

Unit (1)

# *We Are What We Eat*

Unit (2)

# *Respecting Cultures*

Unit (3)

# *Inspiring Architecture*

Unit (4)

# *Computer Games*

Unit (5)

# *Sports Psychology*

Unit (6)

# *Nature*



# يالكويت Yal Kuwait





## Vocabulary المفردات الجديدة

الكلمة	المعنى	مثال
antioxidants	N. مضادات الأكسدة	➤ Tea is a rich source of <b>antioxidants</b> .
arthritis	N. ألم المفاصل	➤ <b>Arthritis</b> can make movement painful.
caffeine	N. الكافيين	➤ We should avoid <b>caffeine</b> before bedtime.
nutrition	N. التغذية	➤ A balanced diet provides <b>nutrition</b> for your body.
malnutrition	N. سوء التغذية	➤ <b>Malnutrition</b> is one of the most serious dangers.
cholesterol	N. الكوليسترول	➤ Smoking increases blood <b>cholesterol</b> levels.
dietician	N. أخصائي التغذية	➤ The <b>dietician</b> will help you choose what to eat.
saturated fat	N. دهون مشبعة	➤ Foods containing <b>saturated</b> fats should be avoided.
unsaturated fat	N. دهون غير مشبعة	➤ Vegetables contain <b>unsaturated fats</b> .
fibre	N. ألياف	➤ Fresh fruit provide <b>fibre</b> and vitamins.
iron	N. حديد	➤ Liver is a rich source of <b>iron</b> .
protein	N. بروتين	➤ Fish is a major source of <b>protein</b> .
calcium	N. كالسيوم	➤ <b>Calcium</b> is good to the growth of your bones.
sodium	N. الصوديوم	➤ Salt is a compound of <b>sodium</b> and chlorine.
vitamin	N. فيتامين	➤ Oranges are a good source of <b>vitamin</b> C.
dehydration	N. جفاف	➤ This loss of sodium can cause <b>dehydration</b> .
metabolism	N. التمثيل الغذائي	➤ Running is good to speed up your <b>metabolism</b> .
obesity	N. السمنة	➤ Overeating is surely the main cause of <b>obesity</b> .
deficiency	N. نقص / قلة	➤ Vitamin <b>deficiency</b> can lead to illness.
pomegranate	N. رمان	➤ <b>Pomegranate</b> is a good source of Vitamin C.
supplement	N. مكمل غذائي	➤ I take a vitamin <b>supplement</b> every day.

salad bar	N.	بوفيه السلطات	> The <b>salad bar</b> has over 50 items, including hot pasta.
eatery	N.	مطعم	> The meals of our school <b>eatery</b> are hygienic.
speciality	N.	تخصص	> My <b>speciality</b> is international tax law.
vegetarian	N.	نباتي	> There are plenty of <b>vegetarian</b> dishes to choose from.
wholesome	Adj.	صحي/مفيد	> She fed her baby on <b>wholesome</b> food.
fanatic	Adj.	متعصب	> He is a football <b>fanatic</b> .
fatigue	Adj.	تعب	> The right vitamins help you combat <b>fatigue</b> .
grilled	Adj.	مشوي	> The <b>grilled</b> chicken had a wonderful flavor.
organic	Adj.	عضوي/طبيعي	> <b>Organic</b> food is better for our health.
digestive	Adj.	مساعد على الهضم	> A good diet helps the <b>digestive</b> processes.
stimulant	Adj.	محفز / منبه	> It is a well-known fact that caffeine is a <b>stimulant</b> .
probiotic	Adj.	مهمضم / خميري	> Yogurt is also known as a <b>Probiotic</b> .
atmospheric	Adj.	جوي	> Plants are the main source of <b>atmospheric</b> oxygen.
crammed	Adj.	مزدحم	> In summer Paris is <b>crammed</b> with tourists.
boost	V.	يحسن / يزيد	> The plan should <b>boost</b> the economy.
comprise	V.	يمثل / يشكل / يكون	> Women <b>comprise</b> 51% of the population of France.
neutralize	V.	يعادل / يوازن	> They need a special chemical to <b>neutralize</b> the acid.
metabolise	V.	يمثل الغذاء	> Our bodies constantly <b>metabolise</b> the food we eat.
appeal to	V.	يناشد / يخاطب	> The book will <b>appeal</b> to young readers.
absorb	V.	يمتص	> Trees <b>absorb</b> carbon dioxide and produce oxygen.
combat	V.	يقاوم / يحارب	> The government has to <b>combat</b> terrorism.
irresponsibly	Adv.	بإهمال / عدم مسؤولية	> They have behaved <b>irresponsibly</b> .
RDA	Abbr.	القدر المسموح/الجرعة	> the <b>Recommended Dietary Allowance</b> .

