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# يالكويت

## Yal Kuwait

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للف الثاني عشر

[ الفصل الدراسي الثاني ]

- الكلمات المقررة مع الأمثلة
- أسئلة الكتاب مع الترجمة
- شرح القواعد
- موضوع التعبير مع المخططات !
- حلول كراسة التدريبات

وفقا لأحدث معايير

وأنماط الأسئلة

للعام الدراسي

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جميع حقوق الطبع والنشر والتوزيع محفوظة لموقع يالكويت

YalKuwait.com

# Unit 7 Long Lives

## المفردات الجديدة ( Vocabulary )

الكلمة	المصنف	المعنى	مثال توضيحي
commentary	N.	تعليق صوتي	> The <b>commentary</b> on the football game is nice.
expectation	N.	توقع	> The <b>expectation</b> is that property prices will rise.
genetic make up	N.	التكوين الوراثي / الجيني	> Many research aim to develop <b>genetic make up</b> .
blizzard	N.	عاصفة ثلجية	> You'll have to stay here until the <b>blizzard</b> stops.
dispute	N.	نزاع / خلاف	> They supported their sisters in the <b>dispute</b> .
excuse	N.	عذر / مبرر	> He had no <b>excuse</b> for being so late.
vicinity	N.	الجوار / المنطقة	> There isn't a good school in the <b>vicinity</b> .
admiration	N.	اعجاب / تقدير	> His courage and skill deserved our <b>admiration</b> .
affection	N.	عاطفة / تأثير	> Every mother has <b>affection</b> for her own child.
ailment	N.	مرض / وعكة صحية	> He got treatment for his <b>ailment</b> .
life expectancy	N.	متوسط العمر المتوقع	> Japanese people have a high <b>life expectancy</b> .
reverence	N.	تبجيل / احترام	> She feels great <b>reverence</b> for her teachers.
due	Adj.	مُقدَّر / مُتَوَقَّع	> She's <b>due</b> to arrive on Thursday.
fatal	Adj.	قاتل / مميت	> He suffered a <b>fatal</b> heart attack.
restful	Adj.	مُريح	> The green color has a <b>restful</b> effect.
shallow	Adj.	سطحي (غير عميق)	> Don't worry, the water is <b>shallow</b> .
integral	Adj.	جزء أساسي	> Vegetables are an <b>integral</b> part of our diet.
onerous	Adj.	شاق / مُرهق	> This is the most <b>onerous</b> task in my life.
supple	Adj.	لين / مرن	> She exercises every day to keep herself <b>supple</b> .
vigorous	Adj.	قوي / نشيط	> I take <b>vigorous</b> exercise for hours a week.
chronic	Adj.	مُزمن / يستمر لفترة طويلة	> He was suffering from <b>chronic</b> diseases.
cardiovascular	Adj.	القلب والأوعية الدموية	> <b>Cardiovascular</b> disease affects your heart badly.

centenarian	<b>Adj.</b>	مُعَمَّر (بلغ 100 عام)	> Japan has more than 4,000 <b>centenarians</b> .
geriatric	<b>Adj.</b>	شَيْخُوخَة / كَبِير السن	> The clinic specializes in <b>geriatric</b> medicine.
elderly	<b>Adj.</b>	كبار السن	> Millions of <b>elderly</b> people live in poverty .
drowsy	<b>Adj.</b>	نعسان / يرغب في النوم	> I feel <b>drowsy</b> after lunch every day.
bestow	<b>V.</b>	يَمْنَح / يُقَدِّم	> You should <b>bestow</b> more time to work.
deserve	<b>V.</b>	يَسْتَحِق	> You <b>deserve</b> a reward for being so helpful.
conceal	<b>V.</b>	يخفي	> She managed to <b>conceal</b> her true feelings .
honour	<b>V.</b>	يُكْرِم / يُبْجِل	> We must show <b>honour</b> to our parents.
cycle	<b>V.</b>	يقود دراجة	> It's easier to <b>cycle</b> with the wind behind you.
make up	<b>Ph.V.</b>	يُفْهِق / يُفْهِق	> Did you <b>make up</b> a story?
make up for	<b>Ph.V.</b>	يُعوِّض	> Nothing can <b>make up for</b> the loss of a child.
do away with	<b>Ph.V.</b>	يتخلص من	> We must <b>do away with</b> illiteracy.
do up	<b>Ph.V.</b>	يُثْبِت / يربط	> Do you know how to <b>do up</b> your seat belt?
do without	<b>Ph.V.</b>	يستغني عن	> No one can <b>do without</b> sleep for very long.
deprived of	<b>Ph.V.</b>	محروم من	> She was <b>deprived of</b> schooling at ten.
frequently	<b>Adv.</b>	يتكرر كثيراً	> They <b>frequently</b> hold conferences at that hotel.
in spite of	<b>Pre.</b>	بالرغم من	> She is cheerful <b>in spite of</b> his illness.

