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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

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Grade 10

ENGLISH

Mr. Reda Ibrahim











منصة

شركة رانيا ياسين التعليمية

تميز | نجاح | تفوق

Discover What Makes School Unforgettable!

Unit One: The Science of Nutrition

PART 1

Word	POS	Example	Arabic Meaning
nutritious	adj	Healthy food is **nutritious**.	مغذٍ
pledge	n	He made a **pledge** to help us.	وعد / تعهد
portion	n	She ate a small **portion** of rice.	جزء / حصة
resist	v	I cannot **resist** sweet food.	يقاوم
swap	v	Can we **swap** our books?	يقايض / يبدل
attitude	n	She has a good **attitude**.	اتجاه / موقف
bestow	v	They **bestow** gifts on him.	يَهَب / يمنح
consume	v	We **consume** water every day.	يستهلك
inactive	adj	The computer is **inactive** now.	نشط غير
involvement	n	His **involvement** helped the team.	إشراك / مشاركة
notable	adj	He is a **notable** writer.	شهير / بارز
nutrition	n	Good **nutrition** keeps you strong.	تغذية
routinely	adv	We **routinely** clean the room.	روتينياً / بانتظام
stimulate	v	Games **stimulate** the mind.	تنشط / تحفز
urge	v	Teachers **urge** kids to read.	يشجع / يحث
aroma	n	The **aroma** of bread is nice.	زكية رائحة

Word	POS	Example	Arabic Meaning
filling	adj	Soup is very **filling**.	مشبع
preservatives	n	Fresh fruit has no **preservatives**.	حافظة مواد
prioritise	v	**Prioritise** your daily work.	الأولوية يعطي
soak	v	**Soak** the beans in water.	ينقع
affordable	adj	The small car is **affordable**.	التكلفة ميسور
indeed	adv	It is **indeed** a warm day.	حقاً / بالفعل
nutritional	adj	Milk has high **nutritional** value.	غذائي
organisation	n	He works for a big **organisation**.	مؤسسة / منظمة
subsidise	v	Governments **subsidise** bread.	مالياً يدعم

Choose the correct word:

1. A positive ..... helps you solve difficult problems easily.

A attitude B aroma C organisation D portion

2. You should ..... the dirty clothes in water before washing.

A swap B soak C resist D urge

3. Bright colors can ..... a young child's brain.

A consume B subsidise C stimulate D soak

4. The king gave a strong ..... to protect his people.

A aroma B pledge C attitude D portion

5. This cheap shop sells clothes at an ..... price.

A nutritious B active C notable D affordable

6. The rich ..... of fresh coffee filled the whole room.

A nutrition B attitude C aroma D pledge

7. Fresh apples and vegetables are very ..... for your body.

A nutritious B inactive C notable D affordable

8. Rice and beans have great ..... value for health.

A filling B inactive C nutritional D notable

9. Animals ..... a lot of water on hot summer days.

A soak B consume C swap D urge

10. The test was ..... very easy for all the students.

A indeed B routinely C inactive D nutritious

11. She works for a global ..... that helps poor people.

A portion B organisation C nutrition D attitude

12. He only ate a small ..... of the large cake.

A preservatives B nutrition C portion D involvement

13. You must ..... your health over your work.

A stimulate B consume C prioritise D bestow

14. The government will ..... student travel tickets to lower the cost.

A prioritse B subsidise C bestow D stimulate

15. Her ..... in the school project was very helpful.

A preservatives B involvement C nutrition D organisation

16. The school will ..... an award to the best student.

A stimulate B bestow C prioritise D resist

17. Eating a ..... meal stops you from feeling hungry quickly.

A nutritional B filling C notable D inactive

18. If you sit all day, you become ..... and weak.

A inactive B filling C notable D nutritional

19. I will ..... my red pen for your blue pen.

A bestow B urge C subsidise D swap

20. Parents often ..... their children to study hard.

A resist B swap C urge D bestow

21. It is hard to ..... eating chocolate when you are hungry.

A swap B consume C resist D soak

22. We ..... check our email messages every morning.

A routinely B indeed

23. The scientist made a ..... discovery last year.

A filling B notable C inactive D affordable

24. Factories add chemical ..... to keep food fresh longer.

A portions B preservatives C organisations D pledges

25. Good ..... gives your body the vitamins it needs.

A attitude B pledge C portion D nutrition

Fill-in-the-Blank Tests

Fill in the spaces with words from the list:

nutritious · pledge · portion · resist · swap

1.Although the chocolate cake looked delicious, I tried to ..... eating it before dinner.

2.My brother and I decided to ..... seats because he wanted to sit near the window.

3.The teacher asked every student to make a ..... to work hard and complete the project.

4.The nurse explained that a small ..... of food would be enough for the young child.

5.A homemade vegetable soup can be both warm and ..... because it contains many vitamins.

Fill in the spaces with words from the list:

attitude · bestow · consume · inactive · involvement

1.The school principal will ..... a special award on the student who helped others most.

2.Spending many hours watching television without exercising can make a person .....

3.Her friendly ..... towards new students helped them feel welcome on their first day.

4.Please remember that young children should not ..... too many sugary drinks each day.

5.The success of the charity event depended on the active ..... of parents, teachers, and students.

Fill in the spaces with words from the list:

notable · nutrition · routinely · stimulate · urge . involvement

1.The doctor tried to ..... the patient to walk regularly because exercise would improve her health.

2.The old library is a ..... building because it has served the town for more than one hundred years.

3.Teachers often use interesting questions and practical activities to ..... their students' curiosity.

4.Good ..... is especially important for children because their bodies and minds are still developing.

5.The restaurant ..... checks the freshness of its ingredients before preparing the evening meals.

Fill in the spaces with words from the list:

aroma · filling · preservatives · prioritise · soak . nutrition

1. Before cooking the dried beans, leave them to ..... in a large bowl of water overnight.
2. The delicious ..... of freshly baked bread spread through the house and made everyone hungry.
3. Because the rice and beans were so ....., I did not need another meal until the evening.
4. Many packaged foods contain ..... that help them stay fresh for a longer period of time.
5. During an emergency, hospitals must ..... the treatment of seriously ill patients before less urgent cases.

Fill in the spaces with words from the list:

affordable · indeed · nutritional · organisation · subsidise

1. The community centre is an important ..... that provides meals and advice to families in need.
2. The government plans to ..... school lunches so that children from poorer families can eat well.
3. The food company printed detailed ..... information on the packet, including calories, vitamins, and minerals.
4. The small family restaurant is popular because it offers fresh, healthy meals at an ..... price.
5. The plan was difficult to complete; ....., the volunteers managed to finish the work before the deadline.

UNIT 1 GRAMMAR

Present Simple Tense & Adverbs of Frequency (زمن المضارع البسيط وظروف التكرار)

1. Use (الاستخدام)

يُستخدم للتعبير عن العادات، الروتين اليومي، الحالات الدائمة، والحقائق العامة أو العلمية.

2. Form (التكوين)

Affirmative (الإثبات):

I / You / We / They + **Verb (Base Form / المصدر)**

Example: They play football.

He / She / It + **Verb + s / es / ies**

Example: She plays football.

Negative (النفي):

I / You / We / They + **don't** + **Verb (Base Form)**

Example: We don't like fish.

He / She / It + **doesn't** + **Verb (Base Form)**

Example: He doesn't like fish.



Interrogative (السؤال):

Do + I / you / we / they + **Verb (Base Form)**?

Example: Do you study?

Does + he / she / it + **Verb (Base Form)**?

Example: Does he study?

3. Adverbs of Frequency & Key Words (الكلمات الدالة وظروف التكرار)

Key Words: every day/week/year (كل يوم/أسبوع/سنة), in the morning (في الصباح), on Sundays (أيام الأحد).

Adverbs of Frequency (ظروف التكرار):

Always (دائماً) - 100%

Usually (عادةً) - 90%

Often (غالباً) - 70%

Sometimes (أحياناً) - 50%

Rarely / Seldom (نادراً) - 10%

Never (أبداً) - 0%



Position (موقعها في الجملة):

Before the main verb: (قبل الفعل الأساسي)

Example: I **always** *wake* up early. (أنا دائماً أستيقظ مبكراً)

After verb "to be" (am/is/are): (بعد فعل يكون)

Example: He *is* **never** late. (هو لا يتأخر أبداً)

Choose the correct answer:

1. She……. to the gym every morning.

A go B goes C going D does

2. I …….my keys. I am very organized.

A always lose B never lose C lose never D never loses

3. ……they speak French?

A Does B Are C Do D Did

4. My brother …….coffee; he prefers tea.

A don't drink B doesn't drinks C doesn't drink D isn't drink

5. The sun…….. in the east.

A rise B rises C is rising D rose

6. We……. tired after work.

A usually are B are usually C usually be D be usually

7. How often…… your grandparents?

A you visit B do you visit C does you visit D did you visit

8. Sarah ……..homework on weekends.

A rarely does B does rarely C rarely do D does

9. Monkeys…… bananas.

A loves B love C loving D never loses

10. He ……in a bank.

A work B working C works D worked

11. ……your mother drive to work?

