

Unit 1	Lessons : 1+2	Unit 2	Lessons : 1+2	Unit 3	Lessons : 1+2
يمتص	absorb	الطموح - الأمل	aspiration	خرساني	concrete
مطهر-مضاد أكسدة	antioxidant	معتقد - عقيدة	creed	تصميم	design
التهاب المفاصل	arthritis	مندوب	delegate	يحفز	drill
مادة الكافيين	caffeine	تنوع - اختلاف	diversity	يثير المشاعر-يوحي	evoke
مادة الكالسيوم	calcium	مبادرة	initiative	معبر - تعبيرى	expressionist
مادة الكوليسترول	cholesterol	متعلق بالأديان	interfaith	ساحة	forecourt
يوقف - يمنع	combat	تسامح - التسامحة	tolerance	أساس البناء	foundation
خبير التغذية	dietician	مرشد - ناصح	mentor	الهيكل العام	framework
متعلق بعملية الهضم	digestive	حلقة بحث أو نقاش	seminar	هندسي	geometric
ألياف طبيعية	fibre	Unit 2	Lesson 3	مشهور	renowned
الحديد	iron	يجمل - يزين	adorn	بدرجة خفيفة - قليلا	slightly
يحول الطعام إلى طاقة	metabolise	يحتفل بذكرى	commemorate	ستوديو	studio
يحيّد - (يلغي تأثير)	neutralise	مكتوب بخط جميل	cursive	مسرح - صالة - ملعب	venue
التغذية	nutrition	يزخرف - يزين	embellish	Unit 3	Lesson 3
فيه بكتريا مفيدة	probiotic	يفسر - يشرح	paraphrase	بوتيك	boutique
البروتينات	protein	Unit 2	Lessons 4+5	منتج - ماركة	brand
دهون مشبعة	saturated fat	فن الخط	calligraphy	وسائل ترفيه تربية	edutainment
دهون غير مشبعة	unsaturated fat	يحدث باستمرار	consistently	محب للأكل	gourmand
محفز	stimulant	مختلف	diverse	شائع - رئيسي	mainstream
الفيتامينات	vitamin	مبدع	inspirational	حديث	state-of-the-art
Unit 1	Lesson 3	يقنن	master	Unit 3	Lessons 4+5
يساعد - يشجع	boost	بغنى - بوفرة	richly	أنيق - على الموضة	chic
يتكون من	comprise	Unit 2	Lessons 7+8	حكومي	governmental
جفاف الجسم	dehydration	تقرير	account	عصري - حديث	modernistic
تعب شديد	fatigue	يرشد - يوجه - يدير	conduct	عام - للعامة	public
السمنة المفرطة	obesity	يقطع مسافة	cover	سكني	residential
Unit 1	Lessons 4+5	رمز شخصية	figure	رحب - واسع - فسيح	spacious
نقص / أنيميا	deficiency	مبدع - رائع	ground-breaking	حكومي	state
مشوي	grilled	عظيم - ذو مكانة	high-ranking	قوي - ثابت	sturdy
امتصاص الغذاء وتحويله الى طاقة	metabolism	رحلة حج	pilgrimage	مهم - جوهري	substantial
عضوي	organic	مناسب - ذو صلة	relevant	Unit 3	Lessons 7+8
فاكهة الرمان	pomegranate	نقد	review	يؤيد - يدعم	advocate
كمية الغذاء اليومية التي ينصح بها	RDA			قلق - متوجس	apprehensive
الصوديوم	sodium			يستفيد	benefit
مكمل غذائي	supplement			مجلس	council
Unit 1	Lessons 7+8			مدمر	detrimental
يناسب - يروق	appeal to			تدفق	influx
ممتع	atmospheric			هدف	objective
مزدحم	crammed			مربح - مكسب	profitable
مطعم	eatery			يعبر	voice
محب لشيء ما	fanatic				
بإهمال	irresponsibly				
سوء تغذية	malnutrition				
قسم السلطات	salad bar				
صحي - مفيد	wholesome				

