



Al-Azhar Al-Sharif  
Presidency of Al-Azhar Institutes

A-LEVEL

# ENGLISH

## for Al-Azhar Gen Z

### Preparatory Three Term 1

Workbook

First Draft Edition

2024 - 2025



غير مصرح بتداول الكتاب خارج معاهد الأزهر الشريف

© **Presidency of Al-Azhar Institutes - Egypt. 2024**

*All rights reserved; no part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means; electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the publishers.*

**Presidency of Al-Azhar Institutes wishes to thank the Development Committee**

**Dr. Attia Es-Sayed A. Abdul-Aal**

Professor of TEFL, Faculty of  
Education, Al-Azhar University

**Dr. Ismael I. Elsherbiny**  
English Consultant,  
Al-Azhar Institutes Sector

**Dr. Ayman Shaaban Khalifa**  
Lecturer of TEFL, Faculty of Education,  
Al-Azhar University

**Mr. Ali Sayed A. Sedeek**  
Supervisor,  
Al-Azhar Institutes Sector

**Dr. Adly M. Ahmad Ibrahim**  
Teacher of English,  
Al-Azhar Institutes Sector

**Mr. Osama Nour Eldin Ghanem**  
Teacher of English,  
Al-Azhar Institutes Sector

**Mrs. Faiza Reda Nada**  
Teacher of English,  
Al-Azhar Institutes Sector

**Mr. Ghareeb Abdul Tawab Saifueddin**  
Teacher of English, Al-Azhar Institutes Sector

**Presidency of Al-Azhar Institutes wishes to thank the Reviewing Committee**

**Dr. Attia Es-Sayed A. Abdul-Aal**

Professor of TEFL, Faculty of  
Education, Al-Azhar University

**Dr. Asmaa Abdulmoneim Mustafa**  
Professor of TEFL, Faculty of  
Education, Mansoura University

**Dr. Zeinab Ali En-Najjar**  
Professor of TEFL, Faculty of  
Education, Ain Shams University

**Presidency of Al-Azhar Institutes wishes to thank the Graphic Design Team**

**Mr. Islam Saeed Abdul-Fattah**

Graphic Designer, Al-Azhar Portal

**Al-Azhar Printing House**

*Abdullah Muhammed Street, Ahmad Said Street, Abasia, Cairo,*

*Arab Republic of Egypt*

*First Draft Edition, 2024*

*Deposit: 17999/2023*



H. H. Professor  
**Ahmed Muhammad Al-Tayeb**  
Grand Imam of Al-Azhar



H. H. Professor  
**Muhammad Abdur-Rahmān Ad-Duwini**  
Al-Azhar Grand Imam's Deputy



H. H. Sheikh  
**Ayman Muhammad Abdelghany**  
Head of Al-Azhar Institutes Sector

<b>Unit 1</b>	<b>The Holy Mosque</b>	<b>1</b>
<b>Lesson 1</b>	The Holy Mosque	<b>2</b>
<b>Lesson 2</b>	Al-Masjid an-Nabawi	<b>8</b>
<b>Lesson 3</b>	Pilgrimage (Hajj)	<b>15</b>
<b>Unit 2</b>	<b>Smart World around You</b>	<b>22</b>
<b>Lesson 1</b>	Technology in our Daily Life	<b>23</b>
<b>Lesson 2</b>	Modern Technology and Life Aspects	<b>30</b>
<b>Lesson 3</b>	Modern Technology in Education	<b>38</b>
<b>Unit 3</b>	<b>Time Management</b>	<b>44</b>
<b>Lesson 1</b>	Time Management	<b>45</b>
<b>Lesson 2</b>	Time Management Significance	<b>51</b>
<b>Lesson 3</b>	Mastering Time Management	<b>59</b>
<b>Unit 4</b>	<b>Human Brain</b>	<b>66</b>
<b>Lesson 1</b>	Human Brain	<b>67</b>
<b>Lesson 2</b>	A Sound Mind in a Sound Body	<b>77</b>
<b>Lesson 3</b>	Keep Your Brain Healthy	<b>86</b>



# **Unit 1**

## **The Holy Mosque**



Exercise 1

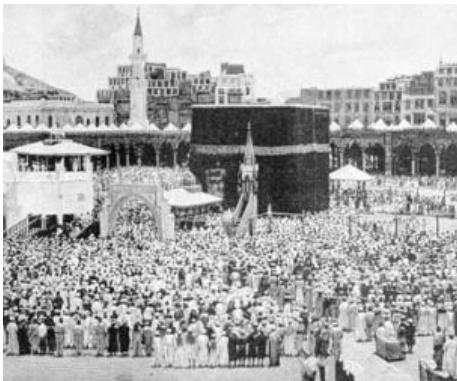
● Fill in the gaps with the correct word from the box.

worshippers	influenced	robbed	accommodate	tribe
demolished	reflection	construction	pilgrims	

Islam boasts a remarkably rich history, and The Holy Mosque holds immense significance within it. The Holy Kaaba is a .....1..... of 'The Worship Place for Angels' or al-Baytu al-Ma'mur. Before the time of Adam, the Kaaba was constructed by angels, and it underwent multiple reconstructions throughout history. Before the Prophet .....2..... most people to take up Islam, there were idols kept inside the Kaaba. In pre-Islamic times, the Kaaba served as a sanctuary. According to tradition, it was originally a simple unroofed rectangular structure constructed by Abraham and his son, Ishmael.



The Quraysh .....3....., who ruled Mecca, rebuilt the pre-Islamic Kaaba in 608 C.E. During the pre-Islamic reconstruction of the Kaaba by the Quraysh, alternating courses of masonry and wood were used. Additionally, a door was raised above ground level to safeguard the shrine from intruders and flood waters. According to the Gregorian calendar, the .....4..... of the mosque began in the 7th century by Caliph Omar Ibn al-Khattab (ABPWH). The number of .....5..... was increasing hence the walls were reconstructed further around the Kaaba. In 777,





Abbasid Caliph Al Mahdi .....6..... the original mosque and came out with a grid plan. He then built a larger mosque around the Kaaba. The Black Stone is situated on the eastern corner of the holy Kaaba.

In 327 AH., the black stone of the Kabbah was broken to pieces and .....7..... during the Qarmatian raid.

The Black Stone was not restored until 339 AH. The mosque houses many buildings that date back to 1571. However, in the year 1629, heavy rains and floods severely damaged the mosque, and it was subsequently rebuilt by Sultan Murad IV. The mosque had been renovated to be expanded since 1950 to .....8..... more people into its sanctuary. The mosque has witnessed numerous constructions and reconstructions over the years. However, the Kaaba stands as the only structure that has remained unchanged since its original construction by Prophet Ibrahim (PBUH). The most recent construction of the mosque occurred in 2018.

After this, it became the world's largest mosque set to be home to 2.5 million .....9..... in a land of 187 acres. The mosque is spread over an area of 356,800 sq. meters.





Now that you have completed the exercise, could you identify FIVE facts and figures about the Holy Mosque?

.....

.....

.....

.....

.....

.....

Exercise 2

Look up the following words in your dictionary, then match them with their definitions.

Word		Definition	
1	Tribe	.....	(A) Careful thought about something, sometimes over a long period of time.
2	Worshipper	.....	(B) To pull or knock down a building.
3	Reflection	.....	(C) A group of people of the same race, and with the same customs, language, religion, etc., living in a particular area and often led by a chief/
4	Influence	.....	(D) A person who worships God.
5	Demolish	.....	(E) The process or method of building or making something.
6	Construction	.....	(F) The effect that somebody/something has on the way a person thinks or behaves.
7	Remained	.....	



**Exercise 3**

• **Circle the adjective + noun collocations in the following sentences.**

- ① The Holy Mosque is a special place. It is an oasis of calm and a slice of heaven.
- ② People from different countries come to Mecca for the Hajj (pilgrimage).
- ③ The central part of the mosque (Kaaba) represents the unity of Islam.
- ④ The Holy Mosque is a very important place for Muslims as it attracts millions of people from all over the world every year.
- ⑤ Being in the Holy Mosque leaves a spiritual impact on the visitors, making them feel more connected to their faith.
- ⑥ The Holy Mosque is a place of great reverence for Muslims, inspiring them to strengthen their belief in Allah and unite as one community.
- ⑦ The ancient Black Stone originated from the heavens.
- ⑧ In 2018, an expansion project was accomplished in the Holy Mosque.

**Exercise 4**

• **Choose the correct answers to complete the following sentences.**

- ① Much air ..... by smoke at this time of the year.  
    (a) was being polluted                      (c) being polluted  
    (b) is being polluted                      (d) is polluting

2 The bushes ..... by the gardener at this time yesterday.

- (a) were being cut                      (c) is cutting  
(b) is being cut                        (d) being cut



3 The difficulty of service ..... when they renew the infra structure.

- (a) reduce                                (c) will be reducing  
(b) will being reduced                (d) will be being reduced

4 Millions of trees on this planet ..... down at this time last year.

- (a) are being cut                        (c) are cutting  
(b) being cut                            (d) were being cut

5 As I do not take a siesta once and then only five minutes, I ..... to the bones, and look aged and anxious.

- (a) was wearing                        (c) am being worn  
(b) being worn                        (d) was being worn

6 Pressure ..... in every direction.

- (a) is being applied                    (c) being applied  
(b) is applying                        (d) applied

7 A great technological revolution will be ..... soon.

- (a) accomplished                      (c) accomplishing  
(b) accomplish                        (d) being accomplished

## Exercise 5

Find and correct the mistakes in each of the following sentences.

1 Your coffee is being making at the moment.



.....

2 The bridge will be being build during the next few months.



.....

3 Big cities are be blocked by cars nowadays.



.....

4 The bike was repairing at this time yesterday.



.....

5 While the gate were been painted, it rained.



.....

6 Dinner will be cooked from 5 to 7 this evening.



.....

## Exercise 6

Write a proper introduction paragraph of a short report about a visit to the Museum of Islamic Art.



The Museum of Islamic Art

.....

.....

.....

.....

## Exercise 1

● Fill in the gaps with a word from the box.

branches	migration	sacred	generations	trunks
significance	expansions	refuge	political	mud

Al-Masjid Al-Nabawi, commonly known as "The Prophet's Mosque," was built by Prophet Muhammad (PBUH) in 1 AH (622 CE) after his .....1..... from Mecca to Madinah. The initial construction of the mosque utilized materials like .....2..... bricks, palm fronds, and palm .....3..... for the columns. The roofed area in the front was made with palm tree .....4..... and clay, standing at a height of approximately 3.6 meters.



Over time, Al-Masjid Al-Nabawi has undergone several .....5....., became attracting one of the world's largest mosques. Notably, it houses the revered graves of Prophet Muhammad (PBUH), Abu Bakr al-Siddiq, and Umar ibn Al-Khattab (ABPWT), attracts numerous visitors for Ziyarah.