A Do B Does C Is D Did

12. They…….. to the cinema on Mondays.

A doesn't go B don't go C don't goes D isn't go

13. I ……a book before going to bed.

A sometimes read B read sometimes C am sometimes reading D gone

14. Water……... at 100 degrees Celsius.

A boil B boiling C boils D does

15. John and Mary…….. pizza.

A like B likes C doesn't like D does

16. My dog…….. at strangers.

A often barks B barks often C often bark D does



Choose the correct answer:

1. She..... late for meetings, so her manager trusts her.

A is never B never is C doesn't never be D isn't never

2. My father..... spicy food; it upsets his stomach.

A don't eat B doesn't eats C doesn't eat D isn't eat

3. How often..... your cousins during the summer?

A you visit B do you visit C does you visit D are you visit

4. The office staff..... a brief meeting every Monday morning.

A have B has C are having D is have

5. If you ice in the sun, it..... .

A put / melt B puts / melts C put / melts D putting / melting.

UNIT 1 READING COPREHENSION

Nutrition is the science that studies how food affects our health and well-being. It examines the nutrients in food and how our bodies use them to grow, repair tissues, and produce energy. The human body needs six major types of nutrients to function properly: carbohydrates, proteins, fats, vitamins, minerals, and water.

Carbohydrates are the body's main source of energy. They are found in foods like bread, rice, pasta, and fruits. Proteins help build and repair muscles, skin, and other tissues. Good sources of protein include meat, fish, eggs, beans, and nuts. Fats are also important because they protect our organs and help the body absorb certain vitamins. However, we should eat healthy fats from foods like olive oil, avocados, and fish, rather than unhealthy fats from fried foods.

Vitamins and minerals are needed in small amounts, but they play a crucial role in keeping us healthy. For example, vitamin C helps fight infections, while calcium strengthens our bones and teeth. Water is perhaps the most important nutrient of all. Our bodies need water to digest food, regulate temperature, and remove waste products.

A balanced diet contains the right amount of nutrients from all food groups. Nutritionists recommend eating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats every day. When people do not get enough nutrients, they may feel tired, get sick more often, or have problems with growth and development. On the other hand, eating too much of certain foods, especially those high in sugar and fat, can lead to health problems like obesity and heart disease.

Understanding nutrition helps us make better food choices and live healthier lives. By learning about the science of nutrition, we can take control of our health and prevent many diseases before they start.

Choose the correct answer from A, B, C, or D:

1. What is the main idea of this passage?

A The history of food and cooking
B The importance of exercise for health
C How nutrients in food affect our health
D Different types of diseases and their causes

2. The word "crucial" in paragraph 3 is closest in meaning to:

A dangerous
B unimportant
C essential
D difficult

3. What does the word "them" in paragraph 1 refer to?

A nutrients
B bodies
C foods
D types

4. According to the passage, which nutrient is the body's main source of energy?

A Proteins
B Fats
C Carbohydrates
D Vitamins

5. What can we infer about eating too much sugar and fat?

A It helps us grow stronger
B It can cause health problems
C It gives us more energy
D It improves our digestion

Answer the following questions in complete sentences:

6. What are the six major types of nutrients that the human body needs?

……

7. Why is water considered the most important nutrient according to the passage

……

8. What is a balanced diet, and why is it important for our health?

……

9. How can understanding nutrition help people improve their lives?

……

UNIT ONE PART ONE WRITING

Plan and write **a paragraph of no fewer than 8 sentences** (approximately 90 words) explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Your outline should include:

An introductory Sentence;……

(State the main idea)

Supporting idea 1:……

(Explain the benefits of the healthy food options)

Supporting idea 2:……

(Suggest traditional\ modern healthy options)

A concluding Sentence……

(Restate the introductory sentence)

Outline

• **An introductory Sentence**: Eating healthy food at the school canteen is very good for us.

(State the main idea)

• **Supporting idea 1**: Fresh food gives our bodies a lot of strong energy to learn and play.

(Explain the benefits of the healthy food options)

• **Supporting idea 2**: We can add simple meals like fresh local fruit bowls or green salads.

(Suggest traditional/modern healthy options)

• **A concluding Sentence**: Picking good food at the canteen helps us stay strong and smart all day.

(Restate the introductory sentence)

Paragraph

Eating healthy food at the school canteen is very good for us. Fresh food gives our bodies a lot of strong energy. This energy helps us pay attention in class and learn faster. Healthy snacks also make us feel happy and ready to play outside. We can ask the canteen to add more fun and healthy choices. A great traditional option is a bowl of fresh local fruits. Another nice modern choice is a green salad with tasty chicken. These simple foods taste great and keep us from getting sick. Finally, Picking good food at the canteen helps us stay strong and smart all day.



Unit 1 — Part 2 : Key Vocabulary

Word (POS)	British Transcription	Definition & Example	Arabic Meaning
biological (adj)	/ˌbaɪ.əˈlɒdʒ.ɪ.kəl/	Related to living things. This is a biological process.	بيولوجي
chemically (adv)	/ˈkem.ɪ.kəl.i/	Using chemicals. The water is chemically cleaned.	كيميائياً
effective (adj)	/ɪˈfek.tɪv/	Works well. This drug is very effective.	فعّال
fatigue (n)	/fəˈtiːg/	Being very tired. Fatigue made him sleep early.	إرهاق
inflammation (n)	/ˌɪn.fləˈmeɪ.ʃən/	Red, painful swelling. Inflammation caused pain in his knee.	التهاب
malnutrition (n)	/ˌmæl.njuːˈtrɪʃ.ən/	Not eating enough good food. Malnutrition harms children's growth.	سوء التغذية
personalised (adj)	/ˈpɜː.sən.əl.aɪzd/	Made for one person. I got a personalised gift.	مخصّص
process (v)	/ˈprəʊ.ses/	To handle or treat something. The factory processes milk.	يُعالج
regulate (v)	/ˈreg.jə.leɪt/	To control by rules. Laws regulate traffic.	يُنظّم
still (adv)	/stɪl/	Until now. She is still sleeping.	لا يزال
decade (n)	/ˈdek.eɪd/	Ten years. I lived here for a decade.	عقد

Word (POS)	British Transcription	Definition & Example	Arabic Meaning
Legume (N)	/ˈleg.juːm/	A plant like beans. Peas are a legume.	بقوليات
Overlook (V)	/ˌəʊ.vəˈlʊk/	To miss or ignore. Don't overlook this detail.	يتجاهل
Stroll (V)	/strəʊl/	To walk slowly. We strolled in the park.	يتنزّه
Sustainable (Adj)	/səˈsteɪ.nə.bəl/	Can last a long time. Solar power is sustainable.	مُستدام
Assign (V)	/əˈsaɪn/	To give a task. He assigned me a job.	يُكلّف
Break Down (Ph.V)	/ˌbreɪkˈdaʊn/	To split into smaller parts. Food breaks down in the stomach.	يتحلل
Hurdle (N)	/ˈhɜː.dəl/	A difficulty to pass. Money was a hurdle for him.	عقبة
Tempting (Adj)	/ˈtem.p.tɪŋ/	Making you want it. The cake was very tempting.	مُغري
Wholesome (Adj)	/ˈhəʊl.səm/	Healthy and good. She eats wholesome food.	سليم/صحي

Choose the Correct Answer

Choose the correct answer for each question.

1. The body's natural _____ defences fight infections.

Ⓐ effective Ⓑ biological Ⓒ sustainable Ⓓ wholesome

2. The farmer tested the soil _____ to check for toxins.

Ⓐ chemically Ⓑ biologically Ⓒ effectively Ⓓ sustainably

3. This painkiller is highly _____ against headaches.

Ⓐ tempting Ⓑ effective Ⓒ wholesome Ⓓ sustainable

4. After working 12 hours, he collapsed from _____.

Ⓐ fatigue Ⓑ inflammation Ⓒ malnutrition Ⓓ hurdle

5. The doctor prescribed a cream to reduce the _____ in her wrist.

Ⓐ fatigue Ⓑ inflammation Ⓒ malnutrition Ⓓ hurdle

6. Children with _____ often have weak immune systems.

Ⓐ fatigue Ⓑ malnutrition Ⓒ inflammation Ⓓ temptation

7. The clinic offers a _____ diet plan for each patient.

Ⓐ wholesome Ⓑ personalised Ⓒ biological Ⓓ tempting

8. The laboratory _____ hundreds of blood samples daily.

Ⓐ regulates Ⓑ processes Ⓒ overlooks Ⓓ assigns

9. The government _____ the price of medicine to protect patients.

Ⓐ overlooks Ⓑ regulates Ⓒ breaks down Ⓓ strolls

10. Even after the surgery, she _____ feels some discomfort.

Ⓐ still Ⓑ chemically Ⓒ effectively Ⓓ biologically

11. Medical research has advanced enormously over the past _____.

Ⓐ hurdle Ⓑ legume Ⓒ decade Ⓓ stroll

12. Lentils and chickpeas are both types of _____.

Ⓐ legume Ⓑ decade Ⓒ fatigue Ⓓ hurdle

13. Doctors must never _____ a patient's allergy history.

Ⓐ regulate Ⓑ process Ⓒ overlook Ⓓ assign

14. Patients recovering from surgery are encouraged to _____ gently in the garden.

Ⓐ stroll Ⓑ break down Ⓒ process Ⓓ assign

15. Solar-powered clinics are an example of _____ healthcare design.

Ⓐ tempting Ⓑ sustainable Ⓒ biological Ⓓ effective

16. The head nurse _____ each ward to a different team.

Ⓐ regulates Ⓑ assigns Ⓒ processes Ⓓ overlooks

17. In the digestive system, enzymes _____ food into smaller nutrients.

Ⓐ break down Ⓑ regulate Ⓒ overlook Ⓓ stroll

18. The main _____ to rural healthcare access is the lack of roads.

Ⓐ hurdle Ⓑ legume Ⓒ decade Ⓓ fatigue

19. The smell of fresh bread in the bakery was _____, even for someone on a strict diet.

Ⓐ tempting Ⓑ biological Ⓒ wholesome Ⓓ sustainable

20. A diet rich in vegetables, grains, and legumes is considered very _____.

Ⓐ tempting Ⓑ wholesome Ⓒ personalised Ⓓ biological

More Challenging Questions

Choose the correct answer:

1. The physician warned the student never to _____ seemingly minor details in a patient's medical history, as they could prove critical.