Unit 4		Unit 5		Unit 6	
مضاد انعكاس	anti-reflective	صعوبات - عقبات	adversity	حماية	conservation
الذكاء الاصطناعي	Artificial Intelligence (AI)	فروسي	equestrian	يستحق	deserve
ينافس	compete	طبيب أعصاب	neurologist	الصرف الصحي	effluent
منافس - تنافسي	competitive	يلاحظ	observe	الثروة الحيوانية	fauna
جهاز ألعاب	console	الألعاب الأولمبية للمعاقين	Paralympics	يسجّح	fence off
معقد	convoluted	ظاهرة	phenomenon	الثروة النباتية	flora
حوار	discourse	علاج فيزيائي	physiotherapy	هكتار	hectare
يوظف	employ	إعادة تأهيل	rehabilitation	مستنقع	marsh
مماثل للطبيعة	naturalistic	ضبط النفس	self-discipline	نكاثر - توالد	propagation
إدراك بالحواس	perception	فضيلة	virtue	محمية طبيعية	sanctuary
منافس	rival	بين الأشخاص	interpersonal	الغطاء النباتي	vegetation
جهاز استشعار	sensor	يتبع مسار معين	navigate	نداء	call
يمثل يحاكي	simulate	مدرب شخصي	personal trainer	نوع	genus
التعرف على الكلام	speech recognition	طاقة جسدية وعقلية	stamina	مبيد حشري	pesticide
مؤثرات بصرية	visual effects	عدوان	aggression	صياد غير قانوني	poacher
ذكي - عبقري - بارع	wizard	تصميم - عزم	determination	الجزء الأسفل من جسم الحيوان	underpart
كسول	idle	شخص اجتماعي - منفتح	extrovert	منتشر	widespread
بشكل لا يصدق	incredibly	انطباع - التغذية الراجعة	feedback	عدواني	aggressive
ممل	mundane	منطوي	introvert	شرس	fierce
غير لائق صحيا	out of shape	عقلية - أسلوب تفكير	mentality	أكل العشب	herbivore
تناظري - تماثلي	analogue	تحفيز	motivation	عدواني	hostile
يمكنه العمل بالكمبيوتر	computer-friendly	خصم	opponent	فخور	proud
محرك أقراص كمبيوتر	drive	روح رياضية	sportsmanship	عنيد	stubborn
زر الإيقاف المؤقت	hold button	تنبيه - تحفيز	stimulation	قوت - طعام	sustenance
شاشة لمس	touchscreen	عضو في فريق	teammate	أليف - أهلي	tame
لاسلكي	wireless	تطبيق	application	ملاصق - مجاور	adjacent
من ألعاب الكمبيوتر	arcade	الريشة الطائرة	badminton	يشتل - يزرع	bed out
علاوة	bonus	الجمباز	gymnastics	أول أكسيد الكربون	carbon monoxide
خلاب - مثير	breathtaking	عضو	member	تنظيف	cleanup
مدمج	built-in	حمام بخار - ساونا	sauna	غريب	exotic
المتصل	caller	جهاز تسمير البشرة	solarium	يمول	finance
حصري	exclusive			عالمي	global
خط مساعدة	helpline			ضروري - إلزامي	imperative
عصا التحكم باللعبة	joystick			حيوان ثديي	mammal
لوحة مفاتيح	keypad			عش	nest
حالة - وضع	mode			نيابة عن	on behalf
				مادة سامة	toxin
				أرض قاحلة	wasteland

1. "We are what we eat." Explain.

- If we eat healthy food, we get healthy and vice versa.

2. What can you add to your daily diet to be in good shape?

- I should have vegetables and unsaturated fats.

3. What do you think are the benefits of green tea?

- Green tea is rich in the antioxidants that remove harmful substances from the body.

4. In your opinion, how could an eating place improve the nutritional value of its menu?

- It should include more vegetarian dishes and fresh juices.

5. Which do you prefer, home-made food or fast food? Give reasons.

- I prefer home-made food because it is healthy and clean.

6. In your view, how should a good eatery be?

- A good eatery should be clean and well located. It should offer healthy food.

7. What nutrients can help sportsmen enhance their performance? Give reasons.

Vitamins, protein, iron and calcium are all good because they give sportsmen a lot of energy.

