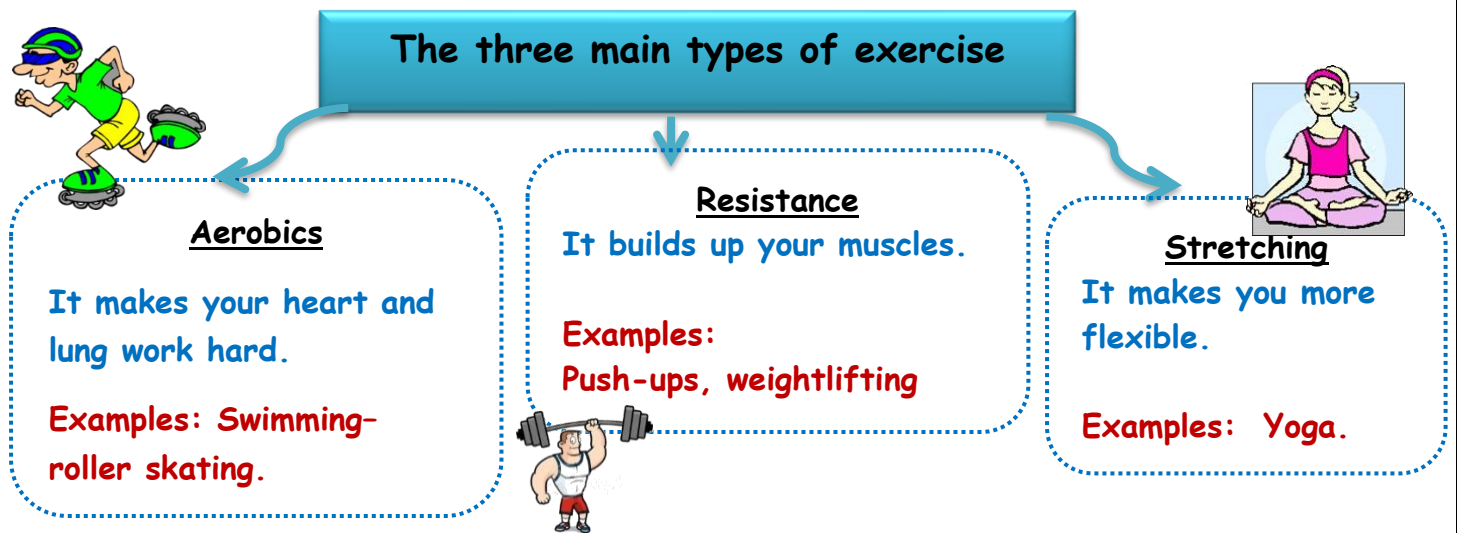


Unit 1 Healthy Living

Vocabulary Corner:

| Word | Meaning | Word | Meaning | Word | Meaning |
|------------|----------------|-----------|----------------|----------|-----------------|
| Sprinting | الجرى بسرعة | Cool down | يهدأ | amount | كمية |
| extremely | بشدة او للغاية | promise | يعد - يعطي وعد | gain | يحصل على / يكسب |
| resistance | مقاومة | arrow | سهم | lack | يفتقد أو ينقص |
| flexible | مرن | strict | صارم أو جاد | adequate | كافي |
| regimen | نظام غذائي | risk | خطوره | | |
| session | جلسة او حلقة | obesity | سمنه زائدة | | |

Main Topics:(A healthy lifestyle & The Vegetarian Diet)



A good exercise session must start with a warm-up and ends with stretching exercises to cool down.

Following a strict diet which includes fruits, vegetables, cereals and nuts but no meat, fish or chicken

The Vegetarian Diet

Advantages

1. There is less risk to obesity and heart disease.
2. It helps to avoid diseases because of the vegetables.
3. It helps in digestion because it contains more fiber.



Disadvantages

1. It can negatively affect your heart.
2. This diet is low in calcium, proteins and B-12.
3. An athlete can't be a vegetarian because he/she needs protein to build muscles.

Grammar Review:**Adverbs of Frequency**

We use the present simple tense with these words (always, usually, often, sometimes & never). You can form a question by using (How often...?)

