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Presidency of Al-Azhar Institutes

A-LEVEL

ENGLISH

for

Al-Azhar Paragons

Secondary One

Practice Book

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غير مصرح بتداول الكتاب خارج معاهد الأزهر الشريف

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Unit 1

The Conquest of Fear



Lesson 1

Victory of October

 EXERCISE 1: Choose the correct answer:

- 1 A "....." between two nations often arises when their interests or policies strongly clash.
A negotiation B agreement C confrontation D celebration
- 2 A belief system that is in society is deeply rooted and hard to change.
A entrenched B temporary C unstable D removed
- 3 During wartime, certain areas are considered because they pose a threat to safety.
A hazardous B safe C harmless D strong
- 4 A "....." is a dangerous zone filled with explosive devices.
A field B minefield C waterway D garden
- 5 The strategy of involves gradually weakening an enemy through constant pressure and small attacks.
A attrition B truce C retreat D fortification
- 6 We important events to honor and remember their significance in history.
A plan B commemorate C criticize D forget
- 7 To "..... tribute to" someone means to express respect and admiration for their efforts or sacrifices.
A demand B observe C ignore D pay
- 8 "....." refers to individuals who have died while fighting for a cause or belief.
A Leaders B Survivors C Martyrs D Diplomats
- 9 The term "....." represents a strong love and loyalty to one's country.
A disloyalty B criticism C patriotism D indifference
- 10 When troops "....." a heavily fortified position, they overcome its defenses through force.
A breach B fortify C construct D retreat

 EXERCISE 2:

 **Read the following passage, then answer the questions:**

Sacrifice in War

In war, soldiers breach the strong walls of fortified defenses, putting their lives in danger. They sacrifice themselves to help their people and protect their country. Every step they take forward is full of risk and shows their bravery. These actions create a history of sacrifice, where many give their lives for freedom and safety. War is not only about fighting; it is also about courage and the strength to do what is needed. The sacrifices of soldiers teach us that freedom has a high price, and their efforts will always be remembered.

 **Answer the following question :**

- 1 What do soldiers breach in war?
- 2 Why do soldiers sacrifice themselves?
- 3 What does war show about soldiers?

 **Choose the correct answer :**

- 4 What do soldiers risk when breaching fortified defenses?
 - A Winning medals
 - B Their lives
 - C Losing their weapons
 - D Getting promoted
- 5 Why are soldiers' sacrifices remembered?
 - A Because they fight for money
 - B Because they build strong walls
 - C Because they protect freedom and safety
 - D Because they never face danger

EXERCISE 3:

 **Find the mistake in the following sentences then correct it:**

1. The soldiers showed great patriotism by refusing to protect their country during the invasion.
2. Every year, we breach the fallen heroes with flowers and songs.
3. The area was declared safe, even though it was a known comemoration full of hidden bombs.
4. The martyrs was awarded medals for their sacrifice.
5. After years of peace, the confrontation between the two countries finally ended in celebration.
6. The general delivered a speech to entrenched the memory of the fallen soldiers.

EXERCISE 4:

 **Translation**

A- Translate into Arabic.

 The 6th of October War was a pivotal moment in Egypt's history, marking the liberation of Sinai.



.....

B- Translate into English.

 أظهر الجنود المصريون شجاعة وإصراراً خلال معاركهم ضد الاحتلال .



.....

EXERCISE 2:

❖ *Fill in the gaps using the words in brackets:*

<i>martyrs</i>	<i>entrenched</i>	<i>pay tribute to</i>
<i>confrontations</i>	<i>patriotism</i>	<i>hazardous</i>

In war, brave soldiers face dangerous (1) and many (2) situations to protect their country. They are (3) in their mission and often give their lives for others. We must always (4) the (5) for their great (6) and remember the sacrifices they made for us.

EXERCISE 3:

❖ *Supply the missing parts in the following dialogue:*

1: Reflecting on the Victory

Amal : (1) ?

Abeer: We celebrate the 6th of October because it's to honor Egypt's victory in reclaiming Sinai during the 1973 War.

Amal : Oh, that's when the Egyptian army crossed the Suez Canal, right?

Abeer: (2)! They breached the Bar Lev Line.

Amal : That must have been a great moment for Egypt.

Abeer: (3)

Amal : Join us at Tahrir Square to celebrate this occasion.

Abeer: (4) Let's meet there next Wednesday.

 EXERCISE 4: **Do as shown between brackets:**

1. We didn't see that movie yet. (Correct the mistake)
Do as shown: _____
2. I never (see) such a breathtaking view before. (Rewrite using the correct verb tense)
Do as shown: _____
3. She (work) in this company since 2018, but she (resign) last month. (Complete with the correct tenses)
Do as shown: _____
4. Although he has visited Italy several times, he never tried real Italian pizza. (Correct the mistake)
Do as shown: _____
5. (You / ever / experience) a sandstorm before your trip to the desert last year? (Rewrite in the correct question form)
Do as shown: _____
6. He completed the project few minutes ago. (Rewrite the sentence using the present perfect tense)
Do as shown: _____

Lesson 3

A War Hero

 EXERCISE 1: Choose the correct answer:

- 1 When the project faced many challenges, I felt like I was ,
doing the most difficult work alongside my team.
A in the trenches C in the clouds
B on the fence D under the radar
- 2 The company is struggling financially, but there is , as we
are getting closer to securing new investors.
A time isn't on our side C a light at the end of the tunnel
B on the fence D in the trenches
- 3 We need to act fast before we lose this opportunity.....
A in the trenches C put on someone's hat
B on the fence D time isn't on our side
- 4 When he heard the news of the accident, It was a truly
horrificing moment.
A I was very scared C my blood ran cold
B I felt on the fence D a light at the end of the tunnel
- 5 I haven't made up my mind yet; I'm still about whether
to accept the job offer.
A in the trenches C in the clouds
B on the fence D time isn't on our side
- 6 It's hard to understand the stress of being a manager until you
....., making tough decisions every day.
A in the trenches C on the fence
B put on someone's hat D time isn't on our side
- 7 After hearing about the intense situation, I couldn't focus.....
A I was very scared C a light at the end of the tunnel
B I was on the fence D in the trenches

- 8] As the deadline looms, it's clear that, and we must make a decision now.
- A time isn't on our side C in the trenches
B a light at the end of the tunnel D put on someone's hat
- 9] After months of challenges, the end of the project finally feels near, and there's
- A on the fence C in the trenches
B time isn't on our side D a light at the end of the tunnel
- 10] She didn't want to take a side in the argument and stayed
....., not agreeing with either party.
- A on the fence C my blood ran cold
B in the trenches D put on someone's hat

EXERCISE 2:

In October 1973, Egypt and Syria launched a surprise attack on Israel during Yom Kippur, the holiest day in the Jewish calendar. This war is also known as the Ramadan War in the Arab world, as it coincided with the Islamic holy month. Egypt's forces, led by President Anwar Sadat, crossed the Suez Canal and successfully breached the Bar Lev Line—Israel's fortified defensive line in Sinai. Syria attacked the Golan Heights simultaneously. The war lasted for nearly three weeks and saw heavy casualties on both sides. Despite initial Arab successes, Israel managed to counterattack, regaining territory and eventually pushing into Syrian and Egyptian land. The conflict ended with a ceasefire brokered by the United States and the United Nations. The October War had major political consequences—it restored Arab pride and led to future peace efforts. Most notably, it set the stage for the Camp David Accords in 1978, where Egypt became the first Arab country to sign a peace treaty with Israel.

Answer the following question:

- 1] Why was the element of surprise important in the October War?
- 2] How did the outcome of the war influence future Arab-Israeli relations?
- 3] What might have happened if Egypt and Syria had coordinated better during the war?

2. Choose the correct answer:

4. Which strategic fortification did Egyptian forces overcome during the October War?
- A The Maginot Line
 - B The Bar Lev Line
 - C The Green Line
 - D The Gaza Strip Defenses
5. What major diplomatic event was a direct outcome of the October War?
- A The Oslo Accords
 - B The Camp David Accords
 - C The Sykes-Picot Agreement
 - D The Madrid Peace Conference

EXERCISE 3**Translation****A- Translate into Arabic.**

☞ Egypt and Syria launched a surprise attack on Israel during Yom Kippur, the holiest day in the Jewish calendar.



.....
.....

B- Translate into English.

☞ كانت حرب أكتوبر لحظة فارقة في تاريخ مصر الحديث.



.....

EXERCISE 4

☞ *Write an essay of 120 words about the impact of the 6th of October War on the Egyptian people.*

**EXERCISE 1:****Choose the correct answer:**

- [1] The main goal of the 6th of October War was to the Sinai Peninsula from Israeli occupation.
A reclaim B occupy C negotiate D destroy
- [2] The attack became pivotal in military history as it successfully the Suez Canal and overcame a fortified barrier.
A avoided B crossed C defended D delayed
- [3] The result of the 6th of October War was a and eventually a peace treaty.
A victory B negotiation C occupation D ceasefire
- [4] The of Egypt during the signing of the Peace Treaty in 1979 was Anwar El-Sadat.
A ruler B general C president D commander
- [5] The Bar Lev Line was a barrier constructed by Israel along the Suez Canal.
A symbolic B weak C heavily fortified D negotiation
- [6] Egypt the 6th of October annually to honor the military victory and its martyrs.
A commemorates B criticizes C forgets D discusses
- [7] Ahmed Abbas is described in the Read the following passage then answer the following questions for his role in letters to his friend in a quiet moment during the war.
A negotiating B retreating C writing D leading
- [8] Omar, mentioned in Ahmed's letters, represented a of hope and connection to peace.
A source B fellow soldier C leader D historian

9 Military awareness programs for youth were created to
..... Egypt's history and foster patriotism.

- A** recruit **B** teach **C** ignore **D** celebrate

10 The first celebration of the 6th of October victory was
..... by Anwar El-Sadat.

- A** forgotten **B** led **C** delayed **D** ignored

EXERCISE 2:

 **Choose the correct answer:**

1 She _____ already eaten lunch.

- A** has **B** was **C** have **D** is

2 He _____ to the museum yesterday.

- A** has gone **B** went **C** going **D** is going

3 We _____ our homework this morning.

- A** did **B** do **C** have done **D** had done

4 They _____ the movie last weekend.

- A** have watched **C** watched
B have been watching **D** watching

5 I _____ to that restaurant before.

- A** have been **B** went **C** go **D** am

6 She _____ in this city since 2010.

- A** has lived **B** lives **C** lived **D** is living

7 He _____ to the park yesterday.

- A** has gone **C** went
B go **D** is going

8 I _____ my keys. Can you help me find them?

- A** lost **C** have lost
B was losing **D** had lost

9 We _____ lunch when you called.

- A** had **C** have had
B are having **D** were having

10 She _____ her homework already.

- A** finished **C** finishes
B has finished **D** had finished

EXERCISE 3

Find the mistakes in the following sentences then correct them:

1. By the time she has arrived, the train already left.
2. I have been to that museum when I was a child.
3. He didn't see his cousin since they graduated from college.
4. How long have you knew each other before you got married?
5. They just ate dinner, so they don't want to go out.
6. We've gone to Spain last summer and visited Barcelona and Madrid.

EXERCISE 4

Translation

A- Translate into Arabic.

- War demonstrated the soldiers' courage and patriotism in reclaiming their land.
-
-

B- Translate into English.

تم تحرير شبه جزيرة سيناء بالكامل بعد توقيع معاهدة السلام في عام ١٩٧٩ .

.....

.....

Unit 1

Experimental Test

 EXERCISE 1: **Supply the missing parts in the following parts:**

ASHRAF: (1) ?

Laila : Yes, it's the day of the great victory in the October War.

ASHRAF: What was the war about?

Laila : It was a fight to regain the (2)

ASHRAF: What also happened !

Laila : The Egyptian army launched a surprising attack and crossed the (3)

ASHRAF: (4) ?

Laila : We hold celebrations and teach the new generation about the sacrifices made for our country.

 EXERCISE 2: **Fill in the gaps using the words in brackets:**

<i>negotiations</i>	<i>patriotism</i>	<i>sacrificed</i>
<i>commemorate</i>	<i>treaty</i>	<i>martyrs</i>

Every year, we celebrate and (1) the 6th of October War to honor the (2) who (3) their lives for the country. Their (4) led to victory and the start of important (5) These efforts resulted in a peace (6), showing the strength and determination of the Egyptian people.

 EXERCISE 3: **choose the correct answers:**

1 The 6th of October War is seen as a moment in modern Middle Eastern history due to its significant impact on regional politics.

A confrontational**C** pivotal**B** fortified**D** hazardous

- 2 I Sarah for months. She moved to another city last year.
A didn't see **C** don't see
B haven't seen **D** hadn't seen
- 3 He to three different countries before he turned 25.
A traveled **C** was traveling
B has traveled **D** had traveled
- 4 sushi before visiting Japan?
A Did you ever eat **C** Had you ever eaten
B Have you ever eaten **D** Do you ever eat
- 5 The war was fought in areas surrounded by , making troop movement extremely dangerous for both sides.
A minefields **C** martyrs
B treaties **D** patriotism
- 6 Annual celebrations on October 6th the courage and sacrifices of those who fought and died in the war.
A confront **C** negotiate
B breach **D** commemorate
- 7 The sacrifices made by the during the 6th of October War reflect the highest values of patriotism and dedication to the homeland.
A minefields **C** confrontations
B martyrs **D** treaties
- 8 The word "....." contrasts with fortified and means unprotected.
A strong **C** weak
B stable **D** guarded
- 9 When I learned about the potential dangers, never expected such frightening news.
A put on someone's hat **C** a light at the end of the tunnel
B time isn't on our side **D** my blood ran cold

- 10 The train since 10 O'clock.
- A already left C had already left
B has already left D was already leaving

EXERCISE 4:

 **Read the following passage, then answer the following questions:**

Honoring the Heroes of the 6th October War Commemorating the 6th October War is important because it reminds us of the bravery and sacrifices of soldiers who fought for their country. This war showed the strength and determination of the people to regain their land and rights. By remembering this event, we honor the heroes who risked their lives for freedom and peace. It also teaches younger generations the value of unity, hard work, and love for their homeland. Celebrations, like ceremonies and stories, help keep the memory alive. Commemorating the 6th October War is a way to show respect and learn from the courage of the past.

 **Answer the following questions:**

- 1 Why is it important to commemorate the 6th October War?
- 2 What does the war teach younger generations?
- 3 How do people keep the memory of the 6th October War alive?

 **Choose the correct answer:**

- 4 What did the 6th October War help the people regain?
A Their rights and land
B New allies
C Wealth
D Trade routes
- 5 What does the underlined word "their" refer to in the text?
A Younger generations
B The brave soldiers
C The people who regained their land and rights
D The leaders of the country

 EXERCISE 5: **Translation:****A- Translate into Arabic.**

☞ Egypt commemorates the bravery of its soldiers who crossed the Suez Canal and breached the Bar Lev Line.

☞

☞

B- Translate into English.

☞ يعتبر السادس من أكتوبر يوماً يخلد فيه المصريون بطولات الجيش وتضحيات الشهداء.