## تدريبات على المفردات

► Fill in the spaces with the suitable words from the list below

(chronic / excuse / affection / shallow / drowsy / elderly / do with / commentary)

1. I enjoy listening to the ..... on the football matches in English.
2. Adel felt great ..... for his family.
3. He used to suffer from some ..... diseases before he passed away.
4. The heat made me feel .....
5. She always finds a good ..... for not helping with the housework.
6. I think he could ..... a holiday. He deserves it.
7. The ..... need special care in Winter.
8. She told her children to stay in the ..... end of the swimming pool.

► Choose the most appropriate answer from a, b, c and d.

1. There was a ..... protest against the plan to close the local railway line.  
a) supple                      b) vigorous                      c) drowsy                      d) restful
2. There is no ..... of the weather getting better for some days yet.  
a) expectation                      b) vicinity                      c) excuse                      d) reverence
3. Spending a year in France is a / an ..... part of the university course.  
a) fatal                      b) drowsy                      c) geriatric                      d) integral
4. There is no bank in the immediate .....  
a) dispute                      b) affection                      c) vicinity                      d) expectation
5. She tried to ..... her anger from her friend.  
a) conceal                      b) deserve                      c) honour                      d) bestow
6. It was a / an ..... accident – Both drivers were killed.  
a) fatal                      b) drowsy                      c) geriatric                      d) integral
7. I have great ..... for his work. It's second to none.  
a) admiration                      b) ailment                      c) dispute                      d) blizzard
8. I find this piece of music very .....  
a) chronic                      b) integral                      c) restful                      d) geriatric
9. The gloves were made of very ..... leather .  
a) supple                      b) drowsy                      c) restful                      d) chronic
10. We once got stuck in a / an ..... for six hours.  
a) ailment                      b) blizzard                      c) affection                      d) reverence
11. They have been unable to settle the ..... over working conditions.  
a) admiration                      b) affection                      c) dispute                      d) ailment
12. .... in Kuwait has increased greatly in the last decade.  
a) Life expectancy                      b) Ailment                      c) Genetic make-up                      d) Blizzard
13. He had a deep ..... for his mother.  
a) ailment                      b) affection                      c) dispute                      d) blizzard
14. There is no mayonnaise left , so I'm afraid you'll have to .....  
a) do up                      b) do away with                      c) do without                      d) do with
15. He shows great ..... for his teachers.  
a) reverence                      b) ailment                      c) blizzard                      d) dispute

## حلول أسئلة كتاب الطالب ( Set Book )

1- How can we ensure a long life? نقاط لضمان طول العمر والصحة

- We can practice sports, exercising. ممارسة الرياضة والتمارين
- We can also eat healthy food and avoid bad habits. تناول الطعام الصحي وتجنب العادات السيئة

2- What should you do to keep your brain fit? كيف نتمي و نحافظ على عقولنا

By reading books, solving crosswords, puzzles and playing chess. عن طريق القراءة / حل الكلمات المتقاطعة / حل الألغاز

3- Are there any geriatric homes in Kuwait ? Why? هل هناك دور مسنين بالكويت

لا يوجد دور مسنين بالكويت لأن الاسلام حثنا على تجيل ورعاية الأباء.