8. What do you think are the pros and cons of a vegetarian menu?

- A vegetarian menu is rich in useful nutrients and minerals. However, vegetarian food does not include enough protein. Vegetarians may suffer from malnutrition.

9. Which nutrients should an athlete avoid? Why?

- An athlete should avoid the saturated fats and fizzy drinks which are thought to be bad for health.

10. What do you think are the best ways to lead a healthy life?

- A healthy life should include enough sleep, regular exercises and a balanced diet.

1. In what way, can you show respect for other cultures?

- We can simply exchange greeting cards on state and religious occasions.
- We need to show tolerance regardless of colour and race.

2. In your opinion, why is it important to respect and tolerate other people and other faiths?

- It is important to live in peace. We will lead a happy life.

3. What do you think can be done to ensure people treat each other with respect?

- Interfaith dialogue can help a lot. We can also promote mutual understanding.

4. In your view, how can mentoring schemes help build relationships in your community?

- We can work in groups. It can break down barriers and encourage aspirations.

- 5. To your mind, how can we promote interfaith dialogue?**
- This can be done through conferences and seminars. Awareness programmes can help a lot.
- 6. In your view, why is it important for the UN to meet regularly?**
- They should discuss agreements. They also agree on rules and laws.
- 7. In your opinion, why are book reviews important?**
- They highlight the good and bad points of the book. They tell us which books to read.
- 8. From your point of view, what should be included in a book review?**
- It should mention what is good and what is bad about the book. They should the different writings of the author.
- 9. Why do you think expeditions and travels are important?**
- We learn about different ways of life. We meet new people and make new friends.

Unit 3

Set Book Questions

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- 1. Why do you think building impressive buildings is important?**
- They attract tourists from different countries. They are a mirror of that country.
- 2. In your opinion, why are some shopping malls described as “monumental”?**
- Because they have many different types of shops. There are also entertainment centres.
- 3. In your view, what makes a shopping centre appeal to people?**
- If it has different brands and products. If it has a good location.
- 4. Building an airport near a residential area has many disadvantages. Explain.**
- It may lead to crowds and influx of traffic. It may cause a lot of noise.
- 5. You are pro building an airport in your neighbourhood. Give reasons.**
- It will improve economy of the area. It will attract tourism and activate the area because of the daily commuters.
- 6. In your mind, how can the traffic situation be improved in a city?**
- By building many flyovers and bridges.
 - By widening streets. By using public transports.
- 7. In your opinion, why do people in the Gulf region still dress traditionally?**
- It's a symbol of their pride. It's a way of respecting their cultures and traditions.

1. What will computer games be like in the future? (changes)
 - Games will be more expensive
 - Games will be more difficult / realistic
2. Games characters should become more intelligent in the future. Why?
 - Games will be more difficult
 - They must perform tasks.
3. What good effects can playing computer games have on young people (children)?
 - They will be more intelligent
 - They will be more imaginative
4. What bad effects can playing computer games have on young people (youth)?

Most parents don't like their children to spend much time on computer games. Why?

 - They waste time
 - They make pupils idle.
 - They cause bad eyesight.
5. Why do you think computer games are so popular?
 - They are exciting.
 - They develop intelligence
6. Advancements in technology will have great effects on computer games in the future. How?
 - They will be more difficult games.
 - They will have better graphics.
7. In the future, our game characters will be able to perform some tasks such as:
 - They will perform visual perception, speech recognition and decision making.

8. Mention differences between traditional and modern computer games.
- | | |
|---------------------|--|
| <u>Traditional.</u> | -We use only our fingers and make players idle |
| <u>Modern.</u> | -We use our whole bodies and make players fit. |