☞

 EXERCISE 6:

 **Write an essay of 120 words about a person or group facing a major obstacle, such as a physical, emotional, or professional challenge. Highlight their strategies, moments of doubt, and ultimate triumph to inspire readers to persist through their own struggles.**

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Unit 2

Climate Change



 EXERCISE 1: **Choose the correct answers based on Vocabulary:**

- 1 The of greenhouse gases has led to global warming.
A emissions **C** deforestation
B droughts **D** malnutrition
- 2 is a major cause of soil degradation in many regions.
A Irrigating **C** Accumulation
B Overgrazing **D** Barrier
- 3 Many countries face a of clean water due to climate change.
A contributor **C** shortage
B desertification **D** erosion
- 4 The of carbon dioxide in the atmosphere is increasing.
A accumulation **C** ambiguous
B degradation **D** irrigated
- 5 is the process of turning fertile land into desert.
A Deforestation **C** Desertification
B Erosion **D** Overgrazing
- 6 The of fossil fuels is a significant contributor to air pollution.
A malnutrition **C** droughts
B emissions **D** irrigating
- 7 is a major problem in areas where water is scarce.
A Desertification **C** Droughts
B Overgrazing **D** Erosion
- 8 The of trees in the Amazon is a global concern.
A degradation **B** deforestation
C accumulation **D** irrigating
- 9 Poor farming practices can lead to soil
A ambiguous **C** barrier
B erosion **D** degradation

 EXERCISE 3:

 **Find the mistake in the following sentences then correct it:**

1. One of the major contributors to climate change are clean energy sources.
2. Burning fossil fuels help reduce harmful emissions.
3. The desertification of farmland is usually caused by irrigating it too frequently.
4. Malnutrition often results from shortage of fast food in poor regions.
5. Forests are emitted large amounts of carbon dioxide when they grow.
6. Overgrazing and degradation are both useful solutions to fight droughts.

 EXERCISE 4:

 **Translation**

A- Translate into Arabic.

-  Droughts and desertification are serious consequences of climate change.

B- Translate into English.

 تعتبر إزالة الغابات أحد الأسباب الرئيسية لتدهور التربة .

Lesson 2

Human Causes

 EXERCISE 1: **Choose the correct answers based on Grammar:**

- 1] fossil fuels is harmful to the environment.
A Burning **B** Burn **C** To burn **D** Burned
- 2] trees helps reduce carbon dioxide in the atmosphere.
A Plant **B** Planting **C** To plant **D** Planted
- 3] water efficiently is essential in areas facing droughts.
A Use **B** Uses **C** Utilizing **D** Used
- 4] land can lead to desertification over time.
A Overgrazing **B** Overgraze **C** To overgraze **D** Overgrazed
- 5] soil erosion is a major challenge for farmers.
A Prevent **B** Preventing **C** Combating **D** Prevented
- 6] greenhouse gases is a major cause of global warming.
A Emit **B** Emitting **C** To emit **D** Emitted
- 7] forests is essential for maintaining biodiversity.
A Protect **B** To Protect **C** Preserving **D** Protected
- 8] sustainable practices is key to reducing environmental damage.
A Adopt **B** Adopting **C** To adopt **D** Adopted
- 9] renewable energy sources is crucial for a greener future.
A Utilize **B** Utilizing **C** To utilize **D** Utilized
- 10] land degradation requires effective land management.
A Combat **B** Combating **C** To combat **D** Combated

 EXERCISE 2: **Fill in the gaps using the words in brackets:**

Protecting	Planting	Emitting	Adopting	Overgrazing
Using	Burning	Preventing	Utilizing	Combating

- 1 trash releases harmful emissions into the atmosphere.
- 2seedling is an effective way to overcome deforestation.
- 3water wisely can help reduce the impact of droughts.
- 4 land can lead to soil degradation and desertification.
- 5 soil erosion is crucial for maintaining fertile land.
- 6 greenhouse gases leads to global warming.
- 7 forests is necessary for keeping biodiversity.
- 8 sustainable practices is key to solving environmental problems.
- 9 renewable energy sources is important for a greener future.
- 10 land degradation needs effective land management.

 EXERCISE 3: **Supply the missing parts in the following dialogue:**

A: What do you think is the most effective way to combat climate change?

B: I believe is one of the best solutions.

A: That's a good point, we need to plant more trees. What about reducing air pollution?

B: Burning is essential to lower greenhouse gas emissions.

A: And how can we protect our soil from degradation?

B: We should overgrazing is crucial to prevent soil erosion.

A: What can our government do to fix this problem?

B:

 EXERCISE 4:

Rewrite the sentences using the gerund verbs as the subject of the sentence.

1. She admitted forgetting to submit the report on time.

.....

2. I'm looking forward to meeting the new students next semester.

.....

3. They avoided answering the questions that were too personal.

.....

4. He stopped smoking after realizing the health risks.

.....

5. We enjoy listening to classical music during our study sessions.

.....

6. She's used to getting up early because of her morning classes.

.....

Lesson 3

Desertification

EXERCISE 1:

 **Choose the correct answers based on idioms:**

1. After being blamed for the mistake, Omar was clearly _____.
 (A) in hot water (C) hot under the collar
 (B) burning the candle at both ends (D) calm before the storm
2. Salma was _____ for using someone else's homework.
 (A) hot under the collar (C) burning the candle
 (B) in hot water (D) seeing the silver lining
3. Even though she lost the match, she said, "_____, I've learned what to improve."
 (A) In hot water (C) Every cloud has a silver lining
4. The house was peaceful before the kids arrived—it felt like.
 (A) burning the candle at both ends (C) hot under the collar
 (B) the calm before the storm (D) in hot water
5. You're going to get sick if you keep _____ with school and your part-time job.
 (A) in hot water (C) calm before the storm
 (B) burning the candle at both ends (D) seeing the silver lining
6. The teacher was _____ when the class wouldn't stop talking.
 (A) hot under the collar (C) burning out
 (B) in hot water (D) stormy calm
7. After missing the deadline, Rami found himself _____ with the boss.
 (A) seeing the silver lining (C) under the collar
 (B) in hot water (D) before the storm
8. It was quiet in the hall, but I could feel _____ as we waited for the results.
 (A) in hot water (C) the calm before the storm
 (B) hot under the collar (D) burning candles
9. When things went wrong, she stayed positive and believed

_____.
A the candle was burning

C every cloud has a silver lining

B the storm was coming

D the water was hot

10. He's _____ again—sleeping 3 hours a night to finish projects and study.

A in hot water

C burning the candle at both ends

B the calm before the storm

D hot under the collar

Read the following passage then answer the following questions:

Climate change refers to long-term shifts in temperature, weather patterns, and sea levels primarily caused by human activities. The burning of fossil fuels like coal, oil, and gas releases large amounts of greenhouse gases into the atmosphere, especially carbon dioxide (CO₂). These gases trap heat from the sun, causing the Earth's average temperature to rise—a phenomenon known as global warming. As a result, glaciers are melting, sea levels are rising, and extreme weather events such as floods, wildfires, and hurricanes are becoming more frequent and intense.

Developing countries often suffer the most, despite contributing the least to emissions. Climate change also affects agriculture, reduces biodiversity, and threatens access to clean water. While international agreements like the Paris Agreement aim to reduce global emissions, much more action is needed. Solutions include switching to renewable energy sources, protecting forests, improving energy efficiency, and encouraging sustainable lifestyles. Combating climate change requires urgent cooperation among governments, businesses, and individuals.

1. Answer the following questions:

1. Why are developing countries more vulnerable to the effects of climate change?
2. How do human activities contribute to global warming?
3. What are some potential consequences of ignoring climate change?

2. Choose the correct answer:

4. Which gas is most associated with global warming?
- A Nitrogen
 - B Oxygen
 - C Carbon dioxide
 - D Helium
5. What is one major goal of the Paris Agreement?
- A Increase fossil fuel production
 - B Reduce global greenhouse gas emissions
 - C Expand urban development
 - D Eliminate international trade barriers

EXERCISE 3:**Translation:****A- Translate into Arabic:**

→ The burning of fossil fuels is a major contributor to air pollution.

→

→

B- Translate into English:

→ يؤدي التصحر إلى تدهور التربة وفقدان الأراضي الزراعية.

→

→

EXERCISE 4:

Write an essay of 120 words about the importance of reducing fossil fuel emissions.

Lesson 4

Unit Review

 EXERCISE 1: Choose the correct answer:

- 1 The of water in agriculture is essential for crop growth.
A irrigating C overgrazing
B emitted D degradation
- 2 is a major cause of soil degradation in many regions.
A Irrigating C Accumulation
B Overgrazing D Barrier
- 3 The of carbon dioxide in the atmosphere is increasing.
A degradation C accumulation
B ambiguous D irrigated
- 4 is the process of turning fertile land into desert.
A Desertification C Overgrazing
B Erosion D Deforestation
- 5 The of fossil fuels is a significant contributor to air pollution.
A malnutrition C droughts
B emissions D irrigating
- 6 is a major problem in areas where water is scarce.
A Desertification C Droughts
B Overgrazing D Erosion
- 7 The of trees in the Amazon is a global concern.
A degradation C irrigating
B accumulation D deforestation
- 8 Poor farming practices can lead to soil
A ambiguous C barrier
B erosion D degradation
- 9 The of greenhouse gases has led to global warming.
A malnutrition C deforestation
B emission D droughts

10. The of land in farming is important for crops.
 A emitted B irrigating C overgrazing D degradation

EXERCISE 2:

Choose the correct answer:

1. I'm really looking forward to your new book.
 A read B reading C to read D having read
2. She admitted the documents without permission.
 A to steal B stealing C steal D to stealing
3. They are interested in more about environmental issues.
 A learn B learning C to learn D having learned
4. He is afraid of in public.
 A speak B speaking C to speak D having spoken
5. We stopped when the teacher entered the room.
 A talk B to talk C talking D talked
6. She's used to late because of her busy schedule.
 A working B work C to work D have worked
7. I regret you that the event has been cancelled.
 A inform B informing C o inform D to informing
8. After the exam, we went out to celebrate.
 A finish B finishing C to finish D having finished
9. They suggested to the park instead of staying indoors.
 A go B going C to go D gone
10. He denied the vase broken during the party.
 A have B having C to have D having had

✧ EXERCISE 3

✧ **Find the mistakes in the following sentences then correct them:**

1. Despite to having completed the assignment early, she stayed late to revise it again.
2. They're considering to relocate their factory due to environmental concerns.
3. I'm used to work under pressure, so tight deadlines don't bother me.
4. He admitted to have broken the vase but didn't apologize.
5. We look forward to attend the conference and presenting our research.
6. She suggested that going to the new exhibit would be educational and fun.

✧ EXERCISE 4

✧ **Translation:**

A. Translate into Arabic:

👉 Patience during difficult times is a sign of strong faith.

B. Translate into English:

👉 الصدق من أهم الصفات التي يجب أن يتحلى بها الإنسان

❁ **Supply the missing parts in the following dialogue:**

Ahmed: The weather is getting hotter every year. I think it's because

Sara : Yes, you're right. The

Ahmed: We should start to help reduce carbon dioxide.

Sara : That's a great idea! Also, reducing

❁ **Fill in the gaps using the words in brackets:**

Emissions Droughts Deforestation Desertification Overgrazing

- 1 The of trees in the Amazon is a global concern.
- 2 is a major cause of soil degradation in many regions.
- 3 The of greenhouse gases has led to global warming.
- 4 is the process of turning fertile land into desert.
- 5 are a serious consequence of climate change in many areas.
- 6 greenhouse gases is a major cause of global warming.

❁ **Choose the correct answer:**

- 1 The number of students in each class was 25.
A average **B** maximum **C** total **D** final
- 2 Pollution from factories is a major to climate change.
A contributor **B** receiver **C** detector **D** outsider
- 3 Cars and power plants release harmful gases when burning
A solar panels **C** wood chips
B fossil fuels **D** bio-plastics
- 4 Farmers are their crops during the dry season to ensure growth.
A harvesting **B** irrigating **C** fertilizing **D** storing

5. The farmers are _____ the land to help the crops grow.
A irrigate C irrigated
B irrigating D irrigates
6. Overgrazing by animals is _____ the quality of the soil.
A damage C damaging
B damages D damaged
7. _____ harmful gases into the air causes climate change.
A Emitting C Emitted
B Emits D Emit
8. _____ fossil fuels increases the level of carbon dioxide in the atmosphere.
A Burning C Burns
B Burn D Burned

Read the following passage then answer the following questions:

Climate change is one of the most serious problems facing our planet today. It refers to long-term changes in temperature, rainfall, and other weather patterns. One major cause of climate change is the burning of fossil fuels like coal, oil, and gas. These fuels release harmful gases, such as carbon dioxide, into the atmosphere. As a result, the Earth's temperature is rising, leading to melting ice caps, rising sea levels, and more extreme weather events like droughts and floods. Deforestation also plays a role, as trees that absorb carbon dioxide are being cut down. People around the world are trying to reduce emissions, use renewable energy, and protect forests. If we work together, we can slow down climate change and protect our planet for future generations.

 **Answer the following questions:**

- 1 What is climate change?
- 2 Why does burning fossil fuels contribute to climate change?
- 3 How can people help reduce the effects of climate change?

- [4].** Which gas is mainly responsible for global warming?
- A** Oxygen **C** Hydrogen
B Carbon dioxide **D** Nitrogen
- [5].** What is one effect of rising global temperatures?
- A** More snowfall **C** Melting ice caps
B Longer nights **D** Less sunlight

Translation:

A- Translate into Arabic:

- 👉 Excessive burning of fossil fuels has a direct impact on global warming.

.....

.....

B- Translate into English:

👉 تعتبر انبعاثات غازات الدفيئة من الأسباب الرئيسية لارتفاع درجات الحرارة.

.....👉

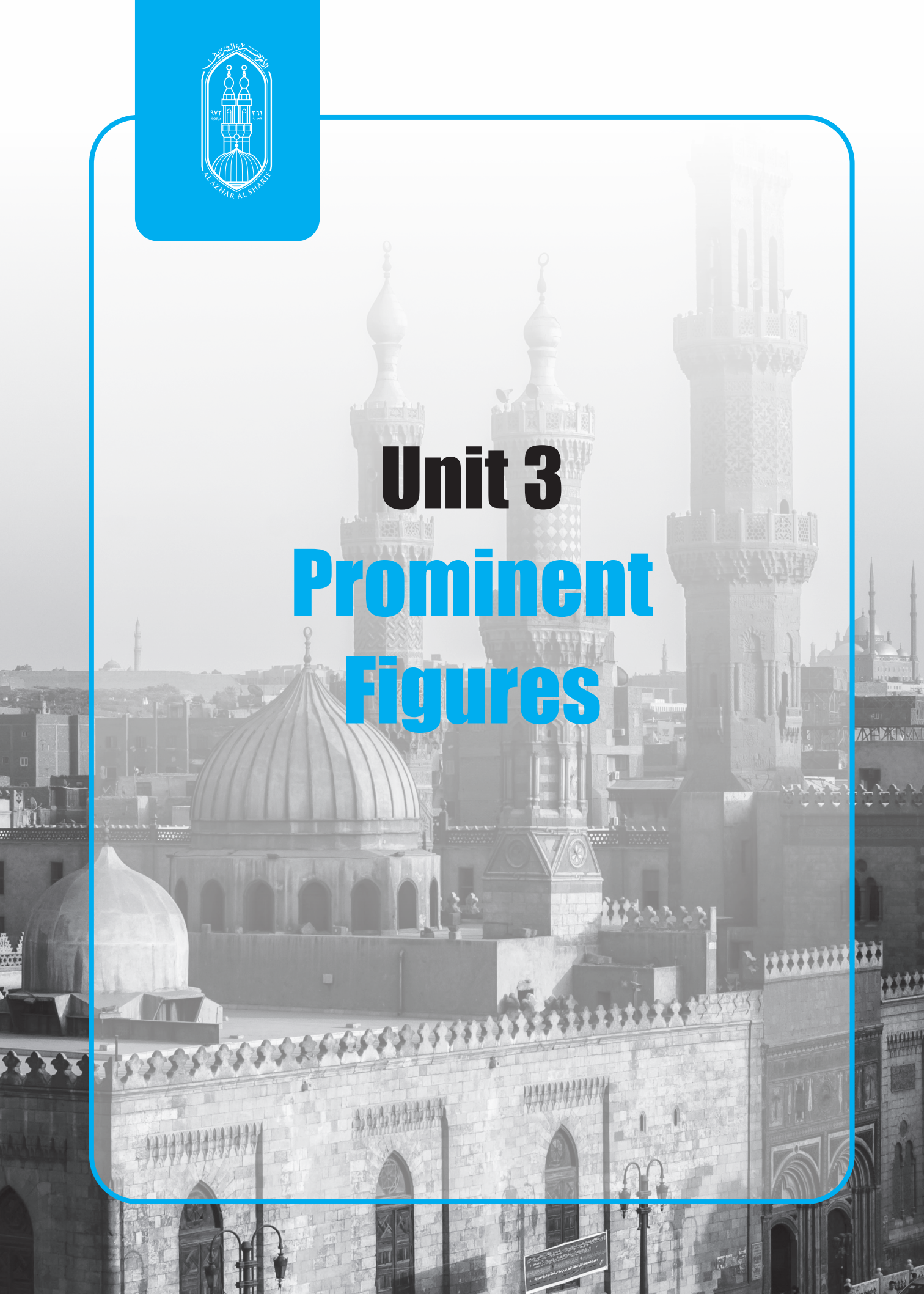
Writing

Write an essay of 120 words about how to save our planet.



