

تم تحميل هذا الملف من موقع المناهج الكويتية



Muhammad Ahmad Fathy

الملف Wellness Lifelong for Habits Healthy

[موقع المناهج](#) ← [ملفات الكويت التعليمية](#) ← [الصف السابع](#) ← [لغة انجليزية](#) ← [الفصل الثاني](#)

روابط مواقع التواصل الاجتماعي بحسب الصف السابع



روابط مواد الصف السابع على تلغرام

[الرياضيات](#)

[اللغة الانجليزية](#)

[اللغة العربية](#)

[التربية الاسلامية](#)

المزيد من الملفات بحسب الصف السابع والمادة لغة انجليزية في الفصل الثاني

مذكرة للوحدات من (الوحدة السابعة وحتى الثانية عشر)	1
القواعد المقررة في اللغة الانكليزية الفترة الثانية	2
كلمات الاملاء كاملة	3
حل الكتاب الغير ملون	4
مواضيع	5

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Grade 07

UNIT 5

Healthy Habits for Lifelong Wellness

Vocabulary and Grammar Revision



EAT HEALTHY



EXERCISE



GET ENOUGH
SLEEP



DRINK
WATER



MANAGE
STRESS



STAY POSITIVE

U.5-L.1

Taking care of your mind and body

P.19

1 strength (n.) 

2 well-being (n.) 

3 balance (n.) 

4 calm (adj.) 

5 proper (adj.) 

6 main (adj.) 
almanahj.com

7 growth (n.) 

8 concentration (n.) 

9 perform (v.) 

10 nutrient (n.) 

11 function (v.) 

12 correctly (adv.) 

13 limit (v.) 

14 tiredness (n.) 

15 repair (v.) 

16 stress (n.) 

17 completely (adv.) 

18 steady (adj.) 


A BETTER YOU!

Take care of your mind and body today for a better tomorrow!



Taking care of your mind and body

U.5-L.1



P.19

1.

The doctor said walking daily improves overall

a. failure

b. leadership

c. emotion

d. well-being

2.

After the storm, the workers began to the broken windows.

a. achieve

b. repair

c. control

d. rise

3.

Dana answered all the questions without making any mistakes.

a. mentally

b. strategically

c. physically

d. correctly

4.

Students need strong to focus during long exams.

a. concentration

b. leadership

c. movement

d. decision

5.

Too much work can cause serious

a. victory

b. emotion

c. stress

d. well-being



6. 6. The body needs iron as an essential

- a. movement **b. nutrient** c. decision d. courage

7. 7. A leader must remain during difficult situations.

- a. calm** b. unfair c. strength d. individual

8. 8. Muscles grow in size and with regular exercise.

- a. emotion b. failure c. leadership **d. strength**

9. 9. The company decided to spending to save money.

- a. achieve b. rise **c. limit** d. function

10. 10. The baby's breathing was slow and

- a. unfair **b. steady** c. dynamic d. individual



11. 11. Lack of sleep leads to extreme
- a. leadership b. emotion c. movement **d. tiredness**
12. 12. Children need enough sleep for healthy
- a. growth** b. failure c. decision d. victory
13. 13. It is to follow safety rules in the lab.
- a. proper** b. unfair c. dynamic d. individual
14. 14. The heart continues to even when we are asleep.
- a. control b. rise c. achieve **d. function**
15. 15. He was surprised by the final result.
- a. physically **b. completely** c. mentally d. strategically

U.5-L.5

Lessons for body and mind

P.24

1 control
(v.)



2 emotion
(n.)



3 unfair
(adj.)



4 dynamic
(adj.)



5 decision
(n.)



6 individual
(adj.)



7 courage
(n.)



8 depend on
(Ph. v.)



9 achieve
(v.)



10 physically
(adv.)



11 mentally
(adv.)



12 movement
(n.)



13 train
(v.)



14 strategically
(adv.)



15 leadership
(n.)



16 teammate
(n.)



17 rise
(v.)



18 failure
(n.)



19 victory
(n.)





U.5-L.5

“Lesson for Body and Mind”



Student's Book P.24

47. A good captain must show strong to guide the team.
a. growth **b. leadership** c. balance d. strength
48. Players must hard before the championship.
a. repair b. limit **c. train** d. function
49. She made the right after thinking carefully.
a. stress **b. decision** c. tiredness d. growth
50. True heroes show great in dangerous situations.
a. balance **b. courage** c. well-being d. stress
51. The team celebrated their big after the final match.
a. stress **b. victory** c. tiredness d. growth



52.

Every has a different personality and opinion.

a. individual

b. steady

c. proper

d. main

53.

The coach asked each to support the others.

a. teammate

b. nutrient

c. balance

d. concentration

54.

