

Date/...../2021.

Unit 1 lessons 1/2

Word	English Meaning	Arabic Meaning
absorb	☞ to take in or soak up energy or liquid by chemical or physical action	
antioxidant	☞ a substance in some foods that cleans the body and protects it from diseases	
arthritis	☞ a disease that causes painful inflammation and stiffness in the joints.	
caffeine	☞ a stimulant found in tea and coffee that can cause health problems	
calcium	☞ a metallic element that forms and strengthens bones and teeth	
cholesterol	☞ a chemical substance found in your blood causing heart diseases	
Combat	☞ to take action to reduce , destroy or prevent	
dietician	☞ a professional who advises on healthy eating	
digestive	☞ related to the process of digesting food	
fiber	☞ important nutrient found in wholegrain products like brown rice	
iron	☞ a mineral found in food	
metabolise	☞ to change food in your body into energy	
neutralize	☞ to make a substance chemically neutral	
nutrition	☞ the process of providing the food necessary for good health	
probiotic	☞ containing good bacteria to improve health	
protein	☞ a natural substance that exists in foods such as meat ,eggs and beans and which the body needs to grow	
stimulant	☞ a substance that increases nervous activity in the body	
saturated fat	☞ a type of fat from meat and milk products that is thought to `be less healthy than other kinds of fat from vegetables.	
unsaturated fat	☞ describing the healthy fats found in food.	
vitamin	☞ a chemical substance in food that that is necessary for good health	

A) Fill in each space with the suitable word from the list below:

Cholesterol / absorb / nutrition / arthritis / appeals / calcium

1. My grandfather can't walk well because he is suffering from.....in his legs.
2. is a chemical substance found in the blood and causing some heart diseases.
3. Milk and cheese are rich in, so doctors recommend them for babies.
4. Plants are very beneficial to the environment as theycarbon dioxide .
5. Goodis essential to get a good health.

From a),b),c), and d) choose the right answer:

1. Plants always get their food bythe required nutrients from the soil.
a) appealing b) absorbing c) grilling d) combating
2.are very useful as they clean the body and protect it from diseases.
a) Antioxidants b) Dieticians c) Specialties d) Vegetarians
- 3- Try to avoidlike coffee late in the evening.
a- Fibers b) dieticians c) stimulants d) irons
- 4- Exercise is supposed to help youfats in your body.
a- metabolise b) absorb c)neutralize d)combat

Set Book Questions

- 1- Mention some things you can add to your diet to keep your mind and body healthy
.....
.....
- 2-In your opinion, what are the benefits of good bacteria?
.....
.....
- 3-What are the benefits of the antioxidants found in green tea?
.....
.....
- 4-Mention some of the health benefits of dark chocolate.
.....
.....

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Unit 1 lessons 4/5

deficiency	🚫 lack of the nutrients that our bodies need	
grilled	🚫 cooked over the fire in a grill	
metabolism	🚫 the chemical process by which food is changed into energy in your body	
organic	🚫 produced without the use of chemicals	
pomegranate	🚫 a round fruit that has a red skin and juicy red seeds	
RDA	🚫 the Recommended Daily Allowance of nutrients	
sodium	🚫 a chemical found in salt	
supplement	🚫 a substance taken to add vitamins to a person's diet	

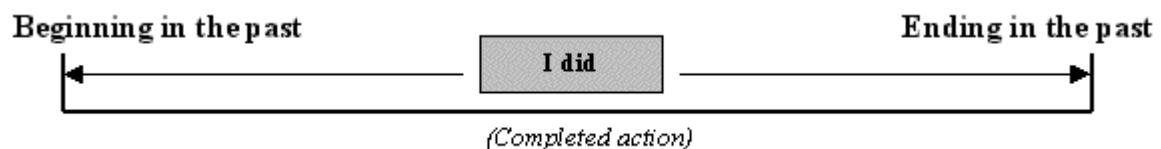
Fill in each space with the suitable word from the list below:

deficiency /grilled /metabolism / organic / supplement

1. I always likemeat.
2. I think a dish of salad and some fruit will be a goodto your lunch.
- 3- The.....of some nutrients, in fact, causes troubles to the health.
- 4-food is produced by using only small number of chemicals
- 5- The doctor advised me to do some exercises as it speeds up.....

Structures

Simple Past Timeline



Key words: yesterday/ last/ in the past/ ago/once/When I was

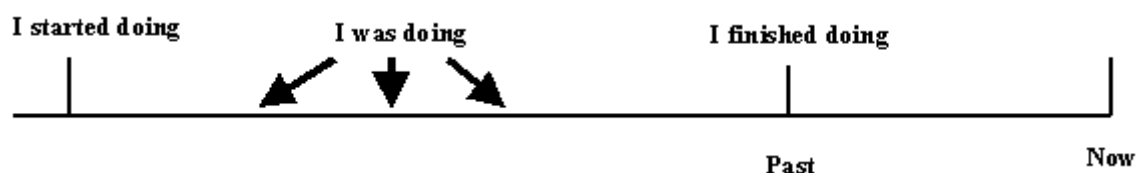
For example:

I **watched** a film last night.

