv	حديثا	barrier	N	مانع - حاجز
achieve - d - d	V	ينجز - يحقق	inspire - d - d	V	يلهم
improve - d - d	V	يحسن	incredibly	Adv	لا يصدق
require - d - d	V	يتطلب	capable	Adj	قادر

Grammar

Present Perfect المضارع التام

= يتكون المضارع التام من:

I / You / We / They	have	+ verb 3
He / She / It (اسم مفرد)	has	

I have visited the museum.

Huda has acted in a play.

= نفي المضارع التام بوضع (not) بعد (have / has):

Affirmative	الإثبات	Negative	النفي
I have visited the museum.		I have not visited the museum.	
Huda has acted in a play.		Huda has not acted in a play.	

Question	السؤال	
Have you ever eaten Italian food?	= Yes, I have .	= No, I haven't .
Has she ever visited a museum?	= Yes, she has .	= No, she hasn't .

= يعبر المضارع التام عن احداث تمت و لكن اثرها موجود و لا نذكر وقت حدوثها ويأتي مع:

since	منذ	for	لمدة	just	حالا
already	من قبل	not....yet	ليس.....بعد	ever	ذات مرة

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

- 1- Dana to the museum.
a) were b) has been c) been d) have been
- 2- My relatives..... together for the Hajj.
a) travelling b) have travelled c) has travelled d) travels
- 3- We the Queen in the celebration.
a) are met b) meeting c) has met d) have met
- 4- I my long hair.
a) cutting b) have cut c) has cut d) was cut

EX. Change into negative:

- 1-I have met my favourite movie star.
.....
- 2- We have talked to the manager.
.....
- 3- Ahmed has seen a flying saucer.
.....

to / in order to / so that

= تأتي كل من (to / in order to) بمعنى (لكي) وتعبّر عن الغرض ويأتي بعدها فعل بدون إضافة:

Ahmed studies hard **to** achieve his dreams.
Huda gets up early **in order to** help her mother.

= تستخدم (so that) بمعنى (لهذا السبب) وتعبّر عن الغرض من فعل الشيء و يأتي بعدها فاعل وفعل مثل
:(can/could)

Ali practised a lot **so that** he could improve his skills.

Exercises
Vocabulary

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

1- You should choose a good..... for your blog.

- a) obesity b) theme c) resistance d) cavern

2- Charity organisations depend on..... efforts.

- a) voluntary b) capable c) flexible d) strict

3- I have joined summer courses to my English.

- a) cool b) improve c) lack d) gain

4- She has bought a new car.....

- a) extremely b) incredibly c) frequently d) recently

B) Fill in the spaces with words from the list:

capable – barrier – determination – regimen – masters

1- Visual handicap shouldn't be a between the blind and the world around him/her.

2- My uncle five foreign languages.

3- I haveto achieve all my dreams.

4- My friend was.....of winning the game.

Reading Comprehension

Read the following passage and, then, do as required:



Last Saturday, Adel and his brother went to the library. Adel wanted to find a book to read. His brother wanted to use a computer there. When they got to the library, Adel found a book about basketball, his favourite sport. He also found a book about desert animals. Finally, he found a book about a man who lived alone in the **woods** غابات without any family or friends. Adel put the books on the front desk and waited for his brother who was sitting at one of the computers in the library checking his e-mail. Then he read a news article on a website.

After half an hour, Adel's brother walked over holding up something for him. " I got that movie for us to watch tonight." Said Adel's brother. "Are you ready to leave?" "Sure!" Adel said. Then he put his books and the movie on the front desk to check out. A librarian stood behind the counter holding an electronic scanner. "How long can we keep them?" Adel asked him," Three weeks for the books and the movie" said the librarian." Cool" said Adel. Suddenly Adel was surprised because **he** saw his brother checking out a big picture of the ocean. "What's that for?" Adel asked. "To put on our wall at home but remember we must return it in three months." Said his brother.

A) Choose the suitable answer from a, b, c and d:

1. The underlined word "woods" in line 4 means
- a) forest b) a big picture c) desert d) library
2. The underlined word "he" in line 13 refers to.....
- a) Adel b) the librarian c) the man d) Adel's brother
3. The best title for this passage is
- a) Using a Computer b) News Articles on Websites
c) Going to the Library d) An Electronic Scanner

B) Answer the following questions:

4. When did Adel and his brother go to the library?
.....
5. How many books did Adel borrow?
.....
6. What was the second book about?
.....

Grammar

A- Choose the correct answer form a, b, c or d:

- 1- I have just.....my homework.
a- write b- wrote c- writing d- written
- 2- Many people travel abroadstudy or have fun.
a- because b- in order to c- so that d- so
- 3- Noor studies his lessons regularly..... he can get high marks.
a- because b- in order to c- so that d- to
- 4- you ever made your own website? = Yes, I have.
a- Has b- Have c- Can d- Will

Do as shown between brackets:

- 5- No, I have never washed the dishes. {Ask a Question}
.....
- 7- Ahmed studies hard he can pass the exam. {Complete}
.....
- 8- I have just cleaned the kitchen. {Make negative}
.....

Writing

Write Two paragraphs of (10) sentences about: "Creating a Blog"

with the help of the following guide words.

First Idea: {Why do you create a blog?}

(connect – voice – images - experiences)

Second Idea: {How do you create a blog?}

(theme – name – plan - account)

Introduction		<ul style="list-style-type: none"> ○ In fact, creating your own blog is a great event.
Body	Why do you create a blog?	<ul style="list-style-type: none"> ○ Connecting the world. ○ Voice to be heard. ○ Images to be seen. ○ Experiences to be read.
	How to create a blog?	<ul style="list-style-type: none"> ○ Logging into WordPress. ○ Choosing a theme. ○ Choosing a name. ○ Choosing a plan. ○ Creating an account.
Conclusion		<ul style="list-style-type: none"> ○ I advise everyone to have his own website.

Creating a Blog