1. Mention some of the important events that usually take place in the Paralympics.
 - Name the fields in which the disabled can participate in Paralympics.
 - They're sailing, marathons and power lifting.
2. Ramadan (fasting) teaches athletes / people some values such as.
Regardless their natural abilities, athletes need some skills such as.
 - It teaches us patience, sacrifice and self
 - discipline.
3. Why are Paralympics so important?
 - They encourage the disabled and rehabilitate them.
4. Kuwait's efforts / role for caring for the disabled are endless. Discuss.
How can any society help the disabled?
 - We can build a sports club and organize competitions for them.
5. Why do you think a world champion faces some pressures?
 - He must be a model.
 - He must exert efforts
6. It is beneficial and enjoyable to watch big sporting events, like the Olympics. Explain.
 - We can enjoy our time
 - we can learn new skills
 - We can support our teams

7. From your point of view, psychological factors are important. Why?
 - They improve athletes' performance and avoid pressures.
8. Psychological factors are the mental factors that help or prevent athletes from performing well. Mention two.
 - They are motivation, stimulation and personality.
9. What do athletes need to stay motivated?
 - They need exciting training, feedback and encouragement.

10. Mention two types of racing.
 - They are Formula One and Marathon.
11. What are the skills needed to become a Formula One Driver?
 - One should be independent, determined, courageous and aware.
12. What are the skills / abilities needed for winning a marathon racing?
 - He should have willpower, stamina and stamina.

1. What is remarkable about Al-Jahra Pools Nature Reserve ?
 - It's completely man-made
 - It's effluent waste.
2. A nature reserve can be a safe place for animals. Comment.(Importance) / Al-Jahra Pools – Nature Reserve has been a crucial centre for conservation, education and research. How?
 - It provides a refuge.
 - It protects the habitat.
3. Natural Reserves have many benefits / purposes . Mention them.
 - They are preservation, research and education.
4. Why do you think it is important to save / protect wild life?
 - It's a part of our heritage.
 - It's to keep balance in nature.
5. From your point of view ,why are animals very important in our life?
 - It's for entertainment , work and medical research.

Unit 6 WORKBOOK

Set Book Questions

6. Some animals (birds) are in danger of extinction. Why? Mention some of the dangers.
What are the threats that animal may face.
 - Hunting, poaching and forest fires / the destruction of animal habitat.
7. Ostriches are hunted for many reasons such as.
 - They are hunted for meat, feathers and eggs.
8. Suggest some ways to help protect wildlife in your area.
 - We can look after birds, stop hunting them and run clean-up campaigns.
 - Raising people awareness.

Module 2 focus on

Set Book Questions

9. Kuwait is a shopping paradise. Comment.–What creates a unique shopping experience?
 - Villa Moda in Kuwait is the well-known, remarkable destination for shopaholics. Comment.
 - It has a unique shopping experience, luxurious shops and great customer service.
10. Villa Moda branch, in Kuwait is the most interesting shopping centre how?
 - It reflects modern Kuwait
 - honours its traditional history.

18-The more I study..... I want to learn.

a-most

b-the more

c- less

d-more

19-The more you practice sport you will be.

a-healthier

b-the healthier

c-healthy

d-the healthiest

20- the exam is, the better marks I will get.

a-The easier

b-easy

c-The easiest

d-easier

21-The more exercises you do, you will be.

a-clever

b- more clever

c- the cleverer

d-the cleverest

22- you sleep, the better your health will become.

a-earlier

b-The earlier

c-early

d-The earliest

23- The article stated that he read at the age of three.

a-can

b-should

c-could

d-would

25- It's going to rain all afternoon. We go outside

a-shall

b-will

c-shouldn't

d- couldn't

26- Scott be 21 at the end of the month.

a-can

b-should

c-will

d-would

27- You look a bit confused. I help you?

a-Will

b-Can

c-Should

d-Would

28-I have to go to the supermarket. There isn't coffee left.

a- many

b-any

c-a few

d-some

29-How loaves of bread do we need?

a- much

b-little

c-many

d-few

30-Would you like milk? Yes please.

a- any

b-some

c-little

d-few

31-The land is not suitable for agriculture, so food is imported.

a-some

b-much

c-many

d-few

32-There are only people interested in the subject..

a- few

b-many

c-little

d-much

33-How students have a computer at home?

a-little

b-much

c-many

d-few

✓ Health is wealth

As we all know about the popular and common saying that “Health is Wealth”. It is as true as our life. Good health keeps us always happy and gives us feeling of complete physical, mental, social well-being. A good health keeps us away from the diseases and health disorders. The loss of good health causes loss of all happiness.