Unit 3

Prominent Figures



 EXERCISE 1:

 Choose the correct answers based on vocabulary:

- 1 The university is known for its reputation in the field of law.
A prestigious B prominent C punctual D committed
- 2 is the study of the theory and philosophy of law.
A Jurisprudence B Moderation C Motivation D Fulfillment
- 3 Being is essential for success in any profession.
A prominent B punctual C committed D persistence
- 4 The of the project was a major obstacle for the team.
A motivation B moderation C requirement D fulfillment
- 5 The of the team was evident in their hard work and dedication.
A prominent B obstacle C league D persistence
- 6 The to success is hard work and determination.
A key B recipe C motivation D fulfillment
- 7 The of the event was well-organized and attracted many attendees.
A prestigious B prominent C punctual D committed
- 8 The of the team was to complete the project on time.
A motivation B moderation C obstacle D requirement
- 9 The of the task was challenging, but the team persevered.
A persistence B fulfillment C obstacle D moderation
- 10 The of the league was to promote fair competition among teams.
A obstacle B motivation C fulfillment D requirement

 EXERCISE 2:

 **Read the following passage then answer the following questions.**

Success in any field requires a combination of hard work, persistence, and the right mindset. A prestigious education can open doors, but it is the individual's commitment and punctuality that truly make a difference. Prominent figures in history, such as leaders and innovators, often attribute their success to their ability to overcome obstacles and stay motivated. Moderation in all aspects of life, including work and leisure, is key to achieving fulfillment. The study of jurisprudence reminds us that even in law, persistence and dedication are essential for success.

 **Answer the following questions :**

- 1] What are the key factors for success according to the passage?
- 2] How does the passage describe the role of education in success?
- 3] What is essential for success in any profession?

 **Choose the correct Answer :**

- 4] What does the study of jurisprudence focus on?

A Motivation	C Obstacles
B Law theory and philosophy	D Moderation
- 5] What is the key to achieving fulfillment?

A Persistence	C Moderation
B Obstacles	D Motivation

EXERCISE 3:

 **Find the mistake in the following sentences then correct it:**

1. He is one of the most prestigious lawyers in the jurisprudence field.
2. The team was punctual to every match and played in the top league.
3. She showed prominent skills in law, especially in jurisprudence rules.
4. Moderation in eating always motivates good health and fulfillment.
5. Their motivation was prominent enough to win the prestigious award.
6. The league was formed to promote punctual players and professionals.

EXERCISE 4:

 **Translation:**

A- Translate into Arabic:

 The key to success is persistence and hard work.


.....

B- Translate into English:

 الدراسة الجادة هي وصفة للنجاح.

..... 

Lesson 2

Nobel Winners

 EXERCISE 1: Choose the correct answer:

- 1] university is known for its prestigious law program.
A A B An C The D No article
- 2] She is prominent figure in the field of jurisprudence.
A a B an C the D no article
- 3] motivation is essential for achieving success.
A A B An C The D No article
- 4] He faced obstacle in completing the project.
A a B an C the D no article
- 5] persistence is key to overcoming challenges.
A A B An C The D No article
- 6] How many of water do you drink daily?
A glass B glasses C bags D cartons
- 7] She has a lot of to complete before the deadline.
A work B works C job D jobs
- 8] There are several in the league.
A team B teams C league D parties
- 9] He gave me some about the project.
A advice B advices C suggestion D suggestions
- 10] How much do you need for the recipe?
A sugar B sugars C bag D eggs

 EXERCISE 2: **Fill in the gaps:**

<i>prestigious</i>	<i>punctual</i>	<i>obstacle</i>
<i>Jurisprudence</i>	<i>prominent</i>	<i>league</i>

- 1 The university is known for its excellent law program.
- 2 She is a figure in the field of law.
- 3 is the study of the theory and philosophy of law.
- 4 He joined a of successful entrepreneurs.
- 5 Being is essential for success in any profession.
- 6 he of the task was challenging, but the team persevered.

 EXERCISE 3: **Supply the missing parts in the following dialogue:**

A: What do you think is the key to success?

B: I believe

A: How do you stay motivated?

B: I focus on

A: What is the biggest obstacle you've faced?

B: was completing the project on time.

A: Did you finish it ?

B:

 EXERCISE 4:**Do as shown between brackets:**

1. She found a useful information in the book about climate change. (Correct the mistake related to article and nouncountability)
.....
2. The researcher conducted an experiment on the behaviors of several species. (Change the sentence to use the plural form with the correct article.)
.....
3. I bought some furniture and a chair for my new apartment. (Rewrite the sentence using only definite articles.
.....
4. There is an advice that everyone should follow to succeed in life.(Correct the mistake in article and noun usage.)
.....
5. We need to reduce the emissions to combat a global warming. (Correct the mistake with articles in the phrase.)
.....
6. He gave me a good feedback on my presentation yesterday. (Rewrite the sentence using correct article and noun form.)
.....

 EXERCISE 1: **Choose the correct answer:**

- 1 If someone says, "It's in the bag," they mean:

☐ A It's guaranteed to succeed	☐ C It's a secret
☐ B It's a difficult task	☐ D It's a failure
- 2 The phrase "to bear fruit" means:

☐ A To work hard	☐ C To produce results
☐ B To fail	☐ D To give up
- 3 "Dressing for success" refers to:

☐ A Wearing casual clothes	☐ C Avoiding work
☐ B Wearing formal clothes to impress	☐ D Giving up
- 4 "A recipe for success" means:

☐ A A plan that leads to success	☐ C A failure
☐ B A difficult task	☐ D A secret
- 5 If someone is "a big fish," they are:

☐ A A beginner	☐ C A failure
☐ B A small player	☐ D An important person
- 6 "The key to success" refers to:

☐ A The most important factor for success
☐ B A difficult challenge
☐ C A secret plan
☐ D A failure
- 7 If someone says, "It's a uphill battle," they mean:

☐ A The task is easy
☐ B The task is difficult and challenging
☐ C They are climbing a mountain
☐ D They are giving up
- 8 "Barking up the wrong tree" means:

☐ A Looking in the wrong place for something
☐ B Climbing a tree
☐ C Making a lot of noise
☐ D Finding the right solution

9 If someone is “in hot water,” they are:

A Enjoying a bath

B In trouble

C Feeling cold

D Swimming

10 “The ball is in your court” means:

A It’s your turn to make a decision

B You are playing a sport

C You are avoiding responsibility

D You are winning

EXERCISE 2:

 **Read the following passage then answer the following questions:**

Salah ad-Din Yusuf ibn Ayyub, known in the West as Saladin, was a prominent Arab Muslim leader in the 12th century. He is best known for his leadership during the Crusades and for recapturing Jerusalem from the Crusaders in 1187. Born in Tikrit, modern-day Iraq, Saladin rose through the military ranks and eventually established the Ayyubid dynasty, uniting much of the Muslim world under his rule.

Saladin was admired not only for his military skill but also for his chivalry, justice, and compassion—even by his enemies. During the siege of Jerusalem, he showed mercy to its Christian inhabitants, allowing them to leave peacefully, in contrast to earlier massacres carried out by Crusaders. His actions earned him respect in both the Islamic world and Europe.

Saladin’s legacy continues to inspire generations as a symbol of resistance, unity, and noble leadership. His life demonstrates how strength and compassion can coexist, even in times of war.

1. Answer the following questions:

1. How did Saladin’s leadership differ from that of his opponents during the Crusades?

2. Why is Saladin admired by both Muslims and non-Muslims?

3. What qualities made Saladin a respected and successful leader?

2. Choose the correct answer:

4. What city did Saladin recapture from the Crusaders in 1187?

- A Baghdad
- B Mecca
- C Jerusalem
- D Damascus

5. What dynasty did Saladin establish?

- A Abbasid
- B Umayyad
- C Ayyubid
- D Fatimid

EXERCISE 3:**Translation:****A- Translate into Arabic:**

👉 Dressing for success can make a good impression.

👉
.....

B- Translate into English:

👉 الالتزام بالمواعيد هو سمة أساسية للنجاح.

..... 👉

EXERCISE 4:

🌸 Write a 120-word essay on the importance of persistence in achieving success.

Lesson 4

Unit Review



EXERCISE 1:

**Choose the correct answer:**

1. The university is known for its _____ reputation in the field of law.

☐ A prestigious	☐ C prominent
☐ B jurisprudence	☐ D motivation
2. He is a _____ scientist who has made significant contributions to his field.

☐ A prominent	☐ B committed	☐ C punctual	☐ D moderation
-----------------------------------	-----------------------------------	----------------------------------	------------------------------------
3. The study of law is deeply rooted in _____, which involves interpreting legal principles.

☐ A jurisprudence	☐ C obstacle
☐ B league	☐ D fulfillment
4. The football team has joined a new _____, hoping to improve their skills.

☐ A requirement	☐ C obstacle
☐ B league	☐ D persistence
5. She is always _____, arriving at work exactly on time every day.

☐ A punctual	☐ B prominent	☐ C committed	☐ D motivation
----------------------------------	-----------------------------------	-----------------------------------	------------------------------------
6. The coach emphasized the importance of _____, asking players to train at a balanced pace without overexertion.

☐ A moderation	☐ C persistence
☐ B obstacle	☐ D motivation
7. A strong sense of _____ is essential for anyone aiming to achieve their goals.

☐ A motivation	☐ C requirement
☐ B persistence	☐ D fulfillment
8. Overcoming every _____ in life can lead to personal growth and success.

☐ A obstacle	☐ C fulfillment
☐ B motivation	☐ D league

9. The job has certain _____, such as a degree in business and three years of experience.
- A** obstacle **C** requirement
B fulfillment **D** prominent
10. He has shown incredible _____ by continuing to work towards his goals despite many challenges.
- A** commitment **C** motivation
B persistence **D** prominent

 EXERCISE 2: **Choose the correct answer:**

1. She has always dreamed of becoming _____ artist known for her unique style.
- A** a **B** an **C** the **D** no article
2. I watched _____ documentary about climate change on National Geographic last night.
- A** a **B** an **C** the **D** no article
3. He was appointed as _____ university president after years of research work.
- A** an **B** the **C** a **D** no article
4. _____ moon was shining brightly over the quiet village.
- A** A **B** An **C** The **D** no article
5. I spent our summer in _____ Alps, hiking and enjoying the views.
- A** a **B** an **C** the **D** no article
6. They couldn't find _____ solution that satisfied everyone.
- A** a **B** an **C** the **D** no article

7. He considers himself _____ expert in ancient history, though he's never studied it formally.
A an **B**) the **C** a **D** no article
8. I always listen to music while doing _____ homework.
A a **B** an **C** the **D** no article
9. _____ Pacific Ocean is the largest and deepest ocean on Earth.
A A **B** An **C** The **D** no article
10. Is there _____ chance that we could reschedule the meeting?
A a **B** an **C** the **D** no article

EXERCISE 3:

 **Find the mistakes in the following sentences then correct them:**

1. She dreamed of becoming a astronaut who travels beyond the stars.
2. The Nile is a longest river in Africa and flows through several countries
3. He is studying to become the architect after completing university.
4. A honesty is one of the most important values in a successful society
5. We spent the afternoon exploring an ancient ruins near the valley.
6. The Mount Everest attracts many climbers every year despite the risks.

 EXERCISE 4 **Translation:****A- Translate into Arabic:**

- 👉 The team showed great commitment to finish the project on time despite the challenges.

.....

.....

.....

- 👉 The job has a strict requirement that requires applicants to have at least five years of experience.

.....

.....

.....

B-Translate into English:

👉 لقد واجهت العديد من العقبات في حياتي، ولكنني تجاوزتها كلها.

.....

👉 الجامعة معروفة بسمعتها المتميزة في مجال القانون.

.....

UNIT 3

Experimental Test

 Supply the missing parts in the following dialogue:

A: What do you think is the most important quality for success?

B: I believe is crucial.

A: How do you overcome challenges?

B: Ind look for solutions.

A: What is the most difficult task you have completed?

B: The most

A: Who inspires you the most?

B: inspires me with their hard work.

 Fill in the gaps:**Community****Integrity****Adaptable****Jurisprudence-****Prestigious****Prominent**

- 1 The institution is renowned for its top-tier law curriculum.
- 2 She is a authority in the legal field.
- 3 is the exploration of the principles and ideas behind law.
- 4 He became part of a group of accomplished business owners.
- 5 Being is vital for thriving in any career.
- 6 A solid sense of is crucial for guiding a legal team successfully.

 Choose the correct answer:

- 1 The university is known for its excellent law program.
A prestigious **B** prominent **C** punctual **D** committed
- 2 is the study of the theory and philosophy of law.
A Jurisprudence **B** Moderation **C** Motivation **D** Fulfillment
- 3 Being is essential for success in any profession.
A prominent **B** punctual **C** committed **D** persistence

- 4] The of the project was a major obstacle for the team.
A requirement B moderation C motivation D fulfillment
- 5] The of the team was evident in their hard work and dedication.
A persistence B obstacle C league D prominent
- 6] university is known for its prestigious law program.
A A B An C The D no article
- 7] She is prominent figure in the field of jurisprudence.
A a B an C the D no article
- 8] motivation is essential for achieving success.
A A B An C The D no article
- 9] He faced obstacle in completing the project.
A a B an C the D no article
- 10] persistence is key to overcoming challenges.
A A B An C The D no article

 Read the following passage then answer the following questions:

The importance of education in shaping a successful future cannot be overstated. A prestigious education provides individuals with the knowledge and skills needed to excel in their chosen fields. However, education alone is not enough. Traits like punctuality, commitment, and persistence are equally important. Prominent figures in various industries often credit their success to their ability to stay motivated and overcome obstacles. Moderation in work and personal life is also crucial for achieving long-term fulfillment. The study of jurisprudence, for example, highlights the importance of dedication and hard work in the field of law.

 Answer the following questions :

- 1] What role does education play in shaping a successful future?
- 2] What traits are important for success besides education?
- 3] What does a prestigious education provide?