He **met** his old friend yesterday.

They **got** married **in 1992**.

Past Continuous Timeline



I/He/She/ It → **was** → **V.ing**

We/ you/they → **were** → **V.ing**

I *was driving* to work *when I crashed* my car.

As We were playing football **when it started** to rain.

Key words: **While** / **when** / **as**

Past Simple:

- We go to the cinema in some friends last night.

- I finish my homework two hours since

Past continuous:

- Rashid burnt he hands when he cook dinner.

- I saw Jassim while I shop.

- The lights go off as I watch the match.

- When the house collapses the children play in the street.

- The accident took place as it rain very heavily .

Rearrange the following adjectives :-

1- I saw (black / brave / American) soldier.

2- I bought a (wooden / Italian / round) table.

3- I had a (green / huge / delicious) salad.

4- I met a (Kuwaiti / nice / old) man.

Summary making

Read the following passage, then do as required:

Many people catch a cold in the springtime. When a virus attacks your body, your body works hard to get rid of it. Blood rushes to your nose and brings congestion with it. You feel terrible because you can't breathe well, but your body is actually "eating" the virus. Your temperature rises and you get a fever, but the heat of your body is killing the virus. You also have a runny nose to stop the virus from getting to your cells. The immune system in your body attacks any foreign invaders such as viruses. You may feel unhappy, but actually your wonderful body is doing everything that can kill the cold.

In a paragraph of FOUR sentences ONLY, summarise and paraphrase the previous passage in an answer to the following question: (4X15=60)

How does the human body get rid of viruses?

.....

.....

.....

.....

.....

.....

.....

B)-Translate the following into GOOD English :

أسامة : الشاي الاخضر والشيكولاته السوداء من اهم مكونات الغذاء الصحي

.....

هشام تساعد مضادات الاكسدة الجسم علي مكافحة الامراض وحرق السكر.

.....

سامي:- يعاني الأشخاص الذين يتبعون نظام نباتي كأسلوب حياة من سوء التغذية.

.....

.....

Unit 1 lessons 7/8

appeal to	☞ attract to one's interest	
atmospheric	☞ (of a mood) pleasurable and interesting or exciting	
crammed	☞ full of healthy properties	
eatery	☞ a restaurant or other places where people can be served food	
fanatic	☞ someone who likes a particular thing very much	
irresponsibly	☞ in an irresponsible manner	
malnutrition	☞ the lack of proper nutrition	
salad bar	☞ a place in a restaurant with different vegetables that you can choose to make your own	
specialty	☞ a type of food that a restaurant or a person is famous for making well	
vegetarian	☞ relating to the exclusion of meat or other animal products from the diet	
wholesome	☞ conducive or suggestive of good health and physical wellbeing	

Fill in each space with the suitable word from the list below:

(**crammed** / **irresponsibly** / **fanatics** / **appeals** / **vegetarian** / **specialty**)

1. My bag is very heavy because it iswith so many books.
2. I don't like sport who fight after each match of their teams.
3. My father doesn't eat meat or fish as he is
4. This paintingto me because of its wonderful colours.
5. My cousin Hamad always acts and makes others have a bad impression about him.

Language Functions

Write what you would say in the following situations:

1. Your father wants to know whether you'd like to go to the zoo or the beach.

.....

2. Your classmate is getting unfit because he always eats too much.

.....

3. Your friend is very fat and unhealthy.

.....

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Unit 2 lessons 1/2

Word	English Meaning	Arabic Meaning
aspiration	a hope or ambition of achieving something	
creed	Faith	
delegate	a person sent or authorized	
diversity	the state of being diverse	
initiative	the ability to assess and initiate things independently	
interfaith	relating to different religions	
mentor	an experienced and trusted advisor	
seminar	a conference or other meeting for discussion	
Tolerance	the ability to tolerate something	

Fill in each space with the suitable word from the list below:**(tolerance / diversity / seminar / initiative / delegate / creed)**

1. Dr. Bader is preparing for the international.....about drug addiction.
2. The main base in Islam focuses on theamong the society members.
- 3- Mr. Khalid was chosen to be ato represent our company in this conference.
4. If your close friend is angry with you, just take theand say sorry.
- 5- media should bear in mind the culturalof the country.

Set Book Questions***1-In your opinion, what are the responsibilities of the mentor?***

.....

.....

2- Why should we respect other people's faiths and cultures?

