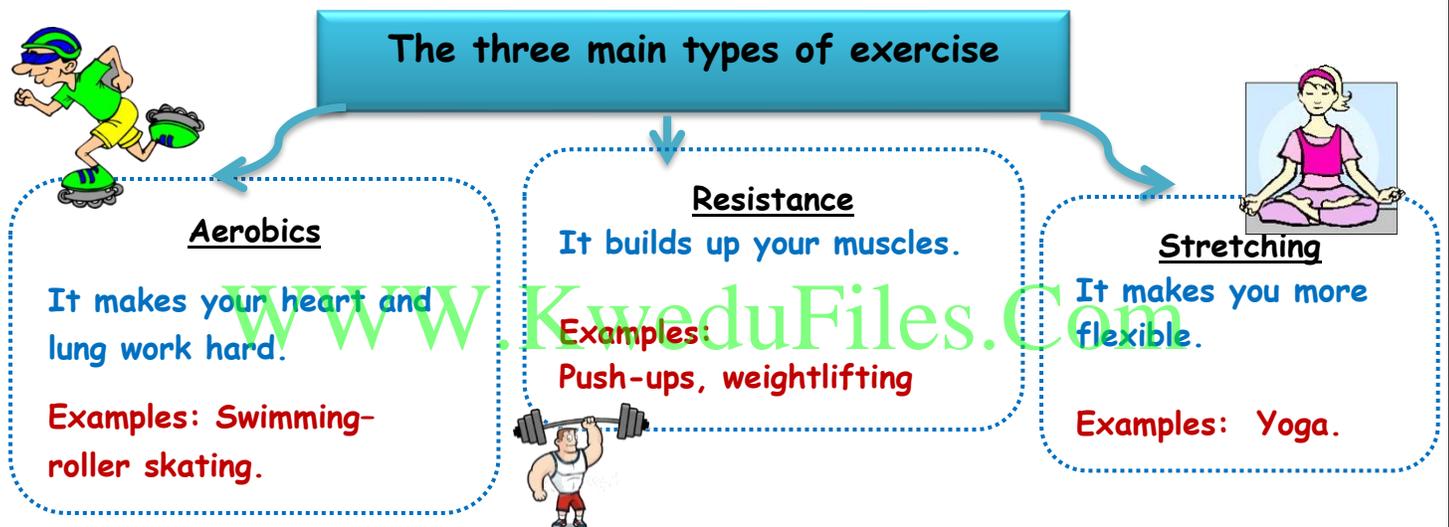


Unit 1 Healthy Living

Vocabulary Corner:

Word	Meaning	Word	Meaning	Word	Meaning
Sprinting	الجرى بسرعة	Cool down	يهدأ	amount	كمية
extremely	بشدة او للغاية	promise	يعد - يعطي وعد	gain	يحصل على / يكسب
resistance	مقاومة	arrow	سهم	lack	يفتقد أو ينقص
flexible	مرن	strict	صارم أو جاد	adequate	كافي
regimen	نظام غذائي	risk	خطوره		
session	جلسة او حلقة	obesity	سمنه زائدة		

Main Topics:(A healthy lifestyle & The Vegetarian Diet)



A good exercise session must start with a warm-up and ends with stretching exercises to cool down.

Following a strict diet which includes fruits, vegetables, cereals and nuts but no meat, fish or chicken

The Vegetarian Diet

Advantages

1. There is less risk to obesity and heart disease.
2. It helps to avoid diseases because of the vegetables.
3. It helps in digestion because it contains more fiber.



Disadvantages

1. It can negatively affect your heart.
2. This diet is low in calcium, proteins and B-12.
3. An athlete can't be a vegetarian because he/she needs protein to build muscles.

Grammar Review:**Adverbs of Frequency**

We use the present simple tense with these words (always, usually, often, sometimes & never). You can form a question by using (How often....?)

How often does she play the piano?

She usually plays the piano.

She never plays the piano.