Ⓐ regulate Ⓑ process Ⓒ overlook Ⓓ assign

2. The aroma of fresh bread from the cafeteria proved _____ even to the most disciplined nurses on strict diets.

Ⓐ tempting Ⓑ biological Ⓒ wholesome Ⓓ sustainable

3. The rheumatologist noted that the persistent _____ around the joints had worsened, potentially restricting basic movement.

Ⓐ inflammation Ⓑ malnutrition Ⓒ fatigue Ⓓ temptation

4. The administrator decided to _____ each incoming surgeon to a specific department based on their area of expertise.

Ⓐ regulate Ⓑ assign Ⓒ process Ⓓ overlook

5. The new laboratory is capable of _____ over a thousand tissue samples per day, greatly reducing diagnostic waiting times.

Ⓐ regulating Ⓑ overlooking Ⓒ processing Ⓓ assigning

6. Over the past _____, medical imaging has progressed from basic X-rays to AI systems that detect diseases at early stages.

Ⓐ hurdle Ⓑ legume Ⓒ decade Ⓓ stroll

7. As part of rehabilitation, cardiac patients are encouraged to _____ through the hospital garden each evening to rebuild stamina gradually.

Ⓐ break down Ⓑ stroll Ⓒ process Ⓓ assign

8. Before the new drug could be approved, scientists had to _____ analyse every compound to check for harmful side effects.

Ⓐ biologically Ⓑ effectively Ⓒ chemically Ⓓ sustainably

9. Once the medication enters the bloodstream, the liver begins to _____ the active compounds into simpler molecules the body can absorb.

Ⓐ break down Ⓑ regulate Ⓒ overlook Ⓓ stroll

10. Rather than prescribing a generic plan, the specialist developed a _____ programme based on the patient's genetic profile and lifestyle.

Ⓐ wholesome Ⓑ personalised Ⓒ biological Ⓓ tempting

11. Nutritionists recommend incorporating at least one type of _____, such as lentils or chickpeas, into weekly meals for their high protein content.

Ⓐ legume Ⓑ decade Ⓒ fatigue Ⓓ hurdle

12. Although developed for a different condition, the treatment proved remarkably _____ in reducing chronic pain among elderly patients.

Ⓐ tempting Ⓑ wholesome Ⓒ effective Ⓓ personalised

13. The nutritionist stressed that a truly _____ diet is rich in natural, unprocessed foods that nourish both body and mind.

Ⓐ tempting Ⓑ wholesome Ⓒ personalised Ⓓ biological

14. Government agencies strictly _____ the manufacture and distribution of pharmaceutical products before they reach pharmacy shelves.

Ⓐ overlook Ⓑ regulate Ⓒ break down Ⓓ stroll

15. Researchers continue to study the _____ mechanisms that distinguish living organisms from inanimate matter.

Ⓐ sustainable Ⓑ biological Ⓒ chemically Ⓓ effective

16. Despite generous funding, the research team still faced a significant _____ in obtaining ethical approval for human trials.

Ⓐ hurdle Ⓑ legume Ⓒ decade Ⓓ fatigue

17. Aid organisations report that _____ remains a leading cause of weakened immunity among children in conflict zones.

Ⓐ inflammation Ⓑ malnutrition Ⓒ fatigue Ⓓ hurdle

18. The new hospital was built using _____ materials and solar energy systems to minimise its environmental impact for decades.

Ⓐ tempting Ⓑ sustainable Ⓒ biological Ⓓ effective

19. Even after completing the antibiotic course, the patient _____ experiences occasional dizziness, prompting further examination.

Ⓐ still Ⓑ chemically Ⓒ effectively Ⓓ biologically

20. The physician explained that the patient's extreme _____ resulted from both sleep deprivation and prolonged emotional stress.

Ⓐ inflammation Ⓑ malnutrition Ⓒ fatigue Ⓓ hurdle

Fill in the Spaces — Practice Tests

Test 1 — Fill in the Spaces

inflammation ◆ sustainable ◆ chemically ◆ effective ◆ fatigue ◆ biological

1. The body's _____ defences fight infections naturally.
2. This new medicine is highly _____ against headaches.
3. After working for twelve hours, he collapsed from _____.
4. The doctor gave her a cream to reduce the _____ in her wrist.
5. Before reaching homes, the water is _____ treated to remove bacteria.

Test 2 — Fill in the Spaces

still ◆ process ◆ regulate ◆ personalised ◆ tempting ◆ malnutrition

1. Children with _____ often have very weak immune systems.
2. The clinic offered a _____ diet plan for each patient.
3. The laboratory _____ hundreds of blood samples every day.
4. The government _____ the prices of essential medicines.
5. Even after the surgery, she _____ feels some discomfort.

Test 3 — Fill in the Spaces

sustainable ◆ overlook ◆ stroll ◆ decade ◆ biological ◆ legume

1. Medical research has advanced enormously over the past _____.
2. Lentils and chickpeas are both types of _____.
3. Doctors must never _____ a patient's allergy history.

4. After dinner, the family likes to _____ through the park.

5. Solar power is a clean and _____ source of energy.

Test 4 — Fill in the Spaces

wholesome ◆ effective ◆ break down ◆ hurdle ◆ tempting ◆ assign

1. The head nurse _____ each ward to a different team.

2. In the stomach, enzymes _____ food into smaller nutrients.

3. The biggest _____ to rural healthcare is the lack of roads.

4. The smell of fresh cake was _____, even for someone on a diet.

5. A _____ breakfast of eggs, milk, and whole-grain bread gives energy for the day.

Unit 1 — Part 2 : Reading Comprehension

Reading Passage: The Tricks of Food Marketing

Food marketing is everywhere. It is the way companies get us to buy their food. When you walk into a supermarket, you see many colorful boxes. Have you ever wondered why cereal boxes have bright colors and cute animals on them? That is food marketing!

Companies use special tricks to make their food look delicious and fun. One common trick is using popular cartoon characters. If a child sees their favorite superhero on a box of cookies, they will probably ask their parents to buy it.

Another trick is using TV and internet commercials. Companies make fun videos with fast, happy music. In these videos, people are always smiling and laughing while eating the food. This makes us feel like we will be very happy if we eat it, too.

Supermarkets also help with marketing. They put the most popular and sugary snacks on the middle shelves. This is exactly where children can easily see them and reach them. Healthy foods, like plain oatmeal or brown rice, are often hidden on the very top or bottom shelves.

It is important to understand food marketing. When we know these tricks, we can make better choices. We can choose healthy foods instead of just buying the snacks with the brightest boxes or the coolest toys inside.

Part 1 : Multiple Choice Questions

Choose the correct answer.

1. What is the main idea of this passage?

Ⓐ How to cook healthy meals at home
Ⓑ How companies use tricks to make us buy their food
Ⓒ Why supermarkets are very big
Ⓓ How to draw your own cartoon characters

2. Why do food companies put superheroes or cute animals on boxes?

Ⓐ To help children learn how to read
Ⓑ To make the boxes heavier
Ⓒ To make children want to buy the food
Ⓓ To keep the food fresh for a long time

3. How do people usually look in food commercials on TV?

Ⓐ Sad and tired Ⓑ Angry and loud Ⓒ Sleepy and bored Ⓓ Happy and smiling

4. Where do supermarkets usually put sugary snacks?

Ⓐ On the very top shelves
Ⓑ On the middle shelves where kids can reach them
Ⓒ On the bottom shelves near the floor
Ⓓ Outside the store

5. Why is it important to understand food marketing tricks?

Ⓐ So we can make healthier food choices
Ⓑ So we can get a job at a supermarket
Ⓒ So we can watch more commercials on TV
Ⓓ So we can collect all the plastic toys

Part 2 : Answer in Complete Sentences

1. What is one trick companies use on their boxes to make food look fun?

2. Why do TV commercials use happy music and smiling people?

3. According to the passage, where are healthy foods like plain oatmeal usually placed in the supermarket?

4. What does the passage say we should do instead of buying boxes just because they have bright colors?

Unit 1 — Part 2 : Grammar

القواعد : الجزء الثاني

The Present Continuous Tense (زمن المضارع المستمر)

1. Sentence Structure — تكوين الجملة

(am / is / are) followed by the main verb with an -ing ending.

Affirmative: (حالة الإثبات)

I + am + Verb-ing

I am reading a book. أنا أقرأ كتاباً.

He / She / It + is + Verb-ing

She is working right now. هي تعمل الآن.

You / We / They + are + Verb-ing

They are playing football. هم يلعبون كرة القدم.

