



Unit (1) : Staying healthy

المحافظة على الصحة (البقاء بصحة جيدة)



Objectives

Reading A poster about how to perform first aid.

Writing Write a persuasive email to a friend.

Listening and Speaking

- A news report about medical support for athletes.

- An explanation of the immune system.

- Suggesting solutions to problems. - Persuading.

Language must / have to.

Life skills Resilience – asking for help and advice on health issues.

Decision making – knowing how to behave in a medical emergency.

Values Compassion, caring for others and ourselves.

Issues Preventive and therapeutic health

Health and wellness in our homes and in the community.

Unit (1): Staying healthy المحافظة على الصحة

Definitions

Word	Meaning	Definition
infection	عدوي	a disease caused by a virus or bacteria.
perform	يؤدي / يمثل	do an action.
react (to)	يصدر رد فعل على	do something because something else has been done.
severe	شديد / قاسي	an illness or injury that is very serious.
technique	طريقة / أسلوب	a way of doing something with a skill.
play	مسرحية	a piece of writing that is written for acting in a theatre.
character	شخصية	a person that an actor plays.
act	فصل / جزء	a larger part of a play.
scene	مشهد	a small part of a play which happens in one place.
virus	فيروس	a very small living thing that causes diseases.
organ	عضو (في الجسم)	a part of your body that performs a job e.g the brain or heart.
boost	يعزز / يزيد / يقوي	help someone or something to improve or get better.
immune system	جهاز المناعة	a way that your body protects you from diseases.
cell	خلية	the smallest separate part of a plant or animal.
CPR	انعاش قلبي	cardiopulmonary resuscitation.

Vocabulary

Lessons (1 / 2)

perform	يؤدي / يمثل	heart	القلب	seem	يبدو
performance	أداء / تمثيل	athlete	لاعب رياضي / لاعب ألعاب قوى	damage	يدمر / يتلف
first aid	اسعافات أولية	athletics	ألعاب قوى (مفرد)	report	تقرير
stay strong	يبقي قوي	centre	مركز	summary	ملخص
stay healthy	يبقي صحي	responsible	مسئول	summarize	يلخص
action	فعل / حدث	responsibility	مسئولية	important	هام
disease	مرض	care (v)	يهتم / يراعي	importance	أهمية
cause of / cause	سبب لـ / يسبب	heart examinations	فحوصات القلب	importantly	باهتمام
virus	فيروس	technology	التكنولوجيا	check	يفحص / يراجع
bacteria	بكتيريا	technological	تكنولوجي (صفة)	educate	يعلم
describe	يصف	breathing	التنفس	education	تعليم



description	وصف	call	يستدعي	educational	تعليمي
illness	مرض	immediately	في الحال	educationalist	عالم تربوي
injury	إصابة	CPR	الانعاش الرئوي (القلبي)	regular	منتظم
injured	مصاب / مجروح	flat surface	سطح مستو	expert in / on	خبير في (اسم)
serious	خطير / جاد	place (v)	يضع	experience	خبرة
seriousness	خطورة / جدية	chest	الصدر	experienced	ذو خبرة (صفة)
seriously	بجدية	top	قمة	experiment	تجربة
way	طريقة	lock	يغلق / قفل الباب	healthy heart	قلب صحي
skill	مهارة	fingers	أصابع اليد	direct	يوجه / يدير
skilled	ماهر	together	معا / سويا	director	مدير
skillful	بارع	above	فوق	believe	يعتقد
poster	ملصق	step	خطوة	believable	يمكن تصديقه
hurt	يؤذي	press (down)	يضغط لأسفل	unbelievable	لا يصدق
correct	صحيح	allow	يسمح	belief	اعتقاد
stay safe	يبقي امن	rise (up)	يرتفع لأعلى	need (n)	احتياج / حاجة
emergency	حالة طوارئ	follow	يتبع / يتتبع	needy	محتاج
services	خدمات	instructions	تعليمات	heart health	صحة القلب
cardiopulmonary	متعلق بالرئة والقلب	in order	مرتب	athletic heart	قلب صحي
resuscitation	احياء / انتعاش	list	قائمة	dreams	أحلام
area	منطقة	compare	يقارن	atrophy	بطولة / ضمور (ضعف)
make sure	يتأكد	develop	ينمي / يطور	sudden death	موت مفاجئ
awake	متيقظ / يقظ	development	تنمية / تطوير	liters	لترات
bleed	ينزف	act	يفعل / يتصرف	signs	علامات
bleeding	نزيف	action	فعل / حدث	pump	يضخ
blood	الدم	allow	يسمح	muscles	عضلات
reply (to)	يرد / يجيب	allowance	سماح	take (up)	يمارس
shoulder	كتف	guide	يرشد	fat	دهون
shout	يصيح	guidance	ارشاد / هداية	pay	يدفع
normal	طبيعي	back	ظهر (الجسم)	free	مجاني (صفة)
gloves	قفاز	bandage	ضمادة جراح	for free	مجانا (ظرف)
pull	يسحب / يجر	wrap	يلف	available	متاح / متوفر
tight	محكم	come off	ينزع	disagree	يرفض
infected	مصاب بعدوي	kits	معدات / صندوق أدوات	chance	فرصة
infectious	معدي / مسبب للعدوى	infect	يعدي	epidemic	وباء

Lessons (3 / 4)

skin	جلد الجسم	encourage	يشجع	possible	ممکن
large	كبير / واسع	phrase	عبارة / جملة	sleep (n)	النوم



advertisement	اعلان	course	دورة دراسية	stay calm	يبقي هادئ
toys	العاب	join	ينضم / يلتحق بـ	mistake	خطأ
onion	بصل	situations	مواقف	website	موقع انترنت
microscope	ميكروسكوب	sound	يبدو	reasons	أسباب
simple	بسيط	perfect	تام / كامل	keep clean	تبقى نظيفة
diet	نظام غذائي	brilliant	متألق / لامع	come inside	يدخل
support	يدعم / يساند	feel better	يشعر بتحسن	pleasure	سعادة
avoid	يتجنب	Olympic	أولمبي	undoubtedly	بلا شك
cover	يغطي	champion	بطل	flu	انفلونزا
mouth	فم	persuasive	مقنع	COVID 19	فيروس كورونا
active	نشط	persuasion	اقناع	fight	يحارب / يقاتل
organ	عضو بالجسم	part	جزء	beginning	بداية
in the first place	في المقام الأول	improve	يحسن	get ill	يمرض
lungs	الرئتين	improvement	تحسين	more often	بشكل متكرر
brain	المخ	prove	يثبت	leaf / leaves	ورقة / أوراق (شجر)
end (n)	نهاية	get better	يتحسن	regularly	بانتظام
explanation	تفسير	label	يضع بيانات	make notes on	يدون ملاحظات
immune system	جهاز المناعة	protect	يحمي	cold	مرض البرد / بارد
immunize	يحصن	protection	حماية / وقاية	cough	كحة / سعال / يسعل
immunization	تحصين	protective	واقى	fast (junk) food	طعام سريع
living thing	كائن حي	separate	منفصل / يفصل	spend	يقضي وقت
disease	مرض	react	يصدر رد فعل	stay up	يسهر
appear	يظهر	appearance	ظهور	healthy food	طعام صحي
disappear	يختفي	disappearance	اختفاء		

Enrich Your Vocabulary

act	يتظاهر / قانون / يمثل	cell	زناينة السجن
act for	ينوب عن شخص	press	الصحافة / مطبعة / دعاية / ازدحام
character	رمز / مخلوق / سمعة غريب الأطوار	bleed / bleed into	يبهت - يتغير لونه / يؤثر علي
scene	موقع / ضجة / مسرح الجريمة / نطاق / يهوي	skin	قشرة / غشاء / يسلخ
lay the scene	يصور المشهد	perform	يحقق / يلحن موسيقي
play	يعزف / يشغل / يمثل دور / سيناريو / يمزح / يتظاهر	heart	شجاعة / جوهر
give a boost to	يشجع / يدعم / يعزز	chest	صندوق



Prepositions

married to	متزوج من	look around	ينظر حوله	kind of	نوع من
caused by	يسبب بواسطة	reply to	يرد علي	great at	عظيم في
way of	طريقة لـ	keep out	يحفظ	talk to	يتحدث الي
in the correct way	بالطريقة السليمة	educate about	يتعلم عن	at any time	في اي وقت
check for	يفحص لأجل	disagree about	لا يوافق بشأن	find out	يكتشف
lying on	يرقد علي	care about	يهتم بشأن	think of (about)	يفكر في
such as	مثل	pump through	يضخ خلال	put into	يصيغ في
on the centre of	في منتصف	bring to	يحضر الي	signs of	علامات لـ
on top of	علي قمة	lock together	يحتجز معا	interested in	مهتم بـ

Opposites

severe	merciful / charitable	carefully	carelessly / loosely
same	different / varied / dissimilar	awake	drowsy / sleeping
serious	joking / humorous	remember	forget / overlook / misremember
ill	healthy / well / settled	flat	bumpy / coarse / rough
correct	faulty / imperfect	allow	hinder / obstruct
dangerous	safe / harmless	healthy	ailing / diseased
normal	rare / irregular	strong	weak / feeble
damage	cure / heal / remedy	disagree	agree / concur
regular	episodic / occasional	believe	doubt / mistrust
responsibility	ease / relief	large	smallish / small / undersized
pass	fail	normal	abnormal / exceptional

Expressions

stay healthy (calm)	يبقي صحي (هادئ)	stop performing	يتوقف عن أداء
do an action	يقوم بفعل	react quickly	يقوم برد فعل سريع
cause a disease	يسبب مرض	follow the instructions	يتبع التعليمات
do something with a skill	يفعل شئ بمهارة	ask questions	يسأل أسئلة
hurt yourself	تؤذي (تجرح) نفسك	ask for help	يطلب مساعدة
call the emergency services	يستدعي خدمات الطوارئ	improve health	يحسن الصحة
perform (do) first aid	يقوم بإسعافات أولية	develop a skill	ينمي مهارة
perform (do) CPR	يقوم بالإنعاش الرئوي	in collaboration with	بالتعاون مع
spend a lot of time learning	يقضي وقت كبير في التعلم	keep ... strong and healthy	يحافظ على قوة وصحة
move closer to	يتحرك بالقرب من	check their hearts	يفحصون قلوبهم
look carefully at	ينظر بحرص الي	regular exercise	تمرين منتظم



normal breathing	تنفس طبيعي	have a healthy heart	لديه قلب سليم
check the area around	يفحص المنطقة حوله	become (get) ill	يصبح مريض
start breathing	يبدأ التنفس	have a responsibility to	لديه مسئولية لكي
a (per) minute	كل دقيقة	without touching	دون لمس
do things like	يفعل أشياء مثل	avoid getting	يتجنب الإصابة بـ
sound perfect (fantastic)	يبدو متقناً (رائع)	get enough sleep	يحصل على نوم كافٍ
as active as possible	نشط بقدر الامكان	do exercise	يؤدي التمارين
do most work	يقوم بمعظم العمل	as a family	كعائلة
two-day course	دورة دراسية لمدة يومين	pass an exam	يجتاز امتحان
take up a new sport	يمارس رياضة جديدة	miss a chance to	يفوته الفرصة لكي
dreams of a trophy	احلام البطولات	injure themselves	يجرحون أنفسهم
take a first aid course	يأخذ دورة اسعافات اولية	make a mistake	يرتكب خطأ
do / take a course in	يحصل على دورة في	know how to	يعرف كيف أن
give / run a course in	يعطي دورة في	go on a diet	يتبع نظام غذائي

Reading Text

HOW TO PERFORM FIRST AID

1. If you find an ill or **injured** person, you must **check** the area around him/her first to **make sure** it isn't dangerous. Then move **closer to** the person and look carefully at them. Do they seem to be very ill? Do they have severe **injuries**?
2. If the person is **awake** but not **bleeding**, you have to ask them how they feel and what happened. **Check** their body for **signs** of **injury** or **infection**. You don't have to **touch** the person's **body** to do this.
3. If the person doesn't **reply**, touch their **shoulder** or their foot and **shout** to see if they **react**, and remember to check for **normal breathing**.
4. If the person isn't breathing, someone must **call** the **emergency services** **immediately**.
5. If you know how to **perform CPR**, you have to do this to help the person start breathing again. However, you mustn't do CPR unless the person is **lying** on their **back** on a flat surface such as the floor.
6. Place your hand on the centre of the person's **chest**. Put your other hand on top of the first hand and **lock** your fingers together. **Make sure** that your **shoulders** are above your hands.
7. You don't have to **press down** on the person's **chest** very much only five to six centimetres. Keep your hands on their chest and allow it to **rise up** again. You have to do this 100 to 120 times a minute until the person starts **breathing** again.



