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**UNIT 7 Long lives LESSON 1/2****1-Why do you think keeping active is important for a long life ?**

- We can keep healthy
- We can avoid obesity
- We can enjoy life

**2-How do you think we can keep physically active and ensure a long life ( keep our muscles supple)?**

- What advice can you give to people to ensure a long life? (2<sup>nd</sup> period 2017)
- It's by active stretching
- We can do some exercise (2012-13/ 2015)
- We can work and go on a good diet
- We can have enough sleep

**3-How can we keep mentally ( our brains ) flexible / active ?**

- We can read books
- We can solve crosswords and puzzles

**4-In your point of view ,it's hard to find geriatric homes in Kuwait and the rest of the Arab World. Why?**

( 2013 - 2014 )

- Islam teaches us to honour the elderly (4<sup>th</sup> period 2013 - 2014 )
- Islam teaches us to show them compassion

**UNIT 7 WORKBOOK LESSON 3****5- How much sleep we need each night depends on several factors. Mention two.**

- They are age and daily routine (2012 - 2013)
- They are the quality of our sleep and genetic make-up

**6- What may happen if we don't get enough sleep ?****- What are the effects of lack of sleep / problems of sleep deprivation ?**

- We feel drowsy
- We have memory problems ( 2013 - 2014 )
- We feel moody
- We can not concentrate / we can gain weight

**7- Why is it important to get enough sleep? / What is the importance of sleep?**

- It helps keep new information
- It helps do better on tests (2010-2011)

**UNIT 7 LESSON 7/ 8****8- Our elderly people have done a lot for us so they deserve much from us. Mention**

- they deserve compassion and admiration
- they deserve love and respect

**9- How can we show gratitude and respect to the elderly / parents? (2012-13- 16)****- What are the Islamic Teachings regarding the treatment of parents by children ?**

- We should show friendship
- We should look after them (3<sup>rd</sup> 2014-15)
- We should talk to them
- We should help them do simple tasks.

**10- What are the factors that have affected / increased life expectancy in Kuwait? (2012-2013)**

- It's health care
- It's good nutrition
- It's modern medicine

## **UNIT 8 TOWN AND COUNTRY**

## **LESSON 1/ 2**

- 1- **Why** do you think **people move from the countryside to live in the city?** (2013-2014)  
- there are more services      - there are better-paid jobs      - there are more fun places
- 2- What **advantages** and **disadvantages** are there of living in a **city?** (2012 - 2013)  
**Advantages:**      - there are more services      - there are better-paid jobs  
**Disadvantages:**      - It's pollution      - It's overcrowding (3<sup>rd</sup> P 2015)
- 3- What do you think **villages suffer from nowadays ?**  
- They suffer from unemployment and deserted farms  
- They suffer from depopulation and poor infrastructure
- 4- The phenomenon of rural **depopulation** can **lead to** ( result in )..... (2010 -11-16)  
- List some of **the problems** that may be **caused by the movement** from the country **to the city** (by **leaving villages** ). (2012-2015)  
- They are overcrowding in cities and deserted villages      - People give up farming
- 5- **Why** do many **wealthy people move to live in the countryside** in recent years?  
- **Some people prefer** living in the **countryside** escaping towns .Give reasons .  
- They can enjoy fresh air and nature in the countryside (2010- 2012- 2013 )  
- They can escape from overcrowding and pollution in cities
- 6- What **measures** could people take to **make city life less stressful for the people who live there ?** { 2013 -14 / <sup>rd</sup> p .2015 )  
- They can reduce noise and pollution      - They can have more fun places
- 7- **What** would you **miss most about city life** if you **moved to a country area,** or vice versa ? (2012)  
- **City:**      - we would miss more services      - we would miss better-paid jobs  
- **Country:**      - we would miss nature      - we would miss fresh air, quiet

## **UNIT 8**

## **WORKBOOK**

## **LESSON 3**

- 8- **Why** is the **Silk City** being **built ?** (2010-2011)  
- **Governments** have to **build new cities** for several **reasons**. Explain. (2<sup>nd</sup> period 2017)  
- It's to offer housing and jobs      -It's to make Kuwait a world trade centre  
- It's to solve many problems as noise , traffic ,.....
- 9- What makes **Madinat Al-Hareer** a **unique** city ? ( 2012 -2013 )  
-It has a planned design      -It has demarcations between areas.

