

مدرسة الفرقان الإعدادية الخاصة
مكتب التطوير والتدريب



تدريبات
إثرائية لمادة

اللغة الإنجليزية

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(2nd year Secondary School)**Unit 5 - Lesson (1) (My kind of food)**

الكلمة	المعنى
subject	موضوع
fast food	الوجبات السريعة
know - knew - known	يعرف
teenagers	مراهقون
eat – ate – eaten	يأكل
a lot of	كثيراً من (كمية – عدد)
sometimes	أحياناً
favourites	أشياء مفضلة
taco	التاكو/ صنف عن السندونشات
fried chicken	دجاج مقلي
let's	هيا بنا
find out	يكتشف / يعرف
What do you think of fast food?	ما رأيك في الوجبات السريعة
have to	يجب
pay	يدفع
different from	مختلف عن
olive oil	زيت الزيتون
exactly	تماماً (بالضبط)
great	عظيم – رائع
order	يطلب / طلب
prefer	يفضل
bad for	ضار بـ
contain	يحتوي على
that sounds delicious = (it tastes delicious)	يبدو لذيذاً
stewed chicken	دجاج مسلوقة (دجاج مطهو بالعلي البطي)
stew	مطهي باللي البطي (مطبوخ) مسلوقة
try – tried	يجرب
Have you even tried Indian food?	هل عمرك جربت الطعام الهندي
hot	ساخن
spicy	كثير التوابل (حار)
fresh	طازج

little bones	عظام صغيرة
a bar of chocolate	قطعة من الحلوى
a bottle of lemonade	زجاجة ليمون
a bowl of soup	طبق شوربه
a slice of bread	شريحة خبز
a tin of tomatoes	علبة طماطم
a cup of tea	فنجال شاي
a packet of sweets	علبة حلوى
a spoonful of sugar	ملعقة سكر
energy	طاقة
weight	وزن
meal	وجبة
bowl	طبق - اناء
slice	شريحة
oil	زيت
delicious	لذيذ
cup	فنجان
onion	بصل
flavour	مذاق / طعم / نكهة
fruit	فاكهة
carton	صندوق - كرتون
main course	صنف أساسي - وجبة أساسية
vegetables	خضار
chili	فلفل - شطه
salt	ملح
grilled	مشوي
lemonade	ليمون
cakes	كيك
honey	عسل
bake	يخبز
put on weight	يزيد الوزن
quite	إلى حد ما
healthy diet	وجبة صحية
plenty of	قدر كاف من
especially	خصوصاً / بصفة خاصة
I never miss breakfast	لا يفوت وجبة الافطار ابداً

the most important	أهم
start with	يبدأ بـ
good for	طعام من حبوب
herbs	اغشاب
tasty herbs	اعشاب لها مذاق
a little	قليل من
avoid	يتجنب
lettuce	خس
spicy flavour	طعم حار / مذاق حار
parsley	بقونس
annoyed with	يتضايق من
add	يضيف
boiled	مسلوق
nuts	مكسرات
barbecue	مشواية / شواء
amount	كمية
trouble	متاعب
soft drink	مشروبات غازية
couscous	كوسكوس (صنف من الطعام مصنوع من الطحين)
beef	لحم البقر
lamb	لحم الضأن

A) Exercise:-

A) Fill in the spaces with the suitable words form the list:

honey - meal - weight - flavour - fat - healthy -
energy - stewed - bones

- 1- I always try to eat a diet.
- 2- If you eat the right food, you have plenty of for the day.
- 3- If you eat healthy food you don't put onor get.....
- 4- Breakfast is the most importantof the day.
- 5- The chili gives the food a spicy..... .
- 6- My mother always makes the cakes with, nuts and sugar.
- 7- I really like chicken, especially..... chicken with lemon and carrots.
- 8- I don't like fish because of all the little

Writing :**Write a paragraph about your own eating habits :**

.....

.....

.....

.....

(2nd year Secondary School)**Unit 5 - Lesson (2 (Healthy habits)**

الكلمة	المعنى
energetic	نشيط
coach (n)	مدرب
ridiculous	شعبي / مضحك، هراء، شي يدعو للسخرية والاستهزاء
boiled potatoes	بطاطس مسلوقة (مطبوخة)
late x early	متأخر x مبكراً
at least	على الاقل
eat – ate – eaten	يأكل
grilled fish	سمك مشوي
avoid	يتجنب
fried food	الطعام المقلي
read – read – read	يقرأ
essay	مقال
copy (v)	ينسخ
borrow	يستعير
pay	يدفع
calls	مكالمات
habits	عادات
make – made – made	يصنع
take photos	يلتقط صوراً
have tea = drink tea	يشرب شاي
listen to	ينصت إلى / يستمع إلى
turn off	يغلق
stay – stayed – stayed	يقيم / يبقى
leave – left – left	يغادر
the reason	السبب
smoke	يدخن