Ways of boosting the immune system

Your friend **regularly** gets a cold or a cough. He/She eats a lot of **fast food** and doesn't eat a lot of fruit and vegetables. He/She also **spends** a lot of time **playing** video games and doesn't go **outside** very often. Because he/she plays a lot of video games, he/she often **stays up late** and then finds it **hard** to **get up** for school.

You must eat less fast food. Your **immune system** works better if you eat healthy food like fruit and vegetables.

An e-mail of persuasion

Hi Fares,

How are you?

It's great that some of your friends are going to **take a first aid course** next week! I really think you should **join** them because everyone has to know how to **do** first aid. You never know when someone you know will **injure** themselves and you'll have to help them. You would want other people to help you too, right?

I'm sure you would be **great at** doing first aid because you can think fast and you know how to **stay calm** in difficult **situations**. You don't have to become an **expert**, just learn enough so you can help someone until the **emergency services** arrive. The **two-day course** your friends want to do **sounds perfect**.

Talk to you soon!

Mahmoud

An e-mail from Shady to Health Today

Dear Health Today,

My cousins, Imad and Munir, are visiting me again for a few days, and it's always a **pleasure** to see them. **Unfortunately**, because they are **both** less than seven years old, they sometimes **forget** how important it is to keep clean and stay healthy. At the moment, many people in my area have the **flu** and so these things are even more important than usual. What can I do to persuade my cousins to **change** how they **behave**? They often come very close to show me things, like photos they have taken on their phones or something **funny** that they have found. And when they **cough**, they do not **cover** their mouths. They don't seem to understand why it is so important and it **worries** me a lot.

I'm also worried when I see them come inside because I don't think that they always wash their hands after they have been playing outside, touching things and getting **dirty**. They will clean their hands when I ask them, but I always have to **remind** them to do it.

I have heard that young children don't usually **get very sick** from flu and so they don't give the flu to older people, but I don't know if that is true. Do you think that I am **right** to worry?

I look forward to **hearing from** you.

Yours,

Shady



Language Notes

1. health / healthy:

- health (له علاقة بالصحة) :صفة بمعنى * The council is opening a new **health centre** in my town.
- healthy صحي / نظيف أو بدنيا / سليم : * Eating **healthy** food keeps you **healthy**.

2. some / every / any / no + one (body): تأخذ هذه الضمانات في أول الجملة فعل مفرد، ثم نعود عليها بضمير جمع ومن ثم فعل جمع.
- * **Everyone** benefits from space technology in **their** everyday lives.

3. start / begin:

- start / begin + to مصدر / V.ing: * If you are interested, start **to save** (saving) now.
- be starting / be beginning + to مصدر: * Look, it's starting **to rain**.
- start / begin + by + V.ing: * Could you start **by telling** us something about him?
- start / begin + with + Noun: * The teacher advised me to start **with** the easiest part.

4. make / be made:

- make + مفعول + مصدر + فاعل: * This will **make** you **breathe** well again.
- be made + to مصدر + مفعول: * The player **was made** **to do** the exercise again.

5. let / allow / permit:

- let + مفعول + فاعل: * The mother didn't **let** her son **go** out.
- allow / permit + مفعول + to مصدر + فاعل: * The mother didn't **allow** her son **to go** out.

6. cause / reason:

- cause + مفعول + to + مصدر (يجعل): * What **causes** the patient **to cough** hard?
- cause + اسم (يسبب): * Viruses **cause** diseases.
- the cause of + V.ing / اسم (سبب لـ): * What was the **cause** of the coronavirus?
- reason with مع يتجادل: * I don't like to **reason with** ignorant people.
- the reason for + V.ing / اسم (سبب لـ): * Can you give the **reason** for leaving so early?
- the reason why (for which) + جملة (سبب لـ): * What's the reason why (for which) you came late?

7. look forward to + V.ing / اسم (يتطلع إلى):

- * I look forward to **meeting** them again. * I look forward to **the next summer holiday**.

8. examine / check / make sure:

- examine مشكلة - عيب: يفحص بحثا عن عيب: * The mechanic **examined** the car to see what was wrong.
- check يتأكد: يفحص - يراجع: * Athletes must **check** their hearts regularly.
- make sure يتأكد من شيء بالمراجعة: * The manager **makes sure** the work is going well.

9. way + to / of:

- way (method) to + اسم / مصدر: * The way **to success** isn't always easy.
- * We are looking for a way **to collect** the money.



- way (method) of + V.ing : * Doing exercise is a good way **of keeping** fit.

10. another / other / others / the other / each other / one another:

- **another** + اسم مفرد (آخر): * I don't like this shirt. Please, show me **another one**.
 - **other** + اسم جمع = **others** (لا تتبع باسم):
 * Some students find English easy to learn while other students (others) don't.
 - **the other** (تشير إلى الاختيار الثاني): * Here's one shoe. Where's **the other one**?
 - **each other** - بينهم البعض - بين كل واحد والآخر: * Students should help **each other**.
 - **one another** - بينهم البعض: * Sports team members should help **one another**.

11. spend / take:

- فاعل + spend + time + V.ing (يقضي الوقت في): * She **spent** three hours **reading** in bed.
 - فاعل + spend + مال + on + V.ing / اسم (ينفق مال): * We **should** spend more **on** scientific research.
 - it takes (took) + مصدر + to + مدة زمنية + مفعول: * It **took** him a month **to do** the course.

12. everyday / every day / daily:

- **everyday** بمعنى يومي: * Doing **everyday** exercise helps you stay healthy.
 - **every day** ظرف بمعنى يومياً: * I do exercise **every day**.
 - **daily** يومي - يومياً: * I go to work **daily**. / * I read **daily** newspapers.

13. like / unlike / as / alike / such as:

- نستخدم **بعد (like)** بمعنى (مثل / يشبه) اسم أو اسم موصوف (صفة + اسم) أو ضمير مفعول ... تعبر عن تشبيه غير حقيقي ...
 * He works **like** a machine. * She ran **like** a mad dog. * Try to run **like** me.
 - نستخدم **(unlike)** بمعنى (على عكس / بالتضاد مع) ...
 * **Unlike** her sister, Salma is hard-working and studious. * She has blue eyes **unlike** her mother.
 - نستخدم **بعد (as)** بمعنى (مثل / يشبه) وظيفة أو جملة كاملة ... تعبر عن تشبيه حقيقي ...
 * My father works **as** a doctor. * Do this experiment **as I do it**.
 - نستخدم **(alike)** كصفة بمعنى (متشابه) وكظرف بمعنى (على حد السواء)
 * My cousin and I are **alike**. * They help in villages and cities **alike**.
 - نستخدم الفعل **(look like)** بمعنى (يتشابه مع) ونتبعه بمفعول ونستخدم **(look alike)** بمعنى (يتشابه) بدون مفعول ...
 * My brother and I **look like** each other. * My brother and I **look alike**.

14. athlete / athletes / athletic / athletics:

- **athlete** لاعب رياضة / **athletes** لاعبون أو رياضيون: * **Athletes** must check their hearts regularly.
 - **athletic** صفة بمعنى رياضي أو يتعلق بالرياضة: * This is the most important **athletic** event this month.
 - **athletics** ألعاب القوى - تعامل كمفرد: * **Athletics** includes sports like running and swimming.

15. lie / lay:

- lie / lied / lying (to) يكذب على: * Cinema stars usually **lie about** their age.
 - lie / lay / lain / lying (in / on) يستلقي / يقع في مكان / يرقد:
 * He **lay** in bed for a week because of illness.
 * On my way home, I saw a man **lying** on the side of the road.
 * Egypt **lies** in the north of Africa.
 - lay / laid / laid / laying تضع البيض: * Most birds **lay** eggs.



- lay the law : يسن القانون

* The government **lays** new laws every year.

16. **try + to + infinitive** (يحاول ويفشل غالباً) / **try + V.ing** (يجرب وسوف يرى النتيجة):

* I tried **to contact** you last night but there was no answer.

* I've tried **using** a computer but it gave me a headache.

17. **lose / miss / waste:**

- lose / lost / lost : يخسر منافسة / يفقد (شيء مادي أو معنوي أحياناً)

* Egypt **lost** the last match.

* I **lost** my briefcase yesterday.

- lose to + مفعول (يخسر أمام):

* Brazil **lost to** France in the final.

- get lost = be lost = go missing = lose + صفة ملكية + way (يضل الطريق):

* His son **got lost** / **was lost** / **went missing** / **lost his way** in the forest.

- miss : يفقد شخص

* My father is abroad, we **miss him** very much.

- miss : يفوته حدث / يتغيب عن حدث

* He **missed 20 games** after breaking a bone in his wrist.

- miss + doing something:

* He had **missed being elected** by a single vote.

- miss : لا يلحق وسيلة مواصلات

* He was unfortunate, he **missed** the bus.

- a waste of + اسم (مضيعة لـ / اهدار لـ):

* Being unemployed is such **a waste of your talents**.

* Do you think watching TV is **a waste of time**?

- waste : الفضلات (اسم لا يعد)

* People should recycle **waste**.

- waste : يهدر / يضيع (مال - وقت - جهد - طاقة)

* Leaving the heating on all the time **wastes** electricity.

١٨. كيفية الاستغناء عن ضمائر الوصل (who / which / that):

- **who / which / that** + فعل في المعلوم = V.ing:

* The man **who is running** over there is my uncle. = The man **running** over there is my uncle.

- **who / which / that** + فعل في المجهول = P.P.:

* The book **which was found** in the playground is mine. = The book **found** in the playground is mine.

18. **alone / lonely / only:**

- **alone** = on + صفة ملكية + own = (by) ضمير منعكس (بمفرده - بنفسه):

* I did all the washing **alone** (on my own) (by myself). * I go to school **alone**.

- **lonely** : وحيد

* He feels **lonely**. No one visits him.