## تدريب على المفردات الجديدة ؟

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

( combat – crammed – absorb – neutralize – digestive )

- Plants ..... carbon dioxide and give us oxygen.
- After I vomited twice yesterday I knew that I have a problem with my ..... system.
- The government is spending millions of dollars in its attempt to ..... addicting drugs.
- What a .....train! Let's find a taxi.



( combat – digestive – stimulant – saturated fat – absorb )

5. People drink a lot of Pepsi after heavy meals thinking that it's .....
6. Tourism has acted as a/an ..... to the country's economy.
7. Be careful! Butter and cream contain a lot of .....
8. Taking the proper injection could ..... the virus from spreading in the whole body.

( dietician – cholesterol – unsaturated fat – calcium – absorb )

9. Many .....(s) ensure the importance of selecting healthy food.
10. The little boy's body may lack ..... which is necessary for forming bones.
11. Burgers with a lot of sauce and onions contain much amounts of.....
12. Vegetable oil and fish are thought to have ..... which is healthy for our bodies.

( fibre – malnutrition – vitamin – absorb – protein – neutralize )

13. Vegans (vegetarians) get all the ..... they need from nuts, seeds, beans and cereals.
14. If you ate more ..... you wouldn't get constipated.
15. Studies suggest that regular intake of .....significantly improve immunity.
16. In cold climate, houses need to have walls that ..... heat.
17. People should always vary in their food as having specific types may lead to .....

( comprises – dehydration – fatigue – irresponsibly – obesity – boost )

18. The theatre managed to ..... its audiences by reducing ticket prices.
19. The course ..... a class book, a practice book and an audio tape.
20. She suffered from ..... because she had prepared the food for more than six hours.
21. An unbalanced diet leads to many health problems mainly .....
22. We may be afflicted by ..... unless we drink lots of water in this hot weather.
23. Some students were dismissed because they responded ..... to the principal's orders.

( deficiency – salad bar – appeal to – irresponsibly – obesity – absorbed)

24. The colours she uses in this painting ..... me.
25. Hamad was punished because he usually behaves ..... with the teachers.
26. The nutrients found in rice and bread are quickly ..... into the bloodstream.
27. A lot of diseases like anemia result from the ..... of iron.
28. I think it is a good restaurant ; it has an attractive .....

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

29. The dietician advised me to have foods that are rich in ..... to remove damaging substances from our body.

- a- arthritis      b- fibre      c- saturated fat      d- antioxidants

30. My grandfather can't go upstairs easily because he suffers from .....

- a- caffeine      b- arthritis      c- protein      d- nutrition

31. People in advanced countries live longer than people in poor ones because of having better ..... and health care.

- a- vitamin      b- cholesterol      c- nutrition      d- dietician

32. You are obese. You should consult a/an .....

- a- iron      b- calcium      c- dietician      d- caffeine

33. .... is a chemical, found in tea and coffee.

- a- vitamin      b- cholesterol      c- protein      d- caffeine

34. The autopsy revealed that his murderer had struck him on the head with a/an ..... bar.

- a- iron      b- protein      c- caffeine      d- calcium

35. Pizza Hut is an atmospheric restaurant. Its ..... is making pizzas of all kinds.

- a- salad bar      b- eatery      c- speciality      d- malnutrition

36. It is said that having a spoon of honey in the morning is .....

- a- atmospheric      b- crammed      c- wholesome      d- fanatic

37. Strangers are always asking residents about the best ..... to have their regular meals in.

- a- vegetarians      b- eateries      c- malnutrition      d- salad bars

38. This restaurant has a/an ..... lighting. It creates a special feeling of relaxation.

- a- atmospheric      b- crammed      c- wholesome      d- fanatic

39. Although he is ....., he likes fish.

- a- vegetarian      b- eatery      c- malnutrition      d- speciality

## حلول أسئلة كتاب الطالب Set Book

### 1. Suggest ways to improve the immune system! كيف نزيد كفاءة الجهاز المناعي

- ✍ Eating food that contains good bacteria. تناول البكتيريا المفيدة
- ✍ Eating fresh fruits and vegetables. تناول الاسماك والخضر والفواكه
- ✍ Drinking green tea. تناول الشاي الأخضر

### 2. Why are probiotic drinks important to the body? أهمية المشروبات المخمرة للجسم

- ✍ They contain good bacteria. تحتوي على بكتيريا مفيدة
- ✍ They improve immune system. تزيد كفاءة الجهاز المناعي
- ✍ They stimulate digestive process. تحفز عملية الهضم
- ✍ They absorb nutrients. تعمل على امتصاص العناصر الغذائية

### 3. Green tea is so beneficial .Explain. فوائد الشاي الأخضر

- ✍ It is rich in antioxidants. غني بمضادات الأكسدة
- ✍ It lowers cholesterol. يقلل الكوليسترول
- ✍ It combats diseases. يحارب الأمراض
- ✍ It improves the immune system . يزيد كفاءة الجهاز المناعي

