

# بالكويت Yal Kuwait

## مادة اللغة الانجليزية

### الفصل الدراسي الأول

- الكلمات المفردة + أمثلة توضيحية
- كقول أمثلة الكتاب + الترجمة (SETBOOK)
- شرح القواعد (GRAMMAR)
- موضوعات التعبير الشائعة (WRITING)
- كقول كتاب التمرينات (WORKBOOK)
- قوائم بأسماء الأماكن الشائعة
- ملخص نموذجي لأهمية اللغة الانجليزية



جميع حقوق الطبع والنشر والتوزيع محفوظة لموقع يالكويت

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## Vocabulary المفردات الجديدة

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

## تدريب على المفردات الجديدة ؟

## جميع الحلول في نهاية الوحدة



- 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 (Good bacteria) important to the body? أهمية المشروبات الخمائرية (البكتريا المفيدة) 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 exercises. ممارسة الرياضة
- ✍ 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 healthy. الطعام المنزلي صحي
- ✍ They contain less fat. يحتوي على دهون أقل
- ✍ They keep us fit. تجعلنا في حالة بدنية جيدة
- ✍ They are fresh. أنها طازجة

### 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

- ✍ Milk حليب
- ✍ Grains حبوب
- ✍ Mea لحوم
- ✍ Fruits الفاكهة

### 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

### 11. How do you think dark chocolate can help diabetics? أهمية الشيكولاته الداكنة لمرضى السكري

- ✍ It metabolises sugar. تعمل على تمثيل السكريات بالجسم
- ✍ It lowers blood pressure . تخفض ضغط الدم



## تدريب على القاعدة السابقة ؟

### • Correct the mistakes in each of the following صحح الأخطاء

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 صحح الأفعال

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 ?

- رتب الصفات 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

.....

## حلول تدريبات الوحدة الأولى (Unit 1)

طول المفردات	طول القواعد
<b>• Fill in the spaces with the suitable</b> 1 - absorb 2 - digestive 3 - combat 4 - crammed 5 - digestive 6 - stimulant 7 - saturated fat 8 - combat 9 - dietician 10 - calcium 11 - cholesterol 12 - unsaturated fat 13 - vitamin 14 - fibre 15 - protein 16 - absorb 17 - malnutrition 18 - boost 19 - comprises 20 - fatigue 21 - obesity 22 - dehydration 23 - irresponsibly 24 - appeal to 25 - irresponsibly 26 - absorbed 27 - deficiency 28 - salad bar <b>• Choose the most appropriate answer</b> 29 - antioxidants 30 - arthritis 31 - nutrition 32 - dietician 33 - caffeine 34 - iron 35 - speciality 36 - wholesome 37 - eateries 38 - atmospheric 39 - vegetarian	<b>• Correct the mistakes in each of the following</b> 1 - found / X 2 - tried / our 3 - played / this 4 - used / in 5 - my / gave 6 - was reading / called 7 - waited / an 8 - fall / was running 9 - was watching / cry <b>• Correct the grammatical mistakes</b> 10 - were / went out 11 - was watching / rang 12 - got / was coming 13 - was fishing / saw 14 - saw / was driving <b>• Complete the sentences with the right order</b> 15 - small - round - gray 16 - beautiful - blue - wooden 17 - delicious - huge - green 18 - brave - old - arabian 19 - interesting - big - old 20 - good - japanese - golden 21 - big - black - german