- **only** : فقط

* Ahmed was the **only** one who came late.

19. **It + be + adjective + for OR of:**

- It's + صفة + of + مفعول + مصدر :

(للحديث عن ما يمتلكه المفعول)

* It was kind **of** him to help me. charities.

* It is thoughtful **of** Ali to work for

- It's + صفة + for + مفعول + مصدر :

(للحديث عن ما للمفعول)

* It's impossible **for** us to live without trees.

* It's necessary **for** you to study hard.



**20. so / such / too / enough** جدا للدرجة أن:

- so + صفة + that + جملة (جدا للدرجة أن): * The train was **so fast that** we reached our destination early.

- such + a/an + صفة + اسم + that + جملة: * It was **such a fast train** that we reached our destination early.

- too + مصدر + (for + مفعول) to + مصدر: صفة / ظرف:

* The tea is **too hot for me to drink**. * He ran **too slowly to catch the bus**.

- صفة + enough + (for + مفعول) to + مصدر: * The wall is **high enough to protect** the city.

- اسم + enough + to + مصدر: * The wall has **enough height to protect** the city.

21. rather / quite:

- rather = fairly (قبل الصفات السيئة غالباً): * I complained that it was **rather late**.

- quite (قبل الصفات الجيدة غالباً): * The film is **quite good**. I will watch it again.

22. Two meanings of SCENE:

- scene = مشهد في مسرحية أو فيلم: * The last **scene** of the play showed the hero dying.

- scene = مسرح جريمة: * The detective visited the crime **scene** to take the footprints.

23. stop:

- stop / quit / give up + V.ing (يتوقف عن): * It has **stopped raining**. We can go out now.

- stop + to + مصدر (يتوقف لكي): * On my way home, I **stopped to do** some shopping.

- stop / prevent / dissuade / discourage + مفعول + from + V.ing: (يمنع من)

* The dam stops the river (from) flooding.

24. the same as (كليا) / مشابه جزئياً similar to / مشابه تماماً

* Your bedroom is **the same as** mine.

* Your bedroom and mine are **the same**.

* My camera is **similar to** my sister's.

* My camera and my sister's are **similar**.

25. More notes:

act	يمثل في فيلم أو مسرحية	perform	يؤدي دور
actor	ممثل في فيلم أو مسرحية	representative	ممثل أو مندوب لشركة مثلاً
pay	يدفع	cost	يتكلف
between	بين اثنين	among	بين أكثر من اثنين
the last	الآخر في ترتيب	the latest (most recent)	الأحدث
pump	يضخ / مضخة	pipe	يدفع في ماسورة / ماسورة
rely (depend / count) on	يعتمد على	be based on	يكون معتمداً (قائماً) على
remember	يتذكر	remind	يذكر بـ
skin	جلد الجسم (البشرة)	leather	الجلد الصناعي
breathe in	يشهق	breathe out	يزفر
breathing	التنفس	breath	النفس
in the end	في النهاية	at the end of + N	في نهاية كذا
together	سويًا / معاً	together with	بالإضافة إلى
look (sound) + صفة	يبدو	seem + to + مصدر	يبدو أن



chance (opportunity)	فرصة	occasion	مناسبة
scene	مشهد في مسرحية أو فيلم	scenery	منظر طبيعي
regular	منتظم / معتاد	gradual	تدريجي
regularly	بشكل منتظم / بشكل معتاد	gradually	بشكل تدريجي
married to	متزوج من فلان	married with	متزوج ويعول أطفال
event	حدث تاريخي	happening	حدث عابر
accident	حادثة	incident	حدث في قصة
disease	مرض محدد / اسم المرض	illness	حالة مرضية
advertisement	اعلان في جريدة أو النت	announcement	اعلان / تصريح

Exercises on Vocabulary and Notes



- Choose the correct words to complete the sentences.

- The article discusses a number of ways people can their immune systems.
a. **boast** b. **post** c. **boost** d. **beast**
- An is part of the body made of different tissues that performs a particular task.
a. **column** b. **organ** c. **member** d. **heart**
- He has been unable to his duties since the accident.
a. **perform** b. **urge** c. **hesitate** d. **make**
- The firefighters quickly when they heard the alarm.
a. **pulled** b. **infected** c. **destroyed** d. **reacted**
- Her is being played by a relatively unknown actress.
a. **character** b. **personality** c. **person** d. **characteristic**
- In the opening, two characters are talking in a restaurant.
a. **act** b. **acted** c. **actor** d. **actress**
- system is the system that protects your body from diseases and infections.
a. **Respiratory** b. **Immune** c. **Nervous** d. **Central**
- Breast milk can help protect babies infection.
a. **for** b. **against** c. **in** d. **out**
- Poor hygiene can increase the danger of
a. **addiction** b. **drugs** c. **terrorism** d. **infection**
- The accident has limited her mobility.
a. **severely** b. **socially** c. **economically** d. **pleasantly**
- A is a story that is written to be performed by actors, especially in a theatre.
a. **poem** b. **play** c. **diary** d. **brochure**
- While one of you gives first aid, the other should an ambulance.
a. **shout** b. **call** c. **claim** d. **escape**
- Firefighters took immediately to stop the blaze spreading.
a. **act** b. **actor** c. **actress** d. **action**
- We learned some for relieving stress.
a. **techniques** b. **recipes** c. **receipts** d. **quizzes**
- The play's opening takes place in the courtyard.
a. **view** b. **landscape** c. **scene** d. **stage**



16. Doctors are working to stop the spread of in rural areas.
a. **ignorance** b. **meanness** c. **illiteracy** d. **disease**
17. Food that is contaminated with may not look or smell bad.
a. **bacteria** b. **dust** c. **flame** d. **mud**
18. Is the illness by bacteria or a virus?
a. **reasoned** b. **lessened** c. **reduced** d. **caused**
19. Smoking is the leading cause of cancer.
a. **lung** b. **heart** c. **liver** d. **kidney**
20. Observers have the situation in the country as “serious”.
a. **described** b. **developed** c. **improved** d. **distinguished**
21. The word “illness” is the synonym of the word
a. **character** b. **infection** c. **sickness** d. **pollution**
22. The boy and another seriously person were evacuated by air ambulance.
a. **killed** b. **injured** c. **assassinated** d. **slaughtered**
23. People were against each other in the crowd.
a. **protected** b. **processed** c. **improved** d. **pressed**
24. I’m on a but I allow myself an occasional piece of cake.
a. **diet** b. **fire** c. **duty** d. **purpose**
25. The word “allow” has the same meaning as
a. **attack** b. **contaminate** c. **distribute** d. **permit**
26. Your chances of having a accident at work can be quite high.
a. **series** b. **serious** c. **seriously** d. **seriousness**
27. We were shocked by the of her illness.
a. **mock** b. **seriousness** c. **sorrow** d. **grief**
28. I thought about death while I was in the hospital.
a. **seriously** b. **serious** c. **seriousness** d. **strenuous**
29. Ahmed the car and slipped the key into his pocket.
a. **looked** b. **leaked** c. **licked** d. **locked**
30. This is the first in reforming the welfare system.
a. **step** b. **steep** c. **stab** d. **sap**
31. Most evidence suggests that home-schooled children are getting a good education.
a. **avail** b. **availability** c. **available** d. **unavailable**
32. The government has declared a of emergency following the earthquake.
a. **state** b. **illustrate** c. **depict** d. **declare**
33. The emergency are struggling to cope with the number of call-outs.
a. **services** b. **surfs** c. **servants** d. **servers**
34. She was from her face and hands. It was a bad accident.
a. **bleeding** b. **feeding** c. **sowing** d. **leaking**
35. These shoes are much too I can’t walk.
a. **tight** b. **sight** c. **light** d. **plight**
36. She explains things in that children can understand.
a. **way** b. **away** c. **a way** d. **road**
37. I couldn’t see any of progress although they worked hard.
a. **note** b. **mark** c. **grade** d. **sign**



38. She looked around to sure that she was alone.
a. do b. make c. take d. give
39. The noise was keeping everyone We couldn't sleep for long hours.
a. asleep b. ashore c. awake d. ahead
40. He didn't like anything to interrupt his daily routine.
a. normal b. natural c. normally d. naturally
41. Physicians need to a better understanding of this issue when providing care for older patients.
a. develop b. go c. grow d. miss
42. They receive an invalid care for their disabled daughter.
a. allow b. allowed c. aloud d. allowance
43. I was looking forward to working under her expert
a. aberrance b. guidance c. hatred d. affection
44. He wrapped a around his knee. He had a nasty cut.
a. stripe b. bandage c. line d. thread
45. Once they are firmly stuck on, the labels won't come
a. to b. off c. from d. out
46. Pension rules are different if you are self-employed or a company
a. director b. poet c. lawyer d. swordsman
47. Students can get discount tickets for all events.
a. athlete b. athletic c. athletics d. athlete's
48. The doctor is concerned about possible of the shoulder muscles.
a. vomit b. atrophy c. dizziness d. laziness
49. She keeps an emergency medical in her car.
a. kettle b. kit c. cattle d. key
50. After her surgery, she received therapy to the muscles from atrophying.
a. take b. keep c. give d. hire
51. The accident victim has already lost a lot of
a. blood b. prizes c. matches d. sweat
52. He learned about the job from a/an in the newspaper.
a. announcement b. advertisement c. declare d. permission
53. I walked up and down the aisle to stretch my cramped
a. bones b. skins c. muscles d. leather
54. He took wood working after inheriting his grandfather's tools.
a. in b. up c. out d. away
55. The meetings are very short, so there is little for real discussion.
a. mess b. chance c. defeat d. chaos
56. Choose makeup that matches your tone.
a. skin b. leather c. parchment d. music
57. The word "chance" has the same meaning as
a. victory b. hope c. change d. opportunity
58. He works two jobs to his family.
a. leave b. desert c. accuse d. support



59. She lost a lot of weight through and exercise.
a. drawing b. diet c. debt d. doubts
60. My sister will go to Italy, so she is going to a course in Italian.
a. make b. do c. give d. borrow
61. The solution to the problem was relatively
a. simple b. complicated c. complex d. dilemma
62. He went a diet and lost 30 pounds in six months.
a. for b. at c. on d. with
63. I am trying to showing any hint of favoritism.
a. avoid b. develop c. prove d. improve
64. It was a foolish and easily accident.
a. avoid b. avoidable c. avoidance d. void
65. A person's health improves with the of stress.
a. avoidance b. avoided c. avoid d. avoidable
66. I strongly everyone to go and see this important film.
a. approve b. encourage c. claim d. accuse
67. Speaking your mind is highly at these sessions.
a. encourage b. encouraging c. encouraged d. encouragement
68. This month's unemployment figures are not very
a. encouraging b. encouraged c. encouragement d. encourage
69. With a little from his parents, he should do well.
a. encourage b. encouragement c. encouraged d. encouraging
70. You need to on a management training course.
a. do b. take c. go d. discourage
71. I enrolled in a ten-..... online course.
a. week b. weeks c. weeks' d. week's
72. You may find yourself in a where you lose control of the vehicle.
a. promotion b. location c. situation d. populated
73. The whole story very odd. I didn't like it.
a. sounded b. voiced c. heard d. listened
74. These recipes give results every time, so I recommend them to you.
a. perfect b. short c. weak d. fade
75. The word "brilliant" means
a. genius b. foolish c. selfish d. gigantic
76. She's a top international athlete and an Olympic
a. chamber b. chubby c. champion d. championship
77. Advertising relies heavily on the power of imagery.
a. persuade b. persuasion c. persuasive d. persuasively
78. He would not let himself be into buying the more expensive stereo.
a. persuade b. persuading c. persuaded d. persuasion
79. Most kids don't need much to use computers. They like playing video games.
a. persuasion b. persuasive c. persuaded d. persuade
80. Is there a for your strange behavior?
a. cause b. reason c. caused d. reasoned