10- From your point ,cities like Silk City will change the way we live. Explain.

- people will be happy
- people will live near water and green areas
- people will overcome the problem of limited land ( 2012 -13 -16 )

11- How do you think cities ten years from now will differ from cities we inhabit today ?

- There will be vertical villages (4<sup>th</sup> period 2013 - 2014 )
- There will be more services and more fun places

## **UNIT 8      LESSON 7/ 8**

12- What things should you consider when choosing a place to live in ? (4<sup>th</sup> P 2015)

- It should be a green area
- It should be quiet and calm
- It should be expansive
- It should have a good location

## **UNIT 9    NEW WAYS AND OLD      LESSON 1/ 2**

1- How do you think traditional pastimes and leisure activities have changed in the modern world? (2010-2011)

- In the past: They were telling stories, reading books, visiting each other
- Nowadays : They are shopping, chatting , playing computer games

2- in your opinion , how can we make the best use of our free time ? (2016 3<sup>rd</sup> P)

- We can read books
- We can play sports
- We can visit our family and friends

## **UNIT 9      WORKBOOK      LESSON 3**

3-What are the purposes/ activities / events of Bayt Lothan? (2012-2013)

-Bayt Lothan serves as a shelter for arts and crafts (a cultural centre) .Explain. (2013 - 14)

- How could old buildings be used to serve new purposes? (2011-12 / 3<sup>rd</sup> P. 2015)

- It's a centre for arts
- It has workshops / art gallery
- It has classes / exhibitions
- It's a known coffee house

4- What is the impressive history of Bayt Lothan ? ( 2012 - 2013 )

- It acts as a centre for arts
- It was the place where ships could take refuge from storms

5- Are you for or against restoring and reusing old buildings ? Give reasons. (2013 - 2014)

- I'm for
- We can use them as museums , workshops, centre for arts,.....

## **UNIT 9      LESSON 7/ 8**

6-If you were asked to write a short biography of a person you know or know about ,

- Who would you write about ? Give reasons for your choice . ( 3<sup>rd</sup> P. 2015)

- I'd write about Sheikh Jaber

- He was called "the prince of hearts"

7-Why do you think Dr.Massouma Al-Mubarak is a distinguished / famous Kuwaiti woman?

- she is the first female minster in Kuwait

(2012-2013)

- she is the first woman to enter the Parliament

8- In your opinion, how can women serve their country?

( 2012- 2013 )

- They can work at different jobs.

- They can be members of the parliament

- They can bring up their children well.

### **FOCUS ON      GAMES OF THE PAST**

9- How did young people spend their free time in the past?

(2012 - 2013)

-they made their own fun.

-they played games in groups

10- What were the characteristics of the games of the past ?

( 2011- 2012 )

- Compare between the characteristics of the old games and new ones.

(3<sup>rd</sup> P 2016)

Old games : -games had well-known rules.

-children used simple things .

- games were played in groups

New games : - games don't need socializing

- new games make players idle

11- Unlike computer games and Nintendo, traditional games were practical and useful .Why ?

-They are easy to play

-They have more fun

-They improve fitness

(2010- 2011)

12- What is your favourite pastime ? Give reasons for your choice ?

( 2012 - 2013 )

- I like playing sports.

- they make me fit.

**Unit 10**

**Lesson 1/ 2**

**1- Mention some difficulties / challenges that may face spending time in the isolated icy mountains.**

- They are cold , sickness , injury and lack of oxygen

**2 -There are good qualities that make a good mountain climber such as ... (آخر العام 2011)**

- What qualities would a person need to push the limits ( obstacles ) / survive the difficulties and bad conditions?
- What type of personality and skills / attributes are important for challenges?
  - They are fitness , strength and courage.
  - They are patience , strong will.

**3- In your opinion, what are the preparations people should make before going on expeditions?**

- we should get enough training
- we should join a team (آخر العام 2012 / 2016)
- we should get the right equipment
- we should take food , water and a compass

**4- Are you interested in making a mountain expedition / doing something physically and mentally demanding? Why ?**

- Yes , I'm
- It's exciting ( fun ). / - It's to be famous. (آخر العام 2013)

**5- What were Zed Al Refai's aims in climbing the seven peaks / summits? (آخر العام 2013)**

- It's to encourage protecting our environment
- It's to inspire the Arabs to sport.

