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موقع المناهج الكويتية

إعداد: Nabil Madleen

الملف مفردات وتدريبات الوحدة الأولى علم التغذية
موقع المناهج ⇦ ملفات الكويت التعليمية ⇦ الصف العاشر ⇦ لغة انجليزية ⇦ الفصل الأول

روابط مواقع التواصل الاجتماعي بحسب الصف العاشر			
			
روابط مواد الصف العاشر على تلغرام			
التربية الاسلامية	اللغة العربية	اللغة الانجليزية	الرياضيات

المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الأول	
1	كتاب الطالب في مادة اللغة الانكليزية
2	مواضيع التعبير للصف العاشر
3	مذكرة قواعد رائعة ومفيدة في مادة اللغة الانكليزية
4	الكلمات الجديدة بالترجمة في مادة اللغة الانكليزية
5	مذكرة ثانوية المباركية في مادة اللغة الانكليزية

تحميل تطبيق المناهج للهواتف الذكية	
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First Term

Learn English

Grade 10

Prepared by:

Mrs. Madleen Nabil

Name: .....

Class: 10/.....

2026 - 2027

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Unit 1 | Lesson: 1

Food Log Reflection

Date : .....

New Vocabulary

English word		Definition	Arabic meaning
resist	v	to refuse to accept something and try to stop it from happening.	يقاوم / يمتنع عن
pledge	n	a serious promise.	تعهد / وعد جاد
portion	n	a part or share of something larger.	حصة / جزء من الطعام
nutritious	adj	(of food) very good for you; containing many substances which help the body grow.	مغذ / مفيد للصحة
swap	v	to give something to somebody and receive something in exchange.	يبدل / يقايض

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

pledge - swap - nutritious - resist - portion

1. A .....breakfast can give students enough energy for the whole school day.
2. The students made ..... to choose healthier a snacks during the school week.
3. Try to ..... sugary drinks for water when you want a healthier choice.
4. It can be difficult to ..... unhealthy snacks when you are very hungry.

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

resist - nutritious - swap - portion - pledge

1. Eating a small ..... of dessert is better than eating the whole cake.
2. Many families ..... white bread for whole-grain bread to improve their meals.
3. She made a ..... to exercise regularly and eat more fresh vegetables.
4. Fresh fruit is a ..... choice for students who need a quick snack.

C (Set Book Questions) Answer the following questions:

1. Why is it important to have healthy eating habits?

.....

.....

.....

2. What small changes can improve our eating habits?

.....

.....

.....

Unit 1 **Lesson: 2** The Evolution of the Kuwaiti Diet Date : .....

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New Vocabulary

English word		Definition	Arabic meaning
attitude	n	a feeling or opinion about something or someone, or a way of behaving caused by this	موقف / توجه / سلوك
bestow	v	to give something as an honour or present.	يمنح / يهب
consume	v	to eat or drink something.	يستهلك / يتناول
inactive	adj	not doing anything; not active.	خامل / قليل الحركة
involvement	n	the act of taking part in something or dealing with somebody	مشاركة / انخراط
notable	adj	important and deserving attention, because of being very good or interesting	بارز / ملحوظ
nutrition	n	the substances taken into the body as food and how they influence health	تغذية
routinely	adv	as part of the way in which things are regularly done	بانتظام / بشكل روتيني
stimulate	v	to encourage something to grow, develop, or become active.	حفز / ينشط
urge	v	to advise or try hard to persuade somebody to do something.	يحث / يلح على

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

inactive - involvement - attitude - consume - bestow

1. A positive ..... can help students face difficult challenges with greater confidence.
2. The school will ..... a special award on the most helpful student.
3. Teenagers should ..... enough healthy food to support their growing bodies daily.
4. His active ..... in the school project made the final presentation successful.

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

stimulate - notable - urge - routinely - nutrition

1. Doctors ..... young people to exercise regularly and choose healthier daily habits.
2. Good ..... is essential for strong bones, healthy growth, and enough energy.
3. Teachers ..... check students' work to make sure they understand each lesson.
4. The scientist made a/ an ..... discovery that attracted attention from many researchers.

C (Set Book Questions) Answer the following questions:

1. How was the Kuwaiti diet different in the past?

.....

.....

.....

2. Why have eating habits in Kuwait changed?

.....

.....

.....

3. What health problems can an unhealthy lifestyle cause?

.....

.....

.....

4. How can schools encourage students to live healthier lives?

.....

.....

.....

Unit 1 **Lesson: 4** The Heritage Lunchbox Date : .....

New Vocabulary

English word		Definition	Arabic meaning
soak	v	to put something in liquid for a time so that it becomes completely wet.	ينقع / يغمر بالماء
prioritise	v	to put tasks, problems, etc. in order of importance.	يرتب حسب الأولوية
preservatives	n	a substance used to prevent food or wood from decaying..	مواد حافظة
filling	adj	(of food) making your stomach feel full.	مشبع / يسد الجوع
aroma	n	a pleasant smell that is easy to notice.	رائحة زكية / شذا

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

preservatives - aroma - soak - prioritise - filling

1. The delicious ..... of fresh bread filled the kitchen every morning at home.
2. This healthy sandwich is very ..... so you will not feel hungry today.
3. Some packaged foods contain ..... to help them stay fresh for a longer time.
4. You should .....important tasks to manage your time well.

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

filling - soak - preservatives - prioritise - aroma

1. Please ..... the dirty clothes in warm water before washing them carefully today.
2. The sweet ..... of flowers made the garden pleasant during the warm spring.
3. Students must ..... their homework before spending time on less important activities.
4. This healthy meal is very ..... and keeps me full for several hours.

C (Set Book Questions) Answer the following questions:

1. Why should we avoid preservatives in school lunchboxes?

.....

.....

.....

2. How can parents prepare healthier school lunchboxes?

.....

.....

.....

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Unit 1 **Lesson: 5** International School Meal Systems Date : .....

New Vocabulary

English word		Definition	Arabic meaning
affordable	adj	cheap enough that people can afford to pay it or buy it.	بسعر مناسب
indeed	adv	really or certainly, often used to emphasise something.	حقا / بالفعل
nutritional	adj	connected with the process by which living things receive necessary food.	غذائي
organisation	n	the act of making arrangements or preparations for something.	تنظم / ترتب
subsidise	v	to pay part of the cost of something.	يدعم ماليا

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

subsidise - nutritional - indeed - affordable - organisation

1. The new school lunches are .....,so every family can buy them.
2. Teachers explain the ..... value of vegetables during our healthy eating lesson.
3. Careful ..... helps the kitchen staff prepare hundreds of meals each day.
4. The meals are healthy; ..... , many students enjoy eating them daily.

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

subsidise - affordable - nutritional - organisation - indeed

1. The government will .....healthy school meals for children from low-income families.
2. This colourful salad has excellent ..... value because it contains fresh vegetables.
3. Good ..... is necessary when schools serve lunch to many students daily.
4. These meals are ..... for most parents to buy every day.

C (Set Book Questions) Answer the following question:

1. What are the advantages of providing healthy meals at school?

.....

.....

.....

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Unit 1 **Lesson: 7** | Personalised Nutrition | Date : .....

New Vocabulary

English word		Definition	Arabic meaning
biological	adj	connected with the processes that take place within living things.	حيوي / بيولوجي
chemically	adv	in a way that is connected with chemistry or chemicals.	كيميائيا
effective	adj	producing the result that is wanted or intended; producing a successful result	فعال / مجد
fatigue	n	a feeling of being extremely tired, usually from hard work or exercise.	إرهاق / تعب شديد
inflammation	n	a condition where body tissue becomes red, painful and swollen from infection.	التهاب
malnutrition	n	weakness and bad health caused by insufficient food or improper diet.	سوء تغذية
personalised	adj	marked in some way to show that it belongs to a particular person.	مخصص / مفصل لشخص بعينه
process	v	to treat raw material, food, etc. in order to change it or preserve it.	يعالج / يصنع غذائياً
regulate	v	to control something by means of rules.	ينظم / يضبط
still	adv	continuing to happen or continuing to be done.	لا يزال / مع ذلك

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

fatigue - personalised - biological - process - effective - still

1. Sleep is a/an ..... need that supports healthy growth and brain development.
2. The new medicine was very ..... and helped the patient feel better quickly.
3. Long working hours without proper rest may cause serious ..... among students.
4. Factories ..... fresh milk carefully before sending it to local supermarkets.
5. The teacher made a/an ..... study plan for each student according to their needs.

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

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regulate - effective - inflammation - still - chemically - malnutrition

1. The food was .....treated to keep it fresh for longer.
2. The injured knee developed painful ..... after becoming red and badly swollen.
3. Children suffering from ..... often lack the nutrients needed for healthy growth.
4. The body uses hormones to ..... blood sugar and maintain healthy levels.
5. The old computer.....works well after many years.

C (Set Book Questions) Answer the following questions:

1. Why may the same diet not work for everyone?

.....

.....

.....

2. How can food affect our mental health?

.....

.....

.....

Unit 1 **Lesson: 9** The Mediterranean Secret Date : .....

New Vocabulary

English word		Definition	Arabic meaning
decade	n	a period of ten years, especially a continuous period (e.g. 2000-2009).	عقد / عشر سنوات
legume	n	a plant that has its seeds in a pod, such as the bean or pea.	بقوليات / نبات بقلي
overlook	v	to fail to see, notice, or consider something.	يغفل عن / يتجاهل
stroll	v	to walk in a slow, relaxed way, especially for pleasure.	يتمشى / يتنزه على مهل
sustainable	adj	able to continue over a period of time.	مستمر/ مستدام

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

sustainable - stroll - legume - overlook - decade

1. During the last.....,healthier meals became more popular among young people.
2. A bean is a healthy ..... that provides protein, fibre,and minerals.
3. Some people..... the importance of getting enough sleep.
4. We often ..... along the beach after enjoying our healthy evening meal.

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

legume - stroll - decade - sustainable - overlook

1. Solar energy is a/an .....source of power.
2. Families like to ..... through the market and examine fresh local produce.
3. We must never ..... the benefits of traditional meals.
4. A lentil is a popular ,healthy ..... used in many nutritious Mediterranean meals

Unit 1 | Lesson: 10 | Food Marketing | Date : .....

New Vocabulary

English word		Definition	Arabic meaning
assign	v	to give somebody something to use, or a piece of work or responsibility.	يكلف بـ / يعين مهمة
break down	ph.v	to divide into parts to be analysed.	يحلل / يفكك إلى عناصر
hurdle	n	a problem or difficulty that must be solved before you can achieve something.	عقبة / عائق
tempting	adj	attractive, making people want to have or do something.	مغر / جذاب
wholesome	adj	good for you, likely to improve life physically, morally, or emotionally.	صحي / نافع

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

assign - wholesome - hurdle - tempting - break down

1. The teacher will ..... each student a simple task to do at home.
2. Students should ..... the survey results into smaller categories for careful study.
3. Lack of money can be a/an ..... for some families who want to buy a new home..
4. The colourful advertisement made the unhealthy snack look extremely .....to children.

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

hurdle - tempting - break down - assign - wholesome

1. Parents prefer ..... meals that support their children's physical and growth.
2. Free samples make a new product more ..... to shoppers inside supermarkets.
3. The manager will ..... each worker a different job for the day.
4. High prices can be a/an ..... for families who want to buy healthy food.

C (Set Book Questions) Answer the following question:

1 How do advertisements make food look tempting?

.....

.....

Date : .....

U 1 Vocabulary Exercises

A From a, b , c and d choose the most suitable word:

1 A healthy breakfast should be ..... enough to give students lasting morning energy.
ⓐ inactive ⓑ filling ⓒ affordable ⓓ biological

2 Students may feel ..... and tired when they spend too much time sitting indoors.
ⓐ nutritious ⓑ notable ⓒ sustainable ⓓ inactive

3 The school should ..... the amount of sugary food sold in the canteen to help students eat healthily.
ⓐ subsidise ⓑ resist ⓒ swap ⓓ regulate

4 Many students ..... unhealthy snacks and choose fresh fruit instead.
ⓐ regulate ⓑ resist ⓒ overlook ⓓ stimulate

5 She ate a small ..... of food because she wasn't very hungry.
ⓐ legume ⓑ aroma ⓒ portion ⓓ malnutrition

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

attitude - bestow - still - urge - nutrition - routinely

6 Good ..... is important for healthy growth, energy, and strong bodies in teenagers.

7 Teachers often ..... students to eat breakfast before coming to school.

8 Some families ..... prepare healthy meals at home every day.

9 The food was cold, but I .....ate it because I was very hungey.

10 A positive ..... towards healthy eating can lead to better daily choices.

Date : .....

U 1 Grammar

Present simple

1. We use the present simple to talk about routines and habits.
2. We use it for general facts and things that are always true.
3. We also use it to talk about permanent situations and states.

- She goes to school every day.

Affirmative

I / You / We / They + verb (base form)

He / She / It + verb + s / es

- I study English every day.
- He plays football on Fridays.

Negative

I / You / We / They + do not (don't) + verb

He / She / It + does not (doesn't) + verb

- I don't like coffee.
- She doesn't watch TV at night.

Interrogative

Do + I / you / we / they + verb?

Does + he / she / it + verb?

- Do you live in Kuwait?
- Does she have a car?

Key words

always - usually - often - sometimes - rarely - never - every day - on Mondays - at night

Present continuous

1. We use the present continuous to talk about actions happening now (at the moment of speaking).
2. We use it to talk about temporary situations.
3. We also use it to talk about future arrangements.

- She is studying for her exams now.

Affirmative

I + am + verb + ing

He / She / It + is + verb + ing

You / We / They + are + verb + ing

- I am reading a book now.
- They are playing tennis at the moment.