A good health helps us to live a good, balanced and healthy life. Our good health needs fresh air, clean water, proper sunlight, balanced diet, away from junk food, clean and healthy atmosphere, greenery environment, morning walk, personal hygiene, proper education, etc.

Healthy food at proper time is very necessary for the healthy body which is possible only through the well-balanced diet. It promotes the proper growth and development of our body which keeps us mentally, physically and socially healthy. We should always remember that we need proper food, water, air, physical activity, sleep and rest on daily basis.

✓ Respect

It is certainly true that public show unsociable conduct and disrespect to others these days. There are several reasons for this problem, and various measures can be taken by governments, individuals, parents and schools to improve the situation.

This problem may be caused by a variety of factors. The first reason is that there are many problems in the family such as serious conflicts between parents, poverty and no role model for the children. For instance, children brought up with single parent may not have good respect to others. The second reason is that poor educational completion and unemployment could lead people to misbehave with their peers.

The best way to solve this problem would be parents have a critical role in teaching their children the difference between right and wrong, and giving them the confidence to grow up to be proud of themselves and their family.

In conclusion governments and individuals should tackle the problem by educating the offenders. If these measures are taken, there will be some change in the people who are misbehaving with their counterparts.

✓ Computer games

Nowadays, technologies have developed a lot. And computer is one of the most developed devices. Computer has become a major source of fun and entertainment for lots of people. Many people spent their time playing games but it is a problem when we keep playing and we don't stop playing.

One common effect of video game addiction is isolation and withdrawal from social experiences. Video game players often hide in their homes or in Internet cafés. The effect of this isolation can lead to a breakdown of communication skills and often a loss in socialization

The reason why I think computer games are bad is because they can be harmful to our health. When we play a computer game, we look at the screen, just click a mouse and don't move. If we keep looking in the bright screen without resting our eyes, our eyes will be damaged. Also if we don't move and sit still in a chair, our waist will be hurt.

Those were the reasons why I think computer games are bad. Now, I will tell you how we can prevent addiction to computer games.

So, when we decide to play games, we should decide how much time we will spend for games. Second, while you are playing games, take a rest. It is a good idea to have a rest after 30 minutes. Rest your eyes and waist and walk around the room. This will prevent our eyes from hurting and it will feel good for you.

✓ The importance of sports

Playing sports and games continuously means motivating the mental and physical growth. It makes us learn about how to maintain the physical and mental balance as it improves the concentration level and memory. It makes life too peaceful to tackle any difficult situation. It develops sense of friendliness and removes all the differences between two people. It keeps body in shape which makes us strong and active however it also keeps mind peaceful which brings positive thoughts and keeps us away from the many diseases and disorders

It gives us lots of energy and strength as well as removes all the tiredness and lethargy by improving the blood circulation all through the body and promoting the physical and mental well-being. It improves ones capability, work efficiency and prevent from being exhausted mentally and physically. It is the integral part of improving the quality of education among students. Sports and education both together are the best ways of achieving success in life.

✓ Saving the wild

Animals play an important part in our environment. They help maintain the balance in nature. Today many animal species, however, are in danger of extinction. The reason causing the decrease in the number of animals is mainly from human beings. It is high time we must take some measures to protect endangered animals.

Firstly, we should educate people from the young age about the importance of wild animals in maintain the ecosystem and biodiversity. Young people should be educated how to protect our environment in general and how to protect endangered animals in particular. They should be told about the things that threat the safety of wildlife so that they can avoid doing them. This should be included in their curriculum at school.

Secondly, the governments all over the world should set up national parks and wild-life preserves as many as possible. Thanks to these places, animals will have a suitable habitat to survive and good conditions to grow and multiply. There they can be kept in a natural and safe environment.

Last but not least, each nation must enforce stricter law with more serious punishment- capital punishment, for example- to prevent people from poaching rare and valuable animals. In general, protecting wild animals is not a person's work but it needs the solidarity of human beings all over the world. I should think each of us has the responsibility for protecting and saving endangered species before it is too late."