

Unit (1) staying healthy

UNIT
1

Lesson 1

Staying healthy

Before you start

Discuss these questions in pairs.

- What can we do to stay strong and healthy?
- How can other people help us to stay healthy?

OBJECTIVES

Reading A poster about how to perform first aid
Writing A persuasive email to a friend
Listening A news report about medical support for athletes; An explanation of the immune system
Speaking Suggesting solutions to problems; Persuading
Language must / have to
Life skills Resilience

Part 1 : lessons 1 & 2 & 3

Key vocabulary

Infect	يعدي	Infection	عدوي
Infected	شخص معدي	Infectious	شيء معدي
Perform	يؤدي - يفعل	Act	يمثل
React	يرد فعل - يستجيب	Reaction	رد فعل - إستجابة
Sever	حاد - شديد	Technique	طريقة- اسلوب
First aid	مساعدات اولية	Injured	مصاب
Virus	فيروس	Bacteria	بكتريا
Illness	حالة مرضية	Disease	مرض
CPR	الانعاش القلبي الرئوي	Athletes	الرياضيين
Boost	يدعم - يدفع - يعاون	Cell	خلية
Immune system	جهاز مناعة	Organ	عضو
Living thing	كائن حي	Disease	مرض

Vocabulary (Listening & reading)

Poster	ملصق	Persuasive	مقنع
Report	تقرير	Medical	طبي
Medicine	الطب - الدواء	Surgery	الجراحة
Athletes	الرياضيين	Explanation	شرح - تفسير
Suggest	يقترح	Stay	يبقى - يظل
Health	صحة	Healthy	صحي
Resilience	مرونة	Solution	حل
Support	دعم	Hurt	يؤذي
Ill	مريض	Correct	صحيح
Emergency	طوارئ	Service	خدمة
CPR	انعاش	Action	فعل
Cause	يسبب - سبب	Caused by	سببه
Describe	يصف	Way	طريقة
Skill	مهارة	The same	نفس الشيء
Check	يفحص - يراجع	Area	منطقة
Dangerous	خطير	Closer	بالقرب من
Carefully	بحرص	Awake	مستيقظ
Sign	علامة	Bleed	ينزف
Blood	دم	Reply	يرد - يستجيب
Shoulder	كتف	Normal	طبيعي
Breathing /breath	تنفس	Breathe	يتنفس
Immediately	في الحال	Lying	مستلقي
Lie	يستلقي	Back	مؤخرة - ظهر الانسان او الحيوان
Flat	مستوي	Surface	سطح
Place (v)	ضع	Chest	الصدر
Press	يضغط	Instructions	تعليمات
Club	نادي	Damage	يدمر
Heart	قلب	Important	مهم
Importance	اهمية	Educate	يعلم
Health	صحة	Exercise	التمرين
Director	مدير - مخرج	Trophy	الكأس
Responsible for	مسئول عن	Examination	اختبار - فحص
Heart centre	مركز جراحات القلب	Special	خاص
Rules	القواعد	Necessary	ضروري
Encourage	يشجع	Available	متاح

التعريفات Defenitions

1-infection (n.) عدوي - إصابة - تلوث - تعفن - تلويث - إعداء للآخرين - إفساد - قذارة

A disease that affects a particular part of your body and is caused by bacteria or a virus. When someone is infected by a disease.

- The baby had an ear **infection**.
- Always sterilize the needle to avoid **infection**.
- He was suffering from an **infection** of the lungs.
- Antibiotics are used to treat the **infection**.
- Pregnant women can transmit the **infection** to their unborn child.
- Doctors are trying to locate the source of the **infection**.

2- perform يؤدي - ينفذ - يمثل في مسرحية - ينجز - يعزف - يغني - يرقص - يمارس - يجري عملية

to do something to entertain people, for example by acting a play or playing a piece of music. To do something, especially something difficult or useful. To work or do something well, badly etc.

- The children **perform** two plays each school year.
- Surgeons **performed** an emergency operation.
- She was fired for not **performing** the duties outlined in her contract.
- Al-Ahly **performed** poorly on Saturday and lost against Al Zamalek 3 - 1.
- The economy is **performing** well.

3 - React (v.):

يستجيب - يتفاعل - رد الفعل - يؤثر في

to behave in a particular way or show a particular emotion because of something that has happened or been said. If a chemical substance reacts, it changes when it is mixed another chemical substance. = respond

- How did Girgis **react** to your idea?
- He **reacted** angrily to the suggestion that he had lied.
- You have to **react** quickly to circumstances.
- The government **reacted** by declaring all strikes illegal.
- The calcium **reacts** with sulphur in the atmosphere.
- Oil prices **reacted** sharply to news of the crisis in the Middle East.
- The market **reacted** favourably to the announcement.

4- severe شديد - حاد - خطير - قاس - صارم - عنيف - عسير - صعب - متزمت - صلب - متشدد (adj.)

very serious. Severe problems, injuries, illnesses etc are very bad or very serious.

- His injuries were quite **severe**.
- She's suffering from **severe** depression.
- The US faces **severe** economic problems.

5- technique (n.)

تقنية - أسلوب - براعة فنية - فن

A special way of doing something

- There are various **techniques** for dealing with industrial pollution.

- In mathematics, we use many **techniques** of problem-solving.
- He is a great player, with brilliant **technique**.

6 - CPR (n.) (U.) cardiopulmonary resuscitation : الإنعاش القلبي الرئوي

when you breathe into someone's mouth and press repeatedly to their chest to make them breathe again and make their heart start beating after it has stopped.

- There is an accident ,let's help them , I know about **CPR**

7- emergency (n.) (C.)

حالة طوارئ - حاجة ملحة - ضرورة

an unexpected and dangerous situation that must be dealt with immediately.

- Lifeguards are trained to deal with **emergencies**.
- In case of **emergency**, press the alarm button.

8- boost (v.)

يدعم - يعزز - يرفع لأعلى - يزود - يقوي - يساعد

To increase or improve something and make it more successful.

To help someone reach a higher place by lifting or pushing them.

Boost (n.):

something that gives someone more confidence, or that helps something increase, improve, or become successful.

- The new resort area has **boosted** tourism.
- The win **boosted** the team's confidence.
- Add a little more vanilla, to give the flavour a **boost**.
- The poll provided a morale **boost** for our political party.

9-cell - زنزانة حجرة صغيرة - صومعة (الراهب) في الدير - جزء من بطارية كهربائية - تجويف - منظمة

the smallest part of a living thing that can live independently.

A small room in a prison or police station where prisoners are kept.

- He spent a night in the **cells** at the local police station.

10 - Immune system:

جهاز مناعة

the system by which your body protects itself against diseases.

- My **immune system** is not as strong as it ought to be.

11-organ (n.) عضو في الجسم - جريدة - لسان حال - الناطق الرسمي - الأرغن (آلة موسيقية)

a part of the body, such as the heart or lungs, that has a particular purpose.

- The brain is the only **organ** that can't be transplanted.

12 - Virus (n.) :

فيروس

a very small living thing that causes infectious illnesses.

Corona **virus** caused the worst problem in the 21st century .

YOU CAN ACHIEVE YOUR GOALS

JUST WORK HARD TO REACH THEM .

