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للحصول على جميع روابط الصفوف على تلغرام وفيسبوك من قنوات وصفحات: اضغط هنا

الروابط التالية هي روابط الصف الثاني عشر على مواقع التواصل الاجتماعي

مجموعة الفيسبوك

صفحة الفيسبوك

مجموعة التلغرام

بوت التلغرام

قناة التلغرام

رياضيات على التلغرام

Unit 7: Long Lives

No.	Word	P.O.S	Definition	Meaning
1	cardiovascular	Adj.	of or relating to the heart and blood vessels	متعلق بالقلب والأوعية الدموية
2	centenarian	N	a person who is one hundred or more years	معمّر لمئة عام أو أكثر
3	commentary	N	the expression of opinions or explanations about an event or situation	تعليق
2	cycle	V	to ride a bicycle	يقود دراجة
3	elderly	Adj.	(of a person) old or aging	كبير بالسن
4	expectation	N	a strong belief that something will happen or be the case in the future	توقع
5	geriatric	Adj.	of or relating to old people, esp. with regard to their health care	خاص بالكبار بالسن
6	honour	V	to treat someone with special respect	يحترم / يبجل / يحترم
7	Integral	Adj.	essential or fundamental	متكامل / مكمل
8	onerous	Adj.	(of a task, duty, or responsibility) involving an amount of effort and difficulty that is burdensome	شاق / مجهد
9	supple	Adj.	bending and moving easily and gracefully; flexible	مرن / لين / رشيق
10	vigorous	Adj.	(of a person) strong, healthy, and full of energy	نشط / قوي
11	chronic	Adj.	something that continues for a long time and cannot easily be solved	مزمن
12	deprived of	ph.v.	dispossess of, rob of	محروم من
13	drowsy	Adj.	tired and almost asleep	نعسان
14	genetic make-up	N	chemical structure that defines individuality	التركيبية الجينية
15	restful	Adj.	peaceful and quiet, making you feel relaxed	مريح
16	shallow	Adj.	not deep	ضحل / سطحي / غير عميق
17	blizzard	N	a severe snowstorm with high winds and low visibility	عاصفة ثلجية
18	conceal	V	to keep from sight; to hide	يخفي
19	dispute	N	a disagreement, argument, or debate	جدال / خصومة
20	do away with	ph.v	to get rid of	يلغي / يزيل / يتخلص من
21	do up	ph.v	to fasten; to tie	يربط / يثبت
22	do without	ph.v	to not have something and manage in spite	يستغني عن / يمتنع عن
23	excuse	N	a reason or explanation put forward to defend or justify a fault or offense	عذر
24	frequently	Adv.	on many occasions with little time between them	بشكل متكرر
25	in spite of	Pre.	regardless of	على الرغم من
26	make up	ph.v.	to invent (a story)	يلفّق / يختلق
27	make up for	ph.v.	to take the place of something lost or missing	يعوض
28	vicinity	N	the area near or surrounding a particular place	جوار
29	admiration	N	respect and warm approval	اعجاب
30	affection	N	a gentle feeling of fondness or liking	محبة / مودة
31	ailment	N	an illness, typically a minor one	مرض بسيط
32	bestow	V	confer or present (an honor, right, or gift)	يعطي / يمنح / يهب
33	deserve	V	to do something or have or show qualities worthy of (reward or punishment)	يستحق
34	due	Adj.	expected at or planned for at a certain time	مستحق / استحقاق
35	fatal	Adj.	causing death	مميت
36	life expectancy	N	the average period that a person may expect to live	العمر المتوقع
37	reverence	N	deep respect for someone or something	تبجيل / احترام

Fill in the spaces with words from the list:

Vocabulary

{vigorous / geriatric / centenarians / honoured / commentary / integral} **THE ANSWER**

- 1- Dr. Smith was _____ with the Nobel Prize for Medicine .
- 2- A very _____ exercise can increase the risk of heart attacks.
- 3- Customs and traditions form an _____ part of every human society.
- 4- There is a question mark over the future of _____ care.

honoured
vigorous
integral
geriatric

- 5- That programme will include live _____ on the Egyptian current events .
 6- Japan has more than 4,000 _____ Whose age passed 90.

commentary
centenarians

Fill in the spaces with words from the list:

{cycle / onerous / elderly / supple / expectation / cardiovascular}

- 1- The government imposed _____ taxes on imports.
 2- Smoking places you at serious risk of _____ diseases.
 3- _____ people who stay active are usually the healthiest .
 4- They _____ their bikes half an hour daily .
 5- These shoes are made from _____ leather.
 6- There is widespread _____ that the strike will be settled soon.