- No, there aren't , because Islam teaches us to honor their parents and care for them.

4- Keeping active for a long time has some benefits . Give examples . ما هي فوائد ممارسة النشاطات

- By keeping active we enjoy good health .We sleep well. لنتمتع بصحة جيدة ونوم هادئ
- We also reduce the risk of dying early. We ensure long life. ولتجنب الموت المبكر ولنحظى بعمر مديد.

5- Why is keeping active important for a long life ? ما هي فوائد ممارسة النشاطات

- Because it helps you to be healthy. لأن النشاطات تحسن مهاراتك الصحية
- Because it helps you to be mentally fit. لأن النشاطات تحسن مهاراتك العقلية
- Because It helps you to be physically fit. لأن النشاطات تحسن مهاراتك الجسدية

6- Why is work important for the elderly ? ما أهمية العمل لكبار السن

It keeps them busy. تجعلهم مشغولين. It gives them chances to talk to other people. فرصة للتواصل مع الآخرين

7- How can we show respect to old people ? ما هي مظاهر تقيير واحترام كبار السن

➤ We can show respect to old people by : عن طريق :

- Following to their advice. اتباع نصائحهم
- listen to them when they speak. الانصات لهم عندما يتحدثون
- Open the door for them. المبادرة بفتح الأبواب لهم
- Standing when they enters a room . الوقوف احتراماً لهم .

8- What is the importance of sleep? Why is it important to get enough sleep? ما أهمية النوم

1. It helps to keep our health. النوم يحافظ على الصحة
2. It helps the brain retain new information. النوم يساعد العقل على اكتساب المعلومات.
3. It helps to focus at school or work. النوم يساعد على التركيز في العمل.

9- What are the factors which affect our sleep ? ما هي العوامل المؤثرة على أنماط / معدلات نومنا

- Age العمر
- Daily routine الروتين اليومي
- The genetic makeup التكوين الوراثي

10- How do we know that a person doesn't have enough sleep? ما هي مظاهر قلة النوم؟

- ✍ No concentration at school or work. انعدام التركيز
- ✍ Being drowsy. كثرة التثاؤب والنعاس
- ✍ Difficulty to get up in the morning. صعوبة الاستيقاظ
- ✍ Having bad memory. النسيان
- ✍ Being moody or irritable. المزاجية والعصبية

11- How does lack of sleep affect your life style ? ما هي الآثار السلبية لقلة النوم؟

1. It might cause serious mistakes at work. قد ينتج عنه أخطاء بالعمل
2. It might cause failure at schools or in exams. ربما يتسبب في الرسوب وال فشل المدرسي
3. It negatively affect our immune system. يؤثر سلبا في الجهاز المناعي للجسم

12- Some people having difficulty sleeping . Suggest ways to help them. ناصح لمن يعانون من صعوبة فالنوم.

- They should read / listen to the Holy Quran. الاستماع الى القرآن الكريم
- Read a book or a story. Have a hot shower . قراءة كتاب أو قصة .

13- Why has life expectancy reached a high average? ما أسباب زيادة متوسط العمر العام؟

- Because of medical development. بسبب التطور في مجال الطب
- Because of the improvements in all fields of life . بسبب التقدم في شتى نواحي الحياة .

14- What does an " aging population " mean? معنى الشيخوخة السكانية؟

- It means that there are more elderly people than ever before. زيادة نسبة كبار السن عن المعدل الطبيعي

### تدريبان على أسئلة كتاب الطالب

1- How much sleep we need depends on several factors. Discuss.

.....

2- In your view, why is it essential to get enough sleep? (Why is sleep important?)

.....

3- People who tend to fall asleep during the daytime face many problems such as.

.....

4- There are different kinds of sleep. Explain.

.....

5- How can we ensure a long life ?

.....

6- How can we show respect to old people?

.....