college	كلية
play ground	الملعب
bring – brought – brought	يحضر – يجلب
chew	يمضغ
gum	علكه
polite x impolite	مؤدب / غير مؤدب
library	المكتبة
student	الطلاب
members	اعضاء
exercises	تمارين
at least	على الاقل
train	يدرّب
wear	يرتدى – يلبس
out door x indoor	في الخارج x في الداخل
change	يغير x يبديل
lifting weights	ادارة الاثقال
running machines	ادارة الآلات
spend- spent – spent	يقضي
comfortable	مريح
must	يجب أن – يلزم ان
mustn't	يجب أن لا – لا تستطيع أن
can	يمكنك أن – تستطيع أن
can't	لا يمكنك أن – لا تستطيع أن
should	يجب أن
shouldn't	يجب أن لا

Note that :

1- (must / mustn't) is stronger than (should /shouldn't)

A) Exercise:-

A) Fill in the spaces with the suitable words form the list:

wrong - energy - boiled - grilled - fried - energetic

1- Ali is ill. He must avoid food .

- 2- Eatingpotatoes and chicken is healthy and useful.
3- He never feels because he is eating the food.

B) Fill in the spaces with a suitable verbs from the box :

You can use the verb twice :

take - have - eat - make - leave - stay - use - listen - avoid .

- 1- It is a raining day. I think it is better to at the house tonight .
2- It is twelve o'clock. I must now.
3- They the camera and photos every day.
4- We a party today , so we must a cake.
5- I'd prefer to fish and fried food.
6- It is better for you to to Quran music isn't good.

C) Fill in the spaces with the suitable words form the list:

**lifting - trained – comfortable - weights - ill - chew -
smoke - change**

- 1- You mustn't eat, drink or gum is the class.
2- You mustn't Smoking is dangerous.
3- You must warm up for at least 10 minutes before you start
..... weights.
4- If you have never before you should not train everyday.
5- You shouldn't come to the gym when you are or injured.
6- You should wear clothes and trainers for your exercise.
7- You should your exercise routine once a month.
8- You must not leave the on the gym floor.

Grammar notes :**The modals :** الأفعال الناقصة

can - must - should
can't - mustn't - shouldn't + infinitive

Uses :-

(١) هذه (**Modals**) (**الأفعال الناقصة**) تستخدم في الإثبات لتوضح وتظهر الموافقة والترخيص بعمل الشيء وفي النفي لتوضيح الحذر أو المنع .

These model verbs can all be used in the affirmative to express permission and in the negative to express prohibition .

Not that :-

1) (must / mustn't) is the strongest and is used in formal written instructions .

لا حظ ان (must / mustn't) هي الاقوى في الاسلوب وتستخدم في التعليمات الرسمية :

1) (can) means → (allowed to) مسموح لك بـ
(can't) means → (not allowed to) غير مسموح لك

2) must } means (it's a rule) تعني أن هذا قانون
should }

3) (mustn't) means → (it is a rule not to)
(shouldn't) means → (it is a good idea not to)

Examples :

- 1- We must pray five times a day .
- 2- We should obey our parent. (it is a rule)
- 3- We can sue the computer lab. (it is allowed)

A) Exercise:-**A) Fill in the spaces with the suitable model:**

- 1- You eat , drink or chew gum if you're fast.
- 2- You leave now or after an hour.
- 3- You pray five times a day.
- 4- You bring your mobile with you to the school. It's forbidden.
- 5- You read or write. That's for you.

(2nd year Secondary School)**Unit 5- Lesson (3) (She has to wear a uniform)**

الكلمة	المعنى
a uniform	زي رسمي
fit	لائق - يشعر بصحة جيدة - في صحة جيدة
flight attendant	مضيفه طيران
weigh lifter	رافع الأثقال
hair dresser	مصفف الشعر
suit (n)	بدلة
driving license	رخصة قيادة
peel (v)	يقشر
chop (v)	يقطع قطع صغيرة
grate (v)	يبشر (يقطع قطع صغير جداً جداً)
basket ball players	لاعب كرة السلة
own = have	يملك
hard work	عمل شاق
hate (v + ing)	يكره
get up	يستيقظ
until	حتى
get tired	يتعب
lay the table	يحضر المائدة - بعد السفرة
clear the tables	ينظف المائدة
serve the food	يقدم الطعام
do the washing up	يقوم بأعمال الغسيل

lock up	يغلق
dictionary	القاموس
deep	عميق
private	خاص

A) Exercise:-

A) Fill in the spaces with the suitable words form the list:

Serve - clear - lay - attendant - peel - chop - grate

- I'm a waiter, so my job is to the tables, the food and after that the tables.
- She's a flight
- We are preparing the dinner. Ali has to the potatoes. Huda has to the vegetable and the mother has to the cheese and carrots .