How often does she play the piano?

She usually plays the piano.

She never plays the piano.



Choose the correct alternative for this gap:

- _____ (How many - How often - How far) do you watch the news? I always watch the news.



Do as shown in brackets:

1. Khalid usually (eat) a banana in the afternoon. [correct]

_____ Khalid usually eats a banana _____

2. Sometimes, We work on the project with the teacher. [Ask]

_____ How often do you work on the project with the teacher? _____

Present Continuous Tense

We use the present continuous tense to talk about things that are happening at the moment.



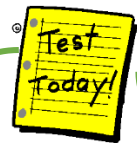
They are studying English at the moment.

She is painting pictures now.



Choose the correct alternative:

- My friends (are helping - helped - helping) me at the moment.



Note that (We, you, they and plural names) take are. But (she, he, it and singulars) take is.

Do as shown in brackets:

• She (write) a short story at the moment. [Correct]

_____ She is writing a short story at the moment _____

GERUNDS VS INFINTIVES!

IN ENGLISH

- The Gerund: Sometimes we use the gerund (v+ing) as the Subject in the beginning of a sentence or after these words: { enjoy, good at , good for, interested in ... etc }

Example: Sara enjoys playing monopoly.



- **The infinitive:** We use the infinitive (to+ base verb) after these verbs or adjectives: { **promise, need, want, decide, It's important, It's easy, It's good etc** }

Example: We need to change the furniture this year.
It's important to listen to your mother's advice.

- **Note:** There are some words which you can use the gerund or the infinitive after : { **like, hate, try, prefer ..** }

Examples: I prefer drinking tea. OR I prefer to drink tea.

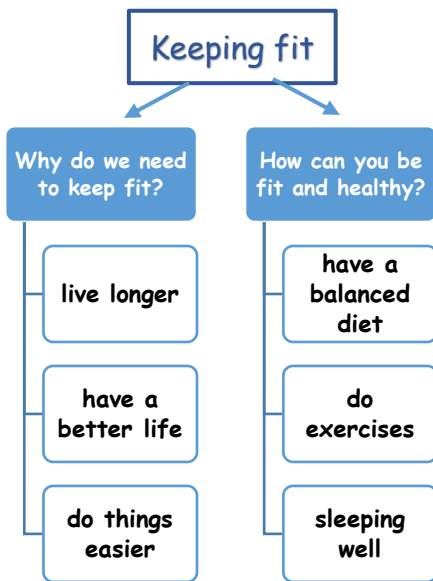


- **Choose the right alternative in the following**

1. I need (studies - to study - studying) tonight.
2. We enjoy (to cook - cooked - cooking) Italian food.
3. (Stretching - Stretched - To stretch) is good for cooling down.
4. It's important (sleeping - to sleep - sleeps) early in a school night.

Writing Practice:

"Keeping fit is very important to one's healthy living". Plan & write a two-paragraph report of not less than 10 sentences. (two main ideas, supporting details and a conclusion).



Why do people try to keep fit? Everybody needs to keep fit. It's a good way to have a healthy living. Keeping fit helps you live longer and stay younger. It makes you have a better life in school and at work. If you are fit and healthy you can do things better and easier 😊.

I think keeping fit is not so difficult. You just need to follow some rules in your daily life. It's important to have a balanced diet with enough fruits, vegetables and meat. You can also do exercises or practice your favourite sport two or three times a week. Sleeping well and having enough rest is also very important. So, if you are not working to have a healthy lifestyle, you should start today.

Topic sentence or a hook

Topic sentence

conclusion

Vocabulary Corner:

| Word | Meaning | Word | Meaning | Word | Meaning |
|------------|--------------|---------------|---------------|------------|---------------|
| Lead / led | يؤدي الى | achieve | يحقق | overcome | يتغلب على |
| theme | موضوع | improve | يحسن أو يتحسن | barrier | حاجز او صعوبة |
| provide | يزود او يوفر | master | يتمكن من | inspire | يلهم |
| cavern | كهف او مغارة | frequently | بشكل متكرر | incredibly | بشكل لا يصدق |
| voluntary | تطوعي | infection | عدوى | capable | قادر على |
| native | أصلي | sight | بصر | | |
| recently | حديثاً | determination | اصرار | | |

Main Topic (Creating A Blog / Life's Challenges):



It keeps you connected to the world. It helps you express yourself in any way you want.