Negative

I + am not (I'm not) + verb + ing

He / She / It + is not (isn't) + verb + ing

You / We / They + are not (aren't) + verb + ing

- I'm not watching TV now.
- He isn't coming today.

Interrogative

Am + I + verb + ing ?

Is + he / she / it + verb + ing ?

Are + you / we / they + verb + ing ?

- Are you studying now?
- Is she working this week?

Key words

now - today - these days - currently - at the moment- at the present time - look! - listen!

A From a, b, c, and d, choose the correct answer :

1. My mother always ..... healthy meals.
   A cooking B is cooking C cook D cooks
2. The students ..... an exercise at the moment.
   A do B does C are doing D is doing
3. ..... your sister usually help you?
   A Do B Is C Does D Are
4. I ..... fast food very often because I prefer healthy meals.
   A am not eating B don't eat C doesn't eat D not eat
5. Be quiet! The baby ..... peacefully in his room at the moment.
   A sleeps B sleep C is sleeping D are sleeping
6. Omar and Sami ..... to the gym twice a week.
   A are going B goes C go D is going
7. She ..... her phone now because she is studying.
   A doesn't use B isn't using C don't use D not using
8. What ..... you usually have for breakfast?
   A are B is C do D does
9. We usually ..... our lunch in the school garden.
   A is eating B eats C are eating D eat
10. My brother never .....fizzy drinks because he prefers healthy drinks.
    A drink B drinks C is drinking D drinking
11. ..... they waiting for the teacher now?
    A Do B Does C Is D Are
12. Nora often ..... some fresh fruit after lunch as a healthy snack.
    A have B has C is having D having
13. I.....to music now because I need to relax.
    A listen B listens C am listening D is listening
14. The school canteen usually..... at seven o' clock every morning.
    A opens B open C are opening D is opening
15. He ..... his room at the moment because it is very messy.
    A cleans B clean C is cleaning D are cleaning

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B From a , b, and c choose the correct answer as required:

1. **The girls are playing outside now.** **(Make negative)**
   - Ⓐ The girls don't play outside now.
   - Ⓑ The girls aren't playing outside now.
   - Ⓒ The girls weren't playing outside now.

2. **Yes, my brother goes to the gym twice a week.** **(Form a question)**
   - Ⓐ Does your brother go to the gym twice a week?
   - Ⓑ Is your brother going to the gym twice a week?
   - Ⓒ Was your brother going to the gym twice a week?

3. **Listen! someone (knock) at the door.** **(Correct the verb)**
   - Ⓐ Listen! Someone knocks at the door.
   - Ⓑ Listen! Someone is knocking at the door.
   - Ⓒ Listen! someone can knock at the door.

4. **Ali usually (walk) to school.** **(Correct the verb)**
   - Ⓐ Ali usually walks to school.
   - Ⓑ Ali usually is walking to school.
   - Ⓒ Ali usually was walking to school.

5. **Mona is reading a story now.** **(Make negative)**
   - Ⓐ Mona doesn't read a story now.
   - Ⓑ Mona isn't reading a story now.
   - Ⓒ Mona was not reading a story now.

6. **Yes, they play tennis every Friday.** **(Form a question)**
   - Ⓐ Do they play tennis every Friday?
   - Ⓑ Are they playing tennis every Friday?
   - Ⓒ Did they play tennis every Friday?

7. **Look! The cat (sleep) on the chair.** **(Correct the verb)**
   - Ⓐ The cat sleeps on the chair.
   - Ⓑ The cat is sleeping on the chair.
   - Ⓒ The cat could sleep on the chair.

8. **Emily drinks milk every morning.** **(Make negative)**
   - Ⓐ Emily isn't drinking milk every morning.
   - Ⓑ Emily didn't drink milk every morning.
   - Ⓒ Emily doesn't drink milk every morning.

9 **Ahmed is doing his homework now.** **(Form a question)**

Ⓐ Does Ahmed do his homework now?
Ⓑ Is Ahmed doing his homework now?
Ⓒ Was Ahmed doing his homework now?

10 **We often (eat) fruit after lunch.** **(Correct the verb)**

Ⓐ We often eat fruit after lunch.
Ⓑ We often are eating fruit after lunch.
Ⓒ We were often eating fruit after lunch.

The Order of Adjectives (OSAShCOMP)

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- When we use more than one adjective before a noun, we usually follow this order:

O	S	A	Sh
Opinion	**Size**	**Age**	**Shape**
beautiful, delicious, nice, perfect	large, tiny, massive, small	modern, ancient, brand-new, young	square, thin, round, oval

C	O	M	P
Colour	**Origin**	**Material**	**Purpose**
red, blue, green, white	Kuwaiti, Italian, Omani, British	wooden, silver, metal, dairy	dining, running, sleeping, training

Examples:

- He gave me six beautiful large red shoes.
- She bought a new red plastic lunchbox.
- A little old black American man.
- I bought a cozy blue wool sweater.

A From a, b, c, and d, choose the correct answer :

1. I keep all my favourite things in the.....box.
   A metal round small B round metal small C metal small round D small round metal
2. Mary was wearing a.....dress.
   A silk red new B new silk red C red new silk D new red silk
3. That is a really a / an.....chair.
   A old nice wooden B nice wooden old C nice old wooden D wooden nice old
4. My grandmother has a / an.....painting.
   A old French lovely B lovely old French C French lovely old D lovely French old
5. Sara bought a ..... bag yesterday.
   A cute black leather B leather cute black C black leather cute D leather black cute
6. We sat at a ..... table.
   A metal large round B round metal large C large round metal D metal round large
7. He is wearing a ..... jacket.
   A blue new cotton B cotton blue new C new blue cotton D blue cotton new
8. Olivia has bought a.....cake.
   A delicious round chocolate C chocolate delicious round
   B round delicious chocolate D round chocolate delicious
9. My father bought a ..... car.
   A German beautiful new C new German beautiful
   B beautiful new German D German new beautiful
10. They live in a/an ..... house.
   A lovely stone old C stone old lovely
   B old stone lovely D lovely old stone
11. She gave me a ..... mirror.
   A small square plastic C square plastic small
   B plastic small square D plastic square small

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B From a , b, and c choose the correct answer as required:

1. **She bought a (white – pretty – silk) scarf.** **(Order the adjectives)**
   - Ⓐ She bought a pretty white silk scarf.
   - Ⓑ She bought a silk pretty white scarf.
   - Ⓒ She bought a white silk pretty scarf.

2. **We saw a (brown – huge – wooden) door.** **(Reorder the adjectives)**
   - Ⓐ We saw a wooden brown huge door.
   - Ⓑ We saw a huge brown wooden door.
   - Ⓒ We saw a brown huge wooden door.

3. **He has got a (round – old – metal) clock.** **(Order the adjectives)**
   - Ⓐ He has got a metal old round clock.
   - Ⓑ He has got a round metal old clock.
   - Ⓒ He has got an old round metal clock.

4. **My sister bought a (French – yellow – stylish) dress.** **(Reorder the adjectives)**
   - Ⓐ My sister bought a stylish yellow French dress.
   - Ⓑ My sister bought a French stylish yellow dress.
   - Ⓒ My sister bought a yellow French stylish dress.

5. **They have a (rectangular – new – glass) mirror.** **(Order the adjectives)**
   - Ⓐ They have a glass new rectangular mirror.
   - Ⓑ They have a new rectangular glass mirror.
   - Ⓒ They have a rectangular glass new mirror.

6. **I bought a (Japanese – beautiful – silver) watch for my brother for his birthday.**

   .(Order the adjectives)
   - Ⓐ I bought a silver beautiful Japanese watch for my brother for his birthday.
   - Ⓑ I bought a beautiful silver Japanese watch for my brother for his birthday.
   - Ⓒ I bought a Japanese beautiful silver watch for my brother for his birthday.

Adverbs of Frequency

" Adverbs of frequency tell us how often something happens.

Always | Usually | Often | Sometimes | Rarely | Never

100% → 0%

Where do we put them?

1 With a main verb

Subject + adverb of frequency + main verb

- I always eat breakfast.
- She usually walks to school.
- They often play sports.
- We sometimes have lunch outside.
- He rarely eats fast food.

2 With the verb to be

Subject + am / is / are+adverb of frequency

- I am always ready.
- She is usually active.
- They are often hungry.
- He is never late.

3 With an auxiliary or modal verb

Subject+auxiliary/modal+adverb of frequency + main verb

- She can always help us..
- They don't usually eat late.
- He has never tried sushi.
- I will sometimes visit my grandparents.
- We should often exercise.

note

Where does the adverb go?

- BEFORE the main verb → I always drink water.
- AFTER the verb «to be» → She is often tired after school.

A From a , b, and c choose the correct answer as required:

1. **Ali goes to the gym after school.** **(Use: usually)**
   - Ⓐ Ali goes usually to the gym after school.
   - Ⓑ Ali usually goes to the gym after school.
   - Ⓒ Ali goes to the gym usually after school.

2. **Mona is tired after a long school day.** **(Use: sometimes)**
   - Ⓐ Mona sometimes is tired after a long school day.
   - Ⓑ Mona is tired sometimes after a long school day.
   - Ⓒ Mona is sometimes tired after a long school day.

3. **We eat fast food.** **(Use: rarely)**
   - Ⓐ We rarely eat fast food.
   - Ⓑ We eat rarely fast food.
   - Ⓒ We eat fast food rarely.

4 **Emily is polite to his teachers.** **(Use: always)**

Ⓐ Emily always is polite to her teachers.
Ⓑ Emily is always polite to her teachers.
Ⓒ Emily is polite always to her teachers.

5 **They play computer games before school.** **(Use: never)**

Ⓐ They play never computer games before school.
Ⓑ They play computer games before school never.
Ⓒ They never play computer games before school.

U 1 Translation

A Translate the following into good English:

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♦ نوره: لماذا أصبحت المشاكل الصحية المرتبطة بالطعام أكثر انتشارًا؟

♦ منى: لأن الوجبات الحديثة غالبًا ما تحتوي على كميات كبيرة من الدهون والسكر.

♦ على : هل تتعامل أجسام جميع الناس مع الطعام بالطريقة نفسها؟

♦ عادل: لا، فكل جسم يختلف عن الاخر.

♦ اسماء: هل هناك علاقة بين الطعام الذي نتناوله وصحتنا العقلية؟

♦ شيماء: نعم، فالطعام الذي نختاره يؤثر في طريقة تفكيرنا وشعورنا..

The most important topic sentences in unit 1

1

The benefits of providing healthy food options in the school canteen.

- They give students more energy.
- They help students focus better.
- They improve students' health.
- They encourage healthy eating habits.
- They help students maintain a healthy weight.

Suggestions for more healthy food options in the school canteen

- **It can offer fresh fruit and vegetables.**
- **It can provide healthy sandwiches and salads.**
- **It can serve fresh juice instead of fizzy drinks.**
- **It can also offer traditional healthy food.**

2

Mindful eating has many physical benefits.

- It increases our energy.
- It improves digestion.
- It reduces stress.
- It helps us sleep better.

3

Mindful eating has many academic benefits.

- It helps us focus.
- It helps us perform better in tests.
- It helps us think more clearly.
- It keeps us focused while studying.

U 1 Writing a paragraph

"Write a paragraph of at least 6 sentences (about 70 words) explaining the benefits of healthy food options in the canteen and suggesting further alternatives."

The Outline

- **An Introductory Sentence:**

.....

.....

- **Supporting Idea 1 :**

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.....

- **Supporting Idea 2 :**

.....

.....

- **A Concluding Sentence :**

.....

.....

Write your Paragraph

.....

.....

.....

.....

.....

.....

.....

.....

.....

U 1 Writing (Expository)

Date : .....

"What students eat can affect their health and academic performance."

Plan and write an expository essay of no fewer than 12 sentences (around 120-140 words), explaining the physical and academic benefits of mindful eating.

The Outline

I. Introduction:

.....

.....

.....

II. Body Paragraph 1:

Topic Sentence:.....

Supporting Details 1:

.....

.....

Supporting Details 2:

.....

.....

III. Body Paragraph 2:

Topic Sentence:.....

Supporting Details 1:

.....

.....

Supporting Details 2:

.....

.....

IV. Conclusion :

.....

.....

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Write your topic here

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U 1 Summary Making

® *In a paragraph of FOUR sentences ONLY, summarize and paraohrase the passage above in an answer to the flowing quest*

Reading is one of the most enjoyable activities for students in their free time. They can read printed books or e-books at home or in a library. First, reading helps students gain new knowledge about different people, places, and ideas. They can discover many interesting things through books. Moreover, it improves their vocabulary and language skills. Reading can be enjoyable and relaxing, too. It also helps students concentrate better on their schoolwork. Finally, reading develops their imagination and creative thinking. Therefore, reading is a valuable habit for every student.

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What are the main benefits of reading for students?

Grade	Rubrics	Mark	Total Mark
10	Content / Relevance of Iideas	6	10
	Paraphrasing	2	
	Spelling and Grammer	1	
	Format	1	
	• Copying the whole paragraph receives ZERO • Exceeding the required number of sentences: - Minus 1 mark for one sentence. - Minus 2 marks for two sentences and above.		

Unit 2 **Lesson: 1** **Sustainable Living** Date : .....

New Vocabulary

English word		Definition	Arabic meaning
injure	v	to hurt or cause physical harm to a person or animal	يؤذي / يصيب
landfill	n	an area where large amounts of waste material are buried under earth	مكب نفايات
reusable	adj	able to be used more than once	قابل لإعادة الاستخدام
second-hand	adj	not new; owned by somebody else be-fore	مستعمل
wind turbine	compound noun	a tall structure with wind-driven blades producing electricity	توربين رياح

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

injure – landfill – reusable – second-hand – wind turbine

1. Using a/an ..... water bottle helps students reduce plastic waste at school.
2. A large ..... can produce clean electricity when strong winds turn its blades.
3. Throwing too much rubbish into a/an ..... can harm the environment.
4. My brother bought a/an ..... bicycle because it was cheaper than a new one.