81. It is a special for me to be here with you today. I am very happy.
a. please b. pleasure c. pleased d. pleasant
82. She was one of the best athletes in the school.
a. doubt b. undoubted c. doubted d. undoubtedly
83. She was off work for four days because of her She has high temperature, severe pains and weakness.
a. flee b. flu c. flow d. flew
84. Before our modern age, people had a more physical and lifestyle.
a. lazy b. active c. hasty d. urban
85. The colon is an important for the absorption of nutrients.
a. member b. organ c. limb d. wing
86. The main function of is to pump blood through the body.
a. lung b. chest c. heart d. liver
87. My father went to the countryside so that he could fill his with the clean fresh air.
a. brain b. mind c. lungs d. skull
88. He several difficult matches on his way to the title.
a. bought b. sought c. fought d. caught
89. Our main objective is to educational standards.
a. prove b. improve c. deprive d. strove
90. This warm jacket will help to you against the cold.
a. prevent b. fight c. evacuate d. protect
91. Could you, please, write a list of names on a/an piece of paper?
a. detach b. separate c. attach d. separately
92. The industry has been slow to to these breakthroughs in technology.
a. react b. reword c. reward d. regain
93. Symptoms of COVID-19 can include fever, and shortness of breath.
a. dizzy b. reddish c. cough d. stylish
94. You've got school tomorrow. I don't want you to stay late.
a. at b. up c. in d. over
95. His lawyers are continuing to act him.
a. like b. on c. for d. upon
96. An ambulance soon arrived at the of the accident.
a. scene b. view c. stage d. front
97. This room is not really inwith the rest of the house.
a. character b. personality c. label d. mood
98. Reports in the suggested there had been many casualties.
a. press b. pressure c. pressed d. pressing
99. His first story, in 1925, made him famous.
a. publishing b. published c. publishes d. to publish
100. The local authority is working collaboration with the police to reduce car crime.
a. in b. at c. over d. beneath



Grammar

must / have to

- Uses of Must :

1. For warm invitation (لأن تدعو شخص لشيء ما)

- * You **must come** and see us at the weekend.
- * You **must try** a piece of my cake. It's delicious.

2. For strong advice (النصيحة القوية اللازمة لتجنب شر أو خطر)

- * You **must visit** the White Desert when you are in Florida. It's amazing.
- * You **must watch** the new film at the cinema. You will really enjoy it.
- * You **must wash** your hands before you eat.
- * You **must stop** smoking.

3. For rules and obligations that come from the speaker (للقواعد والالتزام الذي يأتي من داخل الفرد نفسه)

- * I **must eat** healthy food if I'm going to be an athlete.
- * I **must work** hard for the exams next week.
- * I **must buy** a present for my mother.

4. For strong reminding and direct commands and orders (للتذكير النفي بشدة وللأوامر المباشرة)

- * We **must buy** souvenirs for our friends here. (تذكير)
- * We **must follow** traffic rules. (قاعدة - قانون - لائحة - أمر مباشر)

- Uses of mustn't :

- For strong negative advice (لننهي عن شيء)

- * You **mustn't miss** this opportunity to visit Paris.
- * Young athletes **mustn't miss** this chance to learn.
- * You **mustn't touch** this wire. It's uncovered.

- For prohibition when rules and laws mean that something is not allowed:

لتحريم القيام بشيء ما عندما تعني القوانين واللوائح عدم السماح بأمر ما

- * You **mustn't talk** in the library.
- * You **mustn't park** your car here. It's a (No Parking) area.

- Uses of have to / has to :

- To say that something is important or necessary (للتأكيد على أهمية أو ضرورة القيام بشيء ما)

- * You **have to exercise** if you want to be healthy.
- * Modern hospitals **have to have** the best technology.

- For rules and obligations that don't come from the speaker:

للقواعد والالتزام المفروض على الشخص (ليس بإرادته / ليس لديه اختيار)

- * You **have to buy** a ticket to travel on the train.
- * We **have to go** to school every day. (ليس لنا اختيار)
- * My father **has to work** six days a week. (ليس لديه اختيار)

- Uses of don't have to / doesn't have to :

- To say that something isn't important or necessary and it is OK not to do it.

لنقول أن شيئاً ما غير هام أو غير ضروري ومن الممكن عدم القيام به.... أى أنه ليس هناك إلزام Obligation

- * You **don't have to** walk up the hill because there's a bus.
- * You **don't have to** play football with them.



1. Present Necessity : الضرورة في المضارع

مصدر + must + فاعل	قاعدة عامة / قانون عام / إلزام من داخل الفرد / نصيحة قوية / أمر مباشر	يجب أن
مصدر + have to + فاعل جمع مصدر + has to + فاعل مفرد	الضرورة (في المضارع) - إلزام ليس للفرد فيه اختيار التزام بقوانين وقواعد	يُضطر أن
مصدر + need to + فاعل جمع مصدر + needs to + فاعل مفرد	الضرورة (في المضارع) شيء يجب فعله (ضروري)	يحتاج أن
مصدر + am/is/are + to + فاعل	الضرورة (في المضارع) / مضطر لفعل الشيء	يجب أن

- * I have no money – I **need to get** some from the bank. (ضروري فعل هذه الشيء)
 * Mona **needs to study** hard to pass the test. (ضروري فعل هذه الشيء)
 * I **am to leave** now. (مضطر لذلك)

مصدر to مفعول It's necessary for	من الضروري لـ أن
مصدر It's a must (It's a necessity) + to	من الضروري أن

- * It's **necessary** for me to go to the bank to get some money.
 * It's **a must (a necessity)** for Egyptians to work hard to achieve prosperity.

2. Present Lack of Necessity : عدم الضرورة في المضارع

مصدر + doesn't have to + فاعل مفرد / مصدر + don't have to + فاعل جمع	ليس مضطر أن
مصدر + doesn't need to + فاعل مفرد / مصدر + don't need to + فاعل جمع	ليس مضطر أن
مصدر + needn't + فاعل	ليس مضطر أن
مصدر to مفعول It isn't necessary for	من غير الضروري لـ أن
مصدر It's unnecessary for	من غير الضروري لـ أن

- * I **don't have to work** on Fridays.
 * Mona **doesn't have to work** today because it is a holiday.
 * I **don't need to buy** a new pen. I've already got one.
 * Samy **doesn't need to do** the shopping as his mother has done it.
 * You **needn't buy** sugar. I have already bought some.
 * It **isn't necessary** for us to go now. We still have enough time.
 * It's **unnecessary** for Ali to go to work today as it's a holiday.

3. Past Necessity : الضرورة في الماضي

مصدر + had to + فاعل	اضطر أن
مصدر + needed to + فاعل	اضطر أن
مصدر + was / were + to + فاعل	كان يجب أن
مصدر to مفعول It was necessary for	كان من الضروري لـ أن
مصدر It was a must (It was a necessity) + to	كان من الضروري أن

- * Yesterday I **had to take** a taxi home because it was raining.
 * Mona **needed to revise** well last night. It was necessary for today's exam.
 * Last week I **was to stay** with my ill father in hospital.
 * It **was necessary** for me to go to the bank yesterday to get some money.

**4. Past Lack of Necessity** عدم الضرورة في الماضي:

لم يضطر أن (لم أفعل هذا الشيء لأنه لم يكن ضروري)	مصدر + didn't have to + فاعل
لم يضطر أن (فعل هذا الشيء رغم أنه لم يكن ضروري)	مصدر + needn't + have + P.P. + فاعل
كان من غير الضروري له أن	مصدر to مفعول necessary for wasn't It
كان من غير الضروري له أن	مصدر to مفعول unnecessary for was It

- * I **didn't have to buy** more bread. We already have a lot. (**I didn't buy bread.**)
- * I **needn't have bought** more bread. We already have a lot. (**I bought bread.**)
- * It **wasn't necessary** for me to go to work yesterday as it was a holiday.

5. Future Necessity الضرورة في المستقبل:

سيكون ضروري	مصدر + must + فاعل
سيكون ضروري	مصدر + has to + فاعل مفرد / مصدر + have to + فاعل جمع
سوف يضطر أن	مصدر + will have to / will need to + فاعل
سيكون من الضروري له أن	مصدر to مفعول necessary for will be It
كان من الضروري أن	مصدر + to (It will be a necessity) must be a will It

- * Tomorrow I **must leave** home early to catch the bus.
- * I **have to go** to the library tomorrow to return the book.
- * I **will have to arrive** at the station early next morning.
- * I **will need to pay** a visit to the library next Saturday.
- * It will be **necessary** for Ola to change the study plan next month.
- * It will be **a must** for Samy to phone his boss tomorrow morning.

6. Future Lack of Necessity عدم الضرورة في المستقبل:

لن يضطر أن	مصدر + won't have to + فاعل
لن يضطر أن	مصدر + won't need to + فاعل
كان من غير الضروري له أن	مصدر to مفعول necessary for won't be It
كان من غير الضروري له أن	مصدر to مفعول unnecessary for will be It

- * Mum will do the housework. Soha **won't have to do** it.
- * You **won't need to** buy a calculator. I will get one for you.
- * It won't be **necessary** for me to go to work tomorrow as it will be a holiday.
- * It will be **unnecessary** to go to bed early tonight as tomorrow is a day-off.

7. Ways of expressing prohibition طرق التعبير عن التحريم:

لا يجب أن يفعل (في جميع الأحوال)	مصدر + mustn't + فاعل
لا يجب أن يفعل (في حالة معينة)	مصدر + can't + فاعل
لا يُسمح له أن يفعل	مصدر + am/is/are + not permitted to + فاعل
ليس مسموحاً بـ.....	مصدر + am / is / are + not + allowed to + فاعل مصدر to مفعول + for not allowed is It's V.ing + isn't allowed.
من الممنوع أن	مصدر to (prohibited – banned) forbidden is It's
..... ممنوع.	V.ing + is + forbidden / prohibited / banned.
من غير القانوني أن يفعل ...	مصدر + illegal to + فاعل
إنه لـ ضد القانون أن يفعل	مصدر + against the law to + فاعل



- * You **mustn't** park your car here.
- * You **can't** park here unless you have a licence.
- * You **aren't allowed to** park your car here.
- * Parking your car here **isn't allowed**.

8. Must Vs. have to :

١. فروق شكلية تتعلق بالزمن والفاعل الجمع أو المفرد:

- | | |
|---|------------------|
| - مصدر + must + جميع الضمانر | (مضارع / مستقبل) |
| - I/ We/ You/ They + have to + مصدر | (مضارع جمع) |
| - He/ She/ It + has to + مصدر | (مضارع مفرد) |
| - مصدر + had to + جميع الضمانر | (ماضي مثبت) |
| - مصدر + didn't have to + جميع الضمانر | (ماضي منفي) |
| - مصدر + will have to + جميع الضمانر | (مستقبل مثبت) |
| - مصدر + won't have to + جميع الضمانر | (مستقبل منفي) |
- * I **must/ have to** wear a uniform to work.
 - * She **must/ has to** work hard to reach her goal.
 - * We **had to stay** home last night as the weather was bad.