What is a blog?

It's a personal webpage where you can write and share your ideas and thoughts with friends.

What are the benefits of blogs?

What do you need to create it?

I need a theme and name for the blog. I also must have an email, username and password.

Brave in Facing Challenges

Their stories are examples of determination and hope.



Juri Al-Azmi:

Juri overcame being blind and achieved first place in the Reading Challenge. One difficulty she faced was the lack of books in Braille.

Ghanim Al-Muftah

Ghanim was born with a rare disease, but he inspired everybody by surviving and becoming an athlete.



Grammar Review:

Present Perfect Tense

has
or + P.P.
have 1st Term

We use the present perfect to talk about past experiences that happened recently (He/ She/ It or a singular noun takes has. I/ you/ They/ We or plural nouns take have)



Have you ever seen a horror movie?



Yes, I have

No, I haven't.

My friend has eaten Italian food.



Choose the right word from a, b, c and d:

- She _____ her expensive watch in the airport recently.
- a) have lost b) loses **c) has lost** d) losing

Do as shown in brackets:

- No, I haven't eaten Chinese food before. (Ask)
___ Have you ever eaten Chinese food? _____
- 2. Salih (act) in a Kuwaiti play with Tareq Al-Ali. [Correct]
___ Salih has acted in a Kuwaiti play with Tareq Al-Ali.

It's
important to
know the
Past
Participle of
a verb



Past Simple Tense

Eman stayed at home last weekend.



we use the past simple to talk about finished events in the past.

Do as shown in brackets:

1. Salim (start) the piano lessons last Monday [correct]
Salim started the piano lessons last Monday.
3. Farah sprinted very fast in the Olympic Race. [Make negative]
Farah didn't sprint very fast in the Olympic Race.



Expressing Purpose

we use (to , in order to , so that.) to express the purpose and answer questions with WHY.

To / in order to + infinitive (base verb)

Examples:

She saved money to buy a new mobile phone.
They created a blog in order to raise money for charity.

So that + Clause: (Subject + modal)

Example:

Farah joined the gym so that she could lose weight.

Writing Practice:

"We read many inspiring stories about people who are facing difficult challenges in life." Plan & write a two-paragraph email to your friend Amany telling her about an inspiring person you admire of not less than 10 sentences. (two main ideas, supporting details and a conclusion).

Inspiring Person
Ahmad Al-Mutairi

What's his incredible story

- his early life
- challenges he faced
- what he achieved

Why he inspires me

- showing determination
- overcome barriers
- inspired me to be better

Topic sentence or a hook

Not everyone gets an easy life, some people are facing difficult challenges. When you hear the story of Ahmed Al-Mutairi , you can only be proud and inspired. He was born disabled but that didn't stop him from following his dream. Ahmed worked hard and trained well to be an athlete. He overcame his disability and became the world champion in wheelchair racing😊.

Topic sentence

Ahmed Al-Mutairi is the example of determination and hope. His hard work to overcome barriers in life is inspiring. I really admire him and wish to be a famous athlete in the future just like him. Ahmed and many other Kuwaiti athletes are the real heroes that we should follow in the social media.

conclusion

Unit 3

How We Live

Vocabulary Corner:

| Word | Meaning | Word | Meaning | Word | Meaning |
|------------|------------------|----------|--------------------|-------------|--------------|
| separate | منفصل | inhale | يستنشق | dispose of | يتخلص من |
| employ | يوظف | stingy | بخيل | float | يطفو |
| wage | اجر او معاش | furious | غاضب | package | علبة |
| instead of | بدلاً عن | hearty | بشكل حماسي او قلبي | gravity | الجاذبية |
| trap | فخ او خدعة | justice | عدالة | casual | عفوي او عادي |
| drop out | يتوقف عن أو يترك | crowd | جمهور او حشد | specialised | متخصص |
| jobless | بلا وظيفة | unfairly | غير عادل | | |

Main Topic (Stories / Life in Space):

Every story you read must have these parts

- 1) Characters: the people in the story.
- 2) Setting: The time and place in which a story takes place.
- 3) Problem: what went wrong in a story
- 4) Solution: how the problem or conflict is solved.