## شرح القواعد ( Grammar )

## استخدام ( Do ) و ( Make )

أولاً : استخدامات الفعل ( Do )

## 1. Activities : يستخدم (Do) مع الأنشطة والمهام المنزلية اليومية

- Do homework
- Do housework
- Do the ironing
- Do the dishes

## 2. General Ideas : يستخدم (Do) عند الحديث عن أفكار عامة بدون إيضاح الفعل خاصة مع كلمات مثل :

( something - anything - nothing – everything )

- I'm doing nothing today.
- She did everything for her mother.
- He can do anything for his country.
- I have to do something to eat.

## 3. Expressions : هناك تعبيرات محددة تأتي مع (Do) وهي

Do one's best	يبذل ما في وسعه	Do good	يقوم بعمل خير	Do harm	يؤذي
Do business	يقوم بأعمال تجارية	Do research	يقوم بعمل بحثي	Do shopping	يتسوق
Do damage	يلحق ضرر	Do duty	يقوم بواجبه	Do sport	يمارس الرياضة
Do a favour	يقدم معروف	Do experiments	يجري تجارب	Do cleaning	يقوم بالتنظيف

## 4. Phrasal verbs : هناك أفعال مركبة تأتي مع (Do) وهي :

Do up	يزين / يرمم	➤ They are doing up the old house.
Do away with	يتخلص من / يستغني عن	➤ He has done away with his bad friends.
Do without	يتدبر الأمر بدون	➤ If there is no coffee left, you'll just have to do without.
Could do with	يود أن / يحتاج إلى	➤ I could do with a long holiday.

ثانياً : استخدامات الفعل (Make)

## 1. Real Activities : يستخدم (Make) للتعبير عن الأنشطة الملموسة

- Make food
- Make a cup of coffee / tea
- Make a mess

## 2. Phrasal verbs : هناك أفعال مركبة تأتي مع (Make) وهي :

Make up for	بدلاً من / عوضاً عن	➤ Her enthusiasm makes up for her lack of experience.
Make up	يخترع / يلفق	➤ I don't want you to make up more excuses.
Make of	يستوعب	➤ I don't know what to make of this lesson.



**3. Expressions : هناك تعبيرات محددة تأتي مع (Make) وهي :**

Make plans يضع خطة	Make an exception يستثنى	Make an excuse عذر يقدم
Make a promise يوعد	Make a success يحقق نجاح	Make arrangements يجهز / يرتب
Make an effort يبذل مجهود	Make noise يثير ضوضاء	Make a mistake يخطأ
Make an appointment يحدد موعد	Make bed يرتب الفراش	Make profit / money يجني مال/أرباح
Make peace / war يقيم السلام/الحرب	Make a deal يعقد صفقة	Make a suggestion يقدم اقتراح
Make a telephone call يجري مكالمة	Make a decision يتخذ قرار	Make progress يحقق تقدم

**4. Phrasal verbs : هناك أفعال مركبة تأتي مع (Make) وهي :**

Make up for بدلا من / عوضا عن	➤ Her enthusiasm makes up for her lack of experience.
Make up يخترع / يلفق	➤ I don't want you to make up more excuses.
Make of يستوعب	➤ I don't know what to make of this lesson.

**تدريبات على القاعدة السابقة****▶ Choose a form of either "do" or "make" to complete the sentences**

- I ( did / made ) an appointment to visit my doctor yesterday.
- Could you ( do / make ) me a favour and watch my bags for a moment?
- I don't think you ( did / made ) any harm .
- He really doesn't want to ( do / make ) that decision.
- Sue cooks but I ( do / make ) the dishes.
- Do you ( do / make ) your bed every morning ?
- I usually ( do / make ) about 50 sit ups in the morning.
- How much profit did your company ( do / make ) last quarter ?
- I'll ( do / make ) an exception this time. But only this time.
- I think his help ( did / made ) a lot of good for the children.
- I told you not to ( do / make ) a mess in the living room.
- Ali's ( doing / making ) a phone call at the moment, he'll be back shortly.
- I like ( doing / making ) business with Rashid.
- How much money does your father ( do / make ) ?
- Have you ( done / made ) any progress on that report yet ?