٢. فروق تتعلق بالدلالة والمعنى والاستخدام:

- تعبر (must) عن رغبة من الفرد نفسه (رغبة داخلية) أي أن الفرد موافق على هذا الالتزام
- تعبر (have to) عن الزام من جهة أخرى غير الفرد نفسه أي أن الفرد ليس لديه خيار في ذلك فهو مجبر ...
- تعبر (have to) عن الحتمية والضرورة القصوى وكأنها أمر حتمي.

- * I **must practise** well to win the next match.
- * I **have to wear** a helmet while driving.
- * You **have to apologize** to Ali. You don't want to lose him as a friend.
- * You can't go out. You **have to do** your homework first.

Exercises on Grammar



- Choose the correct words to complete the sentences.

1. Athletes get a special heart examination.
a. **shouldn't** b. **must** c. **has to** d. **mustn't**
2. You put on gloves before helping someone who is bleeding. If you don't, you might give them an infection.
a. **needn't** b. **must** c. **need to** d. **ought**
3. Young athletes miss this chance to learn.
a. **mustn't** b. **don't have to** c. **needn't** d. **oughtn't**
4. Modern hospitals have the best technology.
a. **don't have to** b. **have to** c. **need** d. **doesn't have to**
5. You walk up the hill because there's a bus.
a. **mustn't** b. **have to** c. **don't have to** d. **oughtn't**
6. You visit the pyramids when you're in Egypt. They're amazing.
a. **can't** b. **have to** c. **must** d. **need**
7. I eat healthy food if I'm going to be an athlete.
a. **have to be** b. **might** c. **need** d. **must**
8. You miss this opportunity to see Paris.
a. **mustn't** b. **needn't** c. **oughtn't** d. **don't have to**



9. You talk in the library.
a. needn't b. don't have to c. don't need to d. mustn't
10. You exercise if you want to be healthy.
a. might b. may c. can't d. have to
11. You play with them. It's unnecessary.
a. mustn't b. shouldn't c. don't have to d. needn't
12. You buy a ticket to travel on the train.
a. have to b. has to c. ought d. must be
13. The heart pump a lot of blood through your body.
a. have to b. has to c. should be d. mustn't
14. You eat things with a lot of salt or fat in them.
a. mustn't b. needn't c. don't have to d. oughtn't
15. You pay to go in the museum. It's free to enter.
a. don't have to b. must c. mustn't d. need to
16. Leila work hard if she wants to pass her exam.
a. doesn't have to b. mustn't c. has to d. must
17. You forget to bring a coat to the mountains. It will be cold!
a. mustn't b. should c. must d. needn't
18. You buy a ticket before you enter the cinema.
a. don't have to b. needn't c. have to d. need
19. Do we take the final test?
a. need b. must c. have to d. necessary
20. Everyone recycle as much as possible.
a. have to b. needs c. need d. must
21. We wear a uniform at our school.
a. need b. ought c. have to d. should be
22. You be at the office early or the manager will dismiss you.
a. have got to b. mustn't c. need d. has to
23. I so early to the office. The meeting was cancelled.
a. should have gone b. needn't have gone c. must have gone d. can't have gone
24. You conduct any chemistry experiments unless you are wearing safety glasses.
a. don't have to b. needn't c. mustn't d. don't need to
25. Please put the paper cups and plates in the bin. We leave the room in a mess.
a. mustn't b. should c. don't need d. don't have to
26. There's plenty of time. We be at the cinema until 8.
a. don't have to b. need to c. shouldn't d. mustn't
27. In the early years of motoring, drivers didn't take a driving test.
a. have to b. must c. has to d. had to
28. You sign the application form at the end of the page or it won't be accepted.
a. might b. has to c. must d. may
29. You tired after working so hard.
a. have to b. need to c. should d. must
30. You exceed the speed limit. It is against the law.
a. not allowed b. shouldn't c. forbidden d. mustn't
31. You touch that pan. It's very hot.
a. should b. must not to c. mustn't d. must



32. You try playing tennis, it's a great game.
a. **must** b. **have to** c. **has to** d. **need**
33. You are tired. You to have some rest.
a. **should** b. **must** c. **could** d. **need**
34. Oh! I'm so late. I leave now.
a. **must** b. **should** c. **had to** d. **ought**
35. You smoke in hospitals.
a. **needn't** b. **mustn't** c. **don't need to** d. **don't have to**
36. You use your mobile phone while you are driving your car. It's against the law.
a. **must** b. **mustn't** c. **don't have to** d. **shouldn't**
37. People break the law to avoid punishment.
a. **wouldn't** b. **shouldn't** c. **needn't** d. **mustn't**
38. eat food from a damaged tin.
a. **Shouldn't** b. **Mustn't** c. **Always** d. **Don't**
39. You wash if you've touched an infected bird.
a. **shouldn't** b. **must** c. **mustn't** d. **need**
40. You sit on that wall. It isn't safe.
a. **mustn't** b. **mightn't** c. **needn't** d. **should**
41. You be very careful when you cross a road.
a. **shouldn't** b. **mustn't** c. **must** d. **can't**
42. Drivers stop when the traffic light is red.
a. **can** b. **need** c. **should** d. **must**
43. Drivers follow traffic rules.
a. **should** b. **can** c. **need** d. **must**
44. You mustn't smoke in hospitals. It is
a. **necessary** b. **allowed** c. **forbidden** d. **permitted**
45. I get up very early on school days.
a. **have to** b. **have** c. **must** d. **should**
46. I phone my friend this evening. I promised him that I would.
a. **need** b. **must** c. **ought** d. **have to**
47. In some countries, children wear school uniform.
a. **mustn't** b. **don't have to** c. **don't need** d. **need**
48. You show your passport when you visit another country.
a. **need** b. **must** c. **should** d. **have to**
49. We buy some milk from the shops because we don't have any.
a. **need to** b. **has to** c. **ought** d. **have got**
50. Most school children in Britain wear a school uniform.
a. **have to** b. **would** c. **need** d. **ought**
51. You spend too much money. You'll want some for your holiday.
a. **needn't** b. **oughtn't** c. **mustn't** d. **haven't**
52. You take that book back to the library yet. You can keep it for another week.
a. **has to** b. **don't have to** c. **have to** d. **mustn't**
53. You pass your exams to go to university.
a. **need to** b. **have to** c. **need** d. **needn't**
54. I really phone Mazen. I promised I'd phone him as soon as I had any news.
a. **have to** b. **may** c. **must** d. **can**



55. You take this train. There's another one in ten minutes.
a. **mustn't** b. **shouldn't** c. **don't have to** d. **can't**
56. My staff and I to work twelve hours a day for six days a week.
a. **have** b. **must** c. **has** d. **needs**
57. Yesterday I had instructions that I to do a lot of homework.
a. **have** b. **am** c. **was** d. **were**
58. During holidays, we get up or go to bed at particular times.
a. **can't** b. **mustn't** c. **don't need** d. **don't have to**
59. These old buildings have to down.
a. **knocking** b. **being knocked** c. **knock** d. **be knocked**
60. We go to school every day.
a. **have to** b. **should** c. **ought** d. **need**
61. Students go to school yesterday as it was a holiday.
a. **needn't** b. **didn't need** c. **didn't have to** d. **mustn't**
62. We go to bed early. This is unnecessary.
a. **don't have** b. **mustn't** c. **don't need** d. **needn't**
63. My father to work today because it is a holiday.
a. **don't need** b. **needn't** c. **mustn't** d. **doesn't have**
64. I work hard for the exams next week.
a. **must** b. **need** c. **needn't** d. **mustn't**
65. It's unnecessary for you to bring a jacket. You bring a jacket.
a. **don't have to** b. **doesn't have to** c. **mustn't** d. **had to**
66. I buy a present for my mother.
a. **must** b. **shouldn't** c. **need** d. **have to**
67. You come to my party tonight.
a. **have to** b. **would** c. **need** d. **must**
68. You stop smoking.
a. **have** b. **has to** c. **need** d. **must**
69. I buy a new pen. I've already got one.
a. **mustn't** b. **shouldn't** c. **don't have to** d. **don't need**
70. I want to go to university. I apply before the end of the week.
a. **will have** b. **need** c. **must to** d. **have to**
71. You go shopping. You can stay at home if you want.
a. **needn't** b. **don't need** c. **don't have** d. **mustn't**
72. You speak so loudly on your mobile phone. It's very annoying.
a. **mustn't** b. **don't need to** c. **needn't** d. **don't have to**
73. There were no taxis last night so we walk home.
a. **have to** b. **must** c. **need to** d. **had to**
74. The baby is very hungry so the mother feed him.
a. **had to** b. **could** c. **must** d. **need**
75. You wash your hands before you eat.
a. **may** b. **might** c. **need** d. **must**
76. I have no money – I to get some from my bank.
a. **has** b. **must** c. **can** d. **have**
77. We read a summary of a book in English next week.
a. **ought** b. **need** c. **have to** d. **had to**
78. In England, most people work until they are 67.
a. **must** b. **have to** c. **need** d. **would**



79. I remember to visit my sick friend in hospital.
 a. might b. must c. ought d. need
80. She isn't late for school so she hurry.
 a. don't have to b. need to c. needs to d. doesn't have to

Writing Skills

How to stay healthy?

Maintaining a healthy body is not that easy and not so difficult also. Always there is a need to be healthy because unhealthy body will be attacked by many diseases. Here are some tips which will help to have a happy and healthy life.

Most important tip for a healthy body is to have healthy foods and eat them at proper time. Avoid eating junk food. Your diet should contain food which has more nutrients. Try to include fresh vegetables, fruits, milk, and fish in your daily diet. Make sure you are having your breakfast regularly because skipping it will definitely affect your health. If water content in your body goes low, then it will lead to dehydration. So to keep the body healthy make sure you drink more amount of water daily.

Exercise also pays a vital role in keeping your body healthy. Regular exercise will also keep your body in good health. Exercise should be in such a way that your body should start sweating. You can go for running, do cycling, walking faster etc. Daily find some time thirty minutes to one hour per day for your exercise. Have a regular checking of your weight and try to control it. It's nice to have medical checkups and dental checkups by which you can have an idea about your health condition.

Always try to manage your stress. Most people due to stress at work have health problems. By controlling your stress you can maintain a healthy body. Bad habits like smoking, drinking, using of drugs should be avoided. Usage of these items will have a very bad effect on your health. Your body should get enough time to take rest. Make sure you get a sleep of eight hours daily. Sleep is very important for healthy body and also for mental and emotional happiness.

Exercises on Translation and Comprehension



1. Translate the following into Arabic:

1. A good citizen should have a spirit of co-operation, friendliness, humanity, dedication and devotion towards his family and society. He must respect other faiths. He must not do anything that brings disgrace to his society or to his country.

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2. In the last century, the traditional method of having original texts translated and then revised by experienced members of the translation services, was the only method used at the United Nations.