Negative: (حالة النفي)

Add "not" after the auxiliary verb.

I am not sleeping. أنا لست نائماً.

He is not (isn't) listening. هو لا يستمع.

We are not (aren't) watching TV. نحن لا نشاهد التلفاز.

Question : (حالة السؤال)

Swap the subject and the auxiliary verb.

Am I dreaming? هل أنا أحلم؟

Is she studying for the exam? هل هي تدرس للامتحان؟

What are they doing? ماذا يفعلون؟



تطبيق منوعاتي

2. When to Use the Present Continuous — استخدامات الزمن

A. Actions happening at the moment of speaking: (أحداث تقع لحظة الكلام)

Please be quiet. The baby is sleeping. رجاءً كن هادئاً. الطفل نائم الآن.

Look! It is raining outside. انظر! إنها تمطر بالخارج.

B. Temporary situations happening around now:

(مواقف مؤقتة تحدث في هذه الفترة)

I am reading an interesting book these days. أنا أقرأ كتاباً مثيراً للاهتمام هذه الأيام.

Ahmed is working in Dubai for a month. أحمد يعمل في دبي لمدة شهر.

C. Definite future plans and arrangements: (ترتيبات مستقبلية مؤكدة)

We are flying to Paris tomorrow morning. سنسافر إلى باريس صباح الغد.

I am meeting the manager at 3 PM. سألتقي بالمدير في الساعة الثالثة مساءً.

D. Developing, changing, or growing situations: (حالات تتغير أو تتطور تدريجياً)

Your English is improving. لغتك الإنجليزية تتحسن.

The weather is getting hotter. الطقس يزداد حرارة.

E. Annoying, repeated habits: (عادات مزعجة متكررة)

Used with words like "always" or "constantly" to express irritation.

You are always losing your keys! أنت دائماً تفقد مفاتيحك!

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3. Stative Verbs — The Major Exception — الاستثناء الأهم: أفعال الحالة

Some verbs describe states, feelings, or possessions rather than physical actions. These verbs are normally NOT used in the Present Continuous, even if the feeling is happening right now. You must use the Simple Present instead.

Senses / Mental States (الإدراك والحواس): know, understand, believe, remember

Correct: I know the answer.

Incorrect: I am knowing the answer.

Emotions (المشاعر): like, love, hate, want

Correct: I want a coffee now. (أريد قهوة الآن)

Incorrect: I am wanting a coffee now.

Possession (الملكية): have, own, belong

Correct: He has a car.

Incorrect: He is having a car.

Note: "have" can be continuous only when it means an action, like "having lunch" (يتناول الغداء)

4. Key Time Expressions — الكلمات الدالة

When you see these words, they are strong indicators to use the Present Continuous:

Now — الآن

Right now — الآن فوراً

At the moment — في هذه اللحظة

Currently — حالياً

Look! / Listen! — انظر! / استمع!

These days / Nowadays — هذه الأيام

Tonight / Tomorrow — غداً /الليلة

Exercises on Grammar

Choose the correct answer.

1. Please be quiet! The baby _____ right now.

Ⓐ sleep Ⓑ is sleeping Ⓒ sleeps Ⓓ are sleeping

2. I _____ a really interesting book these days.

Ⓐ am reading Ⓑ read Ⓒ reading Ⓓ is reading

3. What _____ under the table? Are you looking for your keys?

Ⓐ you are doing Ⓑ do you do Ⓒ are you doing Ⓓ is you doing

4. She normally works in London, but she _____ in Paris this month.

Ⓐ works Ⓑ work Ⓒ is working Ⓓ working

5. We _____ to Dubai tomorrow morning. I already have the tickets!

Ⓐ fly Ⓑ are flying Ⓒ flies Ⓓ flying

6. Look at the boy! He is _____ really fast across the street.

Ⓐ runing Ⓑ running Ⓒ runs Ⓓ run

7. Why is the dog _____ on my new carpet?

Ⓐ lieing Ⓑ lying Ⓒ liying Ⓓ lays

8. I can't talk right now because I _____ my dinner.

Ⓐ have Ⓑ has Ⓒ am having Ⓓ having

9. My brother is always _____ my clothes without asking! It's so annoying.

Ⓐ borrowing Ⓑ borrows Ⓒ borrow Ⓓ is borrowing

10. Hurry up! Everyone _____ for you outside.

Ⓐ wait Ⓑ are waiting Ⓒ is waiting Ⓓ waits

11. The climate _____ warmer and warmer every year.

Ⓐ get Ⓑ gets Ⓒ is getting Ⓓ getting

12. My friends and I _____ for our final exams this week.

Ⓐ am studying Ⓑ is studying Ⓒ are studying Ⓓ study

13. _____ coming to the cinema with us tonight?

Ⓐ Aren't you Ⓑ Don't you Ⓒ You aren't Ⓓ Doesn't you

14. Look at the chef! He _____ the soup to see if it needs more salt.

Ⓐ tastes Ⓑ is tasting Ⓒ taste Ⓓ tasting

15. I _____ the answer to this math problem right now.

Ⓐ am knowing Ⓑ knowing Ⓒ know Ⓓ knows

16. They are _____ a delicious cake for Sarah's birthday.

Ⓐ bakeing Ⓑ baking Ⓒ baken Ⓓ bake

17. What time _____ your parents arriving tomorrow?

Ⓐ do Ⓑ is Ⓒ are Ⓓ does

18. I _____ to school by bus this week because my bicycle is broken.

Ⓐ go Ⓑ am going Ⓒ goes Ⓓ going

19. _____ the manager _____ a meeting at the moment?

Ⓐ Does / having Ⓑ Is / having Ⓒ Is / have Ⓓ Are / having

20. Listen! Somebody _____ on the front door.

Ⓐ knock Ⓑ knocks Ⓒ is knocking Ⓓ are knocking

Order of Adjectives

ترتيب الصفات في اللغة الإنجليزية

ونادراً ما .في اللغة الإنجليزية، عندما نستخدم عدة صفات لوصف اسم واحد، يجب ترتيبها بنسق معين
.يستخدم المتحدثون الأصليون أكثر من ثلاث صفات متتالية

To remember the order easily, you can use the abbreviation OSASh.COMP:

#	Category	Examples
O	Opinion (الانطباع /الرأي)	Beautiful, Ugly, Nice, Terrible, Delicious
S	Size (الحجم)	Big, Small, Huge, Tiny, Tall, Short
A	Age (القِدَم /العمر)	Old, New, Young, Ancient
Sh	Shape (الشكل)	Round, Square, Flat, Rectangular
C	Color (اللون)	Red, Blue, Black, Yellowish
O	Origin (الجنسية /الأصل)	Egyptian, French, American, Asian
M	Material (مادة الصنع)	Wooden, Metal, Cotton, Plastic, Leather
P	Purpose (الاستخدام /الغرض)	Sleeping (Bag), Running (Shoes), Coffee (Table)

Noun (الاسم الموصوف) comes at the very end.

Examples — أمثلة

A beautiful old Italian car. (Opinion → Age → Origin) سيارة إيطالية قديمة وجميلة.

A large round wooden table. (Size → Shape → Material) طاولة خشبية دائرية كبيرة.

My comfortable new running shoes.

(Opinion → Age → Purpose) حذاء الجري الجديد المريح الخاص بي.



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Exercise 1 : Choose the Correct Order

Choose the correct order of adjectives to complete each sentence.

1. I bought a _____ shirt for the party.

Ⓐ beautiful new cotton Ⓑ new beautiful cotton

Ⓒ cotton new beautiful Ⓓ beautiful cotton new

2. She lives in a _____ house near the river.

Ⓐ big old white Ⓑ white old big Ⓒ old big white Ⓓ big white old

3. He was wearing a _____ tie.

Ⓐ silk blue ugly Ⓑ ugly blue silk Ⓒ blue ugly silk Ⓓ ugly silk blue

4. My grandmother gave me a _____ ring.

Ⓐ small round gold Ⓑ gold small round

Ⓒ round small gold Ⓓ small gold round

5. We bought some _____ glasses for the kitchen.

Ⓐ German lovely square Ⓑ lovely German square

Ⓒ lovely square German Ⓓ square lovely German

6. They found a _____ mirror in the antique shop.

Ⓐ fascinating rectangular old Ⓑ fascinating old rectangular Ⓒ old fascinating rectangular Ⓓ rectangular fascinating old

7. I love eating _____ apples.

Ⓐ big sweet green Ⓑ green sweet big Ⓒ sweet big green Ⓓ big green sweet

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8. She sat in a _____ armchair.

Ⓐ comfortable black leather
Ⓑ black comfortable leather
Ⓒ leather comfortable black
Ⓓ comfortable leather black

9. He drives a _____ car.

Ⓐ fast Japanese red Ⓑ fast red Japanese Ⓒ red fast Japanese Ⓓ Japanese red fast

10. Please hand me that _____ box.

Ⓐ little wooden square
Ⓑ square little wooden
Ⓒ little square wooden
Ⓓ wooden little square



Exercise 2 : Put the Adjectives in Order

Put the adjectives in brackets into the correct order to describe the noun.