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

wind turbine – second-hand – injure – reusable – landfill

1. Broken glass on the beach may ..... people who walk there .
2. We should choose ..... shopping bags because we can use them many times.
3. The old rubbish is taken to a/an ..... outside the city.
4. They built a/an ..... near the farm to generate electricity from strong winds.

C (Set Book Questions) Answer the following questions:

1 How can we live in a more sustainable way?

.....

.....

2 Why should we use reusable products?

.....

.....

3 How can we save energy at home?

.....

.....

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Unit 2 **Lesson: 2** **The Shagaya Renewable Energy Park** Date : .....

New Vocabulary

English word		Definition	Arabic meaning
alternative	n	a thing you can choose to do or have out of two or more possibilities	بديل
awareness	n	interest in and concern about a particular situation or area of interest	وعي / ادراك
convert	v	to change from one form, purpose, or system to another	يحول
decisive	adj	able to make decisions quickly and confidently	حاسم
ecosystem	n	all living things in an area and how they affect each other and the environment	نظام بيئي
emission	n	the production or sending out of light, heat, gas, etc.	انبعاث غاز / حراره
entirely	adv	in every way possible; completely	بالكامل
expertise	n	expert knowledge or skill in a particular subject or job	خبرة / تخصص
flowing	adj	moving in one direction, especially continuously and easily	متدفق
run out	ph.v	to use up or finish a supply of something	ينفد

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

decisive – convert – awareness – expertise – alternative – run out

1. The engineer has the ..... needed to design a safe wind-energy system.
2. Schools can increase environmental ..... by teaching students about recycling.
3. We should find a/an ..... to plastic bags to reduce waste.
4. Modern technology can ..... wind energy into electricity.
5. We must save natural resources before they ..... .

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

ecosystem – emissions – entirely – decisive – flowing – alternative

1. Oil pollution can damage the sea ..... and the animals living there.
2. The water keeps..... in the river after the rain.
3. Using public transport can help reduce carbon ..... in busy cities.
4. We need a/an.....leader who can make quick decisions.
5. The building is powered ..... by renewable energy.

C (Set Book Questions) Answer the following questions:

1. Why is renewable energy important?

.....

.....

2. What are some examples of renewable energy?

.....

.....

3. What are the effects of using oil on the environment ?

.....

.....

Unit 2 | Lesson: 4 | Smart Homes, Smart Choices | Date : .....

New Vocabulary

English word		Definition	Arabic meaning
combination	n	the act of joining or mixing two or more things to form a single unit	مزيج / مجموعة
concept	n	a principle or idea	مفهوم / فكرة
unnecessary	adj	not needed or wanted, or more than is needed	غير ضروري
unplug	v	to disconnect electrical equipment from the electricity supply	يفصل من الكهرباء
vacant	adj	not filled or occupied; available to be used	شاغر / فارغ

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

concept – unnecessary – unplug – vacant – combination

1. This drink is a/an ..... of fresh fruit and cold water.
2. Please ..... the computer when you finish using it.
3. Turn off ..... lights to save electricity.
4. The teacher explained the ..... of recycling to the class.

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

concept – unnecessary – vacant – combination – unplug

1. Leaving the lights on all day is ..... and wastes energy.
2. There is a/an ..... room in the building that we can use.
3. Wind and solar power make a useful ..... for producing clean energy.
4. Always ..... electrical equipment before cleaning it.

C (Set Book Questions) Answer the following questions:

1 How can we make our homes more eco-friendly?

.....

.....

2 What smart technology can we use at home?

.....

.....

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Unit 2 **Lesson: 5** **Powering a Greener GCC** Date : .....

New Vocabulary

English word		Definition	Arabic meaning
ambitious	adj	needing a lot of effort, money or time to succeed	طموح
ideal	adj	perfect, or the best possible	مثالي
power	v	to supply a machine or vehicle with operating energy	يزود بالطاقة
power grid	compound noun	a network system transmitting electricity across a large area	شبكة الكهرباء
tailor	v	to make or adapt something for a particular purpose or person	يُخصص / يفصل لغرض معين

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

power grid – ideal – power – tailor – ambitious

1 The country has a/an ..... plan to produce more clean energy in the future.

2 Solar panels can ..... small machines during the day.

3 This sunny area is ..... for producing solar energy.

4 Engineers ..... the new system to meet the needs of each town.

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

tailor – ambitious – power grid – ideal – power

1. The national ..... carries electricity to homes and schools.
2. Wind energy can ..... many homes without using fossil fuels.
3. The team has an ..... goal to reduce pollution across the whole city.
4. Teachers can ..... activities to suit their students' different needs.

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Unit 2 **Lesson: 7** — **Think Before You Throw!** — Date : .....

New Vocabulary

English word		Definition	Arabic meaning
add up	phv	to increase by small amounts until there is a large total	يتراكم / يضاف
antique	n	an old and often valuable object such as furniture	تحفة / عتيق
directly	adv	without stopping or changing direction	مباشرة
dispose of	phv	to get rid of something, especially by throwing it away	يتخلص من
enormous	adj	extremely large	هائل / ضخم جدًا
eventually	adv	in the end, especially after a long time or much effort	في النهاية
make over	phv	to improve something or someone by modifying parts	يجدد / يغير
regard	v	to think about somebody or something in a particular way	يعتبر / ينظر إلى
tablet	n	a portable touchscreen computer usually without physical keyboard	جهاز لوحي
upcycling	n	making new objects or furniture out of old, used, or waste items	إعادة تدوير ابتكارية

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

enormous – directly – antique – eventually – add up – dispose of

1. Small amounts of waste can ..... and become a big problem over time.
2. My grandmother keeps a/an ..... table that is more than one hundred years old.
3. Please take these old batteries ..... to the recycling centre.
4. We should ..... broken items safely instead of leaving them in the street.
5. The new recycling centre is ..... and can hold a lot of waste.

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

tablet – dispose of – eventually – upcycling – regard – make over

1. After many months of hard work, they ..... finished the environmental project.
2. We can ..... an old room by painting it and changing the furniture.
3. Many people ..... recycling as an important way to protect the environment.
4. Students can use a/an ..... to read digital books and do online activities.
5. Making a bag from old clothes is a simple example of ..... .

C (Set Book Questions) Answer the following questions:

1. Why is thrifting good for the environment?

.....

.....

2. How can upcycling help the environment?

.....

.....

Unit 2 | Lesson: 9 | Rethinking Waste Worldwide | Date : .....

New Vocabulary

English word		Definition	Arabic meaning
bury	v	to put something into a hole in the ground and cover it	يدفن / يطمر
composting	n	storing plant material so it decays into soil-enriching matter	صناعة السماد العضوي
decompose	v	to break down into smaller parts naturally	يتحلل
densely	adv	in a way containing many people, things, or plants closely spaced	بكثافة
incineration	n	burning waste material until it is completely destroyed	حرق / ترميد النفايات

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

densely – incineration – decompose – bury – composting

1. .....can reduce the amount of waste sent to landfills.
2. People should not ..... plastic waste in the ground.
3. Fruit and vegetable waste can ..... naturally in the soil.
4. ..... is a useful way to recycle organic waste at home.

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

composting – densely – incineration – decompose – bury

1. Houses are ..... built in some crowded city areas.
2. Some waste is destroyed by burning it through ..... .
3. We can ..... organic waste underground and cover it with soil.
4. Dead leaves slowly ..... and become part of the soil.

C (Set Book Questions) Answer the following question:

1. How can countries manage waste effectively?

.....

Unit 2 **Lesson: 10** Throw-away Culture Date : .....

New Vocabulary

English word		Definition	Arabic meaning
brand-new	adj	completely new, especially not yet used	جديد كليًا / غير مستعمل
manufacture	v	to produce goods in large numbers in a factory with machines	يصنع / ينتج
outlive	v	to live or exist longer than someone or something else	يعيش أطول من / يدوم أكثر
seldom	adv	not often; rarely	نادرًا
strict	adj	strongly limiting behavior or severely enforcing rules	صارم / متشدد

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

seldom / strict / manufacture / brand-new / outlive

1. The factory can ..... thousands of useful products using modern machines.
2. Our teacher is ..... about keeping the classroom clean and saving energy.
3. Our school has ..... computers that students can use during their lessons.
4. People who care about nature ..... throw rubbish on the ground.

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

outlive / brand-new / strict / manufacture / seldom

1. Some sea turtles can ..... many other animals in the wild.
2. The environmental club follows ..... rules to keep the school garden clean.
3. This company will ..... reusable bags instead of single-use plastic ones.
4. We ..... leave the lights on when nobody is using the room.

C (Set Book Questions) Answer the following question:

1 How can teenagers live an eco-friendly lifestyle?

.....

.....

Date : .....

U 2 Vocabulary Exercises

A From a,b,c , and d choose the most suitable word:

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1 After working hard, the team.....finished the project successfully.
a seldom b densely c chemically d eventually

2 Plastic waste can ..... sea animals when it reaches beaches and oceans.
a dispose of b power c injure d decompose

3 The river keeps ..... through the valley even during the dry season.
a flowing b brand-new c strict d enormous

4 Engineers need ..... to design safe and efficient renewable energy systems.
a expertise b awareness c incineration d antique

5 We should ..... broken items safely instead of leaving them outside.
a make over b dispose of c run out d add up

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

awareness – entirely – densely – vacant – wind turbine – second-hand

6 She found a /an.....seat on the crowded bus and sat down.

7 School campaigns can increase students' ..... of recycling and saving natural resources.

8 The small village gets its electricity ..... from clean renewable energy sources.

9 A large ..... uses moving blades to produce electricity from strong winds.

10 We bought a/an ..... desk because it was cheaper and still useful.

Date : .....

U 2 Grammar

Present Perfect Simple

Form – Uses – Examples

1. Actions which happened at an unstated time in the past, the exact time is not important.
2. Actions which started in the past and are still continuing in the present.
3. Actions which have recently finished, and their results are visible in the present.

Affirmative

Sub + have + V3

Sub + has + V3

- I have visited many countries.
- She has finished her homework.

Negative

Sub + have not + V3

Sub + has not + V3

- I haven't seen that movie yet.
- He hasn't eaten breakfast today.

Interrogative

Have + Sub + V3 ?

Has + Sub + V3 ?

- Have you ever tried sushi?
- Has she returned from her trip yet?

Key Words

never – ever – recently – for – since – yet – already – just – so far

A From a, b, c, and d, choose the correct answer :

1. My sister has already ..... her homework.
   A finish B finished C finishing D finishes
2. The students ..... many useful ideas about recycling.
   A learning B has learnt C have learnt D learns
3. My father ..... solar panels on our house.
   A has installed B install C installing D installs
4. Kuwait has recently..... several clean-energy projects.
   A develop B develops C developing D developed
5. We ..... reusable bags instead of plastic ones for 3 years.
   A has used B using C have used D uses
6. Emily has ..... her old clothes to charity.
   A donate B donated C donating D donates
7. They ..... the waste into different bins.
   A have sorted B has sorted C sorting D sorts
8. We have lived in Kuwait ..... five years.
   A since B for C yet D ever
9. Mona hasn't visited her grandparents ..... last Friday.
   A for B since C already D ever
10. Have you ..... visited a wind farm?
    A never B ever C yet D since
11. Ahmed has ..... finished his environmental project.
    A just B ever C for D since
12. I have ..... wasted electricity at home.
    A never B ever C yet D since
13. They haven't finished the recycling project ..... .
    A already B just C yet D since
14. We have known our neighbours ..... a long time.
    A since B for C ever D yet
15. The school has ..... started a new recycling programme.
    A recently B for C since D ever

B From a, b , and c choose the correct answer as required.

1. **The government (build) new recycling centres recently.** **(Correct the verb)**
   - Ⓐ The government builds new recycling centres recently.
   - Ⓑ The government has built new recycling centres recently.
   - Ⓒ The government is building new recycling centres recently.

2. **Emily (choose) eco-friendly products so far.** **(Correct the verb)**
   - Ⓐ Emily has chosen eco-friendly products so far.
   - Ⓑ Emily chooses eco-friendly products so far.
   - Ⓒ Emily is choosing eco-friendly products so far.

3. **Our class (collect) a lot of paper for recycling since April.** **(Correct the verb)**
   - Ⓐ Our class collected a lot of paper for recycling since April.
   - Ⓑ Our class has collected a lot of paper for recycling since April.
   - Ⓒ Our class collects a lot of paper for recycling since April.

4. **The new programme(help) many families for two years.** **(Correct the verb)**
   - Ⓐ The new programme is helping many fanilies for two years.
   - Ⓑ The new programme will help many fanilies for two years.
   - Ⓒ The new programme has helped many fanilies for two years.

5. **Factories have reduced its harmful emissions.** **(Make negative)**
   - Ⓐ Factories haven't reduced its harmful emissions yet.
   - Ⓑ Factories don't reduce its harmful emissions yet.
   - Ⓒ Factories aren't reducing its harmful emissions yet.

6. **Mariam has prepared her report about clean energy.** **(Make negative)**
   - Ⓐ Mariam didn't prepare her report about clean energy .
   - Ⓑ Mariam hasn't prepared her report about clean energy yet.
   - Ⓒ Mariam doesn't prepare her report about clean energy.

7. **Omar has kept the same reusable bottle for three years.** **(Form a question)**
   - Ⓐ How long does Omar keep the same reusable bottle?
   - Ⓑ How long has Omar kept the same reusable bottle?
   - Ⓒ How long did Omar keep the same reusable bottle?

8. **The city has protected this natural area since 2021.** **(Form a question)**
   - Ⓐ How long did the city protect this natural area?
   - Ⓑ How long does the city protect this natural area?
   - Ⓒ How long has the city protected this natural area?