Prepositions & Expressions and idioms

Forget about	ينسى بشأن	Safety of	امان ل
Encourage to	يشجع ل	Discourage from	يمنع من
Stay at	يبقي في	Stay in	يبقي في مكان كبير
At home	بالمنزل	How to	كيف
First aid box	صندوق الاسعافات الاولى	First aid kits	ادوات الاسعاف
Do sport	يمارس الرياضة	Don't have to	غير مضطر الي
Put on	يرتدي	Press down	يضغط لاسفل
Pull out	يسحب	Make sure	يتأكد
Care about	يهتم بشأن	The importance of	اهمية
Reason for	سبب	Cause of	سبب
Agree with	يتفق مع	Disagree about	يختلف بشأن
Believe that	يؤمن بان	Don't know	لا يعرف
Be careful	يكن حريصا	Look around	ينظر حوله
React quickly	يستجيب بسرعة	Follow the instructions	يتبع التعليمات
Reply to	يرد علي	Closer to	بالقرب من
Look at	ينظر الي	A sign of	علامة ل
Shout at	يصرخ ل	Call the emergency	اتصل بالطوارئ
Perform CPR	يسعف شخص	Lie on	يستلقي علي
Flat surface	سطح مستوي	Rise up	يقوم لاعلي

**Study this verb**

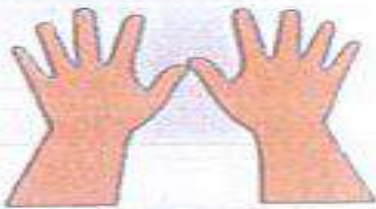
take	
take care of	يعتني ب
take turns	يتبادل الادوار
take place	يحدث
take in	يمتص - يفهم
take part in	يشارك في
take off	يخلع ملابسه - تقلع الطائرة
take after	يشبه
take to	يعتاد علي - يميل الي
take out	يخرج
take place	يحدث

Confusing words

Poster	ملصق	Advertisement	إعلان
Athlete	لاعب لعبة قوية	Sports man/woman	شخص رياضي
Persuade	يقنع شخص بفعل شيء	Convince	يقنع شخص برأي
Infected	شخص معدي	Infectious	شيء أو مرض معدي
Perform	يؤدي شيء يحتاج مهارة	Do	يفعل أي شيء
Act	يفعل شيء	React	يستجيب لفعل ما
Severe	شديد - خطير جدا	Serve	يخدم
Reason for	سبب معنوي ل	Cause of	سبب مادي
Technique	طريقة محددة لفعل شيء ما	Style	طريقة فعل شيء النمطية
Illness	حالة مرضية	Disease	مرض تم تشخيصه
Injured	مصاب	Wounded	مجروح
Person	شخص	Personality	الشخصية
Find	يجد	Find out	يكتشف
Check	يفحص	Cheque	شيك
Severe	شديد - قوي التأثير	Strong	شخص قوي العضلات
Awake	مستيقظ	Alive	حي - علي قيد الحياة
Reply	يرد - يستجيب	Answer	يجيب عن سؤال
Remember	يتذكر	Remind	يذكر
Breath	النفس	Breathe	يتنفس
Top	قمة الشيء	Summit	قمة الجبل

Reading Text

How to perform first aid ?



Step 1



Step 2



Step 3

1- If you find an ill or **injured** person ,you must **check** the area around him/ her first to make sure it isn't dangerous , the move closer to the person and look carefully at them ,Do they seem to be very ill ? Do they have **severe** injuries ?

- 2- If the person is **awake** , but not **bleeding** , you have to ask them how they feel and what happened , **check** their body for **signs** of enjury or **infection** .You don't have to touch the person 's body to do this .
- 3- If the person doesn't **reply** , touch their shoulder or their foot and shout to see if they **react** , and remember to **check** for normal breathing .
- 4- if the person isn't **breathing** , someone must call the **emergency** services immediately .
- 5- If you know how to perform **CPR** , you have to do this to help the person start breathing ,However , you mustn't do CPR unless the person is **lying** on their back on a **flat** surface such as the floor .
- 6- place your hand on the centre of the person's chest ,put your other hand on the top of the first hand and **lock** your fingers together ,make sure that your shoulders are above your hands .
- 7- You don't have to press down on the person's chest very much _ only five to six centimetres , keep your hands on their chest and allow it to **rise up** again , you have to do this 100 to 120 times a minute until the person starts **breathing** again .

Check 1 : A) Translate into Arabic :

- 1- It's advisable not to do CPR unless the person is lying on their back on a flat surface such as the floor .
- 2- Doctors around the world advise all people to learn about first aid tips and the basic rules of doing CPR .

B) Translate into English :

١- إنقاذ حياة انسان من الموت لا تتطلب تعلم الطب بل تتطلب حسن تصرف من شخص عاقل .

٢- تقوم منظمة الصحة العالمية بإصدار العديد من الكتيبات لتعليم الناس عن طرق إنقاذ المصابين والجرحي

٣- من النماذج المصرية المشرفة في مجال الطب طبيب الغلاية د / محمد مشالي ورائد جراحات القلب د / مجدي يعقوب

Check 2 : With your teacher's help , Find out the difference between these words giving examples that explain the differences :

بمساعدة معلمك قم باكتشاف الفروق بين هذه الكلمات معطيا أمثلة توضح تلك الفروق

Perform	Do
Area	District
Dangerous	Danger
Injury	Wound
Know	No
Person	Character
Allow	Let
Centre	Middle

Check (3) : Write an essay of about 150 words about :

How to help people in case of emergency

Check 4 : Dictionary work

Using your **dictionary** , find the **synonyms** and the **antonyms** (**ONE** or more than one) of the following words

Word	Synonym	Antonym
Normal		
Perform		
Injured		
Dangerous		
Infected		
Top		
Rise		
flat		

Check 5 : Online activity

Using a search engine (ex :google or EKB site) , Find out some information for a school project about :

1- First aid box

2- CPR

Derivatives

Verb	noun	Adjective	Adverb
	Severity	شديد قاسي Severe	Severely
Infect	infection	Infectious	
يعدي يصيب يلوث ينقل مرضا	عدوي تلوث	مُعدي مُلوث يسبب العدوي infected مُصاب	
يؤدي perform	Performer		
	مؤدي عازف لاعب مقدم عروض		
	Performance		
	عرض - أداء - تنفيذ		
react يستجيب	reaction رد فعل	active نشيط	actively بنشاط
act يمثل يفعل	action فعل تمثيل	emergent طارئ	Emergently
	Emergency		بشكل طارئ

Language Notes

1- Make or Do

هل لاحظت اننا نقول :

Do CPR - Do an operation - do favouretc

ولكننا نقول :

Make a plan – make a decision – make a promise etc

في الواقع عادة ما نستخدم make للتحدث عن انتاج او خلق او صناعة او بناء شئ جديد للمرة الأولى .

للتحدث عن عمل (أداء) او مهمة او نشاط قمنا بفعله أو بفعل شيء مثله في الماضي do عادة نستخدم

اليك الجدول التالي

Make		Do	
make a noise	يثير ضوضاء	do a job	يؤدي وظيفة
make a mistake	يخطئ	do the homework	يحل الواجب
make a speech	يلقي خطابا	do the housework	يقوم بشغل البيت
make a table	يصنع منضدة	do the washing up	يقوم بغسل الأطباق
make arrangements	يقوم بترتيبات	do well in	يؤدي بصورة جيدة
make a phone call	يتصل تليفونيا	do a survey	يقوم بعمل احصائية
make a difference	يحدث اختلاف في	do an operation	يجري عملية جراحية
make a decision	يتخذ قرار	do work	يقوم بالعمل
make money / a fortune	يكون ثروة	do a project on	يعمل بحث أو دراسة عن
make a profit / loss	يحقق ربح / خسارة	do research on / into	يعمل أبحاث على
make a choice	يختار	do the shopping	يتسوق
make a suggestion	يقدم اقتراح	do business	يقوم بعمل تجارى
make a promise	يقدم وعدا	do things	يفعل أشياء
make troubles	يسبب متاعب	do repairs	يقوم بعمل اصلاحات
make friends	يتخذ أصدقاء	do a favour	يقدم خدمة أو معروف
make a discovery	يقوم بعمل اكتشاف	do exercise	يتدرب
make an achievement	يحقق انجاز	do a quiz	يحل مسابقة
make a journey	يقوم برحلة	do a hobby	يمارس هواية
make effort	يبذل مجهود	do a test	يمتحن

2- a day / an hour

تستخدم a قبل كلمات معينة بمعنى (في كل أو لكل)

Ex: you have to do this 100 to 120 times **a minute**

Ali studies five hours **a day**.

