

Workbook Answer Key

1st & 2nd Term

Module I Culture

* Unit 1

We are what we eat

Reading

Exercise 1

- a carbohydrates, proteins, vitamins, minerals and water
- b (Students' own answers)
- c fats

Exercise 2

Nutrient	Foods	Effects on performance
Carbohydrates	Pasta, cereal, potatoes	Provide main source of energy
Fats	Olive oil, dairy products, nuts, fish	Fuel our brain power, provide slow-releasing energy
Proteins	Meat, pulses, eggs, fish	Build and repair muscles
Vitamins	Juices, smoothies, vitamin supplements	Help concentration, promote calmness and quick decision-making
Minerals	Fruit, vegetables, fish, soya milk	Strengthen bones and support our bodies, prepare our bodies for energy production, help prevent fatigue
Water	Water, sports drinks	Prevents dehydration, flushes out toxins. Sports drinks replace water, glucose and sodium.

Exercise 3

- a nutrition facts
- b Serving size
- c 28 percent
- d carbohydrate ... dietary fibre
- e calorie
- f protein
- g A ... C
- h Daily values
- i servings ... serving cup ... 456g
- j sodium

Language practice

Exercise 1

- a were ordering
- b was carrying
- c were coming
- d was taking
- e was preparing
- f was bringing

Exercise 2 (Suggested answers)

- a Excuse me, could I have another fork, please?

- b Do you have any vegetarian dishes?
- c Is it possible we could move to a larger table? Two more guests are joining us soon.
- d Do you have any dishes without pepper? I'm allergic to pepper.
- e Why don't you order something with less fat, Dad?

Exercise 3

- 2 went
- 3 watched
- 4 did
- 5 were you doing
- 6 phoned
- 7 was helping
- 8 did you get up
- 9 woke up
- 10 didn't get up
- 11 were you doing
- 12 was having

Exercise 4 (Self-assessment)

- a baked
- b steam
- c grill
- d boiling
- e frying

Exercise 5

- a Mr Smith, who's a vegetarian, should always supplement his diet.
- b There are plenty of healthy eating restaurants in Kuwait City.
- c The label says, 'Orange juice has 60% of your RDA of vitamin C.'
- d My brother Ahmed developed diabetes last September so he follows a low-sugar diet.
- e This summer, I ate too many fatty foods such as French fries.

Writing

(Students' own answers)

* Unit 2

Respecting cultures

Reading

Exercise 2

- b 4
- c 6
- d 1
- e 7
- f 2

Exercise 3

'... in celebration of both Eid Al-Fitr and Eid Al-Adha. **These are the two most important festivals in the Islamic calendar.** The text reads...

... history and practice of Islamic calligraphy. **Zakariya was trained in the Middle East, but is now based in Arlington, Virginia.** The type of script chosen ...

... and aged for more than a year. **The aging process gives the design a unique texture.**

... using a unique computer programme. **The programme allows designers to choose the perfect colouring.** The colours chosen ...'



Exercise 4

Word	Meaning	Synonym
Honour	To show respect for someone or something	Commemorate
Calligraphy	Handwriting, often decorative	Script
Design	An artistic arrangement	Composition
Embellish	To make something more attractive, especially with decorative details	Adorn

Exercise 5

- a 2
- b 1
- c 4

Exercise 6

- a It (thuluth) is a large, elegant and cursive script, and first appeared in medieval times.
- b Sometimes respect between cultures happens in the smallest forms.
- c The stamp design was created using carefully considered traditional methods and instruments.
- d The Eid stamp was designed by Zakariya, a calligrapher who specialises in the art, history and practice of Islamic calligraphy.

Language practice

Exercise 1

- a ? Have you bought a new stamp?
- I haven't bought a new stamp.
- b + He has visited the museum every year.
- He hasn't visited the museum every year.
- c + They have written a book recently.
? Have they written a book recently?
- d ? Have you eaten your dinner?
- I haven't eaten my dinner.
- e + I've watched the news today.
- I haven't watched the news today.
- f + She passed her exam.
? Did she pass her exam?