First, the story has a "Title".

Living in space is a bit like camping. How?

You have to take everything you need, use special equipment and dispose of your rubbish.



Food in Space

All the food is in tins or dried. Astronauts drink using straws



The food is in packages and they use straps to keep it on the table because of the zero gravity.

They don't use knives or forks. They don't use chairs; simply floating around the table.

Clothes in Space

They wear special suits for going into or out of space called LES. They have everything they need in the suit like: water , parachute and oxygen.

Inside the station, they wear casual clothes with lots of pockets.

When walking outside in space, they wear specialized white suits with heaters in the gloves.



We use the present perfect tense with these two keywords (since) (for) - and we can ask using "How Long"

How long have you used this iPad? → I have used it for three years.



Fahed has waited to meet his friend for two hours.



Choose the right word from a, b, c and d:

- She _____ the bags for the trip since this morning.
- a) have packed b) packing **c) has packed** d) packs
- We have known Mariam and her family _____ a long time.
- a) since b) just c) while **d) for**

Intensifiers

we use (too..... to / so that.) to support and explain an adjective.

Too ..(adj) to + base verb (infinitive).

Example:

Farah was **too** tired **to** finish her work.

So (adj) that + Clause: (Subject + modal)

Example:

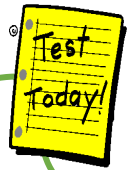
Farah was **so** tired **that** she couldn't finish her work.

Choose the correct alternative for this gap:

- It's too late (**to** - that - with) start packing your luggage. You will miss the plane. Anyway I think your bags are (too - very - **so**) heavy that you need someone to carry them for you 😞.

Do as shown in brackets:

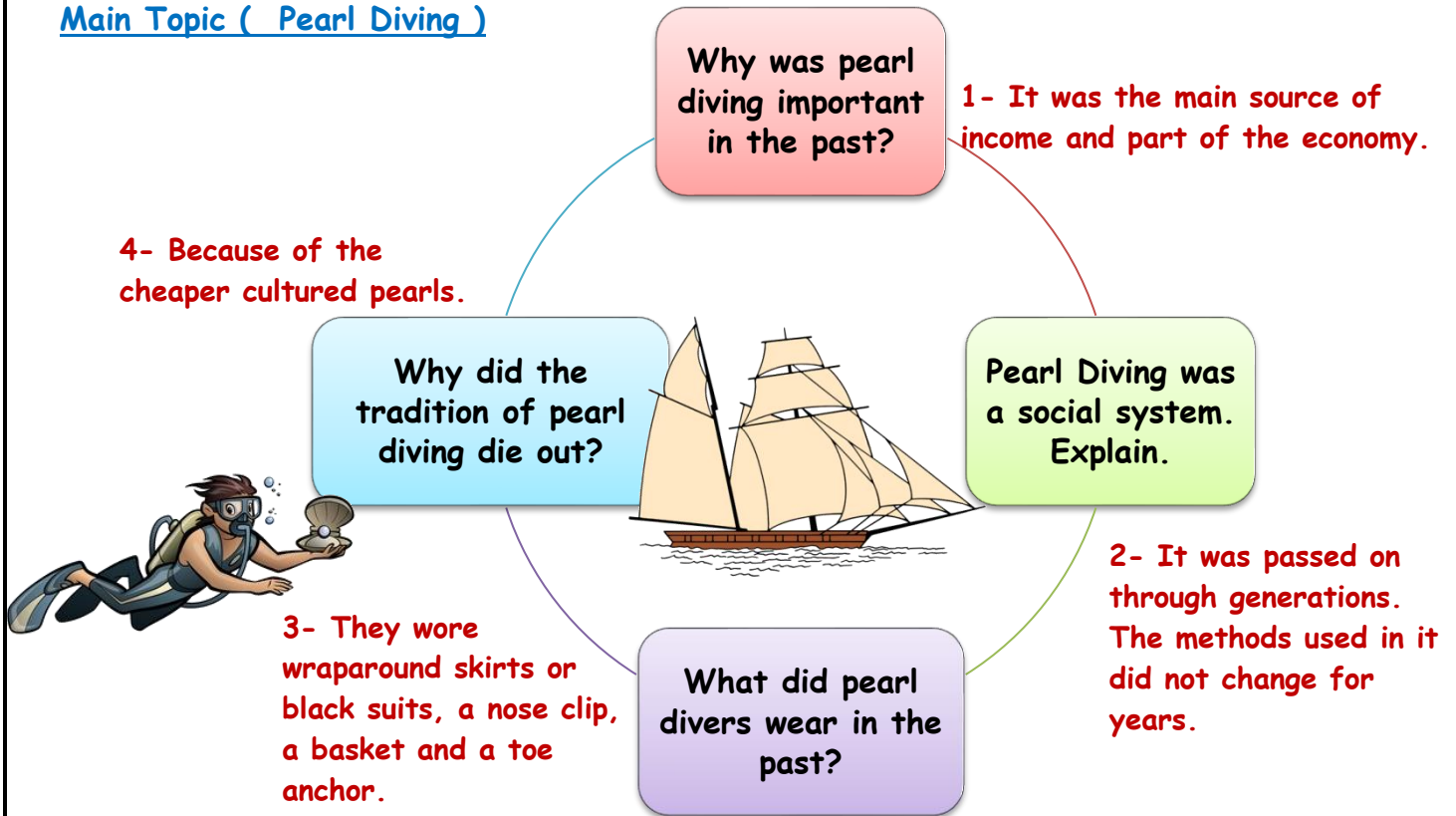
1. This question is difficult. I can't answer it. [Join with so .. that]
This question is **so** difficult **that** I can't answer it.