.....

.....

3- What has Kuwait done to further the Culture of Peace?

.....

.....

Unit 2 lessons 4/5

calligraphy	decorative handwriting or handwritten lettering	
consistently	continuing to happen or developing in the same way	
diverse	showing a great deal of variety	
inspirational	providing or showing creative or spiritual inspiration	
master	to acquire complete knowledge or a skill	
richly	in an elaborate , generous or plentiful way	

Fill in each space with the suitable word from the list below:

master/ diverse / calligraphy / consistently / richly

1. I want to improve my handwriting, so I joined an institute to take a course in.....
2. It is very healthy tothe kinds of food you have.
3. The entrance of the national museum wasdecorated in green marble.
- 4- She never managed to the English language.
- 5- She hasdenied the charges.

Structure

Choose the correct answer from a),b),c) and d):

1. We usually meet Tuesdays.
a) in b) on c) at d) since
2. I have been waiting2 hours.
a) yet b) ago c) for d) since
3. My uncle is in The UAE business.
a) in b) at c) on d) for
4. I haven't seen Ali last April.
b) yet b) ago c) for d) since

Present perfect:

- I don't see Ali since we was at the bank.

.....

- I just phone Omer to tell his about the party.

.....

- The plane coming in Paris not arrive yet.

.....

- She waits for the manager since he be in the meeting

.....

□ Prepositions [*on, amongst, in, for, of, with, at, by*]

a Complete the sentences with the correct prepositions.

- 1- We do not go to schoolsFridays.
- 2- My birthday isDecember.
- 3- I like to go to the cinemamy friends.
- 4- I found my favourite bookthose old books the table.
- 5- I bought this presentmy friend.

Date/...../2021

Unit 2 lessons 7/8

account	a report or description of an event	
conduct	to organize or carry out	
Cover	to travel a particular distance	
figure	person of a particular kind ,often important	
ground-breaking	innovative, involving new discov .eries	
high-ranking	great , greater than normal	
pilgrimage	a journey to a holy place for religious purposes	
relevant	closely connected	
review	a critical evaluation of a book	

Fill in each space with the suitable word from the list below:

relevant / conduct / account /pilgrimage / review / high-ranking /

- 1.....has become very easy and comfortable because of the modern transportation .
2. To solve that problem, we willa research to find out what happened?
3. He is hard-working, so I think he will reach aposition in this company.
4. Mr. Talal is the eye witness who gave us a detailedof the suspect's movements.
- 5.Education should beto the child's needs and interests.

B) Write what you would say in the following situations :

1) Your father wants to know whether you'd like to go to the zoo or the beach.

.....

2) Your classmate is getting unfit because he always eats too much.

.....

3) Your friend wants to smoke in a hospital

.....

4) Your brother is fat and unhealthy.

.....

5) You brother is always neglecting his homework .

.....

6) You want to ask about the way to Mubarak Hospital.

.....

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Unit 3 lessons 1/2

Word	English Meaning	Arabic Meaning
concrete	a substance used for building	
design	the way that something has been planned and made	
drill	to make a hole in something	
evoke	to produce a strong feeling in someone	
expressionist	seeking to express emotions	
forecourt	an open area in front of a large building	
foundation	the solid layer of cement , bricks and stones that is put under a building to support it	
framework	the main supporting parts of a building	
geometric	relating to geometry	
renowned	known and admired by a lot of people especially for a special achievement	
slightly	a little bit	
studio	a small room used for performances	
venue	a place where something happen	

Vocabulary

A) Fill in each space with the suitable word from the list below:

Spacious / framework / concrete / slightly / venue / evoked

1. People can make this kind ofby mixing sand, gravel , cement and water.
2. The death of the hero in this moviesadness among the audience.
3. The children argued because one slice of cake waslarger than the other.
4. Theof the house is unique, so my father insisted on buying it.
5. The manager focused on having a realthat can help in achieving our future plans.

From a),b),c), and d) choose the right answer:

- 1.Thestructure of the new Sheikh Gaber stadium evoked the style of a ship.
a) substantial b) residential c) public d) geometric
2. I saw many workers and engineersfor oil in this area.
a) drilling b) evoking c) benefiting d) advocating
3. There is a very bigin front of this opera house used for the open air concerts.
a) studio b) foundation c) forecourt d) benefit

Set Book Questions

Mention some famous modern buildings in the world.

.....
.....

In your opinion, what makes a building attractive?

.....
.....