This historical mosque played a central role in the growth of Madinah, serving as a focal point around which the city expanded over the .....6..... Its .....7..... goes beyond being a place of prayer, as it also served as a hub for social, legal, and .....8..... activities. Al-Masjid al-Nabawi functioned as a place of learning, where .....9..... knowledge was passed down through



teachers. Public announcements, legal disputes, and discussions with foreign dignitaries were addressed within its walls.

Additionally, the mosque acted as a place of .....10..... for the poor and needy, emphasizing its role in providing humanitarian support to the community. The Prophet (PBUH) even built private living quarters, called hujarat, for his wives in the east end of the mosque, later extending it as his household grew.

Today, Al-Masjid al-Nabawi stands as a revered site, attracting millions of pilgrims and visitors from across the globe, paying tribute to its historical and spiritual significance in the Islamic world.



Now that you have completed the exercise, could you identify FIVE specific pieces of information about the roles of Al-Masjid an-Nabawi?

.....

.....

.....

.....

.....

.....

.....

.....

## Exercise 2

- Use your dictionary to get the part of speech and the meaning of the following words.

The word		Part of speech	Meaning
1	Undergone	.....	.....
2	Knowledge	.....	.....
3	Social	.....	.....
4	Utilized	.....	.....
5	Commonly	.....	.....
6	Pilgrims	.....	.....

## Exercise 3

- Choose the right word from the box to complete the following sentences.

Construction	historical	knowledge	discussions
undergone	community	announcements	spiritual

- The ..... 1 ..... of Al-Masjid al-Nabawi was carried out by Prophet Muhammad (PBUH) following his migration from Mecca to Madinah in 1 AH (622 CE).
- Over the years, Al-Masjid al-Nabawi has ..... 2 ..... several transformations, making it one of the world's largest mosques today.
- Playing a central role in the growth of Madinah, the ..... 3 ..... mosque became a focal point around which the city expanded over the centuries.



- ④ Al-Masjid al-Nabawi served as a hub for social interactions, encouraging discussions and fostering a sense of .....4..... among its visitors.
- ⑤ The mosque served as a place of learning, where generations acquired sacred .....5..... from revered teachers.
- ⑥ Vital .....6..... were regularly made from Al-Masjid al-Nabawi, keeping the community well-informed about important events and gatherings.
- ⑦ The mosque hosted significant .....7....., facilitating diplomatic relations and promoting cultural exchange.
- ⑧ Attracting numerous visitors for Ziyarah, Al-Masjid al-Nabawi remains a testament to its historical and .....8..... importance in the Islamic world.

### Exercise 4

🔍 Circle the words in the box that have the triphthong /aɪə/.

lower	year	buyer	flyer	higher	stereo
desire	radio	mower	entirely	inchoate	admire
royal	require	fire	slower	player	our
fewer	power	inquire	oasis	shower	

### Exercise 5

🔍 Choose the correct answer from a, b, c or d to complete the following sentence.

- ① It is ..... that they will arrive in time for dinner.
- Ⓐ expect      Ⓑ expected      Ⓒ expecting      Ⓓ expects

- 2 She is said ..... a lot about gardening.  
 (a) know      (b) knows      (c) to know      (d) knew
- 3 She is expected ..... the world record.  
 (a) to break      (b) breaking      (c) broken      (d) break
- 4 They are ..... to have financial problems.  
 (a) reported      (b) to report      (c) reporting      (d) report
- 5 He is known ..... a lot of money.  
 (a) to be making      (a) making      (a) to be made      (a) to making
- 6 It ..... that we are able to win the competition.  
 (a) believes      (b) believed      (c) is believed      (d) is believing
- 7 The company ..... to be making a big profit.  
 (a) is thinking      (b) is thought      (c) thought      (d) thinks

## Exercise 6

• Rewrite the following sentences starting with the words in brackets.

- 1 People know that she is a good swimmer. (It is...)  
 .....
- 2 They say that Samy is in hospital. ( Samy ...)  
 .....
- 3 They think that the children are in bed. (The children ...)  
 .....
- 4 People believe that nuclear power stations are dangerous. (It is...)  
 .....
- 5 His colleagues thought that he was on holiday. (It ...)  
 .....

- ⑥ They suppose that the new product will come out soon. (The new product ...)



.....

- ⑦ They believe that she will win a gold medal. (She...)



.....

## Exercise 7

🔹 **Respond to the following requests politely.**

- ① Do you mind opening this case, please?



.....

- ② Would you mind showing me your passport?



.....

- ③ I would be grateful if you could send me your price list.



.....

- ④ Would it be Ok if your cousin uses your room?



.....

- ⑤ Could I borrow your pen, please?



.....

- ⑥ You would not take me to the airport, would you?



.....

- ⑦ I wonder if you could give me some advice.



.....

## Exercise 8

- Write a proper body paragraph of a short report about a visit to the Museum of Islamic Art.



**The Museum of Islamic Art**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

## Exercise 1

Fill in the gaps with a word from the box.

pilgrimage	voluntary	rituals	lunar	financially	spiritual	Umrah
------------	-----------	---------	-------	-------------	-----------	-------

Hajj is a sacred pilgrimage, obligatory for every physically and .....1..... capable Muslim to undertake at least once in his lifetime. It takes place during the same time each year, in the 12<sup>th</sup> sacred month of the Islamic .....2..... calendar, Dhul Hijjah. Hajj begins on the 8<sup>th</sup> of Dhul Hijjah. The sacred pilgrimage of Hajj is comprised of a series of rites and rituals – some in order – that provide a .....3....., emotional, and physical challenge for the pilgrim. For example, a pilgrim can expect to walk between 5km-15km per day.



Much of the .....4..... take place at Al Masjid Al-Haram, where the Kaaba is located. Hajj is obligatory for every Muslim. The Prophet Muhammad (peace and blessings be upon him) said:

"Whoever performs Hajj for the sake of Allah and does not utter any obscene speech or do any evil deed, will go back (free of sins) as his mother bore him."

Hajj and .....5..... are both sacred pilgrimages in Islam and share many of the same qualities, rites, and .....6..... However, there are some main differences, as Hajj is a pillar of Islam in a certain period of time and lasts approximately five to six days, whereas Umrah is a .....7..... pilgrimage. It can be performed at any time of the year within a much shorter period – even a day!





Now that you have completed the exercise, could you identify FIVE Important ideas about Pilgrimage (Hajj)?

## Exercise 2

Choose the right word from the box to complete the following sentences.

transformation	majestic	pursuit	devotion
focal point	tradition	visitors	

- 1 This period marks a moment of significant change and .....
- 2 The Kaaba stands as a truly ..... structure.
- 3 Muslims are advised not to relentlessly ..... after wealth without consideration for others.
- 4 The school serves as a pivotal ..... for the local community.
- 5 In my family, there is a ..... of coming together during festive occasions.



- ⑥ Throughout the years, the historical site experienced a remarkable transformation, becoming a symbol of unity and ..... for Muslims worldwide.
- ⑦ As the sun set in the background, ..... were left in awe of the grandeur of the majestic mosque, presenting a breathtaking view.

Exercise 3

Match the following words in column (A) with their definitions in column (B).

Word		Definition	
①	Spiritual	..... ①	A feeling of respect or admiration for someone or something
②	Reverence	..... ②	Careful thought about something, sometimes over a long period of time
③	Unifying	..... ③	Relating to deep feelings and beliefs, especially religious beliefs
④	Supplication	..... ④	Leaving a mark that cannot be removed
⑤	Self-Reflection	..... ⑤	To bring together; combine
⑥	Indelible	..... ⑥	The act of asking for something with a very humble request or prayer
⑦	Challenge	.....	

Exercise 4

● Match the following idioms in column (A) with their meanings in column (B), then use each idiom in a sentence of your own.

Word			Definition	
1	a stone's throw away	.....	(A)	To start a journey or leave a place
2	hit the road	.....	(B)	Very close or nearby
3	in the heart of the city	.....	(C)	Feeling extremely happy or successful
4	on top of the world	.....	(D)	At the center or core of a city or town
5	a place in the sun	.....	(E)	A desirable or advantageous position or situation
		.....	(F)	Various methods will lead to the same result

- 1
a stone's throw away
- 2
hit the road
- 3
in the heart of the city
- 4
on top of the world
- 5
place in the sun

## Exercise 5

Find and correct mistakes in the following sentences.

- ① They did not let us to talk.



- ② They did not have money to pay them, so they made us cleaning the dishes.



- ③ I will have Adam shows you the campus.



- ④ They got me write content for their website.



- ⑤ She never helps me prepares breakfast.



- ⑥ He forced me drinking that slimy thing.



## Exercise 6

Circle the correct word(s) to complete the following sentences.

- ① You had better get somebody ..... the house for you.

Ⓐ clean      Ⓑ to clean      Ⓒ cleaning      Ⓓ cleaned

- ② Her dress was too long, so she had the dress maker ..... it.

Ⓐ to shorten      Ⓑ shortened      Ⓒ short      Ⓓ shorten

- ③ You'd better have a plumber ..... the leak in the bathroom.

Ⓐ fixed      Ⓑ fix      Ⓒ to fix      Ⓓ fixing

- ④ Instead of buying a new pair of shoes, I had the shoe maker ..... my old ones.

Ⓐ repaired      Ⓑ repair      Ⓒ to repair      Ⓓ repairing

- 5 The teacher got the students ..... the first paragraph of the poem to make it easy to memorize.
- (a) to write      (b) writing      (c) written      (d) write
- 6 Regular repetition makes one ..... new words easily.
- (a) learned      (b) to learn      (c) learn      (d) learning

### Exercise 7

- Write a proper conclusion of a short report about a visit to the Museum of Islamic Art.



The Museum of Islamic Art

.....

.....

.....

.....

.....

.....

.....

.....

## Exercise 8

- Write a proper short report about a visit to the Grand Egyptian Museum.



**The Grand Egyptian Museum**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



## **Unit 2**

# **Smart World around You**





Exercise 1

Fill in the gaps with the correct word from the box.

convenience	virtual	huge	artificial	evolve
aspect	technological	evolution	access	collaborative

Technology has witnessed impressive .....1..... in the past few decades. It has transformed our lives and helped us .....2..... with it. From facilitating seamless travel through roadways, railways, and aircraft to enabling effortless communication across the globe, technology plays a vital role in enhancing our daily lives. It has also contributed more than anything to help mankind live a life of luxury and .....3..... It is also because of technology that we know our world and outer space better. Every field owes its advancement to technology, and this clearly indicates the importance of technology in every .....4..... of our lives.