1. A (wooden / small / beautiful) box.

2. A (red / new / fantastic) sports car.

3. An (old / ugly / plastic) chair.

4. A (cotton / blue / dirty) t-shirt.

5. Some (French / delicious / traditional) cheese.

6. A (round / large / glass) table.

7. A (black / tall / scary) man.

8. A (leather / brown / nice) jacket.

9. A (Spanish / beautiful / young) woman.

10. An (antique / enormous / silver) mirror.

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Exercise 3 : Grammar Transformation

Choose the correct answer from a, b or c.

6. My grandmother bought a/an (old/ ceramic/ small) vase. (*Re-order adjectives*)

Ⓐ My grandmother bought an old ceramic small vase.

Ⓑ My grandmother bought a ceramic old small vase.

Ⓒ My grandmother bought an old small ceramic vase.

7. The family members watch television during dinner. (*Make negative*)

Ⓐ The family members do not watch television during dinner.

Ⓑ The family members did not watch television during dinner.

Ⓒ The family members have not watched television during dinner.

8. Environmentalists are trying to reduce the amount of plastic we use every day.

(*Ask a question*)

Ⓐ What do environmentalists try to do?

Ⓑ What are environmentalists trying to do?

Ⓒ What will environmentalists try to do?

9. The public library usually (provide) valuable resources for students.

(*Correct the verb*)

Ⓐ The public library usually is providing valuable resources for students.

Ⓑ The public library usually provides valuable resources for students.

Ⓒ The public library usually provided valuable resources for students.

10. Look! The artist (draw) a very detailed painting. (*Correct*)

Ⓐ Look! The artist draws a very detailed painting.

Ⓑ Look! The artist drew a very detailed painting.

Ⓒ Look! The artist is drawing a very detailed painting.

Unit 1 — Part 2 : Writing

Many students underestimate the direct connection between what they eat and how they perform in the classroom, often rushing through meals while distracted by devices.

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.

I. Introduction:

II. Body Paragraph 1 — Topic Sentence:

Supporting Detail 1:

Supporting Detail 2:

III. Body Paragraph 2 — Topic Sentence:

Supporting Detail 1:

Supporting Detail 2:

IV. Conclusion:

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Model Outline — مخطط النموذج

I. Introduction: Mindful eating helps students stay healthy and get good grades.

II. Body Paragraph 1: Physical Benefits

Topic Sentence: Mindful eating is good for the body.

Supporting Detail 1: Eating slowly helps the stomach digest food easily.

Supporting Detail 2: Good food gives the body strong energy all day.

III. Body Paragraph 2: Academic Benefits

Topic Sentence: Mindful eating helps students do well in school.

Supporting Detail 1: Eating without phones or TV improves focus.

Supporting Detail 2: A focused mind helps students learn faster and score higher.

IV. Conclusion: Mindful eating makes both the body and mind stronger.

Model Expository Essay

Many students eat very fast while looking at their phones. However, thinking about our food is very important. Mindful eating brings great benefits to a student's body and school performance.

First, mindful eating helps the body stay healthy. When students chew their food slowly, their stomach works much better. This stops stomach pain and helps them feel full. Also, eating good food gives students strong energy for the whole day. A healthy body feels ready to learn and play.

Second, mindful eating helps students do better in class. Eating quietly without screens gives the brain a nice break. This simple break helps students focus better during lessons. With a clear mind, students can remember answers easily. Good focus leads to higher marks on every test.

In conclusion, mindful eating is great for health and grades. It helps students feel good and succeed in school. Eating carefully is a small habit with big rewards.

Summary Making

Read the following passage carefully, then do as required.

Reading Passage

Whales are the largest animals in the world, even larger than some species of dinosaurs. Ironically, whales are among the gentlest creatures we know. There are people who go through great length to help them. Whales live in the ocean but in terms of behaviour, they are more similar to humans than fish. They live in family groups and they even travel in groups when they have to migrate from cooler to warmer waters. The young stay with their parents for as long as fifteen years. Whales are known not to desert the ill or injured members; instead, they cradle them. Moreover, female whales have very strong maternal instincts.

In a paragraph of ONLY FOUR SENTENCES, summarise and paraphrase the previous passage in answer to the following question:

How do whales behave like humans?

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

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Unit 1 Set Book Questions — Reading 1

1. How was the Kuwaiti diet in the past?

كيف كان النظام الغذائي الكويتي في الماضي؟

It was simple and healthy, based on fish, dates, rice, and vegetables.

الإجابة: كان بسيطاً وصحياً، ويعتمد على السمك، التمر، الأرز، والخضروات.

2. Why were health problems rare in old Kuwait?

لماذا كانت المشاكل الصحية نادرة في الكويت قديماً؟

Because people ate healthy food and had an active lifestyle.

الإجابة: لأن الناس كانوا يأكلون طعاماً صحياً ويعيشون حياة نشيطة.

3. What caused Kuwaiti eating habits to change?

ما الذي سبب تغير العادات الغذائية في الكويت؟

The discovery of oil, fast food, and less physical activity.

الإجابة: اكتشاف النفط، الوجبات السريعة، وقلة النشاط البدني.

4. What health issues appeared because of the modern lifestyle?

ما هي المشاكل الصحية التي ظهرت بسبب نمط الحياة الحديث؟

Obesity and diabetes.

الإجابة: السمنة ومرض السكري.

5. How do school programmes help students in Kuwait?

كيف تساعد البرامج المدرسية الطلاب في الكويت؟

They teach kids to eat more fruits and vegetables and eat less fast food.

الإجابة: تعلم الأطفال أكل المزيد من الفواكه والخضروات والتقليل من الوجبات السريعة.

Unit 1 Set Book Questions — Reading 2

1. Why were general diet rules created in the past?

لماذا تم وضع قواعد التغذية العامة في الماضي؟

To prevent malnutrition and promote basic health for everyone.

الإجابة: المنع سوء التغذية وتعزيز الصحة الأساسية للجميع.

2. What is personalised nutrition based on?

على ماذا تعتمد التغذية المخصصة؟

It is based on the fact that every person is chemically unique.

الإجابة: تعتمد على حقيقة أن كل شخص فريد من الناحية الكيميائية.

3. How do scientists help people find the right food for their bodies?

كيف يساعد العلماء الناس في معرفة الطعام المناسب لأجسامهم؟

By using data from DNA and blood tests.

الإجابة: باستخدام بيانات تحليل الحمض النووي.

4. What is nutritional psychiatry?

ما هو الطب النفسي التغذوي؟

It is the study of how food choices affect brain function and mental health.

الإجابة: هو دراسة كيفية تأثير الخيارات الغذائية على وظائف المخ والصحة النفسية.

5. What is the main message of the text about the best diet?

ما هي الرسالة الرئيسية في النص حول أفضل نظام غذائي؟

The best diet is not for everyone, but specially designed for your own body and mind.

الإجابة: أفضل نظام غذائي ليس يناسب الجميع، بل المصمم خصيصاً لجسمك وعقلك.

Unit 1 Translation

ترجم الجمل الآتية إلى اللغة الإنجليزية :

1. لمئات السنين، كان الأكل الكويتي يشبه حياة غواصين اللؤلؤ والصيادين. كانت الوجبات بسيطة وصحية وتعتمد على طعام البحر والصحر.

2. أصبحت المدارس أماكن مهمة للتشجيع على العيش بطريقة صحية.

3. تعتمد التغذية المخصصة على فكرة أن جسم كل شخص يختلف عن الآخ.

4. لذلك، فإن أكل معين قد يناسب شخصاً، بينما يجعل شخصاً آخر يشعر بالتعب، القلق، أو عدم التركيز.

5. اختيار الأكل المناسب لجسمك ليس فقط للحماية من الأمراض، بل هو أيضاً لتحسين صحتك النفسية ومزاجك.

Unit Two: Choices & Change

VOCABULARY PART 1

Word	POS	Example	Arabic Meaning
injure	(v)	Please be careful, or you will **injure** your hand.	يجرح / يصيب
landfill	(n)	The city throws all its trash in a big **landfill**.	مكب النفايات
reusable	(adj)	We use a **reusable** bag for shopping to save plastic.	قابل لإعادة الاستخدام
second-hand	(adj)	My brother bought a **second-hand** car because it is cheap.	مستعمل
wind turbine	(n)	A **wind turbine** uses air to make electricity.	توربينات الرياح
alternative	(n)	Solar energy is a good **alternative** to oil.	بديل
awareness	(n)	We need to spread **awareness** about eating healthy food.	وعي
convert	(v)	You can **convert** water into ice by freezing it.	يحول
decisive	(adj)	A good leader must be **decisive** in difficult times.	حاسم
ecosystem	(n)	The ocean is a huge **ecosystem** full of fish and plants.	نظام بيئي
emission	(n)	Smoke from cars is a bad **emission** for the air.	انبعاث
entirely	(adv)	I **entirely** forgot to call my friend yesterday.	كلياً / تماماً
expertise	(n)	The teacher has great **expertise** in math.	خبرة
flowing	(adj)	The **flowing** river looks very beautiful.	متدفق
run out	(ph.v)	Hurry up, we will **run out** of time soon.	ينفد
combination	(n)	Green is a **combination** of blue and yellow.	مزيج / خليط
concept	(n)	The **concept** of zero is very important in math.	مفهوم
unnecessary	(adj)	It is **unnecessary** to wear a heavy coat in the summer.	غير ضروري
unplug	(v)	Remember to **unplug** the TV before you sleep.	يفصل (من الكهرباء)
vacant	(adj)	There is only one **vacant** room in this hotel.	شاغر / فارغ
ambitious	(adj)	Ali is an **ambitious** boy who wants to be a doctor.	طموح
ideal	(adj)	This quiet park is an **ideal** place to read a book.	مثالي
power	(v)	The sun can **power** our home with clean energy.	يزود بالطاقة / يشغل
power grid	(n)	The strong storm damaged the city's **power grid**.	شبكة الكهرباء
tailor	(v)	The shop can **tailor** the dress to fit you perfectly.	يفصل / يصمم