He drives 80 miles **an hour**.

3 – event..... حدث هام

incident..... حدث في قصة أو فيلم

accident..... حادثة

He used to write about important **events** and people in the world.

The **accident** happened early yesterday.

٤ - هناك صفات تستخدم فقط بعد (verb to be) / (become - seem - look) و لا تستخدم قبل الاسم و هذه الصفات عادة تبدأ بحرف (a)

afraid , alike , alive , alone , asleep , awake.

- The child is asleep.
- Do not disturb a sleeping baby. (BUT NOT: Do not disturb an asleep baby.)
- Ali is afraid of spiders.
- The frightened boy ran away. (BUT NOT: The afraid boy ran away.)

٥- هناك صفات تستخدم فقط بعد (verb to be) / (become - seem - look) و لا تستخدم قبل الاسم و لا تبدأ بحرف (a)

ill - well

- The girl is very well. (BUT NOT: She is a well girl.)

6- feel: (sense by touch)

يشعر بشيء، يحس بشيء

- He felt her hand on his shoulder.

feel: (examine by touch)

يتلمس، يتحسس

- She felt the cloth to see how good it was.

feel: (sense, detect: not by touch)

يشعر بشيء معنوي

- I felt hostility in his voice

7 soil / ground / floor:

- soil: تربة - These plants only grow in a muddy soil.
- ground: أرض (خارج المنزل) - Don't sit on the ground. You'll get wet.
- floor: أرضية (المنزل) / طابق / دور - He lives in a flat on the second floor.

8 • try + to + مصدر : يحاول عمل شيء و غالبا لا ينجح

- He tried to climb the tree but he couldn't.
- = He failed to climb the tree..

• try + v. + ing : يحاول عمل شيء و غالبا ينجح / يقوم بعمل شيء ليرى نتيجة

- He tried climbing the tree and he did it.
- = He succeeded in climbing the tree.
- A: I have a bad headache.
- B: Try taking an aspirin.
- = Take an aspirin and see the result.

Exercises on Vocabulary

Choose the correct answer:

1 – People showed remarkable.....during the war. They were really strong.

A – resilience b – passivity c – residence d – resemblance

2 – Protestors were putting upshowing their demands.

A – possessors b – posters c – poachers d – postages

3 -should be kept out of the reach of children.

A – Mediators b – Medals c – Medics d – Medicines

4 – Nurses belong to theprofession.

A – secretarial b – medical c – political d – voluntary

5 – A\Anis someone who competes in sports competitions, especially running, jumping, and throwing.

A – athlete b – athletic c – athletics d – athleticism

6 – The police asked the lady tothe thief who stole her purse.

A – prescribe b – describe c – deserve d – disdain

7 – After the accident, her body was found in a pool of.....

A – blood b – flood c – cloud d – fluid

8 – Our teacher told us about theof revision before exams.

A – importance b – consensus c – temperance d – fragrance

9 – He was punished for breaking the school.....

A – roles b – rolls c – rails d – rules

10 – This giant company is run by a group of.....

A – directors b – conductors c – connectors d – contractors

11 – Nearly 10 % of the Earth'sis covered by ice.

A – surface b – service c – survey d – surfer

12 – He is a famous athlete. The walls of his office are lined with banners and.....

A – trophies b – trolleys c – trolleybuses d – troupers

13 – Her familyher in her ambition to become a doctor.

A – encouraged b – encountered c – encoded d – encompassed

14 – A good diet isfor maintaining a healthy body.

A – necessitate b – necessarily c – necessary d – unnecessarily

15 – Your.....is the front part of your body between your neck and your stomach.

A – chain b – chest c – chart d – chalk

16 – He wasat Bristol University.

A – eradicated b – educated c – deduced d – concluded

17 – There is no simple.....to the problem of overpopulation.

A – solution b – socialization c – suspicion d – assimilation

18 – The violent storm caused terrible.....to the city.

A – damage b – luggage c – baggage d – backache

19 – The airline is legallyfor the safety of its passengers.

A - responsive b – responsible c – repulsive d – depressive

20 – Tickets arefrom the box office.

A – portable b – avoidable d – available d – soluble

21 – The room filled with smoke, and it was becoming difficult to.....

A – breathe b – breath c – breeze d – press

22 – Would you kindly.....me a favour?

A – make b – take c – have d – do

24 – Your father is asleep. Stop.....noise.

A – doing b – to do c – making d – to make

25 – I will take partthe poetry competition. I hope to win.

A – at b – in c – on d – about

26 - you mustn't do CPR unless the person is lying their back on a flat surface such as the floor .

A – in b – on c – at d – against

27 - If you find an ill or injured person ,you must the area around him/ her first to make sure it isn't dangerous.

A – check b – chick c – shake d – cheque

28 - If the person is awake , but not bleeding , you have to ask how they feel and what happened , check their body for signs of injury or infection .

A – him b – her c – them d – they

29 - If you know how to CPR , you have to do this to help the person start breathing.

A – perform b – perfume c – preface d – prefer

30 – Always remember that.....is better than cure.

A – medicines b – treatment c – prevention d – therapy

A) Translate into Arabic:

1-The food crisis is affecting over three billion people—almost half the world's population. The cause of the present crisis is food price inflation.

2-Protecting endangered species and cleaning lakes and seas has a positive effect on the environment.

3-Exporting our products abroad will help to develop our economy and get more hard currency.

B) Translate into English:

١ - الذين يعيشون في المدن معرضون لأخطار التلوث البيئي أكثر ممن يعيشون في الريف.

٢ - لا بد من بذل المزيد من الجهود لحماية الأنواع النادرة من النباتات والحيوانات من الإنقراض.

٣ . يجب على الوالدين توجيه ورعايه ابنائهم ليواصلوا رحله الحياه بأمان

Focus on Grammar (1)

Modal verbs of advice, necessity and prohibition

1- Must = it is necessary to

يجب أن

- تستخدم **MUST** للتعبير عن ضرورة عمل شيء وتستخدم لتقديم نصيحة قوية لشخص أو دعوة أو نذكر أنفسنا بضرورة عمل شيء ما وهي عادةً تستخدم مع النصائح التي نلزم بها أنفسنا أو مقتنعين بها (الزام داخلي)

- You **must come** home before 8 o'clock. (Necessity)
- They **must come** and have lunch with us. (a warm invitation)
- You **must** wash your hands before you eat. (strong advice)
- We **must buy** souvenirs for our friends here. (a strong reminder to ourselves)

- لاحظ استخدام **MUST** للتعبير عن الضرورة في المضارع والمستقبل

- I **must** go now.
- I **must** see my doctor tomorrow.

- تستخدم **MUST** في السؤال بدون فعل مساعد وتأتي في بداية السؤال:

- **Must** he send the e-mail now?
- Must Soha write the report herself ? can I help her ?

- لاحظ استخدام **MUST** للدعوة الحارة ومع تذكير الشخص لنفسه بالواجبات

- You **must attend** my birthday party , Nour .
- I **must attend** Ola's birthday party , she is my cloze friend .

- لاحظ استخدام **MUST** مع النصيحة الملزمة التي يجب الأخذ بها ويسبب عدم الأخذ بها وجود ضرر

You **should help** your neighbours . (it's ok if you do so)

You **must** wash your hands if you touch an infected person . (it's necessary)

2- Have to

يجب أن

- لاحظ استخدام **HAVE TO** مع الالزام المفروض من الخارج والذي ليس لدينا خيار في فعله (إجبار)

- You **have to** show your passport when travelling abroad .
- His father has died , now he **has to** search for work to pay for his family needs .
- You **have to** pass the test to get the driving licence .
- We **have to** return before midnight , father would be angry then .
- We **have to** wear a uniform at school .