There is continuous work and progress in the area of technology as it offers significant benefits. And these benefits have a .....5..... impact on our day-to-day lives and the operations of countless industries, such as healthcare, automobile, communication, manufacturing, and business, among others. We live in a world where collaboration is essential, and technology has

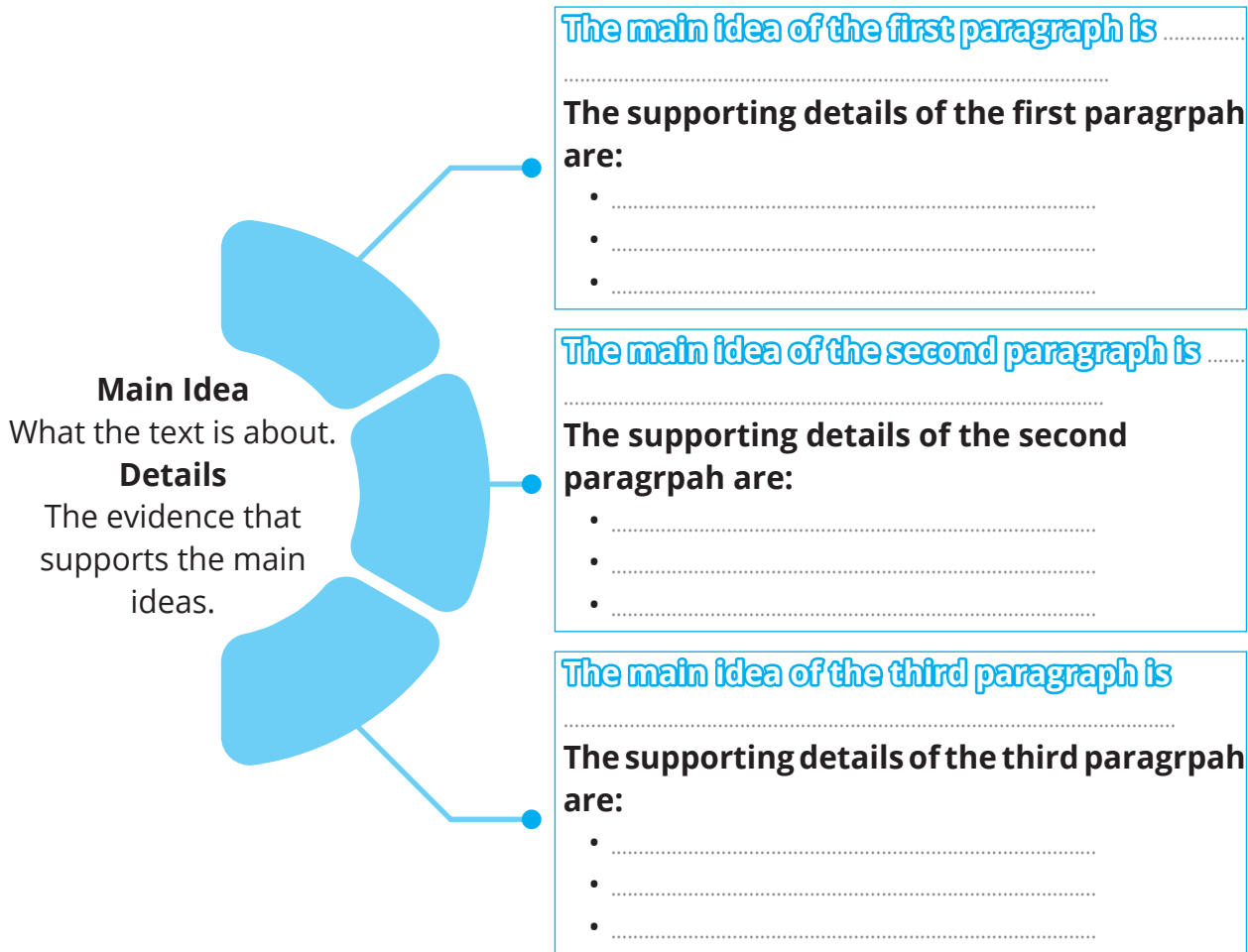


transformed how we collaborate. Businesses specifically benefit a lot from the .....6..... advantages of technological innovations that allow communication from any part of the world through .....7..... means. With this, businesses can tap into opportunities to expand globally or reach out to a wider audience with more ease.



Technology has made it possible for people from all walks of life to have .....8..... to different resources. Furthermore, it is also being used to equip people who need a certain type of assistance to improve their quality of life and help them avail opportunities that would otherwise be inaccessible. For instance, with .....9..... advancements, people with blindness or hearing difficulties can be provided assistance using technology. Further, health-related tools, such as .....10..... joints help people with certain disabilities or health conditions to have an improved quality of life.

Now that you have completed the exercise, fill in the following diagram.



Exercise 2

Look up these words in your dictionary and provide a synonym for each, then match them with their meanings.

Word		Synonym		Definition	
1	Evolve	.....	.....	(A)	Having the effect but not the appearance or form of something.
2	Artificial	.....	.....	(B)	Promotion in rank or status.

3	Convenience	.....	.....	Ⓒ	To change completely in form or function.
4	Virtual	.....	.....	Ⓓ	Vitally important, basic or fundamental.
5	Advancement	.....	.....	Ⓔ	To develop gradually.
6	Transform	.....	.....	Ⓕ	To be of use, advantage, or assistance.
7	Essential	.....	.....	Ⓖ	Made in imitation of a natural product.
8	Avail	.....	.....	Ⓗ	The quality of being suitable.

### Exercise 3

📌 **Complete the sentences using one of the following words.**

future    technology    appliances    symbolized    knocked    gadgets    facilitate

- Technology provides opportunities for people to promote and ..... communication between them.
- There is home ..... and other devices commonly used at home.
- Technology ..... on the doors of people and broke into their homes without permission.
- Technology can not only help with the present but also bring the ..... closer.
- When you contemplate your daily routine and count all the technology ..... you consume in just one day, you will realize how important technology is.
- No one can escape the absolute necessity of ..... in our daily lives.
- The World Wide Web is ..... by the abbreviation (WWW).

## Exercise 4





- Fill in the blank with the correct (noun + noun collocation) from the box.

call center	cheese cake	beauty industry
bars of soap	action movies	child care
core value	advertising agency	cable car

- ① Most students love .....
- ② It rained the whole time; we were sideswiped by a .....
- ③ I went to the supermarket to buy .....
- ④ My younger brother enjoys watching .....
- ⑤ Mona had a job at a/an ..... during her college years.
- ⑥ Ali was exposed to the ..... through his family.
- ⑦ A/An ..... buys advertising time in 100 markets for an advertiser.
- ⑧ It's necessary that ..... hire the most qualified teachers.
- ⑨ Education has been a ..... since the dawn of the nation.

## Exercise 5

- Find and correct the mistakes in each of the following sentences.

- ① He is driving in a crazy way. He'll have an accident.  
 .....
- ② If they don't stop making such noise, I am calling the police.  
 .....
- ③ The first class will start at 8:00 sharp on school days.  
 .....
- ④ Don't worry about your driving test! I'm sure you are passing it.  
 .....

- 5 By next September, the government will build the new school.  
.....
- 6 Look at this nice shirt! I am going to buy it immediately.  
.....
- 7 From 9 to 12 next Monday, they will have met the new candidates.  
.....
- 8 I've booked the tickets. I will travel to London.  
.....

## Exercise 6

Write a plan for your next weekend holiday using the following phrases.

- |                                  |                      |
|----------------------------------|----------------------|
| ◆ By the end of the holiday      | ◆ if I .....         |
| ◆ From 5 to 10,                  | ◆ I will .....       |
| ◆ I've booked .....              | ◆ I'm going to ..... |
| ◆ I decided quickly that I ..... |                      |

### My Next Weekend Plan

.....

.....

.....

.....

.....

.....

.....



## Exercise 7

- Using the steps of writing a blog, write an introduction to a blog entry about "using technology in healthcare."



### Using Technology in Healthcare

---

---

---

---

---

---

---

---

---

---

Exercise 1

Fill in the gaps with a word from the box.

breakthroughs	explores	highlights	efficiency	reusable
revolutionizing	navigation	innovations	innovative	universe

Technology and Space Exploration

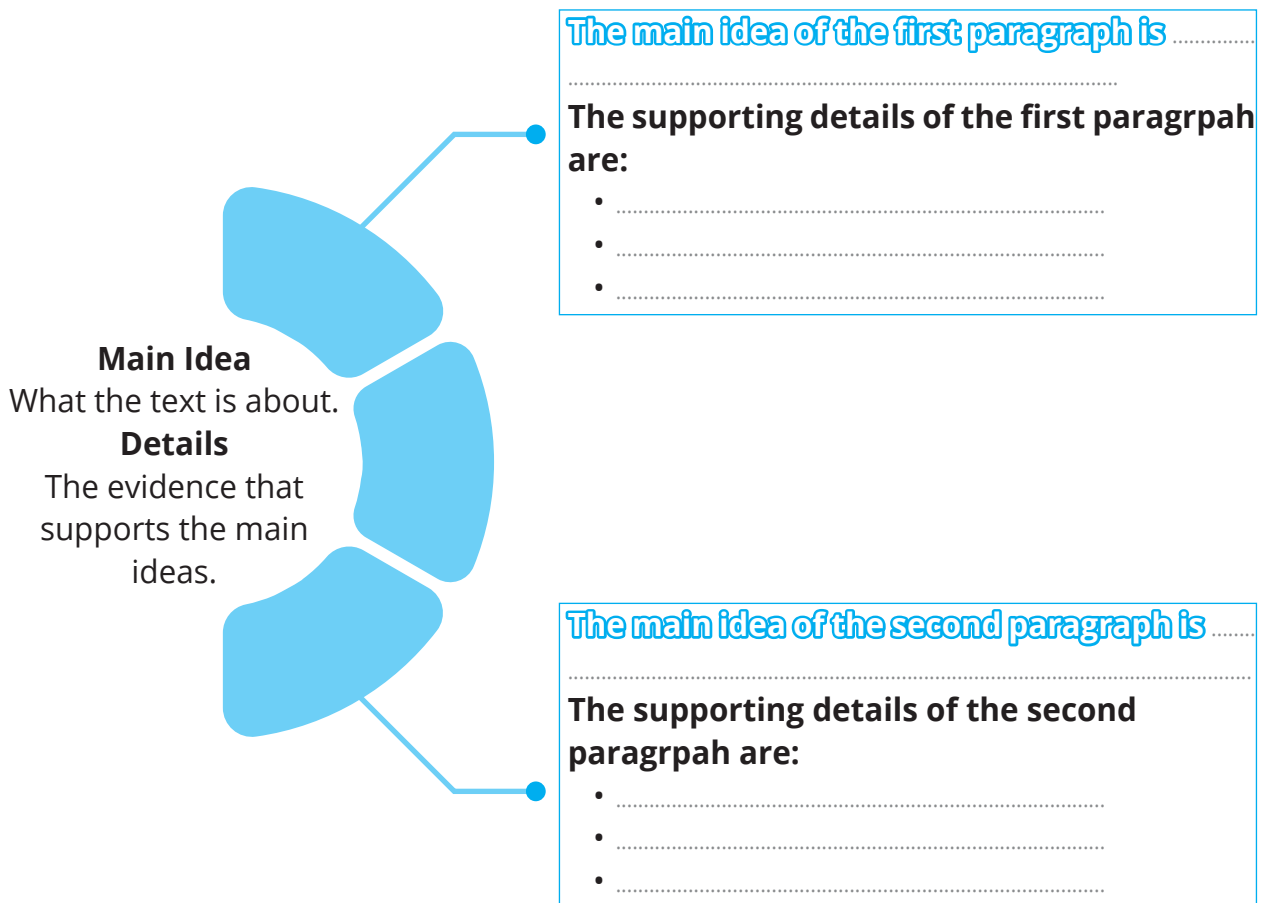
Space exploration continues to advance with .....1..... in rocket technology. This article .....2..... several key advancements that are .....3..... the field. The exploration encompasses three key areas: the advancement of reusable rocket technology, the revolution of small satellites, and the integration of artificial intelligence in the field of space exploration. These .....4..... hold immense potential for transforming how we explore and understand the .....5..... .