Vocabulary Corner:

| Word | Meaning | Word | Meaning | Word | Meaning |
|-----------|--------------|---------------|----------------|------------|----------|
| hire | يعين او يوظف | compelled | مجبور | generation | جيل |
| raise | يجمع المال | astonished | مندهش او مذهول | securely | بشكل آمن |
| community | المجتمع | plunge in | يغوص في | throughout | خلال |
| demote | ينزل رتبة | beg | يتسول | tug on | مربوط |
| harsh | قاسي او صعب | exceptionally | استثنائي | heritage | تراث |
| quit | يترك الوظيفة | humble | متواضع | | |
| wound | جرح | hardship | معاناة أو ضيق | | |

Main Topic (Pearl Diving)



Grammar Review:

Past Continuous Tense



It is used to express actions that were going on for a period of time when another event occurred. The keywords are (When , While)

When my mother came home, we were eating dinner.





Choose the right word from a, b, c and d:

- He _____ (ran - **was running** - runs) to school when he fell down.
- When the teacher opened the door, they _____ (singing - sings - **were singing**) in class.

Do as shown in brackets:

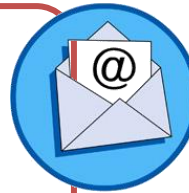
1. While Fahed (drive) to work , a car hit him. [Correct th verb]
While Fahed **was driving** to work , a car hit him.

Past Simple Passive

We use the Past Simple Passive to talk about past processes and facts. Changing the focus on the action not who does it.

She **sent** an e-mail to the teacher.

An e-mail **was sent** to the teacher.



To change a sentence to the past passive:

1- Start with the **OBJECT**.

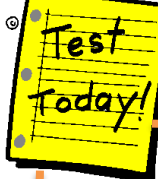
2- Use (was / were)

3- Change the verb to the past participle.



Jobbs **invented** smart phones in 1985.

Smart phones **were invented** in 1985.



Choose the right word from a, b, c and d:

- This network _____ the internet.
a) calls b) calling **c) is called** d) are calling
- The winners _____ by a group of teachers.
a) were selected b) selecting c) is selected d) selects

Do as shown in brackets:

1. She collected the books yesterday.

The books were collected yesterday .