- لاحظ استخدام **MUST** عند الحديث عن القوانين بشكل عام ولكن عند توجيه الحديث لشخص معين فإنه يصبح

ملزم بتطبيق القانون وليس لديه خيار آخر وهنا نستخدم **HAVE TO**

- Doctors **must** wear a unique uniform to identify them at hospitals .
- Dr. Islam , you **have to** wear your medical uniform or you will be punished .
- People **must** stop when the traffic light is red .
- You **have to** stop , the traffic light is red .

- هذا الكلام لا ينطبق على الأشياء التي من المعروف أننا نجبر على فعلها

- Students **have to** wear unique uniforms at schools .
- You **have to** wear a uniform at school .
- Students **have to** get up early in school days .
- Egyptian students **have to** pass the GSEC to join university .

- أحياناً يعتمد الأمر على نية المتحدث

I **have to / must** get up early tomorrow to watch the final .

إذا كان الاستيقاظ مبكراً من عاداتي فهو الزام داخلي وإذا كان ضد هوي المتحدث أصبح الزام خارجي

WILL HAVE TO والمستقبل منها HAD TO الماضي هو

Yesterday , I had to help my mother in the kitchen .

Tomorrow , I will have to get up at 6 o'clock to see my father off .

Tomorrow , I have to get up at 6 o'clock to see my father off .

3- Mustn't : It is necessary NOT to do.....**يجب ألا**

- تستخدم **MUSTN'T / MUST NOT** للتعبير عن أن شيء ممنوع أو غير مسموح به أو تترتب عليه نتيجة سيئة إذا قمنا به

- Mustn't = (be) not allowed = (be) not permitted to = (be) banned =
(be) prohibited = (be) forbidden to

- You **mustn't park** here. It is not allowed.

- You **mustn't** smoke in hospitals.

= You **aren't permitted to** smoke in hospitals.

= You **are banned from** smoking in hospitals.

= You **aren't allowed to** smoke in hospitals.

= you **are forbidden to** smoke in hospitals.

= You **are prohibited from** smoking in

hospitals.

- ويمكن أن تبدأ الجمل بالشيء الغير مسموح به

- Smoking **is not allowed** in hospitals.

- Parking **is forbidden** here.

1 - Choose the correct answer:

1. We be home by 9 o'clock. The film starts at 9:15.

- a) needn't b) had to c) mustn't d) must

2. This is a dangerous tour. Children be accompanied by an adult.

- a) shouldn't b) should c) mustn't d) must

3. You tell the boss what happened, or he'll fire you.

- a) don't need to b) needs to c) must d) can

4. No one smoke in here; smoking is not allowed.

- a) should b) shouldn't c) must d) mustn't

5. I be late. It's the most important meeting of the year.

- a) may b) mustn't c) must d) won't

6. When you go to Alexandria, you visit the library. It's amazing !

- a) have b) must c) will d) need

7. I remember to email my cousin today. It's his birthday.

- a) mustn't b) needn't c) must d) ought to

8. you make that noise? It is really annoying.

- a) Can b) Could c) Must d) Might

9. You wear heavy clothes. It is very cold outside.

- a) needn't b) mustn't c) must d) might

10. You bite your nails. It's a bad habit.

- a) ought not to b) mustn't c) can d) ought

11. You look ill today. You see a doctor.

- a) may b) might c) can d) ought to

12. You take along some cash. The restaurant may not accept credit cards.

- a) mustn't b) should c) has to d) needn't

13. You forget to pay the rent tomorrow. The landlord is very strict about paying on time.

- a) need to b) can c) must d) mustn't

14. **My sister made a cake. You try it. It's lovely!**
a) need b) needn't c) must d) have to
15. **Yourun next to the swimming pool. You might fall over.**
a) mustn't b) must c) should d) can
16. **We pass our exams to get into university.**
a) must b) has to c) needn't d) needn't
17. **Istop eating sweets! They are bad for me.**
a) must b) could c) can d) has to
18. **At an airport, you show your passport before you can leave the country.**
a) have to b) doesn't have to c) don't have to d) must
19. **Students..... use their mobile phones during the lessons.**
a) mustn't b) must c) have to d) has to
20. **You..... arrive on time for lessons. It's important not to be late.**
a) must b) had to c) don't have to d) have to
21. **Students.....take an exam at the end of the year. This shows how much they have learnt.**
a) doesn't have to b) have to c) has to d) had
22. **I study hard for my final geography exam. I want to get a good grade.**
a) must b) had to c) have d) need to
23. **We forget that tourism is very important for Egypt.**
a) must b) needn't to c) mustn't d) should
24. **I phone my friend this evening. I promised him I would.**
a) have to b) must c) needn't d) need
25. **My children study ancient history at school next year.**
a) will have to b) doesn't have to c) has to d) must to
26. **We..... be back in Cairo on Friday in time to catch our flight.**
a) don't have to b) must c) ought d) need
27. **You come and stay with us in our farm sometime.**
a) must b) ought c) should have d) could have
28. **Sami is feeling ill. I think he..... to see a doctor.**
a should b ought c must d can
29. **It's late. You..... make so much noise.**
a) must b) mustn't c) don't need to d) has to
- 30- **Passengers.....talk to the driver while the bus is in motion.**
a) had to b) don't have to c) mustn't d) have got to
31. **You smoke on buses. It's forbidden.**
a) mustn't b) must c) can d) should
- 32- **The sign in the park says that people walk on the grass.**
a) needn't b) might not c) should d) mustn't
- 33 - **There are always children near the school, so you drive very carefully.**
a) can b) must c) mustn't d) need

**YOU CAN ACHIEVE YOUR GOALS
JUST WORK HARD TO REACH THEM .**

Part 2 : lessons 4 & 5 & 6

Key vocabulary

sir	السيد	kingdom	مملكة
answer	رد - اجابة	play	مسرحية
Championship	بطولة	Guide	يرشد
Lungs	الرئتين	Muscles	العضلات
duke	دوق	character	شخصية
an act	فصل في مسرحية	scene	مشهد

Vocabulary (reading & King Lear)

Stay	يبقي - يظل	Expert	خبير
Cousin	ابن العم	Important	مهم
Importance	اهمية	Flu	انفلونزا
Worry	يقلق	Persuade	يقنع
Expression	تعبير	Healthy	صحي
Pleasure	سعادة	Unfortunately	لسوء الحظ
Area	منطقة	Usual	المعتاد
Behave	يتصرف	Cough	يكح - كحة
Dirty	قذر	Dirt	قذارة
Sick	مريض	Avoid	يتجنب
Regularly	بانتظام	Possible	ممکن
Sudden death	الموت المفاجيء	Part	جزء
Separate	منفصل	Improve	يحسن - يطور
Leaves	اوراق لالشجر	Fast food	الطعام الجاهز
Course	دورة تدريبية	Situation	موقف
Expert	خبير	Perfect	تام
Brilliant	رائع	Difficult	صعب
Type	نوع - يكتب	Really	حقا
give away	يعطي - يتنازل عن	sword	سيف
foolish	احمق	shout about	يصرخ بصوت عال
title	لقب - عنوان	duty	واجب
beauty	جمال	riches	الغني
a third	ثلث	servant	خادم

التعريفات Defenitions

1 - Play (n.):

a story that is written to be performed by actors, especially in a theatre.

I have read a lot of Shakespeare's **plays**.

2 - Character (n.):

the particular combination of qualities that makes someone a particular type of person.

He has a cheerful but quiet **character**.

3 - Act (n.):

one of the main parts into which a stage play is divided.

"Naughty student's school " a famous play by Adel Emam ,consists of three comic **acts** or nine **scenes**

4 - Scene (n.):

part of a play during which there is no change in time or place.