9 **Yes, Olivia has created something useful from old materials.** **(Form a question)**

Ⓐ Has Olivia ever created something useful from old materials?
Ⓑ Does Olivia create something useful from old materials?
Ⓒ Did Olivia create something useful from old materials?

10 **Yes, the new projects have saved a lot of energy.** **(Form a question)**

Ⓐ Do the new projects save a lot of energy?
Ⓑ Have the new projects saved a lot of energy?
Ⓒ Did the new projects save a lot of energy?

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The First Conditional and Modal Verbs

Use: We use the first conditional to talk about the result of a real or possible future situation.

Form: **If + present simple** (condition) **, modal verb + base verb.** (result)

Modal Verbs in the First Conditional

will Certain outcome	**can** Ability / possibility	**may** Possibility/uncertainty	**should** Advice
If it rains tomorrow, we **will stay** at home.	If you study hard, you **can pass** the exam.	If the weather is good, we **may go** camping.	If you want to be healthy, you **should eat** more vegetables.

Remember!

- ☑ Use present simple after if.
- ☑ Use a modal verb + base verb in the result clause.
- ☑ Do not use "will" in the if-clause.
- ☑ Use a comma after the if-clause.

- ☒ If we will recycle, we will reduce waste.
- ☑ If we recycle, we will reduce waste.
- ☒ If you will recycle, you can reduces waste.
- ☑ If you recycle, you can reduce waste.

A From a, b, c, and d, choose the correct answer :

1. If people ..... reusable bags, they can reduce plastic waste.
   A use B used C using D uses
2. If we recycle more, we ..... protect the environment.
   A are B did C can D has
3. If Merit ..... off the lights, she will save electricity.
   A turn B turned C turning D turns
4. If the weather is sunny, solar panels ..... produce clean energy.
   A were B can C has D did
5. If people want to save energy, they ..... unplug unused devices.
   A are B have C should D did
6. If Nabil ..... his old books, he may help other students.
   A donate A donated A donating A donates
7. If we ..... old glass jars, we can make useful things.
   A reuse B reuses C reused D reusing
8. If you have old clothes, you ..... give them to charity.
   A did B are C can D has
9. If we want a cleaner city, we ..... throw rubbish in bins.
   A are B did C should D have
10. If more families ..... smart meters, they may save electricity.
    A installs B installed C installing D install
11. If people ..... more trees, they can improve air quality.
    A plant B plants C planted D planting
12. If Adel..... his phone for longer, he may reduce electronic waste.
    A keep B kept C keeping D keeps
13. If students ..... paper and plastic, they can reduce waste.
    A separate B separates C separated D separating
14. If the wind is strong, turbines ..... produce more electricity.
    A were B has C may D does
15. If Olivia ..... eco-friendly products, she will produce less waste.
    A choose B chose C choosing D chooses
16. If we make responsible choices, we ..... create a better future.
    A are B will C has D did

17 If the city ..... more recycling bins, people may recycle more.

A provide B provided C providing D provides

18 If people reduce unnecessary shopping, they ..... save money.

A were B may C has D does

19 If Omar ..... his computer when he finishes, he can save energy.

A unplugs B unplug C unplugged D unplugging

20 If we want to reduce pollution, we ..... use cleaner energy.

A did B are C should D has

21 If everyone ..... small eco-friendly changes, the environment may improve.

A make B made C making D makes

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B From a, b , and c choose the correct answer as required.

1 **If Emily (carry) a reusable cup, she can reduce waste.** **(Correct the verb)**

Ⓐ If Emily carries a reusable cup, she can reduce waste.
Ⓑ If Emily carried a reusable cup, she can reduce waste.
Ⓒ If Emily carrying a reusable cup, she can reduce waste.

2 **If you want to protect natural resources, ...** **(Complete)**

Ⓐ If you want to protect natural resources, you may waste more water.
Ⓑ If you want to protect natural resources, you should waste less water.
Ⓒ If you want to protect natural resources, you shouldn't waste less water.

3 **If the school (replace) old bulbs with LED lights, it may save energy.** **(Correct the verb)**

Ⓐ If the school will replace old bulbs with LED lights, it may save energy.
Ⓑ If the school replaced old bulbs with LED lights, it may save energy.
Ⓒ If the school replaces old bulbs with LED lights, it may save energy.

4 **If people want to reduce plastic pollution, ...** **(Complete)**

Ⓐ If people want to reduce plastic pollution, they chose reusable products.
Ⓑ If people want to reduce plastic pollution, they can choose reusable products.
Ⓒ If people want to reduce plastic pollution, they shouldn't choose reusable products.

5 **If Samir (take) his own bag to the shop, he can avoid plastic bags.** **(Correct the verb)**

Ⓐ If Samir takes his own bag to the shop, he can avoid plastic bags.
Ⓑ If Samir took his own bag to the shop, he can avoid plastic bags.
Ⓒ If Samir will take his own bag to the shop, he can avoid plastic bags.

6 **If we want to keep our neighbourhood clean, ...** **(Complete)**

Ⓐ If we want to keep our neighbourhood clean, we are putting rubbish in bins.

Ⓑ If we want to keep our neighbourhood clean we have put rubbish in bins.

Ⓒ If we want to keep our neighbourhood clean we should put rubbish in bins.

7 **If a family (reduce) unnecessary shopping, it may produce less waste.** **(Correct the verb)**

Ⓐ If a family reduces unnecessary shopping, it may produce less waste.

Ⓑ If a family has reduced unnecessary shopping, it may produce less waste.

Ⓒ If a family had reduced unnecessary shopping, it may produce less waste.

8 **If you have empty glass bottles, ...** **(Complete)**

Ⓐ If you have empty glass bottles, you reused them for other purposes.

Ⓑ If you have empty glass bottles, you can reuse them for other purposes.

Ⓒ If you have empty glass bottles, you are reusing them for other purposes.

9 **If Merit (switch) off unused devices, she will save electricity.** **(Correct the verb)**

Ⓐ If Merit has switched off unused devices, she will save electricity.

Ⓑ If Merit switched off unused devices, she will save electricity.

Ⓒ If Merit switches off unused devices, she will save electricity.

10 **If Sara finishes her homework early, ...** **(Complete)**

Ⓐ If Sara finishes her homework early,she will watch her favourite programme.

Ⓑ If Sara finishes her homework early ,she watched her favourite programme.

Ⓒ If Sara finishes her homework early,she 's watched her favourite programme.

11 **If Ali (study) hard, he will get good marks.** **(Correct the verb)**

Ⓐ If Ali studies hard, he will get good marks.

Ⓑ If Ali studied hard, he will get good marks.

Ⓒ If Ali will study hard, he will get good marks.

12 **If the weather is nice tomorrow, ...** **(Complete)**

Ⓐ If the weather is nice tomorrow, we will go to the park.

Ⓑ If the weather is nice tomorrow, we went to the park.

Ⓒ If the weather is nice tomorrow, we have gone to the park.

U 2 Translation

A Translate the following into good English:

- علي: تعتمد الكويت بشكل كبير على النفط والغاز الطبيعي لإنتاج الكهرباء.

- أحمد: لكن هذه المصادر تسبب انبعاثات ضارة وتلوث الهواء.

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- نورا: ما مصادر الطاقة المستخدمة في حديقة الشقايا للطاقة المتجددة؟

- منى: تستخدم الطاقة الشمسية وطاقة الرياح والحرارة الشمسية.

- علي: كيف يمكننا توفير الطاقة في المنزل؟

- أحمد: يمكننا إطفاء الأنوار عندما لا نحتاج إليها.

The most important topic sentences in the unit

1

Eco-friendly habits at home can help protect the environment.

- Turn off lights when they are not needed.
- We should save water and electricity.
- We can use reusable bags and bottles.
- We must recycle paper, plastic and glass.
- We should reuse old things instead of throwing them away.

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2

Teenagers can make eco-friendly choices in their daily lives.

- They should use reusable shopping bags.
- They can buy only the things they need.
- They can choose products with less plastic.
- They should buy second-hand items.
- They should keep public places clean.

3

Smart technology can help us save energy at home.

- We can use solar panels to produce clean energy.
- We can use LED lights to save electricity.
- We can use smart meters to monitor energy use.
- We can use smart devices to reduce wasted energy.
- Smart technology can help reduce pollution.

U 2 Writing a paragraph

"Caring for your home means caring for the planet and creating a better future."

Plan and write a paragraph of no fewer than 6 sentences (approximately 70 words) why responsible choices at home and suggesting smart technology to install.

The Outline

- **An Introductory Sentence:**

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- **Supporting Idea 1 :**

- **Supporting Idea 2 :**

- **A Concluding Sentence :**

Write your Paragraph

U 2 Writing (Expository)

Date : .....

Small changes in our daily lives can make a big difference to the environment

Plan and write an expository essay of no fewer than 12 sentences (around 120-140 words), explaining the changes teenagers can make inside their homes and the choices they can make outside their homes to protect the environment.

The Outline

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I. Introduction:

.....

.....

.....

II. Body Paragraph 1:

Topic Sentence: .....

Supporting Details 1:

.....

.....

Supporting Details 2:

.....

.....

III. Body Paragraph 2:

Topic Sentence: .....

Supporting Details 1:

.....

.....

Supporting Details 2:

.....

.....

IV. Conclusion :

.....

.....



Write your topic here

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Reading Comprehension (11 Marks)

Read the following passage carefully, and then answer the questions below:

How do windmills work? The answer to how a windmill works is easy. Its name carries the answer with it; it works by harnessing the power of the wind. The word windmill is made up of two parts, "wind" and "mill". So far, we know what wind stands for, but what about "mill"? A mill is a machine that grinds grain to make flour. So, a windmill uses wind to grind grain. Sounds simple, right? But windmills can do other useful tasks too: they can pump water and even generate electricity.

Such windmills were built years ago. These days, we rarely build such windmills. Electric motors can pump water and grind grain much better than windmills. Instead, we use the wind to produce electricity. We call such windmills wind turbines. In older windmills, the rotating blades turned gears and powered a mill. In modern windmills or wind turbines, the turning of the blades turns a rotor. The rotor is connected to a part called the shaft. As the rotor moves, it also turns the shaft, which is connected to a generator that spins. Then, the spinning generator generates or makes electricity.

Windmills are very important since they provide a way to produce electricity without causing any pollution and are an eco-friendly option for us. Wind is also a renewable source of energy. This means we can never run out of wind energy. We have built many wind farms to take advantage of this. A wind farm is a place where numerous wind turbines are set up to make a lot of electricity. They can be built on land or in the seas and oceans. The largest onshore (on land) wind farm is in China. It is called the Gansu wind farm.

Wind turbines are considered a safe and green source of energy. However, they have disadvantages and can be fatal to wildlife. Birds and bats accidentally hit the enormous blades of these turbines and are killed by the impact. Also, they create loud noise that can be annoying to nearby villages. Therefore, additional research on design options is needed to meet future demand and functionality.

A Choose the correct answer from a, b, c or d: (5 × 1 = 5 Marks)

1. Which of the following is the best title for the passage?

   A. Electric Motors
   B. Windmills and Wind Energy
   C. Pollution in Villages
   D. Birds and Bats

2. The underlined word "harnessing" in paragraph 1 nearly means:

   A. using
   B. wasting
   C. avoiding
   D. stopping

3 **The underlined pronoun "it" in paragraph 2 refers to the:**

Ⓐ shaft Ⓑ rotor Ⓒ generator Ⓓ wind

4 **According to the passage, ONE of the following statements is NOT TRUE:**

Ⓐ Wind is a renewable source of energy.
Ⓑ Wind turbines can produce electricity.
Ⓒ Wind turbines are completely harmless to wildlife.
Ⓓ Wind farms can be built on land or in the sea.

5 **The writer mentions the disadvantages of wind turbines mainly to show that they:**

Ⓐ should never be used Ⓑ are only useful in China
Ⓒ have both benefits and problems Ⓓ can't generate electricity

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B Answer the following questions: (3 × 2 = 6 Marks)

6 **How do modern wind turbines generate electricity?**

.....
.....
.....

7 **Why is wind considered an eco-friendly source of energy?**

.....
.....
.....

8 **What can you infer about the need for further research on wind turbines?**

.....
.....
.....

Unit 3 | Lesson: 1 | Stamps That Tell Our Story | Date : .....

New Vocabulary

English words		Definitions	Arabic meanings
artefact	n	an object made by a human, especially of historical or cultural interest	قطعة أثرية
evidence	n	facts, signs, or objects proving that something is true	دليل
illustrate	v	.to make meaning clearer using examples, pictures, etc	يوضح
pass down	phv	to teach or give something to younger generations	ينقل عبر الأجيال
stand for	phv	to support, represent, or symbolize something	يرمز إلى / يمثل

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

stand for - artefact - illustrate - evidence - pass down

1. The old coin is an ..... that tells us about life in the past.
2. These photographs provide strong ..... of how the city looked many years ago.
3. Teachers often use pictures to ..... difficult ideas for their students.
4. Parents often ..... family traditions to their children.

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

pass down — evidence — stand for — artefact — illustrate

1. The letters in the museum are important ..... about the country's history.
2. This ancient pot is a valuable ..... from hundreds of years ago.
3. The pictures in the book ..... how people lived in the past.
4. The colours of a flag can ..... important ideas and values.

C (Set Book Questions)Answer the following questions:

1. Why is it important to preserve our cultural heritage?

.....

.....

2. What can we learn from old objects and traditions?

.....

.....

3. How can families help preserve traditions?

.....

.....

Unit 3 | Lesson: 2 | Cultural Ambassador | Date : .....