Unit 4

Sports

EXERCISE 1:

Choose the correct answer:

- 1 Playing requires a lot of stamina and concentration.
 (A) badminton (B) anxiety (C) supervision (D) exhaustion
- 2 She needed a stress after a long day at work.
 (A) prestigious (B) rational (C) reliever (D) sharper
- 3 The of the event was crucial for its success.
 (A) concentration (B) supervision (C) stamina (D) exhaustion
- 4 He was able to the situation clearly and make a rational decision.
 (A) interchangeably (B) indulge (C) enhance (D) perceive
- 5 The university is known for its excellent research programs.
 (A) mental (B) prestigious (C) crucial (D) sharper
- 6 Regular exercise can your mental and physical health.
 (A) indulge (B) enhance (C) perceive (D) supervision
- 7 The team's was evident as they played tirelessly for hours.
 (A) stamina (B) anxiety (C) concentration (D) exhaustion
- 8 She felt a sense of after completing the marathon.
 (A) rational (B) reliever (C) exhaustion (D) crucial
- 9 The terms "efficient" and "effective" are sometimes used
 (A) interchangeably (B) rationally (C) crucially (D) mentally
- 10 His approach to problem-solving impressed everyone.
 (A) mental (B) rational (C) prestigious (D) sharper

 EXERCISE 2: **Read the following passage, then answer the questions:**

Badminton is a sport that requires not only physical stamina but also mental concentration. Players must perceive their opponent's moves quickly and react accordingly. The supervision of a good coach can enhance a player's skills, making them sharper and more competitive. In prestigious tournaments, the pressure to perform can lead to anxiety, but a rational mindset is crucial for success. Exhaustion is common, but players who can manage their energy levels effectively often come out on top.

 Answer the following question :

- 1] Why is mental concentration important in badminton?
- 2] How can a coach enhance a player's performance?
- 3] What is crucial for success in prestigious tournaments?

 Choose the correct Answer :

- 1] What can pressure in tournaments lead to?

☐ A Enhanced skills	☐ C Rational decisions
☐ B Stamina	☐ D Anxiety
- 2] What does a good coach provide?

☐ A Exhaustion	☐ C Anxiety
☐ B Supervision	☐ D Pressure

✨ EXERCISE 3:

✦ **Find the mistakes in the following sentences then correct them:**

1. Playing badminton requires a lot of writing skills and artistic creativity
2. She used chocolate as a rational to cure her headache.
3. His mental strength was measured by how much weight he could lift.
4. The coach advised him to anxiety more before the match.
5. Reading books can reliever your vocabulary and help you write better.
6. Enhance and crucial are used interchangeably in this paragraph, but they don't mean the same thing.

✨ EXERCISE 4:

✦ **Translation:**

A- Translate into Arabic:

👉 Regular exercise improves both physical and mental health.

B- Translate into English:

👉 القراءة اليومية توسع آفاق المعرفة والإدراك.

EXERCISE 18

 **Choose the correct answer:**

- 1 you study hard you will fail the exam.

A Either / or C Both / and
B Neither / nor D Not only / but also
- 2 the coach the players are responsible for the team's performance.

A Either / or C Both / and
B Neither / nor D Not only / but also
- 3 did she win the match, she broke the record.

A Either / or C Both / and
B Neither / nor D Not only / but also
- 4 you practice daily you won't improve your skills.

A Either / or C Whether / or
B Neither / nor D Not only / but also
- 5 the team wins loses, they will celebrate their effort.

A Either / or C Whether / or
B Neither / nor D Not only / but also
- 6 the players the coach were exhausted after the match.

A Either / or C Both / and
B Neither / nor D Not only / but also
- 7 you focus on your goals you will achieve them.

A Either / or C Whether / or
B Neither / nor D Not only / but also
- 8 the tournament was challenging, it was also rewarding.

A Either / or C Whether / or
B Neither / nor D Not only / but also
- 9 the players the coach knew the score before the match ended.

A Either / or C Both / and
B Neither / nor D Not only / but also

10 you train hard you will never become a champion.

A Either / or

C Whether / or

B Neither / nor

D Not only / but also

EXERCISE 2:

 **Fill in the gaps:**

<i>respected</i>	<i>strategy</i>	<i>referee</i>
<i>unity</i>	<i>endurance</i>	<i>discipline</i>

1 The team displayed remarkable sportsmanship during the tournament.

2 The maintained order on the field during the match.

3 The athlete's was key to winning the race.

4 A good is essential for executing a successful play.

5 The of the team was evident in their coordinated efforts.

6 The coach emphasized the need for in every practice session.

EXERCISE 3:

 **Complete the missing parts in the following dialogue:**

A: What sport do you enjoy the most?

B: I love playing

A: How often do you get to play?

B:

A: That sounds like a great way to stay fit and have fun!

B:

A: Have you ever competed in any tournaments?

B:

 EXERCISE 4

Do as shown between brackets:

1. The CEO must decide to expand into new markets or focus on strengthening existing ones. (Use neither...nor)
.....
2. The experiment yielded results that were significant but lacked consistency. (Use neither...nor)
.....
3. The project requires cooperation from the marketing team and the product developers. (Use both...and)
.....
4. The manager approved the budget and implemented new cost-saving measures. (Use not only...but also)
.....
5. Whether the client accepts the proposal or requests revisions, the team must be ready to adapt. (Use whether...or)
.....
6. The policy aims to be effective in reducing emissions and equitable for all communities involved. (Use both...and)
.....

Lesson 3

Sports Advertising



EXERCISE 1:

✚ Choose the correct answer:

1. Ali has a _____; he can control the ball better than anyone on the team.
A front runner C driving force
B sweet foot D big foot
2. Our school team _____ at the national finals with a 10-point lead.
A blew the competition away C knew the score
B drove the score D took the front
3. After winning five games in a row, our team is now the _____ for the championship.
A driving force C front runner
B sweet foot D underdog
4. Layla didn't argue when she was replaced in the group—she _____ and accepted it.
A drove the force C knew the score
B v blew the competition away D had sweet foot
5. His energy and leadership were the _____ behind the club's success.
A sweet foot C driving force
B front runner D competition
6. The coach called Sara the _____ because she inspired everyone to work harder.
A blow away C front foot
B driving force D know the score
7. When you're the _____, everyone expects you to win.
A front runner C team player
B sweet foot D game changer

8. With her speed and control, Mariam has a real _____ on the field.

A fast move

 quick runner

B sweet foot

D driving goal

9. We practiced hard and finally _____ at the science fair.

A knew the score

C blew the competition away

B drove the force

D fronted the team

- 10 The captain _____ and didn't need anyone to explain why he was benched.

A had a sweet foot

c knew the score

B blew the team away

D became the front runner

EXERCISE 2

Read the following passage then answer the following questions:

Sports play a vital role in promoting physical health and mental well-being. Regular participation in sports activities helps improve cardiovascular health, build muscle strength, and increase stamina. Beyond physical benefits, sports also teach important life skills such as teamwork, discipline, and leadership. Many athletes develop strong social bonds with teammates, which can boost self-confidence and reduce stress.

In addition to individual sports like tennis and swimming, team sports such as football, basketball, and volleyball encourage cooperation and communication. Playing sports competitively also helps individuals learn how to handle both success and failure gracefully. Sports events often bring communities together, fostering a sense of unity and pride. However, it is important to balance sports with rest and proper nutrition to prevent injuries. Overtraining can lead to fatigue and physical strain, which may affect performance and health. Overall, sports contribute positively to personal development and social interaction, making them an essential part of a healthy lifestyle.

1. Answer the following questions:

1. How do team sports differ from individual sports in terms of social benefits?
2. Why is balancing rest and nutrition important for athletes?
3. In what ways can participating in sports help in managing stress?

2. Choose the correct answer:

4. Which of the following is NOT a benefit of playing sports regularly?
 - A Improved cardiovascular health
 - B Increased social isolation
 - C Enhanced teamwork skills
 - D Better stress management
5. What can happen if athletes overtrain without adequate rest?
 - A Improved performance
 - B Increased risk of injury
 - C Stronger muscles
 - D Enhanced mental focus

EXERCISE 3:**Translation:****A- Translate into Arabic:**

👉 Teamwork is essential for achieving success in sports.

B- Translate into English:

👉 الماء عنصر أساسي للحفاظ على صحة الجسم .

EXERCISE 4:

🔗 Write a 120-word essay on the importance of mental strength in sports.

 EXERCISE 1: Choose the correct answer:

1. You should never _____ in unhealthy food, even on the weekend.
A stamina B indulge C reliever D supervision
2. Regular exercise helps build physical strength and improve your _____.
A anxiety B exhaustion C stamina D perceptio
3. Try to stay calm and make a _____ decision, not an emotional one.
A prestigious B crucial C rational D mental
4. Many people use music as a stress _____ after a long day.
A reliever B supervision C enhance D anxiety
5. Sleep is _____ to brain function, memory, and focus.
A rational B crucial C interchangeable D indulgent
6. Mental health is just as important as physical health in maintaining overall _____ balance.
A stamina B supervision C mental D crucial
7. After a good night's sleep, I feel more focused and _____ in the morning.
a. sharper B reliever C exhaustion D indulgent
8. Reading challenging books can _____ your vocabulary and thinking skills.
A indulge B supervise C enhance D perceive
9. The terms "fear" and "anxiety" are often used _____, though they are slightly different.
A mentally B interchangeably C crucially D rationally
10. Without proper rest and care, stress can lead to complete _____.
A supervision B exhaustion C reliever D stamina

 EXERCISE 2: Choose the correct answer:

1. She will _____ accept the job offer _____ look for another opportunity.
A either...or C both...and
B neither...nor D not only...but also

2. _____ the CEO _____ the board members agreed on the new strategy.
A Either...or **C** Both...and
B Neither...nor **D** Whether...or
3. The report was _____ detailed _____ easy to understand.
A either...or **C** both...and
B neither...nor **D** not only...but also
4. We will go hiking _____ it rains _____ the sun shines.
A either...or **C** both...and
B neither...nor **D** whether...or
5. He is _____ a skilled programmer _____ a talented designer.
A either...or **C** both...and
B neither...nor **D** not only...but also
6. _____ you complete the assignment on time _____ you risk losing marks.
A Either...or **C** Both...and
B Neither...nor **D** Whether...or
7. The committee will recommend changes _____ to the budget _____ to the timeline.
A either...or **C** both...and
B neither...nor **D** not only...but also
8. _____ the manager _____ the employees have responsibility for the project's success.
A Either...or **C** Both...and
B Neither...nor **D** Whether...or

9. The proposal was rejected because it was _____ unrealistic
_____ impractical.

A either...or

C both...and

B neither...nor

D not only...but also

10. The speaker emphasized that _____ innovation _____
collaboration are essential for growth.

A either...or

C both...and

B neither...nor

D whether...or

EXERCISE 3:

 Find the mistakes in the following sentences then correct them:

1. Neither the marketing team or the sales department has met their quarterly targets.

2. Not only the research was groundbreaking but also it revolutionized the field.

3. Both the CEO or the CFO must sign off on the final budget proposal

4. Whether the deadline is extended nor shortened, the project must be completed with quality.

5. The report was neither thorough or convincing enough to satisfy the stakeholders.

6. She will either attend the conference and present her paper or send a colleague in her place

 EXERCISE 4: **Translation:****A- Translate into Arabic:**

👉 Not only the players but also the coach was disappointed after the loss.

👉
.....

👉 Both Ahmed and Khaled want to join the science club.

👉
.....

B- Translate into English:

👉 لا يمكننا إما مشاهدة الفيلم أو الذهاب إلى الحديقة بسبب المطر.

.....
.....

👉 لا المعلم ولا الطالب حضر الاجتماع اليوم.

.....
.....

 Complete the missing parts in the following dialogue:

A: Did you catch the basketball game last night?

B: (1)

A: The teamwork really shined during those final minutes.

B: I agree, (2)

A: It's amazing how strategy and communication can change the game.

B: Definitely (3)

A: What do you think contributed most to the team's success?

B: (4)

 Fill in the gaps:

<i>national</i>	<i>striker</i>	<i>intensive</i>
<i>tennis</i>	<i>offensive</i>	<i>rehabilitation</i>

[1] The championship brought together teams from all over the country.

[2] training has helped the player build both strength and endurance.

[3] The scored the decisive goal in the final minute.

[4] Sports like require quick thinking and agility.

[5] is crucial in helping players recover from injuries.

[6] The team's strategy led them to a memorable victory.

 Choose the correct answer:

[1] The two words are used _____ in casual conversation, though they don't mean exactly the same.

A supervision

B interchangeably

C exhaustion

D prestigious

[2] After working for 12 hours without rest, she collapsed from complete _____.

A anxiety

B supervision

C exhaustion

D perceive

3. He couldn't sleep well due to the constant feeling of _____ before the exam.
A anxiety B prestigious C interchangeably D perceive
4. The students completed the experiment under the teacher's careful _____
A exhaustion B supervision C anxiety D prestigious
5. Many people _____ success differently, depending on their goals and values.
A perceive B supervision C anxiety D interchangeably
6. _____ the manager _____ the employees knew about the sudden meeting.
A Both – and C Neither – nor
B Either – or D Not only – but also
7. I will _____ call him _____ send him an email to confirm the appointment.
A either – or C not only – and
B both – and D neither – nor
8. She is _____ talented _____ dedicated, which makes her a great leader.
A neither – nor C either – or
B not only – but also D both – or
9. The project failed because _____ the plan _____ the execution were weak.
A not only – but also C neither – nor
B both – and D either – or
10. We can go to _____ the museum _____ the theater—your choice!
A both – and C not only – but also
B either – or D neither – nor

Read the following passage then answer the following questions:

Team sports have been a significant part of human culture for centuries, evolving from informal games to structured, competitive activities. From ancient civilizations to modern-day competitions, team sports have provided a way for individuals to come together, collaborate, and compete. Early forms of team sports were often played for recreational purposes, but over time, they have developed into organized leagues, with official rules, governing bodies, and professional athletes. Today, sports like soccer, basketball, and rugby are played at both amateur and professional levels, with millions of fans supporting their teams worldwide. The growth

of media coverage and global tournaments has made team sports an integral part of society, influencing everything from entertainment to national pride.

 Answer the following questions:

- 1 How have team sports evolved over time?
- 2 What do you think is the impact of professional team sports on society?
- 3 Why do you think team sports have remained popular throughout history?

 Choose the correct answer:

- 4 What is one reason team sports have evolved over time?
 - A To encourage individual competition
 - B To create a more organized structure for play
 - C To eliminate fan support
 - D To make the games less competitive
- 5 Which of the following sports is mentioned in the Read the following passage then answer the following questions as being widely played today?
 - A Baseball
 - B Cricket
 - C Soccer
 - D Ice hockey

 Translation:

A- Translate into Arabic:

 A balanced diet helps athletes perform at their best.

B- Translate into English:

 النوم الكافي يحسن التركيز والإنتاجية.

 Write an essay of 120 words about how sports affects our personality

.....

.....

.....

.....

.....

.....