### 4. How can you keep healthy and fit? كيف نحافظ على صحتنا

- ✍ We should eat healthy food. تناول الطعام الصحي
- ✍ We should do regular exercises. ممارسة الرياضة بانتظام
- ✍ We should sleep well. النوم لفترات كافية

### 5. What are the pros and cons of the vegetarian diet or menu? فوائد وأضرار اتباع نظام غذائي نباتي

- 1- **Pros:** الفوائد: الخضروات والفواكه غنية بالفيتامينات والألياف والعناصر الغذائية
- ✍ Vegetables and fruits are rich in vitamins, fibre and other nutrients.
- 2- **Cons:** الأضرار: ربما يؤدي الى مشاكل صحية وسوء تغذية
- ✍ It may lead to malnutrition and health problems.

### 6. Why is home-made food better than fast food? أسباب تفوق طعام المنزل على الوجبات السريعة

- ✍ Home-made meals are healthier. الطعام المنزلي صحي أكثر
- ✍ They contain less fat. يحتوي على دهون أقل
- ✍ They have many healthy nutrients. يحتوي على العديد من العناصر الغذائية

### 7. What qualities of a good restaurant? An eatery? مواصفات المطعم الجيد

- ✍ It should be a clean place. يجب أن يكون المكان نظيف
- ✍ It should serve healthy food. يجب أن يقدم طعام صحي

### 8. We are what we eat. Explain. كيف نكون ما نأكل؟

- ✍ If we eat **healthy food** we will be **healthy and fit**. تعودنا على تناول طعام صحي يجعلنا أصحاء
- ✍ If we eat **junk food** we will be **obese and out of shape**. تعودنا على تناول الوجبات السريعة يجعلنا يؤدي بنا للسمنة

### 9. What things can you add to your daily diet ? أهم العناصر الغذائية التي يجب اضافتها لغذائك اليومي

- ✍ Probiotic drinks المشروبات المهيضة
- ✍ Green tea الشاي الأخضر
- ✍ Dark chocolate الشكولاته الداكنة

### 10. Why do you think it is important to keep the body healthy and strong? أهمية محافظتنا على صحتنا

- ✍ Because a healthy mind is in a healthy body. لأن العقل السليم في الجسم السليم







## تدريب على القاعدة السابقة ?

### Correct the mistakes in each of the following

1. I find a purse full of an money yesterday evening.  
..... / .....
2. We try to finish all their work last weekend.  
..... / .....
3. The young boys play in these garden two days ago.  
..... / .....
4. People use to write letters to each other for the past.  
..... / .....
5. Mine grandmother give me her ring as a gift yesterday.  
..... / .....
6. While I read a story book, my friend calls me yesterday.  
..... / .....
7. We wait for the bus while we saw a accident.  
..... / .....
8. Ahmed fell down while he run fast.  
..... / .....
9. I watch TV when I heard a loud cries.  
..... / .....

### Correct the grammatical mistakes in each sentence:

10. While we was having our dinner, the light goes out.  
.....
11. An hour ago, as he watch TV, the door bell rung.  
.....
12. When I get home this afternoon, a nice smell come out of the kitchen.  
.....
13. Last week, while he was fished, he see a shark.  
.....
14. I see Mr. Hatem while I drove to Jahra city.  
.....

## ترتيب الصفات (Order of Adjectives)

\* عند تواجد أكثر من صفة بنفس الجملة فإن الترتيب الصحيح يُحدد طبقاً لـ (OSASCOM)

1	2	3	4	5	6	7
Opinion	Size	Age	Shape	Colour	Origin	Material
الرأي	الحجم	العمر	الشكل	اللون	بلد المنشأ	المادة الخام

- He gave me six **beautiful large red** roses.
- A **little old Chinese** man came to the door.
- I keep all my money in a **small round blue metal** box.

### تدريب على القاعدة السابقة ؟

Complete the sentences with the right order of the given adjectives

15. My father bought a ( grey / round / small ) villa for us.

16. Salma gave me a ( wooden / beautiful / blue ) box.

17. I made a ( green / huge / delicious ) salad.

18. He is an/a ( old / brave / Arabian ) soldier.

19. It is a/an ( old / interesting / big ) history book.

20. I bought a ( Japanese / good / golden ) watch for my brother in his birthday.

21. We are safe because we have a ( german / black / big ) dog at home



- جميع حلول التدريبات متاحة أونلاين
- عن طريق عمل مسح للأكود الموجود بالصورة



# أطلب نسختك الورقية الكاملة

الفصل الدراسي الأول كامل / طباعة ألوان



احجز نسختك الآن



للتواصل : 60060470