### Choose the right option

- If you can't get it to us in time, we will just have to .....  
a- make up for                      b. do without                      c- do away with                      d. do up
- I think we have to .....the traditional way of voting in elections. Technology can help us a lot  
a- make up for                      b. make up                      c- do away with                      d. do up
- Her enthusiasm may .....her lack of experience.  
a- make up for                      b. do without                      c- do away with                      d. do up
- What you know is totally false. The fact is that the worker .....the whole story.  
a- made up for                      b. did without                      c- did away with                      d. made up
- He ..... the buttons because they were loose.  
a- did away with                      b. made up                      c- made up for                      d. did up
- We can't .....the help of our Government.  
a- do without                      b. do up                      c- make up                      d. make up for
- The long-range goal must be to ..... nuclear weapons altogether.  
a- do away with                      b. make up                      c- make up for                      d. do up
- Ask for an extra compensation to..... the stress you have been caused.  
a- do away with                      b. make up                      c- make up for                      d. do up
- There is a shortage of sugar .You will have to .....it in your coffee.  
a- do without                      b. do away                      c- do with                      d. do up
- You shouldn't try to ..... sleep. You need at least eight hours a night.  
a- do away with                      b. do without                      c- do                      d. do up

### Fill in the spaces with the correct phrasal verb

(make up for / do with / make of / do without / do away with / making up)

- He bought me dinner to ..... being so late the day before.
- Can you ..... anything ..... this information ?
- How could they ..... a lovely old building like that and put a car park there instead ?!
- I think we can..... your rude language.
- My dad was always really good at ..... stories.
- I could ..... a rest. I'm completely tired.

## الكلام المباشر وغير المباشر ( The Reported Speech )

## جدول التحويلات من المباشر الى غير المباشر

أجزاء الكلام	الكلام المباشر Direct Speech	يتحول الى	الكلام غير المباشر Reported Speech
الضمائر	I	➤	He / She
	We	➤	They
	You	➤	I / Me
	You	➤	We / Us
	My	➤	His / Her
	Your	➤	My
	Your	➤	Our
	Our	➤	Their
	Myself	➤	Himself / Herself
	Yourself	➤	Myself
	Yourself	➤	Ourselves
	Ourselves	➤	themselves
	الأزمنة	المضارع البسيط	➤
المضارع المستمر		➤	ماضي مستمر
المضارع التام		➤	ماضي تام
الماضي البسيط		➤	الماضي التام
الأفعال المساعدة	will	➤	would
	can	➤	could
	shall	➤	should
الظروف	This	➤	That
	These	➤	Those
	now	➤	then
	today	➤	that day
	tonight	➤	That night
	ago	➤	before
	tomorrow	➤	the next day
	yesterday	➤	the day before
	علامة زمنية + Last	➤	The + علامة زمنية + before
علامة زمنية + next	➤	العلامة زمنية + the following	

● في هذه القاعدة سنتعلم الخطوات التي تمكننا من نقل الرسائل والكلام الشفهي عن الآخرين (الكلام غير المباشر)

● مثال : يخبرك صديقك عادل أنه سيذهب لمدرسته معك فإنه سيقول لك " I will go to my school with you "

هذا هو (الكلام المباشر)

● وعندما أسألك أنا عما أخبرك به صديقك فانك ستقول Adel said that he would go to his school with me.

