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Presidency of Al-Azhar Institutes

A-LEVEL

ENGLISH

for

Al-Azhar Treetops

Primary Five
Term 2

Workbook

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Unit 5

The Amazing Human Body



Mighty Muscles: Unleashing the Power Within

Lesson (1)

EX. 1 Think and Write Some Tips for Empowering our Muscles

1. We should exercise every day.

2.

3.

4.

5.

6.

7.

EX. 2 Read and Answer

How to empower your muscles

Do you want to learn how to empower your muscles? Well, I have some great tips for you! First, let's talk about the importance of a healthy diet. Eating foods that are rich in lean protein, like meat, fish, eggs, and nuts, can help your muscles grow and repair themselves. It's also important to get enough nutrients like omega3- fatty acids and vitamin D, which can be found in fish oil and supplements.

Next, let's talk about exercise. Did you know that exercise is the best way to keep your muscles strong? Weight training and other resistance exercises are great for maintaining muscle mass. It's also important to stay active throughout the day and not sit too much, because a sedentary lifestyle can cause your muscles to weaken.

But it's not just about your muscles, your bones are important too! Doing weight-bearing exercises, like walking or running, can make your bones stronger and help you keep your muscle mass. So, make sure to stay active and take care of your bones too!

Now, let's talk about how muscles work. Muscles are important because they help us move and be active. Did you know that the heart is the strongest muscle in our body? It's always working to get stronger. When we exercise, our muscles use oxygen and that helps them get stronger too. So, it's a good idea to eat protein and exercise every day to keep our muscles strong and flexible.

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- 1 What foods can help your muscles grow and repair themselves?

Foods that are rich in lean protein, like meat, fish, eggs, and nuts, can help your muscles grow and repair themselves.

- 2 What is the strongest muscle in our body?

.....

- 3 Why is it important to eat foods rich in lean protein for muscle growth?

.....

- 4 Why is it important to stay active throughout the day?

.....

- 5 What are some examples of weight-bearing exercises mentioned in the text?

.....

EX. 3 Read the Definitions and Write the Correct Word for each One

(Intestines - Muscles - Skeletal - Mighty - Cardiac - Oxygen)

- 1 A colorless, tasteless gas essential to living organisms, being taken up by animals, which convert it to carbon dioxide. (Oxygen)
- 2 A band or bundle of fibrous tissue in a human or animal body that has the ability to contract, producing movement in or maintaining the position of parts of the body. (.....)
- 3 Relating to or functioning as a skeleton or framework of bones. (.....)
- 4 Relating to the heart. (.....)
- 5 Long tubes in the body that help digest food after it leaves the stomach. (.....)
- 6 Having or showing superior power or strength (.....)

EX. 4 Listen and Complete

(physical - lessen - strengthen - flow - rate - lesson)

Aerobic exercise involves **physical** activity that increases your breathing and heart to fuel your body with oxygen-rich blood. Aerobic exercise helps your heart muscle, improves your lung function, and increases circulation and healthy blood throughout your body. Aerobic exercise can help people with asthma both the frequency and severity of asthma attacks. You should still talk to your doctor before beginning a new exercise if you have asthma, however. They may recommend specific activities or precautions to help keep you safe while working out.

EX. 5 Read and Match

1 - Psychology	a) can be a very serious illness. (4)
2 - Psychiatry	b) is an approach to psychology that does not involve the scientific method. ()
3 - Pneumonia	c) is the study the way the mind works.()
4 - Pseudo-psychotherapy	e) is the study and treatment of mental illness.()
5 - Receipt	f) is piece of paper or an electronic document that shows that goods or services have been paid for.()

EX. 1 Think and Write

Why are our bones important?

They help us to move easily.

.....

.....

.....

.....

.....

EX. 2 Read and Answer***Taking Care of our Bones***

Taking care of our bones is really important for our overall health. Our bones give our bodies structure and protect our organs. As we get older, it's even more important to take care of our bones so they don't become weak and brittle.

One way to keep our bones healthy is by eating the right foods. Vegetables are really good for our bones because they have a lot of vitamin C, which helps make our bones strong. Green and yellow vegetables are especially good for our bones. They can help kids grow strong bones and help adults keep their bones healthy.

Another way to take care of our bones is by doing exercises that make our bones strong. Weight-bearing exercises, like running or jumping, are really good for our bones. They help us build new bone and prevent bone loss as we get older. Strength training exercises, like lifting weights, can also help protect our bones.

We also need to make sure we get enough calcium and vitamin D. Calcium is a mineral that helps make our bones strong. We can get calcium from foods like milk, cheese, and leafy green vegetables. Vitamin D helps our bodies absorb calcium. We can get vitamin D from the sun and from foods like fish and eggs. If we don't get enough calcium and vitamin D from our diet, we might need to take supplements.

1 Why is it important to take care of our bones?

Taking care of our bones is really important for our overall health.

2 What are two ways to keep our bones healthy?

.....

3 What can happen if we don't take care of our bones?

.....

4 What is one way to keep our bones healthy, according to the text?

- A) Eating the right foods
- B) Avoiding weight-bearing exercises
- C) Getting enough calcium and vitamin D
- D) Not taking supplements

5 Why are green and yellow vegetables good for our bones?

- A) Because they have a lot of vitamin C
- B) Because they contain calcium
- C) Because they prevent bone loss
- D) Because they help us build new bone

EX. 3 Read the Definitions and Write the Correct Word for each One

(Friction - Cartilage - Marrow - Joint - Minerals - Tissues)

- A) A force that happens when two things rub against each other and can slow down or stop an object from moving. (Friction)
- B) Groups of cells that work together to do specific jobs in our bodies. (.....)
- C) The areas where two or more bones meet in our body. (.....)
- D) Substances that are essential for the proper functioning of the body and can be found in the earth and in our food. (.....)
- E) A strong and flexible type of tissue found in many different parts of our body, like our joints, rib cage, and neck. (.....)
- F) The fatty network of connective tissue that fills the cavities of bones. (.....)

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EX. 4 Read and Match

1 - made up
2 - rich in
3 - connected to
4 - responsible for
5 - surrounded by
6 - essential for

a) Have control over something ()
b) Put together(1)
c) Enclosed or shut in all sides ()
d) Containing a lot of something good or useful()
e) Important in the highest degree()
f) Joined or linked together()

Sensational Senses: Unlocking the Secrets of Our Sights, Sounds, and More *Lesson (3)*

EX. 1 Read and Complete

- What are the functions of our senses?

1. Our sense of sight lets us see beautiful colors and shapes.

2. Our sense of hearing allows us.....

3. Our sense of smell helps us.....

4. Our sense of taste lets us.....

5. Our sense of touch helps us.....

EX. 2 Read and Answer

How to Improve your Sight

Did you know that there are certain foods that can help improve our eyesight? It's true! Just like how eating healthy is good for our heart and body, it's also good for our eyes. Our eyes need certain nutrients to stay healthy and prevent diseases. One important nutrient is vitamin A, which helps our eyes stay moist and prevents dry eye. Carrots are a great source of vitamin A, but did you know that sweet potatoes have even more? They have over 200% of the daily dose of vitamin A that doctors recommend! Other fruits like cantaloupe and apricots are also good for our eyes.

Another important nutrient for our eyes is vitamin C. It helps protect our eyes from damage caused by things like the sun rays and unhealthy habits. Citrus fruits like oranges and grapefruits are a good source of vitamin C, as well as peaches, red bell peppers, tomatoes, and strawberries. Vitamin E is another important nutrient that keeps our cells healthy. You can find it in avocados, almonds, and sunflower seeds.

There are also other foods that are good for our eyes. Green leafy vegetables like kale and spinach contain lutein and zeaxanthin, which can help reduce the risk of age-related macular degeneration. Fish like salmon and sardines are packed with omega3- fatty acids, which promote the health of our retina and can prevent dry eyes. Oysters are loaded with zinc, which can slow down the progression of age-related macular degeneration.

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In addition to eating these foods, there are other things we can do to protect our eyes. We should quit smoking because it increases the risk of eye diseases like macular degeneration and cataracts. Wearing sunglasses with UVA and UVB protection can also protect our eyes from the sun harmful rays. And when we're doing activities that could be dangerous for our eyes, like playing sports or doing science experiments, we should wear protective eyewear like safety glasses or goggles.

1 What are two fruits that are good for our eyes?

Carrots and sweet potatoes

2 Name one food that contains lutein and zeaxanthin.

.....

3 What is one food that is a good source of vitamin A?

A) Oranges

B) Salmon

C) Carrots

D) Kale

4 What is one thing we can do to protect our eyes from the sun harmful rays?

A) Eat carrots

B) Wear sunglasses with UVA and UVB protection

C) Quit smoking

D) Wear safety glasses or goggles

5 What is one nutrient that helps our eyes stay moist and prevents dry eye?

A) Vitamin A

B) Vitamin C

C) Vitamin E

D) Zinc

EX. 3 Read the definitions and write the correct word for each one.

(Investigator – Collages – Groceries – Superpowers – Herb – Texture)

- 1 A plant used for flavoring or as medicine. (Herb)
- 2 Items of food and other goods sold in a grocery store. (.....)
- 3 A person who investigates and solves crimes. (.....)
- 4 An artwork made by pasting various materials onto a surface. (.....)
- 5 The feel or consistency of a surface or substance. (.....)
- 6 Extraordinary abilities or powers. (.....)

EX. 4 Read and Fill in the Gaps

(translate – stimulates – transform – transmit - distinguish)

- 1 Our ears transform sounds waves into sounds signals toward the brain.
- 2 Our eyes light into images for the brain to process.
- 3 Our nose our brain to interpret smells.
- 4 Our tongue has taste buds that signals to the brain.
- 5 Our skin has specialized receptors that touch signals to the brain.

EX. 5 Find Food in the Wordsearch

- Find some foods that can improve our senses

1. Vegetables

2.

3.

4.

5.

6.

7.

8.

9.

10.

V	E	G	E	T	A	B	L	E	S	O
S	A	L	M	O	N	L	E	S	T	N
S	A	R	D	I	N	E	S	A	O	H
Y	A	P	R	I	C	O	T	S	L	K
C	A	N	T	A	L	O	U	P	E	H
U	P	Y	E	M	P	F	G	E	Z	C
T	O	M	A	T	O	E	S	P	H	A
T	R	S	E	Q	A	C	V	P	S	N
J	Z	E	A	L	M	O	D	E	I	I
X	W	F	R	U	I	T	S	R	F	P
S	T	R	A	W	B	E	R	R	Y	S

Incredible Organs : Journey Inside Our Body's Vital Systems

Lesson (4)

EX. 1 List the Body Systems

1. Circulatory system

2.

3.

4.

5.

6.

7.

EX. 2 Read and Answer

Our body organs work hard every day to keep us healthy. But sometimes, they can get damaged or not work as well as they should. So, how can we save our body organs? Well, there are a few things we can do to help keep them healthy.

First, we need to eat the right foods. Sugary, high-fat, and processed foods can make our organs inflamed and not work properly. But fruits, veggies, and healthy fats can help prevent inflammation and keep our organs healthy. Foods like broccoli, kale, Brussels sprouts, and beets are good for our kidneys and liver, which help remove waste from our blood. We should also drink plenty of water to help our kidneys flush out waste products. It's also important to avoid drinking too much alcohol, as it can damage our kidneys and liver.

Next, we need to take care of our gut. Research shows that there is a connection between arthritis and gut health. Eating a plant-based diet with minimally processed foods can help keep our gut healthy and prevent inflammation. We should also avoid eating too much high-fructose corn syrup, refined carbohydrates, and foods high in saturated fat, as they can be bad for our organs.

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Exercise is also important for keeping our organs healthy. Regular exercise can lower our cholesterol and blood pressure, help us sleep better, control our weight, and make our muscles strong. We don't have to do intense exercises, just daily activities that get our heart rate up will do.