New Vocabulary

English words		Definitions	Arabic meanings
automatic	adj	having controls that work without needing human operation	تلقائي
creativity	n	the use of skill and imagination to produce something new or art	إبداع
creator	n	a person who has made or invented a particular thing	مبتكر
detailed	adj	giving many details and paying great attention to information	مفصل
devote to	phv	to dedicate an amount of time or attention to something	يكرس ل / يخصص
director	n	a person in charge of an activity, company, or film project	مدير
leading	adj	most important or most successful	رائد
precisely	adv	exactly; accurately	بدقة
sadly	adv	in an unhappy or unfortunate way	للأسف / بحزن
translation	n	changing text or speech from one language into another	ترجمة

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

precisely – creativity – translation – automatic – director – detailed

1. The museum doors are ..... , so they open when visitors come near.
2. The guide gave us a/an ..... description of the old building.
3. The artist used her ..... to design a new cultural poster.
4. Please follow the instructions ..... to protect the old artefact.
5. The film ..... is responsible for the whole project.

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

leading – translation – creator – sadly – devote to – detailed

1. The ..... of this useful invention became famous around the world.
2. Many people ..... time to helping others.
3. This museum is a ..... cultural centre in the region.
4. ....., some valuable historical objects were damaged in the fire.
5. The Arabic ..... of the story helped more students understand it.

C (Set Book Questions)Answer the following questions:

1. How can a person support their culture?

.....

.....

2. Why is education important for culture?

.....

.....

3. How can cultural ambassadors inspire others?

.....

.....

Unit 3 **Lesson: 4** Stories Beyond the Walls Date : .....

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New Vocabulary

English words		Definitions	Arabic meanings
expand	v	to become or make greater in size, number, or importance	يوسع
narrow	adj	having a small distance from one side to the other	ضيق
passage	n	a long narrow corridor in a building or covered pathway	ممر / رواق
surround	v	to be everywhere around something or someone	يحيط بـ
watchtower	n	a tall tower where guards keep watch over an area	برج مراقبة

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

surround — expand — watchtower — narrow — passage

1. The city plans to ..... the museum to make room for more visitors.
2. The old street is very ..... , so two cars cannot pass easily.
3. We walked through a long ..... to reach the other side of the building.
4. High walls ..... the ancient castle and protect it from danger.

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

watchtower — passage — expand — surround — narrow

1. The guards stood in the ..... to watch the area around the castle.
2. Trees ..... the old house on every side.
3. The school will ..... its library by adding another room.
4. The ..... path between the buildings is only wide enough for one person.

C (Set Book Questions)Answer the following questions:

1. Why are historic places important?

.....

.....

2. What can visitors learn from historic places?

.....

.....

Unit 3 **Lesson: 5** Speaking Big Dreamers Date : .....

New Vocabulary

English words		Definitions	Arabic meanings
award	n	a prize such as money or a plaque given for an achievement	جائزة
conference	n	a large official meeting where people gather to discuss views	مؤتمر
document	v	to record something via written text, photo, or film	يوثق
insightful	adj	showing clear, deep, and original understanding of complex situations	عميق الفهم
mechanical	adj	operated by or connected with machines and their parts	ميكانيكي

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

mechanical – conference – insightful – award – document

1. The student received an ..... for her excellent project.
2. Many experts met at the ..... to discuss new ideas.
3. The photographer used his camera to ..... the important event.
4. The teacher gave a/an ..... explanation of the topic.

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

conference – insightful – document – mechanical – award

1. Sara wants to become a/an ..... engineer in the future.
2. Scientists ..... their work with photos and written notes.
3. She won a/an ..... for her great achievement.
4. The writer gave a/an ..... view of the problem.

C (Set Book Questions)Answer the following questions:

1. Why is it important to have big dreams?

.....

.....

2. How can successful people help their community?

.....

.....

Unit 3 **Lesson: 7** Can Technology Save Heritage? Date : .....

New Vocabulary

English words		Definitions	Arabic meanings
alive	adj	continuing to exist or endure	حي
ceremony	n	formal traditional acts performed on important social occasions	مراسم / احتفال
continuous	adj	existing for a period of time without interruption	مستمر
educate	v	to teach somebody about something or how to do something	يعلم
identify	v	to recognize someone or something and say who or what they are	يتعرف على / يحدد
overseas	adj	in, from, or to other countries across the sea	في الخارج
patiently	adv	waiting calmly or accepting difficulties without anger	بصبّر
publish	v	to produce and distribute printed or digital books or newspapers	ينشر
root	n	the origin or fundamental basis of something	جذر / أصل
view	v	to hold a particular opinion or way of thinking about something	يشاهد / ينظر

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

ceremony – educate – publish – patiently – alive – identify

1. Family stories help keep our culture ..... for future generations.
2. The school held a special ..... to celebrate the students' success.
3. Can you ..... the person in this old photograph?
4. The children waited ..... for the show to begin.
5. Museums can ..... young people about their country's history.

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

overseas – root – ceremony – continuous – publish – view

1. The heavy rain was ..... for several hours.
2. Her family moved ..... when she was young.
3. Many people ..... the museum as an important part of the city.
4. The writer plans to ..... a new book next year.
5. This tradition has its ..... in the country's history.

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C (Set Book Questions)Answer the following questions:

1. How can technology help preserve heritage?

.....

.....

2. How can a country be modern and traditional at the same time?

.....

.....

Unit 3 **Lesson: 9** Continuous Culture Date : .....

New Vocabulary

English words		Definitions	Arabic meanings
bridge	n	a structure providing connection or contact between different things	جسر
classic	adj	having a timeless, traditional style that remains fashionable	كلاسيكي
decorative	adj	decorated to look appealing; intended to be pretty	زخرفي
dye	v	to change the color of something with a special liquid	يصبغ
identity	n	who or what someone or something is; distinct characteristics	هوية

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

identity – decorative – bridge – dye – classic

1. This old building has a/an ..... style that never goes out of fashion.
2. She wants to ..... her white shirt blue.
3. The old vase has beautiful ..... patterns on it.
4. Our traditions are an important part of our ..... .

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

dye – bridge – classic – identity – decorative

1. Music can be a/an ..... between people from different cultures.
2. She bought a/an ..... dress with a simple, traditional style.
3. The colourful lights are ..... and make the room look beautiful.
4. Food and clothes can show a country's..... .

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C (Set Book Questions)Answer the following questions:

1. Why are traditional crafts important?

.....

.....

2. How can we keep traditional crafts alive?

.....

.....

3. What can traditional crafts teach us?

.....

.....

Unit 3 **Lesson: 10** Hidden Gems Date : .....

New Vocabulary

English words		Definitions	Arabic meanings
amazingly	adv	in a very surprising way that causes admiration	بشكل مذهل
customise	v	to alter or build something to suit individual user needs	يخصص
hidden	adj	placed or situated in a location where it cannot be easily seen	مخفي
tuck away	phv	to be located in a quiet, secluded place	يقع بعيدا / يخفى
walker	n	a person who walks, especially for recreation or health	شخص يمشى

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

hidden – walker – customise – amazingly – tuck away

1. You can ..... your bag with your name and favourite colour.
2. The small house is ..... behind the tall trees.
3. The young girl sang ..... well at the school show.
4. A regular ..... enjoys walking for health and exercise.

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

amazingly – tuck away – hidden – customise – walker

1. The key was ..... under a small box.
2. You can..... the phone settings to suit your needs.
3. The hotel is ..... in a quiet place near the sea.
4. The old man is a keen ..... who walks every morning.

C (Set Book Questions)Answer the following questions:

1. Why are hidden cultural places valuable to a community?

.....

.....

2. How can apps or AI promote cultural values?

.....

.....

Date : .....

U 3 Vocabulary Exercises

A From a , b , c and d choose the most suitable word :

1. Good teachers ..... students about the importance of protecting their culture.
   A educate B identify C publish D expand

2. The museum displayed a/an ..... plate with beautiful patterns around the edge.
   A automatic B decorative C continuous D narrow

3. The young inventor became the ..... of a useful new machine.
   A creator B director C walker D award

4. Please wait ..... while I check the information for you.
   A amazingly B patiently C precisely D sadly

5. The company plans to ..... its services to meet each customer's needs.
   A customise B surround C document D dye

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

conference – classic – pass down – insightful – bridge – stand for

6. The red colour on the flag can ..... courage and strength.

7. Grandparents often ..... useful knowledge to younger family members.

8. The speaker gave a/an ..... answer that made everyone think carefully.

9. The two groups met at an international ..... to share their ideas.

10. Her simple black dress has a/an ..... style that is always popular.

A From a , b , c and d choose the most suitable word :

1. Museums often ..... ancient objects to explain how people lived in the past.
   A illustrate B educate C identify D publish

2. The young girl played the piano.....well at the birthday party.
   A amazingly B patiently C sadly D densely

3. The young engineer showed great ..... when designing a useful new machine.
   A identity B translation C creativity D evidence

4. The reporter will ..... the event carefully for people to read about later.
   A expand B document C surround D dye

5. The guide gave an ..... explanation of how the ancient machine worked.
   A automatic B decorative C insightful D narrow

B From a , b , c and d choose the most suitable word :

1. Families should ..... traditional stories to younger generations to keep heritage alive.
   A stand for B devote to C pass down D tuck away

2. The artist used blue ..... to colour the traditional cloth for decoration.
   A award B dye C bridge D artefact

3. The old house has a ..... passage leading to a hidden garden.
   A continuous B mechanical C classic D narrow

4. The barcode helps.....an object by giving information about it.
   A publish B identify C surround D expand

5. The cultural centre held a ..... to discuss ways of protecting heritage.
   A ceremony B creator C conference D walker

Date : .....

U 3 Grammar

Relative Pronouns

Use relative clauses to provide extra information. This information can either define something (defining clause), or provide unnecessary, but interesting, added information (non-defining clause).

Who people	A Ali is a teacher. He works at my school. Ali, who works at my school, is a teacher.	B This is the boy. He won the race. This is the boy who won the race.
Which things	A My phone is very useful. It has many apps. My phone, which has many apps, is very useful.	B This is the book. I borrowed it from the library. This is the book which I borrowed from the library.
Whose possession	A Sara is my friend. Her mother is a doctor. Sara, whose mother is a doctor, is my friend.	B I know the student. His project won a prize. I know the student whose project won a prize.
Where place	A The park is near my house. We play there. The park, where we play, is near my house.	B This is the school. My sister studies there. This is the school where my sister studies..
When time	A Friday is my favourite day. We relax then. Friday, when we relax, is my favourite day.	B I remember the day. We met on that day. I remember the day when we met.

A From a, b, c, and d, choose the correct answer :

1. The woman ..... teaches us science is very friendly.
   - A whose
   - B who
   - C where
   - D when
2. This is the restaurant ..... we had dinner last night.
   - A which
   - B whose
   - C where
   - D who
3. I met a boy ..... father works at the airport.
   - A when
   - B whose
   - C who
   - D which

4 The tablet ..... I use for studying is very light.

A where A who A which A whose

5 2025 was the year ..... my sister graduated.

A when A where A which A who

6 The doctor ..... treated my brother was very kind.

A where B which C whose D who

7 The library ..... we do our research is very quiet.

A whose B where C when D which

8 I know a girl ..... paintings are displayed at school.

A who B which C whose D where

9 The camera ..... is on the table belongs to my father.

A which B who C when D whose

10 Friday is the day ..... we usually visit our grandparents.

A whose B which C where D when

11 The firefighter ..... saved the child received an award.

A who B whose C which D where

12 This is the sports club ..... my brother practises tennis.

A when B where C who D which

13 The student ..... bag was left in class came back for it.

A which B when C whose D who

14 The film ..... we watched at school was interesting.

A where B which C whose D who

15 Summer is the season ..... many people travel.

A who B whose C when D which

16 The engineer ..... designed the bridge is from Kuwait.

A which B where C who D whose

17 That is the shop ..... my mother buys fresh bread.

A where B when C which D who

18 I spoke to a woman ..... daughter won the competition.

A who B whose C where D which

19 The laptop ..... my uncle bought is very fast.

Ⓐ when Ⓑ whose Ⓒ who Ⓓ which

20 I will never forget the day ..... I started secondary school.

Ⓐ where Ⓑ when Ⓒ whose Ⓓ which

21 What is the name of the school in ..... your son learns?

Ⓐ that Ⓑ where Ⓒ whose Ⓓ which

B From a, b and c choose the correct answer as required:

1 **Mr Hassan is our coach. He trains the school team.** **(Use: who)**

Ⓐ Mr Hassan, who trains the school team, is our coach.
Ⓑ Mr Hassan, who he trains the school team, is our coach.
Ⓒ Who Mr Hassan trains the school team is our coach.

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2 **The blue bicycle is mine. It is beside the gate.** **(Use: which)**

Ⓐ The blue bicycle which it is beside the gate is mine.
Ⓑ The blue bicycle, which is beside the gate, is mine.
Ⓒ Which the blue bicycle is beside the gate is mine.

3 **Laila is my neighbour. Her son studies medicine.** **(Use: whose)**

Ⓐ Laila whose is my neighbour son studies medicine.
Ⓑ Laila, whose her son studies medicine, is my neighbour.
Ⓒ Laila, whose son studies medicine, is my neighbour.

4 **We visited a museum. We saw old coins there.** **(Use: where)**

Ⓐ We visited a museum where we saw old coins there.
Ⓑ We visited where a museum we saw old coins.
Ⓒ We visited a museum where we saw old coins.

5 **I remember my tenth birthday. My family gave me a bicycle that day.** **(Use: when)**

Ⓐ I remember my tenth birthday when my family gave me a bicycle.
Ⓑ I remember when my tenth birthday my family gave me a bicycle.
Ⓒ I remember my tenth birthday when my family gave me a bicycle that day.

6 **The young man helped us. He works in this building.** **(Join using: who)**

Ⓐ The young man who he works in this building helped us.
Ⓑ The young man, who works in this building, helped us.
Ⓒ Who the young man works in this building helped us.