Exercise 2

- a since
- b since
- c for
- d since
- e since
- f for
- g for
- h since
- i for
- j since

Exercise 3 (Self-assessment)

- a has played ... for
- b have been ... for
- c has written ... for
- d has read ... since
- e has visited ... since

Exercise 4

- A 3
- B 2
- C 4
- D 2
- E 2
- F 1

Exercise 5

- a started
- b ended
- c end / finishing
- d finish / beginning
- d ending / begun

Exercise 6

- a in
- b on
- c By
- d for
- e through
- f of
- g amongst
- h in
- i for

Writing

Exercise 1

Sons of Sindbad

In 1938, Alan Villiers embarked on a remarkable journey. He joined a crew of the best Kuwaiti sailors, and described his entire journey from the East African coast to the Arabian Gulf. The full title is *Sons of Sindbad: Sailing with the Arabs in their Dhows, in the Red Sea, Round the Coasts of Arabia, and to Zanzibar and Tanganyika – the Shipmasters and the Mariners of Kuwait*. I thought it was fascinating. He used traditional sailing techniques and sailed by dhow. Isn't that incredible? His account gives an important insight into sea travel in the past. He also took amazing photographs of his journey, which accompany the book. For me, the adventures were more interesting than the nautical research, especially experiencing monsoon winds and pearl diving. Alan Villiers is so enthusiastic about his travels that now I want to learn how to sail too! I can't wait to read more books by him. I am sure that they are all fantastic.

Arabian Sands

I have been a fan of Wilfred Thesiger since I was very young. As far as I am concerned, he is one of the best writers ever – and this is one of his best books. It describes his unique journey through the deserts of Arabia. His writings are brilliant and there are a thousand anecdotes that make you feel as if you are travelling by his side!

Wilfred Thesiger wrote *Arabian Sands* in 1959, but it is still very exciting to read today because it is so dramatic. Wilfred Thesiger studied at Oxford University before becoming one of the first British explorers to write about Arabia. Later, other explorers wrote similar books, but in my opinion only a few of these authors are as interesting.

And why was life in Arabia better than in Britain, according to Wilfred Thesiger?

You will have to read the book to find out!

Exercise 2 Facts

Alan Villiers' journey began in 1938. He sailed with a crew of Kuwaiti sailors. He sailed from the East African coast to the Arabian Gulf. He used traditional sailing techniques and sailed by dhow. He took photographs of the journey.

Arabian Sands describes a journey through the deserts of Arabia. Wilfred Thesiger wrote *Arabian Sands* in 1959. Wilfred Thesiger studied at Oxford University before becoming an explorer. Later, other explorers wrote similar books.

Exercise 3 and 4 (Students' own answers)

* Unit 3

Inspiring architecture

Reading

Exercise 1 (Suggested answers)

- a 360° Kuwait is described as “monumental” because it contains large department stores, small boutiques and other shops that sell sports, music, electronics and games equipment. It is also a leisure, entertainment and edutainment centre, not to forget the restaurants of different cuisines.
- b It is educational in that it features the latest edutainment technology for the education of children through television programmes, video games and music.
- c It can appeal to all ages due to the variety of shops, restaurants and activities.

Exercise 2

- a Restaurants...cafés
- b eighty-two...square
- c fourth
- d hypermarket
- e bowling

Exercise 3

- a gourmand
- b redefining
- c transform
- d copious
- e edutainment

Exercise 4

- a 15-storey building
- b three-bedroom apartment
- c ten-minute walk
- d six-lane motorway
- e 90-minute game

Language practice

Exercise 1

- a interesting, interested
- b terrified
- c tiring
- d excited
- e bored
- f amusing

Exercise 2

- 1 larger
- 2 more fashionable
- 3 better
- 4 bigger
- 5 fitter
- 6 healthier
- 7 warmer
- 8 cosier

Exercise 3

- a Cultural buildings include museums, art galleries and theatres.
- b I spent yesterday searching the Net, taking notes and writing my report.