هذا هو الكلام المنقول (غير المباشر)

هل لاحظت التغييرات التي حدثت في المثال الماضي بين الجملتين؟ الآن سنتعرف على الخطوات التي حدثت عند التحويل لغير المباشر

### أولاً : في الجمل الخبرية

- الخطوة الأولى : نحذف الأقواس " " ونضع كلمة ( that ) قبل الجملة التي سنحولها لغير المباشر
- الخطوة الثانية : نقوم بتحويل ضمير الفاعل الموجود في الجملة على حسب المتكلم (كما هو موضح بالجدول)
- الخطوة الثالثة : نحدد زمن الجملة ثم نقوم بتحويل زمن الجملة (كما هو موضح بالجدول)
- الخطوة الرابعة : نحول الأفعال المساعدة الموجودة في الجملة الى الماضي (كما هو موضح بالجدول)
- الخطوة الخامسة : نقوم بتحويل الضمائر الموجودة في الجملة (كما هو موضح بالجدول)
- الخطوة السادسة : نتحول بعض الكلمات والظروف الموجودة في الجملة (كما هو موضح بالجدول)

لاحظ جميع التغييرات التي حدثت في المثال التالي :

- " I watched this movie last week " ← مباشر
- Rawan told the girls that she had watched that movie the week before. ← غير مباشر

### تدريبات على القاعدة السابقة

#### Change into reported speech حول الجمل الي غير المباشر

1. I'm glad to meet you .
- John told me .....
2. We lost our way to the park yesterday .
- David said .....
3. I'll be here in the café tomorrow .
- Sara said .....
4. Our teacher asks too many questions in our class .
- Our colleagues told us .....
5. I 'm going to pay for your friend's ticket tonight .
- He told me .....

## ثانيا : في الجمل الاستفهامية <<<<<<

### 1. من أسئلة هل ( Yes or No Question )

- الخطوة الأولى : نحذف الأقواس " " ونربط باستخدام كلمة ( if ) قبل الجملة التي سنحولها لغير المباشر
- الخطوة الثانية : نضع فاعل الجملة ثم الفعل
- الخطوة الثالثة : نقوم بتحويل الضمائر (كما هو موضح بالجدول)
- الخطوة الرابعة : نحذف do / does / did ان وجدت
- الخطوة الخامسة : تتغير الظروف والضمائر والأزمنة والأفعال المساعدة (كما هو موضح بالجدول)
- الخطوة السادسة : تستبدل علامة الاستفهام ( ? ) بـ ( . ) ... لأن السؤال تحول الى كلام منقول (لم يعد سؤال مباشر)

### لاحظ جميع التغييرات التي حدثت في المثال التالي :

- " Do you like fish? " مباشر <
- She asked me if I liked fish. غير مباشر <

### 2. من الأسئلة المقالية ( Wh Question )

- الخطوة الأولى : نحذف الأقواس " " ونربط بأداة الاستفهام الموجودة بالسؤال (When / Where / Why)
- الخطوة الثانية : نضع فاعل الجملة ثم الفعل
- الخطوة الثالثة : نقوم بتحويل الضمائر (كما هو موضح بالجدول)
- الخطوة الرابعة : نحذف do / does / did ان وجدت
- الخطوة الخامسة : تتغير الظروف والضمائر والأزمنة والأفعال المساعدة (كما هو موضح بالجدول)
- الخطوة السادسة : تستبدل علامة الاستفهام ( ? ) بـ ( . ) ... لأن السؤال تحول الى كلام منقول (لم يعد سؤال مباشر)

### لاحظ جميع التغييرات التي حدثت في المثال التالي :

- " Where will she go today ? " مباشر <
- He asked where she would go that day. غير مباشر <

## تدريبان على القاعدة السابقة

### Change into reported speech حول الجمل الى غير المباشر

1. Will you go shopping tomorrow with me?  
My mother asked her friend .....
2. Are you hungry now?  
My mother asked me .....
3. Do you live in this house?  
My mother asked me .....
4. Where have you been?  
The father asked his son .....
5. How long are you going away?  
My friend asked me .....
6. Where will you spend this weekend?  
I asked my friend .....