Too much pressure may lead to

a. growth

b. strength

c. failure

d. balance

55.

Athletes must their emotions during competitions.

a. perform

b. repair

c. control

d. limit

56.

Prices may next month due to high demand.

a. rise

b. function

c. perform

d. repair



57. Success often hard work and dedication.
a. limits b. depends on c. repairs d. performs
58. The athlete trained to improve his body strength.
a. properly b. physically c. steady d. completely
59. The manager planned the project to avoid problems.
a. strategically b. correctly c. completely d. steady
60. It was to treat him differently from others.
a. main b. steady c. unfair d. proper
61. The team developed a style of playing.
a. calm b. dynamic c. steady d. proper

Be + used to + v.ing

We use **be + used to + v.ing** to talk about things or activities that we are **familiar with** and do often.



EXAMPLES

- 1 I am used to **waking up** early.



- 2 She is used to **studying** hard.



- 3 He is used to **playing** football.



- 4 We are used to **eating** healthy food.



- 5 They are used to **living** in a big city.



- 6 I am used to **listening** to music.



- 7 She is used to **cooking** every day.



- 8 He is used to **working** late.



- 9 We are used to **traveling** during the holidays.



- 10 They are used to **working** as a team.



USES

- ★ To talk about habits or routines that happen regularly.
- ★ The person is familiar with the activity and it is normal for them.

FORM

Be + used to + v.ing

I am used to
You are used to
He / She / It is used to
We are used to
They are used to

TIP!

Used to + base verb
talks about **past** habits.

Be used to + v.ing
talks about **present** habits.

Compare:

I **used to**
play the guitar.
(past habit)



I **am used to**
playing the guitar.
(I do it often now)





Grammar : (be) + used to + v.ing



1. Sarah is used to online lessons because she studies from home most days.

- a. attend **b. attending** c. attended d. attends

2. We are used to our homework before dinner every evening.

- a. finish b. finished **c. finishing** d. finishes

3. My brother waking up early to catch the school bus.

- a. is used to** b. use to c. are used to d. used

4. The students are used to English during the class activities.

- a. speak b. spoke **c. speaking** d. speaks

5. Fatma is used to notes carefully during the lesson.

- a. write **b. writing** c. wrote d. writes

6. My parents living in Kuwait because they have stayed here for many years.
a. is used to **b. are used to** c. use to d. using to

7. Ahmed is used to his room by himself every weekend.
a. clean b. cleaned **c. cleaning** d. cleans

8. The football player training hard every day before competitions.
a. are used to b. use to **c. is used to** d. using to

9. I am used to a lot of water during the hot summer in Kuwait.
a. drink b. drank **c. drinking** d. drinks

10. They are used to teamwork activities at school.
a. do **b. doing** c. did d. does





Grammar : (be) + used to + v.ing



11.

I am used to waking up early before sunrise to go jogging.

→

(Negative)

12.

They are used to studying hard for exams and finishing all their projects.

→

(Ask a question
Wh question)

13.

He is used to driving long distances without needing a break.

→

(Negative)

14.

She is used to living alone in a small, comfortable apartment.

→

(Negative)

15.

Hana is used to speaking English with her teacher every day in class.

→

(Ask a question
Wh question)



PREPOSITIONS OF MOVEMENT



(across - towards - through - into - over - around)

ACROSS



He is walking **across** the street.

TOWARDS



She is walking **towards** the house.

THROUGH



He walked **through** the gate.

INTO



He went **into** the room.

OVER



She jumped **over** the fence.

AROUND



The car drove **around** the roundabout.



Prepositions of movement show the **path of movement** from one place to another.





Prepositions of Movement

(across – towards – through – into – over – around)



1.

The boy walked the bridge to reach the other side of the river.

- a. into **b. across** c. around d. through



2.

The cat jumped the wall quickly.

- a. over** b. into c. through d. around



3.

The students ran the school gate when the bell rang.

- a. around b. across c. into **d. towards**



4.

The car drove the tunnel during the trip.

- a. through** b. over c. around d. into



5.

We walked the park and looked at the flowers.

- a. around** b. over c. through d. towards





Prepositions of Movement

(across – towards – through – into – over – around)



1.

The little girl ran her mother happily.

- a. across **b. towards** c. through d. over



2.

The bird flew the lake in search of food.

- a. around b. into **c. across** d. through



3.

The thief climbed the fence and escaped.

- a. around **b. over** c. into d. towards



4.

The tourists walked the museum entrance quietly.

- a. into** b. across c. over d. around



5.

The children crawled the small hole in the wall.

- a. around **b. through** c. over d. towards





**THANK
YOU**

**WISH YOU
ALL THE BEST**

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