THE ANSWER
 onerous
 cardiovascular
 elderly
 cycle
 supple
 expectation

Fill in the spaces with words from the list:

{chronic / deprived / drowsy / genetic make-up / restless / shallow}

- 1- I always have a _____ sleep .I can't get to sleep with all that noise in my area.
 2- He suffers from _____ arthritis.
 3- I feel _____ and have to fight off the urge to sleep.
 4- The diet allows you to eat less, so you won't feel _____ of your favourite foods.
 5- How much sleep we need depends on the quality of our sleep and our _____
 6- I hope you had a relaxing and _____ weekend.

THE ANSWER
 shallow
 chronic
 drowsy
 deprived
 genetic make-up
 restless

Fill in the spaces with words from the list:

{blizzard / concealing / dispute / excuse / frequently / vicinity }

- 1- She knew at once that he was _____ something from her.
 2- We were snowed in by a raging _____
 3- The two farmers are involved in a land _____
 4- There are no hotels in the _____ of our house.
 5- Iron and folic acid supplements are _____ given to pregnant women.
 6- There's no reasonable _____ for behaviour like that.

THE ANSWER
 concealing
 blizzard
 dispute
 vicinity
 frequently
 excuse

Fill in the spaces with words from the list:

{ailment / due / deserved / life expectancies / reverence}

- 1- Muslims Show a deep _____ for their religion.
 2- She suffered from a chronic back _____
 3- We have longer _____ than our parents.
 4- The team really _____ that victory after the way they played.

THE ANSWER
 reverence
 ailment
 life expectancies
 deserved

Fill in the spaces with words from the list:

admiration - fatal - bestow - ailment - affection - reverence

1. The doctor advised Karam not to stay in hospital as he was suffering an _____
 2. Maha has a deep _____ for Picasso's later work.
 3. Friendship is one of the greatest gifts we can _____ upon the old.
 4. Some _____ diseases like cancer can now be cured due to the medical revolution.
 5. We owe our parents a great respect and _____
 6. She felt a great _____ by the news of Paul's death.

THE ANSWER
 ailment
 admiration
 bestow
 fatal
 reverence
 affection

Grammar: do or make

'Make' and 'do' have similar meanings but you can't use them with the same nouns:

Make = Produce or create		Do = General word for action	
Make suggestion	Make a bed/ film / movie	Do a research	
Make an effort	Make noise	Do shopping	
Make a mistake	Make plans	Do homework	
Make a decision	Make an exception	Do damage	
Make a promise	Make an excuse	Do an experiment	
Make a success	Make a suggestion	Do a job	
Make an arrangement	Make progress	Do (somebody) a favor	
Make an appointment	Make peace / war	Do best	
Make a phone call	Make profit/money	Do the laundry	
Make a list	Make a deal	Do the dishes	

Write either 'do' or 'make' in its right place:

- 1- She said she was _____ a research for an article. do
 2- Scientists frequently _____ experiments to test their ideas. do
 3- You will have to _____ a special effort to pass the exam. make
 4- Can I _____ a suggestion? Why don't we _____ the shopping together? make - do
 5- If you _____ a mistake, you have to _____ your homework again. make - do
 6- She will _____ her decision soon. make
 7- I've _____ myself a promise. I'm going to _____ a success in my new job. make- make
 8- Last night's blizzard _____ a lot of damage to buildings in our vicinity. do

Phrasal verbs with 'make' and 'do'

A phrasal Verb is a verb plus a preposition or sometimes two prepositions or an adverb, which creates a meaning different from the original verb.

make of	think about / understand يفكر - يفهم
make up	invent a story. يخلق قصة.
make up for	take the place of something lost or missing يعوض
do up	fasten / tie يربط - يثبت.
do without	not have something and manage in spite of this يستغنى عن
do with	need or want something يحتاج - يتطلب.
do away with	get rid of يتخلص من