## ثالثاً : في الجمل الأمرية <<<<<

### 1. مع الأمر (في حالة الأثبات)

- الخطوة الأولى : نحذف الأقواس " " ونربط بـ (to) بعد
- الخطوة الثانية : نضع فعل الجملة (في المصدر) مباشرة بعد (to)
- الخطوة الثالثة : نقوم بتحويل الضمان والظروف (كما هو موضح بالجدول)

### لاحظ جميع التغييرات التي حدثت في المثال التالي :

- " Study your lessons " مباشر <
- My father told me to study my lessons. غير مباشر <

### 2. مع الأمر (في حالة النفي)

- الخطوة الأولى : نحذف الأقواس " " و كلمة Don't أو Never ونربط بـ (not to) بعد
- الخطوة الثانية : نضع فعل الجملة (في المصدر) مباشرة بعد (not to)
- الخطوة الثالثة : نقوم بتحويل الضمان والظروف (كما هو موضح بالجدول)

### لاحظ جميع التغييرات التي حدثت في المثال التالي :

- "Don't speak in class" مباشر <
- He ordered him not to speak in class. غير مباشر <

## تدريبات على القاعدة السابقة

### Change into reported speech حول الجمل الى غير المباشر

- Copy these words into your notebooks .
  - He told us .....
- Study your lessons .
  - The teacher advised the students .....
- Tell me the way to the hospital, please
  - The man asked me .....
- Don't make any noise .
  - Our mother warned us .....
- Don't forget to bring my bag today .
  - Mona told me .....
- Study your lessons and don't waste your time .
  - The teacher advised the students .....

## حلول أسئلة كتاب التدريبات (Work Book)

### Reading

1 (Students' own answers)

2 (Students' own answers)

3

Para 1 E

Para 2 G

Para 3 A

Para 4 D

Para 5 C

4

- a babies
- b elderly (old) people
- c concentrate
- d hormone levels
- e deprived of

5

- a True: None of the information in the text is advice. For example, the text doesn't tell you how to ensure better sleep.
- b True: Several factors affect how much sleep we need.
- c False: Sleep is affected by our age, our daily routine, the quality of sleep and genetic make-up.
- d False: If you feel tired during the day you probably need more sleep.
- e True: Many teenagers need 9 hours sleep a night.

6

- a need
- b gift
- c knowledge
- d feeling
- e thought
- f concentration
- g cause
- h alteration

7 (Students' own answers)

### Language practice

1

- a make up for
- b compassion
- c admiration
- d onerous
- e imperative
- f geriatric

2

- a Your room is absolutely full of rubbish. You must tidy it up before your cousin arrives.
- b There is a **serious** shortage of sugar at the moment. You will have to do without it in your coffee.
- c You have really offended your friend. To make up for it you **should** apologise and buy her some flowers.

3

- b Boushra asked Sabika where she was going. Sabika said / replied that they were going to visit their cousins in the next town.
- c Naif asked Nawwaf if he could take him to the airport the following day. Nawwaf asked Naif what time he had to be there. Naif replied that his plane left at 4 o'clock in the afternoon.
- d Hessa asked Noura if she had enjoyed her holiday. Noura said that it had been very relaxing. Hessa asked (Noura) when she had got back. Noura replied (that she had got back) very late the previous night - their plane had been delayed.
- e Faisal asked Anwar if he had seen his briefcase. Anwar said he hadn't and asked Faisal when he had last had it. Faisal said he had brought it home from work the previous day, and added that he hadn't seen it since.

4

- b I slept for ten hours last night.
- c (Please) Can I go out with my friends?
- d Do you want to go swimming with me?
- e I'm enjoying my new job.
- f Would you like to go shopping tomorrow?

5

- a I have both maths and English homework.
- b Both Turki and Hamza play football.
- c (Both) Turki and Hamza play both football and basketball.
- d Both the maths teacher and the English teacher were pleased with my homework.

6

- 1 h
- 2 d
- 3 a
- 4 g
- 5 b
- 6 e
- 7 i
- 8 f
- 9 c

### 7 (Self-assessment)

- a do without
- b made up
- c do up
- d make up for
- e do away with

### Writing

1

- A Exercise you'll enjoy - 2
- B Enjoy your food and stay healthy - 3
- C Thinking is good for you - 1

2 (Students' own answers)

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