- 1 What types of foods can make our organs inflamed and not work properly?

Sugary, high-fat, and processed foods can make our organs inflamed and not work properly.

- 2 Which foods are good for our kidneys and liver?

.....

- 3 Why is it important to avoid drinking too much alcohol?

.....

- 4 Why is it important to eat fruits, veggies, and healthy fats?

- A) They can prevent inflammation and keep our organs healthy.
- B) They can damage our kidneys and liver.
- C) They can make our organs inflamed and not work properly.
- D) They can help remove waste from our blood.

- 5 What does the text suggest about the connection between gut health and arthritis?

- A) There is no connection between gut health and arthritis.
- B) Eating a plant-based diet with minimally processed foods can help keep our gut healthy and prevent inflammation.
- C) Gut health has no impact on the health of our organs.
- D) High-fructose corn syrup, refined carbohydrates, and foods high in saturated fat are good for our gut health.

EX. 3 Read and Match

1 - made up	a) extremely important or necessary()
2 - rich in	b) to be everywhere around something()
3 - connected to	c) to have control and authority over something or someone()
4 - responsible for	d) having the parts or elements linked together()
5 - surrounded by	e) containing a lot of something good or useful()
6 - essential for	f) fabricated / invented or fully manufactured (1)

EX. 4 Read and Complete

(make- stay - work - take care of - enough -take in)

Our body is like a team, with each organ playing an important role. The heart is like the captain, pumping blood to all parts of our body so they can get the oxygen and nutrients they need. The lungs are like the cheerleaders, helping us take in fresh air and get rid of waste gases. The brain is like the coach, helping us think, learn, and decisions. And the stomach is like the chef, breaking down our food into smaller pieces so our body can use it for energy. We need all of these organs to together so we can healthy and strong. Without these organs, our bodies wouldn't work right. That's why it's important to them by eating good food, exercising, and getting rest.

EX. 5 Fill in the Gaps with the Correct Organ

(brain – heart – skin- stomach- lungs)

- 1 The skin protects our body.
- 2 The help us breathe.
- 3 The pumps blood around our body.
- 4 The controls how we move.
- 5 The digests food.

EX. 1 Think and Write

How can you get self-care physically and mentally?

Physically

Eating a balanced diet with lots of fruits and vegetables

.....

.....

.....

Mentally

Avoiding stress and burnout

.....

.....

.....

EX. 2 Read and Answer**Personal Hygiene**

Personal hygiene is all about keeping your body clean and healthy. When you take care of your personal hygiene, you feel good and it helps prevent you from getting sick. There are many things you can do to practice good personal hygiene.

One important part of personal hygiene is washing your hands. You should wash your hands with soap and water before you eat, after you use the bathroom, and after you cough, sneeze, or blow your nose. It's important to wash your hands for at least 20 seconds, which is about as long as it takes to sing the alphabet song. If you don't have soap and water, you can use hand sanitizer instead.

Taking care of your skin is also important for personal hygiene. Your skin protects your body and helps you feel things like touch and pain. You should wash your skin with mild soap and warm water to keep it clean. It's especially important to wash areas like your armpits, between your legs, and between your toes. You should also take a bath or shower at least twice a week.

Other important parts of personal hygiene include brushing your teeth twice a day, flossing your teeth, and taking care of your nails. It's also important to wear clean clothes and cover your mouth when you cough or sneeze. Getting enough sleep and creating a routine for personal hygiene are also good habits to have.

1 What is personal hygiene about?

Personal hygiene is all about keeping your body clean and healthy

2 Why is it important to take care of your skin?

.....

3 Why is it important to create a routine for personal hygiene?

.....

4 Why is it important to brush your teeth twice a day?

A) Brushing your teeth helps prevent cavities and gum disease.

B) Brushing your teeth makes them look whiter.

C) Brushing your teeth is a fun activity.

D) Brushing your teeth keeps your breath fresh.

5 Why is it important to floss your teeth?

A) Flossing your teeth helps remove food particles and plaque from between your teeth.

B) Flossing your teeth makes them look whiter.

C) Flossing your teeth is a fun activity.

D) Flossing your teeth keeps your breath fresh.

EX. 3 Complete the Crossword

- Read the definitions and write the correct word for each one in the crossword and sentences.

1 The state of feeling very unhappy and without hope for the future. (Depression)

2 To reduce or eliminate the negative effects of stress. (D.....)

3 To restore energy or vitality to something after a period of exertion or depletion. (R.....)

UNIT 5

- 4** Small, hard seeds, especially the seeds of a food plant such as wheat, corn and oats. (G.....)
- 5** The practice of taking an active role in protecting one's own well-being and happiness, especially during periods of stress. (S.....)
- 6** A state of emotional, physical, and mental exhaustion caused by prolonged stress or overwork. (B.....)

[illegible]

EX. 4 Rewrite these Sentences Using "When"

- 6** We go camping. We usually take two tents.

When we go camping, we usually take two tents.

- 6** She gets out of breath easily. She's jogging.

.....

- 6** You heat ice. It melts.

- 6** You get wet. It rains.

- 6** You heat water. It boils.

.....

6 You mix red and blue. It becomes violet.

.....

EX. 5 Listen and Complete

(clean - virtue - regular- twice - germs - nails - infections - floss)

Hygiene is all about keeping ourselves and our environment clean to stay healthy. It is a great and a part of our belief. We must take showers or baths, and our teeth brush them a day. It's also important to take care of our by cleaning and trimming them. That way we can prevent things like bad breath and Hygiene makes everything clean and fresh. On the other hand, dirtiness and diseases go together because dirtiness breeds the that cause diseases.

UNIT 6

My Ambition

Dream Big: Exploring my Ambition

Lesson (1)

EX. / Read and Match

- Read the following descriptions of some ambitious people and guess who they are, then match them to their pictures.

1- I was an Egyptian businessman. I founded ELARABY Group in 1964. I started from the scratch till I achieved my ambition by being one of the famous industrial men in Egypt.



Dr. Ismail El-Sherbiny

2- I started my career as an ordinary footballer in Al-Moqawleen Club in Egypt. But, my life took a new turn when I travelled to play in a European club. Now, I play for Liverpool and I am one of the best players in the world.



The Businessman
Mahmoud El Araby

3- I started as an EFL teacher At Belqas Institute. I got a master's Degree and went to the USA. After getting my PhD, I worked at Embracing Islam office. Now, I'm the general manager of Al-Azhar educational technical affairs. My advice is to believe in and follow your dreams and ambitions.



Dr. Elham Fadaly

4- I have achieved a lot of dreams as I'm currently a scientist and a laser integration engineer at Apple. I'm so proud I am the female Egyptian scientist whose picture is at the entrance of Eindhoven University.



Paulo Coelho

5 - I'm a Brazilian novelist. When I wrote my novel "The Chemist", almost nobody bought it. But, I believed in myself and I insisted on achieving my ambition. After years, my novel became one of the best sellers and millions editions were sold worldwide.



Mohamed Salah

UNIT 6

EX. 2 Read and Choose the Correct Answer

Dreaming big is like having a superpower. When you dream big, you imagine a world where anything is possible. It's like creating a movie in your mind where you are the hero and you achieve more than you ever thought possible. Dreaming big gives you the motivation and inspiration to work hard and never give up. It helps you find meaning and purpose in life. Just think about all the amazing things that have been accomplished throughout history because someone had a big dream. Like the moon landing or Steve Jobs starting Apple from his garage. These were all big dreams that became a reality.

But dreaming big is just the first step. You also need to take small steps to achieve your dreams. It's like climbing a mountain. You can't reach the top in one big leap. You have to take one small step at a time. You can start by setting clear goals and breaking them down into smaller tasks. This way, you can focus on one thing at a time and make progress towards your dream or ambition. It's also important to surround yourself with positive people who believe in you and support your dreams; this could have a big impact on you. And remember, even if your dreams don't **come true** exactly as your imagination, you can still feel a sense of accomplishment. Because dreaming big and taking action towards your dreams is an achievement in itself.

1 What is the main idea of this passage?

- A) Dreaming big is a waste of time.
- b) Taking small steps is the key to success.
- c) Dreaming big is like having a superpower.

d) Believe in yourself and your abilities.

2 According to the text, why is it important to dream big?

- A) Dreaming big gives you motivation and inspiration to work hard.
- B) Dreaming big doesn't help you find meaning and purpose in life.
- C) Dreaming big never allows you to achieve more than you ever thought possible.
- D) Dreaming big is not like having a superpower.

3 The text use to explain the process of achieving dreams is like

- A) climbing a mountain
- B) creating a movie
- C) taking small steps
- D) reaching the top in one big leap

- 4 According to the text, what does dreaming big help you find?
- A) Meaning and purpose in life
 - B) Motivation and inspiration
 - C) Achievements and accomplishments
 - D) Superpowers and abilities
- 5 Why is it important to surround yourself with positive people?
- A) To achieve superpowers
 - B) To find meaning and purpose
 - C) To be motivated and inspired
 - D) To make dreams come true
- 6 What does the underlined phrase "come true" mean?
- A) To fall down
 - B) To happen
 - C) To vanish
 - D) To be a dream

EX. 3 Read and Fill in the Gaps

imagination - ambition - endless - passion - impact - limit - competition

- 1 Listening to the Holy Qur'an has a great impact on me.
- 2 He has a big ; to become an engineer and build houses for the poor.
- 3 Hana had a vivid and could come up with amazing stories.
- 4 Do not exceed the speed
- 5 My ambition is I will always try and try to do new things.
- 6 Zeina came first at the art
- 7 Good professors have for their noble profession.

UNIT 6

EX. 4 Listen and Add the Correct Suffix (-tion/ -tian/ -ssion)

- 1 You need your Mum's permissssion before going out.
- 2 This was a wrong ac..... .
- 3 I like the series "Mi..... impossible".
- 4 The Egyp..... people always support their army.
- 5 The committee liked my sugges..... .
- 6 This doctor is a source of inspira..... to many youth.

EX. 5 Listen and Complete

- Listen to a text about Sarah, a fifth-year pupil, setting her goals and dreams and complete the missing words.

Once upon a time, there was a fifth-grade pupil named Sarah. She loved going to school every day because she was excited to learn new things. Her teacher helped her set goals and dreams for the school year, which made her even more..... to achieve them. Setting goals and dreams helped Sarah become accountable for her actions and take ownership of her steps towards It also showed her the she was making and motivated her to keep going, even when things got tough.






Sarah loved thinking about her hopes and dreams for the school year. She wanted to learn new things, make new, and get better She also wanted to participate in after-school and all of her multiplication facts. Sarah's parents also had and dreams for her. They wanted her to do well in school and be happy. Sarah's teacher made sure to include her parents' hopes and dreams on the classroom wall, so Sarah could see them every day. This reminded her of the she had from her family and motivated her to work hard.

Setting Goals: Discovering my Future Aspirations

Lesson (2)

EX.1 Look, Read and Match

- Look at the pictures of the Acronym SMART, then match them with their meanings

1		() Is it possible to achieve it?
2		(1) What exactly are you trying to achieve?
3		() When do you want to achieve this by?
4		() How will you know when you have achieved it?
5		() Does it contribute to your growth or achievement?

EX.2 Read and Choose the Correct Answer

When you think about your future, what do you dream of becoming? Maybe you want to be a doctor, a teacher, or an astronaut. These dreams are called goals and ambitions. **Goals** are things you want to achieve, and **ambitions** are your strong desires to succeed.

Setting goals and having ambitions is important because **they** give you something to work towards. They help you stay focused and **motivated**. Goals can be big or small, short-term or long-term. For example, a short-term goal could be getting good grades on your next test, while a long-term goal might be going to college and getting a degree. To **achieve** your goals and ambitions, it's important to make a plan. A plan is like a road map that helps you reach your **destination**. Start by thinking about what steps you need to take to get closer to your goal. If you want to be a doctor, for instance, you might need to study hard in school, get good grades, and go to medical school.