 EXERCISE 1: Choose the correct answer:

- 1] A area is a place with small populations and open landscapes.
A urban B rural C affordable D scheduled
- 2] A environment is characterized by busy streets, skyscrapers, and modern facilities.
A rural B cost-effective C urban D consuming
- 3] Many people prefer tropical for their vacations.
A departures B destinations C ferries D schedules
- 4] The hotel offers accommodation, making it perfect for travelers on a budget.
A affordable B consuming C rural D prior
- 5] Taking public transportation is more than using a private car every day.
A assumed B consuming C cost-effective D scheduled
- 6] Watching a three-hour movie can be very time
A affordable B consuming C assumed D scheduled
- 7] The manager that everyone had read the report before the meeting.
A assumed B scheduled C consumed D departed
- 8] Passengers should arrive at the airport at least two hours to departure.
A consuming B affordable C prior D urban
- 9] The time for the flight is 6:30 PM.
A consuming B scheduled C rural D assumed
- 10] The from the train station was delayed due to technical issues.
A cost-effective B assumed C departure D affordable

 EXERCISE 2:

 **Read the following passage then answer the questions:**

Egypt offers a wide variety of destinations to explore, from rural villages with quiet landscapes to busy urban cities filled with ancient wonders. Many attractions are affordable, making it a great choice for travelers on a budget. Planning prior to your trip ensures a smooth experience, especially for scheduled tours or activities. Whether you take a ferry across the Nile or enjoy luxurious cruises, there's something for everyone. While some experiences might be time-consuming, they are worth every moment. Ensure you check your departure details to avoid any delays and make the most of your journey.

 **Answer the following questions:**

- 1 What types of destinations can travelers explore in Egypt?
- 2 Why is it important to plan prior to your trip when visiting Egypt?
- 3 How can travelers experience the Nile River during their visit to Egypt?

 **Choose the correct answer:**

- 4 What makes Egypt an attractive destination for travelers?
 - A It is very expensive.
 - B It offers both rural and urban experiences.
 - C It has limited attractions.
 - D It is difficult to access.
- 5 Which means of transportation is mentioned for exploring the Nile in Egypt?
 - A Airplane
 - B Train
 - C Ferry or cruises
 - D Bus

 EXERCISE 3: ***find the mistake in the following sentences then correct it***

1. The rural city was known for its busy streets and tall buildings.
2. Tourists often visit urban destinations to enjoy fresh air and open countryside.
3. This restaurant is very affordable, but the meals are extremely consuming.
4. She assumed the meeting was scheduled without checking the prior notice.
5. Buy bottled water is more cost-effective than drinking tap water.
6. We planned our trip to several destinations that were mostly urban and expensive.

 EXERCISE 4: ***Translation:******A- Translate into Arabic:*** Rural areas are often chosen as peaceful destinations for affordable travel.

.....

.....

.....

B- Translate into English: المدن الحضرية توفر خيارات سفر بأسعار معقولة.

.....

.....

.....

 EXERCISE 2: **Fill in the gaps with the words in brackets:**

<i>ferry</i>	<i>scheduled</i>	<i>departure</i>
<i>destinations</i>	<i>cruises</i>	<i>affordable</i>

There are many amazing (1) to explore, from quiet beaches to busy cities. Some are very (2) and easy to reach. Check the (3) times for your (4), whether you're taking a (5) or enjoying (6) While travel can be time consuming, it's always worth the adventure!

 EXERCISE 3: **Supply the missing parts in the following dialogue:**

A: Which destination do you prefer, rural or urban?

B: (1)

A: (2) ?

B: because rural areas have a charm of their own wide-open spaces, fresh air, and fewer people.

A: (3) !

B: Do you like to come with me next time?

A: (4)

 EXERCISE 4: **Do as shown between brackets:**

1. No one responded to the crisis as effectively as James did.
Do as shown: Use the comparative form of effectively.
-

2. The entire team didn't handle the task as efficiently as the intern did.
Do as shown: Use the comparative form of efficiently.
-

3. Her opponent didn't argue as persuasively as Sarah during the debate.
Do as shown: Use the comparative form of persuasively.
-

4. The first group didn't react as decisively to the unexpected challenge as the second group did.
Do as shown: Use the comparative form of decisively.
-

5. The professor didn't explain the topic as clearly as the guest speaker.
Do as shown: Use the comparative form of clearly.
-

6. The other performers didn't dance as gracefully as Olivia.
Do as shown: Use the comparative form of gracefully.
-

 EXERCISE 1: **Choose the correct answer:**

- 1 At the of dawn, we started our journey.
A tip **B** crack **C** end **D** break
- 2 It's time to the road and begin our adventure.
A hit **B** take **C** miss **D** walk
- 3 Remember to light for the trip.
A load **B** pack **C** grab **D** hold
- 4 There's no for regret when you're exploring new places.
A time **B** need **C** room **D** way
- 5 They spent the holiday it up, enjoying every moment.
A living **B** making **C** giving **D** doing
- 6 We decided to explore places off the track.
A main **B** beaten **C** known **D** easy
- 7 Watching the sunset made my heart flight.
A take **B** make **C** feel **D** lose
- 8 With so many opportunities ahead, the future is
A dull **B** dark **C** bright **D** faint
- 9 's to new adventures and unforgettable journeys!
A What **B** Here **C** Now **D** That
- 10 We'll follow the paths, wherever they
A end **B** lead **C** stop **D** go

 EXERCISE 2:**Read the following passage then answer the following questions:**

The Sinai Peninsula is a triangular landmass in Egypt, situated between the Mediterranean Sea to the north and the Red Sea to the south. Covering approximately 60,000 square kilometers, it serves as a vital land bridge between Africa and Asia. The region is known for its

rugged mountains, desert landscapes, and strategic military importance. Historically, Sinai has been a crossroads for various civilizations and has witnessed numerous conflicts due to its location.

The peninsula is rich in natural resources, including minerals and oil, which contribute significantly to Egypt's economy. It is also home to several Bedouin tribes who have maintained their traditional nomadic lifestyle for centuries. The area attracts tourists because of its beautiful coral reefs, diverse marine life, and religious sites such as Mount Sinai, where, according to tradition, Moses received the Ten Commandments. Despite its natural beauty and cultural significance, Sinai has faced challenges related to security and development. Efforts to improve infrastructure and promote tourism continue, aiming to balance economic growth with preserving the environment and local culture.

1. Answer the following questions:

1. Why is the Sinai Peninsula considered strategically important?
2. How do natural resources impact the economy of the Sinai Peninsula?
3. What challenges does Sinai face in terms of development and security?

2. Choose the correct answer

The Sinai Peninsula connects which two continents?

- | | |
|---|--|
| ☐ A Europe and Asia | ☐ C Africa and Asia |
| ☐ B Africa and Europe | ☐ D Asia and Australia |
4. Which religious figure is traditionally associated with Mount Sinai?
- | | | | |
|-------------------------------|-------------------------------|----------------------------------|---------------------------------|
| ☐ A Jesus | ☐ B Moses | ☐ C Muhammad | ☐ D Abraham |
|-------------------------------|-------------------------------|----------------------------------|---------------------------------|

EXERCISE 3:

Translation:

A- Translate into Arabic:

👉 Several Bedouin tribes live in the Sinai Peninsula, preserving their traditional way of life.

B- Translate into English:

👉 تشتهر شبه جزيرة سيناء بالشعاب المرجانية الجميلة والحياة البحرية

EXERCISE 4:

Write an essay of 120 words about The Beauty of Egypt's Countryside and Cities.

- 9 This travel agency offers holiday packages for budget travelers.
A affordable C scheduled
B consuming D assumed
- 10 You must arrive at the station at least 30 minutes to the train's departure.
A consuming C ferry
B cost-effective D prior

EXERCISE 2:

 **Choose the correct answer:**

- 1 My dog runs than yours.
A faster C most fast
B more fast D most faster
- 2 She answered the questions than the rest of the class.
A intelligent C most intelligent
B more intelligently D intelligenter
- 3 The train arrived than we thought.
A more late C latest
B later D more lately
- 4 He explained the topic than his colleague.
A most clearly C more clearly
B clearer D most clear
- 5 We worked on this project than the last one.
A harder C most hard
B more hard D hardest
- 6 The athlete ran than he had ever run before.
A quicker C most quickly
B more quickly D most quick
- 7 She danced than all her classmates.
A most graceful C graceful
B most gracefully D more gracefully

- 8 He reacted to the bad news than I did.
 A more angrily C most angrily
 B angrier D most angry
- 9 They worked than usual to meet the deadline.
 A hardest C harder
 B more hard D most hard
- 10 He answered the test than expected.
 A most correct C correcter
 B most correctly D more correctly

EXERCISE 3:

Find the mistakes in the following sentences and correct them:

1. The consultant analyzed the data more precise than the junior analyst did.
2. The project progressed more smoothly and effective than last year's project.
3. She answered the client's questions more polite than her colleague did.
4. The engineers tested the device more thoroughly as they did during the trial phase.
5. The runner completed the final lap more quick than in the previous race.
6. The company responded more efficiently and responsible than its competitors.

EXERCISE 4:

Translation:

A- Translate into Arabic:

☞ Consuming less time on transportation makes trips more enjoyable.

B- Translate into English:

☞ تمت جدولة الرحلة البحرية قبل يوم واحد من المغادرة.

Unit 5

Experimental Test

 Complete the missing parts in the following dialogue:

Ahmed: Hey Ali, you look really tired today. Everything alright?

Ali : Not really. I'm feeling a mix of exhaustion and anxiety before the exam.

Ahmed: I've been there. Maybe take a short break or go for a walk.

Ali : I guess I should. All this pressure is making it hard to concentrate.

Ahmed: Don't push yourself too hard.

Ali : Ahmed. I'll take your advice and relax a bit.

 Fill in the gaps:

<i>rural</i>	<i>urban</i>	<i>destinations</i>	<i>consuming</i>
<i>affordable</i>	<i>cost</i>	<i>effective</i>	<i>assumed</i>

Many people think that vacationing in _____ areas is expensive, but in fact, some of the most _____ and beautiful _____ are found in the countryside. Although _____ living in the city can be exciting, it often leads to _____ travel costs and higher living expenses. People have _____ that urban areas are always the best choice for a getaway, but with some planning, a _____ rural vacation can be just as fulfilling.

 Choose the correct answer:

[1]. Many tourists prefer to visit _____ areas because of the peaceful atmosphere and beautiful landscapes.

- A** urban **B** consuming **C** affordable **D** rural

[2]. The new apartment complex is not only beautiful but also _____ for middle-class families.

- A** destinations **B** affordable
C assumed **D** cost-effective

[3]. Traveling to _____ cities can be exciting, but it is often expensive and crowded.

- A** rural **B** urban
C destinations **D** consuming

4. The hotel in the mountains offers one of the most popular _____ for nature lovers.
A urban B destinations C consuming D assumed
5. She _____ that everyone would arrive on time, but some were late.
A assumed B affordable C consuming D cost-effective
6. He ran _____ than his brother during the race.
A more quickly B most quickly C quick D quickest
7. Sarah speaks _____ than Tom in meetings.
A more confidently C confident
B most confidently D confidentlier
8. She completed the project _____ than I did.
A quicklier B more quickly C quickest D quickly
9. The teacher explained the lesson _____ this time.
A more clearly B most clearly C clearlyer D clearer
10. He drives _____ than anyone else on the team.
A more safely B safest C safe D most safely

**Read the following passage then answer the questions:**

Every year, thousands of people visit the small village of Green Valley. It is located in the heart of the countryside, far from the noise and chaos of city life. The village is known for its beautiful landscape, including rolling hills, quiet lakes, and lush green fields. The people who live there are very friendly, and visitors often feel like they are part of the community. Many visitors come to enjoy the fresh air, peaceful surroundings, and outdoor activities such as hiking, fishing, and cycling. The area is also a popular destination for photographers because of its stunning natural beauty. Green Valley offers several local attractions, such as a small museum that tells the history of the village, and an old church that dates back over 200 years. Despite its small size, Green Valley the rest offers a variety of accommodations, from cozy cottages to charming bed and breakfasts. The prices are very reasonable, making it an affordable destination for families and solo travelers alike. In addition to outdoor activities, the village also

the village also hosts seasonal events, such as a farmers' market in the summer and a traditional harvest festival in the fall. Whether you're looking for adventure or simply a peaceful place to relax, Green Valley has something to offer everyone.

1. Answer the following questions:

1. Where is Green Valley located?
2. What are some outdoor activities people can enjoy in Green Valley?
3. What types of accommodations are available in Green Valley?

2. Choose the correct answer:

4. What is one of the attractions in Green Valley?

☐ A A theme park	☐ C A large shopping mall
☐ B A small museum	☐ D A sports stadium
5. What seasonal events are held in Green Valley?

☐ A A winter carnival and a spring fair
☐ B A farmers' market and a harvest festival
☐ C A Christmas market and an ice-skating competition
☐ D A fashion show and a music festival



Translation

A- Translate into Arabic:

- ☞ The village is known for its prestigious history and stunning landscapes.
- ☞ Many visitors find the local accommodations affordable and comfortable, perfect for a weekend getaway.

B- Translate into English:

- ☞ المنطقة مشهورة بمناظرها الطبيعية الجميلة، مثل التلال المتدحرجة والبحيرات الهادئة.
- ☞ العديد من الزوار يفضلون الاستمتاع بالأنشطة في الهواء الطلق مثل المشي وصيد الأسماك.



Writing

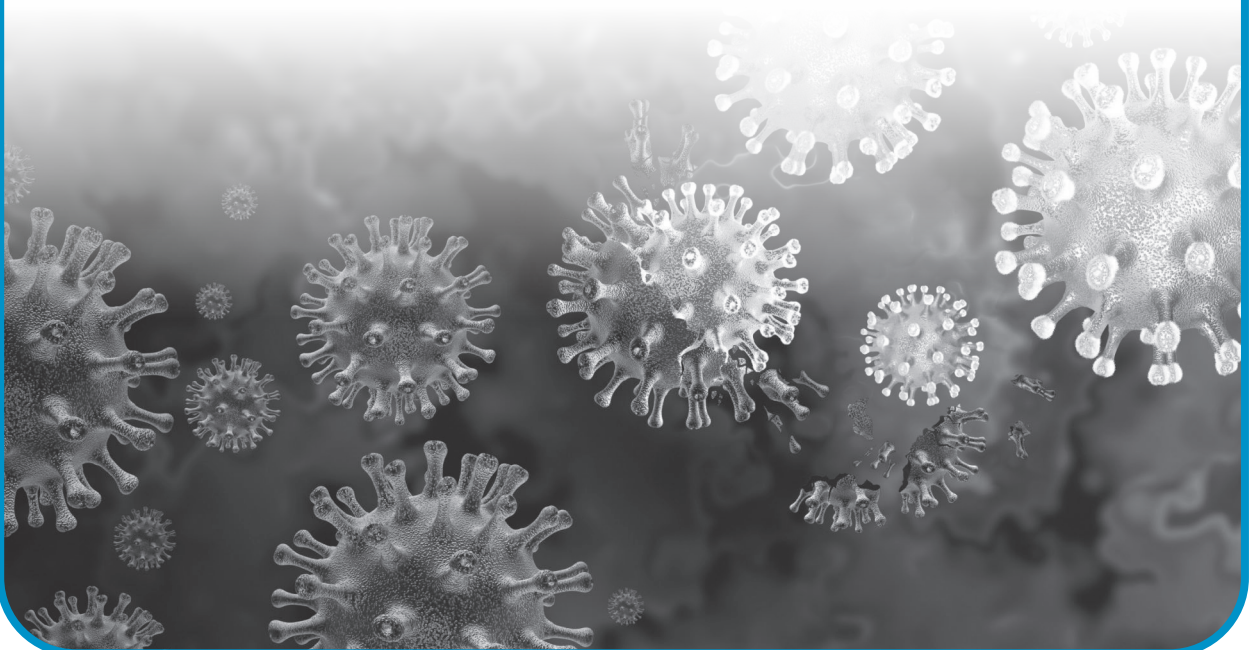
Write an essay of 120 words about the importance of travelling



Unit 6

Health and

Disease



 EXERCISE 1: **Choose the correct answer:**

- 1 is a chronic disease.
- A** Cold **C** Flu
B Diabetes **D** Sore throat
- 2 is a type of disease caused by a pathogen.
- A** Infectious disease **C** Genetic disease
B Chronic disease **D** Autoimmune disease
- 3 is a common symptom of cardiovascular diseases.
- A** Stomach cramps **C** Shortness of breath
B Headaches **D** Nausea
- 4 is considered a respiratory condition?
- A** Eczema **C** Arthritis
B Osteoporosis **D** Asthma
- 5 Zoonotic diseases are those that can be transmitted from
- A** animals to humans **C** air to humans
B humans to humans **D** water to animals
- 6 A pathogen is a
- A** enzyme **C** virus
B vitamin **D** hormone
- 7 People with diabetes can reduce symptoms by maintaining stable blood sugar levels
- A** the heart **C** the lungs
B neuropathy **D** the kidneys
- 8 The intestine is part of in the body.
- A** circulatory system **B** nervous system
C digestive system **D** respiratory system
- 9 Nutrition can manage chronic diseases by adopting practices.
- A** criticism and discouragement **C** confusion and misleading
B a constructive dietary **D** a praise without offering help

- 10 Nutrition is important because it provides the body with..... .
- | | |
|---|-----------------|
| A energy and essential nutrients | C oxygen |
| B only water | D air |

EXERCISE 2:

 **Read the following passage then answer the questions:**

A balanced diet is crucial for maintaining good health and preventing chronic illnesses such as diabetes, cardiovascular diseases, and respiratory disorders. Proper nutrition strengthens the body's resilience against pathogens, reducing the risk of zoonotic infections. Dietary habits play a constructive role in supporting the brain, preventing conditions like neuropathy, and ensuring a healthy intestine. Excessive consumption of unhealthy foods can lead to long-term complications, while a positive attitude toward healthy eating fosters gratitude for well-being. Being mindful of nutrition is not just about avoiding illness; it's about building a healthier, more resilient lifestyle that promotes overall physical and mental health.