Choose the right option from a, b, c and d:

- 1- He _____ the buttons because they were loose.
a- did away with b- made up c - made up for d- did up
- 2- We can't _____ the help of our Government.
a- do without b- do up c- make up d- make up for
- 3- The long-range goal must be to _____ nuclear weapons altogether.
a- do away with b- make up c - make up for d- do up
- 4- I think it's very unkind of you to _____ stories about him.
a- do away with b- make up c- make up for d- do up
- 5- 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
- 6- We should _____ the time we wasted waiting for the museum to open.
a- make b- make up c- make up for d- do without
- 7- 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
- 8- 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
- 9- He said everything was okay, but that was just a story he made _____
a- out b- up c- up for d- none
- 10- She lost my CD, but she's bought me a new one to make _____ it.
a- of b- up for c- up d- none
- 11- Many countries are doing what they can to do _____ poverty and hunger.
a- away with b- without c- out d- up

Reported Speech (Indirect Speech)

If we report what another person has said, we usually do not use the speaker's exact words (direct speech), but reported (indirect) speech. Therefore, you need to learn how to transform direct speech into reported speech. The structure is a little different depending on whether you want to transform a statement, question or request.

1- Statements:

When reporting statements, check whether you have to:

- 1- Change pronouns. 2- Change tenses. 3- Change place and time expressions

Tense	Direct Speech	Reported Speech
1- present simple	"I speak English well."	He said (that) he spoke English well.
2- present continuous	"I am living in London."	She said (that) she was living in London.
3- present perfect	"I haven't seen Julie."	She said (that) she hadn't seen Julie.
4- past simple	"I bought a car."	She said (that) she had bought a car. She said (that) she bought a car.
5- past continuous	"I was walking along the street."	She said (that) she had been walking along the street.
6- past perfect	"I had taken English lessons before."	She said (that) she had taken English lessons before.
7- will	"I will see you later."	She said (that) she would see me later.
8- would	"I would help, but..."	She said (that) she would help but...
9- can	"I can speak perfect English."	She said (that) she could speak perfect English.
10- could	"I could swim when I was four."	She said (that) she could swim when she was four.

11- shall	"I shall come later."	She said (that) she would come later.
12- should	"I should call my mother."	She said (that) she should call her mother.
13- might	"I might be late."	She said (that) she might be late.
14- must	"I must study at the weekend."	She said (that) she must study at the weekend. She said (that) she had to study at the weekend.

2- Questions:

We have two kinds of questions:

-Wh-questions:

When reporting wh-questions, check whether you have to:

- 1- Change pronouns
- 2- Change tenses
- 3- Change place and time expressions
- 4- Change the word order of the question

Direct Question	Reported Question
"Where is the Post Office, please?"	She asked me where the Post Office was .
"What are you doing?"	She asked me what I was doing .
"Who was that fantastic man?"	She asked me who that fantastic man had been .
"Where do you live?"	She asked me where I lived .

-Yes/no- questions:

When reporting yes/no-questions, check whether you have to:

- 1- Change Pronouns
- 2- Change Tenses
- 3- Change Place and time expressions
- 4- Change the word order of the question
- 5- Use " if / whether " before the reported question

Direct Question	Reported Question
"Can you call me?"	He asked me if I could call him.
"Have you ever been to Mexico?"	She asked me if I had ever been to Mexico
"Are you living here?"	She asked me if I was living there .
"Do you like chocolate?"	She asked me if I liked chocolate.

3- Orders:

When transforming requests, check whether you have to:

- 1- Change pronouns
- 2- Change place and time expressions
- 3- Use "to" before the reported request and "not to" before the negative request

Direct Order	Reported Order
"Go to bed!"	He ordered the child to go to bed.
"Don't waste your time on silly things."	He told her not to waste her time on silly things.
"Be on time!"	He told me to be on time.
"Don't smoke!"	He ordered us not to smoke.

Note1:

When the reporting verb is in the simple present tense, we should pay attention that tenses are not changed when reported.

Example:

"I live in a big city with my family."

He **says** (that) **he lives** in a big city with **his** family.