[Change into **Passive**]

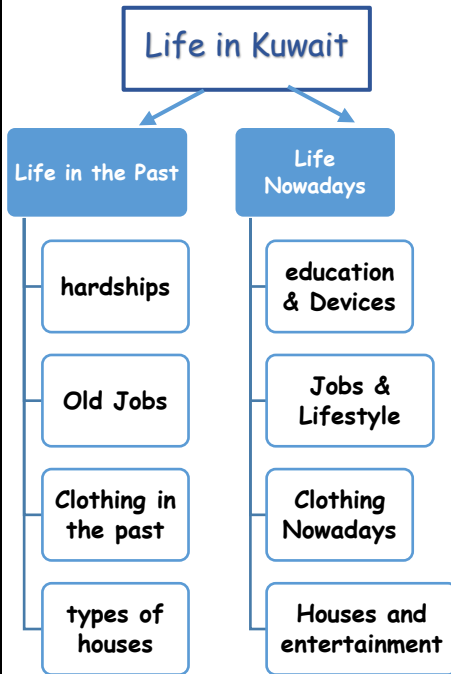
2. They make good cars in Japan.

Good Cars are made in Japan.

[Change into **Passive**]

Writing Practice:

"Older people often say that life was better in Kuwait in the past than it is now." Plan & write a two-paragraph report comparing life in Kuwait in the past and nowadays of not less than 10 sentences. (two main ideas, supporting details and a conclusion).

**Argumentative Writing**

Some people say that life in Kuwait was better in the past. Life in the past was surely simpler but it was not easier. People used to have few jobs like pearl diving which was hard and dangerous. They had simple traditional clothes. Their houses were made of mud and palm leaves which was very hot in summer and they had no electricity.

However, Life has changed a lot in Kuwait in the last 70 years. Most Kuwaiti people have a better and more modern lifestyle. They can work in any career they choose. Modern technology became a main part of our daily life. People nowadays wear fashionable clothes and live in modern houses. Kuwait is a part of the changing world around us. So I believe that life nowadays is much better than the past, and the future will be even better.

conclusion

Unit 5 Incredible Places

Vocabulary Corner:

| Word | Meaning | Word | Meaning | Word | Meaning |
|------------|----------------------|-------------|---------------|------------|-----------------|
| equator | خط الاستواء | sightseeing | زيارة المعالم | house | يستضيف او يحتوي |
| unique | فريد او متميز | destination | وجهة أو مقصد | impressive | مؤثر |
| glow | يلمع او يشع | counting | عد او تعداد | sculpture | منحوتة أو تمثال |
| reflect | ينعكس | height | ارتفاع | exhibit | معرض |
| antiquity | العصور القديمة | skill | مهارة | illusion | خيال او وهم |
| bargain | صفقة او مساومة | collection | مجموعة | | |
| atmosphere | الجو او الشعور العام | pleasure | فرحة او متعة | | |

Why do countries build museums?

1- Museums are a source of pleasure and information for its visitors.



4- We learn more information about our heritage and culture in museums.

What benefits do we get from visiting museums?



What items can be displayed in a museum?

2- We can find old and valuable items such as jewellery, weapons, manuscripts.



3- The National Museum, Tareq Rajab Museum, and Bait AL-Othman Museum.

Name some famous museums in Kuwait.

Grammar Review:

The Comparative & Superlative

To compare adjectives we add (-er, -est) if the adjective is short or we add (more ... than, the most ...) if the adjective is long. Exceptions: (good, better, best) - (bad , worse, worst) - (far, farther, farthest).

Dana wrote the most interesting book about adventures!

The Avenues is bigger than the Marina Mall.



Choose the right word from a, b, c and d:

- Amina is _____ girl in my class.
- a) helpful than **b) the most helpful** c) helpful d) more helpful



Do as shown in brackets:

- My sister is two years (old) than me. [correct]
My sister is two years older than me.

as .. adj. .. as

We use (as..adj..as) or (not as..adj ..as) to compare the similarity of adjectives.