7. The cake tasted delicious. My aunt made it. (Join using: which)

Ⓐ The cake which my aunt made tasted delicious.
Ⓑ The cake which my aunt made it tasted delicious.
Ⓒ The cake tasted which my aunt made delicious.

8. I like the beach. We go swimming there in summer. (Join using: where)

Ⓐ I like the beach where we go swimming there in summer.
Ⓑ I like the beach where we go swimming in summer.
Ⓒ I like where the beach we go swimming in summer.

9. September is an important month. Our school year begins then.(Join using: when)

Ⓐ September, when our school year begins, is an important month.
Ⓑ September, when our school year begins then, is an important month.
Ⓒ When September our school year begins is an important month.

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Past Simple vs Past Continuous

Past Simple

We use the past simple to describe an action that was completed in the past. It began and ended in the past.

+ Subject + verb (2nd form) + object.
I visited my grandparents yesterday.

− Subject + did not + V1 + object.
I didn't visit my grandparents yesterday.

? Did + subject + V1 + object?
Did you visit your grandparents yesterday?

Time expressions

yesterday – last week / month / year – ago – in 2000 – in the past – the other day

Past Continuous

We use the past continuous to describe an action that was in progress at a certain time in the past.

+ Subject + was / were + verb-ing + object.
I was watching TV at 4 o'clock yesterday.

− Subject + was / were not + verb-ing + object.
I wasn't watching TV at 4 o'clock yesterday.

? Was / Were + subject + verb-ing + object?
Were you watching TV at 4 o'clock yesterday?

Time expressions

while – as – at that time – at 7 p.m. – this time yesterday

When

We use when to connect a short action (past simple) with a longer action (past continuous).

When the telephone rang, I was watching TV.

Examples:

1. When the telephone **rang**, I was watching TV.
2. When we **reached** the airport, our flight was leaving.
3. When I **met** her, she was working at a hospital.
4. When it **started** to rain, we were walking home.

While / As

We use while (or as) to introduce a longer action (past continuous). A shorter action (past simple) may happen during it.

I was studying when my mother came home.

Examples:

1. While I **was walking** home, it started to rain.
2. While we **were having** dinner, my father arrived.
3. As I **was reading** a book, my sister called me.
4. While he **was watching** TV, his brother came in.

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Quick Rule

When + short action (Past Simple), longer action (Past Continuous).

While / As + longer action (Past Continuous), short action (Past Simple).

A From a, b, c, and d, choose the correct answer :

1. She was cooking ..... I called her.
   A when B while C as D if
2. While we ..... dinner, it started to rain.
   A was having B having C have D were having
3. Emily ..... home early as it was snowing.
   A go B went C going D has gone
4. I was talking on the phone when my father .....
   A arrive B arriving C arrived D arrives
5. He heard an explosion ..... he was walking back to his flat.
   A if B while C so D when
6. My mom ..... wake up early this morning.
   A doesn't B don't C wasn't D didn't
7. What ..... you doing at 8 p.m. last night?
   A were B are C was D did
8. When the guests arrived, Mary ..... dinner.
   A were cooking B cooked C was cooking D cooking

9. My friends saw a starfish while they ..... on the beach.
   A walking B were walking C walked D was walking
10. I wasn't listening when the teacher ..... the instructions.
   A gave B giving C gives D give
11. While Sara ..... for the bus, she saw her English teacher.
   A waited B waits C is waiting D was waiting
12. We ..... a film at 9 o'clock yesterday evening.
   A watched B watch C were watching D are watching
13. ThThe lights went out while I ..... my homework.
   A did B was doing C do D am doing
14. Ahmed ..... his keys on the way to school yesterday.
   A lost B loses C was losing D lose
15. When the bell ....., the students were taking a test.
   A rings B was ringing C ring D rang
16. At 6 p.m. yesterday, my sister ..... for her exam.
   A studied B studies C was studying D study
17. As we were driving home, we ..... a small accident.
   A saw B see C were seeing D sees
18. They ..... football last Friday because it was raining.
   A weren't play B didn't play C don't play D not played
19. While the baby was sleeping, his mother ..... some coffee.
   A makes B was make C making D made
20. ..... you visit the museum last weekend?
   A Were B Was C Did D Do

B From a, b and c choose the correct answer as required:

1. **My family (have) breakfast when I woke up.** **(Correct the verb)**
   Ⓐ My family have had breakfast when I woke up.
   Ⓑ My family are having breakfast when I woke up.
   Ⓒ My family were having breakfast when I woke up.
2. **Peter travelled to London last summer.** **(Ask a question)**
   Ⓐ Where did Peter travel to last summer?
   Ⓑ Where does Peter travel to last summer?
   Ⓒ Where has Peter travelled to last summer?

3 As I was walking to the mall, it (start) to rain. (Correct the verb)

Ⓐ As I was walking to the mall, it will start to rain.
Ⓑ As I was walking to the mall, it started to rain.
Ⓒ As I was walking to the mall, it is starting to rain.

4 I was reading a book at 7 o'clock yesterday. (Ask a question)

Ⓐ What am I doing at 7 o'clock yesterday?
Ⓑ What did I doing at 7 o'clock yesterday?
Ⓒ What was I doing at 7 o'clock yesterday?

5 The teacher came in while the students (shout) loudly. (Correct the verb)

Ⓐ The teacher came in while the students were shouting loudly.
Ⓑ The teacher came in while the students have shouted loudly.
Ⓒ The teacher came in while the students are shouting loudly.

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6 Nora visited her aunt yesterday. (Make negative)

Ⓐ Nora wasn't visit her aunt yesterday.
Ⓑ Nora didn't visit her aunt yesterday.
Ⓒ Nora doesn't visit her aunt yesterday.

7 While I (wait) for my friend, I read a message. (Correct the verb)

Ⓐ While I waited for my friend, I am reading a message.
Ⓑ While I am waiting for my friend, I read a message.
Ⓒ While I was waiting for my friend, I read a message.

8 The boys were playing basketball at 5 p.m. (Ask a question)

Ⓐ What were the boys doing at 5 p.m.?
Ⓑ What did the boys play at 5 p.m.?
Ⓒ What are the boys doing at 5 p.m.?

9 Emily was sleeping when the alarm rang. (Make negative)

Ⓐ Emily didn't sleeping when the alarm rang.
Ⓑ Emily wasn't sleeping when the alarm rang.
Ⓒ Emily doesn't sleep when the alarm rang.

10 When I arrived home, my brother (watch) TV. (Correct the verb)

Ⓐ When I arrived home, my brother watches TV.
Ⓑ When I arrived home, my brother is watching TV.
Ⓒ When I arrived home, my brother was watching TV.

11. We went to the beach last Saturday. (Ask a question)

Ⓐ When did you go to the beach?
Ⓑ When were you going to the beach?
Ⓒ When do you go to the beach?

12. My father was driving at 8 o'clock last night. (Make negative)

Ⓐ My father didn't drive at 8 o'clock last night.
Ⓑ My father wasn't driving at 8 o'clock last night.
Ⓒ My father doesn't drive at 8 o'clock last night.

13. While the children (play) outside, their mother called them. (Correct the verb)

Ⓐ While the children will play outside, their mother called them.
Ⓑ While the children are playing outside, their mother called them.
Ⓒ While the children were playing outside, their mother called them.

14. Olivia bought a new bag yesterday. (Ask a question)

Ⓐ What did Olivia buy yesterday?
Ⓑ What was Olivia buying yesterday?
Ⓒ What does Olivia buy yesterday?

15. The phone rang while I (take) a shower. (Correct the verb)

Ⓐ The phone rang while I takes a shower.
Ⓑ The phone rang while I am taking a shower.
Ⓒ The phone rings while I was taking a shower.

16. Emily is the swimmer. She has won a gold medal. (Use: Who)

Ⓐ Emily, who has won a gold medal, is the swimmer.
Ⓑ Who Emily is the swimmer, has won a gold medal.
Ⓒ Emily is the swimmer who she has won a golden medal.

17. I bought a new house. It is in Salmiya. (Use: Which)

Ⓐ I bought a which new house, is in Salmiya.
Ⓑ I bought a new house is in which Salmiya.
Ⓒ I bought a new house which is in Salmiya.

18. Mr. Salim is our headmaster. His son is a doctor. (Use: Whose)

Ⓐ Mr. Salim, whose son is a doctor, is our headmaster.
Ⓑ Mr. Salim is our headmaster whose his son is a doctor.
Ⓒ Mr. Salim is our whose headmaster his son is a doctor.

U 3 Translation

A Translate the following into good English:

- من المهم أن نحافظ على تراثنا الثقافي.

- نعم، فهو يربطنا بتاريخنا وتقاليدنا.

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- يمكن للتكنولوجيا أن تساعد في حماية التراث.

- نعم، يمكننا استخدامها لمشاركة ثقافتنا.

- ماذا تعتبر الحرف التقليدية مهمة؟

- لأنها تحافظ على ثقافتنا حية.

- يجب أن نكرّم الأشخاص المتميزين في بلدنا.

- نعم، يمكننا تسمية المدارس بأسمائهم.

The most important topic sentences in the unit

1

There are many ways to honour important people.

- We can name schools or buildings after them.
- We can give awards in their names.
- Museums can show their work.
- We can hold events to remember them.
- They can inspire young people.

2

Preserving our cultural heritage is important for many reasons.

- It helps us know who we are.
- It connects us with our history.
- It teaches young people important values.
- It keeps traditional skills and crafts alive.
- It can attract tourists to our country.

3

We can protect our cultural heritage in many ways.

- We can teach young people about our traditions.
- We can protect old and historic places.
- We can practise traditional crafts.
- We can use technology to share our heritage.
- We can hold cultural events.

U 3 Writing (Expository)

Date : .....

"Our cultural heritage is an important part of our history and identity"

Plan and write an expository essay of no fewer than 12 sentences (around 120–140 words) about our cultural heritage, explaining why it is important to preserve our heritage and how we can protect it for future generations.

The Outline

I. Introduction:

.....

.....

.....

II. Body Paragraph 1:

Topic Sentence:.....

Supporting Details 1:

.....

.....

Supporting Details 2:

.....

.....

III. Body Paragraph 2:

Topic Sentence:.....

Supporting Details 1:

.....

.....

Supporting Details 2:

.....

.....

IV. Conclusion :

.....

.....

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Write your topic here

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U 3 Summary Making

® IIn a paragraph of FOUR sentences ONLY, summarize and paraphrase the passage above in an answer to the following question

Google Maps application is a valuable tool for car drivers in many ways. For example, it provides detailed directions to help drivers reach their destinations. It also shows real-time traffic updates, allowing drivers to avoid busy roads. In addition, the app suggests other routes when there are delays due to accidents or construction. Furthermore, Google Maps can help drivers find nearby petrol stations. Finally, it calculates travel time, so drivers can plan their trips more effectively. These features make Google Maps a useful tool for drivers.

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How can the Google Maps application help car drivers?

Grade	Rubrics	Mark	Total Mark
10	Content / Relevance of Ideas	6	10
	Paraphrasing	2	
	Spelling and Grammer	1	
	Format	1	
	• Copying the whole paragraph receives ZERO • Exceeding the required number of sentences: - Minus 1 mark for one sentence. - Minus 2 marks for two sentences and above.		

Unit 4 | Lesson: 1 | What Makes a Good Citizen? | Date : .....

New Vocabulary

word	P.S	Definition	Meaning
citizenship	n	the state and duties of being an active citizen in a community	المواطنة
continuously	adv	occurring repeatedly or continuously without interruption	باستمرار
site	n	a location where a structure, town, or monument is situated	موقع
tie	n	a close relationship or connection linking people or nations	رابطة / صلة
well-known	adj	known and recognized by a large number of people	مشهور / معروف

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

site / continuously / citizenship /well-known / tie

1. Many tourists visit this historical ..... when they come to Kuwait.
2. Good ..... means caring about your country and helping your community.
3. The rain fell ..... for several hours without stopping during the night.
4. This restaurant is ..... for its delicious food and friendly service.

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

well-known / tie / site / citizenship / continuously

1. There is a strong ..... between the two countries because they work together.
2. TThe baby cried ..... for an hour, so his mother became worried.
3. We visited an old ..... and learned about its interesting history.
4. This writer is ..... because many people have read her famous books.

C (Set Book Questions)Answer the following questions:

1. What makes a person a good citizen?

.....

.....

2. How can people show good citizenship in their daily lives?

.....

.....

Unit 4 Lesson: 2 | Timeless Growth | Date : .....

New Vocabulary

word	P.S	Definition	Meaning
capacity	n	someone's maximum ability to do or contain something	قدرة / سعة
collection	n	a curated group of objects or artifacts assembled together	مجموعة
culturally	adv	relating to the customs, heritage, and values of a society	ثقافيًا
hub	n	the bustling focal center of an activity, trade, or region	مركز
mark	v	to celebrate or formally commemorate an important milestone	يميز / يحدد
nation	n	a community sharing common history, language, and governance	أمة / دولة
new-found	adj	recently discovered, attained, or recognized	مكتشف حديثًا
rapidly	adv	at high speed; swiftly within a short timeframe	بسرعة
sustain	v	to nourish, uphold, and allow to continue over time	يدعم / يحافظ على
transformation	n	a complete and profound evolution or change in form	تحول / يغير

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

rapidly – capacity – mark – collection – sustain – culturally

1. The new school hall has a ..... of about 500 students.
2. The museum has a beautiful ..... of old paintings and traditional objects.
3. Kuwaitis ..... National Day with flags, songs, and many special celebrations.
4. The small town is growing ..... as many new buildings are being built.
5. Healthy food can help ..... our energy during a long school day

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

transformation – hub – nation – new-found – culturally – sustain

1. Kuwait is a proud ..... with a long history and rich culture.
2. The town centre is a busy ..... for shopping, business, and entertainment.
3. The city has seen a great ..... with many new roads and buildings.
4. The country used its.....wealth to build schools and hospitals.
5. Kuwait is.....rich because of its history and traditions.