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Unit 3 lessons 4/5

Chic	elegantly and stylishly fashionable	
governmental	of a government	
modernistic	associated with modernism	
public	open to all people	
residential	designed for people to live in	
spacious	having plenty of space	
state	Related to the civil government of a country	
sturdy	Strongly and solidly built	
substantial	of considerable importance, size or value	

Fill in each space with the suitable word from the list below:

(public / governmental / chic / residential / spacious / sturdy)

- 1- We are waiting for adecision to solve this problem.
2. I want to go to thelibrary to get some relevant information about old Kuwait.
3. Ahmed is veryas he always wears elegant and stylish clothes.
4. I always dream of having a modern house with a.....garden.
- 5- Kuwait government tries to build newarea to solve the problem of housing.

Structure

Comparatives and superlatives

- 1- This was..... hotel we could find.
a- cheap b- cheaper c- the cheaper d- the cheapest
- 2- : My camera isthan yours.
a- good b- best c- better d- as good as
- 3- I think that Titanic isthan any other movie ?
a -interesting b- most interesting c- more interesting d-interested
- 4- Which is.....the telegram or the fax?
a) fast b) faster c) fastest d) as fast
- 5- The car is means of transportation .We can't reach any place without it .
a- the most important b- more important c- as important as d- important

Correct the mistakes in the following sentences:-

1- This car is most expensive that your car.

.....

2- Ahmed and Bader is tallest than Khalid.

.....

3- Travelling with plane is the more comfortable way of transportation.

.....

4- The English course are easiest than the Physics course.

.....

5- This is the good book I has ever read.

.....

Compound adjectives

Look at this compound adjective and its meaning.

It's a seven-star hotel = It's a hotel with seven stars.

Now rewrite these phrases using compound adjectives:

a an exam of the first period.

b a plane with three engines.

c a block of 44 storeys.

d a journey with a long distance

e this file is top secret.

Read the following passage carefully, then answer the question below:

In (FOUR) sentences ONLY, summarize and paraphrase the previous passage in answer to the following question

[illegible]

1- تلعب الكويت دورا كبيرا في تعزيز ثقافة السلام في العالم.

.....

.....

.....

2- يجب علينا احترام ثقافات ومعتقدات بعضنا البعض في المجتمع.

.....

.....

.....

Date/...../2021.

Unit 3 lessons 7/8

advocate	to publicly recommend or support	
apprehensive	anxious or fearful that something bad will happen	
benefit	receive and advantage , profit or gain	
council	an advisory, deliberative or legislative body of people	
detrimental	damaging	
Influx	A n arrival of number of people or things in the same time	
Objectives	Aims or goals	
Profitable	Of producing a financial gain	

Fill in each space with the suitable word from the list below:

Objectives / design / advocates / profitable / detrimental

1. This organization alwaysthe rights of the poor countries worldwide.
2. The smoke from cars and factories will have a dangerous and.....effect on our health.
- 3- Could you tell us some of theof the project.
- 4- I think this project will be very successful andin a very short time.

From a),b),c), and d) choose the right answer:

1. I'm a betabout tomorrow's meeting.
a) profitable b) apprehensive c) detrimental d) spacious
2. The school principal met the student.....to discuss some problems.
a) forecourt b) state c) council d) venue
- 3: The dictionary will be of great.....to you to get the meaning of new words.
a)- voice b)- benefit c)- council d)- influx

Set Book Questions

Why are some people apprehensive about building a new airport?

.....
.....

Building a new airport in Al Wafra will benefit the area. How?

.....
.....

Language Functions

B) Write what you would say in the following situations:

1) Your friend thinks that he is free to drive at any speed he likes.

.....

2) Many people think that luck is the key to success.

.....

3) Your father bought you a present and you don't know what it is.

.....

4. Your brother eats a lot of sweets and chocolate.

.....

V. Writing

Traffic jam has become a serious problem in the society.

Write a **paragraph (12 sentences)** in which you express the cause and the solutions of this problem.

[illegible]

QUIZ 1 (60 Marks)**I. VOCABULARY (20 marks)****Choose the correct answer from a, b, c and d: (4x5 = 20 m)**

1. This park is with people. Let's find another place.

a. crammed	b. copious
c. grilled	d. organic
2. Your first quiz will be next week and it will the first three units.

a. embellish	b. cover
c. paraphrase	d. conduct
3. is a form of entertainment that is also educational.

a. Design	b. Council
c. Figure	d. Edutainment
- 4- Naser worked hard to fulfill his childhood to become a surgeon.

a-supplement	b- aspiration
c-nutrition	d-foundation

II. Grammar (2 x 5 = 10 m)**Do as shown between brackets :-**

5. Yesterday I bought a (black / leather /nice /Italian) bag.
(arrange the adjectives)
6. While he study his lessons, the light went out. (Correct)

V. Writing (30Marks)**“Health requires healthy food”**

Write a paragraph (6 sentences) in which you express your opinion and you support it with good examples from our everyday life.

.....

.....

.....

.....

.....

.....

.....

.....