UNIT 2 READING 1 VOCABULARY EXERCISES

Choose the correct word from a, b, c, and d

1. The rainforest is a beautiful ……. that is full of trees and animals.

A alternative B ecosystem C expertise D wind turbine

2. You should ……. your computer before the heavy rain starts.

A injure B tailor C unplug D convert

3. My uncle doesn't buy new things; he likes to buy ……. furniture.

A flowing B ideal C unnecessary D second-hand

4. When the lightning hit the ……., all the houses lost their lights.

A emission B concept C power grid D combination

5. The doctor gave a speech to increase ……. about heart diseases.

A concept B combination C awareness D emission

6. Drink your water carefully, or we will ……. on this long trip.

A put on B give up C wake up D run out

7. Salem is an ……. student who always wants to get the highest marks.

A vacant B ambitious C reusable D unnecessary

8. The city sends all its daily garbage to a large ……. outside town.

A concept B awareness C ecosystem D landfill

9. The old mechanic has great ……. in fixing sports cars.

A expertise B alternative C emission D combination

10. Be careful not to ……. your eye with that sharp pen.

A unplug B convert C tailor D injure

11. The clever man will ……. the suit so it looks beautiful on you.

A power B unplug C tailor D convert

12. Plants can ……. sunlight into food to help them grow.

A convert B power C tailor D unplug

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13. The ……. of traveling through time is popular in movies.

A alternative B concept C awareness D expertise

14. A tall ……. uses moving air to give us clean electricity.

A combination B emission C power grid D wind turbine

15. This warm and sunny weather is ……. for a family picnic.

A decisive B flowing C ideal D ambitious

16. Black ……. from factory chimneys makes the sky look dirty.

A power grid B emission C concept D awareness

17. We prefer to use ……. water bottles instead of plastic ones.

A reusable B decisive C vacant D ambitious

18. It is ……. to take an umbrella today because it is very sunny.

A decisive B reusable C ambitious D unnecessary

19. A good captain must be ……. when making a quick choice.

A second-hand B decisive C reusable D vacant

20. The new battery can ……. the toy car for three hours.

A unplug B injure C convert D power

21. Pink color is a simple ……. of red and white colors.

A landfill B ecosystem C wind turbine D combination

22. I agree with you ……. ; you are 100% right.

A slowly B loudly C entirely D safely

23. We are lucky! There is one ……. seat left on the bus.

A flowing B vacant C ideal D second-hand

24. If you don't like tea, coffee is a good ……. for breakfast.

A ecosystem B alternative C landfill D expertise

25. The sound of the ……. river is very relaxing in the morning.

A ideal B vacant C ambitious D flowing

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B) Fill in the spaces with words from the list:

awareness, second-hand, reusable, landfill, wind turbine, injure

1. Many students buy … textbooks because they are cheaper and still useful.

2. The city will build a new……to collect waste from homes and schools.

3. Using ……. bags and bottles helps reduce plastic waste every day.

4. A large……. on the hill can produce electricity for many houses.

5. The school organized a campaign to raise……. about recycling and saving the environment.

Fill in the spaces with words from the list:

decisive, alternative, ecosystem, , emission, awareness, convert

1. Electric buses create less air ……. than old diesel buses in big cities.

2. Solar power is a clean ……. to coal and oil because it does not produce smoke.

3. The company decided to……. its old factory into a center for making solar panels.

4. A healthy ……. includes many plants and animals that depend on each other.

5. The principal made a ……. decision to cancel the trip because of the heavy rain.

Fill in the spaces with words from the list:

unnecessary, flowing, run out, unplug, expertise, entirely

1. It is a good habit to ……. your charger when you are not using it.

2. Many people buy ……. items they do not really need, which creates more waste.

3. The water was ……. gently down the small hill in the early morning.

4. If we waste water, one day we may ……. of clean drinking water.

5. The teacher has special …….in helping students improve their English skills.

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PART 1: SET BOOK QUESTIONS

1. **What does Kuwait use for electricity? /**

ماذا تستخدم الكويت للكهرباء؟

- Kuwait uses oil and natural gas.

تستخدم الكويت النفط والغاز الطبيعي.

2. **Why is burning oil bad? /**

لماذا حرق النفط سيء؟

- Because it pollutes the air.

لأنه يلوث الهواء

3. **What is the Shagaya Park?**

ما هو مجمع الشقايا؟

- A project that makes clean energy from the sun and wind.

مشروع يصنع طاقة نظيفة من الشمس والرياح

4. **What is Kuwait's goal for 2030?**

ما هو هدف الكويت لعام 2030؟ /

- To make 15% of its energy clean.

إنتاج 15% من الطاقة النظيفة

5. **How else does the project help?**

كيف يساعد المشروع أيضاً؟ /

- It helps students learn about clean energy.

يساعد الطلاب في تعلم الطاقة النظيفة.

UNIT 2 PART 1 GRAMMAR

THE PRESENT PERFECT TENSE

Form / الصيغة	USEالاستخدام	Example / مثال
He / she / it has (Verb 3)	. حدث في الماضي؛ ولا يزال تأثيره موجودًا حتى الآن.	Kuwait has reduced its carbon emissions significantly. لقد خفّضت الكويت انبعاثات الكربون الخاصة بها بشكل كبير.
I / they / we have + V 3)	حدث في وقت غير محدّد في الماضي.	Scientists have discovered new clean energy. لقد اكتشف العلماء مصادر جديدة للطاقة النظيفة.
—	. بدأ شيء في الماضي ولا يزال مستمرًا.	Researchers have worked on this project for many years. عمل الباحثون على هذا المشروع لسنوات عديدة.
—	حدث شيء للتوّ ولا يزال ذا صلة.	Engineers have just completed the phases of the project. لقد أنهى المهندسون للتوّ مراحل المشروع.
—	لم يحدث شيء حتى الآن.	Many countries have not switched to clean energy yet. لم تتحوّل العديد من الدول إلى الطاقة النظيفة بعدُ.

Choose the correct option to complete each sentence.

1. I ..... to Paris three times.

A have go B has been C have been D has go

2. She ..... her homework yet.

A didn't finished B hasn't finished C don't finish D haven't finished

3. They have lived here ..... 2015.

A yet B ago C since D for

4. We have known each other ..... ten years.

A in B for C from D since

5. ..... you ever eaten sushi?

A Did B Do C Have D Has

6. He has ..... left the office.

A ever B since C already D yet

7. I haven't seen that film .....

A just B never C yet D already

8. My parents ..... a new car recently.

A bought B have bought C buying D has bought

9. Someone ..... the window.

A has break B have broken C have break D has broken

10. She ..... Spanish for three months.

A studied B has studied C has study D have studied

11. ..... the managers ..... the documents yet?

A Have / sign B Did / signed C Has / signed D Have / signed

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12. I have ..... finished my dinner.

A since B ever C already D yet

13. The train .....

A just have left B has just left C have just left D just has left

14. How long ..... a teacher?

A did you be B have you been C has you been D have you be

15. Kuwait ..... in renewable energy recently.

A invest B has invested C investing D have invested

16. We haven't traveled abroad ..... 2020.

A already B since C for D when

17. He ..... this book twice.

A has readed B readed C have read D has read

18. I am happy because I ..... my exams.

A pass B has passed C have passed D passing

19. She has never ..... to a concert.

A been B going C went D gone

20. Scientists ..... a new frog in the rainforest.

A discovering B has discovered C have discover D have discovered



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Choose the correct answer.

1. **The team (completes) the project.** **(Correct the verb)**

Ⓐ have complete Ⓑ complete Ⓒ has completed

2. **My colleagues have prepared the presentation.** **(Make negative)**

Ⓐ My colleagues hasn't prepared the presentation.

Ⓑ My colleagues haven't prepared the presentation.

Ⓒ My colleagues didn't prepared the presentation.

3. **The government has built a new hospital.** **(Ask a question)**

Ⓐ Has the government built a new hospital?

Ⓑ Does the government built a new hospital?

Ⓒ Have the government build a new hospital?

4. **My sister (not find) her keys yet.** **(Correct the verb)**

Ⓐ didn't found Ⓑ haven't found Ⓒ hasn't found

5. **We have eaten at that restaurant before.** **(Make negative)**

Ⓐ We haven't eaten at that restaurant before.

Ⓑ We hasn't eaten at that restaurant before.

Ⓒ We haven't eat at that restaurant before.

6. **I have read the email.** **(Ask a question)**

Ⓐ Did I read the email?

Ⓑ Has I read the email?

Ⓒ Have I read the email?

7. **The children (clean) their room.** **(Correct the verb)**

Ⓐ have clean

Ⓑ has cleaned

Ⓒ have cleaned

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8. **You have seen the report.** **(Make negative)**

A You hasn't seen the report.

B You haven't saw the report.

C You haven't seen the report.

9. **It has rained all morning.** **(Ask a question)**

A Has it rained all morning?

