



Salman Alfarisi Sec. School
English Department: 2018-2019
Grade. 10. 1st Term

Vocabulary

Set Book

OVER TO YOU
10

Grammar

Composition

Module one/ Culture**Unit One/ We are What We Eat****Lesson 1 + 2**

	Meaning	Word		Definition
1	يمتص	absorb	v.	to take in or soak up (energy, or a liquid or other substance) by chemical or physical action
2	مضاد التأكسد	antioxidant	n.	a substance in some foods that cleans the body and protects it from diseases
3	التهاب المفاصل	arthritis	n.	a disease that causes painful inflammation and stiffness of the joints
4	الكافيين	caffeine	n.	a chemical substance found in coffee, tea, and cocoa, which makes you more active.
5	الكالسيوم	calcium	n.	a metallic element that forms and strengthens bones and teeth
6	الكولسترول	cholesterol	n.	a chemical substance found in your blood, causing heart diseases
7	يقاوم / يكافح	combat	v.	to take action to reduce, destroy or prevent
8	أخصائي تغذية	dietician	n.	a person who scientifically studies, and gives advice about, food and eating
9	هضمي	digestive	adj.	connected with the process of digestion
10	ألياف	fiber	n.	important nutrient found in wholegrain products like brown rice
11	حديد	iron	n.	a mineral found in food
12	يحول الطعام إلى طاقة	metabolise	v.	to change food in your body into energy
13	يُحيد	neutralise	v.	to stop something from having an effect
14	تغذية	nutrition	n.	the process of providing the food necessary for good health and growth
15	محتوي على البكتيريا	probiotic	n.	containing ‘ ’ bacteria to improve health
16	بروتين	protein	n.	a natural substance that exists in foods such as meat, eggs and beans
17	دهون مشبعة	saturated fat	n.	a type of fat from meat and milk products that is thought to be less healthy than other kinds of fat from vegetables or fish
18	مادة منبهة	stimulant	n.	a substance that increases nervous activity in the body
19	دهون غير مشبعة	unsaturated fat	n.	a type of fat found in nuts, seeds and vegetable oils that does not encourage the harmful development of cholesterol
20	فيتامين	vitamin	n.	a chemical substance in food that is necessary for good health

Lesson 3

1	يعزز / يقوي	boost	v.	to help something to increase or improve
2	يشتمل / يتضمن	comprise	v.	to consist of, made up of,
3	جفاف	dehydration	n.	the loss of a large amount of
4	إرهاق / تعب	fatigue	n.	water from the body
5	بدانة / سمنة	obesity	n.	the state of being very tired

Lesson 4 + 5

1	نقص	deficiency	n.	a lack of the nutrients that our bodies need
2	مشوي	grilled	adj.	cooked over the fire in a grill
3	الأيض	metabolism	n.	the chemical processes by which food is changed into energy in your body
4	عضوي	organic	adj.	produced or practised without using artificial chemicals
5	الرمان	pomegranate	n.	round fruit that has a lot of small juicy red seeds that you can eat and a thick reddish skin
6	الحد الموصي به من فيتامينات	RDA	abbr.	Recommended Daily Allowance, the quantity of a particular nutrient which should be consumed daily
7	ملح الطعام	sodium	n.	a chemical found in salt
8	مكمل / إضافة	supplement	n.	a substance taken to add vitamins, etc. to a person's diet

Lesson 7 +8

1	يُعجب / يروق لـ	appeal to	v.	to interest or attract someone
2	شاعري	atmospheric	adj.	creating a special feeling, such as mystery or romance
3	مزدحم / مُكْتَظ	crammed	adj.	completely full of things or people
4	مطعم	eatery	n.	a place where you can buy and eat food
5	مُحب / متحمس	fanatic	n.	someone who likes a particular thing or activity very much
6	باستهتار	irresponsibly	adv.	if a place, event, sound etc. is atmospheric, it gives you a particular feeling, especially a pleasant or mysterious one
7	سوء تغذية	malnutrition	n.	the lack of proper nutrition
8	منضدة السلطة	salad bar	n.	a place in a restaurant or supermarket where you can get a salad or ingredients to make a salad
9	طعام مميز	speciality	n.	a type of food that a restaurant or place is famous for
10	نباتي	vegetarian	adj.	food that does not contain any meat or fish
11	صحي / مفيد	wholesome	adj.	beneficial for you, and likely to improve your life either physically, morally or emotionally

Fill in the spaces with the suitable words from the list below:

digestive/ antioxidants/ combat/ absorb/ arthritis / probiotic

- 1 In cold climates, houses need to have walls that will heat.
- 2 Fruits, vegetables, coffee and tea contain
- 3 In later years he suffered very badly from
- 4 It is better to have some drinks to improve your digestive system.
- 5 Dieticians advise having juices to help the digestive process.

Fill in the spaces with the suitable words from the list below:

digestive/ combat/ neutralises/ caffeine/ calcium/ organic

- 1 Try to avoid too much before bedtime.
- 2 We usually buy food because of the lack of pesticides used during production.
- 3 This is a medicine that the acid in the stomach.
- 4 The government try to the new dangerous disease.
- 5 During pregnancy, mothers need more to support their bodies.

Fill in the spaces with the suitable words from the list below:

absorbed/ atmospheric/ metabolized/ dieticians/ crammed with/ cholesterol

- 1 The house is priceless furniture and works of art.
- 2 The new restaurant is highly
- 3 Fat is by your body and cleared through the liver.
- 4 They have a team of to ensure patients get healthy meals.
- 5 Non-animal protein is better because it is low in fat and

Fill in the spaces with the suitable words from the list below:

wholesome/ iron/ fibre/ comprises/ vegetarian/ absorbs

- 1 You should eat more dietary to reduce the risk of bowel cancer.
- 2 Patients with anaemia are advised to have foods rich in
- 3 Water of hydrogen and oxygen.
- 4 Buying, healthy ingredients and cooking them at home is so simple.
- 5 The menu had a whole page of recipes and another of fish dishes.

Fill in the spaces with the suitable words from the list below:

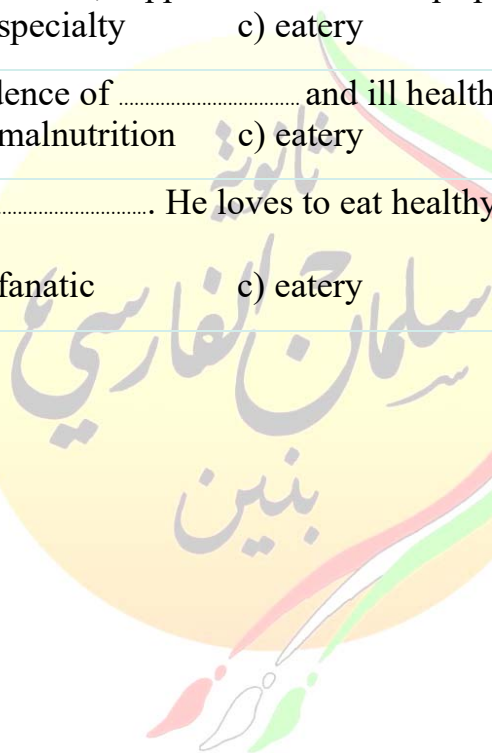
boost / nutrition / appeal to/ probiotic / grilled/ saturated fat

- | | |
|---|--|
| 1 | It's a programme designed to 16 to 25-year-olds. |
| 2 | Most people prefer to have meat with vegetables. |
| 3 | Many adults are fat because of the amount of in their diets. |
| 4 | Athletes should have good nutrition to their performance. |
| 5 | Good, in addition to exercise, can guard against serious diseases. |

Choose the most appropriate answer from a, b, c and d.

- | | |
|----|--|
| 1 | Nuts are high in and essential fats.
a) protein b) obesity c) stimulant d) dehydration |
| 2 | Caffeine, which is found in coffee and tea, is a mild
a) metabolism b) stimulant c) supplement d) dehydration |
| 3 | Intake of foods containing reduce blood cholesterol levels.
a) protein b) Obesity c) stimulant d) unsaturated fats |
| 4 | Fruits and vegetables are high in
a) fanatics b) stimulants c) vitamins d) proteins |
| 5 | is one of the factors behind heart attacks.
a) Obesity b) Stimulant c) Vitamin d) Dehydration |
| 6 | In the body, it is essential to keep levels of and potassium in balance.
a) protein b) obesity c) sodium d) dehydration |
| 7 | Tom began to feel and weakness after a stressing workday.
a) metabolism b) fatigue c) sodium d) dehydration |
| 8 | Athletes drink lots of water to prevent
a) protein b) vitamin c) dehydration d) sodium |
| 9 | He sometimes eats fish as a to his vegetarian diet.
a) metabolism b) stimulant c) vitamins d) supplement |
| 10 | The of a vitamin or mineral is the amount that people need each day to stay healthy.
a) protein b) obesity c) RDA d) dehydration |
| 11 | The body's is slowed down by extreme cold.
a) salad bar b) deficiency c) eatery d) metabolism |

12	The restaurant features fresh produce and a a) salad bar b) deficiency c) eatery d) metabolism
13	The street is dotted with pricey, art galleries, boutiques and hair salons. a) fanatics b) vitamins c) eateries d) salad bars
14	Women suffering from iron can take supplements in the form of tablets. a) salad bar b) deficiency c) eatery d) fanatic
15	Fish dishes and homemade pies are a/ an of the region. a) fanatic b) specialty c) eatery d) salad bar
16 prevents cancer, supports heart and helps prevent arthritis. a) fanatic b) specialty c) eatery d) pomegranate
17	There is a higher incidence of and ill health in the war-torn areas. a) fanatic b) malnutrition c) eatery d) pomegranate
18	He is a health food He loves to eat healthy and try to do so as often as possible. a) salad bar b) fanatic c) eatery d) deficiency