Remember, achieving your goals and ambitions may not always be easy. There may be **obstacles** along the way, but don't give up! Stay **determined** and keep working hard. Sometimes, you may need to make **sacrifices** or put in extra effort, but it will all be worth it in the end.

It's also important to believe in yourself. Have **confidence** that you can achieve

UNIT 6

anything you set your mind to. Surround yourself with positive and **supportive** people who believe in you too. They can help you stay motivated and provide **guidance** when needed.

Lastly, don't forget to enjoy the journey towards your goals and ambitions. **Celebrate** your achievements along the way, no matter how small they may seem. Each step forward is a step closer to your dreams.

- 1 What is the main idea of this passage?
 - A) Dreaming big is more important than setting goals.
 - B) Achieving goals and ambitions is impossible.
 - C) Setting goals and working hard can help you achieve your dreams.
 - D) Believing in yourself is not necessary for success.
- 2 According to the text, why is it important to set goals and have ambitions?
 - A) Goals and ambitions give you something to work towards.
 - B) Setting goals and having ambitions make you popular.
 - C) Goals and ambitions are easy to achieve without any effort.
 - D) Setting goals and having ambitions are not important.
- 3 Why is it important to make a plan?
 - A) A plan is a list of dreams and aspirations.
 - B) A plan is a road map that helps you reach your destination.
 - c) A plan is a short-term goal.
 - D) A plan is a long-term goal.
- 4 Who should you surround yourself with to help achieve your goals and ambitions?
 - A) Negative and unsupportive people.
 - B) Positive and supportive people who believe in you.
 - C) People who don't care about your goals and ambitions.
 - D) People who discourage you from pursuing your dreams.
- 5 What does the underlined pronoun 'they' refer to?
 - A) Goals and ambitions
 - B) Success and achievements
 - C) Positive people
 - D) Negative people

EX. 3 Read Again, then Complete

- Read the text in Ex. 2 again, then complete the missing parts with the words in red from the text.

- 1 His confidence grew as he gained more experience.
- 2 She made sacrifices by working extra hours to save money for her dream vacation.
- 3 Our was the top of the mountain.
- 4 He was to win the race, so he trained hard last week.
- 5 She was to finish her project before others.
- 6 He received from his teacher when faced with a difficult decision.
- 7 She overcame many to reach her goals.
- 8 My cousin had of becoming a famous scientist.
- 9 We will our success with a party.
- 10 I have a father. He always encourages me to achieve my goals.

EX. 4 Listen and Complete

Advantages of SMART Goals

Each goal you set is the next step toward achieving bigger things in your life. When you create an objective with all of the SMART components, you'll have a higher chance of completing it, and within a reasonable amount of time.

SMART goals are important for the following reasons:

They provide direction: When you know exactly what you're working toward, you can see how your work contributes to the overall This is a great to keep people on

They take you out of your comfort zone: Setting out a SMART goal can really you to look at the possibilities. They can you to achieve more than you thought you could before. And once you've put the time into drafting a SMART goal, it can be harder to let it fall to the wayside.

They provide clarity on your success: It's common to get to the end of a project and be unsure if you exactly what you set out to in the beginning. A SMART objective should more clearly goals with specific, and time frames, so you'll be able to your successes more easily too.

UNIT 6

They make it simpler to evaluate the project: Even if you don't manage to a goal, you can still look back on it afterward. What went well, and what didn't? How would you your approach to a goal like this in the future? SMART goals make it to measure your finished project's success because the initial aims are clearer to see.

Scan for
more details.



EX. 5 Read these goals and sort them into: Long term or Short Term

- 1 Pass the maths test this month
- 2 Come first at the art competition this year
- 3 Travel to lots of courtiers
- 4 Build a villa with a big garden
- 5 Read stories
- 6 Write an essay for the school magazine
- 7 Join the faculty of engineering
- 8 Work at NASA
- 9 Help maintain peace all over the world
- 10 Go to the gym to be fit

Short-Term Goal	Long-Term Goal
1- Pass the maths test this month`	1- Travel to lots of courtiers

Role Models and Inspiration: Influencing my Ambition

Lesson (3)

EX. 1 Read and Choose the Correct Answer

Role models are people who we admire and try to be like. They can inspire us and help us become better versions of ourselves. Role models can be famous people like athletes or actors, or they can be people we know personally, like our parents or teachers.

Role models are important because they show us what is possible. They have achieved great things and can teach us how to do the same. They have qualities like hard work, integrity, and determination that we can learn from. They can also share their experiences and help us learn from their mistakes.

Having role models can help us in our careers. They can motivate us to work hard and pursue our dreams. They can show us the path to success and give us advice along the way. Role models can also help us believe in ourselves and have confidence in our abilities.

Teachers can also play a role in providing role models for their students. They can introduce students to people who have made a difference in the world and inspire them to do the same. They can also encourage students to think creatively and solve problems, just like the role models they look up to.

It's important to choose role models who have good character and values. They should be people who we can look up to and who stand for something important. Role models should also be diverse and represent different backgrounds and experiences.

Role models can make a big difference in our lives. They can show us what is possible and inspire us to achieve our goals. They can teach us important values and help us become the best version of ourselves. So, find a role model who inspires you and learn from their example!

1 What is the main idea of this passage?

A) Role models can make a big difference in our lives.

B) Teachers play an important role in providing role models.

C) Choosing diverse role models is important.

D) Role models have achieved great things and can teach us how to do the same.

2 According to the text, why are role models important?

A) They can inspire us and help us become better versions of ourselves.

B) They can introduce students to people who have made a difference in the world and inspire them to do the same.

C) They can motivate us to work hard and pursue our dreams.

D) They can teach us important values and help us become the best version of ourselves.

UNIT 6

- 3 What is one way teachers can provide role models for their students?
- A) By teaching them about famous athletes and actors
 - B) By encouraging them to think creatively and solve problems
 - C) By helping them choose role models with good character and values
 - D) By sharing their own experiences and mistakes
- 4 Why are diverse role models important?
- A) They can teach us important values and help us become the best version of ourselves.
 - B) They can motivate us to work hard and pursue our dreams.
 - C) They can introduce students to people who have made a difference in the world and inspire them to do the same.
 - D) They can represent different backgrounds and experiences.
- 5 How can role models help us in our careers?
- A) By teaching us important values and helping us become the best version of ourselves
 - B) By motivating us to work hard and pursue our dreams
 - C) By showing us the path to success and giving us advice
 - D) By introducing us to people who have made a difference in the world
- 6 What is one quality that role models can't have?
- A) Hard work
 - B) Creativity
 - C) Selfish
 - D) Confidence

EX. 2 Read and Choose the Correct Word

- 1 For years, men have dominated (dominated/ inspired) all the jobs.
- 2 (Fashion/ Role) models are people who we admire and want to be like them one day.
- 3 All my professor's ideas (inspire/ despair) me do positive and creative works.
- 4 (Confidence/ Audience) is an important quality that role models have.
- 5 He is a (humble/ horrible) person. He always says thank you for the simple things we do.
- 6 Reading (demands/ expands) our knowledge.
- 7 Her honesty is one of her good (traits/ hates).

EX. 3 Listen, Read and Underline the Words with Silent /a/

- 1 The tailor has different colours of thread.
- 2 The chips are on aisle 4.
- 3 Some people read books critically.
- 4 Dina can sing the song: head, shoulders, knees and toes.
- 5 The clown did that trick magically.
- 6 When the police arrived, they found the dead man.

EX. 4 Read and Fill in the Gaps

- Read this text about a young role model and fill in the gaps with words from the box.

recitation - verses - institute - events - scientist - memorizing - celebration

Omar Ali is a ten-year-old boy who studies at a primary institute in Al-Azhar Al-Sharif. He was born in Nasr City, Cairo, and since he was young, he wanted to study at Al-Azhar and memorize the Holy Qur'an. Omar's voice and recitation are very similar to Sheikh Abdul Basit Abdul Samad. His first appearance was at Al-Azhar on October 12th in 2022 at the Al-Azhar Conference Center in Nasr City. The young child participated in varioussuch as the celebration of Al-Azhar Al-Sharif, reciting from the Holy Qur'an, which took place on October 12, as well as the 16th meeting of the Muslim Council of Elders held in Bahrain. Omar dreams to be an Azhari besides being a surgeon. Omar was awarded a certificate of appreciation, by the Grand Imam, for his excellence at and reciting the Holy Qur'an at a young age.



EX. 5 Listen and Tick (✓) or (✗). Correct the False Ones

-Listen to a text about a university professor, who is a role model for all his students and tick (✓) or (✗), then correct the false ones.



1 Professor Aly teaches school students. (✗)

He teaches university students.

2 Prof. Aly always works hard. ()

3 Prof. Aly teaches Arabic at the Faculty of Education. ()

4 Prof. Aly is a good role model for students. ()

5 Prof. Aly is loved by all his students. ()

Planning for Success: Mapping out my Ambition

Lesson (4)

EX. / Read and Choose the Correct Answer

Planning for success is an important skill that can help us achieve our goals and dreams. When we plan, we make choices with **intention** and think about what we want to accomplish. We break our goals into smaller steps that we can take to get closer to our dreams.

Successful people know how to create plans that lead to success. They don't just wait for good things to happen, they make them happen. They know that planning is the key to achieving their goals. They make decisions that are important and don't waste time on small things. They have a routine in the morning that helps them start the day right. They do things like thinking, reading, and exercising to get ready for the day ahead. Having a plan is like having a roadmap to success. It helps us know what we need to do and how we're going to do it. When we have a plan, we can focus on the things that really matter and take action. We can make progress towards our goals and dreams. Planning helps us stay organized and make the most of our time. So let's start planning for success and make our dreams come true!

- 1 According to the text, why is planning important for success?
A) Planning helps us stay organized and make the most of our time.
B) Planning involves setting goals and breaking them into smaller steps.
C) Successful people have routines that help them start the day right.
D) Having a plan is like having a roadmap to success.
- 2 What do successful people do to achieve their goals?
A) Successful people wait for good things to happen.
B) Successful people waste time on small things.
C) Successful people have routines that help them start the day right.
D) Successful people don't make plans.
- 3 Successful people never on small things.
A) waste money
B) waste time
C) waste matters
D) waste bin

UNIT 6

- 4 A plan is our to success.
 A) mind map B) mindset
 C) roadmap D) rules
- 5 The underlined word 'intention' means.....
 A) aim B) chance
 C) job D) plan

EX. 2 Read and Match the Direct Speech to the Reported Speech

1 - Grandma said, "Wake up, Mona."	() The teacher told Aly to come to the board
2 - Dad said, "Do not raise your voice, Omar."	() Aly told me not to open the door.
3 - "Stop shouting," said mum	(1) Grandma told Mona to wake up.
4 - "Do not open the door, please," said Aly	() The poor man asked the girl to give him some money.
5 - The teacher said, "Come to the board, Aly."	() Mum told us to stop shouting.,
6 - The poor man said to the girl, "Please, give me some money."	() Dad told Omar not to raise his voice