Scene number one , Action

Prepositions & Expressions and idioms

Living thing	كائن حي	A part of	جزء من
Get better	يتحسن	Get ill	يمرض
Work better	يعمل بطريقة جيدة	At the end of	في نهاية
Have to	مضطر الي	Get a cold	يصاب بالبرد
Fast food	طعام جاهز	Immune system	جهاز مناعة
A lot of time	وقت طويل	Go outside	يخرج
Stay up late	يسهر	Find it hard	يجد من الصعوبة
Get up	يستيقظ	It's great	انه لشيء رائع
Take a course	ياخذ دورة تدريبية	I'm sure	انا متأكد أن
Difficult situation	موقف صعب	Expert in /on/at	خبير في
Two-day course	دورة تدريبية مدتها يومان	Sound perfect	يبدو رائعا
Think about	يفكر في موضوع	Interested in	مهتم ب
Need help	يحتاج المساعدة	Feel stronger	يبدو اقوي
Do a course	يتعلم في دورة	Spend time on	يقضي وقت في
Less than	اقل من	In my area	في منطقتي السكنية
About to	علي وشك	Close to	قريب من

It worries me	يرهقني ويقلقني كثيرا	Remind SB to	يذكر شخص بان
Remind SB of	يذكر شخص ب	Give a disease to	ينقل مرض ل
proud of	فخور ب	pleased to	مسرور ل
divide into	يقسم الي	very well	بطريقة جيدة
have more to say	لدي الكثير لاقوله	lie about	يكذب بشأن

Confusing words

boost	يعزز يقوي يزود	boast	يتفاخر يتباهي
virus	فيروس	versus	ضد عكس
healthy	صحي - صحيح بدنيا	wealthy	ثري غني
scene	مشهد من فيلم أو مسرحية	seen	التصريف الثالث من see
cell	خلية	sell	أوكازيون أو بيع بيع
organ	عضو في الجسم	member	عضو في النادي أو الأسرة
sword	سيف	word	كلمة
land	أرض	lend	يقرض
palace	قصر	place	مكان
rich	غني	reach	يصل إلي
must	يلزم أن يجب أن	mast	برج التليفون المحمول صاري السفينة
play	يلعب لعب مسرحية	pray	ينهق (نهيق) يصلي
cell	خلية زنزانة	cello	كمنجة (ألة موسيقية) تشيلو
Remember	يتذكر من نفسه	Remind	يذكر شخص اخر
Health	صحة	Wealth	ثروة
Pleasure	سعادة	Pressure	ضغط
play (v)	يلعب	play	مسرحية
act (v)	يمثل	act	فصل في مسرحية
title	لقب - عنوان	address	عنوان منزل

Reading Text

A persuasive letter

Hi Fares, How are you?

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

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

Talk to you soon!

Mahmoud

in an emergency, every second is important. People worry that they will make a **mistake**, but the **emergency** services are there to help. Call 123 and they will tell you what to do.

Ask for advice letter

Dear Health Today,

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

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

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

I look forward to hearing from you. Yours,

Shady

Check 1 : A) Translate into Arabic :

1- Young children don't usually get very sick from flu and so they don't give the flu to older people

2- You have to have a mobile phone to help you in case of emergency .

B) Translate into English :

١- يقول العلماء بأن الأطفال أقل عرضة للإصابة بعدوي الانفلونزا والوبئة من الكبار وذلك لقوة جهاز المناعة لديهم .

٢- أصدرت الحكومة المصرية عدة قرارات وقائية لمنع تفشي وباء كورونا في مصر .

٣- الأطباء هم الجيش الأبيض الذي يدافع عن صحتنا وبدونه لن تكون الحياة سهلة عند الكثيرين .

Check 2 : With your teacher's help , Find out the difference between these words giving examples that explain the differences :

بمساعدة معلمك قم باكتشاف الفروق بين هذه الكلمات معطيا أمثلة توضح تلك الفروق

Great	Greet
Course	League
Join	Catch
First aid box	First aid kits
Expert	Export
Teach	Learn
Learn from	Learn about
Sick	ill

Check (3) : Write an essay of about 180 words about :

Charitable work and helping others

Check 4 : Dictionary work

Using your **dictionary** , find the **synonyms** and the **antonyms** (**ONE** or more than one) of the following words

Word	Synonym	Antonym
Injure		
Great		
Calm		
Expert		
Fast		
Brilliant		
Better		
champion		

Check 5 : Online activity

Using a search engine (ex : **google** or **EKB** site) , Find out some information for a school project about :

1- Bird flu

2- COVID 19 or corona virus

YOU CAN

Derivatives

Verb	noun	Adjective	Adverb
	Virus Virology علم الفيروسات	viral	
	Bacteria are Bacterium is Bacteriology علم البكتيريا	bacterial	
Characterize يتميز يتصف	Character Characteristics صفات مميزة خصائص شخص أو شيء	characterization توصيف تحديد خصائص	
	Emergency	emergent طارئ	Emergently بشكل طارئ

Exercises on Vocabulary

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

1 – The heart is the most importantin our bodies .

A – stage b – scene c – cell d – organ

2 – I admired Ahmed Zaki for his fantasticin " The innocent " movie .

A – play b – carter c – character d – performance

3 – After twenty minutes ofhis heart started to beat again.

A – VAR B – DVD c – CIA D – CPR

4 – Focus on herwhen she hears Ahmed's name , she loves him .

A – act b – react c – reaction d – tract

5 – Shakespeare'shave been very influential. Millions of people have been reading them.

A – pays b – plays c – poets d – novelists

6 – Some people agree to donate some of theirwhen they die.

A – organs b – members c – organdy d – orchid

7 – She got a nasty throat.....which meant she couldn't sing.

A – fraction b – infection c – reflection d – fiction

8 – The band.....very well and won the respect of the audience.

A – perfumed b – performed c – afforded d – affirmed

9 – Call the police in case of

A – emergency b – fluency c – efficiency d – sufficiency

10 – His immuneis not strong, so he gets infections from time to time.

A – organization b – symptom c – system d – technique

11 – A\ Anis a disease that affects a particular part of your body and is caused by bacteria or a virus.

A – injection b – interaction c – interruption d – infection

12 – How did sheto your idea? – She willingly agreed.

A – act b – react c – contact d – subtract

13 – A new drug is being developed to combat theof corona virus.

A – infection b – evaluation c – invention d – invitation

14 – Drug smugglers can expectpunishment.

A – cute b – gentle c – nutritious d – severe

15 – The storm causeddamage.

A – severe b – beneficial c – useful d – harmless

16 – Ais a very small living thing that causes infectious illnesses.

A – versus b – virus c – fetus d – status

17 – There are many.....for dealing with your students' educational difficulties.

A – techniques b – boutiques c – banquets d – statistics

18 -is a way of doing something with a skill.

A – Infection b – Character c – Technique d – Reaction

19 – "....." means to do something because something else has been done.

A – React b – Act c – Interact d – contact

20 – We need to perform.....to help her start breathing again.

A – GPS B – GPR C – CPR D – ICU

21 – Doctors must.....quickly to help patients in case of emergency.

A – contract b – attract c – react d – restart

22 – A \ An ...is a part of your body that performs a job, e.g. the brain or heart.

A – organ b- order c – orchid d – organism

23 -is the smallest separate part of a plant or animal.

A – Sale b – sin c – cell d – Soil

24 -means to help someone or something to improve or get better.

A – Boast b – Boost c – Burst d – Trust

25 – People with poor immuneget ill more often.

A – symbol b – system c – seminar d – signal

26 – A\An.....is one of the main parts into which a stage play is divided.

A – actor b – actress c – reactor d – act

27 -is the smallest part of a living thing that can live independently.

A – Cell b – Cellar c – Sell d – cello

28 -is an unexpected and dangerous situation that must be dealt with immediately.