Set Book/ Unit One

1	What foods can you add to your daily diet to keep your body healthy? We can add Probiotic drinks, green tea and dark chocolate.
2	Why do you think it is important to keep the body healthy and strong? It's important to keep our body healthy because a healthy mind is in a healthy body.
3	What are the benefits of good bacteria? They help to stimulate the digestive process. They help to absorb nutrients. They help to neutralise bad bacteria.
4	How can we improve our immune system? I suggest eating food that contains good bacteria. I suggest eating fresh fruits and vegetables. I suggest drinking green tea.
5	Why are antioxidants good for the body? Because they help combat diseases. Because they help lower cholesterol. Because they help improve general immune system.
6	In your opinion, what does a healthy diet include? It should include healthy nutrients such as fish, fresh vegetables and fruits.
7	What are the benefits of dark chocolate? It could lower blood pressure and help metabolise sugar.
8	Do you think that researches on food are important? Why? Yes, because they tell us which foods are useful and which are harmful.
9	How are vitamins useful to our bodies? Vitamins promote good vision. They increase energy production. They reduce stress.
10	Why should we avoid fizzy sports drinks? Because they contain unhealthy amounts of sugar.
11	Why is water important for people? Water flushes toxins out of the body and prevents dehydration.
12	How do you think a person can respect his body? A person can respect his body by eating the right food and avoiding unhealthy habits.
13	What are the disadvantages of vegetarian lifestyle? It lacks the RDA of iron or some vitamins. It also leads to malnutrition.
14	What are the benefits of dates for a new born baby? Dates reduce pain and stabilize heart rate.

Module one/ Culture**Unit Two/ Respecting Cultures****Lesson 1 + 2**

	Meaning	Word		Definition
1	طموح / رغبة	aspiration	n.	a hope or ambition of achieving something
2	عقيدة / معتقد	creed	n.	a faith
3	ممثل رسمي / مندوب	delegate	n.	a person authorized to represent others in a conference
4	تنوع / اختلاف	diversity	n.	the state of being diverse, variety
5	مبادرة/ روح المبادرة	initiative	n.	the ability to assess or initiate things independently
6	له علاقة بالأديان	interfaith	adj.	between different religions, members of different religions
7	المستشار / الناصح	mentor	n.	an experienced and trusted advisor
8	مؤتمر/ ندوة	seminar	n.	a conference or a meeting for discussion or training
9	تسامح	tolerance	n.	the ability or willingness to tolerate or forgive

Lesson 3

1	يزخرف / يزين	adorn	v.	to make more beautiful or attractive
2	يحتفل / يحيي بذكرى	commemorate	v.	to recall and show respect for someone in a ceremony
3	مكتوب بأحرف متصلة	cursive	adj.	written with the characters joined
4	يزخرف / يزين	embellish	v.	to make more attractive by adding decorative details
5	يعيد الصياغة	paraphrase	v.	express the meaning by using different words

Lesson 4 + 5

1	خط اليد	calligraphy	n.	decorative handwriting or handwritten letters
2	بشكل ثابت / باستمرار	consistently	adv.	continuing to happen or developing in the same way
3	متعدد / متنوع	diverse	adj.	showing a great deal of variety
4	إلهامي / ملهم	inspirational	adj.	providing or showing spiritual or creative
5	يبارع في	master	v.	to acquire a complete knowledge of something
6	بوفرة / بغزارة	richly	adv.	in an elaborate, generous or plentiful way

Lesson 7 + 8

1	رواية / وصف	account	n.	a report or a description of an event or experience
2	يُجري استطلاعاً	conduct	v.	to organize and carry out
3	يقطع مسافة	cover	v.	to travel a particular distance

4	شخصية بارزة	figure	n.	person of a particular kind, often important
5	إبداعي / مبتكر	groundbreaking	adj.	innovative, involving new discoveries
6	ذو مكانة سامية	high-ranking	adj.	great or greater than normal in quantity or size
7	الحج	pilgrimage	n.	a journey to a holy place for religious purposes
8	وثيق الصلة / مناسب	relevant	adj.	closely connected or appropriate to a matter at hand
9	نقد لكتاب	review	n.	a critical evaluation of a book

Fill in the spaces with the suitable words from the list below:

embellished / commemorate / seminar / interfaith / tolerance / groundbreaking

- 1 Being with people of different cultures and religions has taught me
- 2 There will be opportunity at the conclusion of the for questions and debate.
- 3 The Government has taken steps to promote understanding.
- 4 4,000 petals were dropped to police officers killed in the line of duty.
- 5 These intricately made belts are with crystals and silver.

Fill in the spaces with the suitable words from the list below:

diverse / adorned / master / initiative / mentor / groundbreaking

- 1 He has been both a friend and a to him guiding him thorough the course of his life.
- 2 The walls of the church were adorned with carvings and pictures.
- 3 People from cultures were invited to the event.
- 4 A student must pass 10 levels of the training programme to the art.
- 5 Companies look for people with good communication skills, drive and

Fill in the spaces with the suitable words from the list below:

delegate / richly / master / consistently / paraphrase / diversity

- 1 Canadians take great pride in the ethnic and cultural of their population.
- 2 Our teacher advised us to the question before we answer it.
- 3 The villa is surrounded by big trees and overlooks a green valley.
- 4 Our team demonstrates a desire to win'
- 5 A is always sb who represents their group or organization at a meeting.

Fill in the spaces with the suitable words from the list below:

embellished / inspirational/ aspirations/ covered/ cursive/ creed

- 1 There must be no discrimination because of race, colour or
- 2 Nelson Mandela has been to many other people throughout the world.
- 3 He had never had any to enter politics.
- 4 He the distance in 71 hours, walking through countryside almost non-stop.
- 5 It was a small white envelope, his address written with golden penmanship.

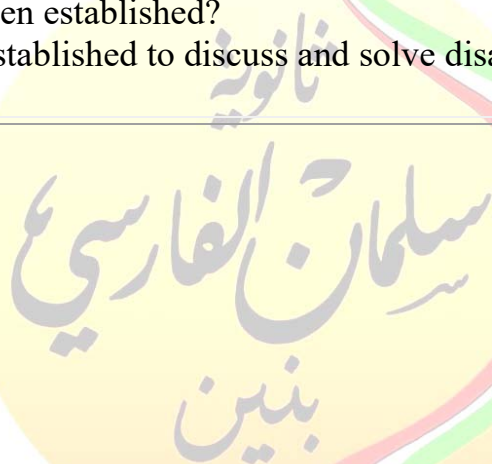
Choose the most appropriate answer from a, b, c and d.

- 1 He was interested in, writing his lectures in beautifully drawn characters.
a) aspirations b) calligraphy c) pilgrimage d) initiative
- 2 Several leading resigned from the party after the elections.
a) reviews b) initiatives c) figures d) accounts
- 3 The diaries contained detailed of the writer's experiences in China.
a) accounts b) initiatives c) figures d) accounts
- 4 The negotiations have been in a positive manner.
a) adorned b) mastered c) conducted d) commemorated
- 5 His research is helping us to understand how cells work.
a) diverse b) cursive c) inspirational d) groundbreaking
- 6 The session was attended by the president and other officers.
a) diverse b) cursive c) inspirational d) high-ranking
- 7 Most Muslims try to make a to Mecca at least once in their life.
a) aspirations b) creed c) pilgrimage d) initiative
- 8 Did you read the of her latest film in today's paper?
a) mentor b) initiative c) diversity d) review
- 9 I don't think your arguments are to this discussion.
a) diverse b) relevant c) cursive d) high-ranking

Set Book/ Unit Two

1	What has Kuwait done to further the culture of peace? Kuwait has organised conference and arranged seminars.
2	Why is it important to respect and tolerate with other people and other Faiths? It is important live in peace and to make the world a better place.
3	What can be done to ensure that people treat each other with respect? We can be arranging programmes to raise people's awareness. We can organise interfaith conferences.
4	How can we show respect to other cultures? We can show respect when we understand and tolerate their cultures, religions and values.
5	Why has the UN been established? The UN has been established to discuss and solve disagreements between countries.

نانوية
سلمان الفارسي
بنين



Module one/ Culture**Unit Three/ Inspiring Architecture****Lesson 1 + 2**

	Meaning	Word		Definition
1	إسمنت	concrete	adj.	a substance used for building, made by mixing sand, stones, cement and water
2	تصميم	design	n.	the way that something has been planned and made
3	يَنْقُب	drill	v.	to make a hole in something
4	يثير / يستحضر	evoke	v.	to produce a strong feeling in someone
5	تعبيري	expressionist	n.	(of style) seeking to express emotions
6	فناء / ساحة	forecourt	n.	an open area in front of a large building
7	أساس / قاعدة	foundation	n.	the solid layer of cement that's put under a building
8	هيكل / إطار	framework	n.	the main supporting parts of a building
9	هندسي	geometric	adj.	related to geometry or its methods
10	شهير / معروف	renowned	adj.	known and admired by a lot of people
11	قليلًا / إلى حد ما	slightly	adv..	a little bit
12	ستوديو / مرسم	studio	n.	a small room used for performances
13	موقع / مكان	venue	n.	the place where something happens

Lesson 3

1	متجر / دكان	boutique	n.	a small store selling fashionable items
2	علامة تجارية	brand	n.	a product made and sold by a particular store
3	وسائط تعليم وتسلية	edutainment	n.	a form of entertainment that is also educational
4	شراهة / منانق في تناول الطعام	gourmand	n.	a person who enjoys eating especially good food/ a lover of good food.
5	سائد	mainstream	adj.	related to the most popular or dominant trend
6	حديث / عصري	state-of-the-art	adj.	modern and cutting edge