The advantages of reusable rocket technology, include cost reduction, increased launch frequency, and improved sustainability. It explores how .....6..... rockets are changing the dynamics of space missions and opening up new possibilities. Small satellite technology includes improved capabilities, and lower costs.

It .....7..... the rise of CubeSats and other small satellite platforms that are enabling .....8..... missions and adjusting access to space. Artificial intelligence is transforming space exploration through automation. It explores autonomous .....9....., robotic systems, and the use of (Artificial Intelligence) AI for mission planning and decision-making, enhancing the .....10..... and safety of space missions.

🔗 **Now that you have completed the exercise, fill in the following diagram.**



## Exercise 2

- Match the words in column (A) with their definitions in column (B).

Word		Definition	
①	Advancements	.....	Ⓐ The ability to maintain or support a process or system over an extended period without depletion.
②	Advantages	.....	Ⓑ The act of investigating or searching for new information, territories, or possibilities.
③	Automation	.....	Ⓒ The beneficial aspects or favorable conditions that provide an edge in a particular situation.
④	Encompasses	.....	Ⓓ The capacity to acquire, understand, and apply knowledge, involving problem-solving abilities.
⑤	Exploration	.....	Ⓔ The process of combining different parts or elements into a unified whole.
⑥	Integration	.....	Ⓕ The progress or improvements made in technology, knowledge, or other fields.
⑦	Intelligence	.....	Ⓖ The use of machines or technology to perform tasks with minimal human intervention.
⑧	Sustainability	.....	Ⓗ To include or cover a wide range of subjects, ideas, or elements within a particular context.

## Exercise 3

- Using your online dictionary, extract the synonyms of the following words and put them into sentences of your own.

Word		Antonyms	Usage
①	Universe	.....	.....
②	Innovative	.....	.....

3	Efficiency	.....	.....
4	Revolutionize	.....	.....
5	Reusable	.....	.....
6	Explores	.....	.....
7	Breakthroughs	.....	.....

Exercise 4

Complete the following sentences using one of the following words.

transformation	innovations	conquer	leap
detect	pillars	queries	artificial intelligence (AI)

- 1
- Technology has helped doctors answer all patient ..... faster.
- 2
- There are various technological ..... in the health sector.
- 3
- Advanced medical devices help ..... many diseases and have facilitated their treatment.
- 4
- One small step for man, one giant ..... for mankind.
- 5
- Robotics, additive manufacturing, and augmented reality are some of the ..... of industry 4.0.
- 6
- The race to explore and ..... continues to inspire everyone.
- 7
- It's clear that ..... is already used across many different space organizations.
- 8
- Industry 4.0 is the ..... of industrial activities.

## Exercise 5

Write what you would say in each of the following situations.

- 1 You offer to help your friend with a history project that he didn't finish.

.....

- 2 You offer to treat your friends to go with you to the cinema.

.....

- 3 A friend is absent because he is sick. He needs your help to communicate with the teacher.

.....

- 4 You work in a travel agency. A young gentleman enters your office and you offer him your service to take one of your holiday packages.

.....

- 5 Your friend offers you help with your school assignments.

.....

- 6 School holidays are coming soon. Your family has a plan to go abroad but do not have time to surf the internet to find the best deal. You offer help.

.....

## Exercise 6

Utilizing an online dictionary, place the words in the box into their appropriate columns.

layer	coward	betrayal	trial	power
layabout	liar	entire	flour	slayer
flower	science	our	require	obeyer

[aʊə]	[aɪə]	[eɪə]
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

Exercise 7

Choose the correct answer to complete the following sentences.

- 1
- He asked me (how long I was going - how far I was going - how long was I going - how long I am going) to stay.
- 2
- I want to know what (do those two boys do - are those two boys doing - those two boys are doing - those two boys did).
- 3
- He promised that he (will do - would have done - would do - will be doing) as soon as he could.
- 4
- The pupils keep asking me if they (can pass - could be passing - could pass - could have passed) the examination.
- 5
- The teacher explained that salmon (swam - swim - swimming - were swimming) up stream.
- 6
- They asked me whether I (have heard - was hearing - had heard - hear) the news.
- 7
- My friend told me that I (will have - can have - would have - shall have) rest that day.
- 8
- The teacher asked if they (will be - would be - can be - were) there the next week.



- 9 My boss wanted to know whether (if I sent - I had sent - if I had sent - had I sent) the documents or not.
- 10 They advised me (not to waste - should not waste - waste not - don't waste) my time.

## Exercise 8

Change the following into indirect (reported) speech.

- 1 He shouted, "What a mistake I have made!"  
.....
- 2 My friend says to me, "How beautiful your flat is!"  
.....
- 3 One of the enemy soldiers said, "Alas! there is no hope in resistance".  
.....
- 4 "What a wonderful idea you have" said my friend.  
.....
- 5 The tourist said, "What an astonishing monument you have!"  
.....
- 6 The girl said, "Hurrah! We have conquered our enemy".  
.....
- 7 The poor man said, "Alas! I have lost my only child".  
.....
- 8 "Hurrah, I've passed my exam!" he cried "Congratulations" I said to him.  
.....
- 9 "Many returns of your birthday", we said "Thank you", said the boy.  
.....
- 10 My friend said to me "Can you swim now, Ali?"  
.....

## Exercise 9

- Using the steps of writing a blog, write a body to a blog entry about "using technology in healthcare."



### Using Technology in Healthcare

---

---

---

---

---

---

---

---

---

---

## Exercise 1

Fill in the gaps with a word from the box.

prominent	apps	grabbed	visualize	facilitate
access	reality	emerged	smart	evolution

### Types of Education Technology

There are several types of educational technology that have .....1..... in the 21st century, opening up new avenues for teachers and students to enhance their learning experiences. Let's explore a few examples of these technologies utilized in modern schools and classrooms:



#### 1 Learning management systems:

It implies the various innovative tools used by teachers to .....2..... learning in the classroom and offline. Some of the .....3..... examples are Digital Whiteboards, Google Classroom, Digital Homework Planner, Moodle, and Talent LMS.

#### 2 AR and VR

Augment and Virtual .....4..... help students to .....5..... real-life concepts and places in the classroom setting and understand them deeply.

3 Mobile devices

Mobiles or smartphones with installed .....6..... are helping students to fulfill different educational purposes. They can .....7..... various E-Learning platforms, chat with teachers and other students, attend online webinars, etc.

4 Smart Classroom

The technological .....8..... in the education sector modernized the classrooms. It led to the innovation of .....9..... classrooms where computers, projectors, tablets, and software are all connected and well-coordinated. This aided in teaching and .....10..... the interest of students in academic subjects.

Exercise 2

Using your online dictionary, extract the antonyms of the following words and put them in sentences of your own.

	Word	Antonyms	Usage
1	Prominent	.....	.....
2	Facilitate	.....	.....
3	Smart	.....	.....
4	Phase	.....	.....
5	Visualize	.....	.....
6	Access	.....	.....
7	Reality	.....	.....

## Exercise 3

Complete the sentences using one of the following words.

educational	provide	skills	engagement
digitalization	tools	support	burden

- 1 The use of technology in education helped parents to ..... their children.
- 2 Educational technology has helped classrooms to ..... new learning experiences.
- 3 Teachers can use different ..... of educational technology to provide a learning experience to the students.
- 4 ..... technology has some challenges we must face.
- 5 Thanks to ....., the concept of E-learning came up!
- 6 Technology needs to upgrades puts an additional ..... on educational budget.
- 7 The use of technology in education helped students to increase their ..... in learning.
- 8 Teachers and students must have the necessary ..... to use the benefits of technology.

## Exercise 4

Rewrite the following sentences using an idiom containing the words in brackets.

- 1 From the moment the negotiations failed, war was inevitable. (die)

.....

- 2 Quickly! We'll miss the bus if we don't leave now. (chop)

.....

- ③ This shift in public opinion will help run immigration reform smoothly. **(grease)**



- ④ It's amazing to actually find a steak that's been cooked well and, wait a moment, well-seasoned! **(phone)**



- ⑤ When it came to the details of the project, he was a failure. **(nuts)**



- ⑥ Sama has encountered unexpected problems when publishing her new novel. **(buzz)**



## Exercise 5

Choose the correct form of the modal verb to complete the following sentences.

- ① Ali was a very talented child. He (could not - can - could - will) play the piano well when he was seven.
- ② He (must not - can - has to - will) lose some weight. His doctor said so.
- ③ (Ought - Shall - Will - May) we go shopping today? – No, I'd prefer to go tomorrow.
- ④ Sorry, Mum. I've broken a plate. – You (may - should - might - ought) be more careful.
- ⑤ I (need not - have to - must - cannot) go to the bank today. I have enough money.
- ⑥ Where's your father? – He (might - can - must not - will) be in the garage.

- 7 I hope I'll (could - can - be able to - may) go on holiday with my friends this summer.
- 8 I (mustn't - has to - must - will) go now. I'm late for a meeting.
- 9 Omar seems happy. He (shall - may - must - cannot) have passed the exam.
- 10 I (could - am able to - cannot - will not) open the window. It's stuck.

### Exercise 6

- Using the steps of writing a blog, write a concluding to a blog entry about "using technology in healthcare."



#### Using Technology in Healthcare

---

---

---

---

---

---

---

---



## Exercise 7

- Using the steps of writing a blog, write a blog entry about "using technology in reducing the negative effects of global warming".