 **Answer the following questions:**

- 1 Why is proper nutrition crucial for preventing chronic illnesses?
- 2 How do dietary habits support overall health?
- 3 are the benefits of a positive attitude toward healthy eating?

 **Choose the correct answer:**

- 1 Which condition is associated with excessive unhealthy eating habits?

A Neuropathy	C Zoonotic infections
B Chronic illnesses	D Respiratory health
- 2 What does gratitude toward healthy eating encourage?

A Ignoring dietary habits	C Excessive food consumption
B Increased pathogen risks	D Positive eating attitudes

✧ EXERCISE 3:

✧ **Find the mistakes in the following sentences then correct them:**

1. Diabetes is a chronic disease that affect the body's ability to regulate sugar.
2. Cardiovascular system plays a crucial role in maintaining healthy blood flow throughout the body.
3. Respiratory infections are caused by pathogens that invades the lungs and airways.
4. Zoonotic diseases can transfer from animal to human through contaminated foods or direct contact.
5. Neuropathy often results in pain and numbness in the intestines or extremities.
6. Good nutrition is constructive to maintaining overall health and preventing chronic illnesses.

✧ EXERCISE 4:

✧ **Translation:**

A- Translate into Arabic:

☞ Proper nutrition is crucial for maintaining good health.



.....
.....

B- Translate into English:

☞ يجب على المراهقين أن يحافظوا على نظام غذائي متوازن ويتعدوا عن الأطعمة غير الصحية.



.....
.....

Lesson 2

A Healthy Plan



EXERCISE 1:

 **Choose the correct answer:**

- 1 His gratitude for healthy food even before he studied nutrition.
A grew C is growing
B had grown D has grown
- 2 After she her dietary habits based on the nutritionist's advice her health improved.
A adjusted C had adjusted
B was adjusting D adjusts
- 3 They said they how crucial attitude was in maintaining a healthy lifestyle.
A hadn't understood C weren't understanding
B haven't understood D didn't understand
- 4 He remarked that his resilience during his journey to better health.
A is tested C has been tested
B was tested D had been tested
- 5 The trainer reported that the participants their fitness through regular sports.
A improve C had improved
B improved D have improved
- 6 She with chronic fatigue before improving her nutrition.
A had struggled C was struggling
B struggled D struggles
- 7 The doctor said, "I had never seen such a severe case before."
The doctor said he never seen such a severe case before.
A has B was C had D did

- 8 The nurse said she already checked the patient's temperature.
 A has B had C was D is
- 9 The trainer said, "I had prepared a workout plan for you." The trainer said he prepared a workout plan for me.
 A was B did C had D has
- 10 The dietitian stated that she recommended this meal plan to him earlier.
 A had B did C was D has

EXERCISE 2:

Fill in the gaps using the following words:

nutrition	level	cardiovascular
crucial	diabetes	chronic

Maintaining (1) is (2) for preventing (3) diseases like (4) and (5) conditions. Poor dietary choices can lead to complications such as neuropathy, a nerve damage often associated with diabetes. Proper nutrition helps manage blood sugar (6) and supports overall health, reducing the risk of these serious conditions.

EXERCISE 3:

Supply the missing parts in the following dialogue:

Habiba: (1)?

Adam: Yes, diabetes is a chronic disease

Habiba: (2)?

Adam: Yes, it can be controlled by diet.

Habiba: (3)?

Adam: I don't exercise much, but I will start making better food choices.

Habiba Goodbye! Have a nice day.

Adam: (4) !

 EXERCISE 4:

Do as shown between brackets:

1. They had finished their work before the manager arrived.

Do as shown: Rewrite using (after)

.....

2. She left the office after she had completed the report.

Do as shown: Rewrite using (Before)

.....

3. By the time the guests came, he had cooked the meal.

Do as shown: Rewrite using (As soon as)

.....

4. He said, "I will attend the conference tomorrow."

Do as shown: Rewrite in reported speech.

.....

5. She said, "I have finished the assignment."

Do as shown: Rewrite in reported speech.

.....

6. They said, "We are going to visit Paris next month."

Do as shown: Rewrite in reported speech.

.....

 EXERCISE 1: Choose the correct answer:

- 1 Eating a nutritious meal every day is important because, as the saying goes, "_____."
- A An apple a day keeps the doctor away
B You are what you eat
C Eat like a bird
D A healthy mind in a healthy body
- 2 After running for an hour, I felt tired and had to rest. I was definitely _____.
- A under the weather C a healthy mind in a healthy body
B eating like a bird D what I eat
- 3 She eats so little, barely touching her meals. She definitely lives by the motto _____."
- A An apple a day keeps the doctor away
B You are what you eat
C Eat like a bird
D A healthy mind in a healthy body
- 4 You need to remember that _____: what you eat impacts how you feel and perform every day.
- A An apple a day keeps the doctor away
B You are what you eat
C Eat like a bird
D A healthy mind in a healthy body
- 5 It's essential to take care of both your body and mind, following the advice: "_____."
- A You are what you eat C Eat like a bird
B A healthy mind in a healthy body D Under the weather

- 6 She believes that by eating healthy foods every day, "_____, " and she stays fit and active.
- A An apple a day keeps the doctor away
 - B Eat like a bird
 - C A healthy mind in a healthy body
 - D You are what you eat
- 7 He's been feeling sick for a few days, and he said he's been feeling _____.
- A under the weather
 - C what I eat
 - B a healthy mind in a healthy body
 - D eat like a bird
- 8 You may feel great if you treat your body with respect by eating well and staying active, because _____."
- A You are what you eat
 - B An apple a day keeps the doctor away
 - C Eat like a bird
 - D A healthy mind in a healthy body
- 9 I try to stay healthy by sticking to my fruits and veggies because I believe that _____."
- A You are what you eat
 - B A healthy mind in a healthy body
 - C Eat like a bird
 - D An apple a day keeps the doctor away
- 10 After the intense workout, I had to lie down because I was completely _____."
- A under the weather
 - C what I eat
 - B eating like a bird
 - D a healthy mind in a healthy body

 EXERCISE 2: **Read the following passage then answer the following questions:**

Maintaining good health is essential for a happy and productive life. Health recommendations focus on habits and practices that promote physical and mental well-being. One crucial aspect is maintaining a balanced diet rich in fruits, vegetables, whole grains, and lean proteins. Proper nutrition provides the body with necessary vitamins and minerals to function optimally. Regular exercise is another vital recommendation. Engaging in physical activities such as walking, jogging, or swimming for at least 30 minutes a day helps improve cardiovascular health, strengthen muscles, and reduce stress. Adequate sleep is equally important, as it allows the body to repair and recharge. Adults are generally advised to get 7-9 hours of sleep each night. Additionally, staying hydrated by drinking enough water daily supports digestion and overall health. Avoiding harmful habits such as smoking, excessive alcohol consumption, and drug use further protects the body from diseases. Regular medical check-ups can detect health issues early and prevent complications. Mental health should not be overlooked; managing stress through mindfulness, hobbies, or social connections contributes significantly to well-being. By following these health recommendations, individuals can enhance their quality of life and reduce the risk of chronic diseases.

1. Answer the following questions;

1. Why is a balanced diet important for maintaining health?
2. How does regular exercise benefit both physical and mental health?
3. What role does hydration play in overall well-being?

2. Choose the correct answer:

4. How many hours of sleep are generally recommended for adults?
- A 5-6 hours
 - B 6-7 hours
 - C 7-9 hours
 - D 9-10 hours
5. Which of the following habits is harmful to health?
- A Regular exercise
 - B Drinking enough water
 - C Smoking cigarettes
 - D Eating vegetables

EXERCISE 3:

Translation:

A- Translate into Arabic:

-  Managing stress through hobbies or social activities improves mental well-being.
-
-

B- Translate into English:

 تجنب التدخين والإفراط في تناول الكحول يقلل من خطر العديد من الأمراض.



.....

EXERCISE 4:

-  Write an essay of 120 words about *Nutrition and Chronic Diseases* and how eating a balanced diet helps prevent and manage chronic illnesses.

 EXERCISE 1: Choose the correct answer:

- 1] is crucial for maintaining good health.
A Proper nutrition and exercise **C** Lack of sleep
B Excessive sugar intake **D** Ignoring medical advice
- 2] An individual's attitude can significantly influence their.....
A shoe size **C** mental health
B height **D** kin color
- 3] Gratitude can improve overall well-being by
A increasing stress levels
B reducing stress and increasing happiness
C causing physical pain
D decreasing energy levels
- 4] Being resilient means being able to
A recover quickly from difficulties **C** ignore pain
B avoid challenges **D** prevent illness
- 5] Obesity and diabetes as a result of excessive consumption of sugar can lead to.....
A better skin **C** improved digestion
B strong teeth **D** obesity and diabetes
- 6] Dietary fiber is essential for.....
A proper digestion **C** blood circulation
B energy production **D** immune function
- 7] Chronic diseases are typically.....
A long-lasting **C** easily treated with medication
B short-lived **D** temporary
- 8] is a common cardiovascular disease.
A Chickenpox **C** Heart disease
B Pneumonia **D** Malaria

- 9 is primarily affected by diabetes.
A Lungs **C** Heart
B Pancreas **D** Kidneys
- 10 is a respiratory disease.
A Pneumonia **C** Alzheimer's disease
B Arthritis **D** Sickle cell anemia

EXERCISE 2:

Choose the correct answer:

- 1 She said that she a healthy breakfast before the meeting.
A ate **C** had already eaten
B was eating **D** has eaten
- 2 The coach mentioned that the team a strict dietary plan.
A had followed **C** has followed
B was following **D** is following
- 3 By the time they learned about good nutrition, they from chronic health issues.
A were suffering **C** have suffered
B had suffered **D** suffered
- 4 He explained that his poor attitude towards exercise after he joined a gym.
A has changed **C** was changing
B had changed **D** changed
- 5 The nutritionist said that excessive sugar a major cause of health problems in her patients.
A was **C** has been
B had been **D** will be
- 6 She admitted that she the importance of dietary guidelines in the past.
A had ignored **C** ignored
B was ignoring **D** has ignored

- 7 The speaker noted that gratitude a role in improving mental health.
- A** plays **C** had played
B has played **D** is playing
- 8 They reported that they a healthy lifestyle for years before the study.
- A** had practiced **C** practice
B were practicing **D** had been practicing
- 9 The doctor said that the patient resilience during the recovery process.
- A** showed **C** has shown
B had shown **D** is showing
- 10 She confessed that she had followe**D** an unhealthy diet for most of her life.
- A** has followed **C** had followed
B was following **D** follows

EXERCISE 3:

 **Find the mistakes in the following sentences then correct them:**

1. She had wrote the report before the meeting started.
2. They had forgot their tickets by the time they arrived at the station.
3. He took a break after he has finished the first draft.
4. She told me she is going to the conference next week.
5. They said that they can't attend the meeting yesterday.
6. He mentioned he will arrive after lunch.

EXERCISE 4:

 **Translation:**

A- Translate into Arabic:

-  Getting enough sleep and staying hydrated help the body function properly.
-
-

B- Translate into English:

 تناول نظام غذائي متوازن وممارسة الرياضة بانتظام أمران ضروريان للصحة الجيدة.



.....

❖ **Supply the missing parts in the following dialogue**

Adam: Why is eating healthy important for our life?

Nora: (1).

Adam: What are some good foods to eat?

Nora: (2).

Adam: (3) snacks? I love chips and candy

Nora: Those are okay occasionally, but try nuts, yogurt, or fruits instead

Adam: I guess I should start eating healthier.

Nora:(4)! Small changes can make a big difference over time.

❖ **Fill in the gaps using the following words:**

<i>chronic</i>	<i>diabetes</i>	<i>attitude</i>
<i>balanced</i>	<i>health</i>	<i>dietary</i>

A positive (1) towards (2) habits is essential for preventing (3) diseases like (4) By adopting a (5), nutritious diet, individuals can manage blood sugar levels and improve overall health. A proactive approach to nutrition can significantly reduce the risk of developing long-term (6) issues.

❖ **Choose the correct answer:**

[1] Zoonotic diseases can be spread by.....

☐ A excessive water intake

☐ C over-exercising

☐ B air pollution

☐ D animal bites or scratches

[2] Neuropathy is often associated with

☐ A diabetes

☐ C cancer

☐ B asthma

☐ D tuberculosis

[3] He claimed that sports him stay fit and active in his youth.

☐ A helped

☐ C had helped

☐ B has helped

☐ D helps

- 4 The report indicated that chronic illnesses due to poor nutrition habits.
- A increased C have increased
B had increased D are increasing
- 5 Gratitude can reduce the symptoms of.....
- A muscle fatigue C stomach ulcers
B memory loss D stress and anxiety
- 6 She said that she how crucial nutrition was until she became ill.
- A wasn't realizing C didn't realize
B hadn't realized D hasn't realized
- 7 Resilience can be developed by.....
- A facing and overcoming challenges C ignoring setbacks
B avoiding problems D giving up easily
- 8 They admitted that they excessive junk food before starting their new diet.
- A were consuming C had consumed
B consumed D consume

 Read the following passage, then answer the questions:

A healthy lifestyle is crucial for physical and mental well-being, especially for teenagers. Proper nutrition and balanced dietary habits lay the foundation for long-term health. Governments play a key role in promoting awareness about healthy choices through education and policies. A constructive attitude toward exercise, sleep, and stress management is equally important. Teenagers should avoid excessive consumption of unhealthy foods and focus on staying active. Gratitude for good health can inspire resilience, helping individuals overcome challenges and stick to positive habits. By adopting a healthier lifestyle, teenagers can build a strong, energetic future and contribute positively to their communities.