Note2:

There are many reporting verbs other than "say, ask, tell and order" like: explain, report, admit, promise, reply, confirm, prefer, like, want, warn, advise, ...

Examples:

"I am late because of a sandstorm at the airport."

He explained that he was because of a sandstorm at the airport.

"we'll come if we can."

They replied that they would come if they could.

Note3:

Requests can come sometimes in the form of yes/no-questions. In this case, we can report them in two ways:

Examples:

"Can you give me your book, please?"

He asked me to give him my book.

Or

He asked me if/whether I could give him my book.

Note4:

The following table explains other changes when we report sentences:

Direct Speech	Reported Speech
today	that day
yesterday	the day before/the previous day
tomorrow	the next day/the following day
last night	the night before/the previous night
here	there
ago	before
now	then
this	that
these	those
I	he/she
we	they
our	their
you	I/me
my	her/his

Change the following sentences into indirect speech:

- "I will come back tomorrow."

Mr. Ahmed said (that) he would come back the next day.

- "We don't like fish."

They said (that) they didn't like fish.

1- "I am glad to meet you."

He told me _____ that he was glad to meet me

2- "We had lost our way to the park."

They said _____ that they had lost their way to the park

3- "I will be there in the café tomorrow."

He said _____ that he would be there in the café the next day

4- "Our teacher asks too many questions."

They said _____ that their teacher asked too many questions

5- "I will pay for your friend's ticket."

He told me _____ that he would pay for my friend's ticket

6- "I have forgotten to post my letters."

He told us _____ that he had forgotten to post his letters

Change the following wh-questions into indirect speech:

- "Where have you been?"

The father asked his son where he had been.

- "How long are you going away for?"

My friend asked me how long I was going away for.

1- "Where will you spend this weekend?"

My friend asked me _____ where I would spend that weekend

2- "Where did you go yesterday?"

She asked me _____ where I had gone the previous day

3- "Why are you laughing at me?"

He asked her _____ why she was laughing at him

4- "What do you want?"

She asked me _____ what I wanted

5- "When will you come to see us again?"

They asked _____ when he would come to see them again

Change the following yes/no-questions into indirect speech:

- "Can parrots talk?"

Eman wanted to know **if/whether** parrots **could** talk.

- "Please, can I go out with my friends?"

Amal asked her mother **if/whether** she **could** go out with **her** friends.

1- "Would you like to go shopping tomorrow?"

Mariam asked her friend _____

2- "Have you already been on holiday?"

Omar asked us _____ **if we had already been on holiday**

3- "Are you hungry?"

My mother asked me _____ **if I was hungry**

4- "Is she feeling alright."

He asked _____ **her if she was feeling alright**

5- "Did you enjoy your holiday?"

Ali asked Mona _____ **if she had enjoyed her holiday**

6- "Does Eman work hard this term?"

She asked me _____ **if Eman worked hard that term**

7- "Do you want to go swimming with me?"

Khalid asked me _____ **if I wanted to swimming with him**

Change the following orders into indirect speech:

"Copy these words into your notebooks."

He told us to copy those words into their notebooks.

1- "Study your lessons."

The teacher advised the students _____ **to study their lessons**

2- "Tell me the way to the hospital, please."

He asked me _____ **to tell him the way to the hospital**

3- "Open the door."

The teacher ordered me _____ **to open the door**

4- "Don't forget to bring my bag today?"

Mona warned me _____ **not to forget to bring my bag that day**

5- "Don't neglect your duties."

The captain ordered his men _____ **not to neglect their duties**

6- "Don't watch TV all day."

My mother advised me _____ **not to watch Tv all day**

7- "Study your lessons and don't waste your time."

The teacher advised the students _____ **study their lessons and not to waste their time**

Both , and

both + adjective / noun / verb + and...

I have Arabic homework. I have English homework.

I have **both** Arabic **and** English homework.

Ali plays football. Khaled plays football.

Both Ali **and** Khaled **play** football.

The Arabic teacher was pleased with my homework. The English teacher was pleased with my homework.

Both the Arabic teacher **and** the English teacher were pleased with my homework.

Ali likes surfing. Omar likes surfing.

Both Ali and Omar **like** surfing. Or: Ali and Omar **both like** surfing.

