





		Unit on	e
1	Sprinting	(n.)	رياضه الركض ــالجري لمسافه قصيره
2	Extremely	(Adv.)	للغايه - جدا
3	Resistance	(n.)	مقاومه
4	Flexible	(Adj.)	مرن
5	Session	(n.)	جلسه
6	Regimen	(n.)	رجيم ــنظام غذائي
7	Cool down (ed)	(PhV.)	يهدئ
8	Promise (d)	(v.)	يو عد
9	Arrow	(n.)	سهم
10	Strict	(Adj.)	سهم شدید-صار م
11	Risk	(n.)	مخاطرة- خطر
12	Obesity	(n.)	البدانـه - سمنه
13	Amount	(n.)	کمیه
14	gain	(v.)	يحصل علي ينقص-يفتقر الي
15	Lack (ed)	(V.)	ينقص-يفتقر الي
16	Adequate	(Adj.)	کاف

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Unit Two

	(17)	
Achieve (d)	(V .)	يحقق
Improve (d)	(V.)	يحسن
improve (u)	(••)	<u> </u>
Require (d)	(V .)	يتطلب
Master (d)	(V.)	يتحكم-يجيد
Frequently	(Adv.)	مرارا
Infection	(n.)	عدوي
Sight	(n.)	رؤيه
Determination	(N.)	تصميم _إصرار
Overcome - overcame - overcome	(v .)	يتغلب علي
Barrier	(N.)	مانع - حاجز
Inspire (d)	(v .)	يلهم
Incredibly	(adv.)	شيء لا يصدق
Capable	(adj.)	قادر علي

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	ten on an	Unit Three	en den den den den den den den den den d
1	Separate	Adj.	منفصل
2	Employ	v.	يوظف
3	Wage	(n.)	أجر
4	Instead of	Nph	بدلاً من
5	Trap	(n.)	فخ
6	Drop out	Ph v	يوطف أجر بدلاً من فخ يسقط من أعلى بلا وظيفة يستنشق
7	jobless	Adj.	بلا وظيفة
8	Inhale	(v .)	يستنشق جشع بخيل غاضب وجبة دسمة
9	stingy	adj	جشع بخيل
10	Furious	(Adj.)	غاضب
11	Hearty meal	Nph	وجبة دسمة
12	Justice	(n.)	العدالية
13	Crowd	(n.)	الزحام
14	Unfair	adj	ظالم
15	Dispose of	phv	يتخلص من
16	Float	v.	يطفو
17	Package	v.	يتخلص من يطفو رزمة - علبة
18	gravity	(n.)	الجاذيبة
19	casual	adj	ملابس عادية متخصص
20	specialized	adj	متخصص

			Unit 5		
The word		The meaning	The word		The meaning
Equator	N	خط الاستواء	Counting	N	العد
Unique	Adj	فريد	Height	Ν	ارتفاع
Glow	V	يلمع	Skill	Ν	مهاره
Reflect	V	يعكس	Collection	Ν	مجمو عه
Antiquity	Ν	اشياء قديمه	Pleasure	Ν	سعاده
Bargain	Ν	صفقه	House	V	يشتمل علي
Atmosphere	Ν	الجو	Impressive	Adj	مثير للاعجاب
Sightseeing	Ν	معالم المدينه	Sculpture	Ν	فن النحت
Destination	N	جهه الوصول	Exhibit	Ν	عرض
			Illusion	N	و هم

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Vocabulary Practice

A)Fill in the spaces with the most suitable words from the list:

- (gained obesity adequate risk arrows)
- 1- A vegetarian diet prevents you from the risk of.....
- 2 Juri...... a lot of weight because of eating a lot of fast food.
- 3 This meal is not for our family. It is not big enough.
- 4- In the past, people used for hunting animals.

B)Fill in the spaces with the most suitable words from the list:

(furious - stingy - separate - employ - casual)

- 1-Our modern school has got two buildings.
- 2-The new company has decided to a lot of young workers.
- 3-My mother waswhen I broke her new watch.
- 4- Although he has a lot of money, he is and doesn't help the poor people.

<u>C)Fill in the spaces with the suitable words from the list:</u> (harsh - raise - hire - demote)

- 1- My mum needs toa new maid to help her in the housework.
- 2- We're trying to money to help children with cancer.
- 3- Clara Barton grew up in a environment in the US.