Lesson 4 + 5

1	أنيق	chic	adj.	elegantly and stylishly fashionable
2	حكومي	governmental	adj.	of a government
3	حديث / عصري	modernistic	adj.	associated with modernism
4	عام / عمومي	public	adj.	open to all people
5	معد للسكن / سكني	residential	adj.	designed for people to live in
6	فسيح / واسع	spacious	adj.	having a plenty of space
7	حكومي / رسمي	state	adj.	related to the civil government of a country
8	قوي / ثابت / راسخ	sturdy	adj.	strongly and solidly built

9	رئيسي / جوهري	substantial	adj.	of considerable importance; size or value
Lesson 7 + 8				
1	يؤيد / يدافع عن	advocate	v.	to publicly recommend or support
2	قلق / مهموم	apprehensive	adj.	anxious or fearful that something bad will happen
3	يفيد / يستفيد	benefit	v.	receive an advantage, profit or gain
4	مجلس مدينة	council	n.	an advisory body of people meet to discuss things
5	ضار / مؤذ	detrimental	adj.	damaging
6	تدفق عدد كبير من...	influx	n.	an arrival or entry of large number of people or things
7	هدف / غرض	objective	n.	aim or goal
8	مربح / مكسب / مفيد	profitable	adj.	producing a financial gain
9	يعبر / يوضح	voice	v.	to express something in words

Fill in the spaces with the suitable words from the list below:

foundations / sturdy / substantial / evoked / drill / venues

- 1 The Capitol has established itself as one of the city's most popular entertainment
- 2 They were digging building, when they discovered 160 graves.'
- 3 We'll have to some holes here to put up the shelves.
- 4 They have spent a amount of money on the project.
- 5 On seeing the picture, it pleasant memories of times spent at school in the past.

Fill in the spaces with the suitable words from the list below:

voiced / sturdy / substantial / framework/ drilled / spacious/ studio

- 1 The at Sydney Opera House is an ideal space for contemporary music performances.
- 2 A number of parents have concern about their children's safety.
- 3 The steel of the new building is expected to start taking shape in June.
- 4 The cottage had to be enough to withstand 40 days and nights of rain.
- 5 The reception room is, large enough to accommodate both a living and dining area.

Fill in the spaces with the suitable words from the list below:

slightly/ renowned/ forecourt/ concrete/ geometric/ irresponsibly

- 1 Let the cookies cool before removing them from the baking sheet.
- 2 These vases are decorated with patterns such as zigzags, triangles, and squares.
- 3 The group provides stone and ready-mix to the construction industry.
- 4 This is one of the world's most spectacular outdoor performance spaces.
- 5 The city became a magnet drawing other architects adding their signatures.

Fill in the spaces with the suitable words from the list below:

governmental / expressionists / evoke/ benefit / boutiques / modernistic

- 1 The new airport has a very appearance.
- 2 We should spend the money on something that will everyone.
- 3 He had worked for the agency responsible for all the construction on the river.
- 4 This is the oldest part of the town, full of fashionable and, cafés and antique shops.
- 5 reject traditional ideas and use exaggeration to express emotions.

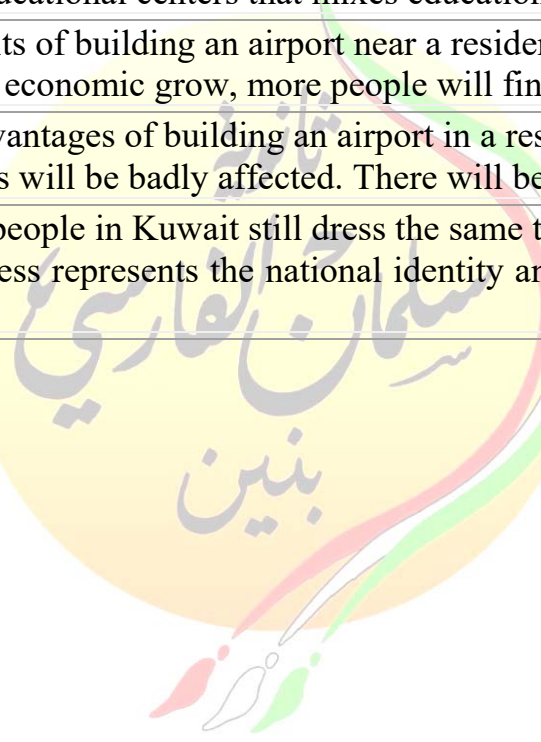
Choose the most appropriate answer from a, b, c and d.

- 1 The report that all buildings should be fitted with smoke detectors.
a) evoked b) advocated c) drilled d) benefited
- 2 I've invited a lot of people to the party, but I'm that no one will come.
a) state b) governmental c) modernistic d) apprehensive
- 3 The plan for the new housing project is now being considered by the
a) forecourt b) expressionist c) council d) boutique
- 4 The UN was yesterday preparing for a massive refugee into the border region.
a) forecourt b) expressionists c) council d) influx
- 5 Emissions from the factory are widely suspected of having a effect on health.
a) state b) governmental c) detrimental d) apprehensive
- 6 A lot of poor families in Britain are dependent on benefits.
a) state b) chic c) modernistic d) apprehensive

7	His fish farming business proved to be a very venture. a) state b) apprehensive c) modernistic d) profitable
8	Managers must give their teams clear to work towards. a) brands b) gourmands c) objectives d) gourmands
9	The basic of the car is very similar to that of earlier models. a) brand b) design c) objectives d) gourmand
10	The movie was made with computer graphics. a) apprehensive b) state-of-the-art c) detrimental d) state
11	The recent European elections revealed a deep disaffection with politics. a) apprehensive b) state-of-the-art c) mainstream d) chic
12	My friend is a real; his chief pleasure in life is eating. a) forecourt b) expressionist c) council d) gourmand
13 increases and encourages children to actively participate in activities. a) Forecourt b) Edutainment c) Council d) Gourmand
14	Coke and Pepsi are the most popular of cola. a) brands b) designs c) objectives d) councils
15	The members of the parliament introduced proposals to ban smoking in places. a) chic b) public c) detrimental d) apprehensive
16	At the age of 60, he decided to buy a new house in a quiet area. a) residential b) public c) detrimental d) apprehensive
17	She was even more than usual with a new, shorter hair style. a) apprehensive b) public c) detrimental d) chic

Set Book/ Unit Three

1	Why do you think building impressive buildings is important? This can help to encourage tourism.
2	Why is Kuwait 360° shopping mall is described as monumental? Because it contains copious shops. It has state-of-the-art family centers.
3	Who can Kuwait 360° mall appeal to? It appeals to women because of fashion shops. It appeals to children because of the entertainment facilities.
4	Why is Kuwait 360° considered an edutainment center? It contains large educational centers that mixes education with fun.
5	What are the benefits of building an airport near a residential area? I think it will make economic grow, more people will find jobs.
6	What are the disadvantages of building an airport in a residential area? I think local schools will be badly affected. There will be noise from the runway.
7	Why do you think people in Kuwait still dress the same traditional way? Their traditional dress represents the national identity and it is suitable for the hot climate in Kuwait.



Module Two/ Free Time**Unit Four/ Computer Games****Lesson 1 + 2**

	Meaning	Word		Definition
1	مضاد للانعكاس	anti-reflective	adj.	incapable of reflecting light or other radiation
2	الذكاء الاصطناعي	Artificial Intelligent (AI)	n.	the theory and development of computers to things that usually require human intelligence
3	ينافس	compete	v.	to make efforts to win something by defeating others who try to do the same
4	تَنَافُسِيّ	competitive	adj.	of, relating to or characterized by competition
5	كمبيوتر ألعاب	console	n.	a computer designed for playing games on
6	معقد	convoluted	adj.	complicated and difficult to understand
7	حديث / حوار	discourse	n.	speaking and conversation
8	يوظّف	employ	v.	to hire for work
9	طَبِيعِيّ / واقعي	naturalistic	adj.	derived from or imitating real life
10	إدراك / فهم	perception	n.	the ability to see and become aware of something
11	منافس / حَصْم	rival	adj.	competing with a person or a thing for superiority
12	حساس / مستكشف	sensor	n.	a device to detect or measure things
13	يحاكي / يقلّد	simulate	v.	to imitate the character or feeling
14	تمييز الكلام	speech recognition	n.	the ability of a computer to identify and respond to the sound produced by humans
15	مؤثرات بصرية وسمعية	visual effects	n.	the graphics, sounds, etc. used in films and computer games
16	خبير في مجال معين	wizard	n.	a person who is very skilled in something

Lesson 3

1	كسول	idle	adj.	lazy, especially avoiding work
2	جداً / للغاية	incredibly	adj.	extremely, or unusually
3	رتيب / مُمل	mundane	adj.	lacking interest or excitement
4	غير لائق صحياً	out of shape	exp.	unfit and unhealthy

Lesson 4 + 5

1	رقميّ	analogue	adj.	using physical quantities such as voltage
2	يُستخدم بالحاسوب	computer-friendly	adj.	able to use or be used by computer
3	مشغل أقراص	drive	n.	device that allows a computer to read discs
4	زرّ إيقاف	hold button	n.	a button that pauses the game

5	شاشة لمس	touch screen	n.	a display dives to use the computer by touching the screen
6	لاسلكي	wireless	adj.	lacking or not requiring wires
Lesson 7 + 8				
1	لعبة كومبيوتر	arcade	n.	a type of computer game
2	إضافي	bonus	adj.	describing something extra as a reward
3	أخاذ / خلاب	brehtaking	adj.	astonishing or taking the breath away
4	متضمن / مدمج	built-in	adj.	forming a necessary part of a device
5	المتصل	caller	n.	a person who makes a telephone call
6	حصري / خاص	exclusive	adj.	restricted or limited to a person
7	خط المساعدة	helpline	n.	a telephone service to help other people
8	عصا التوجيه في الألعاب	joystick	n.	a lever that can be used in all directions
9	لوحة مفاتيح	keypad	n.	a mini keyboard to control devices.
10	أسلوب / طريقة	mode	n.	an option allowing a change in the method of operation of a device

Fill in the spaces with the suitable words from the list below:

visual effects / simulate / naturalistic / competitive / drill / wizard

- 1 He is a real at chess; he is hoping to compete in the international chess championship.
- 2 Aliens attacking the earth is impossible to film so we use for all the alien creatures.
- 3 Scientists spend four days in the desert to life on Red Planet.
- 4 Most zoos try to exhibit animals in settings.
- 5 Some US industries are not as as they have been in the past.