C (Set Book Questions)Answer the following questions:

1. How can a country develop over time?

.....

.....

2. How can a country keep its traditions while developing?

.....

.....

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Unit 4 **Lesson: 4** **An Address to the Nation** Date : .....

New Vocabulary

word	P.S	Definition	Meaning
defence	n	the protection of people or a country against attack or threat	دفاع
downplay	v	to minimize the perceived gravity or importance of an issue	يقلل من أهمية
leader	n	a person who guides or commands a nation or organization	قائد
safeguard	v	to protect from harm, loss, or jeopardy; preserve securely	يحمي / حماية
stable	adj	firmly established; unlikely to deteriorate or falter	مستقر

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

stable – safeguard – leader – downplay – defence

1. A good ..... helps the team work together and make good decisions.
2. Parents always ..... their children and try to keep them safe.
3. The army plays an important role in the ..... of the country.
4. Some people try to.....the problem and say it is not serious.

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

downplay – defence – stable – leader – safeguard

1. After many changes, the situation became ..... and people felt safe again.
2. Good laws help ..... people and protect their rights in the country.
3. Every successful team needs a good ..... to guide and support its members.
4. Strong ..... helps protect a country and keep its people safe.

C (Set Book Questions)Answer the following questions:

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1. Why is trust between leaders and people important?

.....

.....

2. How should people deal with challenges?

.....

.....

Unit 4 **Lesson: 5** The Golden Rule Date : .....

New Vocabulary

word	P.S	Definition	Meaning
altruism	n	disinterested and selfless concern for the well-being of others	إيثار
ancestor	n	a forebear from whom a person is descended	سلف / جد
comply	v	to act in accordance with an established mandate or regulation	يمتثل / يلتزم
loyal	adj	giving firm and steadfast support or allegiance to a group or cause	مخلص / وفي
volunteer	v	to freely offer service without compulsion or financial gain	يتطوع

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

loyal – volunteer – altruism – comply – ancestor

1. A ..... friend always supports you and stays with you in difficult times.
2. Many young people ..... to help others in their community.
3. Helping others without asking for anything shows true ..... and kindness.
4. All students must ..... with school rules to keep everyone safe and happy.

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

ancestor – comply – volunteer – loyal – altruism

1. My great-grandfather was a/ an ..... who lived in Kuwait many years ago.
2. Drivers must ..... with traffic rules to keep the roads safe for everyone.
3. Many students ..... to clean the beach and help protect the environment.
4. A/An ..... person always supports family and friends when they need help.

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C (Set Book Questions)Answer the following questions:

1. What is the Golden Rule?

.....

.....

2. Why is volunteering important?

.....

.....

Unit 4 **Lesson: 7** Law, Values, and Universal Citizenship Date : .....

New Vocabulary

word	P.S	Definition	Meaning
contract	n	a formal, legally binding covenant between entities	عقد
equality	n	the state of having identical social standing and equal rights	مساواة
formal	adj	observing established ceremony, etiquette, or legal standards	رسمي
freedom	n	the right to act, think, or speak without arbitrary restraint	حرية
impose	v	to establish authoritatively as compulsory; levy or enforce	يفرض / يلزم

informal	adj	casual and friendly; unconstrained by rigid protocol	غير رسمي
interestingly	adv	in a remarkable way that commands intellectual curiosity	من المثير للاهتمام
respect	v	to hold in high esteem, admire, and treat with consideration	يحترم
sentence	v	to formally pronounce judicial condemnation or penal decree	يحكم / يصدر حكماً
universal	adj	applicable to, occurring across, or embracing all humankind	شامل / عالمي

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

freedom – formal – impose – contract – interestingly – equality

1. Both sides signed a/an..... before they started working on the new project.
2. Everyone should have ..... and receive the same rights in their daily lives.
3. Students should wear ..... clothes when they attend an important school event.
4. People value their ..... to speak and make their own choices in life.
5. Schools may ..... rules to keep students safe and maintain good behaviour.

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

respect – universal – sentence – informal – interestingly – contract

1. We should ..... older people and listen carefully when they give us advice.
2. Human rights are ..... and should be protected for people around the world.
3. The judge may ..... a criminal after carefully studying all the evidence.
4. We wore ..... clothes because the family meeting was friendly and relaxed.
5. ....., the two students gave exactly the same answer to the difficult question.

C (Set Book Questions)Answer the following questions:

1. Why are laws important in our daily lives?

.....

.....

.....

2. Why should people respect laws and customs?

.....

.....

.....

Unit 4 | Lesson: 9

Living Monuments

Date : .....

New Vocabulary

word	P.S	Definition	Meaning
monument	n	a stately architectural structure celebrating a heroic legacy	نصب تذكاري
rare	adj	seldom encountered; marked by uncommon scarcity	نادر
showcase	v	to exhibit the finest virtues or attributes conspicuously	يعرض
skyline	n	the distinctive horizon profile etched by architectural silhouettes	الأفق العمراني للمدينة
symbolise	v	to serve as an emblematic representation of an abstract virtue	يرمز إلى

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

skyline – rare – symbolise – monument – showcase

1. The Kuwait Towers are a famous ..... visited by many tourists every year.
2. This museum will ..... traditional clothes and artwork from different parts of Kuwait.
3. White doves often ..... peace and hope around the world.
4. From our hotel window, we could clearly see the beautiful city .....

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

showcase – monument – skyline – symbolise – rare

1. This old coin is very ....., so the museum keeps it safely.
2. The tall buildings have changed the city's ..... greatly over recent years.
3. The festival will ..... local art, food, and traditional crafts for visitors.
4. This famous ..... was built to remember an important person from history.

Unit 4 | Lesson: 10 | The Invisible Safeguard | Date : .....

New Vocabulary

word	P.S	Definition	Meaning
character	n	the composite aggregate of mental and ethical traits defining a person	شخصية
lasting	adj	enduring across time; leaving an indelible impression	دائم
mature	adj	having attained complete psychological stability and sound discretion	راشد / ناضج
record	n	an authentic documented chronicle preserved for posterity	سجل
regulation	n	an authoritative directive issued by governing jurisdiction	قانون / لائحة

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

mature – record – character – regulation – lasting

1. Being honest and helpful shows that a person has a good .....
2. The school keeps a ..... of each student's attendance during the year.
3. A ..... person thinks carefully before making an important decision in life.
4. The teacher made a ..... impression on students with her kind words.

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

lasting – regulation – character – mature – record

1. Every driver must follow each traffic ..... to keep the roads safe.
2. Her good ..... made her popular with all her classmates at school.
3. The museum keeps a ..... of important events from the country's history.
4. Good friendships can have a ..... effect on our lives for many years.

Date : .....

U 4 Vocabulary Exercises

A From a , b , c and d choose the most suitable word:

1. Failaka Island is an ancient ..... where visitors can learn about Kuwait's past.
   - a. site
   - a. tie
   - a. nation
   - a. collection

2. Olivia is a.....student who always make good decision.
   - a. universal
   - a. lasting
   - a. stable
   - a. mature

3. The team chose a new ..... to guide the players during the competition.
   - a. ancestor
   - a. leader
   - a. character
   - a. monument

4. All workers must ..... with the safety rules before entering the factory.
   - a. comply
   - a. safeguard
   - a. showcase
   - a. downplay

5. The art festival will ..... paintings made by talented young Kuwaiti students.
   - a. mark
   - a. sustain
   - a. showcase
   - a. impose

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

stable - altruism - continuously - sustain - transformation - rapidly

6. Helping elderly people without asking for anything shows true ..... in daily life.

7. The machine works ..... throughout the day without stopping for a long break.

8. Regular care can ..... healthy trees in the school garden for many years.

9. The small village experienced a great ..... after new roads and schools were built.

10. After several difficult years, the local economy became ..... and began growing again.

Date : .....

U 4 Vocabulary Exercises

A From a , b , c and d choose the most suitable word :

1. Strong laws help ..... historic buildings from damage and careless destruction.
   - a respect
   - a safeguard
   - a impose
   - a sentence

2. The large stone ..... was built to honour an important national hero.
   - a monument
   - a record
   - a citizenship
   - a freedom

3. Mona remained ..... to her school team and supported it in every match.
   - a formal
   - a rare
   - a loyal
   - a mature

4. The school may ..... a new rule to stop students using phones in class.
   - a volunteer
   - a mark
   - a impose
   - a downplay

5. We wore ..... clothes because the family meeting was relaxed and friendly.
   - a universal
   - a informal
   - a lasting
   - a well-known

B From a , b , c and d choose the most suitable word :

1. Good laws should provide ..... so every citizen receives the same rights.
   - a capacity
   - a equality
   - a defence
   - a collection

2. The fire spread....., so everyone had to leave quickly.
   - a culturally
   - a interestingly
   - a continuously
   - a rapidly

3. Many teenagers ..... at local events to help children and older people.
   - a symbolise
   - a volunteer
   - a respect
   - a sustain

4. Her kind words made a ..... impression that I still remember today.
   - a stable
   - a mature
   - a lasting
   - a rare

5. The court can .....people who break the law.
   - a downplay
   - a comply
   - a symbolise
   - a sentence

Date : .....

U 4 Grammar

SB page : 68

Reported speech

- When we REPORT what other people say, we use a reporting verb and make changes to the speaker's actual words.
- These changes include:

① VERB TENSES

② PRONOUNS

③ TIME AND PLACE REFERENCE.

(1) TENSE CHANGES IN REPORTED SPEECH

.I'm very happy", said Emily" → .Emily said (that) she was very happy

From : direct Speech	To : Reported Speech
Simple Present Tense Ali: I live in Canada.	**Simple Past Tense** Ali said (that) he lived in Canada.
Present Continuous Tense Ali: I'm watching TV now.	**Past Continuous Tense** Ali said (that)he was watching TV then.
Present Perfect Tense Ali: I have written my sister a letter.	**Past Perfect Tense** Ali said (that) he had written his sister a letter.
Simple Past Tense Ali: I wrote my sister a letter.	**Past Perfect Tense** Ali said he had written his sister a letter.
Will Ali: I will help him.	**Would** Ali said (that) he would help him.

(2) Change pronouns as follows

Direct Speech	Reported Speech	Direct Speech	Reported Speech
I	He, she	Me	Him, her
We	They	Us	Them
You	He, she, they	You	Him, Her, them
My	His, her	Mine	His, hers
Our	Their	Ours	Theirs
Your	His, her, their	Yours	His, hers, theirs

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(3) Time and Place Reference

Time - Place	Reported Speech
here	there
now	then / at that moment
tomorrow	the next day
tonight	that night
next week	the following week
yesterday	the day before
last week	the week before

A From a , b , c and d choose the correct answer :

1. He said that he ..... to London the next day.

Ⓐ travel Ⓑ travels Ⓒ would travel Ⓓ travelling.

2. The teacher confirmed that her students ..... the test then.

Ⓐ were answering Ⓑ answer Ⓒ is answering Ⓓ will answer

3 Mary told me that she ..... her room the day before.

A clean B had cleaned C is cleaning D will clean

4 Adel said that he ..... his uncle the week before.

A meet B had met C will meet D meets

5 The reporter announced that the weather ..... sunny that day.

A is B can be C will be D was

B From a, b, and c choose the correct answer as required:

1 "I visited my uncle last Friday." (Change into reported speech)

A Emily said that I have visited my uncle the previous Friday.

B Emily said that she has visited my uncle the previous Friday.

C Emily said that she had visited her uncle the previous Friday.

2 "I'm watching a documentary about dolphins now." (Change into reported speech)

A Samir said that he was watching a documentary about dolphins then.

B Samir said that he had watched a documentary about dolphins then.

C Samir said that he has watched a documentary about dolphins then.

3 "Our teacher asks too many questions." (Change into reported speech)

A They said (that) our teacher asked too many questions.

B They said (that) their teacher asked too many questions.

C They said (that) their teacher has asked too many questions.

4 "My father records all the expenses to manage the family budget."

(Change into reported speech)

A Olivia said my father recorded all the expenses to manage the family budget.

B Olivia said her father recorded all the expenses to manage the family budget.

C Olivia said her father is recording all the expenses to manage the family budget.

5 "Indian food is my favourite." (Change into reported speech)

A My father said that Indian food is my favourite.

B My father said that Indian food was my favourite.

C My father said that Indian food was his favourite.

6 "We are taking our kids on holiday." (Change into reported speech)

A The parents said that they will be taking their kids on holiday.

B The parents said that they have been taking their kids on holiday.

C The parents said that they were taking their kids on holiday.

7 "I saw your father in the supermarket yesterday." (Change into reported speech)

A Omar told me that I saw your father in the supermarket yesterday.

B Omar told me that he has seen your father in the supermarket the day before.

C Omar told me that he had seen my father in the supermarket the day before.

8 "I've seen a nice film on T.V." (Change into reported speech)

A Merit told me that she has seen a nice film on T.V

B Merit told me that she had seen a nice film on T.V.

C Merit told me that she sees a nice film on T.V.

9 "I usually spend my money carefully." (Change into reported speech)

A Sara said that she usually spent her money carefully.

B Sara said that she usually spends her money carefully.

C Sara said that she usually would spend her money carefully.

10 "We bought a new computer yesterday." (Change into reported speech)

A They said that they buy a new computer the day before.

B They said that they had bought a new computer the day before.

C They said that they would buy a new computer the day before.

11 "I am saving money for my holiday." (Change into reported speech)

A Mona said that she saved money for her holiday.

B Mona said that she had saved money for her holiday.

C Mona said that she was saving money for her holiday.