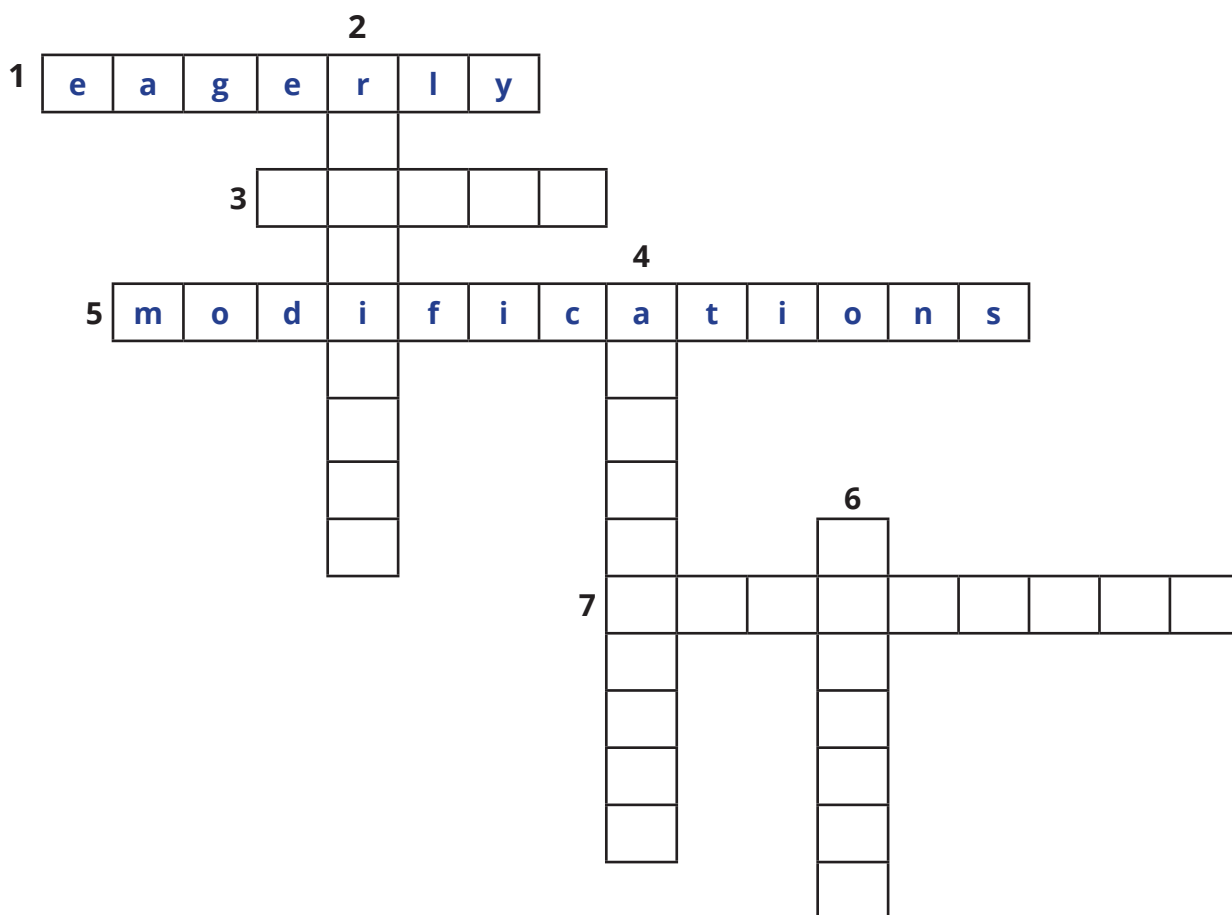
EX. 3 Correct the Underlined Mistakes

- 1 I told Heba to not get out. not to
- 2 The man told his son to got in the car.
- 3 Mum asked us to helps her with the housework.
- 4 My teacher told us for open our book on page 12.
- 5 My sister told me not to taking her mobile phone.
- 6 Grandpa said me to bring him his stick.

EX. 4 Read and Complete the Crossword

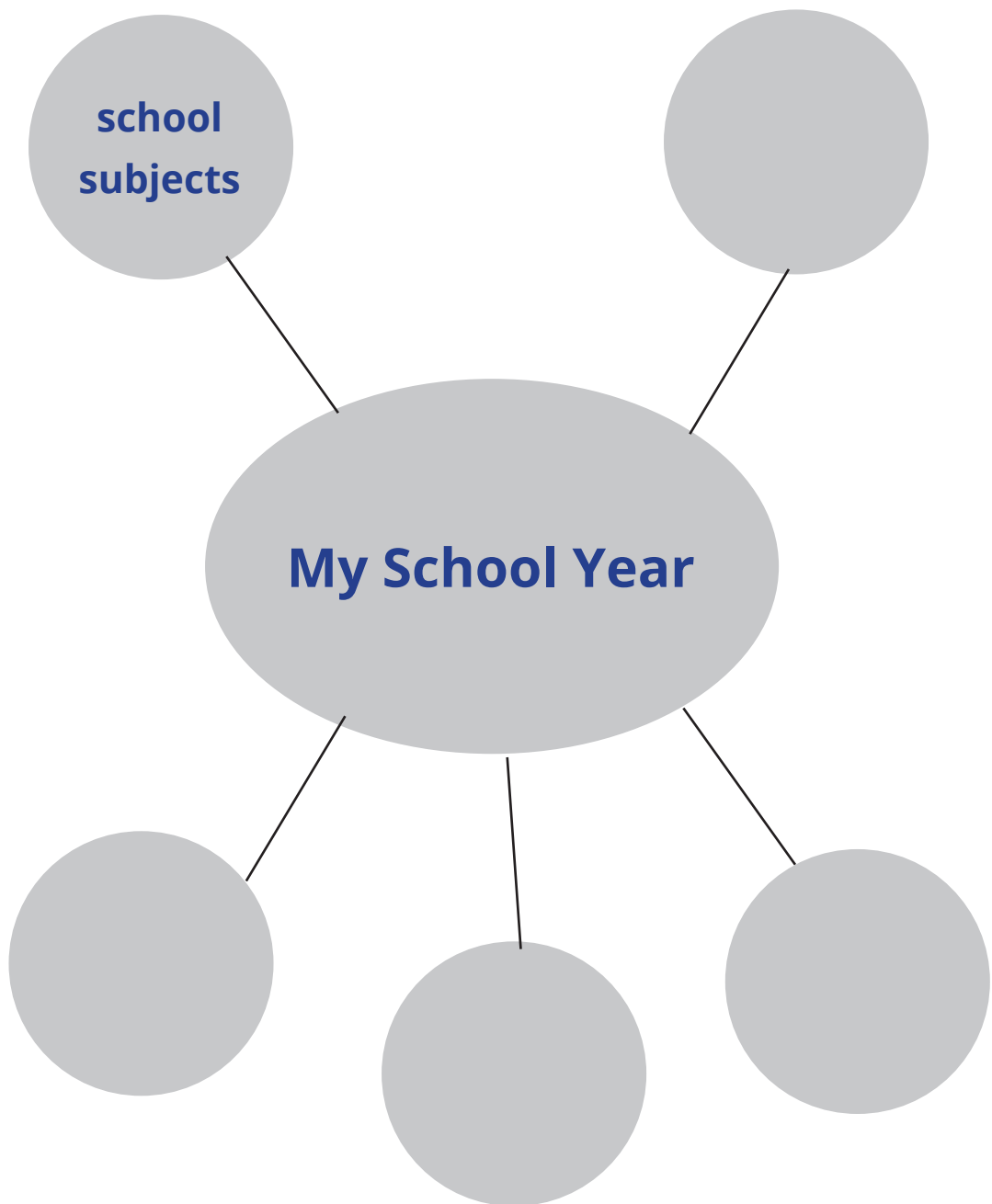
(modifications -vague - eagerly - promoting - accomplish - realistic - embrace)

- 1 After I heard Mum's voice, I continued my way eagerly.
- 2 I have written some.....goals.
- 3 You should write clear goals, not ones.
- 4 I can all the tasks in an hour.
- 5 This plan needs some modifications.
- 6 The father leaned over to his young son.
- 7 You need to think of creative ideas for your business



EX. 5 Complete this Mind Map

- Complete this mind map about your school year.



EX. / Read and Tick (✓) or (×). Correct the False Ones

Overcoming challenges is a big part of life. Every day, we face new hurdles that we have to jump over. It can be hard to stay motivated and keep going, but it's important to find the strength to face these challenges.

One way to overcome challenges is to shift our perspective. Sometimes, when something bad happens, we start to see everything else as a problem too. But if we focus on the real challenge and ignore the small inconveniences, we can save our energy for what really matters.

Another way to overcome challenges is to learn from someone who has been through something similar. We are not alone in our struggles, and there are people out there who can help us. We can learn from their experiences and use their tactics to overcome our own challenges.

It's also important to remember that challenges can help us grow. When we face adversity, we find out who we really are and what we are capable of. We can use the energy from these challenges to make positive changes in our lives.

Creating a plan, realizing we are not alone, and learning from others are all strategies that can help us overcome challenges. Embracing change, cultivating a growth mindset, seeking support, focusing on solutions, embracing failure as a stepping stone, and practicing self-compassion are also important ways to overcome challenges.

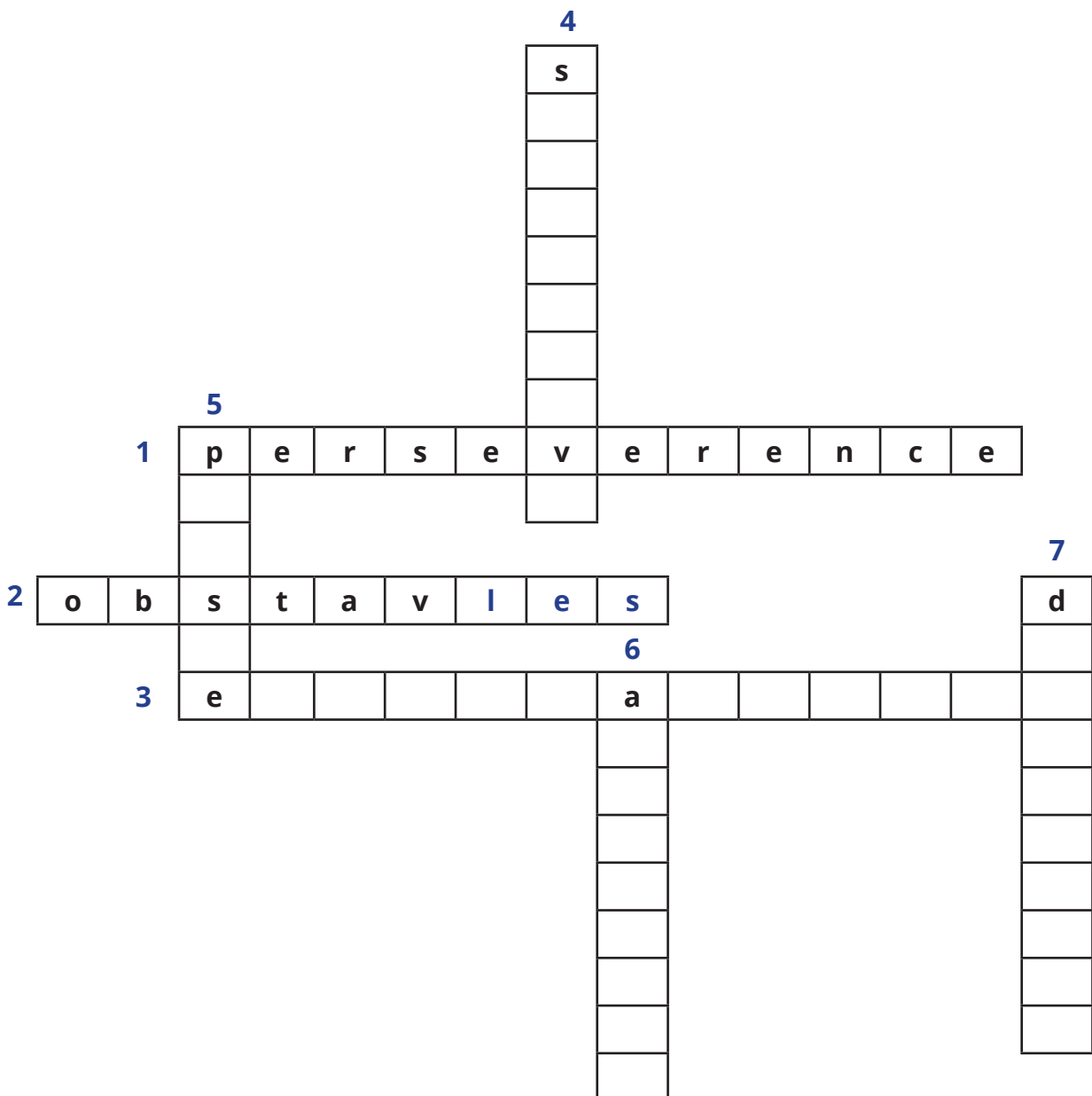
So, the next time you face a challenge, remember that you have the strength to overcome it. Shift your perspective, learn from others, and use the energy from the challenge to grow and become a better person. You can do it!