This house is not as big as our house!



The streets in Rehab are as wide as the streets in Salmiya.



Choose the right word from a, b, c and d:

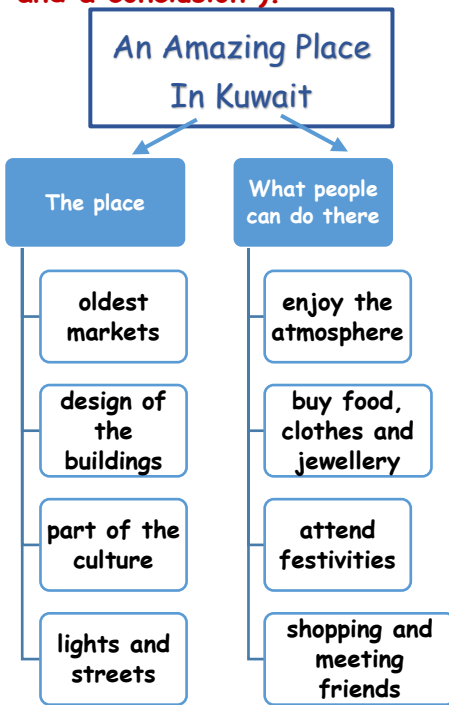
1. This bag is as _____ (smaller - smallest - **small**) as the red one.

Do as shown in brackets:

1. This car you bought is as expensive as Salim's car. [Make negative]
This car you bought **is not** as expensive as Salim's car.

Writing Practice:

"Souq Al-Mubarakiya is the most famous tourist attraction in Kuwait." Plan & write a two-paragraph description of this Amazing place in not less than 10 sentences. (two main ideas, supporting details and a conclusion).



Have you ever visited Souq Al-Mubarakiya in downtown Kuwait? It is 200 years old and one of the oldest markets in Kuwait. This market's design is inspired of the old Kuwaiti buildings. Everywhere you go in this market, you'll find a part of the Kuwaiti culture. Even the lights and streets shows it.

Souq Al-Mubarakiya is the most visited place in Kuwait. It is visited by many people from Kuwait and the Gulf Countries everyday. There are many festivities in the SoMo area. People can enjoy shopping and buying traditional food, sweets, clothes and jewellery. They can also go to restaurants and enjoy the Kuwaiti cuisine. **The more you visit this amazing place, the more you enjoy it!**

Topic sentence or a hook

Topic sentence

conclusion

Unit 6 Surprising Records

| | | | | | |
|-----------|---------------|-------------|--------------|------------|------------------|
| spoil | يفسد | oval | بيضاوي الشكل | chandelier | الثريا |
| fictional | خيالي أو قصصي | luxury | رفاهية | countless | لا يعد / لا يحصى |
| thrilled | سعيد أو مبتهج | spectacular | مذهل | royal | ملكي |
| schedule | جدول | donate | يتبرع | pure | صافي او نقي |
| actually | في الواقع | carpet | سجاد | marble | رخام |
| conduct | يتصرف أو يدبر | return | عودة | import | يستورد |

Question Tags:

We use question tags at the end of sentences to check information. It can be positive or negative.

☺ **Main Verbs question tags**

- You don't believe her, do you?
- Abeer speaks French, doesn't she?
- We recycle things, don't we?



☺ **Helping Verbs question tags**

- You will help me, won't you?
- It wasn't raining, was it?
- They have been late, haven't they?



Choose the right word from a, b, c and d:

- It takes hours for Maha to study math, _____?
- a) isn't it **b) doesn't it** c) has it d) did it



Do as shown in brackets:

1. We can't see in the dark, _____? [Add a question tag]
We can't see in the dark, **can we?**

Order Of Adjectives

Which adjective comes first?

| Opinion | Size | Age | Shape | Colour | Origin | material |
|-----------|-------|-------|--------|--------|---------|----------|
| beautiful | Large | old | round | red | Kuwaiti | wooden |
| bad | big | young | square | black | Spanish | plastic |

Examples:

- She has got a **lovely small white** cat.
- My mother keeps her bags in an **old brown wooden** box.

The end of the First Term