Rewrite the two sentences as one sentence using (both ... and).

1 -The food was terrible. The service was terrible too.

_____ **Both the food and the service was terrible**

2 -Angela played the piano. Lucy also played the piano.

_____ **Both Angela and Lucy played the piano**

3- Eagles hunt small animals. Wolves hunt small animals.

_____ **Both Eagles and Wolves hunt small animals**

4- The film is very funny. The book is also very funny.

_____ **Both the film and the book were very funny**

5- Japan has a lot of earthquakes. California has a lot of earthquakes.

_____ **Both Japan and California have a lot of earthquakes**

6- I love soft music. My sister loves soft music also.

_____ **Both Ali and his sister love soft music also**

7- My brother visited France. He also visited Italy.

My brother visited both France and Italy

Set Book Questions

1- What is the secret of long life? How can we ensure long life?

There are many factors which lead to long life like: stretching, exercising our brains and having a good social life.

2- Keeping active for a long time has its long and short term benefits. Mention some.

It keeps your muscles supple. It improves your cardiovascular fitness.

It increases energy. It helps us sleep well. It reduces the risk of dying early.

3- Why is being active mentally important for a long life?

Because it helps us to have a sharper and quick thinking.

Because it improves our memory.

4- Why is it rare to find geriatric homes (old people's homes) in Kuwait or in the Arab world?

Because Islam teaches us to honour our parents.

Because Islam teaches us to show compassion for the elderly.

(Muslims should respect the elderly and take care of them.)

5- Family values are an important part of Middle Eastern lifestyles. Explain.

The relationship between parents and their children is based on mutual respect and compassion. Members of the family always keep in touch with each other.

6- Exactly how much sleep we need depends on several factors. Discuss.

How much sleep we need depends on our age, our daily routine, the quality of sleep and our genetic make-up.

7- Different types of ages need different amounts of sleep. How?

Most adults need about 8 hours' sleep a day. Babies need about 16 hours a day.

Many teenagers need an average of nine hours a day.

8- Why is it essential to get enough sleep? (Why is sleep important?)

It helps the brain retain new information in one's memory.

People who get enough sleep after learning a task do well.

People who don't get enough sleep may fall asleep during the daytime.

People who don't get enough sleep might gain weight.

Their immune system may be affected.

9- How does sleep affect your lifestyle?

If we don't get enough sleep, we lose concentration, we feel drowsy during the day time and we having memory problems.

10- Mention the different kinds of sleep.

Shallow Sleep: sleepers awake still feeling tired (light.)

Deep Sleep: sleepers wake up refreshed.

11- How can we show our respect and gratitude to the elderly?

We can help them perform simple tasks. We can show reverence to them.

We can show friendship to them.

We can hold doors open or stand when someone enters a room.

12- Why should we respect and look after the elderly?

Because when we get old we need to receive the same respect and affection.

13- Kuwaitis are now living longer than before due to...

Kuwaitis are now living longer due to modern medicine, health care and good social life.

Language Functions

Write what you would say in the following situations :

1. You want someone to help you finish your school project.

Excuse me, could you help me finish my school project?

2. One of your friends is wasting most of his time.

I think you are wrong. You should use your time wisely.

3. You've received a letter from a car agency to choose a specific colour.

Actually, I'd prefer the silver colour.

4. A friend of yours is suffering from his neighbours' disturbance.

You should be patient. I think you can solve this problem amicably.

5. Someone told you that nothing could be done with such loads of homework.

In my opinion, if you manage your time well, you will do all work successfully.

6- The cleanup service in your area is not as good as it is supposed to be. Rubbish is everywhere.

I think we should make a complaint/ complain to the nearby town council to find a solution to this serious problem.

7- Your mother bought you a nice mobile phone on your birthday party.
Thank you very much. It is very thoughtful of you. I appreciate your nice present.

Translation

-Translate the following sentences into good English:

من وجهة نظرك كيف يمكن أن نحافظ علي صحتنا جيدا .

In your opinion , how can we keep our health well

أعتقد أنه يجب ان نتبع نظام صحي متوازن ونحصل علي قسطا كافيا من النوم

I think we should follow balanced healthy to lifestyle and get amount of sleep