## Technology and Global Warming

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



# **Unit 3**

## **Time Management**



## Exercise 1

● Fill in the gaps with a word from the box.

analogy	platter	approach	participants	priorities
goals	level up	resource	productivity	

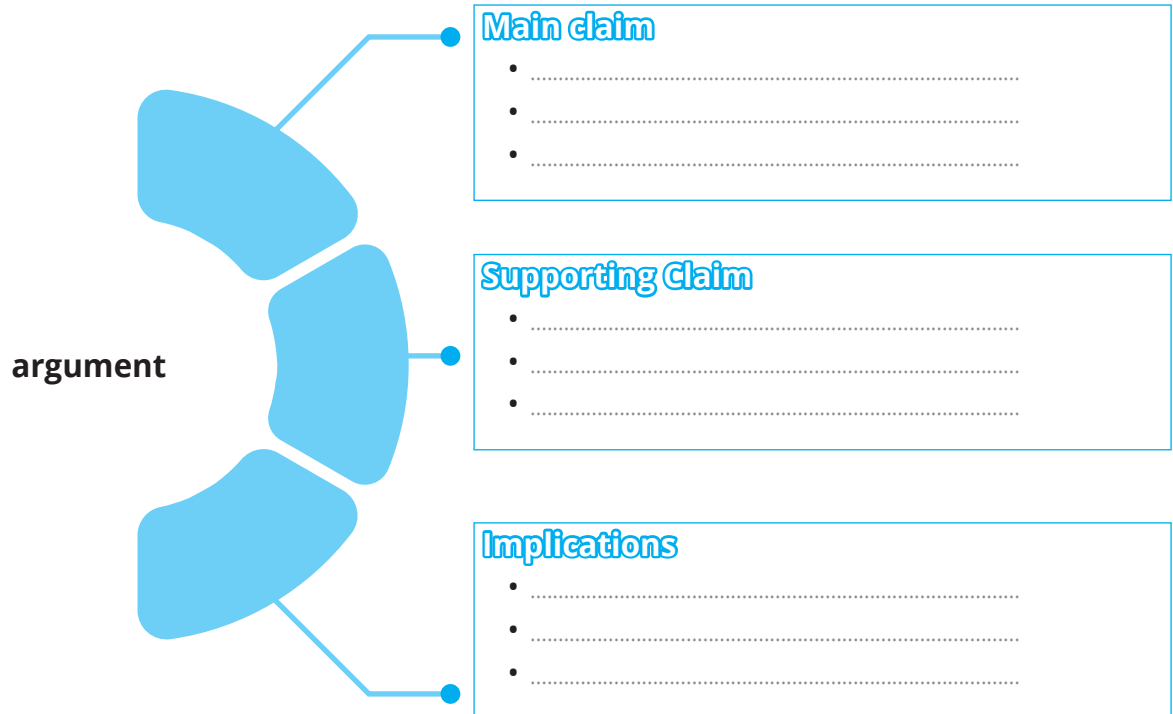
Time management is an essential step for .....1..... and success in both personal and professional lives. It involves skills and techniques to make the best possible use of the limited time available to achieve desired outcomes. To .....2..... our time management skills, we need to adopt a very organized .....3..... which is considered as a valuable .....4....., just like money or tangible assets.



Effective time management is about using our resources strategically and efficiently. It is like organizing a .....5..... of time with different tasks and activities to ensure that we complete what is most important. A useful .....6..... is to view time management as a game in which every decision we make affects our score. The more efficiently we use our time, the higher our score.

To achieve good results, .....7..... need to adopt a way to time management. It involves identifying .....8....., setting .....9....., and establishing routines to maximize the use of available time. It includes techniques such as scheduling, delegation, and time tracking. By using these tools, we can evaluate our use of time and make the necessary adjustments.

- Now that you have completed the exercise, fill in the following diagram?



## Exercise 2

- According to the reading text, answer the following questions.

- ◆ What are the best ways to achieve good results?

.....

.....

- ◆ How could students manage their study time very well?

.....

.....

Exercise 3

● Making use of your dictionary, write down the correct word in column (B) for each definition in column (A).

The Definition		The Word
1	The state or quality of being effective.	.....
2	To increase something to the next level.	.....
3	It is the feeling of being in a good mood.	.....
4	It is a figure of speech that describes a thing in a way which isn't literally true.	.....
5	A person who takes part in something.	.....
6	A stock or supply of something.	.....
7	Comparison between one thing and another.	.....

Exercise 4

● Use the words from the provided box to fill in the missing parts of the sentences.

dumb

pebbles

wide-mouthed

materialistic

gravel

fist-size

essential

- 1 Effective time management is ..... for maximizing productivity and achieving goals efficiently.
- 2 He put the flowers in a ..... blue vase.
- 3 This is done with small stones or ....., or other convenient small objects.
- 4 The book argues that we have become too .....
- 5 I'm not ..... enough to believe that.

- ⑥ The monster had short, powerful legs, ..... eyeholes.
- ⑦ The first section of the path is of compacted ..... and suitable for wheelchair access.

### Exercise 5

• **Complete the following sentences with the most appropriate collocating verb.**

- ① He ..... his tasks to effectively manage his time.  
 (a) prioritizes                      (b) develops                      (c) delegates
- ② She ..... her appointments to ensure efficient time management.  
 (a) schedules                      (b) balances                      (c) streamlines
- ③ The team ..... tasks to enhance their time management skills.  
 (a) delegates                      (b) set                      (c) provide
- ④ He ..... his work schedule to optimize time management.  
 (a) organizes                      (b) fasten                      (c) delegates
- ⑤ They ..... their processes to maximize time management efficiency.  
 (a) prioritize                      (b) question                      (c) optimize
- ⑥ He ..... realistic deadlines to facilitate effective time management.  
 (a) sets                      (b) delegates                      (c) draw
- ⑦ She ..... responsibilities to team members to foster better time management.  
 (a) delegates                      (b) puts                      (c) has
- ⑧ They ..... daily routines to establish consistent time management habits.  
 (a) establish                      (b) optimize                      (c) prioritize

## Exercise 6

Choose the correct forms of the present perfect continuous and future perfect to complete the sentences below.

1 When we arrive in Aswan, we will need to rest, because we ..... about 800 miles.

- |                           |                      |
|---------------------------|----------------------|
| (a) will be driving       | (c) will have driven |
| (b) will have been driven | (d) drove            |

2 By the time you arrive, I ..... something spectacular and dinner will be on the table waiting for you.

- |                      |                     |
|----------------------|---------------------|
| (a) will have cooked | (c) will be cooking |
| (b) will be cooked   | (d) will cook       |

3 When you get off the train, we ..... for you on the platform.

- |                     |                      |
|---------------------|----------------------|
| (a) will be waiting | (c) will have waited |
| (b) Will be waited  | (d) wait             |

4 She has ..... letters all morning.

- |                     |                  |
|---------------------|------------------|
| (a) written         | (c) been writing |
| (b) will be written | (d) been written |

5 I have ..... this watch since I was at school.

- |                  |                 |
|------------------|-----------------|
| (a) had          | (c) been having |
| (b) had been had | (d) having      |

6 We have ..... a great time. Why don't you join us?

- |                  |                 |
|------------------|-----------------|
| (a) had          | (c) been having |
| (b) had been had | (d) been        |



## Exercise 7

Use the verb between brackets in the correct form.

- 1 ..... (you / see) the news yet? You won't believe your eyes.
- 2 ..... (work) for big companies like this before. I know how they operate.
- 3 They ..... (live) in New York for 3 years before they ..... (move) to here three months ago.
- 4 Aseel ..... (study) for four hours when her father arrives.
- 5 By this time next year, I ..... (finish) the course, and I ..... (start) to speak English fluently.
- 6 Adam ..... (drive) for six hours when he arrived at the village. He ..... (drive) more than 300 miles.
- 7 They ..... (work) for two hours by the time the manager arrives at six today.

Exercise 8:

Write the first section of your brother/sister CV addressing his/her personal data.

### "CV"

**Personal Data:**

**Name:** .....

**Address:** .....

**Tel:** .....

**Mobile:** .....

**E-mail:** .....



## Exercise 1

Fill in the gaps with a word from the box.

Productivity	derives	widespread	academic	essence
concentration	cycle	simplicity	optimize	

The Pomodoro Technique is an incredibly effective and popular time management system that has proven to significantly boost .....1..... and efficiency in various fields, including academics and professional settings. Developed by an Italian man named Francesco Cirillo in the 1980s, the Pomodoro Technique .....2..... its name from a tomato-shaped timer, or "pomodoro" in Italian, which Cirillo's mother used while cooking. Today, this technique has garnered .....3..... recognition and has helped individuals, like Peter, excel as A-grade students. Peter's firsthand experience attests to the technique's effectiveness, as he has witnessed significant improvements in his study habits and .....4..... performance since adopting this time management strategy.



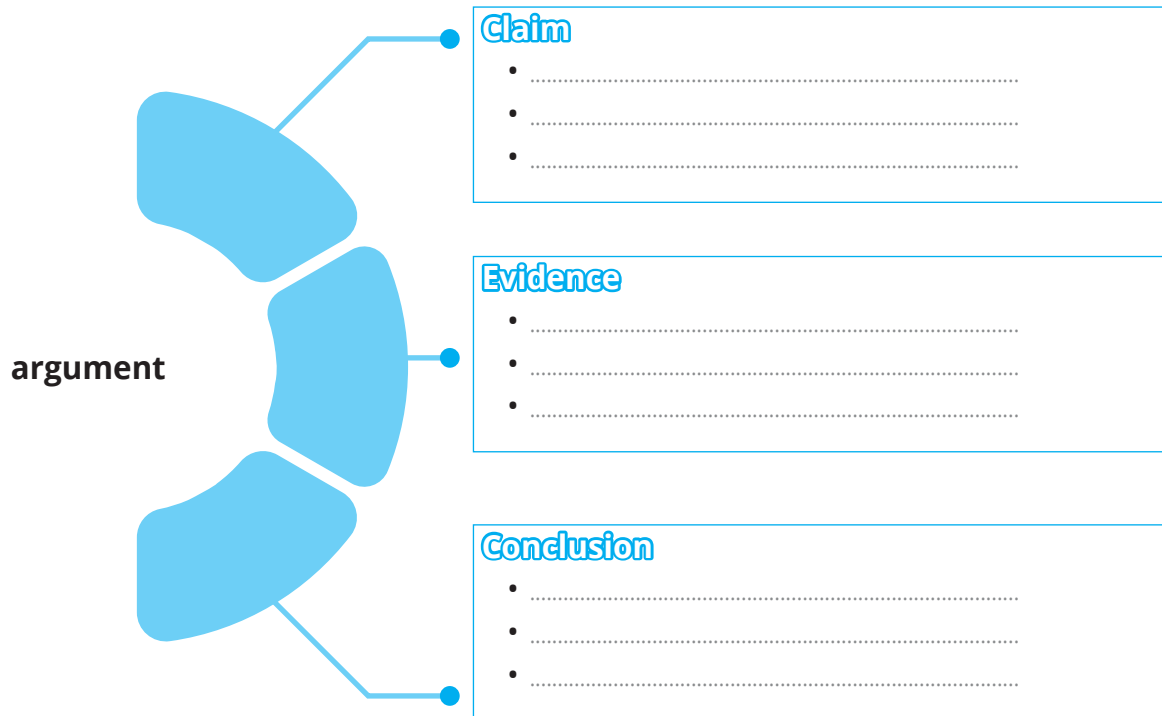
According to Peter, the .....5..... of the Pomodoro Technique lies in its simplicity. It entails breaking down tasks into smaller, manageable segments and allocating specific time intervals, typically 25 minutes each, to work on each task. These intervals are known as "pomodoros," and after each completed segment, a short break of three to five minutes is taken. These regular breaks provide an opportunity to relax and rejuvenate the mind, thus preventing burnout and maintaining focus throughout the study or work session. Moreover, after several consecutive "pomodoros," a more extended

break is taken to recharge before resuming the work .....6..... The underlying principle behind the Pomodoro Technique is to create a sense of urgency during the working intervals, instilling a heightened level of .....7..... and productivity. Peter, like many other enthusiasts of the technique, finds that using a traditional kitchen timer, rather than a smartphone, helps avoid potential distractions from messages and applications.