 Answer the following questions

- 1 Why is a healthy lifestyle crucial for teenagers?
- 2 How can governments promote a healthy lifestyle?
- 3 What role does gratitude play in maintaining a healthy lifestyle?

 Choose the correct answer

- 1 What is one way teenagers can maintain a healthy lifestyle?
 - A Avoiding balanced meals
 - B Excessive junk food consumption
 - C Staying active and eating healthy
 - D Ignoring sleep and stress management
- 2 What is the role of governments in promoting healthy lifestyles?
 - A Ignoring health education
 - B Implementing awareness campaigns and policies
 - C Encouraging excessive food intake
 - D Promoting unhealthy habits

 Translation:**A- Translate into Arabic:**

-  A healthy diet includes fruits, vegetables, whole grains, and lean proteins

B- Translate into English:

 الرياضة المنتظمة تعزز الصحة العامة والمرونة الجسدية.

 Write an essay of 120 words about how healthy food strengthens the immune system and protects against diseases.



Unit 7

Appearance



Lesson 1

The Impact of Physical Appearance

 EXERCISE 1: Choose the correct answer:

- 1 She was in a about whether to attend the party or stay home.
A dilemma **B** disbelief **C** rebel **D** tame
- 2 His was evident when he heard the unexpected news.
A attention **B** disbelief **C** teasing **D** confidence
- 3 The students decided to against the strict dress code.
A rebel **B** tame **C** salvage **D** beaming
- 4 The teacher tried to the noisy classroom.
A rebel **B** tame **C** salvage **D** beaming
- 5 The school's requires students to wear uniforms.
A dress code **B** distractions **C** dubious **D** prohibited
- 6 The student's excuse for being late was
A dubious **B** prohibited **C** distractions **D** beaming
- 7 Using phones in class is strictly
A dubious **B** prohibited **C** distractions **D** beaming
- 8 The loud noise outside was a major during the exam.
A beaming **B** salvage **C** distractions **D** attention
- 9 The team managed to a victory from a losing position.
A self-conscious **B** beaming **C** attention **D** salvage
- 10 She was with joy after winning the competition.
A self-conscious **B** attention **C** beaming **D** teasing

 EXERCISE 2: **Read the following passage then answer the following questions:**

The new dress code at school has caused quite a dilemma for students. While some believe it promotes discipline, others feel it restricts their freedom. The principal's decision to enforce the dress code was met with disbelief by many students. Some have even started to rebel against the rules, arguing that they should be allowed to express themselves. However, the school administration remains firm, stating that the dress code is necessary to minimize distractions and maintain a focused learning environment.

 Answer the following questions:

- 1 Why are some students rebelling against the dress code?
- 2 What is the school administration's justification for the dress code?
- 3 What has caused a dilemma for students?

 Choose the correct answer :

- 1 How did students react to the principal's decision?

A With disbelief	C With confidence
B With joy	D With teasing
- 2 What is the purpose of the dress code according to the school administration?

A To promote discipline	C To restrict freedom
B To minimize distractions	D To encourage rebellion

 EXERCISE 3: **Find the mistakes in the following sentences then correct them:**

- 1 The teacher was dubious about the student's excuse for missing the class, so she didn't believe it.
- 2 Students must follow the dress coding strictly to avoid any distractions during lessons.
- 3 The rebels was captured after they tried to tame the wild animals near the border.
- 4 The manager was beaming with proud after the team successfully completed the project.
- 5 Smoking is prohibited in all public places, but some people still do it without hesitation.
- 6 The salvage of the old ship was difficult because the damage was too heavy.

 EXERCISE 4: **Translation:****A- Translate into Arabic:** The new dress code has caused a dilemma for students.



.....

B- Translate into English: الطلاب يجادلون بأنهم يجب أن يسمح لهم بالتعبير عن أنفسهم.



.....

Lesson 2

Judging People

 EXERCISE 1: Choose the correct answer:

- 1 She for the exam all week.
 (A) has been studying (C) studied
 (B) has studied (D) studies
- 2 They against the dress code since last month.
 (A) rebelled (C) have been rebelling
 (B) have rebelled (D) rebel
- 3 He to tame the noisy classroom for hours.
 (A) tries (C) tried
 (B) has tried (D) has been trying
- 4 We to salvage the project for days.
 (A) have worked (C) worked
 (B) have been working (D) work
- 5 The students about the dress code all morning.
 (A) have been discussing (C) discussed
 (B) have discussed (D) discuss
- 6 She with joy since she won the competition.
 (A) beamed (C) has been beaming
 (B) has beamed (D) beams
- 7 They attention to the teacher's instructions all class.
 (A) have paid (C) paid
 (B) have been paying (D) pay
- 8 He self-conscious about his appearance lately.
 (A) has been feeling (C) felt
 (B) has felt (D) feels
- 9 The students the new rules since they were introduced.
 (A) question (C) questioned
 (B) have questioned (D) have been questioning
- 10 She confidence in her abilities for months.
 (A) has been building (C) built
 (B) has built (D) builds

 EXERCISE 2: **Fill in the gaps:**

<i>image</i>	<i>workplace</i>	<i>commitment</i>	<i>culture</i>
<i>reputation</i>	<i>respect</i>	<i>form</i>	<i>uniformity</i>

- 1 A proper dress code in the workplace helps maintain a professional
- 2 Wearing the correct attire demonstrates for colleagues and clients.
- 3 A well-defined dress code can enhance the overall of an organization.
- 4 Adhering to dress code standards reflects towards one's job responsibilities.
- 5 The implementation of a dress code ensures a sense of among employees.
- 6 Appropriate attire contributes to a positive culture in the office.

 EXERCISE 3: **Supply the missing parts in the following dialogue:**

Amr and his father are talking about the new car Amr bought

Father : (1)?

Amr : Yes, I have. I found it worth recommending.

Father : (2).

Amr : Thank you, but as you know, all modern cars are expensive to maintain.

Father : (3).

Amr : Of course. Every new thing should be kept in a good condition.

Father : May Allah get you away from its evils.

Amr : (4).

 EXERCISE 4:

 **Rewrite the following sentences using present perfect continuous tense:**

[1] She started working on her thesis since early this morning.

.....

[2] They started negotiating the contract three weeks ago.

.....

[3] He began repairing the car last Monday and is still at it.

.....

[4] I first noticed the problem two days ago and have been observing it since.

.....

[5] We started discussing the proposal last month and continue the conversation today.

.....

[6] The team commenced testing the software last week and haven't stopped yet.

.....

Story Elements



- [1] She wore a stunning red dress to the party last night, definitely _____.

A Dressed to kill C All dressed up with nowhere to go

B Face the music D Look the part
- [2] After making a mistake in the meeting, he had to _____ and accept the consequences.

A Spick and span C Look the part

B Wear one's heart on one's sleeve D Face the music
- [3] He was wearing a suit that made him look very professional, as he wanted to _____ for the interview.

A All dressed up with nowhere to go C Look the part

B Dressed to kill D Face the music
- [4] She always shows her true emotions and doesn't hide anything. She's someone who _____.

A Spick and span C Wear one's heart on one's sleeve

B Face the music D Dressed to kill
- [5] I got ready for the party, but when I arrived, it was canceled, so I was just _____.

A All dressed up with nowhere to go C Look the part

B Dressed to kill D Spick and span
- [6] He spent hours cleaning his house, and it's now looking completely _____.

A All dressed up with nowhere to go

B Dressed to kill

C Spick and span

D Wear one's heart on one's sleeve

- 7** She has an amazing outfit, and she always makes sure to _____ at formal events.
- A** Dressed to kill **C** Spick and span
B Face the music **D** Wear one's heart on one's sleeve
- 8** She was upset after the meeting and didn't try to hide her feelings. She truly _____.
- A** Dressed to kill
B All dressed up with nowhere to go
C Wear one's heart on one's sleeve
D Look the part
- 9** He walked into the office with confidence, clearly _____ for his promotion.
- A** Face the music **C** All dressed up with nowhere to go
B Dressed to kill **D** Spick and span
- 10** After the argument, he had to _____ and admit that he was wrong.
- A** Wear one's heart on one's sleeve **C** Face the music
B Spick and span **D** Look the part

EXERCISE 2:

 Read the following sentences then answer the following questions:

Every story is made up of important parts called story elements. These elements help readers understand and enjoy the story better. The main story elements include characters, setting, plot, conflict, and resolution. Characters are the people, animals, or creatures who take part in the story. The setting tells us where and when the story happens. The plot is the sequence of events that make up the story, usually starting with an introduction, followed by rising action, climax, falling action, and ending with a resolution.

Conflict is the problem or struggle the characters face, which drives the story forward. It can be internal, like a character's inner feelings, or external, such as a fight or a challenge from outside forces. Finally, the resolution is how the conflict is solved or how the story ends. Understanding these elements helps readers to better connect with the story and predict what might happen next. Writers use these elements to create interesting and engaging stories that capture readers' attention.

1. Answer the following questions:

1. Why is conflict considered an important part of a story?
2. How does the setting influence the events of a story?
3. Can a story have more than one conflict? Explain your answer.

2. Choose the correct answer:

4. Which element of a story describes the time and place where it happens?
☐ A Plot ☐ B Setting ☐ C Character ☐ D Conflict
5. What is the climax of a story?
☐ A The beginning of the story ☐ B The solution to the problem
☐ C The introduction of characters ☐ D The ending

EXERCISE 3:

Translation:

A- Translate into Arabic:

- 👉 The school administration believes the dress code minimizes distractions.

B- Translate into English:

👉 الإدارة المدرسية تظل ثابتة في قرارها.

EXERCISE 4:

Write a 120-word essay on the importance of following school rules.

Lesson 4

Unit Review



EXERCISE 18

**Choose the correct answer:**

1. The teacher warned the students that cheating during the exam is _____.
A prohibited B dubious C unexpected D self-conscious
2. He was feeling very _____ as he entered the stage, aware of all the eyes on him.
A beaming B self-conscious C confidence D distractions
3. The manager gave the team a _____ smile after their successful presentation.
A self-conscious B beaming C distractions D teasing
4. She couldn't focus on her work because there were too many _____ around her.
A confidence B distractions C teasing D attention
5. It was an _____ event when they discovered they had won the competition.
A self-conscious B unexpected C dubious D prohibited
6. The _____ look on his face made it clear he wasn't sure about the decision.
A self-conscious B beaming C teasing D confidence
7. After the storm, the workers were able to _____ some of the furniture from the damaged building.
A attention B salvage C prohibited D distractions
8. The _____ remarks from her friends made her feel uncomfortable, even though they were joking.
A self-conscious B teasing C beaming D distractions
9. His _____ helped him give an outstanding speech despite his nervousness.
A self-conscious B attention C confidence D salvage
10. The detective found the suspect's actions to be _____, raising doubts about his story.
A prohibited B dubious C beaming D unexpected

 EXERCISE 2: **Choose the correct answer:**

1. I _____ for the bus for 20 minutes, and it still hasn't arrived.
A have been waiting **C** wait
B have waited **D** will wait
2. She _____ English for three years now.
A has studied **C** studies
B has been studying **D** is studying
3. They _____ in the park all afternoon, and now they're ready to go home.
A have been walking **C** have walked
B walk **D** are walking
4. I _____ my homework since 9 a.m., and I still haven't finished it.
A have been doing **C** have done
B did **D** am doing
5. We _____ for hours, but we haven't reached an agreement yet.
A have been arguing **C** argued
B argue **D** have argued
6. He _____ for a job interview all week, and he's finally getting the chance today.
A has been preparing **C** prepared
B prepares **D** has prepared
7. She _____ in the kitchen for the past two hours, preparing a special dinner for us.
A has been working **C** is working
B works **D** worked

8. I _____ all day and now I'm exhausted.
A have been running C am running
B run D ran
9. They _____ for a long time, but they still haven't solved the problem.
A have been discussing C have discussed
B discuss D are discussing
10. He _____ a lot lately, so he is feeling more confident about his presentation.
A has been practicing C practiced
B practices D is practicing

EXERCISE 3:

 **Find the mistakes in the following sentences then correct them:**

1. She has been work hard on the complicated project since last week.
2. They has been continuously waiting outside the office for hours.
3. He have been trying to fix the issue without taking any breaks.
4. I have been felt increasingly tired, despite getting enough rest.
5. We have be practicing the new technique, yet our progress is slow.
6. The children have playing noisily since morning, disturbing the neighbors.

EXERCISE 4:

Translation:

A- Translate into Arabic:

☞ She has been feeling very self-conscious ever since the presentation last week.

☞

☞ The teacher's constant teasing made the student feel uneasy in class.

☞

B- Translate into English:

☞ الشخص الذي يعاني من القلق يمكنه طلب الدعم من الأصدقاء أو المعالجين

☞

☞ لقد كانت فترة طويلة من العمل الشاق، والآن أشعر بالإرهاق الشديد

☞

Unit 7

Experimental Test

 Complete the missing parts in the following dialogue:

- A: I've noticed our workplace has a strict dress code. Do you think it's necessary?
- B: Dressing professionally shows respect for the company and clients.
- A: But sometimes it feels too rigid, ?
- B: It can feel that way, but a proper dress code also ensures that everyone is on the same level.
- A: I get that. ?
- B: Right. A dress code can remove any distractions and help us focus on the work.
- A: That makes sense. I guess it's a small price to pay for a positive work environment.
- B:

 Fill in the gaps:

<i>professionalism</i>	<i>confidence</i>	<i>respect</i>
<i>discipline</i>	<i>teamwork</i>	<i>distractions</i>

- 1 Following a dress code can boost individual and self-esteem.
- 2 In educational settings, a dress code promotes and unity among students.
- 3 A clear dress code policy minimizes in the learning environment.
- 4 Uniform dress standards can foster a feeling of and camaraderie.
- 5 Complying with a dress code shows and dedication to standards.
- 6 An appropriate dress code sets the tone for a and productive work environment.

 Choose the correct answer:

1. The employee was in a _____ when he was asked to choose between two equally important projects.
A rebel **B** disbelief **C** dilemma **D** dress code
2. She was in _____ when she saw the results of her exam, unable to believe how well she had done.
A tame **B** dilemma **C** disbelief **D** rebel
3. After years of living under strict rules, he decided to _____ and speak out against the system.
A tame **B** rebel **C** dress code **D** disbelief
4. The zoo keeper was able to _____ the wild animal, so it no longer posed a danger to the visitors.
A dilemma **B** rebel **C** tame **D** dress code
5. The company enforces a strict _____, which all employees must follow while at work.
A rebel **B** tame **C** dilemma **D** dress code
6. She _____ for two hours and still hasn't finished her project.
A has been working **B** works **C** is working **D** has worked
7. They _____ in the park since morning, enjoying the beautiful weather.
A have been walking **B** walked **C** have walked **D** walk
8. I _____ to find my keys for the last half hour, but I can't find them anywhere.
A have been looking **B** looked **C** am looking **D** will look
9. He _____ to improve his skills for months and now he's feeling more confident.
A has been practicing **B** practiced **C** is practicing **D** has practiced
10. We _____ about the problem for a while, but we haven't reached a solution yet.
A have been discussing **B** discussed **C** are discussing **D** discuss

 **Read the following passage then answer the following questions:**

Dress Codes in Schools and Their Impact on Students

Dress codes in schools have been a subject of debate for many years. Supporters argue that they create an environment conducive to learning by reducing distractions. When students wear uniforms or follow a dress code, it can eliminate competition over clothing, fostering a more focused academic atmosphere. It also helps in creating a sense of equality, as all students are dressed in a similar manner, regardless of their economic background. On the other hand, some believe that dress codes may stifle individuality and self-expression. Finding a balance that respects both personal expression and the need for discipline can be challenging.