- c I think this new theatre studio is well-equipped, spacious and well-lit.
- d I always meet Mariam, Fatma and Aisha after school.

Exercise 4

- a greatest
- b shorter, oldest
- c longer
- d old
- e higher, longer, more modern

Exercise 5

- 1 recommend
- 2 I suggest
- 3 I'm afraid
- 4 The difficulty
- 5 we require
- 6 you're interested
- 7 as soon as possible

Writing

Exercise 1

- a
- 0 I'm writing this report to tell you about the results of a survey my friends and I did at school.
- 2 We talked to about 100 people and asked them what they thought about all the thousands of cars that drive into the city every day.
- 3 Most people we interviewed said there was more traffic than there was last year and it was getting harder and harder to drive through the city centre.
- 4 Everything was worse early in the morning and in the evening when people were going to work and going home.
- 5 Here are some of the ideas people suggested: make drivers pay money to come into the city on weekdays, and have more buses and trains.
- 6 I think that the council should build a big car park near the town and then put buses on so that people who work in the city leave their cars in the car park and catch the bus to where they work.

b (Suggested answers)

- 1 We interviewed about 100 people and asked their opinions about the daily traffic.
- 2 The majority of people we interviewed said that traffic had increased and it was getting more difficult to drive through the city centre.
- 3 They said that the situation was worse during the rush hours in the morning and in the evening.
- 4 A number of suggestions were made including charging drivers to come into the city on weekdays, and increasing the number of buses and trains.
- 5 In my opinion, the council should build a large car park near the town and then provide public transport to take people to their workplace.

Exercise 2

 (Students' own answers)

Progress test 1

Reading

Exercise 1

Of the National Council for Culture, Arts and Letters (NCCAL) is in the major organiser of cultural events in Kuwait. First was organised in 1973, at the request of had HH the Crown Prince and Prime Minister, the council preserves Kuwait's cultural heritage while most supporting and encouraging its cultural and future. Architecture, the art, craftsmanship, theatre and

poetry are just all some of the arts Kuwait has to offer them. The Qurain festival is an annual cultural festival in organised by the NCCAL, and it will has become a highly anticipated event. A variety of creativity is on offer by artists by and orchestras from Kuwait and the Arab World. It is a is great place to see the best Kuwaiti talents on your show, and is popular with locals and an international tourists. The Kuwait Book Fair is another also thriving festival organised by the NCCAL, and has it been running for over 30 years time. Last year 538 publishing houses from 23 countries participated, with 11,891 books were presented. However, the NCCAL do emphasises that it is not just a best place for exhibiting and selling books - the atmosphere of this exciting and the busy festival is very amazing. There are seminars, poetry recitals and an art exhibition showing every work by 20 female Kuwaiti artists. The Arabic heritage exhibition also displays true original calligraphy and a rare copies of the Holy Qur'an. The exhibition shows a NCCAL's strong emphasis on values and culture, not past and present. These extra festivals are just two examples of the NCCAL's work that is gaining all international attention. From modern film-making to traditional ship-building, although the arts of Kuwait to offer something for everyone.

- 1 of
- 2 in
- 3 was
- 4 had
- 5 most
- 6 and
- 7 all
- 8 them
- 9 in
- 10 will
- 11 by
- 12 is
- 13 your
- 14 an
- 15 also
- 16 it
- 17 time
- 18 were
- 19 do
- 20 best
- 21 the
- 22 very
- 23 every
- 24 true
- 25 a
- 26 a
- 27 not
- 28 extra
- 29 all
- 30 although
- 31 to

Exercise 2

- a False. NCCAL stands for the National Council for Culture, Arts and Letters.
- b False. The NCCAL is 36 years old.
- c False. The Qurain festival welcomes locals and international tourists.
- d True
- e True
- f False. The Arabic heritage exhibition displays original calligraphy and rare copies of the Holy Qur'an.