In conclusion, the Pomodoro Technique has emerged as a powerful tool for enhancing time management skills, providing individuals with an effective means to structure their work and study routines. Its .....8..... and versatility make it accessible to people of all ages and professions, helping them achieve higher levels of productivity and a better work-life balance. As Peter's success story demonstrates, the Pomodoro Technique can be a game-changer for those seeking to .....9..... their time and make the most out of their daily activities.

- Now that you have completed the exercise, fill in the following diagram?



## Exercise 2

- Discuss the following in pairs or groups and summarize your discussion in points.
- ◆ Techniques and strategies for effective time management.
  - ◆ Time management tools and apps for improved productivity.
  - ◆ Overcoming common time management challenges.
  - ◆ Time management for students and academic success.
  - ◆ Time management for enhancing decision-making and problem-solving skills.

## Exercise 3

📌 Complete the sentences with a suitable word from the box.

boost	recognition	experience	witnessed	simplicity
opportunity	burnout	principle	distractions	powerful

- ① Regular exercise can ..... your energy levels and improve overall well-being.
- ② Her hard work and dedication earned her ..... as the employee of the year.
- ③ Through his extensive ..... in the field, he has acquired valuable skills and knowledge.
- ④ During the event, we ..... a spectacular display of fireworks lighting up the night sky.
- ⑤ The ..... of the user interface makes this software easy for anyone to use.
- ⑥ The job fair presented an excellent ..... for recent graduates to connect with potential employers.
- ⑦ Continuous overtime and overwhelming workload can lead to ..  
..... and exhaustion.
- ⑧ The ..... of fairness and equality is fundamental to a just society.
- ⑨ To stay focused during study sessions, it's essential to minimize  
..... like social media.
- ⑩ The ..... impact of the new marketing campaign resulted in a significant increase in sales.

**Exercise 4**

Underline the prepositional phrases of adjective and circle the prepositional phrases of adverb in the following sentences.

- ① The fish in the pond kept swimming.
- ② The brothers decided to open a restaurant in the city.
- ③ We won the competition against 100 teams.
- ④ The teacher in the blue dress left the classroom.
- ⑤ The broth of the grilled chicken tasted delicious.
- ⑥ The boy runs near the seashore.
- ⑦ My grandmother enjoyed the play of the famous actor.
- ⑧ The lobster near the water was bright red.

**Exercise 5**

Underline the prepositional phrases in the following sentences, then use them in sentences of your own.

- ① The pumpkin rolled down the hill.  
She rolled down the car window.
- ② The apartment above ours is vacant.



- ③ lightning struck a tree near our house.



- ④ The city beneath the sea is beautiful.



- ⑤ The snake bit me below the ankle.



- ⑥ He skimmed from page to page.



7 Through effort we can succeed in many things.



8 She waited for him by the theater.



## Exercise 6

Write what you would say in each of the following situations.

1 You ask your friend for his opinion of attending the graduation party.



2 You ask your sister if she has any idea about the next train.



3 The teacher asked about our feelings towards the war.



4 The police officer asked if we had any thoughts about the accident.



5 Sama needs to ask Aseel about her opinion on the new dress.



6 Our neighbors ask about our feelings towards the new building gate.



7 You ask your mother if she has any idea about the place of the new bag in my room.





Exercise 7

Place the following compound adjectives into their respective columns within the box based on their categories.

White-collar	Eye-opening	Brand-new	Short-handed	ill-minded
Ice-cold	Grass-fed	Home-bred	Mouth-watering	East-facing
Overcooked	Undercooked	Deep-fried	Quick-thinking	Seasick

Adjective+ noun	Adjective+ present participle	Adjective+ past participle
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....
.....	.....	.....

Exercise 8

Replace the phrases in italics with the correct compound adjectives from the box and rewrite each.

a green-eyed monster	a five-year-old boy	well-behaved children
slow-moving traffic	a short-haired man	a ten-minute walk
a kind-hearted lady	high-spirited students	a twelve-story building
a mouth-watering dessert		

1 It is a walk that takes *ten minutes*.

Ans. It is a ten-minute walk.

② They are students in *high spirits*.



③ There are some children *who behave well*.



④ I can see a monster *with green eyes*.



⑤ It is a building that *has twelve stories*.



⑥ He is a boy who is *five years old*.



⑦ Here is the *traffic that moves slowly*.



⑧ He is a *man who has short hair*.



⑨ She is a *lady with a kind heart*.



⑩ It is a *dessert that makes your mouth water*.



## Exercise 9

- Write the second section of your brother/sister CV addressing his/her educational qualifications, interests, and experiences.

Education qualifications, interests, and experiences:

.....

.....

.....

.....

.....



### Exercise 1

● Fill in the gaps in the passage with a word from the box.

priorities	burnout	chunks	procrastination
responsibilities	schedule	socializing	assignments

In our fast-paced world, .....1..... often pile up faster than we can handle. We all aspire to be productive and efficient, but sometimes .....2..... sneaks in and derails our plans. To combat this, it's helpful to break tasks into manageable .....3..... By doing so, we avoid the overwhelming feeling of having too much on our plate. It's important to be mindful of .....4..... and take steps to prevent it. An overloaded .....5..... can lead to exhaustion and decreased productivity. Therefore, it's crucial to prioritize our tasks and determine which ones require immediate attention. This way, we can avoid unnecessary stress and focus our energy on what truly matters. Another factor that affects our productivity is .....6..... While connecting with others is essential for our well-being, excessive socializing can sometimes hinder our progress. Furthermore, managing .....7..... effectively plays a significant role in our overall productivity. Choosing important tasks as .....8..... based on deadlines and importance ensures that we stay on track and meet our obligations in a timely manner.

In conclusion, being aware of our responsibilities, avoiding procrastination, breaking tasks into manageable chunks, preventing burnout, prioritizing our schedule, managing assignments effectively, and finding the right balance with socializing are all crucial aspects of maintaining a productive and fulfilling life.



## Exercise 2

• Read the passage again, then tick (✓) or (X) in front of the following sentences.

- ① Excessive socializing can't sometimes hinder our progress. (     )
- ② Effective managing for assignments plays a significant role in our overall productivity. (     )
- ③ It is important to prioritize your tasks. (     )
- ④ If you manage your time well, you will avoid unnecessary stress. (     )
- ⑤ Procrastination helps us take break from wok. (     )
- ⑥ Burning out can increase our productivity. (     )
- ⑦ Choosing important tasks as priorities based on deadlines and importance. (     )
- ⑧ Breaking tasks into manageable chunks can help avoid procrastination. (     )

## Exercise 3

• Complete the following dialogue about the value of mastering time management.

- ♦ **Omar:** Hey, have you ever thought about the role of mastering time management in our lives?
- ♦ **Kareem:** .....(1)..... .
- ♦ **Omar:** That's true. It seems like time is constantly slipping away, and if we don't manage it well, we end up feeling overwhelmed and unproductive.
- ♦ **Kareem:** Exactly. But .....(2)..... ?

- ♦ **Omar:** yes, I think having a clear plan helps us stay focused and avoid wasting time on unimportant tasks or getting caught up in distractions.
- ♦ **Kareem:** can .....(3)..... ?
- ♦ **Omar:** Right, procrastination can really hinder our progress. By mastering time management, we can develop discipline and overcome the temptation to put things off until the last minute.
- ♦ **Kareem:** Additionally, proper time management allows us to create a healthy work-life balance. But, is .....(4)..... ?
- ♦ **Omar:** Absolutely, we need that balance to avoid burnout. By managing our time effectively, we can avoid feeling overwhelmed by work or other responsibilities.

## Exercise 4

- Choose the suitable compound adjective to complete the following sentences.

200-page	better-suited	well-mannered	brightly-lit
brand-new	under-cooked	low-stress	yellow-striped

- ① Sama is a ..... girl. She is polite and humble.
- ② My sister chose the ..... room.
- ③ I am reading a ..... novel.
- ④ Jim bought a ..... bike.
- ⑤ It turned out to be a very ..... job.
- ⑥ Reem was ..... to the role than Aseel.
- ⑦ She drove a ..... car.
- ⑧ The meat was ....., but the broccoli was perfect.

## Exercise 5

- Match the compound adjective in column (A) with its correct parts of speech in column (B).

Word		Definition	
①	Narrow-Minded	.....	Ⓐ adjective + past participle
②	Never-Ending	.....	Ⓑ adverb + past participle
③	World-Famous	.....	Ⓒ noun + past participle
④	Full-Length	.....	Ⓓ noun + present participle
⑤	Well-Behaved	.....	Ⓔ adjective + present participle
⑥	English-Speaking	.....	Ⓕ adverb + present participle
⑦	Sun-Baked	.....	Ⓖ noun + adjective
⑧	Good-Looking	.....	Ⓗ adjective + noun

## Exercise 6

- Underline the compound adjectives and write the parts of speech.

**Example:** All my students are well-behaved.

(Adverb + Past Participle)

- ① The villain in that movie seemed to be a cold-blooded man.

(..... + .....)

- ② Omar works as a part-time trainer.

(..... + .....)

- ③ Each one of us was able to make it to the top of the 100-feet high mountain.

(..... + .....)

- ④ The three-legged green-eyed monster in the movie looked really scary.  
( ..... + ..... )
- ⑤ Since you are a diabetes patient, make sure you consume only sugar-free food.  
( ..... + ..... )
- ⑥ Find out if the widely-known singer would be available to be our chief guest for the inter-state musical competition.  
( ..... + ..... )
- ⑦ The marriage and reception were well-planned.  
( ..... + ..... )
- ⑧ The movie about the life of nurses in the Middle East countries had a long-lasting effect on the audience.  
( ..... + ..... )

## Exercise 7

- ✎ Rewrite the following sentences using the most suitable idiom from the box.

beat the clock	time flies	in the nick of time
time is money	crunch time	run out of time

- ① In a desperate attempt to finish quickly, I raced to mail my tax return before midnight.  
In a desperate attempt to beat the clock, I raced to mail my tax return before midnight.
- ② The rescue came just in time.  
✎ .....
- ③ It's crucial time for students who want to graduate early.  
✎ .....

- ④ People say time passes when you're having fun.



- ⑤ Time is very valuable. So time is important.



- ⑥ We don't have enough time and didn't finish the project.



### Exercise 8

- ✎ Write the third section of your brother/sister CV addressing his/her personal skills, hobbies, and future plans.

#### Personal Skills, Hobbies, and Future Plans

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Exercise 9

• Write the full CV of your grandfather or grandmother.