- 1 It's important to find the strength to overcome challenges. (✓)
- 2 We should focus on the real challenge to save our effort for important issues. ()
.....
- 3 Someone who has been through similar challenges cannot help us. ()
.....
- 4 Facing challenges help us grow stronger. ()
.....
- 5 Feeling that you are alone is a good strategy to face challenges. ()
.....

UNIT 6

EX.2 Read and Complete the Crossword

- 1 Patience and perseverance are your keys to success.
- 2 You need to overcome all the obstacles to reach your goal.
- 3 My family are always beside me and give me e..... .
- 4 Always surround yourself with positive and s..... people.
- 5 P..... your hard work to achieve your ambition.
- 6 I like a..... people. Their determinations inspires me.
- 7 Wafaa was d..... to achieve her goals.



EX. 3 Find the Mistakes and Correct them

- 1 My father me told to go to bed then. told me
- 2 The policeman asked me to said what I have seen.
- 3 Aly told his friend wait to for him.
- 4 Mum told me to not waste my time using my mobile phone.
- 5 The teacher told us to closes our books and look at the board.

EX. 4 Change the Direct Speech into Indirect

- 1 The man said to me, "Leave my son alone."
The man told me to leave his son alone.
- 2 Dad said, "Don't wait for me for lunch."
.....
- 3 Mum said, "Close the window, Mona."
.....
- 4 Ziena said to Hana, "Don't take my toys."
.....
- 5 Heba said, "Please, help me with the homework, Amany."
.....

EX. 5 Read and Complete

-Read this short story and complete the missing parts with the words in the box.

situation - impossible- bravery- plunged- speechless - life - jumped - forest - cheering

A group of frogs was in the forest when two of them plunged into an enormous pit. When the other frogs came to the pit and looked for them, they told these two frogs there was no hope of getting out of their One frog listened to the other frogs. Because the others thought getting out of the pit was....., he thought his situation was hopeless, too. And he didn't bother to come up with a solution. He just sat there and accepted his fate — that he was stuck there for the rest of his..... .

UNIT 6

The second frog played his cards differently. Despite what the other frogs said, he didn't think his situation was hopeless. Heso hard until he got out.

When he was out of the pit, one of the frogs in the group approached him and commended him for his..... .Then he asked him how he did it, in spite of what the group were saying. Because the second frog looked confused by the other frog's statements, he explained.

"I'm nearly deaf. I can tell the other frogs were saying things. But I couldn't hear the words. I actually thought they wereme on," he said and left his conversation partner..... .

- What are the Moral Lessons of this short story?

1 Determine your goal.

2

3

Scan to read more short stories about overcoming obstacles.



UNIT 7

Explore the City



EX. I Read and Write True or False**Essential Tips for New Flyers**

There are a few things you should know and familiarize yourself with to make your first flight as stress-free and comfortable as possible. Here is a guide with all the info you need to know from booking a flight to navigating the airport and getting onto the plane.

Firstly, you should bring your:

- **ID Documents:** Carry valid identification documents to the airport. Domestic passengers should have an ID card (e.g., driving license), while international passengers must have their passport.
- **Tickets:** Depending upon your airline's policy, bring a hard copy/soft copy of your air ticket.
- **Boarding Pass:** You must have your boarding pass. Get it printed at the check-in kiosks at the airport.
- **Comfort Essentials:** For a comfortable flying experience, consider bringing a neck pillow, headphones, chargers, eye masks, medications, sanitizers, and travel-sized toiletries.
- **Mobile phone:** Install the necessary travel apps on your phone and have it handy.

Secondly, you'll need to pay more attention to the airport etiquette as follows:

- **Arrival Time:** Reach the airport at least 3 -2 hours before travelling and internationally before the scheduled departure time.
- **Mind your Noise:** At the airport, keep your electronics on silent mode and use headphones when listening to music or watching videos.
- **Waiting in Queue:** Maintain orderly lines at check-in, security, and boarding gates. Follow the instructions of the airport staff.
- **Follow Airport Signage:** Pay attention to signs and follow directions to various airport services and facilities.

Finally, Wait for Boarding: After arriving at the final gate, wait in the boarding area. You board the plane once the final check of your boarding pass is done. Settle in, put on your seat belt and listen carefully to the instructions.

- 1 You need a passport to travel domestically. (False)
- 2 You can bring a hard copy or a soft copy of your air ticket depending on your airline's policy. ()
- 3 You can get your boarding pass printed at the security check. ()
- 4 You should bring a neck pillow and headphones for a comfortable flying experience. ()
- 5 You should install the necessary travel apps on your laptop. ()

EX. 2 Choose the Correct Answer

- 1 You must have a passport to travel domestically.
 - A) Good idea
 - B) Not necessary
 - C) Depends on the country
 - D) None of the above
- 2 You can bringof your air ticket depending on your airline's policy.
 - A) a hard copy or a soft copy
 - B) baggage and soft copy
 - C) always hard copy
 - D) always soft copy
- 3 You can get your boarding passat the security check.
 - A) copied
 - B) decorated
 - C) Only if you have a soft copy
 - D) printed
- 4 You should bring a neck pillow and headphones for a comfortable flying experience. That's
 - A) impossible
 - B) false
 - C) optional
 - D) mandatory
- 5 You should install the necessary travel apps on your
 - A) True
 - B) False
 - C) On your phone
 - D) On your laptop.

UNIT 7

EX. 3 Read and Match

1 -Mind your noise means to	() carefully to the instructions.
2 -You must have your boarding pass printed	(1) keep your electronics on silent mode and use headphones.
3 -Pay attention to signs and	() an ID card , a driving license or a passport.
4 -Put on your seat belt and listen....	() at the check-in office at the airport.
5 -Carry valid identification documents to the airport such as.....	() follow directions to various airport services and facilities,

EX. 4 Read and Complete

Luggage - departure - terminal - passport - queue - ticket

- 1 Flight 1584 is now departing from Gate 6 in terminal A.
- 2 Please, can you look after my for a minute?
- 3 Reach the airport at least 3 -2 hours before the scheduled time.
- 4 Wait in a at the boarding gates.
- 5 You need a to travel by plane.
- 6 Do not forget to bring a hard copy/soft copy of your plane

EX.5 Write an E-mail to Your Pen Friend

- Tell him/ her when you will travel to London airport and where to meet.

To:

From:

Subject:

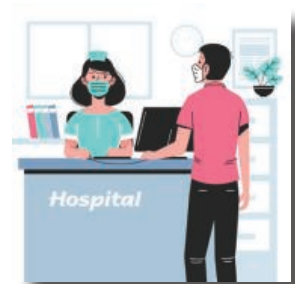
Dear.....,

Yours,

EX. 1 Listen and Tick (✓) or (✗)

- At the hospital,

- | | |
|---|-------|
| 1 You can bring young children any time. | (✗) |
| 2 We should turn off cell phone. | () |
| 3 People shouldn't leave if doctor or provider arrives. | () |
| 4 People can smoke before or during the visit. | () |
| 5 We can visit the patients at any time. | () |



EX. 2 Read and Choose the Correct Answer

Before you head to your appointment, there are a few things you should do to prepare. The first thing you'll want to do is gathering any relevant medical records or test results you have. This includes previous lab results, imaging (like X-Rays or MRIs), and any other relevant information from other doctors or specialists you've seen. You should also bring your insurance card with you to the appointment. This is important because the doctor's office will need to verify your insurance coverage before your visit. You should wear comfortable clothing that allows easy access to the area of your body that the doctor will be examining.

During the examination, the doctor will ask you about your symptoms and any concerns you have. They'll also discuss your medical history and any previous treatments you've had. Finally, If the doctor ordered any tests or imaging during your visit, it may take a few days to receive the results. The doctor will provide the results of any tests that were performed during the visit and discuss any further treatment or follow-up that may be necessary.

- 1 What should you gather before heading to your doctor's appointment?
- A) Insurance card only
 - B) List of symptoms only
 - C) Relevant medical records and test results
 - D) All of the above

- 2 Why should you bring your insurance card to the appointment?
 - A) To pay for the visit
 - B) To verify your identity
 - C) To verify your insurance coverage.
 - D) To get a discount
- 3 What kind of clothing should you wear to the appointment?
 - A) Comfortable clothing that allows easy access to the area of your body that the doctor will be examining
 - B) Formal clothing that shows respect to the doctor
 - C) Colorful clothing that brightens the mood
 - D) Any clothing that you like
- 4 What will the doctor ask you during the examination?
 - A) Your symptoms and concerns
 - B) Your medical history and previous treatments
 - C) Your hobbies and interests
 - D) Both A and B
- 5 When will you receive the results of any tests or imaging that the doctor ordered during your visit?
 - A) Immediately
 - B) In a few days
 - C) In a few weeks
 - D) Never

EX. 3 Fill in the Gaps

- Fill in the gaps with the correct coordinating conjunction from the box below.

but - for - so - nor - yet - and - or

- 1 She cannot go to school, for she has a cough.
- 2 She ate a sandwich drank a cup of tea.
- 3 He does not have a place to live in, has money to rent a flat.
- 4 You can take my car your father's car. It's up to you.
- 5 I brought my grandma a mobile phone, She cannot use it.
- 6 I lost my passport, I have to report it.
- 7 I like tea, I do not like coffee.

UNIT 7

EX. 4 Read and match

1 - His friends are coming today,	() for it started to rain.
2 - Jane is friendly,	() so I want to see it again.
3 - That show was cool,	() but she's not popular.
4 - We could start the movie now,	(<u>1</u>) and they'll be here at eleven.
5 - You cannot go outside,.	() or we could wait for dad to arrive.

EX. 5 Design a Poster

- Give advice to people who will visit their patients at the hospital.

<div></div>

EX. 1 Read and Tick (✓) or (×)

When you hear the term shopping what comes to your mind? For most of us, it can mean buying different things. For example, it can be shopping for clothing items, buying food, or going to bookstores and buying a ton of books. This can bring us a sense of contentment. It doesn't necessarily mean buying things for ourselves. We can also buy some products (like food and clothes) and donate them to the poor on the streets when they feel down.

Though, it is most likely that people would get attracted to things that are not easy to obtain, let us take this to a positive direction. If we are not able to buy something, let us try and learn to save money; let us spend effectively and spend on more necessary items.