Fill in the spaces with the suitable words from the list below:

mundane/ sensors/ convoluted/ simulated/ employ/ speech recognition

- 1 Car companies are currently developing navigation systems based on using satellites.
- 2 Can't we someone as an assistant to help with all this paperwork?
- 3 matters such as paying bills and shopping for food do not interest her.
- 4 It's a good film, but it has so plot that you really have to concentrate.
- 5 Parking are devices that can be installed in your car and it ensures safe parking and reversing.

Fill in the spaces with the suitable words from the list below:

anti-reflective/ idle/ rivals/ compete/ artificial intelligence/ stimulate

- 1 The common criticism aimed at the overweight is that they are
- 2 Lens with coating reduces eye strain and fatigue.
- 3 No matter how good, just can't measure up to human intelligence.
- 4 The company is prepared to head-to-head with the market giants.
- 5 Over the past four years, we have seen competition mainly from domestic

Fill in the spaces with the suitable words from the list below:

wireless/ slightly/ breathtaking/ discourse/ perception/ breathtaking

- 1 The topic of their was upon the nature of life after death
- 2 Everyone was having fun while I was tired and decided to take a nap.
- 3 In our store, you have a lot of headphones to choose from.
- 4 The views down all three branches of the lake are
- 5 His particular speciality is visual to guide robots.

Choose the most appropriate answer from a, b, c and d.

- 1 Kids these days have shunned traditional games and in favour of mobile phones and
- 2 Today, all kinds of devices, both big and small, make use of
- 3 When an error happens, press the to turn off the power.
- 4 The files are stored in a CD and do not require specialized software.
- 5 A new is now available for people trying to stop smoking.
- 6 I'd just like to comment on what your previous was saying.
- 7 Do not leave portable media such as CDs or floppy disks in

8	In the field of electronics, digital technology is nowadays replacing the technology. a) exclusive b) analog c) convoluted d) computer-friendly
9	You can also use this computer game in two-player a) touchscreens b) arcade c) keyboard d) mode
10	You can direct your spaceship around the screen using the mouse, the or a joystick. a) caller b) arcade c) keyboard d) helpline
11	The game can be played entirely with cursor keys, but and gamepads also are supported. a) visual effects b) caller c) sensors d) joysticks
12	His mother has told 'The Times' about his death in an interview. a) exclusive b) analog c) convoluted d) built-in
13	The computer will have no hard drives, as storage will be available via the global network. a) exclusive b) analog c) convoluted d) built-in
14	In challenge mode, you will earn a special reward after succeeding at all levels. a) exclusive b) analog c) bonus d) built-in
15	Marble Madness 3D is one of my favorite a) keyboard b) arcade c) sensor d) joystick

Set Book/ Unit Four

1	How, do you think, computer games will be like in the future? I think they will be more realistic. Characters will be more naturalistic.
2	Do you think that playing computer games has any good effect on young people? Yes, they have as they may help the young to develop mental skills.
3	What, do you think, are bad effects of playing computer games on young people? In addition to health problems, children may become aggressive.
4	How can computer games affect children's social development? Addiction to computer games make children lose social communication.
5	Why don't parents of teenagers want their children to spend much time playing computer games? They think that addiction to computer games make children idle and out of shape.

Module Tow/ Free Time**Unit Five/ Sports Psychology****Lesson 1 + 2**

	Meaning	Word		Definition
1	قوى البدنية	able-bodied	adj.	fit, strong and healthy/ not disabled
2	شدّة	adversity	n.	difficulties, misfortune
3	فروسيّ	equestrian	adj.	relating to horse riding
4	طبيب الجهاز العصبيّ	neurologist	n.	a doctor who studies the nervous system
5	يطبع / يلتزم بـ	observe	v.	to notice or perceive something
6	أولمبياد المعاقين	Paralympics	n.	an international athletic competition for disabled athletes
7	ظاهرة / حدث غير عادي	phenomenon	n.	a fact or a situation that is observed to exist
8	العلاج الطبيعيّ	physiotherapy	n.	a treatment that uses special physical exercises to treat injuries and diseases
9	إعادة تأهيل	rehabilitation	n.	the helping of someone to live in a healthy life again
10	ضبط الذات	self-discipline	n.	the ability to focus and achieve your goals
11	فضيلة / قيمة	virtue	n.	behaviour showing high moral standards

Lesson 3

1	تواصلية	interpersonal	adj.	relating to the relationship between people
2	يوجّه/ يدير	navigate	v.	to travel on a set route
3	مدرب شخصي	personal trainer	n.	a fitness coach who works one-on-one
4	جَلَد / قوة الاحتمال	stamina	n.	physical and mental strength

Lesson 4 + 5

1	عنف / عدوانية	aggression	n.	hostile or violent behaviour
2	تصميم / عزم	determination	n.	firmness of purpose, resoluteness
3	منفتح	extrovert	n.	an outgoing personality
4	التغذية الراجعة / تقييم	feedback	n.	advice or information about something done
5	إنطوائيّ	introvert	n.	a shy and typically self-centred person
6	عقلية / ذهنية	mentality	n.	attitude or way of thinking
7	حافز / دافع	motivation	n.	the general desire of someone to do something
8	خصمّ	opponent	n.	someone who competes or fights another
9	الروح الرياضيّة	sportsmanship	n.	behaviour in sport that is fair, honest and polite
10	تنشيط / تحفيز	stimulation	n.	the interest or motivation in something
11	زميل في فريق	teammate	n.	fellow member of a team

Lesson 7 + 8

1	طلب / استمارة	application	n.	formal written request for something
2	تنس الريشة	badminton	n.	a game with rackets and shuttlecock
3	جُمباز / تمارين عضليّة	gymnastics	n.	exercises developing physical agility
4	عضو في فريق أو جماعة	member	n.	an individual belonging to a group such as a club
5	حمام بخاري	sauna	n.	a small room using hot air for cleaning, refreshment
6	مشمس	solarium	n.	a room with tanning beds used for artificial suntan

Fill in the spaces with the suitable words from the list below:

virtues/ self-discipline/ able-bodied/ equestrian/ drill / navigate

- 1 He taught his children to practice the of loyalty, honesty, courage, and truthfulness.
- 2 Military service is compulsory for every male between 18 and 27.
- 3 Last spring, my friends and I were on a hike; we used a map and a compass to help us
- 4 They plan to hold the Olympics' events in another part of the city.
- 5 They are industrious people who believe in strong families, and orderly lifestyles.

Fill in the spaces with the suitable words from the list below:

Paralympics/ interpersonal / naturalistic / observe / rehabilitation / navigate

- 1 She prepped for the movie by visiting ex-addicts at a center.
- 2 The is important and powerful in helping to change attitudes towards disability.
- 3 Laughter brings people together and improves relationships.
- 4 Last spring, my friends and I were on a hike; we used a map and a compass to help us
- 5 During Ramadan, the ninth month of the Muslim year, Muslims fasting from sunrise to sunset.

Choose the most appropriate answer from a, b, c and d.

1	The explained that head injuries often cause people to lose track of days. a) neurologists b) extroverts c) introverts d) opponents
2	The road to happiness is paved with a) callers b) introverts c) keyboards d) adversities
3	He receives four times a week and is regularly visited by the district nurse. a) adversity b) opponent c) introvert d) physiotherapy
4	Despite his impressive personality, he was something of an, and basically a shy person. a) neurologist b) opponent c) introvert d) extrovert
5	They claimed the depletion of the ozone layer was primarily a natural a) phenomenon b) adversity c) teammate d) opponent
6	To build your, don't just rely on physical activity, you also need to watch what you eat. a) teammate b) adversity c) stamina d) opponent
7 educate their clients in relation to general health and nutrition besides exercise. a) Opponents b) Adversities c) Callers d) Personal trainers
8 through play, helps babies' bodies and senses and develop their thinking. a) Solarium b) Aggression c) Stimulation d) Opponent
9	He was yelling a lot and making a lot of hand gestures at his and at the referees. a) teammates b) opponents c) introverts d) extroverts
10	People can play computer games on the internet with from across the world. a) opponents b) adversities c) teammates d) personal trainers
11	He has a reputation for fair play and good a) solarium b) aggression c) stamina d) sportsmanship
12	After the performance, the group held a dialog with visitors to get on their performance. a) teammate b) feedback c) stamina d) opponent
13	It is recommended not to look directly at the sun and to wear protective glasses in the a) feedback b) solarium c) stamina d) sportsmanship
14	Sports are a good way to release all your pent-up a) stamina b) aggression c) stamina d) aggression

15	In between treatments, guests are free to make use of the hotel's pool, and jacuzzi or gym. a) teammate b) sauna c) stamina d) opponent
16	They enjoy playing two of the country's most popular sports, football and a) teammate b) sauna c) badminton d) adversity
17	Diving and are the two sports in which Chinese athletes are very successful. a) phenomenon b) adversity c) teammate d) gymnastics
18	Running a business requires a very different from being a salaried employee. a) member b) adversity c) motivation d) mentality
19	The desire to escape ordinary life can be a strong for travel. a) motivation b) adversity c) member d) mentality
20	The prime minister made a speech expressing his to rebuild the economy. a) motivation b) determination c) application d) mentality
21	Zinedine Zidane was also a of the team that won the world cup 1998. a) phenomenon b) adversity c) member d) gymnastics
22	John has made 23 job and had 5 interviews. a) applications b) adversities c) teammates d) personal trainers
23	The twin babies are completely different: Kelly is a real while Jessie is quiet. a) introvert b) extrovert c) teammate d) teammate

Set Book/ Unit Five

1	Why is the Paralympics important? I think it is important because it helps to rehabilitate the disabled.
2	What does an athlete need to be successful? An athlete need to have motivation, commitment and patience.
3	Why is Kuwait Disabled Sports Club important? It is important because it gives social rehabilitation to its members.
4	How is the Paralympics a triumph over adversity? The disabled showed skills and abilities comparable to the able-bodied.
5	How do psychological factors affect the kind of sport people choose? Extroverts choose aggressive sports like boxing. Introverts choose fine sports like golf.