Exercise 3

- a its cultural future.
- b every year.

- c interesting and crowded.
- d local and other Arabs.
- e worldwide.

Exercise 4

- a the major organise of cultural events in Kuwait.
 - 1 1973.
 - 2 Kuwait's cultural heritage.
 - 3 architecture, craftsmanship, theatre and poetry.
- b by the NCCAL.
 - 1 creativity is on offer by artists and orchestras.
 - 2 the best Kuwaiti talents.
 - 3 international tourists attend it.
- c is a thriving festival, too.
 - 1 from 23 countries participated.
 - 2 seminars, poetry recitals, and an art exhibition showing female Kuwaiti artists.
 - 3 NCCAL's strong relationship between values and culture.

Language practice

Exercise 1

- 1 were driving
- 2 were listening
- 3 was reading
- 4 was driving
- 5 saw
- 6 slowed down
- 7 stopped
- 8 was standing
- 9 were coming
- 10 were putting out
- 11 continued

Exercise 2

- a arrived
- b have lived ... for
- c have read
- d went out
- e was walking
- f have eaten

Exercise 3

- a No, it was the most expensive.
- b No, it was the funniest.
- c No, it is the most boring.
- d No, it is the noisiest.
- e No, he is the meanest.
- f No, it is the worst.
- g No, it is the slowest.

Exercise 4

- a I've just grilled some chicken.
- b A part-time job is a good way of supplementing a student's income.
- c Waleed has been mentoring teenagers for 10 years.
- d The blue silk was embellished with gold embroidery.

Exercise 5 (Students' own answers)

Exercise 6

- a during
- b at
- c before
- d at
- e in
- f at

Exercise 7

- a tell
- b speaking / hear

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- c Look
- d saw
- e watch
- f said

Exercise 8

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

Writing

Exercise 1 (Students' own answers)

Exercise 2 (Students' own answers)

Module 2 Free time

* Unit 4

Computer games

Reading

Exercise 1 (Suggested answers)

- a This game is different because it builds the muscles of the players, who should move their whole body in order to use the joystick.
- b The writer generalises an opinion by using such structures as "Many people... do not want..."; "The majority of people... use their thumbs..."; "People get tired of them very quickly..."
- c The writer reports an opinion by using the structure X say(s): "they say..."; "The game's designers say..."; "People who have played the game say..."

Exercise 2

b: Have fun and keep fit

Exercise 3

- a 6
- b 4
- c 1
- d 7
- e 2
- f 5

Exercise 4

- a mundane
- b faster
- c upper
- d backwards
- e idle
- f out of shape
- g quickly
- h giant
- i traditional

Exercise 5

- a 2
- b 3
- c 3
- d 1

Exercise 6 (Students' own answers)

Exercise 7 (Students' own answers)

Language practice

Exercise 1

- a I'm travelling there by bus on Monday.
- b I will probably be very nervous at the interview.
- c I'm going to work really hard when I'm at university.
- d I expect the work will be quite hard.
- e I'm definitely going to be a doctor when I leave university.

Exercise 2 (Self-assessment)

- 2 are flying
- 3 are staying
- 4 are going to spend
- 5 am going to buy
- 6 is going to take
- 7 will see
- 8 are travelling
- 9 are going to see
- 10 will have
- 11 are going to have
- 12 will send
- 13 will phone

Exercise 3

- a 4
- b 6
- c 1
- d 7
- e 3

Exercise 4

- a The more books I read, the more I want to learn.
- b The more consoles are improved, the more we spend to stay up-to-date.
- c The more dangerous it is, the more precautions we should take.

Exercise 5

- 1 went
- 2 bought
- 3 looked
- 4 work
- 5 returned
- 6 writing

Exercise 6

- a I bought two new pairs of jeans and neither of them fit.
- b Everybody says the PSP is fun, stylish and advanced, but it is expensive.
- c He's going to have an accident one of these days.
- d In my new computer game, there are many different levels.
- e The graphics in the game I am playing are very advanced.