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3. Terrorism is, in the broadest sense, the use of intentionally indiscriminate violence as a means to create terror among masses of people; or fear to achieve a religious or political aim.

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4. Safety is generally interpreted as implying a real and significant impact on risk of death, injury or damage to property.

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5. Reading is the complex cognitive process of decoding symbols to derive meaning. It is a form of language processing. Success in this process is measured as reading comprehension.

.....

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.....

6. Individuals differ from one another in their ability to understand complex ideas, to adapt effectively to the environment, to learn from experience, to engage in various forms of reasoning and to overcome obstacles by taking thought.

.....

.....

.....

.....

2. Translate the following into English:

١. يمكن أن يتسبب تناول الملح بكميات كبيرة يوميا في الإصابة بحالة اكتئاب وقلق، أو من خلال استهلاك المزيد من الأغذية المالحة، لأنه يحدث حالة من الخلل في عملية توازن المعادن داخل الجسم. لذلك ينصح الأطباء بتقليل الملح قدر الإمكان في الأطعمة والمشروبات.

.....

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.....

٢. إن احتياجك لتعلم اللغة الأجنبية لا يجب أن يتوقف أبدا ولا يجب علي الفرد أن يتعلم اللغة الأجنبية فقط ليحقق هدفا مهنيا أو أكاديميا مؤقتا ثم يتوقف عن تعلمها بل يجب أن يستمر في التعلم لأنها خبرة قيمة تثري حياته.



٣. العلمُ هو منظومةٌ من المعارفِ المتناسقةِ التي يُعتمدُ في تحصيلها على المنهج العلمي دون سواه، أو مجموعة المفاهيم المترابطة التي نبحث عنها ونتوصل إليها بواسطة هذه الطريقة.

٤. حرية التعبير هي حق لكل شخص في مجتمعنا، يمكنك التعبير عن رأيك الشخصي بحرية فيما يخص موضوع معين، بشرط ألا تهين الآخرين أو تلحق الضرر بهم، وإذا احترمت وجهة نظر الآخرين سوف يتم تقديرك بصورة هائلة.

٥. على الرغم من الاعتقاد بأن صعوبة القراءة تكون نتيجة لاختلال عصبي، إلا أنها لا تعد إعاقة ذهنية مع العلم أنه لا يوجد علاج لها، ولكن يُمكن للأفراد المصابين أن يتعلموا القراءة والكتابة مع الدعم التعليمي المناسب.

٦. يتَّصف أصحاب الذكاء اللغوي بقدرتهم على التحدث والكتابة واستخدام اللغات المختلفة بطريقة عملية لتحقيق الأهداف والغايات المنشودة، كما يتم ربط الذكاء اللغوي بزيادة القدرة على حل المشكلات وتطوُّر في طريقة التفكير التجريدي.

dedication	إخلاص / تفاني	faiths	معتقدات	disgrace	عار / فضيحة
devotion	تضحية	original	أصلي	in the broadest sense	بالمعنى العام
intentionally	عن قصد	indiscriminate	غير شرعي	terror	رعب / فزع
masses	جماهير	interpreted	يتم تفسيره	significant	كبير
cognitive	معرفي	property	ممتلكات	impact	تأثير
decoding	تفسير	symbols	رموز	derive	يشق
processing	معالجة	engage in	يشترك في	reasoning	جدال / منطق
obstacles	عقبات	thought	الفكر	depression	اكتئاب
salty	مالح	balance	توازن	as much as possible	قدر الامكان
professional	مهني	academic	أكاديمي	enrich	يثرى
coordinated	متناسق	concepts	مفاهيم	correlated	مترابط
concerning	فيما يخص	insult	يهين	harm	يلحق الضرر بـ
appreciate	يقدر	enormously	بصورة هائلة	dyslexia	صعوبة القراءة
nervous	عصبي	disorder	اختلال	mental	ذهني



suitable	مناسب	support	دعم	disability	إعاقة
lingual	لغوي	ends	غايات	desired	منشودة
abstract	تجريدي	thinking	تفكير	link	يربط

3. Read the following passage and answer the questions:

Man does not live by food alone. Water is vital to human health and fitness. Although it is not a nutrient per se as are carbohydrates, fats, proteins, vitamins and minerals. It, in fact, is a key nutrient in as much as no life is possible without it. Whereas we can do for weeks without food, we cannot live without water longer than a couple of days. Water approximates 60 per cent of the body weight of human adults. The total amount of water in a man weighing 70 kilograms is approximately a little over 40 liters. It is an excellent solvent – more substances are soluble in water than in any other liquid known so far. This makes it an ideal constituent of the body fluids which sustain life supporting chemical reactions. It dissolves varied products of digestion and transports them to the rest of the body. Likewise, it dissolves diverse metabolic wastes and helps drain them out of the body. Besides, it performs a variety of functions some well-known and well understood while others not so well appreciated yet vital. The no less important role of water is to distribute the body heat efficiently, thereby regulating the body's temperature. Water accomplishes this role ideally because it has thermal conductivity ensuring rapid heat from one part to the other. Above all, water has a high-specific heat, implying that it takes a lot of heat to raise the temperature of water and likewise much heat must be lost to lower its temperature. Drinking a lot of water is an inexpensive way to stay healthy. Even excess of water is harmless. Water therapy drinking a liter or so the first thing in the morning is kidney-friendly. The water regulation in the body is affected by hypothalamus in two ways i.e., by creating the sensation of thirst which makes us drink water and by controlling the excretion of water and urine. If water regulation fails, medical emergency ensues.

A. Choose the correct answer from a, b, c or d:

- Man cannot live for more than a couple of days without
a. food b. water c. oxygen d. fruits
- Water is an excellent solvent because
a. It regulates excretion of urine b. It dissolves metabolic wastes
c. It drains wastes out of body d. More substances are soluble in it than in any other liquid
- The high thermal conductivity of water helps to
a. dissolve food b. dissolve metabolic wastes
c. regulate body temperature d. sustain life supporting chemical reactions
- High specific-heat of water means
a. It has high thermal conductivity b. It takes less heat to raise its temperature
c. It takes more heat to raise its temperature d. It distributes the body heat efficiently

B. Answer the following questions:

- What is the total amount of water in a man weighing 70 kg?
- How is drinking a liter of water in the morning beneficial?
- Give another meaning for the underlined word "ideal".
- Give a suitable title to the passage.

Advanced Exercises ?

- Choose the correct answer from a, b, c or d:

- You buy a new pen. I will get you one.
a. don't have b. don't need c. don't want d. needn't



2. You drive a car in the city unless you have a licence.
a. **mustn't** b. **can't** c. **needn't** d. **shouldn't**
3. You are parking here.
a. **allowed to** b. **banned from** c. **prohibited** d. **not allowed to**
4. Do you get a visa before travelling?
a. **have to** b. **need** c. **must** d. **should**
5. I my room yesterday; my sister had already tidied it.
a. **don't have to tidy** b. **had to tidy** c. **must have tidied** d. **didn't have to tidy**
6. I'm sorry for not visiting you last night; I see my doctor.
a. **didn't have to** b. **had to** c. **must** d. **needn't**
7. You are wasteful; you more sugar. We already have a lot at home.
a. **can't have bought** b. **didn't have to buy** c. **had to buy** d. **needn't have bought**
8. Ali isn't late for school; he hurry.
a. **don't have to** b. **needn't** c. **has to** d. **mustn't**
9. Children wear a uniform in primary schools.
a. **have to** b. **mustn't** c. **must** d. **shouldn't**
10. Is it a/an to take this medicine?
a. **advice** b. **unnecessary** c. **must** d. **necessary**



Test on Unit (1)

A. Vocabulary and Structure

1. Choose the correct answer from a, b, c, or d: (16 Marks)

1. Though two doctors examined her, neither of them realized the of her illness.
a. **cruelly** b. **severity** c. **dignity** d. **security**
2. Unfortunately she was found unconscious and profusely.
a. **feeding** b. **bedding** c. **bleeding** d. **seeking**
3. The in the software was programmed to corrupt the hard disk.
a. **vulgar** b. **visual** c. **virtual** d. **virus**
4. Depression is thought to be common among elite
a. **athlete** b. **athletes** c. **athletics** d. **athletic**
5. I'll send you a copy of the book as soon as it becomes
a. **vulnerable** b. **accusable** c. **available** d. **relievable**
6. To divide means to something into two or more parts.
a. **divide** b. **invade** c. **dive** d. **devise**
7. You park here. It's forbidden.
a. **needn't** b. **don't have to** c. **don't need to** d. **mustn't**
8. Hassan to go to the bank after he finishes work.
a. **must** b. **need** c. **has** d. **should**
9. You see your doctor. You look ill.
a. **mustn't** b. **must** c. **need** d. **needn't**
10. You take your umbrella with you because it's raining outside.
a. **had to** b. **might** c. **must** d. **need**
11. We mustn't park here. We are not to park here.
a. **forbidden** b. **prevented** c. **accepted** d. **allowed**





12. He has plenty of money, he earn his living.
a. doesn't have to b. mustn't c. couldn't d. shouldn't
13. The school bus broke down, so the pupils walk to school.
a. must b. ought to c. had to d. should
14. The public observe the rules of traffic.
a. has to b. have to c. dare d. would
15. You follow the doctor's prescription to get well soon.
a. may b. would c. need d. have to
16. Riders of motorcycles wear helmets.
a. may b. can't c. mustn't d. must

B: Reading Comprehension

3. Read the passage and the answer the questions: (12 Marks)

Among predatory dinosaurs, few flesh-eaters were bigger, faster and nastier than the "tyrant lizard" of popular imagination, the Tyrannosaurus Rex. At least, that is what we have been led to believe. Now research suggests that, far from being the Ferrari of dinosaurs, Tyrannosaurus Rex, whose ferocious reputation has fascinated generations of schoolchildren, was in fact a cumbersome creature with a usual running speed of twenty-five kilometres an hour. This is a mere snail's pace compared with modern animals such as the cheetah. Unlike some of the predators of today's African savannah, which can change direction almost immediately, the dinosaur would have had to turn slowly or risk tumbling over. And while a human can spin forty-five degrees in a twentieth of a second, a Tyrannosaurus would have taken as much as two seconds, as it would have been hampered by its longtail. Thankfully, however, all its prey, such as triceratops, would have been afflicted with the same lack of speed and agility.

The findings were reached after researchers used computer modelling and biomechanical calculations to work out the dinosaur's speed, agility and weight. They based their calculations on measurements taken from a fossil dinosaur representative of an average Tyrannosaurus and concluded the creatures probably weighed between six and eight tonnes. Calculations of the leg muscles suggest that the animal would have had a top speed of forty kilometres an hour, which is nothing compared to a cheetah's one hundred kilometres an hour. It is sobering to reflect, though, that an Olympic sprinter runs at about thirty-five kilometres an hour, not sufficient to outrun a Tyrannosaurus, should Man have been around at that time!