Module Tow/ Free Time**Unit Six/ Nature****Lesson 1 + 2**

	Meaning	Word		Definition
1	حفظ / صيانة / حماية	conservation	n.	the protection of natural things such as animals
2	يستحقّ	deserve	v.	to be worthy of something as a reward
3	مياه الصرف	effluent	n.	a liquid waste or sewage discharged into the sea
4	حيوانات منطقة أو حقبة ما	fauna	n.	the animals of a particular region
5	يسبجّ / يسورّ	fence off	phr. v.	to enclose a space with a fence
6	نباتات إقليم أو عصر معين	flora	n.	the plants of a particular region
7	هكتار	hectare	n.	a metric unit of square measure
8	مستنقع	marsh	n.	an area of low land that is flooded in wet seasons
9	تكاثر / توالد	propagation	n.	the breeding of plants and animals naturally
10	ملجأ / مأوى	sanctuary	n.	a place of refuge or safety
11	نموّ النبات / الحياة النباتية	vegetation	n.	plants considered collectively

Lesson 3

1	صوت الطائر أو الحيوان	call	n.	the characteristic sound of a bird or other animal
2	نوع	genus	n.	a group of animals smaller than species
3	مبيد	pesticide	n.	a chemical substance used to kill insects
4	صياد غير شرعي	poacher	n.	a person who hunts animals illegally
5	الجزء السفلي	underpart	n.	the underside of an animal body
6	واسع الانتشار	widespread	adj.	found or distributed over a large area

Lesson 4 + 5

1	عدواني / شرس	aggressive	adj.	behaving in an angry threatening way
2	ضار / مفترس / عنيف	fierce	adj.	angry or ready to attack
3	عاشب	herbivore	n.	an animal that feeds on plants
4	عدواني	hostile	adj.	unfriendly, antagonistic
5	فخور	proud	adj.	feeling of happiness as a result of achievement
6	عنيد	stubborn	adj.	determined not to change your mind
7	طعام / قوت / تغذية	sustenance	n.	food and drink regarded as a source of strength

8	داجن / أليف / وديع	tame	adj.	not dangerous or frightening; domesticated
Lesson 7 + 8				
1	قريب / مجاور	adjacent	adj.	next to or adjoining something else
2	يغرس (يزرع)	bed out	v.	to transfer a plant from a pot to a garden plot
3	أول أكسيد الكربون	carbon monoxide	n.	poisonous gas produced when petrol is burnt
4	التنظيف	cleanup	n.	the removal of waste and rubbish from land
5	دخيل / غريب	exotic	adj.	unusual and related to a foreign country
6	يمول	finance	v.	to provide funding for a person or enterprise
7	عالمي / شامل	global	adj.	of or relating to the whole world
8	أساسي / ضروري	imperative	adj.	of vital importance; crucial
9	حيوان من الثدييات	mammal	n.	a warm-blooded animal
10	عش	nest	n.	a home made by birds as a shelter
11	نيابة عن	on behalf of	n.	in the interests of a person, a group
12	مادة سامة	toxin	n.	chemical that has negative effect on the body
13	أرض قاحلة	wasteland	n.	unused area of land that has become barren

Fill in the spaces with the suitable words from the list below:

deserved/ fenced off/ global/ nest/ fierce/ on his behalf

- 1 Unfortunately, George cannot be with us today, so I am pleased to accept this award
- 2 The internet is a truly network that links millions of people.
- 3 They a leafy corner of the property to use as a garden.
- 4 We couldn't approach the farm when we saw the guard dogs.
- 5 The young leave the within a day of hatching and follow their parents out into the marsh.

Fill in the spaces with the suitable words from the list below:

finance/ adjacent/ imperative/ vegetation/ deserves/ carbon monoxide

- 1 The hotel thoroughly its reputation for good food.
- 2 is a poisonous gas that is produced especially by the engines of vehicles.
- 3 To establish agriculture, they cleared large areas of the native, much of which is perennial.
- 4 The doctor said it was to continue the treatment for at least two months.

5 There is a row of houses immediately to the factory.

Fill in the spaces with the suitable words from the list below:

sanctuaries/ propagation/ fence off/ finance/ stubborn/ tame

- 1 The loans the farmers got from the bank are to fertilizer, pesticides and new engines.
- 2 Bird lovers have to wander in remote national parks or to spend time watching birds.
- 3 The ministry of agriculture decided to import 15,000 olive tree cuttings for
- 4 I tried to make him change his mind, but he's as as a mule.
- 5 The bird I have become so that it was impossible to release it back into the wild.

Fill in the spaces with the suitable words from the list below:

hostile/ hectares/ marsh/ bed out/ finance / widespread

- 1 The boy became increasingly to his parents and refused to talk to them.
- 2 Malnutrition in the region is - affecting up to 78% of children under five years old.
- 3 Rubber is currently grown on 7-8 million of plantations in the humid tropics.
- 4 Rain had been falling steadily all day and the ground had become a
- 5 The best time to new strawberries is in early spring.

Fill in the spaces with the suitable words from the list below:

aggressive/ flora/ exotic/ bed out/ finance/ fauna

- 1 It is important at all times to discourage behaviour in young children.
- 2 Wildlife researchers protested that tourism is damaging the and fauna of the island.
- 3 The loans the farmers got from the bank are to fertilizer, pesticides and new engines.
- 4 The creation of the wildlife garden would help sustain native flora and in the region.
- 5 According to the report, twenty thousand birds die each year while being imported to Britain.

Choose the most appropriate answer from a, b, c and d.

- | | |
|----|--|
| 1 | We are well aware that to discharge untreated into a water course is illegal and unacceptable.
a) effluent b) poacher c) herbivore d) sanctuary |
| 2 | There are many organizations dedicated to of the environment.
a) sanctuary b) poacher c) conservation d) pesticide |
| 3 | Dozens of Siberian tigers were being killed each year by who hunted on foot and by car.
a) herbivores b) poachers c) genus d) pesticides |
| 4 | Humans, dogs, elephants and dolphins are all, but birds, fish and crocodiles are not.
a) underparts b) mammals c) poachers d) sanctuaries |
| 5 | One example of a plant is Rosa, which contains more than 100 species of roses.
a) effluent b) poacher c) genus d) pesticide |
| 6 | While we were in the forest, we could see the wolf opening its mouth to make a loud
a) sustenance b) poacher c) underpart d) call |
| 7 | Some types of bacteria release poisons called while they are multiplying in food.
a) toxins b) mammals c) underparts d) sanctuaries |
| 8 | The that farmers spray on their crops kill pests but they can also damage people's health.
a) herbivores b) poachers c) underparts d) pesticides |
| 9 | often have physical features that help them eat tough, fibrous plant matter.
a) Poachers b) Herbivores c) Genus d) Pesticides |
| 10 | The involved clearing two kilometers of the coastal area on the seashore.
a) sustenance b) poacher c) cleanup d) sanctuary |
| 11 | Detectives discovered the man's body dumped on near the railway.
a) wasteland b) poacher c) genus d) pesticide |
| 12 | Lesser kestrels are small birds of prey with a brown back and grey
a) toxin b) mammals c) underpart d) sanctuary |
| 13 | Tree bark provides a lot of herbivores with in periods of drought.
a) sustenance b) poacher c) underpart d) call |
| 14 | He has four wonderful boys who make him extremely to be a Dad.
a) widespread b) hostile c) exotic d) proud |

Set Book/ Unit Six

1	Why are animals important in our world? They are important because they keep the natural balance. They are a source of food.
2	What threats do animals face in their natural environment? Animals usually face danger of hunting and the destruction of their habitat.
3	How can we protect animals from extinction? We can protect animals by establishing nature reserves and banning hunting.
4	What is the purpose of establishing nature reserves? Establishing nature reserves provides refuge for animals and a centre for propagation, education and research.
5	What are the dangers that threaten birds? Pollution and hunting endangers the safety of birds.

سلمان الفارسي
بنين

Grammar Unit 1. [Past Simple or Past Continuous]

The lights **went out** all over the town yesterday.
The roads **became** very crowded.
A lot of drivers **made** accidents.
People **were** very upset at homes.

The past simple is used to express a finished action in the past.

When the lights went out, I **was watching** TV.
When the lights went out, he **was reading** a book.
When the lights went out, she **was washing** the dishes.
When the lights went out, we **were sitting** in the park.

The past continuous is used to express a progress action in the past.

The past continuous is used to

1) express a progress action in the past.

'I was teaching the past continuous tense yesterday.'

2) combine a past progressive action with a sudden action.

'I was teaching the past continuous tense when the school principal walked in the classroom.'

3) describe simultaneous actions.

'I was teaching the past continuous while my students were learning.'

Form: was/ were + V(ing)			
	Affirmative	Negative	Interrogative
Singular	I was playing . You were playing . (He, She, It) was playing .	I wasn't playing . You weren't playing . She wasn't playing .	Was I playing? Were you playing? Was she playing?
Plural	We were playing . You were playing . They were playing .	We weren't playing . You weren't playing . They weren't playing .	Were we playing? Were you playing? Were they playing?