Choose the correct alternative for this gap:

- _____ (How many - How often - How far) do you watch the news? I always watch the news.



Do as shown in brackets:

1. Khalid usually (eat) a banana in the afternoon. [correct]

_____ Khalid usually eats a banana _____

2. Sometimes, We work on the project with the teacher. [Ask]

_____ How often do you work on the project with the teacher? _____

Present Continuous Tense

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We use the present continuous tense to talk about things that are happening at the moment.



They are studying English at the moment.

She is painting pictures now.



Choose the correct alternative:

- My friends (are helping - helped - helping) me at the moment.



Note that (We, you, they and plural names) take are. But (she, he, it and singulars) take is.

Do as shown in brackets:

• She (write) a short story at the moment. [Correct]

_____ She is writing a short story at the moment _____

GERUNDS VS INFINTIVES!

IN ENGLISH

- The Gerund: Sometimes we use the gerund (v+ing) as the Subject in the beginning of a sentence or after these words: { enjoy, good at , good for, interested in etc }

Example: Sara enjoys playing monopoly.



- **The infinitive:** We use the infinitive (to+ base verb) after these verbs or adjectives: { **promise, need, want, decide, It's important, It's easy, It's good etc** }

Example: We need to change the furniture this year.
It's important to listen to your mother's advice.

- **Note:** There are some words which you can use the gerund or the infinitive after : { **like , hate, try , prefer ..** }

Examples: I prefer drinking tea. OR I prefer to drink tea.

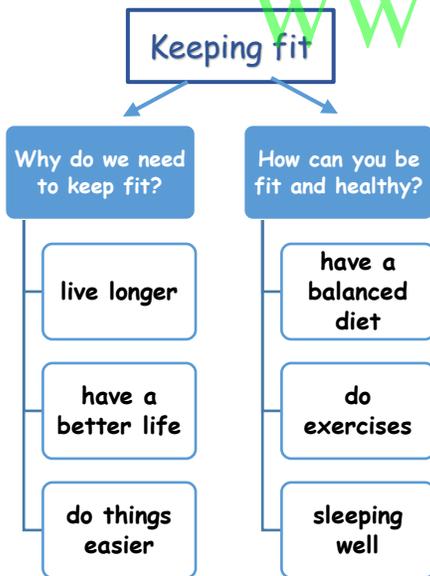


- **Choose the right alternative in the following**

1. I need (studies - to study - studying) tonight.
2. We enjoy (to cook - cooked - cooking) Italian food.
3. (Stretching - Stretched - To stretch) is good for cooling down.
4. It's important (sleeping - to sleep - sleeps) early in a school night.

Writing Practice:

"Keeping fit is very important to one's healthy living". Plan & write a two-paragraph report of not less than 10 sentences. (two main ideas, supporting details and a conclusion).



Why do people try to keep fit? **Everybody** needs to keep fit. It's a good way to have a healthy living. Keeping fit helps you live longer and stay younger. It makes you have a better life in school and at work. If you are fit and healthy you can do things better and easier 😊.

I think keeping fit is not so difficult. You just need to follow some rules in your daily life. It's important to have a balanced diet with enough fruits, vegetables and meat. You can also do exercises or practice your favourite sport two or three times a week. Sleeping well and having enough rest is also very important. So, if you are not working to have a healthy lifestyle, you should start today.

Topic sentence or a hook

Topic sentence

conclusion

Vocabulary Corner:

Word	Meaning	Word	Meaning	Word	Meaning
Lead / led	يؤدي الى	achieve	يحقق	overcome	يتغلب على
theme	موضوع	improve	يحسن أو يتحسن	barrier	حاجز او صعوبة
provide	يزود او يوفر	master	يتمكن من	inspire	يلهم
cavern	كهف او مغارة	frequently	بشكل متكرر	incredibly	بشكل لا يصدق
voluntary	تطوعي	infection	عدوى	capable	قادر على
native	أصلي	sight	بصر		
recently	حديثاً	determination	اصرار		

Main Topic (Creating A Blog / Life's Challenges):



It keeps you connected to the world. It helps you express yourself in any way you want.