- 1 Shopping spree can mean buying different things for most of us. (✓)
- 2 Shopping always means buying things for ourselves. ()
- 3 We can donate some products to the poor on the streets when they feel down. ()
- 4 People are not attracted to things that are not easy to obtain. ()
- 5 We should try and learn to save money and spend on more necessary items. ()

EX. 2 Match (A) with (B)

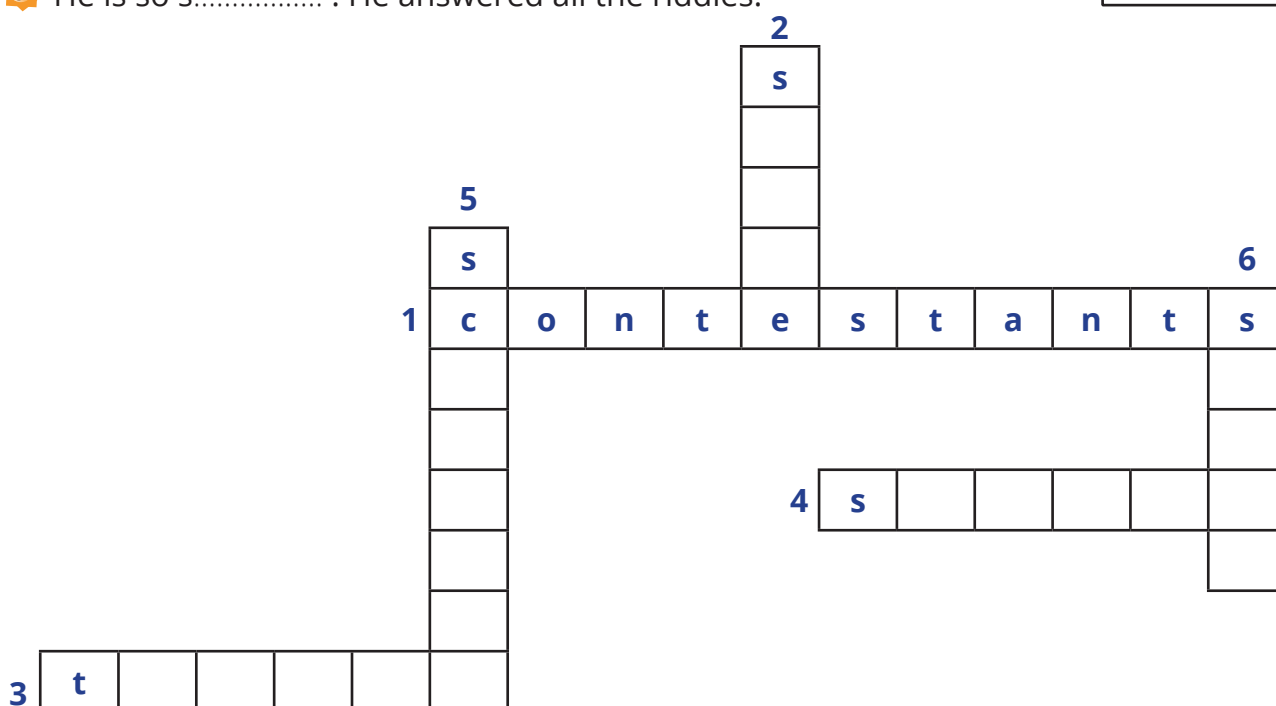
1 - Donate	() is the activity of buying goods from shops or online.
2 - Obtain	() is a state of happiness and satisfaction.
3 - Spend money	(1) is to give something, especially money or goods, to a person or an organization that needs help.
4 - Shopping	() is to get something that you want or need.
5 - Contentment	() is to use money to pay for something.

UNIT 7

EX. 3 Read and Complete the Crossword

- 1 All the contestants should stand in a row.
- 2 My sister went on a shopping spree and bought new amazing clothes.
- 3 Be careful! He can do some dangerous t..... .
- 4 Are you a smart s..... .
- 5 S..... may try to convince you buy unnecessary things.
- 6 He is so s..... . He answered all the riddles.

spree
scammers
seller
tricks
contestants
smart



EX. 4 Circle the Words with Silent /i/ and Underline the Words with Silent /l/

talk - parliament - calm - business - should

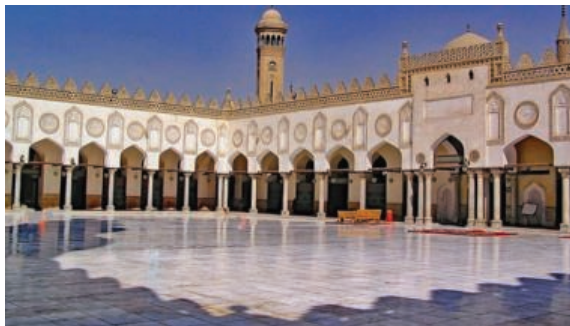
- 1 The parliament voted to approve the new policy of education.
- 2 You could go now and come tomorrow morning.
- 3 She made a successful business online.
- 4 They should listen to the teacher.
- 5 Be calm while waiting in the queue.
- 6 I need to talk to your parents.
- 7 I love eating almonds as a snack.
- 8 Do not use this whistle, for the children are asleep.

EX. 5 Write a paragraph to tell your friends some tips for shopping

A large, light purple rounded rectangle with a dark blue border. Inside the rectangle, there are 20 horizontal dotted lines for writing, spaced evenly from top to bottom.

EX. 1 Read and Tick (✓) or (✗)

Al-Azhar Mosque is one of the oldest and most important mosques in Egypt and the Arab world. It is considered a source for enlightenment and the largest religious institution in the entire Islamic world. Al-Azhar Mosque is a popular tourist destination with millions of yearly visitors.



If you're planning on visiting the Mosque, here are a few tips to help you:

- **Dress conservatively.** The Mosque is a place of worship, and visitors are expected to dress accordingly. This means covering your arms and legs and avoiding clothes that are too tight or revealing.
- **Remove your shoes.** Before entering the Mosque, you'll need to remove your footwear. You can leave them at the entrance or in the storage areas provided or put them in a plastic bag.
- **Be respectful.** When inside the Mosque, be respectful of those who are praying. This means not walking in front of them and avoiding loud noises.
- **Take a tour.** The Al-Azhar Mosque offers tours for visitors. These tours are a great way to learn about the history and architecture of the Mosque and to see some of the most important areas.
- **Shop in the market.** The Al-Azhar Mosque is in the heart of Cairo's historic Islamic district. This area is home to several souks (markets), where you can find everything from spices to souvenirs.
- **Eat at a local restaurant.** After a long day of sightseeing, you'll likely be hungry. Luckily, there are plenty of great places to eat around the Mosque. From street food to sit-down restaurants, you'll find something to suit your taste and budget.

- 1 Al-Azhar Mosque is one of the oldest and most important mosques in Egypt and the Arab world. (✓)
- 2 Al-Azhar Mosque is a source for enlightenment and the smallest religious institution in the entire Islamic world. ()
- 3 Al-Azhar Mosque is not a popular tourist destination. ()

- 4 Visitors are expected to dress conservatively when visiting the Mosque. ()
- 5 Visitors can wear their shoes inside the Mosque. ()

EX.2 Choose the Correct Answer

- 1 Al- Azhar mosque is considered as a source for?
- a. Enlightenment
 - b. Industry
 - c. Entertainment
 - d. Employment
- 2 How many yearly visitors does the mosque have?
- a. Thousands
 - b. Millions
 - c. Billions
 - d. Trillions
- 3 Visitors shouldtheir shoes before entering the mosque.
- a. Wear
 - b. Remove
 - c. Clean
 - d. Donate
- 4 What should visitors avoid when inside the mosque?
- a. Walking in front of those who are praying
 - b. Taking pictures of the mosque
 - c. Asking questions about the mosque
 - d. All of the above
- 5 What can visitors learn from taking a tour of the mosque?
- a. The history and architecture of the mosque
 - b. The rituals and practices of the mosque
 - c. The languages and cultures of the mosque
 - d. All of the above

UNIT 7

EX. 3 Find Words in the Wordsearch

- Find more ten words in this wordsearch..

1- Complex

2- Dynasty

3-

4-

5-

6-

7-

8-

9-

10-

11-

12-

C	O	M	P	L	E	X	S	L	P	M	T
D	R	U	L	E	R	S	T	Z	R	I	T
Y	O	S	M	O	S	Q	U	E	A	N	O
N	I	S	L	A	M	I	C	B	Y	A	W
A	R	C	H	I	T	E	C	T	U	R	E
S	T	Y	L	E	Z	K	O	S	N	E	R
T	H	E	O	L	O	G	Y	N	A	T	D
Y	P	O	P	U	L	A	T	I	O	N	S

EX. 4 Choose the Correct Relative Pronoun

- 1 The man (who- which) showed up first got the job.
- 2 The bed (who- which) I chose was very comfortable.
- 3 The hat (who- which) I lost was my father's.
- 4 The job (who- that) I applied for pays well.
- 5 Kareema, (who- which) goes to school with us, will be there too.
- 6 Dogs (who- that) don't get enough exercise can be hard to handle.
- 7 The soup (who- that) I had was too salty.

EX. 5 Write an E-mail

-Write an e-mail to your pen friend to invite him/ her to come to Al-Azhar Mosque.



EX. 1 Read and Tick (✓) or (✗)

In a city of millions of people like Cairo, public transit is a part of everyday life. Experiencing public transportation in Egypt is a must for any tourist wishing to get a glimpse of what life for Egyptian people is like. Here are some tips to follow while and after getting a ticket at the Metro station in Cairo:



- **Ask for help** if you need (or want) it. Start by saying the name of your destination, and then go from there.
- **Taking the Cairo Metro** is similar to taking a metro anywhere in the world. Descend (or ascend) to the station and go through a security check. Once your bag goes through a scanner and you walk through a metal detector, continue following the flow of traffic until you get to a ticket counter.
- **Carry small bills** so that you are always ready to pay without needing change. Usually, the metro costs from 3 to 12 pounds, depending on which station you are going to.
- **After purchasing your ticket**, figure out what line you need to take, what stop you need to go to, and finally what direction you need to go in to get to that station.
- **When on the platform**, you may notice a group of women gathering, and you can spot “women only” signs on every platform. Each metro train has two train cars that are reserved for women. If you are a woman or your group is all women, feel free to take one of these cars.
- **Feel free to sit in any empty seat**, but if someone gets on the train who seems to need a seat more than you, graciously offer your seat.
- **When standing**, fill in the middle of the car first, and try to avoid standing by the door for long periods (if you are getting off in one or two stops, that is fine). So, try to give people as much space as possible.
- **There is not** eating or drinking on the metro.

1 Tourists are encouraged to experience public transportation in Egypt to understand the local lifestyle.

(True or False)

- 2 When taking the Cairo Metro, you do not need to go through any security checks. (True or False)
- 3 The cost of a metro ticket in Cairo can range from 10 to 30 pounds. (True or False)
- 4 There are no designated train cars for women on the Cairo Metro. (True or False)
- 5 After buying a metro ticket, it is not necessary to know which line or direction to take. (True or False)

EX. 2 Read and Match

1 - Scanner	() The area alongside a rail track where passengers wait for the train
2 - Metro	() A device that gives a signal when it comes close to metal, used for security screening
3 - Security check	(1) A device that uses X-rays to inspect the contents of bags and other items
4 - Metal detector	() An urban passenger transportation system using underground or elevated trains
5 - Platform	() A procedure where passengers and their belongings are screened for prohibited items before entering a secure area
6 - Graciously	() Doing something in a polite, kind, and generous manner

EX. 3 Listen and Complete

The Cairo Monorail is a new transportation system being built in Cairo, Egypt. It will be the longest monorail system in the world. The monorail will have two that connect different parts of Cairo. One line will go from the New Capital to East Cairo, and the other line will go from 6th of October City to Giza. The monorail will have a total of 33 and will be 96 kilometers long. It will be able to go up to 80 kilometers per hour.

Construction on the Cairo Monorail started in 2019 and is expected to be completed in 2023. The monorail will have 70 fully automated that can carry up to 45,000 per hour. The trains are being made by a company called Alstom and will be similar to ones used in Sao Paulo and Las Vegas. The monorail will help improve transportation in Cairo and reduce congestion.

EX. 4 Look and Design

- Design two signs to help people use the Cairo Monorail safely when it opens.

Here are two examples to help you design yours:

[illegible]

EX. 5 Write a Message

Write a message of appreciation for the engineers and workers who work at building the Cairo Monorail.

- Draw a bunch of flowers for them:

Draw here.

UNIT 8

Twenty- First Century Skills

EX. 1 Think and Write

- How to be creative ?

1. Coming up with new ideas and expressing ourselves in many different ways, like through writing, photography, and even fashion.

2.

3.

4.

5.

EX. 2 Read and Answer

Do you want to learn how to be more creative? Creativity is a skill that you can develop over time. Some people might think that creativity is something you either have or you don't, but that's not true. Everyone has creativity inside them, and with practice, you can become even more creative.