A. Choose the correct answer from a, b, c or d: (4 Marks)

1. Being known as the "Ferrari of dinosaurs" means Tyrannosaurus Rex
a. wore shoes. b. was a quick and agile creature.
c. was a hunting machine. d. was the most ferocious of dinosaurs.
2. In turning, a Tyrannosaurus would have been hampered by its
a. weight b. leg muscles c. overall size d. tail length
3. In calculating the size, speed and agility of Tyrannosaurus Rex, scientists used
a. examination of history. b. biomechanical calculations and computer models.
c. comparisons with modern animal. d. A and C together.
4. A predatory animal eats
a. other animals b. plants c. weeds d. seeds

B. Answer the following questions: (8 Marks)

5. What is the overall theme of the passage?
6. What do you think of using computer modeling in experiments? Why?



7. Which is faster, the Tyrannosaurus Rex or the cheetah?
8. Why do you think Tyrannosaurus Rex has fascinated children for long?

C : Writing

3. Translate into Arabic:

(2 Marks)

Wisdom is one of the highest forms of human characteristics. Through wisdom, virtues can be brought to life. The beauty of wisdom is that it is not dependent on the theories that are written in books, or the curriculum in the schools and colleges.

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4. Translate into English:

(2 Marks)

يجب أن يكون هناك هدف لحياتك أكبر من العمل وما إلى ذلك كي تستطيع الاستمرار، على سبيل المثال إن كنت تُحب السفر فلما لا تخصص أجازاتك السنوية للسفر إلى أماكن جديدة.

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5. Write an essay of about **ONE HUNDRED AND EIGHTY (180) words** on the following:

(6 Marks)

1. What you would like to be in the future.
2. Life is boring without friends.

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Enrichment

الجزء الثاني الخاص بالوحدة

Synonyms

Word	Synonyms	Word	Synonyms
healthy	sound / hygienic / sanitary	disease	illness / ailment / malady / sickness
infection	contagious / epidemic / pandemic	cause	bring about / create / evoke
react	reply / respond / handle	serious	earnest / severe / harsh / strict
perform	accomplish / achieve / fulfill	skill	adeptness / craft / cleverness
severe	harsh / strict / tough / fierce	area	region / zone
technique	manner / style / system / strategy	reply	react / respond / correspond
play	drama	normal	regular / typical / familiar
character	personality / identity	tight	close / dense
act	impersonate / perform / behave	responsible	dependable / trusty / reliable
scene	locale / setting / scenery / tableau	care	look out / mind / watch / regard
virus	poison / venom / contagion	place	position / situate
boost	elevate / boom / uplift / increase	allow	permit / license / authorize / let
system	scheme / plan / plot / method	compare	analogize / assimilate
strong	muscular / potent / athletic	wrap	enfold / envelope
kits	apparatus / equipment / instruments	damage	harm / hurt / spoil / impair
regular	constant / periodic / habitual	believable	credible / plausible
belief	credence / faith / principle / doctrine	chance	accident / causality / opportunity
available	accessible / reachable / prevalent	simple	plain / evident / apparent
support	advocate / reinforce / assist	active	effective / energetic / vital
avoid	prevent / fight / prohibit / ban	encourage	urge / inspire / egg / urge
perfect	ideal / entire / full / complete	brilliant	bright / splendid / glittering / smart
persuasive	convincing / decisive / cogent	separate	detached / unattached / unconnected

Antonyms

Word	Antonyms	Word	Antonyms
healthy	ailing / diseased / sick	awake	drowsy / sleepy / dormant
infection	healthiness / fitness	normal	phenomenal / abnormal / extraordinary
react	act / behave / affect	tight	loose / spacious / open
perform	fail / skimp	responsible	undependable / unreliable
severe	easy / meek / mild / tender	care	ignore / disregard / overlook
boost	decrease / lower / lessen / diminish	allow	hinder / obstruct / reject
strong	feeble / disabled	compare	contrast



serious	comic / humorous / joking	wrap	bare / expose / unwrap
reply	ask / inquire / question	damage	cure / heal / repair
regular	irregular / infrequent / unusual	believable	uncertain / ridiculous / unthinkable
belief	disbelief / discredit / doubt	available	limited / restricted / inaccessible
simple	complicated / complex / knotty	support	oppose / thwart / disappoint
avoid	accept / establish	active	lazy / inactive / tedious / weary
encourage	discourage / dissuade / deter	perfect	imperfect / incomplete / partial
brilliant	dim / dull / unbrilliant	persuasive	groundless / unconvincing
separate	joined / attached / connected	appearance	disappearance

New Meanings

Word	Meaning	Example
play	يعزف	He plays the piano and the guitar.
play	يلعب	The children are playing football.
play	يشغل	I am playing the new CD on the stereo.
play	يمثل دور	Who wants to play Lady Macbeth?
play	مسرحية	I'd like to see a play for my birthday.
play	سيناريو	He wrote the play with specific actors in mind.
play	لعب / سهو / تسلية	You have no time for play when you run your own company.
play	قمار	He acquired a lot of debts at play .
play	تراخ / تلاعب	There's too much play between the wheel and the axle.
play	دور (في اللعب)	It's my play . Can I have the dice / please?
play	اهتمام	The double murder got a lot of play on the morning news.
play	حركة / لعبة	In a single amazing play / the baseball team got three outs.
play	يشارك	We'd like to play .
play	يمزح	I didn't mean it. I was only playing .
play	يتظاهر	He's playing dead.
play	يراهن علي شئ	He likes to play the horses.
play	يتنافس مع شخص	No one wants to play him because he never loses.
play	يسلط / يوجه	He played the spotlight on the entranceway.
play	يخدع / يتلاعب بـ	Kate realized he was playing her.
in play	متوقع / محتمل	Lowering the interest rate is among ideas that are still in play.
in play	كمزحة	The comment was made in play and not intended to offend anyone.
play favorites	يحابي / يمحاز لـ	My boss plays favorites; his buddies get the plum assignments and the rest of us get the menial work.
play it by ear	يرتجل / ينتظر ويرى	What will we do tomorrow? Let's play it by ear .
character	شخصية	This play has well-written characters .
character	أخلاق	Our employees are people of good character .



character	حرف / رمز	Each written character represents a sound.
character	مخلوق / إنسان	I don't know what that character is doing.
character	غريب الأطوار	Old Man Jenkins is quite a character .
character	طبيعته / سجية	It's not in his character to tell lies.
character	سمعه / صيت	His unjustified accusations have damaged my character !
character	تميز / طابع خاص	I love this piano; it has a lot of character !
character actor	ممثل ثانوي	He aspired to be a character actor , not a lead.
character role	دور ثانوي	Stuffy character roles are often given to English actors.
character trait	سمة الشخصية	He has a lot of nasty character traits .
colourful character	شخصية مؤثرة	I know a lot of colourful characters whom I admire.
main character	شخصية رئيسية	Oliver is the main character of the play.
act	يتصرف	I thought he was ill as he was acting strangely.
act	يتظاهر	He acted ill as he didn't want to go to school.
act	عمل	The rescue was the act of a brave man.
act	تظاهر / تمثيل	Her apparent calmness was all an act .
act	فصل / جزء	The balcony scene happens in the second act .
act	قانون / تشريع	There is an Act which outlaws such behaviour.
act	عرض	The second act was a mime artist.
act	يعمل	Pressing the pedal will make the brakes act .
act	ينوب عن / يحل محل	I will have to act for my absent brother.
act	يعرض / يمثل	The troupe will act a few scenes from Shakespeare.
act in concert	يعملون سويا	The criminals were acting in concert to scam hundreds of people out of their life savings.
act your age	يتصرف بعقلانية	Ali should start acting his age .
criminal act	جريمة	The man was charged with three criminal acts .
scene	موقع / مكان	The ambulance arrived at the scene of the accident within five minutes.
scene	مشهد في فيلم مثلا	The first scene of the play takes place in the bedroom.
scene	ضجة	His son created a big scene over his desire for ice cream.
scene	مسرح الجريمة	The police kept everybody away from the scene .
scene	منظر	The family makes a lovely scene with their dog and cat.
scene	نطاق / مجال	We got into the music scene here about a year ago
scene	يهوي	Doing drugs? No, that's not my scene .
change of scene	تغيير الاتجاه	Jake was looking for a change of scene and decided to apply for a job abroad.
enter the scene	يظهر في الصورة	Hamlet enters the scene from stage left / not stage right!
lay the scene	يصور المشهد	He laid the scene for the audience with his description.
leave the scene of	يفر من موقع الجريمة	The hit-and-run driver was charged with leaving the scene of the accident.
steal the scene	يخطف الابصار	At the 2010 Oscars, "The Hurt Locker" stole the scene.
make the scene	يظهر علي الساحة	She hopes to make the scene soon.



organ	عضو في الجسم	Are you going to donate your organs after death?
organ	لسان حال / ناطق باسم	The paper serves as an organ for socialist opinion.
organ grinder	شخص مسيطر	Don't ask me, my wife's the organ grinder - I'm just the monkey!
boost	يدفع / يرفع شخص	Rick boosted Amy out of the water.
boost	يقوي موقف شخص	The community's support boosted the politician.
boost	يدعم / يقوي	The crowd's cheers boosted the team's spirits.
boost	يزيد طوله	He used a stack of books for a boost to reach the top shelf.
boost	زيادة	Recently, the company has enjoyed a boost in sales.
boost	مساندة / دعم	Getting a new car from her parents was a boost for Rose.
give a boost to	يشجع / يدعم / يعزز	The advertisement gave a boost to the company's sales.
system	طريقة / أسلوب	We have a system for fixing this problem; you must follow it step by step.
system	نظام	We have developed a system to classify animal species.
system	جهاز	The doctor diagnosed the problems his patient was having with his nervous system .
system	جسم	My system still hasn't recovered from that bad food that I ate two days ago.
cell	خلية (الأحياء)	Each student drew a diagram of a cell for biology class.
cell	زنزانة	The prisoners must spend twenty-two hours a day in their cells .
cell	خلية (مجموعة)	The government received a tip about a terror cell within the country.
cell	هاتف خلوي	If you need to reach me, just call my cell .
cell	خلية (في جدول)	Highlight all of the cells in the second column of the spreadsheet.
action	عمل / نشاط / حركة	He got off his chair and jumped into action .
action	اجراءات	Action to tackle racism is very important.
action	أحداث / حبكة	The action in the novel is spread over two decades.
action	يتعامل مع شيء	Your request will be actioned within 48 hours.
action	تصوير	When everything was ready, the director yelled, " Action! "
action	إيماءة / إشارة	He made an encouraging action with his hand, as if to say, "Yes".
action	معركة / قتال	The general has seen action in three different wars.
a piece of the action	مشاركة فعلية / دور فعال	If I'm to help you / I want a piece of the action .
way	طريقة / أسلوب	There is more than one way to make a cup of tea.
way	طريقة صحيحة	This is the way to do it.
way	طريق	Which way did you go to get here?
way	جزء / قسم	We divided the dessert three ways .
way	بكثير	Your piece of cake is way bigger than mine.
way	جدا / بشكل كبير	Sitting at home doing schoolwork on a Friday night is way depressing.
way	بعيد	That's way into the future.
way	ميزة / أسلوب	His ways are odd and eccentric.
toy	لعبة	Lucy was playing with her toys
toy with	يتلاعب بشخص / بشئ	He said he loved her but he was only toying with her affections.
course	اتجاه / مسار	The captain changed the ship's course .
course	مجري	The river's course was straight.



course	مادة دراسية	Mr. Adams is teaching the course .
course	طبق	Are you ready for the next course ?
course	يجوب / يجتاز	He coursed the wide plains, thinking of home.
course	يلاحق / يطارد	The hunters coursed the hare with their dogs.
sound	صوت شيء	I heard a sound .
sound	يبدو	Is that the right word? It sounds wrong.
sound	سليم / بصحة جيدة	He's in sound health for his age.
sound	معقول / منطقي	That's a sound idea.
sound	عميق / بعمق	She fell into a sound sleep.
sound	امن	Buying shares in the company is a sound investment.
sound	مضيق	They sailed along the sound towards the sea.
sound	يتردد / يرن	An echo sounded in the room.
sound	يطلق	The firefighter sounded the alarm.
sound	يصدر صوت	Don't make a sound until he's gone.
sound	سالم	The road was icy but our driver got us home safe and sound .
sound	عقل صحيح	All we can hope for as we grow older is a sound mind in a healthy body.