**6- What are pros and cons of record breaking attempts?**

- Why are some people so keen to break records ? (آخر العام 2011)
  - \* **PROS:** - They are fame , proving abilities and amazing achievements
  - \* **CONS:** - They are extremely dangerous , facing death and getting lost

**7- Why do people / adventurers push themselves to extreme limits of human endurance?**

- It's to gain fame and money
- It's to set a record
- It's to be famous.(2014-2017)

**Unit 10**

**Lesson 7/ 8**

**8- What can be learnt from expeditions of challenges?**

- We can learn patience and courage
- We can learn experience and adventure.

- 1- Mention the pros and cons of space travel / exploration. Why is the space station important?
- Space exploration / travel is very exiting. Are you for or against space travel .Why? Why not? (2016 )
- \* Pros / For:
- We can make progress on earth.
  - We can discover other planets
  - We can do experiments in space.
  - We can develop useful innovations
- \* Cons / Against:
- it is costly.
  - it is dangerous and risky
2. Do you think money should be spent to explore space or is it better spent helping people on Earth? Why?
- It should be spent to explore space.
- We can discover other planets (آخر العام 2014)
- Or: - It's better spent helping people on Earth
- We can feed the homeless and cure diseases
3. Why has Venus been given the epithets " the morning star " and "the evening star "?
- it is only seen from the Earth three hours before sunrise and three hours after sunset.
4. Some people contend that Venus is the earth's sister. Mention the similarities and differences between them?
- \* Similarities:
- They're about the same size and age. (آخر العام 2011)
- \* Differences:
- Venus has no seas and it is too hot.
5. Unlike other planets , life on Earth is possible because..... (آخر العام 2011)
- there are oxygen and water
  - the climate is good
6. Mars, with other planets in our solar system except Earth , don't have normal life because :
- It lacks oxygen
  - It is not conducive to human life.
7. How has space technology affected flight / aircraft technology? (آخر العام 2012)
- It made aircraft lighter and faster
  - It made aeroplane engines quieter
8. The wireless technology helped to solve the communication problems in space and Earth. Mention.
- It accesses data from Earth to space.
  - It's used in medicine
  - It's used for saving lives
9. There are a lot of benefits and spin-offs we could get from space technology. Mention some.
- How do advances in space technology benefit you in your daily life? (آخر العام 2013)
- We have satellite television , mobile phones. and AC units
  - We have sun glasses and GPS systems.
10. Space technology has a great impact on people's lives. How? ( آخر العام 2017 )
- It's used in medicine
  - It's used for saving lives
  - It monitors heart activity

# Unit 12 "Geniuses"

## Unit 12

## Lesson 1

**1-What are the advantages and disadvantages of being a child prodigy? (آخر العام 2013)**

- \* **Advantages:** - It's gaining respect and fame
- \* **Disadvantages:** - It's having few friends .- They may be treated in a different way

**2-How should child prodigies be treated by their parents and teachers ? (آخر العام 2016)**

- We should develop their talents and skills.
- We should care for them

**3. What role did the Kuwaiti Scientific Club play in helping the three Kuwaiti inventors to win**

**the Oscar of the Geneva Fair?**

**(آخر العام 2012)**

- It can train and care for them
- They got skills through training

**4. What are the aims / purposes of Award ceremonies ?**

- They encourage young talents and creativity
- They honour talented inventions

**5- Mention two qualities an inventive genius should have? (آخر العام 2012)**

- They should have dedication , initiative , courage
- They should have hard work , problem solving , perseverance

**6- In your opinion , how can we encourage and appreciate young talents ? (آخر العام 2013)**

- **How can governments encourage people to utilize their talents and creativity? (2017 )**
- we should give them awards.
- we should support and care for them

**7. What are the secrets of ( Maha Al Ghunaim's ) great achievements and success?**

- They are hard work and strong will.
- They are family support , great ambitions .

**8. What makes a successful businessman ?**

**(آخر العام 2011)**

- They are planning and clear vision
- They are communication skills and confidence