Reference words	when/ while/ as
-----------------	-----------------

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

- | | |
|----|---|
| 1 | At six o'clock last night, Jim television in his apartment.
a) watches b) was watched c) has watched d) was watching |
| 2 | After the lesson, I some lunch and then I went for a walk.
a) had b) has c) had had d) have |
| 3 | When I was a child I a toy that looked like a dragon.
a) had b) has c) have d) was having |
| 4 | At seven this morning, I down the High Street when I saw my teacher, David.
a) was walked b) was walking c) walked d) were walking |
| 5 | While Sonia the film, somebody stole her jacket with her passport in it.
a) watched b) was watching c) was watched d) were watching |
| 6 | I looked in the classroom and saw five students. They an article on the wall.
a) was reading b) read c) were reading d) were read |
| 7 | The robber quickly picked up the money, ran to the door and out onto the street.
a) was rushed b) rushing c) rushed d) was rushing |
| 8 | As I was doing my homework last night, the telephone
a) rang b) was ringing c) ringing d) was rang |
| 9 | While the police were looking for the murderer, he the country with a false passport.
a) leaving b) left c) was left d) leaves |
| 10 | At the concert, all the parents interestedly to the children trying to play their instruments.
a) was listening b) listening c) listens d) were listening |

Grammar Unit 1. [Order of Adjectives]

1. Opinion	2. Size	3. Age	4. Shape/ Quality	5. Colour	6. Origin/ Nationality	7. Material
wonderful	big	old	round	blue	German	wood
beautiful	small	young	thin	green	American	plastic
funny	tall	ancient	rectangular	white	Chinese	metallic
expensive	large	new	sunny	brown	Mexican	glass

Examples:

- I carried a very **small black** suitcase.
- They have some **old French** paintings.
- She was wearing a **new red silk** dress.
- That is a really **ugly wooden** chair.
- We bought a **new round kitchen** table.
- There are some **new Chinese** students in the class.

Put the adjectives in the correct order.

1	We wanted a (grey/ metal) table.
2	They bought a (red/ new) car.
3	She sat on her (comfortable/ wooden/ old) bed.
4	He bought a (woollen/ British/ fabulous) suit.
5	They have (Dutch/ black) bicycles.
6	He wants some (French/ delicious) cheese.

- | | |
|----|---|
| 7 | Sara is a (young/ pretty) girl. |
| 8 | He has a lot of (old/ interesting) books. |
| 9 | She bought a (plastic/ red/ new) lunchbox. |
| 10 | He is looking for a (leather/ stylish/ black) bag. |
| 11 | She dropped the..... (old/ beautiful) plate and it smashed. |
| 12 | I want an (silk/ green/ amazing) dress. |
| 13 | She drank (Italian/ black/ hot) coffee. |
| 14 | He saw an (French/ writing/ old) desk. |
| 15 | They stayed in a (little/cute) cottage. |
| 16 | It is a (ancient/ scary/ German) castle. |
| 17 | He has a (silver/ old/ beautiful) ring. |
| 18 | We ate some (green/ English/ round) apples. |
| 19 | I need a (computer/ comfortable) desk. |
| 20 | They went on holiday to a (small/ wooden/ beautiful) cottage. |

Grammar Unit 2. [Present Perfect Simple]

The present perfect simple suggests completion of an action.

Form: have/ has + Past Participle

	Affirmative	Negative	Interrogative
Singular	I have eaten . You have eaten . (He, She, It) has eaten .	I haven't eaten . You haven't eaten . He hasn't eaten .	Have I eaten? Have you eaten? Has he eaten?
Plural	We have eaten . You have eaten . They have eaten .	We haven't eaten . You haven't eaten . They haven't eaten .	Have we eaten? Have you eaten? Have they eaten?

Uses:

1. Finished actions without a reference to the time of the action:

- I've seen that documentary with my father.
- Joan has studied two foreign languages.

2. Unfinished actions with "yet":

- ❖ James has not finished his homework *yet*.
- ❖ Susan hasn't mastered Japanese *yet*.

3. Recently completed actions with *just/ already*:

- ☒ The teacher has *just* left the room.
- ☒ George has *already* washed his car.

4. To talk about the frequency of an action in the past:

"*several times/ many times/ once/ twice/ never*".

- ✓ He's given flowers to his wife *several times*.
- ✓ We've seen this film *twice*.

5. With *since/ for* to show that an action started in the past and the action is still happening or just stopped.

- I've learned in this school *for* three years.
- We've lived in this house *since* I was a child.

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

- | | |
|---|--|
| 1 | I have lived in London I was ten years old.
a) for b) just c) yet d) since |
| 2 | I can't go to sleep now. I haven't finished that report
a) already b) just c) yet d) since |
| 3 | John is waiting for his friend. He has waited for him two hours.
a) since b) just c) yet d) for |
| 4 | It's my first time to visit Japan. I have visited it before.
a) already b) never c) ever d) just |
| 5 | Have you eaten Chinese food?
a) already b) ever c) yet d) never |

Do as required between brackets.

- | | |
|----|---|
| 1 | Sam (arrive) in San Diego a week ago. |
| 2 | My best friend and I (know) each other for over fifteen years. |
| 3 | Stinson is a fantastic writer. He (write) ten very creative short stories last year. |
| 4 | I haven't seen this much fun since I (be) a kid. |
| 5 | When we first (start) working here three years ago, the company had only six employees. |
| 6 | I don't care if you have missed the bus. You (be) late to work many times. |
| 7 | Sam is from Colorado, which is hundreds of miles from the coast, so he (see, never) the ocean. |
| 8 | In the last hundred years, traveling (become) much easier and very comfortable. |
| 9 | Jonny, I can't believe how much you (change) since the last time I saw you. |
| 10 | I (visit, never) Africa, but I have travelled to South America several times. |
| 11 | In the 19th century, it (take) two or three months to cross North America by covered wagon. |
| 12 | This tree was planted by the settlers who (found) our city over four hundred years ago. |

Grammar Unit 2. [Prepositions at/ on/ in]

	Time:	Place:	Other Uses:
at	<u>Specific times:</u> at 9:30 a.m. at midnight at night at the weekend at noon at dinnertime at bedtime at the moment at sunrise, sunset	<u>Specific addresses:</u> at 255 Main Street at Victoria Street	<u>Specific places or points:</u> at my desk, at the door, the table at the station, the street corner at the concert, at the party at the cinema, at school, at work at the airport, the station at the corner, the bus stop at the top at the age of 15
on	<u>Days:</u> on Sunday, Saturday on Valentine's Day on Christmas Day on your birthday on New Year's Eve on New Year's Day on Liberation Day on March 21, 1974 on Monday morning	<u>Roads:</u> on the King Road	<u>Surfaces/ directions:</u> on the wall, the table, the carpet on the first floor on Earth, the moon on a bus, a plane, a bicycle, a horse on the left, the right, the way on TV, the radio
in	<u>Units of time:</u> In the morning In the afternoon In the evening in July, October in winter, Summer in 1945/ the 80's in the 21st century in the future in an hour	<u>Large places:</u> in London in Kuwait in Asia in Africa in the world	<u>Closed spaces:</u> in the room in a car, taxi, a building, a box in my hand, my pocket in the cupboard, drawer, closet in the garden, the kitchen, the garage in a vase, a boat, glass

Specific Uses for Some Prepositions

for refers to purpose	Jim is saving all his pocket money for a new bike.
on refers to the topic	They're having a discussion on leisure activities.
of refers to the association of belonging between two entities	Sugar cane is one of the materials used to make paper.
in refers to involvement	About 4,000 students took part in the protest.
with refers to accompaniment	You've got to decide where you stand on this issue - you're either with me or against me.
to introduces an infinitive verb	The manager asked them to leave.
amongst/ among refers to the involvement of most or all members of a group reciprocally	The problem is causing widespread concern among scientists.

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

1 Friday he usually stays in his room. a) At b) On c) In d) By
2	He listens to the radio or reads newspapers and magazines the afternoon. a) in b) at c) on d) by
3	Why are you looking me in such a strange way? a) in b) at c) on d) by
4	Mary is interested chemistry. a) at b) in c) on d) for
5	Bob is trying to concentrate his work now. a) at b) in c) on d) for

6	In the evening they watch some interesting programmes TV. a) at b) in c) on d) for
7	On Saturdays he never stays home. a) at b) in c) on d) for
8	We moved to America 2005. a) at b) in c) on d) for
9	He claims that his neighbours tried to break into his house noon. a) at b) in c) on d) for
10	You'd better bring your passport you. a) at b) in c) with d) for
11	The general opinion police officers was that the law should be tightened. a) at b) in c) to d) among
12	A conference was held address the main environmental problems. a) at b) to c) with d) among
13	It is known that Carbone dioxide is one the main gases that cause global warming. a) at b) to c) with d) of
14	He decided to join an English course foreign students. a) for b) in c) at d) on
15	I agree you up to a point, but surely the situation is more complex than that? a) for b) in c) of d) with

Grammar Unit 3. [comparative and superlative adjectives]

How to form comparative and superlative adjectives

1 We usually add **-er** and **-est** to one-syllable adjectives to make comparatives and superlatives:

old	older	oldest
long	longer	longest

If an adjective ends in **-e**, we add **-r** or **-st**:

nice	nicer	nicest
large	larger	largest
nice	nicer	nicest

If an adjective ends in a **vowel** and a **consonant**, we double the consonant:

big	bigger	biggest
fat	fatter	fattest

If an adjective ends in a **consonant** and **-y**, we change **-y** to **-i** and add **-er** or **-est**:

happy	happier	happiest
silly	sillier	silliest

2 We use **more** and **most** to make comparatives and superlatives for most two-syllable adjectives and for all adjectives with three or more syllables:

careful	more careful	most careful
interesting	more interesting	most interesting

However, with these common two-syllable adjectives, we can either add **-er/ -r** and **-est/ -st** or use **more** and **most**

[common/ cruel/ gentle/ handsome/ likely/ narrow/pleasant / polite/ simple/ stupid]

- He is certainly **handsomer** than his brother.
- His brother is handsome, but he is **more handsome**.
- She is one of **the politest** people I have ever met.
- She is **the most polite** person I have ever met.