There are many ways to develop your creativity. One way is to daydream. When you daydream, your mind is free to wander and come up with new ideas. Another way is to do something physical, like exercise. Physical activity can help your brain think more creatively.

Drawing, painting, and doodling are also great ways to be more creative. When you make art, your brain makes all kinds of connections and sparks new ideas. You don't have to be a great artist to enjoy making art. Just have fun and let your imagination run wild.

Being open to new ideas and asking questions is another important part of being creative. Don't be afraid to challenge assumptions and try new things. The more you explore and experiment, the more creative you will become.

1 What is one way to develop creativity?

One way to develop creativity is to daydream.

2 Why is physical activity important for developing creativity?

.....

- 3 Why is being open to new ideas and asking questions important for developing creativity?
.....
- 4 What is one activity that can help your brain make connections and spark new ideas?
A) Playing video games B) Reading books
C) Doing homework D) Making art
- 5 What can you conclude about creativity based on the information in the text?
A) Creativity is a skill that only some people have.
B) Creativity is something that cannot be developed over time.
C) Everyone has creativity inside them and it can be developed with practice.
D) Creativity is a natural talent that cannot be learned.

EX. 3 Read and Write

- Read the definitions and write the correct word for each one.

(Imagination - Network- Creativity- Soar- Unlock)

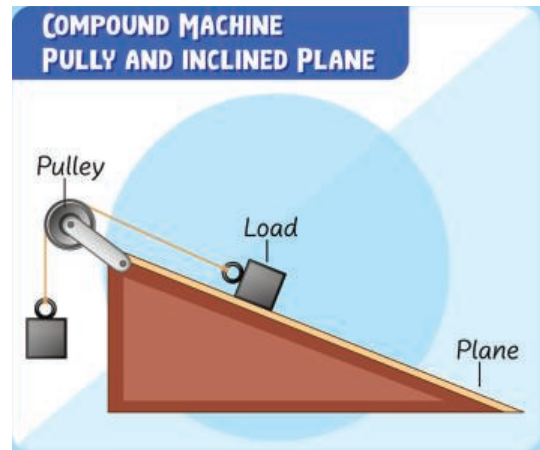
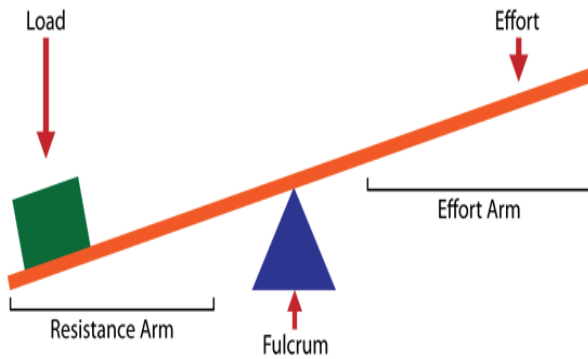
- 1 To form a mental image or concept of something that is not present or has not happened. (Imagination)
- 2 The ability to come up with new ideas and express oneself in different ways.(.....)
- 3 A system or group of interconnected things or people. (.....)
- 4 To increase rapidly above the usual level. (.....)
- 5 To release or open something that was locked or closed. (.....)

EX. 4 Read and Match

Adjective	Antonym
1 - difficult	(a) wrong
2 - hard	(b) modern
3 - high	(c) easy
4 - right	(d) soft
5 - ancient	(e) straightened
6 - inclined	(f) low

UNIT 8

EX. 5 Look and Write



Logs



EX. 1 Think and Write

- How can you think outside the box when you face a problem?

1. Thinking outside the box can help you come up with new and creative ideas.
2.
3.

EX. 2 Read and Answer

Do you ever wonder how some people come up with really cool ideas or solve problems in a different way? Well, it's because they think differently! Thinking differently means looking at things in a new and unique way. Let's learn how to think differently!

One way to think differently is to change the way you see things. Just like Sherlock Holmes, who solved mysteries by telling Dr. Watson exactly what he was looking at. When we see things differently, we can come up with new ideas and solutions. For example, Robert Taylor invented Softsoap after he saw how goopy bar soap became after a few uses. So, if you want to think differently, try looking at things from a different angle!

Another way to think differently is to train your brain. The thoughts we have in our head can affect how we feel and behave. If we have negative thoughts like "I'm useless" or "I can't do it," it can hold us back from reaching our goals. But we can change our thoughts to be more positive and helpful. Instead of saying "I can't," we can say "I will try my best". By changing our thoughts, we can change our feelings and actions, and get better results.

Successful people also think differently. They see challenges as opportunities and don't let negativity hold them back. They are confident, composed, and always learning. They also surround themselves with different people and keep an open mind. By thinking outside the box, they can overcome obstacles and achieve great things. So, if you want to be successful, try thinking differently!

1 What is one way to think differently?

- A) By looking at things from a different angle
- B) By using negative thoughts
- C) By surrounding yourself with the same people
- D) By avoiding challenges

UNIT 8

2 How can changing our thoughts affect our feelings and actions?

- A) It can make us feel worse and behave negatively
- B) It can hold us back from reaching our goals
- C) It has no impact on our feelings and actions
- D) It can help us achieve better results

3 What do successful people see challenges as?

- A) Opportunities
- B) Obstacles
- C) Negativity
- D) Limitations

4 How can changing our thoughts affect our feelings and actions?

.....

.....

5 Give an example of how thinking differently can lead to new ideas and solutions.

.....

.....

EX. 3 Read and Complete the Crossword

1 Answers or ways to solve problems.

(Solutions)

2 A particular way of thinking about or understanding something.

(.....)

3 Introducing new ideas or methods; creative and original.

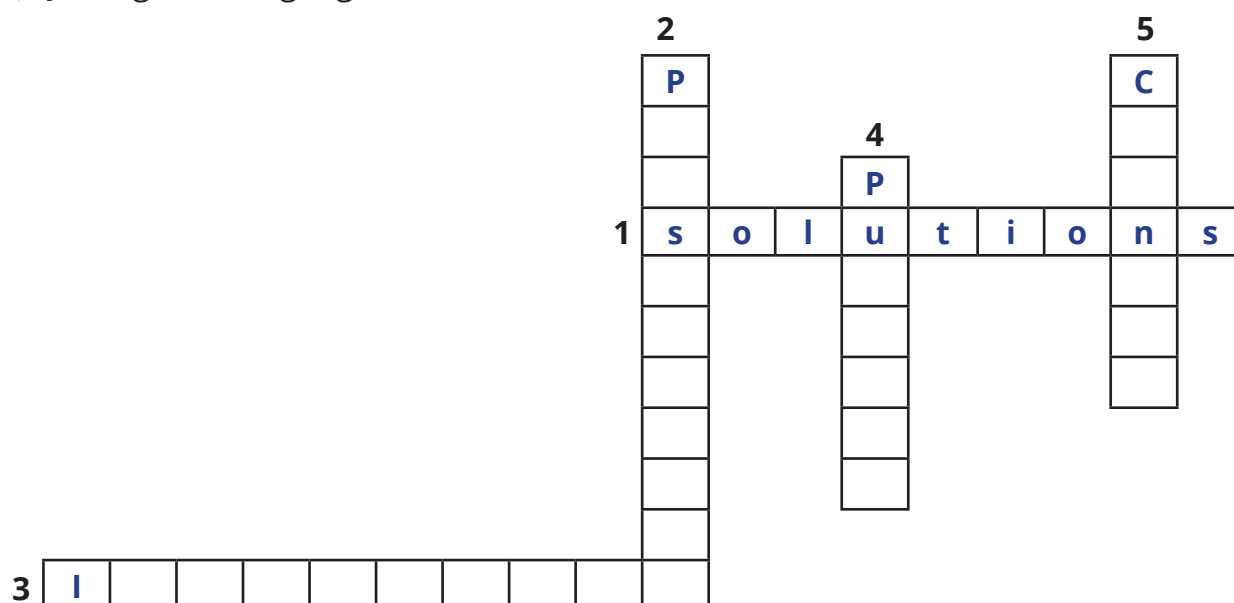
(.....)

4 A great way to challenge your brain and have fun at the same time.

(.....)

5 Joining or linking together.

(.....)



EX. 4 Read and Match

1 - Solve a problem.	a) To take a break and think calmly.
2 - Come up with	b) <u>The process of finding a solution to a problem (1)</u>
3 - Step back	c) You want someone to give you something
4 - Faced with	d) To think of or create something
5 - In innovative ways.	e) To consider someone or something in a particular way
6 - Asking for	f) To confront and deal a difficult
7 - Thought of	g) The act or process of introducing new ideas, devices, or methods.

EX. 5 Listen and Complete

Teacher: As we all know, poverty is a serious problem in our country.

Nadia: Maybe the could give money to all the poor people.

Mona: Iwith you. I do not think that would work because maybe people would not like to work anymore.

Ayman: Iwith Mona. Maybe the government can use the money toin building factories, and the poor will have more job opportunities.

Ahmed: This is an interesting discussion. What do you think, Mr. Ahmed?

Teacher: Yes, it is an interesting Anymore ideas?

Adel: I agree with Ayman's opinion. The government could also expand to produce electricity and provide water for agriculture. That way we will have the electricity we need for homes and businesses, and more water for growing food.

Teacher: All your ideas are good and applicable. It shows that thinking can lead to solving problems.

EX. 1 Think and Write

- What are the main tips of a good presentation?

1. Good communication.

2. Use visual aids and facial expressions and smile .

3.

4.

5.

6.

EX. 2 Read and Answer

Do you ever have to present your ideas to other people? Whether it's at school or in the future when you have a job, presentation skills are really important. They help you share your ideas and information in a way that gets people's attention and makes them understand what you're saying. Even if you're not interested in public speaking, presentation skills are still useful in many different jobs and situations. For example, you might need to explain your ideas to your teacher or talk to a group of people about a project you worked on.

When you're giving a presentation, you only have a few seconds to grab people's attention and get your point across. That's why it's important to have good presentation skills. These skills include knowing what to say, how to organize your information, and how to use things like slides or videos to support what you're saying. You'll use these skills in many different situations, like giving a speech at a wedding or explaining a project to your classmates.

Having good presentation skills can help you in many ways. They can make you a better communicator, boost your confidence, and help you solve problems. They can also make you a better leader and help you manage your time better. So, even if you're a little nervous about presenting your ideas, remember that practicing and improving your presentation skills can make a big difference. And don't forget to smile and make eye contact with your audience to help them connect with you and your ideas!

- 1 Why are presentation skills important?
 - A) They help you share your ideas and information in a way that gets people's attention and makes them understand what you're saying.
 - B) They help you become a better communicator, boost your confidence, and help you solve problems.
 - C) They help you organize your information and use slides or videos to support what you're saying.
 - D) They help you manage your time better and make you a better leader.
- 2 When might you need to use your presentation skills?
 - A) When giving a speech at a wedding or explaining a project to your classmates.
 - B) When talking to a group of people about a project you worked on.
 - C) When explaining your ideas to your teacher.
 - D) All of the above.
- 3 What should you do to grab people's attention during a presentation?
 - A) Use slides or videos to support what you're saying.
 - B) Make eye contact with your audience and smile.
 - C) Know what to say and how to organize your information.
 - D) All of the above.
- 4 What are some skills included in good presentation skills?

.....
- 5 How can good presentation skills help us in our future careers?

.....

EX. 3 Read and Write

- Read the definitions and write the correct word for each one.

(Self - esteem - Impact - Influence - confident - inspire - proven)

- 1 Demonstrated or shown to be true, effective, or reliable. (proven)
- 2 To have an effect on the way someone thinks or behaves. (.....)
- 3 To fill someone with the urge or ability to do or feel something, especially to do something creative. (.....)

UNIT 8

- 4 The powerful effect that something has on someone or something. (.....)
- 5 Confidence in one's own worth or abilities; self-respect. (.....)
- 6 Having a belief in oneself and one's abilities; self-assured. (.....)