A – Potency b – Sufficiency c – Fluency d – Emergency

29 - There are variousfor dealing with industrial pollution.

A – techniques b – boutiques c – banquets d – statistics

30 -to increase or improve something and make it more successful.

A – Boast b – Boost c – Burst d – Trust

31 – The lastof the play was very moving, so we all cried.

A – stage b – scene c – cell d – organ

32 – The mainin this novel is a beautiful young lady.

A – play b – carter c – character d – performance

33 – I arrived at the theatre late and missed the first

A – organs b – members c – organdy d – orchid

34 – Shakespeare'shave been very influential. Millions of people have been reading them.

A – pays

b – plays

c – poets

d – novelists

35 – Some people agree to donate some of theirwhen they die.

A – act

b – react

c – art

d – tract

2-Write an e-mail of about 180 words to your pen friend in Italy ask him about COVID 19 situation there and tell him about the situation here .your name is Nour , his name is Kavany .

YOU
CAN

Focus on Grammar (2)

Lack of necessity

1- Don't / Doesn't have to / Don't / Doesn't need to / needn't :

It is **NOT** necessary to do.....

غير مضطر - لا داعي أن

- She isn't late for school so she **doesn't have to / needn't** hurry.
- When you are on holiday, you **needn't** go to bed early.
- She **doesn't have to** work on Saturday.

2- Didn't have to = didn't need to = It wasn't necessary to..., so we didn't

لم نضطر أن

- تستخدم هذه الأفعال للتعبير عن عدم الضرورة في الماضي (حدث لم يتم في الماضي لأنه لم يكن ضروريا)

- We **didn't have to** go to school yesterday. It was a holiday.
- I **didn't have to** do the shopping yesterday. My brother did it.

3- Needn't have + PP. : It wasn't necessary to....., but we did

- يستخدم هذا الفعل للتعبير عن عدم الضرورة في الماضي (حدث تم في الماضي على الرغم من كونه لم يكن ضروريا)

- You **needn't have brought** your umbrella. It's not going to rain.

- لاحظ الفارق في المعنى في الجمل الآتية

- I **didn't have to buy** more bread. We already have a lot.
(I **didn't buy** bread because we have some.)
- I **needn't have bought** more bread. We already have a lot.
(I **bought** bread, but it was not necessary because we have some.)
- **must / have to / will have to** في حالة التعبير عن الضرورة في المستقبل نستخدم
- I **have to get** up early tomorrow. - I'll **have to** send the fax tomorrow.
- لاحظ الفرق بين استخدام **need to** كفعل ناقص واستخدام **need** كفعل عادي بمعنى يحتاج أو يتطلب
- This job **needs** computer skills. - I **need to** finish the job early. = I **must** finish it early.

1 - Choose the correct answer:

- Poor Hany go to hospital yesterday after he hurt his hand.
a) must b) has to c) had to d) needn't
- We didn't have a test today so I revised for it last night!
a) needn't b) didn't have to c) mustn't d) needn't have
- You wash the car. The man at the garage will wash it tomorrow.
a) mustn't b) can't c) might not d) needn't
- I'll give you a lift, so you walk to the station.
a) must b) had to c) don't have to d) mustn't
- You wear heavy clothes. It is very cold outside.
a) needn't b) mustn't c) have to d) might
- He go to school yesterday. It was a holiday.
a) needn't b) won't c) didn't have to d) may not
- There's a traffic jam on 6th of October Bridge. We take another road.
a) will have to b) mustn't c) had to d) needn't
- In winter, you use the air conditioner to cool the room.
a) don't need to b) mustn't c) didn't have to d) don't have
- There are always children near the school, so you drive very carefully.
a) can b) must c) mustn't d) need

10. I get up very early on school days.
a) have to b) need c) don't have to d) mustn't
11. I phone my friend this evening. I promised him I would.
a) have to b) must c) needn't d) need
12. My children study ancient history at school next year.
a) will have to b) doesn't have to c) has to d) must to
13. We..... be back in Cairo on Friday in time to catch our flight.
a) don't have to b) have to c) ought d) need
14. You come and stay with us in our farm sometime.
a) must b) ought c) should have d) could have
15. I hate get up early in the morning.
a) should b) might c) having to d) must
16. I go to work yesterday. It was a national holiday.
a) didn't have to b) had to c) might d) needn't
17. You purchased a new camera. You already have a good one.
a) should have b) could c) needn't have d) must have
18. The book is optional. Weread it if we don't want to.
a) have to b) must c) mustn't d) don't have to
19. Yoube rich to be a success. Some of the most successful people didn't have a pound.
a) needn't b) needn't have c) must d) had to
20. You take along some cash. The restaurant may not accept credit cards.
a) mustn't b) have to c) has to d) needn't
21. We can walk to the bookshop if you want, but we The bus goes there.
a) needn't to b) doesn't have to c) don't have to d) need to
22. We run to the museum because it was already closed when we got there.
a) needn't have b) didn't have to c) have to d) had to
23. Poor Walid broke his leg yesterday and to hospital.
a) has to b) must go c) needn't have gone d) had to go
24. Theyleave the school yesterday after they heard the fire bell.
a) have to b) had to c) has to d) need to
25. Tarekget the bus to the park. My father can take him in our car.
a) don't have to b) has to c) doesn't have to d) doesn't need
26. The studentswritten all those notes. All the information is typed for them.
a) didn't have to b) needn't have c) has to d) didn't need to
27. At an airport, you show your passport before you can leave the country.
a) has to b) doesn't have to c) don't have to d) have to
28. Teachers..... wear suits for work, but their clothes must be neat and clean.
a) have to b) don't have to c) doesn't have to d) has to
29. You..... arrive on time for lessons. It's important not to be late.
a) have to b) had to c) don't have to d) could
30. You..... buy a course book, your teacher will give you one.
a) don't have b) has to c) doesn't have to d) don't need to
31. You do it now; you can finish it later.
a) don't need to b) need to c) have to d) could
32. You bring a swim suit. I can lend you one.
a) should b) can c) don't have to d) shouldn't
33. I be late. It's the most important meeting of the year.
a) may b) mustn't c) must d) won't

Part 3 : **Time for skills****1- Translation section :**

لكي تتقن فن الترجمة عزيزي الطالب ، يجب أن تقوم بنفسك بترجمة العديد من الجمل ومراجعتها مع معلمك ،
الجمل التالية معظمها من كلمات الوحدة للتدريب

Translate into Arabic:

1 - The new Corona virus invaded the world and caused panic for all. Countries of the world took precautionary measures like curfew to reduce the number of infected people.

2 - The world will not be reassured before discovering an effective treatment for it.

3 - The person infected with the new corona virus remains in quarantine for a fortnight until he is cured, so that he doesn't cause other people to become infected.

4 - The ministry of health has prepared a lot of isolation places to accommodate all the people infected with the virus.

5 - It is necessary to wear a muzzle \ face mask if you are forced to be in crowded places to protect yourself and others from infection with the new \ emerging corona virus.

6 – Hygiene and sanitation are really important to avoid many kinds of infections.

7 – Learning the basics of First Aids is very important as we can save the lives of many people with it.

8 – You must learn how to perform CPR if you want to work as a paramedic, nurse or lifeguard.

9 – The actor who played King Lear performed well and many critics praised his performance.

10 – All schools have an emergency exit to be used in case of fire or the like.

Translate into English:

١ – الصحة تاج علي رؤوس الأصحاء لا يراه إلا المرضى و لذلك اهتم جيدا بصحتك

٢ – الصحة كنز نفيس به تكتمل سعادتنا و نستطيع أن نحقق تطلعاتنا و ممارسة هواياتنا

٣ – العقل السليم في الجسم السليم و لذلك علينا أن نتناول طعام صحي و نحصل علي قسط كافى من النوم و نمارس الرياضة بانتظام لكي نبقي أصحاء .