Handwriting practice area with 25 horizontal dotted lines for writing the CV of a grandfather or grandmother.



# **Unit 4**

## **Human Brain**

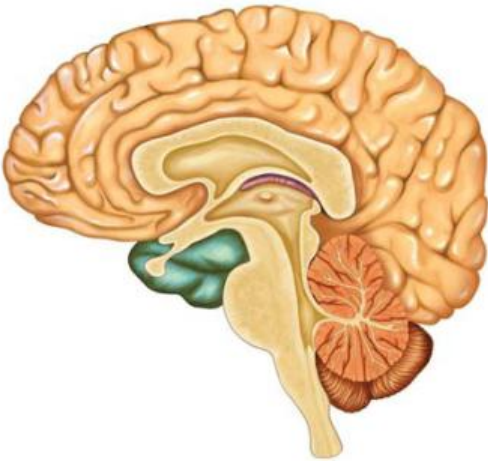


Exercise 1

Fill in the gaps with a word from the box.

efficient	connections	place	nerves	complex
neuron	naked	receives	operates	composed

The brain is involved in all aspects of our day-to-day living. It .....1..... in everything we do from simple tasks like watching television to .....2..... tasks like rocket science. It processes information that it .....3..... from the senses and body and sends messages back to the body. Your brain is .....4..... of about 85 billion neurons, which is more than the number of stars you can see with the .....5..... eye in the night sky. A .....6..... is a cell which acts as a messenger, sending information in the form of nerve impulses (like electrical signals) to other neurons. For example, when you are writing, some neurons in your brain send the “move fingers” message to other neurons and this message then travels through the .....7..... (like cables) all the way to your fingers. The messages sent between neurons using electrical signals are what enable you to do all the things you do, like writing, thinking, seeing, jumping, talking, and even processing information. When you are learning, important changes take .....8..... in your brain, including the creation of new .....9..... between your neurons.



The more you practice, the stronger these connections become. As your connections strengthen, the messages (nerve impulses) are transmitted increasingly faster, making them more .....10..... That is how you become better at anything you learn whether it is playing football, reading, drawing, etc.



After completing the exercise, write down FIVE main functions of the human brain.

.....

.....

.....

.....

.....



Summarize the details you have extracted in phase (1) using your own language as possible in no more than 60 words.

.....

.....

.....

.....

.....

.....

Exercise 2

Look up the words in column (A) in your dictionary, then match them to their meanings in column (B).

Word		Definition	
1	Neurons	(A)	A part of an organ, like the liver, lung, breast, thyroid, or brain.
2	Nerve	(B)	The natural ability of the eye without any tools that alter the perceived size or distance of an object.
3	Lobes	(C)	Similar to cables, these transmit electrical signals between your brain and the rest of your body.
4	Nerve impulse	(D)	Special cells that send messages throughout your body, enabling functions like breathing, talking, eating, walking, and thinking.
5	Naked eye	(E)	To enhance or improve something, or to become stronger and more effective.
6	Strengthen	(F)	A slow change in the membrane of a nerve fibre following stimulation, involving physical and chemical processes.

Exercise 3

Complete the sentences using one of the following words. Use a/an when necessary.

strengthen	naked eye	communicate	disorders
emotional	reliable	simple	composed

- 1 These exercises will ..... your stomach muscles.
- 2 The neurons of the brain cannot be seen by .....
- 3 Air is ..... mainly of nitrogen and oxygen.
- 4 Neurons ..... through electrical signals and neurotransmitters.

- 5 The frontal lobe handles decision-making, problem-solving, and ..... control.
- 6 Scientists strive to develop new treatments for brain-related .....
- 7 The word "efficient" in the text is closest in meaning or synonym to .....
- 8 The word "complex" in the text is the opposite to or antonym for .....

Exercise 4

Engage in pairs to explore the distinct functions regarding memory of each part of the brain, then make a diagram depicting the primary functions of the brain which are related to memory.

Brain Part	Brain Functions Related to Memory
Frontal Lobe	Working Memory: Temporarily holds and manipulates information for cognitive tasks and decision-making.
	Episodic Memory: Recollects personal experiences and events.
	Source Memory: Remembers the context or origin of information or experiences.
Parietal Lobe	Spatial Memory: Recalls spatial information, like locations and directions.
	Object Recognition Memory: Identifies and recalls previously encountered objects.
	Associative Memory: Links different memories or pieces of information.
Temporal Lobe	Long-Term Memory: Encodes, stores, and retrieves long-lasting memories.
	Declarative Memory: Enables the recollection of facts, events, and knowledge.
	Auditory Memory: Retains auditory information, including language and music.

Occipital Lobe	Visual Memory: Remembers visual details and experiences.
	Face Recognition Memory: Specialized for recognizing and recalling familiar faces.
	Spatial Navigation Memory: Recalls spatial layouts and aids in navigation.
Brainstem	Implicit Memory: Supports unconscious recall of skills and habits.
	Procedural Memory: Remembers how to perform procedures and motor skills.
	Automatic Memory: Retains routine tasks and actions with little conscious effort.
Cerebellum	Procedural Memory: Helps in learning and retaining motor skills and muscle memory.
	Classical Conditioning: Involved in acquiring and retaining conditioned reflexes.
	Timing and Coordination Memory: Aids in remembering timing and movement sequences.



Exercise 5

🔍 In groups, complete the following analogy between the brain and the library.

Aspect	Human Brain	Library
Function	Controls thoughts, emotions, actions	Stores and provides access to information and knowledge
Importance	.....	.....
Structure	.....	.....
Organization	.....	.....
Retrieval	.....	.....
Complexity	.....	.....
Capacity	.....	.....
Maintenance	.....	.....



Exercise 6

Complete the following table writing the family of word “HELP”.

Helpful	Unhelpful	Helpfully	Helper	Helping
Unhelpfulness	Helpfulness	Unhelpfully	Helped	Helpless
Helplessness	Helplessly	Helping	Help	

Nouns	Adjectives	Adverbs	Verbs
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....

Exercise 7

Choose the correct collocating adverb to complete the following sentences.

- 1

Mohammed was ..... delighted to win first prize.

a

absolutely

b

heavily

c

badly

d

increasingly

2

Several passengers were ..... injured in the accident.

a

quietly

b

badly

c

sadly

d

lately

3

The soldiers guarding the building were all ..... armed.

a

weakly

b

heavily

c

strongly

d

lightly

- ④ As your connections strengthen, the messages are transmitted ..... faster.
- (a) slowly (c) hardly  
(b) increasingly (d) happily
- ⑤ Why are you so ..... unhappy? Is something wrong?
- (a) happily (c) lately  
(b) highly (d) deeply
- ⑥ It's ..... normal to be nervous before an exam.
- (a) happily (c) perfectly  
(b) highly (d) deeply

### Exercise 8

Choose the correct verb form to complete the following sentences.

- ① The Olympic Games ..... every four years.
- (a) take place (c) took place  
(b) will take place (d) taking
- ② The patient ..... his operation tomorrow morning at a famous hospital in Cairo.
- (a) will have (c) has  
(b) had (d) have
- ③ I ..... various sports when I was young.
- (a) practice (c) practiced  
(b) will practice (d) practices
- ④ The brain ..... all our today actions.
- (a) control (c) controls  
(b) will control (d) controlled

- 8 We ..... our English monthly test next week.  
 (a) will take (c) takes  
 (b) took (d) had taken
- 5 Dr Magdi Yaccob ..... many positions when he was in Britain.  
 (a) held (c) hold  
 (b) will hold (d) holds
- 6 We ..... on our parents when we are young.  
 (a) depend (c) depended  
 (b) will depend (d) depends
- 7 Our primary teachers ..... so friendly.  
 (a) is (c) are  
 (b) were (d) will be
- 8 What would you like to drink? I ..... orange juice.  
 (a) has (c) have  
 (b) will have (d) had
- 9 We ..... them to the party but they decided not to come.  
 (a) invite (c) invited  
 (b) will invite (d) invites

### Exercise 9

• **Complete the sentence with the correct form of the verbs between brackets.**

- 1 Mohammad (pass) ..... the driving test last week.  
 2 (Are) ..... you be at the hospital tomorrow?  
 3 The brain (receive) ..... information from the senses and body, and (send) ..... messages back to the body.

- ④ The patient ..... (listen) attentively to the doctor's instructions last week.
- ⑤ An expert doctor specialist in mental disease (visit) ..... our city next month.
- ⑥ The nerve of the brain (work) ..... as a messenger.
- ⑦ Mohammad (spent) ..... his childhood with his grandparent at the countryside.
- ⑧ The swimming pool (open) ..... at 7 o'clock A.M.
- ⑨ Acoording to the weather forecast, it (is) ..... hot tomorrow.

### Exercise 10

- Write an introductory paragraph for a diary entry detailing an exciting day you spent at the zoo.



Dear Diary,

Yesterday was .....

.....

.....

.....

.....

.....

## Exercise 1

- Complete the following comments.

"A sound mind is in a sound body."



- ♦ How strongly do you agree with this statement and why?

Read the following comment then send your comments in turn:

### ① By Mahmoud Akram a student at prep three

I agree that the safety of the body affects the safety of the mind, but I find many people whose bodies are disabled but their minds remain alive thinking. Therefore, the human should be careful to keep his body intact to keep his mind intact as well, and that is by true nutrition.

- ♦ Ahmed's comment:

.....

.....

.....

## ♦ Sara's comment:

.....

.....

.....

## ♦ Your comment:

.....

.....

.....

## Exercise 2

## ● Fill in the gaps with a word from the box.

coping mechanisms	prioritize	symbiotic relationship	mindfulness
emotional stability	nurture	cognitive abilities	reciprocal

- ① She wants to stay at home to ..... her young children.
- ② Having the ability to ..... his affairs is necessary for decision-making.
- ③ We have agreed to exchange information about our two companies, but on a .....
- ④ ..... can be used to overcome feelings of anxiety and depression.
- ⑤ My brother has a serious physical disability which affects his ....., memory and ability to manage his own affairs.
- ⑥ Mental health involves maintaining ....., managing stress.

- 7 The internet had become ..... for most unemployed youths.
- 8 This ..... between mental health and healthy body is crucial for a balanced life.

### Exercise 3

- Utilizing context clues from the sentences given identify a synonym from the box that closely matches the meaning of each underlined word.

essential for	highlighted	improve	anxiety
mental	maintains	stable	regular

- 1 Drug abuse can lead to both physical and psychological (.....) problems.
- 2 The company needs to enhance (.....) your performance in all these areas.
- 3 The country is enjoying an unshaken (.....) period of economic and politics.
- 4 The peace talks concentrated on (.....) the importance of understanding between two sides.
- 5 He felt distress (.....) about the possible loss of his job.
- 6 previous experience is necessary for (.....) this job.
- 7 She keeps (.....) a close relationship with her college roommate.
- 8 The teacher was worried because of Ali's frequent (.....) absence from class.

## Exercise 4

Choose the correct transition to complete the following sentences.