EX. 4 Listen and Complete

Communication is a skill that can make you more successful in many areas of life. Whether you're selling a product, trying to get your boss to buy into a new idea, or just want to feel more confident in yourself, powerful communication can make a big difference. Byyour fears and speaking up for your ideas, you can boost yourand believe in yourself more. So, if you want to present your ideas powerfully and your audience to action, remember to communicate effectively, present for results, and believe in yourself. With these skills, you can make a biggerand achieve your.....!

EX. 5 Summarize what you have to do and what you do not have to do while giving a presentation.

- 1 I have to speak quietly.
- 2
- 3
- 4
- 5
- 6
- 7 I do not have to use too many ideas.
- 8
- 9
- 10

EX. 1 Think and Write

- List some qualities that you need to achieve your goals.

1. Persistence.

2.

3.

4.

5.

6.

EX. 2 Read and Answer

Do you have a goal that you want to achieve? Well, I'm here to help you! Achieving your goals is all about having a plan and taking action. Here are some tips to help you reach your goals this year.

First, you need to decide what you want to do or work towards. It can be something big or small, as long as it's something you're interested in or excited about. Maybe you want to learn a new skill or plant a garden in your backyard. Whatever it is, make sure it's something you want to do for yourself, not for someone else.

Once you've decided on your goal, write it down. Be specific about what you want to achieve and when you want to achieve it by. Describe how you will feel when you've reached your goal and how it connects to what you value in your life. Writing down your goals increases your chances of sticking with them.

Next, tell someone about your goal. Sharing your goals with others can help you stay motivated and accountable. They can cheer you on and offer support along the way. Finally, break your goal down into smaller steps. This will make it easier to tackle and keep you motivated. Take one step at a time and celebrate your progress along the way.

❶ Why is it important to write down your goals?

A) Writing down your goals helps you remember them.

B) Writing down your goals makes them more achievable.

C) Writing down your goals helps you share them with others.

D) Writing down your goals helps you break them into smaller steps.

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2 What can sharing your goals with others do?

- A) Sharing your goals can make them easier to achieve.
- B) Sharing your goals can help you stay motivated and accountable.
- C) Sharing your goals can help you decide what you want to achieve.
- D) Sharing your goals can help you break them into smaller steps.

3 Why should you break your goal down into smaller steps?

- A) Breaking your goal down into smaller steps helps you celebrate your progress.
- B) Breaking your goal down into smaller steps helps you decide what you want to achieve.
- C) Breaking your goal down into smaller steps makes it easier to tackle and keeps you motivated.
- D) Breaking your goal down into smaller steps helps you share them with others.

4 Why is it important to choose a goal that you are interested in or excited about?

.....

5 How can having a plan and taking action help you stay focused on your goals?

.....

EX. 3 Read and Complete the Crossword

1 The quality of continuing to do something even when it's difficult or takes a long time.

(Persistence)

2 The quality of being committed to a task or purpose.

(.....)

3 Having a charming and attractive personality that attracts others.

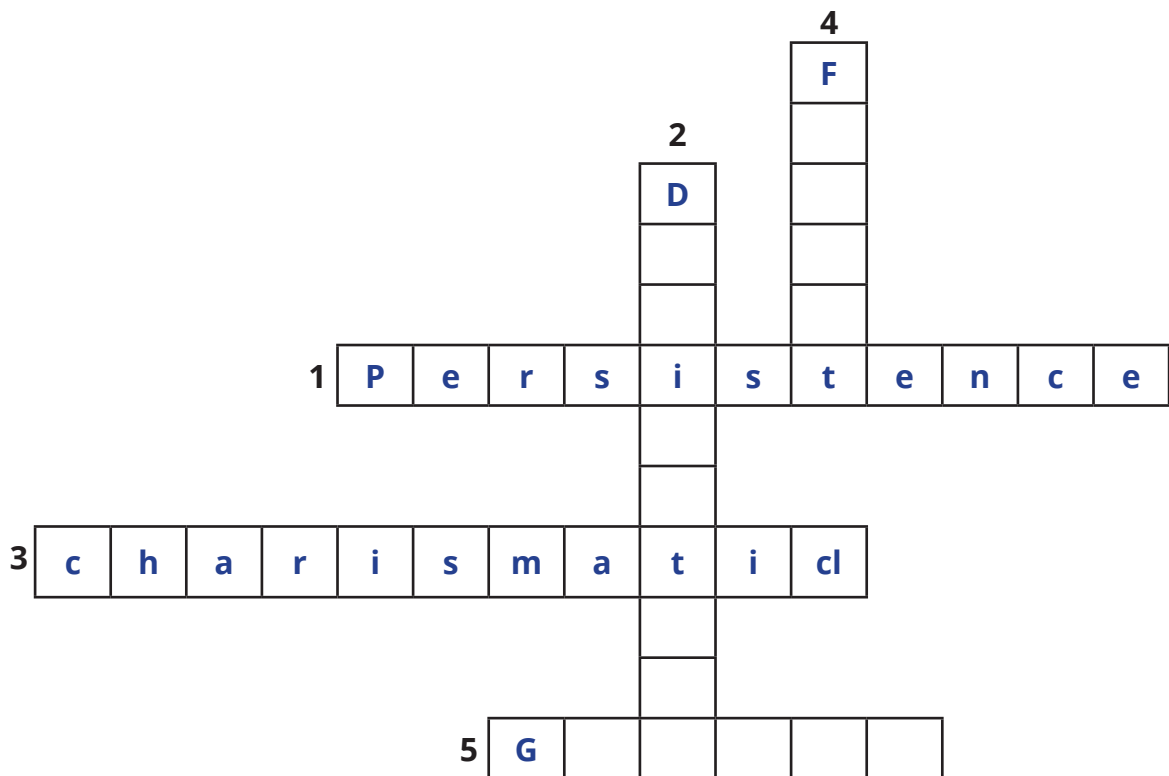
(.....)

4 Able to speak or write a language easily and accurately.

(.....)

5 Exceptional intellectual or creative ability.

(.....)



EX. 4 Look and Write



isle



EX. 5 Listen and Complete

On an island in the Pacific Ocean a hurricane that hit it destroyed many homes. The of the destroyed homes was everywhere. Even finding an clear of debris between the homes that were undamaged was difficult. Other in the area also suffered terrible destruction. The disaster on the islands demonstrated the danger those who chose to live on them face.

EX. 1 Think and Write

- List some required skills for the future:

1. <u>Cross-cultural communication</u>
2.
3.
4.
5.

EX. 2 Read and Match

1 - Teamwork	a) The ability to adjust oneself readily to different conditions
2 - Communication	b) The branch of philosophy that deals with moral principles and values
3 - Emotional intelligence	c) The act of working together as a team to achieve a common goal or complete a task (1)
4 - Ethic	d) The capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically
5 - Adaptability	e) The act of sharing ideas, thoughts, and information with others

EX. 3 Change these Nouns into Adjectives

- | | | |
|---|----------|-------------------|
| 1 | thought | <u>thoughtful</u> |
| 2 | help | |
| 3 | magic | |
| 4 | electric | |
| 5 | nation | |
| 6 | care | |

In the Middle Ages in Europe when the rich lived in castles, they invented various forms of entertainment. would be arranged between Knights to see who was best with swords. These matches did not allow participants to the blows of their swords. And if one to some historians, many of the participants suffered serious injuries or death. Though the contestants would on armor, even that did not prevent such results. Yet, even those who fought each other developed a certain away from the field of battle.

Listening texts

Unit 5

Lesson (1)

Ex. 4 Listen and Complete

Aerobic exercise involves physical activity that increases your breathing and heart rate to fuel your body with oxygen-rich blood. Aerobic exercise helps strengthen your heart muscle, improves your lung function, and increases circulation and healthy blood flow throughout your body. Aerobic exercise can help people with asthma lessen both the frequency and severity of asthma attacks. You should still talk to your doctor before beginning a new exercise lesson if you have asthma, however. They may recommend specific activities or precautions to help keep you safe while working out.

Lesson (5)

Ex. 5 Listen and Complete

Hygiene is all about keeping ourselves and our environment clean to stay healthy. It is a great virtue and a part of our belief. We must take regular showers or baths, and floss our teeth brush them twice a day. It's also important to take care of our nails by cleaning and trimming them. That way we can prevent things like bad breath and infections. Hygiene makes everything clean and fresh. On the other hand, dirtiness and diseases go together because dirtiness breeds the germs that cause diseases.

UNIT 6

Lesson (1)

Ex. 4 Listen and Add the Correct Suffix (-tion/ -tian/ -ssion)

- 1 - You need your Mum's permission before going out.
- 2 - This was a wrong action.
- 3 - I like the series "Mission impossible".
- 4 - The Egyptian people always support their army.
- 5 - The committee liked my suggestion.
- 6 - This doctor is a source of inspiration to many youth.

Ex. 5 Listen and Complete

Once upon a time, there was a fifth-grade pupil named Sarah. She loved going to school every day because she was excited to learn new things. Her teacher helped her set goals and dreams for the school year, which made her even more motivated to achieve them. Setting goals and dreams helped Sarah become accountable for her actions and take ownership of her steps towards success. It also showed her the progress she was making and motivated her to keep going, even when things got tough.

Sarah loved thinking about her hopes and dreams for the school year. She wanted to learn new things, make new friends, and get better grades. She also wanted to participate in after-school clubs and memorize all of her multiplication facts. Sarah's parents also had hopes and dreams for her. They wanted her to do well in school and be happy. Sarah's teacher made sure to include her parents' hopes and dreams on the classroom wall, so Sarah could see them every day. This reminded her of the support she had from her family and motivated her to work hard.

Lesson (2)

Ex. 4 Listen and Complete

Advantages of SMART Goals

Each goal you set is the next step toward achieving bigger things in your life. When you create an objective with all of the SMART components, you'll have a higher chance of completing it, and within a reasonable amount of time.

SMART goals are important for the following reasons:

They provide direction: When you know exactly what you're working toward, you can see how your work contributes to the overall goal. This is a great motivator to keep people on track.

They take you out of your comfort zone: Setting out a SMART goal can really force you to look at the possibilities. They can push you to achieve more than you thought you could before. And once you've put the time into drafting a SMART goal, it can be harder to let it fall to the wayside.

They provide clarity on your success: It's common to get to the end of a project and be unsure if you achieved exactly what you set out to in the beginning. A SMART objective should more clearly define goals with specific aims, and time frames, so you'll be able to measure your successes more easily too.

They make it simpler to evaluate the project: Even if you don't manage to complete a goal, you can still look back on it afterward. What went well, and what didn't? How would you change your approach to a goal like this in the future? SMART goals make it easier to measure your finished project's success because the initial aims are clearer to see.

Lesson (3)

Ex. 5 Listen and Tick (✓) or (×). Correct the False Ones

Children and youth are always in need of good role models to follow their steps in hard work, ambitions and success. University professors could be good role models for their students. One of the best professor, according to the opinions of hundreds of his students, is Professor Aly Qoura, Professor of Curriculum and Instruction, EFL Faculty of Education, Mansoura University. Prof. Aly is a true example of ambition, perseverance and resilience. He dedicates most of his life to his students and his academic research. He always helps and supports his students to be good learners, in particular, and good citizens, in general. He is always keen on publishing researches and participating in Academic and educational conferences. He also holds educational workshops for students and researchers all over Egypt. Prof. Aly treats all the students in a parental way, so that all his students love and admire him and wish to be like him. In fact, he is a good role model for students and EFL teachers.

UNIT 8

Lesson (2)

EX 5. Listen and Complete

Teacher: As we all know, poverty is a serious problem in our country.

Nadia: Maybe the government could give money to all the poor people.

Mona: I disagree with you. I do not think that would work because maybe people would not like to work anymore.

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Lesson (3)

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Lesson (4)

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Lesson (5)

EX 5. Listen and Complete

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