 **Answer the following questions:**

- 1 How do you think a dress code affects the way students approach their studies?
- 2 What do you think is the most important reason for implementing a dress code in schools?
- 3 Do you believe that students should be allowed more freedom in their choice of clothing? Why or why not?

 **Choose the correct answer:**

- 1 What is one argument in favor of dress codes in schools?
 - A They increase competition among students
 - B They help reduce distractions and promote focus
 - C They encourage students to express their individuality
 - D They lead to higher academic performance
- 2 What is a potential disadvantage of dress codes in schools?
 - A They promote equality among students
 - B They can limit self-expression
 - C They help students concentrate on studies
 - D They create a more professional atmosphere



 Translation:

A- Translate into Arabic:



👉 The changes in the school system have sparked widespread debate among parents.

B- Translate into English:



👉 يعتقد المعلمون أن هذه التغييرات ستؤدي إلى تحسين الأداء الأكاديمي.



Write a 120-word essay on the importance of following school dress code.



Unit 8

Nature



Lesson 1

Recycling

 EXERCISE 1: Choose the correct answer:

- 1 Cutting down forestsmany animal species.
A Conserves **B** Safeguards **C** Devastates **D** Lessens
- 2 Protecting endangered species is a way tobiodiversity.
A Lessen **B** Safeguard **C** Devastate **D** Chop down
- 3 An ecosystem includes:
A Only plants **C** Both plants and animals
B Only animals **D** Only timber
- 4 Reducing plastic use canpollution.
A Lessen **B** Increase **C** Devastate **D** Chop down
- 5 The Amazon rainforest is home tospecies.
A Diverse **B** Incinerated **C** Lessened **D** Conserved
- 6 Cutting down trees without replanting can severely the environment.
A Lessen **B** Safeguard **C** Devastate **D** Conserve
- 7 What process involves protecting resources to ensure their future availability?
A Garbage disposal **C** Incineration
B Conserving **D** Chopping down
- 8 Introducing species into a new habitat can sometimes harm the local ecosystem.
A Diverse **B** Conserved **C** Safeguarded **D** Exotic
- 9 Proper waste management helps toenvironmental pollution.
A Devastate **B** Lessen
C Chop down **D** Safeguard
- 10 Preserving natural parks and forests helps to protect
A Garbage **B** Timber mills
C Wildlife habitats **D** Incinerators

 EXERCISE 2:

 **Read the following passage then answer the following questions :**

Forests play a crucial role in maintaining a balanced ecosystem, but deforestation threatens this stability. When trees are chopped down to produce timber or to make space for agriculture, it devastates natural habitats. Many species of wildlife lose their homes, leading to population decline and loss of biodiversity.

One way to reduce this damage is by conserving forests and planting more trees. Sustainable practices in mills can also help lessen the demand for excessive logging. Another major concern is waste management. Instead of dumping garbage into landfills, we should recycle materials and use waste-to-energy solutions, such as incinerators. These efforts will not only protect nature but also safeguard the planet for future generations.

A diverse environment supports a healthier world, and by taking small steps, we can make a significant difference. Preserving forests means protecting the future of both people and wildlife.

 **Answer the following questions**

- 1 How does deforestation affect wildlife and habitats?
- 2 What are some ways to reduce the negative effects of deforestation?
- 3 Why is it important to maintain a diverse ecosystem?

 **Choose the correct answer**

- 1 What is one negative consequence of deforestation?

A Increase in biodiversity	C Improvement in air quality
B Destruction of habitats	D Growth of forests
- 2 What is an alternative to sending garbage to landfills?

A Ignoring waste	C Using incinerators
B Cutting more trees	D Increasing deforestation

EXERCISE 3:

Find the mistakes in the following sentences then correct them:

1. The ecosystem has been devastates by the garbage dumped near the river.
2. Many trees were chop down to build new mills and collect timber.
3. Wildlife and their habitats is protected by conserving natural areas.
4. The landfill have caused serious pollution problems in the city.
5. Using incinerators help lessen the amount of exotic waste in urban areas.
6. Diverse species of animals lives in the rainforest, which we must safeguard.

EXERCISE 4:

Translation

A- Translate into Arabic:

- ☞ Conserving natural resources helps lessen environmental problems in the future.

☞

.....

B- Translate into English:

☞ يجب علينا حماية النظام البيئي من التلوث للحفاظ على الحياة البرية.

☞

.....

Lesson 2

Sustainability

 EXERCISE 1: Choose the correct answer:

- 1 I have friends who always support me.
 A much B many C little D a little
- 2 She doesn't have sugar left in the jar.
 A many B a few C much D few
- 3 There are apples in the basket.
 A much B a little C any D a few
- 4 We don't have milk in the fridge.
 A many B much C a few D several
- 5 He spent money on his vacation.
 A many B a few C much D several
- 6 She has information about the project.
 A many B a few C some D several
- 7 There isn't water left in the bottle.
 A a few B much C several D many
- 8 I have books to read this summer.
 A a little B much C a few D little
- 9 He has patience when dealing with difficult situations.
 A many B a little C few D several
- 10 Do you have pencils in your bag?
 A much B any C little D a little

 EXERCISE 2: Fill in the gaps

landfill	habitats	ecosystem
wildlife	garbage	chopped down

The world's (1) is under threat due to human activities such as deforestation and pollution. When trees are (2), it destroys the natural (3) of many animals, leading to a decline in (4), Additionally, improper waste disposal contributes to environmental issues. Instead of dumping (5) into a (6), we should focus on recycling and sustainable waste management to protect our planet

✧ EXERCISE 3:

✧ *Supply the missing parts in the following dialogue:*

Emma: Did you know that cutting down forests affects the entire?

Liam : Yes! When trees are , it destroys the homes of many animals.

Emma: Exactly! It alsothe balance of nature by reducing clean air.

Liam : That's why we should focus onnatural resources and planting more trees.

✧ EXERCISE 4:

✧ *Find the mistakes in the following sentences then correct them:*

1. Much researches have been done on climate change recently.

.....

2. She added a lot of sugar and salts to the recipe.

.....

3. There is many information about the new policy online.

.....

4. We observed several types of equipments during the field study.

.....

5. He gave me few advices that really helped.

.....

6. The company owns numerous furnitures across different branches.

.....

Lesson 3

Exotic Animals



EXERCISE 1:



Choose the correct answer:

- 1 What does the idiom "A penny saved is a penny earned" mean?
 - A Saving money is as good as earning it
 - B Only rich people can save money
 - C Earning money is difficult
 - D Money should be spent quickly
- 2 The phrase "High time" is used to indicate:
 - A A relaxing vacation
 - B A very exciting moment
 - C A difficult challenge
 - D Something that should have happened earlier
- 3 What does the idiom "Waste not, want not" mean?
 - A If you don't waste things, you will always have enough
 - B It is okay to waste things if you can afford them
 - C People should never throw anything away
 - D Saving money makes you greedy
- 4 The phrase "Turn the tide" means:
 - A To ignore an important event
 - B To stop the ocean waves
 - C To change a situation for the better
 - D To create a disaster
- 5 "A penny saved is a penny earned" suggests:
 - A Investing is the best way to make money
 - B Small savings add up over time
 - C You should never spend money
 - D Borrowing money is necessary

- [6] If someone says, "It's high time you started studying," they mean:
- [A] You should start studying soon
 - [B] You have plenty of time to study
 - [C] You are already late in starting to study
 - [D] Studying is not necessary
- [7] "Waste not, want not" encourages people to:
- [A] Spend as much as possible
 - [B] Use resources wisely to avoid future need
 - [C] Avoid all pleasures in life
 - [D] Never buy anything new
- [8] "The team was losing, but they managed to turn the tide in the last quarter." This means:
- [A] They started losing even more
 - [B] They gave up completely
 - [C] They changed the situation and started winning
 - [D] They continued playing as usual
- [9] The phrase "High time" suggests urgency because:
- [A] It refers to an opportunity that may be lost
 - [B] It means there is plenty of time
 - [C] It means the situation is not important
 - [D] It refers to someone being happy
- [10] "A penny saved is a penny earned" can be best applied when:
- [A] Someone wins the lottery
 - [B] Someone saves their salary instead of spending it
 - [C] Someone wastes money on unnecessary things
 - [D] Someone borrows money from a friend

 EXERCISE 2:

 **Read the following passage then answer the following questions:**

Exotic animals are species that are not native to the local environment or country where they are found. These animals often come from distant places with different climates and ecosystems. Many people are fascinated by exotic animals because of their unique appearances and behaviors. Examples include parrots from tropical rainforests, tigers from Asia, and kangaroos from Australia.

While exotic animals can be exciting to see, keeping them as pets or transporting them can be dangerous and harmful. Exotic animals require special care, diets, and environments to survive and thrive. Without the right conditions, they can become sick or aggressive. Additionally, releasing exotic animals into non-native habitats can disrupt local ecosystems and threaten native wildlife.

Conservationists warn against illegal trade and ownership of exotic animals. Protecting both exotic species and native habitats is crucial to maintaining biodiversity. Many organizations work to educate people about the importance of respecting wildlife and preserving natural environments.

By understanding exotic animals and their needs, humans can help ensure these species survive and remain part of our world's rich diversity.

1. Answer the following questions:

- ☐ 1. Why can releasing exotic animals into non-native habitats be harmful?
- ☐ 2. What challenges do people face when keeping exotic animals as pets?
- ☐ 3. How can education help in the conservation of exotic animals?

2. Choose the correct answer:

4. What is an exotic animal?
- A An animal that lives in a zoo
 - B A native animal to a region
 - C An animal from a different country or environment
 - D A common household pet
5. Why is it important to protect native habitats when dealing with exotic animals?
- A To increase the number of exotic animals
 - B To prevent disruption to the local ecosystem
 - C To allow pets to roam freely
 - D To promote tourism

EXERCISE 4:**Translation****A- Translate into Arabic:**

- ☞ Many exotic animals require special care and environments to survive outside their natural habitats.
-
-

B- Translate into English:

- ☞ يشكل الاتجار غير القانوني بالحيوانات الغريبة تهديداً خطيراً للجهود الحفاظ على الحياة البرية على مستوى العالم.
-
-

EXERCISE 4:

- ☞ Write a 120-word paragraph about the benefits of recycling.

Lesson 4

Unit Review

 EXERCISE 1: Choose the correct answer:

- 1 There arechairs in the room.
A much B a few C little D a little
- 2 She doesn't drink coffee.
A many B a few C much D several
- 3 I only have time before the meeting starts.
A many B a little C few D several
- 4 He bought bottles of juice for the picnic.
A much B any C several D little
- 5 We need to buy rice before dinner.
A much B many C a few D little
- 6 There aren't students in the classroom.
A much B many C a little D several
- 7 I have knowledge about astronomy.
A many B a few C a little D several
- 8 He has good ideas for the project.
A much B several C little D a little
- 9 There isn't traffic on the road today.
A many B much C few D a few
- 10 They need help with their homework.
A a little B a few C many D several

EXERCISE 2:

Choose the correct answer:

- 1 A healthy supports a variety of plant and animal life.
A landfill **B** incinerator **C** ecosystem **D** mill
- 2 Throwing into the ocean harms marine life.
A timber **B** garbage **C** mills **D** habitats
- 3 To reduce waste, many countries are limiting the use of and encouraging recycling.
A landfills **B** wildlife **C** ecosystems **D** timber
- 4 natural resources is important for future generations.
A Devastating **B** Conserving **C** Chopping down **D** Lessening
- 5 Factories and should use eco-friendly methods to reduce pollution.
A mills **B** wildlife **C** habitats **D** ecosystems
- 6 We must take action to endangered animals from extinction.
A chop down **B** safeguard **C** devastate **D** lessen
- 7 Many species of are at risk due to deforestation and urbanization.
A timber **B** garbage **C** wildlife **D** mills
- 8 Animals depend on their natural for shelter and food.
A habitats **B** mills **C** landfills **D** incinerators
- 9 When too many trees are , forests lose their ability to support life.
A conserved **B** chopped down **C** safeguarded **D** lessened
- 10 Water pollution aquatic life and makes rivers unsafe.
A safeguards **B** lessens **C** devastates **D** conserves

✧ EXERCISE 3:

✧ **Find the mistakes in the following sentences then correct them:**

1. There is many researches about climate change available.
2. She added too much salts to the soup, making it salty.
3. We need fewer information before making a decision.
4. The museum displays several antiques and furnitures from the 18th century.
5. He gave me a few advices on how to improve my writing skills.
6. Much equipments were damaged during the storm last night.

✧ EXERCISE 4:

✧ **Translation**

A- Translate into Arabic:

☞ Factories must take steps to safeguard rivers from industrial waste.



.....
.....

B- Translate into English:

☞ يتم دفن الكثير من القمامة في مدافن النفايات، مما يسبب أضراراً بيئية كبيرة.



.....
.....

 Supply the missing parts in the following dialogue:

A : (1)?

B : I'm from Port Said.

A : (2)?

B : I've been studying English for about twelve years.

A : How many people are there in your family?

B : (3).

A : Have you got any ambitions for the future?

B : (4).

 Fill in the gaps using the words in brackets:

<i>lessen</i>	<i>conserving</i>	<i>safeguard</i>
<i>mills</i>	<i>timber</i>	<i>incinerator</i>

To protect nature, we must focus on (1) natural resources. One way to achieve this is by reducing the demand for (2), which is often used in construction and furniture making. Factories and (3) should adopt eco-friendly methods to help (4) environmental damage. Another problem is waste disposal—burning waste in an (5) can be an alternative to landfills, but it must be done safely. By taking these steps, we can (6) the negative impact on the environment and ensure a better future.

 Choose the correct answer:

- [1] To pollution, we should use public transportation more often.
A devastate **B** safeguard **C** lessen **D** chop down
- [2] Many houses are built using high-quality from sustainable forests.
A incinerators **B** timber **C** landfills **D** habitats
- [3] A community has people from different backgrounds and cultures.
A diverse **B** exotic **C** safeguarded **D** devastated

- 4 An animal, such as a parrot or a tiger, is often found in specific regions and not commonly seen everywhere.
A polluted B diverse C chopped D exotic
- 5 An is used to burn waste and reduce the amount of trash in landfills.
A incinerator B ecosystem C timber D mill
- 6 We don't have oranges left.
A much B many C a little D little
- 7 He has experience in this field.
A a few B many C a little D several
- 8 There are students who passed the test.
A much B many C a little D little

 **Read the following passage then answer the following questions:**

Waste Management and Environmental Conservation

Managing waste properly is essential for protecting the ecosystem. When too much garbage is thrown into landfills, it pollutes the soil and water, harming both humans and wildlife. One solution is to use incinerators to burn waste, though this must be done carefully to avoid air pollution.

Another effective approach is conserving resources by reducing waste and recycling. Many mills now process recycled materials to produce paper and other products, which helps lessen the demand for raw timber. By making these changes, we can safeguard the environment for future generations.

Additionally, protecting natural habitats ensures that both common and exotic species can thrive. The more diverse our planet remains, the healthier our environment will be. Everyone can contribute by reducing waste and supporting sustainable products.

- 1

- 4

A-



B-

👉 يؤدي قطع الأشجار إلى تدمير بيئات الحيوانات وتقليل التنوع البيولوجي .