B Have it rained all morning?

C Has it rain all morning?

10. **My brother has just (buys) a laptop.** **(Correct the verb)**

A buying B bought C buy



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UNIT 2 PART 1 WRITNG

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

Plan and write a paragraph of no fewer than 12 sentences explaining why responsible choices at home and suggesting smart technology to install

OUT LINE

Introduction

- A good home makes a good Earth.
- When we take care of our house, we build a safer world for tomorrow.

Paragraph 1: Good Habits at Home

- **Topic Sentence:** Small, good habits at home protect the Earth.
- **Supporting Detail 1:** Using less water saves our rivers.
- **Supporting Detail 2:** Turning off lights stops air pollution.
- **Supporting Detail 3:** Recycling keeps trash out of the ocean.
- **Supporting Detail 4:** Using natural soap keeps poison out of the dirt.
- **Supporting Detail 5:** Eating all your food saves farm land.

Paragraph 2: Smart Tools to Use

- **Topic Sentence:** Smart home tools save energy and water for you.
- **Supporting Detail 1:** A smart heater turns itself down when you leave.
- **Supporting Detail 2:** Smart lights can be turned off with your phone.
- **Supporting Detail 3:** Smart plugs stop your TV from wasting power.
- **Supporting Detail 4:** Smart sprinklers only water the grass when it is dry.
- **Supporting Detail 5:** Smart alarms tell your phone if a water pipe is leaking.

Conclusion

- What we do inside changes the world outside.
- Good choices and smart tools help the Earth stay clean and healthy.

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TOPIC

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Translate into English:

1. تعتمد الكويت منذ سنوات على النفط والغاز لتوليد الكهرباء.

.....

.....

2. أنشأت الكويت "مجمع الشقايا" للطاقة المتجددة في الصحراء غرب العاصمة.

.....

.....

3. يهدف المشروع إلى إنتاج الكهرباء من الشمس والرياح بدلاً من النفط.

.....

.....

4. تهدف الكويت لإنتاج 15% من طاقتها من مصادر نظيفة بحلول عام 2030.

.....

.....

5. استخدام الطاقة النظيفة يقلل التلوث ويحمي البيئة للأجيال القادمة.

.....

.....



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Unit 2: Part 2

Word	Part of Speech	Example	Arabic Meaning
add up	ph.v	The small costs **add** up fast.	يجمع / يزيد
antique	n	My grandmother has a very old **antique** in her living room.	قطعة أثرية / تحفة
directly	adv	Walk **directly** to the school after class.	مباشرة
dispose of	ph.v	Please **dispose of** your trash in the bin.	يتخلص من
enormous	adj	The blue whale is an **enormous** animal.	ضخم جداً
eventually	adv	If you work hard, you will **eventually** succeed.	في النهاية / أخيرًا
make over	ph.v	We will **make over** this old room with new paint.	يجري تعديلًا / يجدد
regard	v	Many people **regard** him as a kind teacher.	يعتبر / ينظر إلى
tablet	n	The doctor gave me a small **tablet** to take with water.	قرص دواء / لوح
upcycling	n	**Upcycling** helps turn old boxes into fun toys.	إعادة تدوير إبداعية
bury	v	Dogs like to **bury** their bones in the garden.	يدفن
composting	n	**Composting** turns food waste into good soil for plants.	تحويل القمامة إلى سماد
decompose	v	Dead leaves **decompose** and help the trees grow.	يتحلل
densely	adv	The big city is **densely** crowded with cars.	بكثافة
incineration	n	**Incineration** burns garbage to get rid of it.	الحرق (للتخلص من النفايات)
brand-new	adj	He bought a **brand-new** car yesterday.	جديد تماماً
manufacture	v	Factories **manufacture** shoes every day.	يصنّع
outlive	v	Healthy plants can **outlive** small insects.	يعيش أطول من
seldom	adv	She is very active, so she **seldom** stays at home.	نادراً
strict	adj	Our school has **strict** rules about uniform.	صارم / دقيق



UNIT 2 PART 2 VOCABULARY EXERCISES

Choose the correct word to complete each sentence.

1. They plan to …… the old park into a modern sports club.
   A decompose B make over C dispose of D add up
2. Useful …… turns waste materials into decorative items.
   A incineration B upcycling C tablet D composting
3. Pirates used to …… their gold under the ground.
   A manufacture B bury C outlive D decompose
4. Teachers must be …… about deadline rules.
   A manufacture B bury C outlive D decompose
5. Teachers must be …… about deadline rules.
   A strict B brand-new C antique D enormous
6. Organic materials slowly …… when left outdoors.
   A manufacture B regard C outlive D decompose
7. Do not …… toxic waste near rivers and lakes.
   A make over B outlive C dispose of D add up
8. Experts …… reading books as a great habit for students.
   A regard B manufacture C bury D outlive
9. Large plants in this area …… thousands of toys daily.
   A bury B decompose C manufacture D regard
10. My mother bought a modern …… to take photos and read news.
   A antique B tablet C composting D incineration
11. All these small numbers …… to a big total.
   A dispose of B bury C add up D make over
12. She wore a …… dress to the graduation party.
   A brand-new B strict C antique D enormous
13. The museum displayed an old …… from the 18th century.
   A composting B tablet C incineration D antique

14.He tried many times and …… passed the test.

A eventually B seldom C directly D densely

15.You should …… old chemicals in a safe way.

A add up B dispose of C make over D outlive

16.Good plastic items can …… cheap wooden tools.

A decompose B regard C outlive D bury

17.The center of the town is …… populated with shops.

A seldom B densely C eventually D directly

18.He is a quiet boy who …… complains about work.

A seldom B directly C densely D eventually

19.Using organic waste for …… creates rich soil for farming.

A antique B composting C upcycling D incineration

20.They live in an …… house with ten bedrooms.

A strict B antique C brand-new D enormous

21.The doctor told him to swallow one …… twice a day.

A antique B tablet C composting D incineration

22.Please go …… home after the exam without stopping.

A densely B directly C eventually D seldom

23.Local artists show how …… saves useless plastic bottles.

A tablet B composting C incineration D upcycling

24.Waste …… is used to destroy medical trash safely.

A upcycling B incineration C tablet D composting

25.The elephant is an …… mammal that eats plants.

A brand-new B strict C enormous D antique

26.After hours of driving, we …… reached the beach.

A directly B eventually C seldom D densely



A-Fill in the spaces with words from the list

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

1. When the cashier checked the bill, he noticed that the numbers did not ……. so he had to check everything again.

2. My grandfather keeps a small wooden chair as an ……. because it belonged to his own grandmother many years ago.

3. After you leave the bus station, walk ……. towards the main gate of the school without turning into any side streets.

4. The city has special centres where people can ……. their old electronics safely so they do not pollute the soil or water.

5. The team faced many problems during the project, but ……. they managed to finish all the work before the deadline.

B-Fill in the spaces with words from the list

makeover - regard - tablet - upcycling - bury - composting

1. The family decided to ……. the old kitchen by painting the walls, changing the lights, and buying new cupboards.

2. Most scientists ……. climate change as a serious problem that needs action from governments, companies, and ordinary people.

3. During the lesson, each student used a ……. to read the text, answer questions, and send their work to the teacher.

4. ……. is a creative way to protect the environment because it turns old jars, clothes, and furniture into new and useful items.

5. In the adventure story, the sailors had to ……. the treasure chest under a large tree so that no one else could find it.

C-Fill in the spaces with words from the list

decompose - densely - incineration - brand-new - manufacture - outlive

1. In the garden, fallen leaves and fruit peels slowly ……. and become part of the soil, which helps new plants to grow.

2. The capital city is ……. populated, with tall buildings very close to each other and many people living in a small area.

3. Some modern waste centres use ……. to burn rubbish at very high temperatures so that less trash goes to landfill sites.

4. For her graduation present, she received a ……. laptop with a fast processor, a large screen, and a long battery life.

5. This factory will ……. small electric cars using machines and robots, and then send them to dealers in many different countries.

UNIT 2 PART 2 VOCABULARY EXERCISES

1. **What are the main steps in a product's life cycle?**

ما هي المراحل الرئيسية في دورة حياة المنتج؟

Getting raw materials, making products in factories, sending them to shops, and throwing them away after use.

ا: الحصول على المواد الخام، تصنيع المنتجات في المصانع، إرسالها إلى المحلات، والتخلص منها بعد الاستخدام

2. **Why is buying second-hand items good for the Earth?**

لماذا يعتبر شراء الأشياء المستعملة مفيدًا للأرض؟

It means factories make fewer new things, which saves materials and reduces pollution.

.: لأنه يعني أن المصانع تصنع أشياء جديدة أقل، مما يوفر المواد ويقلل التلوث

3. **What is the difference between thrifting and upcycling?**

ما الفرق بين الشراء المستعمل وإعادة التدوير الابتكاري؟

Thrifting is using an old item as it is. Upcycling is changing an old item into a new, useful thing.

الشراء المستعمل هو استخدام الشيء القديم كما هو. إعادة التدوير الابتكاري هي تحويل الشيء القديم إلى شيء جديد ومفيد.

4. **Give two simple examples of upcycling.**

إذكر مثالين بسيطين على إعادة التدوير الابتكاري

Turning an old blanket into a jacket, or using an old tablet to read books.