D)Fill in the spaces with the suitable words from the list:

(astonished – hire - compelled - quit)

- 1- My grandpa wasto have an operation to survive.
- 2- My teacher waswhen I answered all the difficult questions.
- 3- I want to my job because they give me little money as a salary.

E) Fill in the spaces with words from the list:-

(counting – height - skill –exhibits –equator)

- 1- The.....of Burj khalifa is nearing 400 m.
- 2- You need to have a good.....to won the competition.
- 3- This boy is good at.....with fingers.
- 4- That museum has some exciting

Grammar Revision

A) Choose the correct a	nswer from a, b, c and	<u>d d :-</u>	
1-It's important	for 10 r	ninutes before exercisir	-
		c. warming up	
2			
a. Surf	b. Suris	c. Surfing	d. Surfed
3- He usually			
4- I never		c. spending	d. spent
	b. eats	c eating	d. eat
u is curing			u cut
B) Correct the verbs:			
1- Hamad (train) for the	e running race at the m	oment.	
2 May mother (work) in	han office right now		
2- My mother (work) in	•		
	••••••	• • • • • • • • • • • • • • • • • • • •	
3- My sister (talk) on th	e phone at present.		
•			
4- I (do) my homework			
		••••••	
5- Look ! Hani (study)	English in his room.		
- · · ·	•		
6- Listen ! the boys (sho	· •		
	•••••		••••••
7 - Ali (not play) in the	e street at this moment.		
8 Arwa often (buy) her	•		
	••••••	• • • • • • • • • • • • • • • • • • • •	
9- My father usually (give	ve) me allowance.		
10- The visitors already (arrive) to our house		
11- My brother (not fini	sh) all his work yet .		
4			

12-I (just break) my camera into pieces.
13-We (see) that movie for two hours.
14- My father (sleep) for eight hours.
15- Kuwait (build) hundreds schools since 1912.
16- John (lose) his laptop in the mall three hours ago.
17- Julia (come) home late last night.
18- My aunt (give) me a nice present yesterday.
19- My uncle (drive) the car very fast to Kuwait City yesterday.
<u>C) Correct the verbs:</u>
1 – (Surf) the net is a good source of learning
2 – It's important (warm up) before doing exercises.
3 – Arwa spends three hours a day (study) for the exam.

4 – Children enjoy (**jump**) on the trampoline.

D) Do as required:

1- Ali saw a car accident on the 6th ring roa	d. (Make negative)
2- Sue watched a new movie yesterday.	(Ask a question)
3.Julia finished her homework 2 hours ago.	(Ask a question)
5	

4. I bought three books last month. (Make negative)
5-Mohammed has studied English since 3 o'clock. (Ask a question)
6- I have been in this school for two years. (Ask a question)
7-She is writing a story now. (Ask a question)
8-Sally plays music at school. (Make negative)
9-Yes,I have learned English for two years. (Ask a question)
10-I write an e-mail every day. (Ask a question)
E) Change into passive:
1- My mum made delicious cakes yesterday.
2- Graham Bell invented the telephone.
3-We saw an accident last week.
4-Ahmed Zuwail won a Nobel Prize in 1999.
5-John watched an exciting film last night.

<u>F) Correct the verb:</u>
1-While Arwa (do) her homework, the light went off.
2- My friend was working in her office when I (arrive).
3- When I phoned you, I (watch) the movie.
4- While the engineers (work), it started to rain heavily.
5- We were waiting for the bus when we (see) a big bird.
6- My dad (drive) fast when we had an accident.
<u>G) Correct:</u>
1. Computers are (big) than mobile phones.
2. Buses are (slow) than cars.
3. Sharks are (dangerous) than other fish.
4. My car is the (expensive) one in the garage.
5. Scuba diving is one of (dangerous) sports.
H) Use: (asas) :
1-My mobile is modern. Your mobile is modern.
2-Silver is expensive. Diamond is more expensive.
3- Amira was clever. Her sister was cleverer.
4-My dress was wonderful. Your dress was more wonderful.
7

I) Do as required:
1-My brother joined a tennis club. He wanted to be a tennis player. (Join: So that)
2-He becomes a policeman. He wants to help people. (Join: in order to)
3-The water is very dirty. I couldn't drink it. (Join: Tooto)
4-This car is very expensive. I couldn't buy it. (Join: sothat)
5-My sister is very tired. She can't walk on the beach. (Join: sothat)
6-She studied hard .she wanted to be a doctor. (Join: to)
7-This mountain is very high. I can't climb it. (Join: tooto)

اهم موضوعات التعبير: الموضوع يكون على شكل فقرتين لا يقل عن 10 جمل مع مخطط

Keeping fit - Healthy life

Everybody needs to keep fit. Keeping fit is very important. It helps us live longer. It makes us have a better life. It helps us study better. It makes us strong and active. If you are fit, you can do things better and easier.