- 1 ..... , the human brain is an incredibly complex organ that controls all body functions.  
(a) However (c) In contrast  
(b) To summarize (d) First
- 2 The brain processes sensory information; ..... , it interprets touch, taste, and sound.  
(a) however (c) similarly  
(b) in conclusion (d) next
- 3 The frontal lobe is responsible for decision-making and problem-solving, ..... , the occipital lobe is involved in visual reception.  
(a) before (c) as well  
(b) by the same token (d) finally
- 4 Many neurological disorders affect memory retention; ..... , Alzheimer's disease is known to impact long-term memory.  
(a) on the other hand (c) so  
(b) since (d) instead
- 5 ..... , the brain undergoes significant changes during early childhood development.  
(a) Before (c) Still  
(b) In summary (d) After
- 6 The hippocampus plays a vital role in memory formation; ..... , damage to this region can lead to memory loss.



Ⓐ consequently

Ⓒ yet

Ⓑ still

Ⓓ finally

- 7 ..... , the brain is protected by the skull and surrounded by cerebrospinal fluid to prevent injury.

Ⓐ However

Ⓒ Before

Ⓑ In contrast

Ⓓ After

- 8 The cerebellum is responsible for coordinating movement; ..... , it helps us maintain balance and posture.

Ⓐ also

Ⓒ before

Ⓑ moreover

Ⓓ instead

- 9 The brain processes vast amounts of information every day; ..... , it is an organ of unparalleled complexity.

Ⓐ after

Ⓒ overall

Ⓑ in summary

Ⓓ yet

## Exercise 5

🔍 Circle the triphthong / aʊə / in the following.

fire	our	dire	hour	sour
inspire	Ireland	flour	layer	mayor
player	admire	fire	hire	lower
slower	mower	power	tower	acquire

## Exercise 6


Classify the following nouns into countable or uncountable.




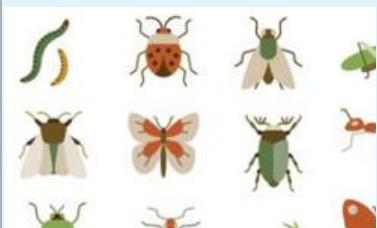



man	sugar	cell	blood	organ
beauty	head	food	air	rice
neuron	message	knowledge	anger	safety
fingers	signals	evidence	stars	fear

Countable nouns	Uncountable nouns
1 .....	1 .....
2 .....	2 .....
3 .....	3 .....
4 .....	4 .....
5 .....	5 .....
6 .....	6 .....
7 .....	7 .....
8 .....	8 .....
9 .....	9 .....
10 .....	10 .....

## Exercise 7

Look at the following pictures to state whether the nouns are countable or uncountable.

	Women	1 countable 2 uncountable
---	-------	------------------------------

	Butter	<div>1 countable</div> <div>2 uncountable</div>
	Fog	<div>1 countable</div> <div>2 uncountable</div>
	Fear	<div>1 countable</div> <div>2 uncountable</div>
	Insects	<div>1 countable</div> <div>2 uncountable</div>
	Money	<div>1 countable</div> <div>2 uncountable</div>
	Bike	<div>1 countable</div> <div>2 uncountable</div>
	Information	<div>1 countable</div> <div>2 uncountable</div>

## Exercise 8

Choose the right word (s) to complete the following sentences.

- 1 The religious difficulty gave him as ..... anxiety.  
① few                      ② little                      ③ many                      ④ a few
- 2 It didn't take ..... effort to repaint the house.  
① much                      ② many                      ③ a few                      ④ a lot
- 3 You travel a lot. Have you been to ..... countries?  
① much                      ② many                      ③ few                      ④ little
- 4 It costs ..... money to give your children a good education.  
① much                      ② many                      ③ a lot of                      ④ few
- 5 "Have you got any coins for the vending machine?" "Yes, I have  
....."  
① a little                      ② a few                      ③ much                      ④ little
- 6 We need to go to the greengrocer's. There are .....  
potatoes left.  
① few                      ② a few                      ③ a little                      ④ much
- 7 There was ..... traffic so we arrived very early.  
① a little                      ② a few                      ③ little                      ④ many

## Exercise 9

- Write a body paragraph for a diary entry detailing an exciting day you spent at the zoo.



Body

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

## Exercise 1

● Fill in the gaps with the correct word from the box.

component	decisions	resilience	enables
disorders	distress	circumstances	supportive

**Mental Health**

Mental health is a state of mental well-being that .....1..... people to cope with the stresses of life, realize their abilities, learn well and work well, and contribute to their community. It is an integral .....2..... of health and well-being that underpins our individual and collective abilities to make .....3....., build relationships and shape the world we live in. Mental health is a basic human right. It is very important for individual growth, community progress, and socio-economic advancement. Mental health is more than the absence of mental .....4..... It exists on a complex continuum, which is experienced differently from one person to other, with varying degrees of difficulty and .....5..... and potentially very different social and clinical outcomes. Exposure to unfavorable social, economic, environmental .....6....., including poverty, violence and inequality, also increases people's risk of experiencing mental health problems. Identifying the individual, social and structural determinants of mental health, and then intervening to reduce risks, build .....7..... and establish .....8..... environments help to prevent its problem.

Exercise 2

Match the words in column (A) with their synonyms in column (B).

Word			Definition	
1	Circumstances	.....	A	Ailments
2	Disorders	.....	B	Endurance
3	Distress	.....	C	Empowers
4	Enables	.....	D	Anxiety
5	Resilience	.....	E	Situations
6	Supportive	.....	F	Encouraging

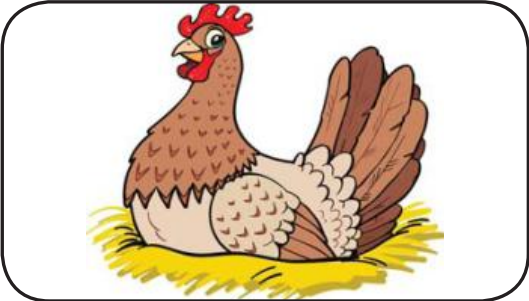
Exercise 3

Choose the right idiom from the box to complete the following sentences.

the brain behind	pick .... brain	rack someone brain
beat brain out	bird brain	on someone mind

**English Idiom**

**Bird Brain** - refers to a stupid person or animal; somone that is confused



- 1 It is hard to deal with people who are .....
- 2 I have been ..... all the day but I cannot remember her name.

- ③ The new tech company is growing so fast. Who's the ..... it?
- ④ If you are looking for new marketing ideas, you should .....  
Ahmed's ..... He is very creative.
- ⑤ I need to give my friend Ali a call. He is ..... my .....  
a lot lately.
- ⑥ I have been ..... trying to think of a way to get more  
money to overcome the financial crisis.

### Exercise 4

Choose the correct answers.

- ① I need ..... iron to press my trousers.  
 (a) much                      (b) little                      (c) an                      (d) a
- ② Would you like ..... coffee?  
 (a) a                      (b) much                      (c) an                      (d) some
- ③ Would you prefer ..... chicken or turkey?  
 (a) a                      (b) an                      (c) none                      (d) many
- ④ ..... glass of orange juice, please.  
 (a) An                      (b) A                      (c) Much                      (d) little
- ⑤ Glass ..... conduct electricity well.  
 (a) do not                      (b) does not                      (c) are not                      (d) have not
- ⑥ Let's get ..... paper and see what's the news.  
 (a) much                      (b) little                      (c) a                      (d) many
- ⑦ We had ..... great time at the zoo. We didn't want to  
come home.  
 (a) none                      (b) a                      (c) much                      (d) many



8 Good education ..... the best investment in countries' future.

- (a) are                      (b) is                      (c) were                      (d) have been

9 I don't have ..... luggage-just two small bags.

- (a) much                      (b) many                      (c) few                      (d) a few

### Exercise 5

Find and correct the mistakes in each of the following sentences.

◆ There are much apples in the basket.

 .....

◆ I have few time to finish the project.

 .....

◆ How many sugar do you need for the recipe?

 .....

◆ She has little friends who live nearby.

 .....

◆ We have much chairs in the dining room.

 .....

◆ There are little people attending the event.

 .....

◆ How much books have you read this year?

 .....

◆ He has many experience in the field of engineering.

 .....

◆ There is few water left in the bottle.

 .....

◆ I have few money to buy a new car.

 .....

## Exercise 6

- **Complete the text with one of the following (many, much, few, lots, none and little).**

.....a..... people nowadays try to follow a healthy diet, although not .....b..... experts agree about what this is. In fact .....c..... of people assume that 'diet' is something connected with losing weight. Diet simply refers to the kind of food and how .....d..... of it we eat. There are very .....e..... . Foods that we can describe as completely 'unhealthy', and not .....f..... foods have zero nutritional value. However, if you eat .....g..... of chocolate and fried food and take .....h..... exercises, then your diet would probably be described as 'unhealthy' .....i..... experts recommend that we all eat .....j..... of fruit and vegetables, and eat very .....k..... fatty food.

## Exercise 7

- **Write an appropriate opening or question to start a conversation in each of the following situations.**

- ① You want to ask your friends if they want to go to the graduation party.

 .....

- ② You are waiting in line at a coffee shop and want to talk to the person next to you.

 .....

- ③ You are in a class and want to talk to the person sitting next to you.

 .....

- ④ You are at a business conference and want to introduce yourself to a speaker during a break.



.....

- ⑤ You are at a social gathering and want to talk to someone you haven't met before.



.....

- ⑥ You are waiting for the bus and see someone reading a book you know. You want to start a conversation.



.....

- ⑦ You are at a family gathering and want to catch up with a relative you haven't seen for a while.



.....

- ⑧ You are attending a workshop and want to talk to another participant.



.....

- ⑨ You are at a sports event and want to talk to the person sitting next to you.



.....

## Exercise 8

- 🔵 Complete the following conversation between a doctor and a patient about fever.

Yes, doctor.	Let me check	Good Morning,	Ok
Thank you	Do you have	I see	

- ◆ **Patient:** ..... doctor.
- ◆ **Doctor:** Good morning! You seem pale and your voice sounds different.
- ◆ **Patient:** ..... I'm having a temperature and even a sore throat.



- ◆ **Doctor:** Let me check.
- ◆ **Doctor:** You have a moderate fever. .... your temperature.
- ◆ **Patient:** ....., sir?
- ◆ **Doctor:** Temperature is not too high, around 36.8. Let me check your blood pressure as well.
- ◆ **Doctor:** Your blood pressure is fine. Do you sweat and shiver?
- ◆ **Patient:** Not sweating, but I feel slightly cold when I sit under a fan.
- ◆ **Doctor:** ..... You have few signs of malaria. I would recommend you three medicines and syrup. .... any questions?
- ◆ **Patient:** No, doctor. ....

## Exercise 9

- Write a conclusion paragraph for a diary entry detailing an exciting day you spent at the zoo.



## Conclusion

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

## Exercise 10

- Write a diary entry about a day you spent at Qasr Al-Aini hospital.

### Qasr Al-Aini Hospital

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....