الإجابة: تحويل بطانية قديمة إلى سترة، أو استخدام جهاز لوحي قديم لقراءة الكتب

5. **How can our small choices help the planet?**

كيف يمكن لخياراتنا الصغيرة أن تساعد الكوكب؟

Small good choices add up when millions of people do them together every day.

الإجابة: الخيارات الجيدة الصغيرة تتجمع عندما يقوم بها ملايين الأشخاص معًا كل يوم

UNIT 2 PART 2 GRAMMAR

First Conditional (الشَرطِيّة الأُولَى - Type 1)

نستخدم الحالة الشرطية الأولى للحديث عن أمور محتملة وممكنة الحدوث اذا تحقق شرط معين.

2. Structure (التكوين)

If + Subject + Present Simple, Subject + Modal + Base Verb

- **Example 1:** If it rains, we will stay indoors.

إذا هطل المطر، سنبقى في الداخل

- **Example 2:** If you study hard, you can pass the test.

إذا درست بجد، يمكنك النجاح في الاختبار

B. Negative in the If-Clause (الفي في جملة If)

If + Subject + do not / does not + Base Verb, Subject + Modal + Base Verb

- **Example 1:** If she does not study, she might fail.

إذا لم تدرس، فقد ترسب

- **Example 2:** If they do not hurry, they will be late.

إذا لم يسرعوا، فسوف يتأخرون

C. Negative in the Result Clause (النافي في جملة جواب الشرط)

If + Subject + Present Simple, Subject + Modal + not + Base Verb

- **Example 1:** If you hurry, you will not miss the train.

إذا أسرعت، فلن يفوتك القطار

- **Example 2:** If he eats good food, he will not get sick.

إذا أكل طعامًا جيدًا، فلن يمرض

4. Key Grammar Rules to Remember (قواعد هامة)

1. **The Comma Rule (علامة الفاصلة):**
   - If the sentence starts with **If**, put a comma (,) between the two clauses. *(Example: **If it rains,** we will stay indoors.)*
   - If **If** is in the middle, do **not** use a comma. *(Example: We will stay indoors **if** it rains.)*

2. **Present Simple Quick Reminder (تذكير بالمضارع البسيط):**
   - Singular subjects (He, She, It): Add **-s / -es** to the verb *(e.g., If she **works**...)* / Negatives: **does not**.
   - Plural subjects (I, You, We, They): Use the base verb *(e.g., If they **work**...)* / Negatives: **do not**.

3. **Choosing the Right Modal (اختيار الفعل الناقص):**
   - **will** = certain future result *(مؤكد)*
   - **can** = ability or possibility *(قدرة / إمكانية)*
   - **may / might** = possible but less certain *(محتمل / غير مؤكد)*

First Conditional (Type 1) – Practice Test

Choose the correct answer to complete each sentence:

1. If you study hard, you …….. the exam easily.

A pass B will pass C passed D passing

2. If it …….. tomorrow, we will cancel the football match.

A rains B rain C rained D will rain

3. If she …….. her homework now, the teacher might get angry.

A does not do B did not do C will not do D not do

4. You will miss the morning bus if you …….. up early.

A will not wake B don't wake C didn't wake D not wake

5. If they go to the market, they …….. some fresh fruit.

A buy B bought C can buy D buying

6. If he eats too much fast food, he …….. healthy.

A will not be B is not C was not D would not be

7. What …….. if you do not find your lost keys?

A do you do B will you do C did you do D you will do

8. If we save our plastic bottles, we …….. upcycling them at home.

A try B tried C may try D trying

9. The teacher will help you if you …….. him politely.

A ask B asks C will ask D asked

10. If Sarah …….. early, she will not be late for school.

A leave B leaves C will leave D left

Do as Shown between brackets:

1. **If it rains tomorrow, we…….. at home.** **(Choose the correct answer.)**

Ⓐ stay
Ⓑ will stay
Ⓒ stayed

2. **If Ali studies hard, he will pass the exam.** **(Make the sentence negative)**

Ⓐ If Ali doesn't study hard, he won't pass the exam.
Ⓑ If Ali didn't study hard, he wouldn't pass the exam.
Ⓒ If Ali not studies hard, he won't pass the exam.

3. **She will call you if she …… any problems.** **(Complete the sentence)**

Ⓐ will have
Ⓑ has
Ⓒ had

4. **If you don't hurry, you will miss the bus.** **(Rewrite using "unless")**

Ⓐ Unless you hurry, you will miss the bus.
Ⓑ Unless you don't hurry, you will miss the bus.
Ⓒ Unless you hurried, you would miss the bus.

5. **If they finish early, they will join us.** **(Make a question)**

Ⓐ Will they join us if they finish early?
Ⓑ Do they join us if they will finish early?
Ⓒ Would they join us if they finished early?



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UNIT 2 PART 2 WRITING

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

I. Introduction

- **Main Idea:** Teens can help the planet easily by changing a few habits at home and outside.

II. Body Paragraph 1: At Home

- **Topic Sentence:** Teens can save energy and reduce trash right in their own homes.
- **Supporting Detail 1:** turning off lights and unplugging TV chargers
- **Supporting Detail 2:** taking shorter showers to save water
- **Supporting Detail 3:** recycling plastic bottles and paper waste

III. Body Paragraph 2: Outside the Home

- **Topic Sentence:** Teens can make green choices when they leave the house.
- **Supporting Detail 1:** walking or riding a bike instead of taking cars
- **Supporting Detail 2:** carrying reusable water bottles instead of buying plastic ones
- **Supporting Detail 3:** picking up trash at local parks or school gardens

IV. Conclusion

- Simple everyday actions inside and outside the home help keep the Earth clean.

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UNIT 1 READING CMPREHENSION

Read the following passage carefully, then answer the questions that follow:

Winter is cold in some places. Many plants do not grow during winter. Some plants die. Snow and ice may cover the ground. It can be hard for animals to find food during winter. Some animals get through this time in many ways.

Birds and butterflies can fly. Many of them do not stick around for the winter. They leave. They go to a place with nice and warmer weather. Then they come home in the springtime. We call this migration. Migration means the movement from one place to another for different reasons. Migrating is a good way to avoid the cold which reaches about -40 in some areas.

Another good way to avoid the cold is to sleep through it. Many animals hide during the winter. Their bodies slow down. They save their energy. They do not eat. They live off of their fat. They do this until food returns. We call this hibernation. Snakes, frogs, and bears hibernate. Some animals store food in their homes. They do not sleep all winter, but they do much less. They live on what they saved in the summer and fall. This is what squirrels, beavers, and raccoons do. Skunks do this too.

Other animals tough it out. They do not leave. They do not hide. They must survive. Sometimes nature helps them out. Some animals grow thicker coats in the winter. Other animals change their colour. For example, the arctic fox is brown in the summer. Its coat turns white in the winter.

Winter may be pretty. It is nice to see snow on the trees. But it is hazardous too. People are also at risk and danger. You can get frost bitten or worse. How do you beat the winter? Do you wear a thick coat? Do you stay inside? Or do you live somewhere warm?

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

1. **The best title for this passage could be:**

- **A** Winter: A Time to Migrate
- **B** Hibernation: Sleeping it off
- **C** Survive: How Animals Beat the Winter
- **D** Birds and Butterflies: Nature's Movers and Shakers

2. **The underlined word "hazardous" in the 6th paragraph is closest in meaning to**

A Fabulous **B** enormous **C** dangerous **D** adventurous

3. **The underlined word "which" in the 2nd paragraph refers to:**

A Cold **B** home **C** spring time **D** migration

4. **According to the passage, all the following statements are TRUE except:**

- **A** Some animals survive the winter in many ways.
- **B** Some animals grow thicker coats or change their colour like the arctic fox.
- **C** Some animals migrate to warmer places in the winter like polar bears.
- **D** Some animals store food in their homes and sleep all winter.

5. **The purpose of the writer in writing this passage is to:**

- **A** compare and contrast plants and animals.
- **B** warn readers against hunting some rare animals.
- **C** suggest ways to prepare for the cold winter months.
- **D** give information about how animals survive the winter.

B) *With reference to the passage, answer the following questions:*

6. What is meant by migration?

……

7. How do bears hibernate?

……

8. According to the passage, why is a thicker coat important for animals?

……

SUMMARY MAKING

Read the following passage, then do as required:

The tiger is the largest of all the cats. This wild mammal is found in some remote forests and rainforests in East Asia. At present, the tiger is an endangered species in the wild. There are many things we might do to save this animal. Tigers would survive if we stopped cutting the rainforests where they live. Creating natural reserves for this rare animal is another step that can help. Also, if biologists took care of the existing tigers, they would protect them. And if we all stopped illegal tiger trading, hunters wouldn't kill them. If we took these actions, the situation of this species would become better, and tigers wouldn't be in danger of extinction.

In FOUR sentences, summarize and paraphrase the previous passage in answer to the following question:

What can we do to save tigers from extinction?

……

……

……

……

……

……

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منصة شركة رانيا ياسين التعليمية تميز | نجاح | تفوق

UNIT 2 PART 2 TRANSLATION

Translate the following into English:

- تبدأ حياة المنتجات باستخراج المواد وتنتهي بالنفايات.

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- شراء الأشياء المستعملة يقلل من التلوث والموارد.

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- تحويل الأشياء القديمة إلى جديدة يمنحها حياة أخرى.

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- الخيارات الذكية والمستدامة تحمي كوكبنا.

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