Keeping fit is not so difficult. It's important to eat healthy food. You can also do exercises like yoga. You should play sport like tennis. You should drink a lot of water. Sleeping well is also very important. So, if you are not working to have a healthy lifestyle, you should start today.

<u>Sport</u>

Sports are very important in our life. They are good for our health. They make us strong and active. They help us to be fit. They're good for our brain and body. They make our heart work hard.

My favourite sport is tennis. I play it every day. I play it in the club. I need a ball and a racket. I can't live without sport.

Life in space &life on the earth

Life in space is very hard but amazing. Spacemen eat tinned food. They can't eat off plates. They don't use forks or chairs. There's no gravity there. They wear special suits. It's like camping as we have to take special equipment.

Life on the earth is different. It's easier. People eat any kind of food. They eat off plates. They can use chairs, fridge and forks. There's gravity there. They wear different kinds of clothes. Finally, I'd like to live in space to have a new adventure.

Life in space

Life in space is nice, but very hard. Spacemen go to space in a shuttle. They explore new things. They do experiments. It's like camping. They use special tools. They take what they need. They dispose of rubbish.

Life in space is different. Spacemen eat tinned or dried food. They drink by a straw. They don't have plates or forks. They can't have fridge or chair. There's no gravity there. Everything floats there. They wear special suits"LES". Finally, I'd like to live in space to have a new adventure.

Disabled people – Physically challenged people

Today we can find disabled people everywhere. They have a hard life. They face many hardships. Some people can't see. others can't walk or hear. They may face some challenges. They don't find special schools or jobs .They work hard to be active in their society. They never give up.

We can help disabled people in many ways. We should provide them with work. We should be kind with them. We should give them special schools and clubs. We should solve their problems. We should look at them in a good way. Finally, we shouldn't neglect them.

Life nowadays and life in the past in Kuwait.

Life in the past was different from life nowadays. Life in Kuwait was hard but simple in the past. People used to have few jobs like pearl diving and fishing. They wore simple clothes. Their houses were made of mud. They were very small and old. They had no electricity or technology. They traveled by animals like camels. They ate simple and fresh food.

Life nowadays is better than life in the past. It's easy and modern. People can work in any career like doctors. They have modern technology. They wear expensive clothes. Their

houses are modern and big. They travel by cars, buses and planes. I think that life nowadays is more comfortable than life in the past.

Pearl diving.

Kuwait was famous for pearl diving. It was the main source of income in Kuwait. It was a hard job. The tradition of pearl diving passed from generation to another. It's an important part of the Kuwaiti heritage. We should keep this tradition alive.

Pearl divers need special tools. They wore black suit. They used neck basket and nose clip. They used many ships like Boom. They used the rope to be tied to the ship. They faced a lot of hardships. They faced bad weather and dangerous animals.

Museums

Countries have a lot of museums. Kuwait has museums like Failaka Island and the National Museum. They're very important in our life. They give us information. They keep our culture, heritage and history. They have old documents. They have old furniture and paintings. They are a source of pleasure.

Last Friday, I went to the museum with my friends. There're a lot of things we should do when visiting museums. We shouldn't make noise. We mustn't eat or drink there. We shouldn't touch any exhibits. Finally, we should keep museums clean and tidy.

Incredible places

There are many incredible places all over the world to visit. The first place is Luxor city. It is in Egypt. It has a lot of temples. It has also tombs. Tourists come from all over the world to visit Luxor.

The second place is Souq Al-Mubarakiya. It is the oldest souq in Kuwait. People can do many things there. They can go sightseeing. They also can go shopping. They enjoy eating and walking there. I like going to Souq Al-mubarakiya.

<u>Vegetarianism</u>

Vegetarianism is the key to healthy life. We can eat fruits, nuts and vegetables. We can't eat meat. Vegetarian diet has some advantages. It prevents obesity and heart disease. It gives us energy. It has vitamin C and fiber.

Vegetarian diet has some disadvantages. It is low in proteins and iron. It can affect our health badly. It lacks calcium. We should follow a balanced diet to keep fit.