What is a blog?

It's a personal webpage where you can write and share your ideas and thoughts with friends.

What are the benefits of blogs?

What do you need to create it?

I need a theme and name for the blog. I also must have an email, username and password.



Brave in Facing Challenges

Their stories are examples of determination and hope.



Juri Al-Azmi:

Juri overcame being blind and achieved first place in the Reading Challenge. One difficulty she faced was the lack of books in Braille.

Ghanim Al-Muftah

Ghanim was born with a rare disease, but he inspired everybody by surviving and becoming an athlete.



Grammar Review:

Present Perfect Tense

has
or + P.P.
have 1st Term

We use the present perfect to talk about past experiences that happened recently (He/ She/ It or a singular noun takes has. I/ you/ They/ We or plural nouns take have)



Have you ever seen a horror movie?



Yes, I have

No, I haven't.

My friend has eaten Italian food.



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

- She _____ her expensive watch in the airport recently.
- a) have lost b) loses **c) has lost** d) losing

Do as shown in brackets:

- No, I haven't eaten Chinese food before. (Ask)
___ Have you ever eaten Chinese food? _____
- 2. Salih (act) in a Kuwaiti play with Tareq Al-Ali. [Correct]
___ Salih has acted in a Kuwaiti play with Tareq Al-Ali.

It's important to know the Past Participle of a verb



Past Simple Tense

Eman stayed at home last weekend.



we use the past simple to talk about finished events in the past.

Do as shown in brackets:

- 1. Salim (start) the piano lessons last Monday [correct]
Salim started the piano lessons last Monday.
- 3. Farah sprinted very fast in the Olympic Race. [Make negative]
Farah didn't sprint very fast in the Olympic Race.



Expressing Purpose

we use (to , in order to , so that.) to express the purpose and answer questions with WHY.

To / in order to + infinitive (base verb)

Examples:

She saved money to buy a new mobile phone.
They created a blog in order to raise money for charity.

So that + Clause: (Subject + modal)

Example:

Farah joined the gym so that she could lose weight.

Writing Practice:

"We read many inspiring stories about people who are facing difficult challenges in life." Plan & write a two-paragraph email to your friend Amany telling her about an inspiring person you admire of not less than 10 sentences. (two main ideas, supporting details and a conclusion).

Inspiring Person
Ahmad Al-Mutairi

What's his incredible story

- his early life
- challenges he faced
- what he achieved

Why he inspires me

- showing determination
- overcome barriers
- inspired me to be better

Topic sentence or a hook

Not everyone gets an easy life, some people are facing difficult challenges. When you hear the story of Ahmed Al-Mutairi , you can only be proud and inspired. He was born disabled but that didn't stop him from following his dream. Ahmed worked hard and trained well to be an athlete. He overcame his disability and became the world champion in wheelchair racing😊.

Topic sentence

Ahmed Al-Mutairi is the example of determination and hope. His hard work to overcome barriers in life is inspiring. I really admire him and wish to be a famous athlete in the future just like him. Ahmed and many other Kuwaiti athletes are the real heroes that we should follow in the social media.

conclusion

Unit 3

How We Live

Vocabulary Corner:

Word	Meaning	Word	Meaning	Word	Meaning
separate	منفصل	inhale	يستنشق	dispose of	يتخلص من
employ	يوظف	stingy	بخيل	float	يطفو
wage	اجر او معاش	furious	غاضب	package	علبة
instead of	بدلاً عن	hearty	بشكل حماسي او قلبي	gravity	الجاذبية
trap	فخ او خدعة	justice	عدالة	casual	عفوي او عادي
drop out	يتوقف عن أو يترك	crowd	جمهور او حشد	specialised	متخصص
jobless	بلا وظيفة	unfairly	غير عادل		