3 The adjectives *good*, *bad* and *far* have irregular comparatives and superlatives:

good	better	best
bad	worse	worst
far	farther / further	farthest / furthest

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

- 1 The cheetah is terrestrial animal in the world.
a) faster b) fastest c) the fastest d) fast
- 2 Nepal is than Tibet.
a) the smallest b) smaller c) small d) smallest
- 3 Do you think Fanta is Coca-Cola?
a) the tastiest b) tastiest c) tastier d) tastier than
- 4 I think that water is drink of all.
a) refreshing b) more refreshing c) most refreshing d) the most refreshing
- 5 She is person I have ever met.
a) nicest b) the nicest c) nicer d) nicer than
- 6 Texas is famous for barbeques in the USA.
a) more delicious b) most delicious c) delicious d) the most delicious
- 7 The Mediterranean is sea in the world.
a) large b) largest c) the largest d) larger
- 8 It is from New York to Austin than it is from New York to Nashville.
a) farther b) farthest c) far d) more far
- 9 Karina is at sports than Susana.
a) best b) good c) better d) the best

- 10 I'm going to tell you joke I've ever heard!
 a) funny b) more funny c) funnier d) the funniest

Grammar Unit 4. [The Future Tense]

Here are some of the different ways of referring to the future in English.

1	Statement about the future	will + infinitive Lunch break today will be 10 minutes longer than usual.
2	Prediction about the future	will + infinitive In the year 2050 all students will have their own computers in school.
3	Arrangements	Present Continuous (am/ is/ are + Ving) Our grandparents are visiting us this weekend.
4	Plans and intentions	be (am/ is/ are) + going to+ infinitive In the new year I'm going to stop eating so much junk.

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

1	School 30 minutes earlier tomorrow. The teachers have a meeting. a) is finishing b) finish c) will finish d) is going to finish
2	I dinner with John on Friday. a) is having b) am having c) will have d) having
3	I expect that we a hot summer next year. a) are having b) will have c) are going to have d) have
4	I predict that it tonight. a) is snowing b) snows c) are going to snow d) will snow
5	I think that people longer hours in the future. a) are working b) will work c) are going to work d) work
6	John is having a party next week. Are you going to go? a) are working b) will work c) are going to work d) work
7	Those shoes are well-made. They probably a long time. a) will/ last b) are lasting c) are going to/ last d) is going to/ last

- 8 Sorry, I can't help you today. I tennis with Mark.
 a) plays b) am playing c) are playing d) play
- 9 Sorry, I can't come. My bike has a puncture and I'm going to it.
 a) fixing b) fixed c) fixes d) fix
- 10 He thinks he's getting too fat. He eating so much chocolate.
 a) will stop b) is stopping c) stops d) is going to stop

Grammar Unit 4. [The more The more]

1 ➤ **The more you study, the more you learn.**
 ➤ **The more he reads, the more he understands.**
The more + subject + verb + , + the more + subject + verb

2 ➤ **The older we grow, the wiser we become.**
 ➤ **The longer I waited, the angrier I got.**
 The +

comparative adjective

 + subject + verb + , + the

comparative adjective

 + subject + verb

3 ➤ **The more mistakes you make, the more you learn.**
 ➤ **The more money people have, the more they want.**
The more + noun + subject + verb + , + the more + subject + verb

4 ➤ The stronger, the better. (coffee, nations, will)
 ➤ The bigger, the better. (toys, cars, houses, rooms)
 ➤ The more, the merrier. (people)
The + comparative adjective, the + comparative adjective

Complete the following.

- 1 The richer I get,
- 2 The more you give,
- 3 The better you sleep,
- 4 The more unemployment increases,
- 5 The more it rains,

6 The better I know him,

7 The faster you drive,

Grammar Unit 5. [Question Words]

1	Question words	Used to ask about	Examples
2	what	information	What is your favourite programmes? I prefer documentary programmes.
3	where	place	Where do you live? I live in Boston.
4	why	reason	Why will you sleep early? I will sleep early because I should get up early.
5	how	manner	How do you go to work? I go to work by car.
6	who	people (subject)	Who opened the door? The child opened the door.
7	whom	people (object)	Whom may you meet at the party? I may meet my manager.
8	which	choice	Which drink do you prefer tea or coffee? I prefer tea.
9	whose	possession	Whose book is this? It is Ali's book.
10	what kind of	a particular type	What kind of music do you like? I like classic songs.
11	what time	specific time	What time should you come home? I should come home at about 12 p.m.
12	how many	countable quantity	How many students were there in your class? There were twenty students.
13	how much	uncountable quantity	How much money do you have? I have fifty dollars.
14	how long	duration, length	How long did you stay in London? I stayed two weeks.

15	how often	frequency	How often do you go to the gym? I go to the gym twice a week.
16	how far	distance	How far is your school? It is one mile far.
17	how old	age	How old are you? I am 20 years old.

Grammar Unit 5. [Modals: can/ could/ should/ would] + infinitive
(can/ could) are used to express ability/ inability

general	I can swim. She can speak several languages.
present	She can't see without her glasses. The boy can't walk as he is so ill.
past	I could swim when I was two years old. She couldn't read until she was six.

(can/ could) are used to express possibility/ impossibility

general	Fast cars can be dangerous. You can easily lose your way in the dark.
future	I can't come to your graduation party. The roads could be very busy this weekend.
past	He could escape , but he chose to stand and fight. He was obviously joking. He couldn't be serious.

(should) is used to add the meaning of certainty and obligation:

You **should** **visit** your grandparents more often.
I think people **should** **recycle** more paper and glass.

(would) is used with **like/ prefer** and rather to make polite offers, requests and invitations. **(would)** is also used with **conditional sentences**.

Would you **like** to go to a party on Saturday?
I **would like** a glass of water please.
I **would** **call** John if I had his number.

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

- 1 you swim when you were 10?
a) Wouldn't b) Can c) Would d) Could

2	We get to the meeting on time yesterday, because the train was delayed by one hour. a) wouldn't b) can c) couldn't d) would
3	He arrive at the party on time, even after missing the train, so he was very pleased. a) would b) shouldn't c) could d) should
4	He is amazing, he speak five languages, including Chinese. a) can't b) can c) shouldn't d) would
5	I drive a car until I was 34. Then I moved to the countryside, so I had to learn. a) should b) can c) couldn't d) would
6	Salem needs a change. I think he go away for a few days. a) can't b) wouldn't c) should d) wouldn't
7	If you want to keep healthy, you mustn't smoke, and you do exercise. a) should b) wouldn't c) couldn't d) shouldn't
8	I have called Charles if I had had his number. a) would b) wouldn't c) can d) couldn't
9	'Do you think I apply for this job?' 'Yes, I think you should.' a) would b) wouldn't c) should d) couldn't
10	In my country, you get married when you are 16. It's illegal. a) would b) wouldn't c) can d) can't

Grammar Unit 6. [Countable & Uncountable Nouns + Quantity Words]

Countable Nouns:

They refer to things which, in English, are treated as separate items which **can be counted**. They can be singular or plural.

- ❖ She's got **two sisters** and **a brother**.
- ❖ People buy **things** like **cameras** and **MP3-players** online **these days**.
- ❖ **These shoes** look old now.
- ❖ I'll take **a few magazines** with me for the flight.

They can be used with

one/ two/ three ...
a/an/ the
some/ any/ many/
a few/ few/ no
a lot of/ lots of
this/ these...

Uncountable Nouns:

They refer to things which **cannot be counted**. They only have a singular form. We think of these words as wholes rather than as parts/ individuals. These nouns usually take a singular verb.

Some examples of uncountable nouns are:

- ❖ **Abstract nouns:** happiness, truth, darkness, humour, fun, luck, work, advice, progress, news, information
- ❖ **Materials and substances:** cement, gold, plastic, wood, paper
- ❖ **Weather words:** weather, thunder, lightning, rain, snow
- ❖ **Collective nouns:** furniture, equipment, rubbish, luggage
- ❖ **Liquids:** juice, tea, coffee, water, milk
- ❖ **Particles:** flour, rice, sand, hair, sugar, salt

They can be used with

the
some/ any/ much
a little/ little/ no
a lot of/ lots of...

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

- 1 Finding place to live is difficult if you're a student and you've got no money.
a) an b) a c) some d) no

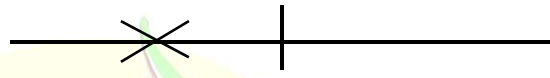
2	Maggie always has exciting bits of news when she comes to see us. a) an b) any c) some d) no
3	I think we'll need bags of cement for the courtyard. a) an b) any c) little d) five
4	She's been studying hard and has made progress. a) a b) a lot of c) few d) a few
5	There's work to do here, so you can go home if you like. a) no b) a c) few d) a few
6	There's litre of milk in the fridge for you. And I bought you a bar of chocolate. a) no b) a c) any d) some
7	They gave me information about courses and scholarships. a) an b) few c) any d) some
8	There's a litre of milk in the fridge for you. And I bought you bar of chocolate. a) no b) few c) any d) a
9 animals can survive in the desert. a) Much b) Any c) A few d) An
10	I didn't see white cats in the garden, only the black one. a) some b) any c) a d) an
11	Nick never does work. He is a very lazy boy. a) some b) any c) a d) an
12	Nowadays, there a lot of advertising during major sports events. a) were b) are c) is d) was
13	I think that childhood one of the best times of a person's life. a) were b) are c) was d) is
14	The management procedures difficult to understand. a) was b) are c) is d) be
15	There always a lot of traffic in city centers during rush hour. a) was b) are c) were d) is
16	Children a source of happiness in our lives. a) was b) are c) be d) is
17	Silence essential in libraries to ensure that people can concentrate on what they are reading. a) are b) were c) is d) was

Grammar Unit 6. [Present Perfect Simple & Present Perfect Continuous]

Present Perfect Simple

The present perfect simple suggests completion of an action.