Phrasal Verbs

Phrasal Verb	Meaning	Example
work in / at	يعمل في	She works in a hospital.
work for	يعمل لـ	He works for a good company.
work out	يحل / يستنتج / يتمرن	We're going to the gym to work out this afternoon.
work with	يتعامل مع	He can work with the computer.
work on	يعمل على شيء / يحاول اقناع شخص	- You really need to work on controlling your temper. - I really need to work on my patience.
work against	يعمل ضد	This drug can work against cancer.
work off	يزيل شيء	Walking around the neighborhood should work off some of that meal.
work over	يضرِب / يعتدي	He really worked her over .
work through	يحل شيء / يواجه شخص / يحسب	He spent years working through the death of his parents in an accident.
work together	يتعاون	We will finish the job more quickly if we work together .
work up	يثير غضب / ينفعل	- The politician's speech worked the crowd up . - The boss was worked up because I was five minutes late.
work in	يعمل في مجال	My husband works in accounting, and I work in technical services.
work as	يعمل كـ (وظيفة)	He works as a teacher.
work under	يعمل تحت رئاسة	Each site has a fully trained team who work under a site manager.
work towards	يحاول انجاز	They are working towards a solution to their problems.



come about	يغير اتجاهه / يحدث	The yacht came about .
come across	يقابل بالصدفه / يجد شئ بالصدفه / يترك انطباع	I came across an interesting article in the newspaper today.
come across as	يعطي انطباع	I don't know Emily very well, but she comes across as an intelligent girl.
come after	يلحق / يتتبع / يلي	The police came after the robbers in a patrol car.
come along	يظهر / يتدخل في حياة شخص	Suddenly, two buses came along at the same time
come along with	يرافق شخص	Nancy came along with us to the park.
come apart	يتفكك / يتعطل	The delicate necklace came apart in Gisela's hands
come round / around	يزور / يستعيد الوعي / يفتنع	If you come round later, we can do our homework together
come away	يبعد	Lucy came away from the interview feeling confident that she had got the job.
come back	يعود / يرجع	I came back from the office at about 6.30pm.
come back to	يخطر ببال شخص	The name of the film suddenly came back to me.
come in	يدخل / يحتل مرتبه	I don't care if I win the race, I just don't want to come in last.
come together	يجتمع / يتوحد / يتضافر	We must come together if we want to win the battle.
come by	يزور بسرعه	He doesn't come by often.
come down	ينزل / يهبط / ينهار	Go upstairs and tell your sister to come down for dinner.
come out	يخرج / يصدر كتاب	His new novel comes out this autumn.
come between	يختلف مع	We are such good friends that nothing can come between us.
come up with	يقترح / يقدم فكرة	Is that the best excuse you can come up with ?
come forward	يتقدم / يتطوع	The investigators pleaded for anyone with information about the crime to come forward .
come from	يأتي من	Three-quarters of our daily water supply comes from lakes, rivers, and streams.
come into being	يرى النور	His poems began to come into being in 2009.

Exercises on Unit (1)



- Choose the correct words to complete the sentences.

- The word "severe" is an antonym for the word ".....".
a. meek b. stingy c. astonished d. reluctant
- The opposite of the word "serious" is ".....".
a. available b. humorous c. nasty d. salty
- What is the antonym of the word "separate"?
a. detached b. demolished c. attached d. dedicated
- The word "tight" means ".....".
a. loose b. tangled c. connected d. equal
- The word "earnest" is the synonym of the word ".....".
a. serious b. expensive c. amazed d. bored
- The word "act" has the same meaning as ".....".
a. pack b. store c. hack d. impersonate



7. What is the synonym of the word “kits”?
a. bits b. sticks c. packets d. instruments
8. The word “chance” is closing in meaning to the word
a. degree b. opportunity c. mark d. insult
9. The word “awake” is an antonym for the word ".....".
a. tired b. drowsy c. lazy d. blowsy
10. What is the synonym of the word “elevate”?
a. decline b. belittle c. boost d. degrade
11. After years of making movies, she suddenly vanished from the
a. scene b. location c. position d. place
12. Our lives have changed a lot since computers have appeared on the
a. stage b. theater c. sight d. scene
13. She with her hair while she talked on the phone.
a. combed b. toyed c. swerved d. leant
14. It's something you would never see in the normal of events.
a. lesson b. material c. substance d. course
15. Certain character are helpful in the teaching profession.
a. baits b. traits c. habits d. halts
16. The suspect was in the police station's holding overnight.
a. cell b. tissue c. skin d. leather
17. You tired. You should get some rest.
a. smell b. sound c. touch d. taste
18. He sees crime as a that too often plagues the poor and disadvantaged.
a. disease b. competition c. contest d. goodwill
19. You can pay for your purchase in either of two: by cash or by credit card.
a. routes b. roads c. ways d. streets
20. The tickets were more expensive than I thought.
a. way b. away c. ways d. a way
21. The magazine functions as the official of the tobacco industry.
a. member b. membrane c. volume d. organ
22. Tears were down his cheeks.
a. bleeding b. seeding c. coursing d. feeding
23. She the boy onto his father's shoulders.
a. killed b. boosted c. posted d. survived
24. When they arrived, I was just in the of starting to make dinner.
a. picture b. act c. hand d. respect
25. That husband of yours is a real!
a. accusation b. choke c. change d. character
26. We'll need to make some new tests to the exact nature of the tumor.
a. regulate b. deter c. determine d. object
27. No one has been able to discover the place where the pirates are supposed to have the king's treasure.
a. informed b. hidden c. mentioned d. contacted
28. The police have started to the case, but they don't expect any quick results.
a. research b. intensify c. investigate d. seek
29. The synonym of “bully” is to somebody.
a. impress b. conquer c. hurt d. admire
30. This water isn't polluted, you can drink it as it is
a. fresh b. toxic c. poisoned d. dirty



Test on Unit (1)

A. Vocabulary and Structure

1. Choose the correct answer from a, b, c, or d: (16 Marks)

- The little boy a scene because his mother wouldn't buy him candy.
a. wished b. made c. played d. invited
- Luck an important part in their success.
a. did b. took c. played d. deleted
- Please read II, scene 1 of Shakespeare's Romeo and Juliet.
a. act b. story c. poem d. verse
- Of, I don't hate you! How could you think such a thing?
a. ditch b. course c. canal d. coarse
- The word "convincing" means
a. plosive b. comprehensive c. explosive d. persuasive
- The farm has wheat production by 25 percent.
a. complained b. commented c. boosted d. invented
- She removed the tree limbs.
a. cured b. healed c. treated d. diseased
- It was entirely in for a generous person like her to give him the money.
a. character b. mind c. brain d. limb
- Children under five years old swim without an adult.
a. don't have to b. are supposed to c. must not d. have to
- Tom watches all the Liverpool games. He be one of their biggest fans.
a. has got b. must c. couldn't d. should have
- Tom to clean up his room. It's a mess.
a. has got b. have got c. must d. got
- My boss needs this report urgently. I finish it as quickly as possible.
a. must b. mustn't c. have to d. haven't to
- Never the person who cares about you.
a. to forget b. forget c. forgetting d. forgot
- Certain serious diseases can be successfully treated detected in an initial stage.
a. unless b. if c. before d. after
- you have made minimal progress, it is by no means the kind of progress that you need to make.
a. What b. Despite c. In addition to d. While
- Despite my insistence, Adam didn't tell me he didn't like me or my family.
a. why b. whose c. whether d. even if

B: Reading Comprehension

2. Read the passage and the answer the questions: (12 Marks)

A fact that draws our attention is that, according to his position in life, an extravagant man is either admired or loathed. A successful businessman does nothing to increase his popularity by being prudent with his money. A person who is wealthy is expected to lead a luxurious life and to be lavish with his hospitality. If he is not so, he is considered mean, and his reputation in business may even suffer in consequence. The **paradox** remains that he had not been careful with his money in the first place; he would never have achieved his present wealth.

Among the low income group, a different set of values exists. The young clerk, who



makes his wife a present of a new dress when he has not paid his house rent, is condemned as extravagant. Carefulness with money to the point of meanness is applauded as a virtue. Nothing in his life is considered more worthy than paying his bills. The ideal wife for such a man separates her housekeeping money into joyless little piles – so much for rent, for food, for the children's shoes, she is able to face the milkman with **equanimity** every month satisfied with her economizing ways, and never knows the guilt of buying something she can't really afford.

As for myself, I fall neither of these categories. If I have money to spare I can be extravagant, but when, as is usually the case, I am hard up and then I am the meanest man imaginable.

A. Choose the correct answer from a, b, c or d: (4 Marks)

- Which of the following would be the most appropriate title for the passage?
 - Being extravagant is always condemnable.
 - The cause of poverty is extravagance.
 - Extravagance is a part of the rich as well as of the poor.
 - Stingy habits of the poor.
- According to the passage, the person who is a successful businessman and wealthy
 - is expected to have lavish lifestyle.
 - should not bother about popularity.
 - is more popular if he appears to be wasting away his time.
 - must be extravagant before achieving success.
- The phrase 'lavish with his hospitality' in the third sentence of the first paragraph means
 - Thoughtful in spending only on guests and strangers.
 - Unconcerned in treating his friends and relatives..
 - Stinginess in dealing with his relatives.
 - Extravagance in entertaining guest.
- The word "paradox" in the last sentence of the first paragraph means
 - Statement based on the popular opinion
 - a statement that seems self-contradictory but in reality expresses a possible truth.
 - Statement based on facts
 - A word that brings out the hidden meaning.

B. Answer the following questions: (8 Marks)

- Give a suitable title for the passage.
- What is the main idea of the passage?
- According to the passage, who is considered a mean businessman? When?
- What do you think the author do if he has money?

C : Writing

3. Translate into Arabic: (2 Marks)

Management has always been a core aspect of every business. But unlike the old times, managing the organisation has become a more difficult job due to the increasing competition in the internal as well as the external business environment.

4. Translate into English: (2 Marks)

لا تزال مسؤولية التنمية تقع على عاتق الحكومة ليس فقط من خلال توفير السلع العامة الأساسية، والمرافق العامة وتقديم الخدمات الاجتماعية كالتعليم والصحة والضمان الاجتماعي، وإنما من خلال دورها في تحفيز الأفراد والقطاع الخاص وضبط سلوكه.

5. Write an essay of about ONE HUNDRED AND EIGHTY (180) words on the following: (6 Marks)

- The importance of technology in our life.
- Globalization.