٤ – الوقاية خير من العلاج و علينا أن نتفادي العدوي بالأمراض خاصة و أن بعض الأمراض لا علاج لها و تؤدي إلي الوفاة عاجلا أم آجلا .

٥ – تناول طعام صحي و ممارسة الرياضة و الحصول علي نوم كافى هي مفاتيح الصحة الجيدة

٦ – النظافة الشخصية و النظافة العامة من أهم عوامل الوقاية من الأمراض و يجب أن نعلم أطفالنا أن يغسلوا أيديهم قبل الأكل و بعده و أن ينظفوا أسنانهم بانتظام .

٧ – تناول الأطعمة السريعة الغنية بالدهون من العادات المدمرة لصحتك و لذلك يجب تناول طعام المنزل فهو صحي و آمن و لا يسبب الأمراض

٨ – يحذر الأطباء من التدخين و الإدمان لأن لهما علاقة مباشرة بأمراض القلب كما أنهما سبب رئيسي لسرطان الرئة و السكتة الدماغية .

٩ – السمنة سبب رئيسي للعديد من الأمراض و الحل الأمثل لهذه المشكلة هو ممارسة الرياضة .

١٠ - السهر متأخراً ضار جداً بالصحة و يؤدي إلى تدمير الجهاز العصبي و لذلك يجب أن نذهب للنوم مبكراً

١١ - يجب إتباع الإجراءات الاحترازية بحسم لتفادي العدوي بفيروس كورونا المستجد .

١٢ - أطلق السيد الرئيس مبادرة ١٠٠ مليون صحة و التي تهدف إلى الكشف المبكر عن الأمراض ثم علاجها و هذا يعكس وعي الرئيس و الدولة بأهمية صحة المصريين .

2- Essay section

1 - Write an essay of about 180 words about :

Coronavirus (COVID 19)

Model essay : مجاب للتدريب

Coronaviruses (CoV) are a large family of viruses that cause illness ranging من تتدرج from the common cold to more severe diseases أمراض خطيرة such as Middle East Respiratory Syndrome A novel coronavirus جديد (nCoV) is a new strain أزمة that has not been previously identified in humans. لم يسبق ان اصابت البشر

Coronaviruses are zoonotic, meaning they are transmitted between animals and people. Detailed investigations الفحوصات الدقيقة found that CoV was transmitted from civet cats to humans or from dromedary camels to humans. Several known coronaviruses are circulating منتشر in animals that have not yet infected humans.

Common signs of infection include respiratory symptoms أعراض سوء التنفس, fever, أعراض سوء التنفس, cough, shortness of breath and breathing difficulties. In more severe cases, infection can cause pneumonia التهاب رئوي, kidney failure فشل كلوي and even death.

Standard recommendations توصيات to prevent infection spread include regular hand washing, covering mouth and nose when coughing and sneezing العطس, thoroughly cooking الطهي الكامل meat and eggs. Avoid close contact with anyone showing symptoms أعراض of respiratory illness such as coughing and sneezing

ملاحظة : لكي تكتب مقال بشكل جيد ، يجب ان تراعي تسلسل الأفكار وكتابة جمل سهلة وبسيطة وفي صميم الموضوع ، ترجم الكلمات ذات اللون الأحمر ودرب نفسك علي المقال التالي

2 – I want to be a doctor

[illegible]

A lot of road accidents happen every day. Thousand of people die every year because of road accidents. Some drivers drive too fast. The slower drivers travel, the fewer road accidents there will be. There are many things we can do to **reduce** road accidents. Roads should be wide enough and **well-paved**. Car makers should make cars go slower and . They should supply cars with safety devices that **انظمة الفرامل** improve the braking **systems** can help to reduce accidents. Car drivers should follow the traffic rules and drive carefully. They should also drive less and use public transport more. The police must . Schools can teach children to be more **بحزم** the driving rules more **strictly** **يفرض** **enforce** careful on roads. Cyclists and walkers must cross roads at safe places. Cyclists can wear and wear protective clothes **خوذة الامان** **safety helmets**

الترجمة

[illegible]

3 -Comorehension passage section :

اقرأ قراءة سريعة خاطفة ، حاول فهم المعنى العام للقطعة ، اقرأ الأسئلة بتأني ثم أعد القراءة مرة أخرى وأبحث عن الإجابات ، خمن معني أي كلمة لا تعرف معناها ولا تحاول ترجمتها ، إنها قطعة فهم وليست قطعة ترجمة

Read the following passage and then answer the question :

" I discovered after my father's death that he stopped buying the medecines that he had to buy to recover for one reason , to pay for my fees so that I could be a doctor , so I swore not to take even one piaster from any poor patient forever " it's Dr. Mohamed Mashaly , or the poor people's doctor , as the Egyptians named .

Dr.Mashaly graduated from the faculty of medicine in 1967 , Kasr El Einy university , he was the top student among his classmates ,after graduation , he treated poor people for more than 50 years in his clinic in Tanta city , not only did he examine his poor patients for free , but also he used to give them the money needed to buy their medecines ,poor patients used to pay only 10 LE (less than ONE dollar) in his clinic .

Dr.Mashaly didn't have a car or a cell phone , he used to walk from his house to his clinic on foot , even when he became 80 years old ,that made one of the rich princes of an Arab country give him a car and a sum of 20 thousand dollars as a present , after only one year , the Arabian prince discovered that Dr.Mashaly had given the money to some of his patients and sold the car to buy equipments for his clinic to help in making analyses to the poor free of charge . Dr.Mashaly died on Tuesday , July 7 , 2020 after a heart attack , aged 81 ,people in Egypt won't forget such a great man ,who is considered a role model for many people ,not only doctors .

A- Answer the following questions :

1- When and where was dr.Mashaly born ?

.....

2- Why do you think the Arabian prince gave him a car and some money ?

.....

3- Find in the text words which mean :

a) without paying any money

b) mobile

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

4- Dr.Mashaly decided not to take any money from the poor according to

a) his mother's intention

b) his father's will

c) his sister's advice

d) the poor's desire

5- The money people pay to Dr. Mashaly wascompared to other doctors of his age .

a) less

b) more

c) equal

d) little

6- Dr .Mashaly worked as a doctor foryears

a) 50

b) 67

c)53

d) 10

7- people will remember Dr.Mashaly forever for his

a) richness

b)poverty

c)kindness

d) encouragement

Model Exam (1)

Based on Unit 1

A - Vocabulary and structure

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

1 -is an unexpected and dangerous situation that must be dealt with immediately.

A – Potency b – Sufficiency c – Fluency d – Emergency

2. - There are variousfor dealing with industrial pollution.

A – techniques b – boutiques c – banquets d – statistics

3. -to increase or improve something and make it more successful.

A – Boast b – Boost c – Burst d – Trust

4. – After the accident, her body was found in a pool of.....

A – blood b – flood c – cloud d – fluid

5. – Our teacher told us about theof revision before exams.

A – importance b – consensus c – temperance d – fragrance

6. – Your.....is the front part of your body between your neck and your stomach.

A – chain b – chest c – chart d – chalk

7. – The violent storm caused terrible.....to the city.

A – damage b – luggage c – baggage d – backache

8. - If you know how to CPR , you have to do this to help the person start breathing .