Writing

Exercise 1

a / b

- A Picture 4: Street directions
- B Picture 1: Food recipe
- C Picture 5: Driving instructions
- D Picture 2: Game instructions
- E Picture 3: Ordering something on the Internet

Exercise 2

a

- A Leave the motorway at Junction 17 and follow signs to the town centre. Go straight on at the first roundabout and then turn right at the second. Our car park is the third turning on your left.

- B To start with, prepare all the ingredients. Break the eggs into a bowl, grate some cheese and chop an onion. Next, heat the oil in a frying pan. Mix all the ingredients together and when the oil is hot, pour the mixture into the pan. Turn the heat down and cook for 3-4 minutes.
- C First of all, make sure the handbrake is on and the gearstick is in neutral or park. Then turn the ignition key to start the engine. Put the car into gear and indicate. Finally, check in your rear-view mirror that there are no cars behind you, release the handbrake and move off.
- D Take turns to move one of your pieces along the lines on the board. You can make either a 'taking' move or an ordinary move. To take one of your opponent's pieces jump over it into the empty space on the other side of it.
- E First, find the item you want to buy and add it to your *Shopping Basket*. Next, fill in an order form giving us your personal details and address for delivery. After that, add your credit card details and lastly, press the *Order Now* button.

b

To begin	In the middle	To end
First	then	Lastly
First of all	After that	
To start with	Next	Finally

Exercise 3

First of all, you have to install the game on your computer.

Before installing, **make sure** the game is compatible with your computer system. **After that**, insert the disc into your CD/DVD drive. It should take a few minutes to load. **Finally**, restart your computer. Now you are ready to play.

*** Unit 5**

Sports psychology

Reading

Exercise 1 (Students' own answers)

Exercise 2

- a navigate
- b breakneck
- c courageous
- d competitive
- e willpower
- f interpersonal
- g personal trainer
- h glory-seeker
- i stamina

Exercise 3

- a False. Marathon runners receive less recognition than other athletes.
- b False. Formula One drivers race at extremely fast, dangerous speeds.
- c False. Marathon runners aren't allowed any help from personal trainers during races.
- d True
- e True
- f True
- g False. Formula One is dangerous despite all the safety precautions.

Language practice

Exercise 1 (Self-assessment)

- b How many players are there in a football team?

- c Where do people play tennis?
- d What do boxers need to be?
- e When were the first Paralympics?
- f How do you score in football?
- g Why do swimmers wear goggles?
- h How long is a football match?
- i What is your favourite sport?

Exercise 2

- a try ... enjoy
- b practise
- c Respect ... give
- d Celebrate ... ridicule
- e dribble / kick

Exercise 3

- a hockey stick and (Students' own answers)
- b horse race and (Students' own answers)
- c baseball player and (Students' own answers)

Exercise 4

- 1 When is the basketball practice?
- 2 ...doesn't it?
- 3 ... don't you?
- 4 What other activities do you offer?
- 5 what
- 6 ...isn't it?
- 7 ...don't you?
- 8 Where is the football practice?

Exercise 5

Sport	Venue	Equipment	Personality type
tennis	court	racket	introvert
football	pitch	ball	extrovert
baseball	pitch	ball	sportsmanlike
golf	course	club	introvert

Exercise 6

In sport, motivation is everything. All sports have leaders or coaches who influence those around them and give useful feedback to improve performance. They will have one or more of the following qualities: outstanding ability in the sport, enthusiasm and the ability to motivate. Most coaches also plan training programmes to improve fitness techniques and skills, and decide the strategies to be used in competition.

Writing

Exercise 1

- 1 Answer
- 2 leave
- 3 write
- 4 Use
- 5 write
- 6 cross
- 7 Spell
- 8 check
- 9 Be
- 10 Give

Exercise 2 (Students' own answers)

Exercise 3 (Students' own answers)

Exercise 4 (Students' own answers)

Exercise 5 (Students' own answers)