12 "I was waiting for the bus." (Change into reported speech)

A Ali said that he had been waiting for the bus.

B Ali said that he is waiting for the bus.

C Ali said that he would wait for the bus.

13 "I have finished my homework." (Change into reported speech)

A Merit said that she finishes her homework.

B Merit said that she had finished her homework.

C Merit said that she would finish her homework.

14 I will pay for the tickets tomorrow." (Change into reported speech)

A Adel said that he paid for the tickets the next day.

B Adel said that he pays for the tickets the next day.

C Adel said that he would pay for the tickets the next day.

Date : .....

Future Forms

01 will (won't) + infinitive

Prediction / Quick decision

We use will to:

- predict what we think will happen in the future.
- make a quick decision at the moment of speaking.

There is no plan before. It is a guess or a spontaneous decision.

Examples:

- It is cloudy. I think it will rain.
- It is hot. I will switch on the A.C.

02 am / is / are + going to + infinitive

Intention / Plan
Prediction based on evidence

We use be going to to:

- talk about an intention or a plan we have already decided.
- make a prediction based on present evidence (what we can see now).

There is a plan or there is evidence now.

Examples:

- I am going to start my own business next year.
- Look at those dark clouds! It is going to rain.

03 Present continuous (am / is / are + verb + ing)

Future arrangement

We use be going to to:

We use the present continuous to talk about a future arrangement.

- There is usually a definite time or place.

There is a plan or there is evidence now.

Examples:

- I am seeing the doctor tomorrow morning at 10:30.
- She is getting married next Thursday.

Key Words for the Future

- tomorrow
- tonight
- soon
- next week / month / year
- in a week / month / year
- later
- this evening
- next Thursday
- in the coming years

A From a , b , c and d choose the correct answer :

1. I am ..... to see a new play tomorrow at the Royal Court Theatre.
   A going B will go C goes D went.

2. My friend ..... beat the highest score next time.
   A going to B is going to C go D goes

3. We are all ..... in the Green Cafe at 7.15.
   A meet B will meet C meeting D is going to meet

4. My parents ..... soon from Hajj. I think they will arrive on Friday.
   A returns B will return C returning D returned

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5. I ..... a new computer game at the weekend. Everything is already arranged.
   A am buying B buys C buying D bought.

6. I think tomorrow ..... a sunny day.
   A was B will be C are D being

7. Look at those black clouds! It ..... soon.
   A raining B is going to rain C rained D has rained

8. The phone is ringing. I ..... it.
   A answering B will answer C answered D have answered

9. We have booked the tickets. We ..... to Dubai next Thursday.
   A flew B are flying C have flown D fly

10. Al-Rai Newspaper ..... a survey about social media next week. The arrangements are ready.
    A was conducting B is conducting C has conducted D conducted

11. I think people ..... more online games in the coming years.
    A played B will play C have played D playing

12. Olivia has decided to save some money. She ..... a new laptop next month.
    A is going to buy B bought C has bought D buys

13 Be careful! You ..... that glass.

A dropped B are going to drop C have dropped D drop yesterday

14 The doctor has given Emily an appointment. She ..... him tomorrow morning.

A saw B is seeing C has seen D sees

15 It is very hot in here. I ..... the A.C. on.

A switched B will switch C have switched D switch

B From a, b, and c choose the correct answer as required:

1 I think the doctor (not come) at this time of night. (Correct)

A I think the doctor won't come at this time of night.

B I think the doctor has not come at this time of night.

C I think the doctor did not come at this time of night.

2 Olivia is going to play video games after dinner. (Make negative)

A Olivia won't play video games after dinner.

B Olivia didn't play video games after dinner.

C Olivia isn't going to play video games after dinner.

3 Olivia is travelling around the world in March. (Ask a question)

A When was Olivia travelling around the world?

B When is Olivia travelling around the world?

C When has Olivia travelled around the world?

4 Mahmoud will help us with the decorations. (Make negative)

A Mahmoud does not help us with the decorations.

B Mahmoud didn't help us with the decorations.

C Mahmoud won't help us with the decorations.

5. We (paint) our house next month. We have already chosen the colours. (Correct the verb)

A. We are going to paint our house next month.We have already chosen the colours.

B. We painted our house next month. We have already chosen the colours.

C. We have painted our house next month. We have already chosen the colours.

6. The receptionist (call) you tomorrow morning. (Correct)

A. The receptionist called you tomorrow morning.

B. The receptionist will call you tomorrow morning.

C. The receptionist has called you tomorrow morning.

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7. Emily is meeting her teacher tomorrow at 9:00. (Ask a question)

A. When did Emily meet her teacher?

B. When is Emily meeting her teacher?

C. When has Emily met her teacher?

8. Mike is going to buy a new computer next week. (Make negative)

A. Mike doesn't buy a new computer next week.

B. Mike isn't going to buy a new computer next week.

C. Mike didn't buy a new computer next week.

9. Look at those dark clouds! It (rain). (Correct the verb)

A. Look at those dark clouds ! It was raining.

B. Look at those dark clouds !It is going to rain.

C. Look at those dark clouds !It has rained.

10. They will travel to London next year. (Ask a question)

A. When will they travel to London?

B. When did they travel to London?

C. When have they travelled to London?

Date : .....

U 4 **Grammar**

Countable & Uncountable Nouns

Countable Nouns

- Nouns you can count.
- They have a singular and a plural form.
- We can use a/an in front of singular countable nouns.
- They can take singular or plural verbs.
- We use many and few with plural countable nouns.

Examples:

 an apple (singular)	 a book (singular)	 a school (singular)
 apples (plural)	 books (plural)	 schools (plural)

Uncountable Nouns

- Nouns you can't count.
- They don't have a plural form.
- We don't use a/an in front of uncountable nouns.
- They always take singular verbs.
- We use much and little with uncountable nouns.

Examples:

 water	 sugar	 rice	 cheese
 milk	 sand	 oil	 information

Quantifiers

with plural countable nouns

many

many = a large number

- I have many friends.
- There are many books on the shelf.
- Do you have many pens?

few

few = a small number (but some)

- I have few good friends.
- There are few books on the table.
- She has few photos on her phone.

with uncountable nouns

much

much = a large amount (often in questions / negatives)

- I don't have much time.
- There isn't much water in the bottle.
- Do we need much sugar?

little

little = a small amount (but some)

- There is little milk in the fridge.
- I have little money with me.
- Add little salt, please.

A From a , b , c and d choose the correct answer :

1. There are ..... students in the school library today.
   A much B many C little D an
2. We don't have ..... water left in the bottle.
   A many B few C much D an
3. ..... people attended the meeting, so the hall was almost empty.
   A Few B Much C Little D An
4. There is ..... time left, so we must hurry.
   A few B many C little D an
5. She bought ..... apple for her lunch.
   A a B an C many D much
6. There is ..... information in this short report.
   A few B many C little D an
7. How ..... books did you borrow from the library?
   A much B little C many D many
8. How ..... water do we need for the soup?
   A many B few C much D an
9. We saw ..... birds near the lake because most had flown away.
   A few B little C much D an
10. There is ..... sugar in my tea, so it doesn't taste sweet.
    A many B few C little D an
11. He is reading ..... interesting book about nature.
    A a B an C many D much
12. There are ..... trees in this large park.
    A much B many C little D an
13. There aren't ..... chairs in the small room.
    A much B an C little D many
14. We have ..... homework today, so we can finish it quickly.
    A few B many C little D an
15. ..... sea birds are becoming extinct in some areas.
    A Much B Little C Many D An

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B From a, b, and c choose the correct answer as required:

1. There are (much) books on the shelf. (Correct)
   - A There are many books on the shelf.
   - B There are little books on the shelf.
   - C There are a books on the shelf.

2. There is (many) water in the bottle. (Correct)
   - A There is a water in the bottle.
   - B There is much water in the bottle.
   - C There is few water in the bottle.

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3. There are twenty students in the hall. (Ask a question)
   - A How much students are there in the hall?
   - B How many students are there in the hall?
   - C How much are students there in the hall?

4. There is much water in the tank. (Ask a question)
   - A How many water is there in the tank?
   - B How much is water there in the tank?
   - C How much water is there in the tank?

5. She has (little) close friends, so she often feels lonely. (Correct)
   - A She has few close friends, so she often feels lonely.
   - B She has much close friends, so she often feels lonely.
   - C She has a close friends, so she often feels lonely.

6. There is little sugar in the jar. (Ask a question)

A. How many sugar is there in the jar?

B. How much sugar is there in the jar?

C. How many is sugar there in the jar?

7. There are ten birds in the garden. (Ask a question)

A. How many birds are there in the garden?

B. How much birds are there in the garden?

C. How many are birds there in the garden?

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8. There is (few) time left before the lesson starts. (Correct)

A. There is a time left before the lesson starts.

B. There is little time left before the lesson starts.

C. There is many time left before the lesson starts.

9. We have (much) chairs in the classroom. (Correct)

A. We have many chairs in the classroom.

B. We have little chairs in the classroom.

C. We have a chairs in the classroom.

10. He bought an orange for lunch. (Make plural)

A. He bought little oranges for lunch.

B. He bought many oranges for lunch.

C. He bought much oranges for lunch.

U 4 Translation

A Translate the following into good English:

- منى: ما معنى المواطنة الجيدة؟

.....

.....

- ماري: تعني احترام القوانين ومساعدة الآخرين.

.....

.....

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- أوليفيا: كيف تغيرت الكويت بعد اكتشاف النفط؟.

.....

.....

- إميلي: تطورت بسرعة وأصبحت دولة حديثة.

.....

.....

- عادل: كيف يمكننا تطبيق القاعدة الذهبية؟

.....

.....

- ديفي: نعامل الآخرين كما نحب أن يعاملونا.

.....

.....

- نورا: لماذا يجب علينا احترام القوانين؟

.....

.....

- سارة: لأنها تحافظ على سلامة الناس وتنظم المجتمع.

.....

.....

The most important topic sentences in the unit

1

The Digital Diwan is important and has many positive effects on society.

- It keeps old Kuwaiti stories.
- It helps us learn about our culture.
- It connects young and old people.
- It keeps our heritage alive.

2

A good citizen has many important qualities.

- They respect the law.
- They love their country.
- They respect other people.
- They are kind and helpful.

3

A good citizen can serve their country through simple everyday actions.

- They follow the rules.
- They keep places clean.
- They help people in need.
- They protect public places.

U 3 Writing (Expository)

Date : .....

"National unity cannot exist without the strengthening of identity and citizenship"

His Highness the Amir, Sheikh Meshal Al-Ahmad Al-Sabah

Plan and write an expository essay of no fewer than 12 sentences (around 120–140 words) explaining the qualities of a good citizen and providing examples of everyday actions they can take.

The Outline

I. Introduction:

.....

.....

.....

II. Body Paragraph 1:

Topic Sentence: .....

Supporting Details 1:

.....

.....

Supporting Details 2:

.....

.....

III. Body Paragraph 2:

Topic Sentence: .....

Supporting Details 1:

.....

.....

Supporting Details 2:

.....

.....

IV. Conclusion :

.....

.....

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Write your topic here

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Reading Comprehension (11 Marks)

Read the following passage carefully, and then answer the questions below:

Elizabeth sat quietly in her room after misleading rumors had begun spreading about her at Seagrove Academy. A student had secretly told the headmistress, Ms. Billings, that Elizabeth had cheated on several tests. Elizabeth was shocked because she always worked honestly and took her studies seriously.

Elizabeth was naturally quiet and did not spend much time at school clubs or events. After the rumors started, she spent even more time alone because she felt upset and uncomfortable. The situation worried her even more because she had recently been nominated for the Blauvelt Award. This important scholarship was given to students who showed honesty, hard work, and academic promise. Elizabeth feared that the false accusation could affect her chance of winning it.

Elizabeth was not naturally gifted, but she was an excellent student because she worked hard. She studied carefully and never gave up when her schoolwork was difficult. Her teachers knew that she was responsible and serious about her studies. However, the award committee had to check the accusation. On Friday, Ms. Billings called Elizabeth to her office and asked her about her recent test scores. Elizabeth answered the questions, but the meeting made her feel stressed.

Seagrove was a well-known school, and many students there came from wealthy families. Elizabeth's family, however, had little money. She attended Seagrove on a full scholarship. The Blauvelt Award was especially important because it could help her family pay for her college education. Winning it would also reward Elizabeth for her years of hard work.

Elizabeth decided not to give up. She wanted to discover who had started the rumor, so she opened the school directory and looked through the students' names. Seagrove was a small community, and there were only twenty-one students in her graduating class. Elizabeth believed that the person who spread the rumor would eventually be discovered. She was determined to find the truth and clear her name.

A Choose the correct answer from a, b, c or d: (5 × 1 = 5 Marks)

1. Which of the following is the best title for the passage?
   - A. A New School Club
   - B. A False Rumor at School
   - C. A Family Holiday
   - D. Life at College

2. The underlined word "misleading" in paragraph 1 nearly means:

A false B useful C honest D clear

3. The pronoun "it" in paragraph 2 refers to:

A Seagrove Academy

B the false accusation

C the Blauvelt Award

D academic promise

4. Why was the Blauvelt Award especially important to Elizabeth?

A It could help her family pay for college.

B It could help her join a school club.

C It could help her move to another school.

D It could make her graduating class larger.

5. According to the passage, all the following are TRUE about Elizabeth EXCEPT:

A She worked hard at school.

B She came from a wealthy family.

C She attended Seagrove on a full scholarship.

D She wanted to discover who started the rumor.

B Answer the following questions: (3 × 2 = 6 Marks)

6. Why did Elizabeth spend more time alone after the rumors started?

.....

.....

.....

7. How could the Blauvelt Award help Elizabeth and her family?

.....

.....

.....

8. Why did Elizabeth believe that the person who spread the rumor would be discovered?

.....

.....

.....