A – perform b – perfume c – preface d – prefer

9. Teachers..... wear suits for work, but their clothes must be neat and clean.

a) have to b) don't have to c) doesn't have to d) has to

10. Students..... use their mobile phones during the lessons.

a) mustn't b) must c) have to d) has to

11. You..... arrive on time for lessons. It's important not to be late.

a) have to b) had to c) don't have to d) could

12. We be home by 9 o'clock. The film starts at 9:15.

a) needn't b) had to c) mustn't d) must

13. This is a dangerous tour. Children..... be accompanied by an adult.

a) shouldn't b) should c) mustn't d) must

14. The sign in the park says that people walk on the grass.

a) needn't b) might not c) should d) mustn't

15. Iremember to email my cousin today. It's his birthday.

a) mustn't b) needn't c) must d) ought to

16. I study hard for my final geography exam. I want to get a good grade.

a) must b) had to c) have to d) need to

B: Comprehension passage

B- Read the following passage then answer the questions:

In many countries today , a difficult question is being asked : Do we the right to use animals in laboratory experiments ? Using animals in medical research has many benefits . Animal research has enabled researchers to develop treatments for diseases like smallpox without animal research. Every drug anyone takes today was tried first on

animals. Which is more important, the life of a rat that of a three year old child ? Medical research is also an excellent way of using animals in research, any more than it can be used as a reason for experimenting on other humans . Animals suffer a lot during these experiments. They are forced to live in small cages and they may be unable to move. Animals have the same rights as humans do, to be able to move freely and not to have pain or fear forced on them . We can use computer modelling instead of animals in research laboratories to save animals' life.

A) Answer the following questions :

1- Why is animal research useful ?

2- How do animals suffer during experiments ?

3- What is the other way that can be used instead of experimenting on animals ?

4- Are you with or against using animals in laboratory experiments ?

B) Choose the correct answer :

5- According to the passage, some people support using animals in research because they think that -----

- a) the life of people is more important than the life of animals .
- b) animals are harmful creatures .
- c) many people do not like animals .
- d) animals do not suffer during experiments .

6- The idea against using animals in research is that -----

- a) the life of animals is more important than the life of humans .
- b) people should help to increase the number of animals .
- c) researchers have to use animals in their medical research .
- d) animals have the same rights as humans do .

7- An appropriate title for this passage would be -----

- a) Scientific Research
- b) Research Laboratories
- c) Animal Rights
- d) Human Rights

D: Translation

d - A) Translate into Arabic:

1- The government should concentrate police patrols in our streets to limit the phenomenon of bullying.

1 - أنتشر وباء كورونا من مدينة يوهان الصينية الي جميع انحاء العالم في غضون ثلاثة اشهر

2 - الصحة تاج فوق رؤوس الاصحاء لا يعلم قيمته سوي المرضى .

2 – How to help the poor and the needy .

**YOU CAN ACHIEVE YOUR GOALS
JUST WORK HARD TO REACH THEM.**

Unit (2) eating around the world

UNIT

2

Lesson 1

Eating around the world

Before you start

- What is the most important meal of the day in your family?
- How often does your family eat together?
- Where do you usually eat?

OBJECTIVES

Reading An excerpt from *Old Jo's Scrap-Bag. An Old-fashioned Thanksgiving* by Louisa M. Alcott;
Two articles about ways of eating around the world

Writing A questionnaire

Listening Descriptions of international meals

Language Comparative and superlative adjectives

Speaking Communicating opinions and beliefs

Life skills Critical thinking; Respect for diversity; Negotiation

Vocabulary

Part 1 : lessons 1 & 2 & 3

Key vocabulary

Amount	كمية	Celebrate	يحتفل
Eat out	يأكل بالخارج	Get together	يبقوا معا
Occasion	مناسبة	Quantity	كمية
Prepare	يجهز - يحضر	Serve	يخدم - يقدم الطعام
Service	خدمة	Preparations	تحضيرات - تجهيزات
Traditional	تقليدي	Customary	من العادات
Delicious	شهية الطعم	Special	خاص - مميز
Thanksgiving	عيد الشكر	Spicy	حار - متبل
Food	الطعام	Type – kind – sort	نوع
Comparative	المقارنة	Superlatives	التفضيل

Vocabulary

Cook	يطهي - يطبخ	Countryside	الريف
Opinion	وجهة نظر	Meal	وجبة
Cookies	بسكويت	Salty	مالح
Salt	ملح	Sweet	حلو - حلوي
Popular	شائع - منتشر	Dish	وجبة - طبق
Description	وصف	Probably	من المحتمل
Takeaway	طعام جاهز	Restaurant	مطعم
Rare	نادر	Drinks	مشروبات
Exist	موجود	Grapes	العنب
Particular	خاص - معين	Midnight	منتصف الليل
Midday	منتصف النهار	Onions	البصل
Whale	الحوت	Spend	يقضي - ينفق
Excerpt	مقتبس - مقتطف	Article	مقال
International	دولي	Respect	احترام
Diversity	التنوع البيئي	Negotiate	يتفاوض
Negotiation	التفاوض	Event	حدث
Customer	زبون - عميل	Pasta	مكرونة
Passanger	راكب	Die	يموت
Grow	يزرع - ينمو	Survive	ينجو - يقاوم
Native	ابن البلد - محلي	Remember	يتذكر
Extract	خلاصة - مقتبس	Snow	ثلج - صقيع
Breakfast	افطار	turkey	ديك رومي
Spoon	ملعقة	Pot	اناء - حلة
Feed	يطعم	Take place	يحدث
Fall asleep	يغرق في النوم	Cornbread	العيش الذرة
Festival	مهرجان	Pumpkin	القرع
Sweet potatoes	البطاطا	Conversation	محادثة

التعريفات Defenitions

كمية - مبلغ - قيمة - قدر - حاصل الجمع - يبلغ - يساوي - يُعادل 1- amount (n. - v.)

a quantity of something such as time, money, or a substance.

They spend equal amounts of time in California and New York.

He earns a considerable amount of money every month.

Mo'men Zakaria's case has attracted an enormous amount of public sympathy.

Joy encounters a certain **amount** of envy among her colleagues.

No **amount** of persuasion could make Bishoy change his mind.

يحتفل بيمجد - يشارك في احتفال صاحب - يرأس الصلاة - يعلن عن يمتنع عن العمل في عيد يُذيع 2- celebrate
to do something fun to show that an event is special.

It's Dad's birthday and we're going out for a meal to **celebrate**.

How do you **celebrate** New Year in America?

3 - Eat out:

يتناول الطعام خارج المنزل

to have a meal outside your home.

He isn't married, so he **eats out** a lot.

يلتقي - يقابل - يجمع أشياء أو أشخاص - يجمع المال لغرض ما - يكون منظم و ناجح في شيء - يتعاون -
4- Get together يتحد- يترابط - يتكدر

to meet people and spend time with them.

I miss you so much. We must get together for a drink.

5- occasion (n.-v.)

مناسبة - فرصة - احتفال - حادثة - داع - سبب - يسبب

a time when something special happens.

I've met Aya on several **occasions**.

On this **occasion** we were sitting in a park in Alexandria.

6- prepare (v.)

يستعد يتأهب يحضر - يدبر يعد - يجهز - يهيأ

to get something ready to eat or use.

When we got home, she was busy **preparing** dinner.

Prepare the sauce while the pasta is cooking.

Her parents were busy **preparing** to go on holiday.

Can you just give me a couple more moments to **prepare** myself?

يخدم علي المائدة - يقدم خدمة - ينفع - يزود - يخدم الجيش - يضرب الكرة في التنس - يشتغل خادما - يبدأ

7- serve (v.) لعب التنس - يخدم الزبائن - يساعد الكاهن - يخدم في الكنيسة أو المسجد يتم مدة خدمة معينة

to give people food or drink.

The waiter was **serving** another table.

Breakfast is **served** until 9 am.

Meals can be **served** to you in your room. The sofa had to **serve** as a bed.

8 - traditional (adj.):

تقليدي - سماعي - نقلي

old ways of doing things that don't change.

He has a **traditional** view of women. I went to a very **traditional** school.

The color black is **traditionally** associated with mourning.

9 - Thanksgiving (n.) (U.):

عيد الشكر

a public holiday in the USA and in Canada when families have a large meal together to celebrate and be thankful for food, health, families etc.

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