Form: have/ has + Past Participle



Uses:

1. Finished actions without a reference to the time of the action:

- I've seen that documentary with my father.
- Joan has studied two foreign languages.

2. Unfinished actions with "yet":

- ❖ James has not finished his homework *yet*.
- ❖ Susan hasn't mastered Japanese *yet*.

3. Recently completed actions with *just/ already*:

- ☒ The teacher has *just* left the room.
- ☒ George has *already* washed his car.

4. To talk about the frequency of an action in the past with:

"several times/ many times/ once/ twice/ never".

- ✓ He's given flowers to his wife *several times*.
- ✓ We've seen this film *twice*.

5. With *since/ for* to show that an action started in the past and the action is still happening or just stopped.

- I've learned in this school *for* three years.
- We've lived in this house *since* I was a child.

The Present Perfect Continuous: have/ has + been + V-ing

used to show that an action started in the past and the action is still happening or just stopped.



Examples:

- They have been cleaning the mess **all night**.
- She has been working at that company **for three years**.
- Sara has been preparing for her wedding party **all the week**.
- James has been teaching at the university **since June**.
- We have been working on this project **all summer**.

Reference Words:

all night

all the week

all Summer

since + specific time

For + duration of time

With “**since**” and “**for**”, the Present Perfect Simple = Present Perfect Continuous:
Both are often used to talk about situations that began in the past and have continued up to now or just stopped.

- ❖ I **have collected** = **have been collecting** stamps **since** I was a child.
- ❖ I **have collected** = **have been collecting** stamps **for** ten years.

The use of “**since**” and “**for**”

since + a specific time

- since** 2002
- since** last May
- since** nine o'clock
- since** I was a child
- since** this morning

for + a length of time

- for** two months
- for** three years
- for** five weeks
- for** twenty minutes
- for** seven hours

Present Perfect Simple / Continuous

1 Do as shown between brackets:

- 2 The little girl is dirty from head to foot because she (play) in the mud all day. (Correct the verb)
- 3 I (just/ finish) writing my first book. (Correct the verb)
- 4 My father's car (break) three times this month. (Correct the verb)
- 5 'Have you seen James?' 'No, I (see) him since March.' (Correct the verb)
- 6 I (not/ smoke) a cigarette for ten years. (Correct the verb)
- 7 Sara (wait) for you all the evening. (Correct the verb)
- 8 I haven't seen anything like this before. (Use: never)
-

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

- 1 She for the bus for fifteen minutes.
a) waited b) waits c) is waiting d) has been waiting
- 2 I have been sitting at my desk seven o'clock.
a) for b) just c) yet d) since
- 3 I can't go to sleep now. I haven't finished that report
a) already b) just c) yet d) since
- 4 John is waiting for his friend. He has been waiting for him five o'clock.
a) since b) just c) yet d) never
- 5 It's my first time to visit Japan. I have visited it before.'
a) already b) never c) ever d) just
- 6 'Why is your hair wet?' '- Because I all the morning.'
a) has swum b) swim c) had swum d) have been swimming
- 7 Have you eaten Chinese food?
a) already b) ever c) yet d) never

Composition [Expository Writing]

Unit 1 Expository Essay

There are many eating places in Kuwait. Some of them serve healthy food, whereas others serve fast food.

Plan and write an essay of 12 sentences (140 words), showing the differences between eating places, with regard to the ingredients and ways of cooking.

Are people aware of what they are eating every day? A recent study showed that the proportion of people eating out regularly has increased dramatically. This rapid increase has made restaurants think more and more about their menus. Some restaurants serve fast food, whereas others serve healthy food.

McDonald, KFC and other similar fast food restaurants attract the young. Although their meals are not healthy, they appeal to most young people. Fast food is often made with cheaper ingredients such as high-fat meat, refined grains, added sugar and fats. The food is also cooked in hot oil. In addition, people often drink soda, which are high in sugar, when they eat fast food.

Because many people are now more aware of the detriment of fast food, some restaurants have started to meet the recent consumer demand for healthy options. This kind of restaurants serve dishes with nutritious ingredients such as lean meats, whole grains, fresh fruits, and vegetables. Even famous fast food chains have updated their menus to include healthier options. For example, some chains no longer serve foods with unsaturated fat, and many have menu items that contain fruits and vegetables. Some menus even have special items labeled as “light”.

We should be aware of what food we choose. It’s helpful to remember that with fast food, moderation is important. Having too much over a long period of time can lead to health problems such as high blood pressure, heart disease, and obesity.

Composition [Expository Writing]

Unit 1 Expository Essay

A sound mind is in a sound body. To have a healthy body, you should eat healthy food.

Plan and write an essay of 12 sentences (140 words) about the benefits of a balanced diet on our health.

Healthy eating doesn't mean avoiding the foods you love. Rather, it's about feeling great, having more energy, improving your health, and boosting your mood. You do not need to remove certain types of food from your diet, but you should select the healthiest options from each type.

A balanced diet should include protein to give you energy and support mood and cognitive function. Having a moderate amount of healthy fat is also necessary. You should stick to unsaturated fat as they can protect your brain and heart. A healthy diet mustn't lack fibre. Eating foods high in dietary fiber can help you protect your digestive system. It can also improve your skin and even help you to lose weight.

How to strengthen your bones? Whatever your age or gender, it's vital to include calcium-rich foods in your diet. Get enough magnesium and vitamins D and K to help calcium do its job. Not getting enough calcium in your diet can also contribute to anxiety, depression, and sleep difficulties. To make sure you get enough vitamins and minerals, add more fruit and vegetables to your diet. They are full of vitamins, minerals, antioxidants, and fiber.

Following a healthy diet doesn't have to be too complex. The crucial thing is to replace processed food with natural one.

Composition [Expository Writing]

Unit 4 Expository Essay

Computer games are a means of entertainment for both teenagers and adults. They might also have bad effects.

Plan and write an essay of 12 sentences (140 words), explaining the positive and negative effects of computer games.

These days young people are spending more of their free time playing computer games than ever before. Although there are numerous benefits to playing quality computer games, there are also many known negative effects associated with excessive gaming.

On the one hand, addiction to computer games might lead to health problems. For example, sitting in one position for a long time, children may be at risk of gaining extra weight due to lack of daily exercise. Children's eyesight might get worse because they are constantly staring at the computer. Addiction to these games deprive children from getting enough social interaction at home causing lack of social skills.

On the other hand, some scientists state that choosing the right educational computer games develop intelligence. This helps children learn problem-solving skills and eye-hand coordination. Children may also develop the ability to think fast and think of multiple things all at once. Skills obtained from playing computer games may help your child learn quickly when it comes to his studies.

How to reduce the negative effects of computer games? First, it is a good idea to have strict time limits for gaming. Second, place computers in public areas such as the living room! This will allow you to control both the amount and the quality of media they consume.

Composition [Expository Writing]

Unit 6 Expository Essay

‘The greatness of a nation can be judged by the way its wildlife is treated.’

In about 12 sentences (140 words), plan and write an essay about the importance of wildlife/ saving wildlife.

Wildlife is a precious gift of God to this planet. Unfortunately, the natural habitats of animals and plants are being destroyed for land development and farming by humans. Poaching and pollution are other great factors contributing to wildlife extinction. Here are some reasons why it becomes a great responsibility to save wildlife.

Wildlife plays a crucial role in helping humans to grow their crops and get their food. HOW? The fruits and vegetables that we get from plants are a result of a process called pollination. Now, for the pollination to occur, birds, bees and insects play an important role. Crops growth can be significantly affected if the birds and insects are reduced in numbers.

Wildlife also plays a significant role in keeping the environment clean and healthy. Many micro-organisms, bacteria and earthworms feed on plant and animal wastes. In this process, these micro-organisms decompose wastes and release their chemicals back into the soil. Well! This is not all. Eagles and vultures also contribute to the nature in great ways. These cleaners help remove the dead bodies of animals thereby, keeping the environment healthy.

The extinction of wildlife species will certainly have a fatal impact on human race as well. So, for us as humans, it becomes a great responsibility to save the wildlife, our planet and most importantly, our own selves. ‘If conservation of our wildlife goes wrong, nothing else will go right’.

(Translation) Units (1 +2 +3) Translate into English

١. هل تعلم أن المشروبات البكتيرية تحتوي على المليارات من البكتيريا الجيدة؟

.....
.....

٢. نعم، وهذه البكتيريا الجيدة تساعد على تحفيز عملية الهضم وامتصاص العناصر الغذائية، كما أنها تساعد في تحديد البكتيريا "السيئة" التي يمكن أن تؤدي إلى الإصابة بالعدوى والأمراض.

.....
.....

١. ألا تعتقد أن اتباع أسلوب حياة نباتي يؤدي إلى سوء التغذية ومشاكل صحية؟

.....
.....

٢. ذلك صحيح، يفتقر الكثير من النباتيين إلى أهم العناصر الغذائية كالحديد والبروتينات والكالسيوم وفيتامين (ب ١٢).

.....
.....

١. كانت الكويت سبّاقة في تعزيز ثقافة السلام، فقد نظّمت الكويت مؤتمرات في لندن وواشنطن لتعزيز التفاهم والاحترام.

.....
.....

٢. نظّمت الحكومة أيضاً ندوات وبرامج لرفع الوعي وتعزيز الاحترام والتفاهم بين المواطنين الكويتيين.

.....
.....

١. لا يزال اللباس التقليدي مهماً في الكويت، فهو يُعتبر رمزاً للهوية الوطنية.

.....
.....

٢. يفخر الكويتيون ببلدهم وتقاليدهم ويُعبّر عن هذا من خلال الملابس التي يختارون ارتداؤها.

.....
.....