Grammar notes :

Form : have to + infinitive

present simple مضارع	have to don't have to has to doesn't have to	+ infinitive
past simple ماضي	had to didn't have to	
future مستقبل	will have to won't have to	

have to : I - we - they - you (plural) جمع
has to : he - she - it (singular) مفرد

Uses :

* We use (have to) to say that some thing is necessary now or in the future .

نستخدم (have to) للدالة على أن الشيء ضروري عمله الان او في المستقبل.

A) Exercise:-**A) Complete the sentences with mustn't or not have to :**

- 1- You.....smoke anywhere in the school. It's forbidden.
- 2- I'm on holiday, so I to get up early tomorrow.
- 3- You read my letters. They're private.
- 4- Halim is so lucky. He pay for plane tickets. His father is a pilot.
- 5- We take a dictionary to the class, but it would probably be very useful.
- 6- You..... dive into the pool. The water isn't deep enough .
- 7- We go to the beach. We can go the park instead you prefer.
- 8- The bus arrived at exactly ten o'clock, so I wait very long.
- 9- You park there. You will get into trouble with the police.
- 10- You cook tonight, Mum. We're going out to a restaurant.

B) Choose the right answer :-

- 1- I (have – has – don't have) to (get – got – getting) up early. My plane is at six in the morning.
- 2- We (don't – doesn't) have to hurry.
- 3- I (have – has – had) to visit my uncle yesterday. He was ill.
- 4- They (will – won't – has) to go to school tomorrow. It is a holiday.

Writing :

Write things you didn't want to do but you had to do yesterday and things you didn't have to do : Try use this list :-

(go to school - do the homework – do the washing up – do the shopping – help me brother - empty the rubbish) .

For example :

1) Yesterday I had to run to school because I was late.

2) I didn't have to go to school yesterday. It was Friday.

- 1-
- 2-
- 3-
- 4-
- 5-
- 6-
- 7-
- 8-
- 9-
- 10-

(2nd year Secondary School)**Unit 5- Lesson (4) (You'd better wash it first)**

الكلمة	المعنى
advice	نصيحة
add	يضيف
What shall I do?	ماذا سأفعل ؟
'd better	يفضل
a tin of tomatoes	علبة من معجون الطماطم
less salty	أقل ملوحة
boil	يغلي
starving	يموت جوعاً
yoghurt	اللبنة - الزبادي
tasteless	عديم المذاق
garlic	ثوم
spinach	سبانخ
microwave	فرن ميكروويف
soup	شوربة / حساء
that's a good idea	هذه فكرة جيدة
heat	يسخن
pour me a cup of tea	صب لي فنجان شاي
serious	خطير
bleeding	ينزف
grill (v)	يشوي
charcoal	فحم - فحم نباتي
light (v)	يشعل
chop (v)	يقطع قطع صغير
electric mixer	خلاط كهربائي
plaster	لاصقة (اللزقة)
teapot	ابريق شاي (براد شاي)
matches	كبريت
washing up liquid	سائل للغسيل (صابون سائل)
recipe book	كتاب وصفات الطعام (كتاب الطهي)
rubber gloves	قفازات مطاطية
cut (v.n)	يجرح - جرح
cheese - garter	مبشرة - الجبن
burn - brunt	يحرق

grate cheese	يبشر الجبن
chop onions	يقطع البصل قطع صغير
light a fire	يشعل النار
do the washing – up	يقوم بالغسيل
mix butter, sugar and flour	يخلط الزبد مع السكر مع الطحين
beat eggs	يسحق او يضرب البيض
grill meat	يشوى اللحم
make a cake	يصنع كيك
lay the table	يعد السفرة (يجهز الطعام)
boil some water	يغلي الماء

A) Exercise:-

A) Fill in the spaces with the suitable words form the list:

tasteless – cut - grill - chopping - liquid - recipe
boiled - gloves

- 1- Yesterday I my finger on the cheese grater.
- 2- This soup is a bit You'd better add some parsley and lemon juice.
- 3- I really hate onions.
- 4- When you do the washing-up, you'd better wear the and use the washing-up It is strong.
- 5- We have lamb kebabs for supper. We can then on barbecues outside.
- 6- Have you the water ?
- 7- If you want to learn how to cook well read the book.

Grammar notes :

Form :

$\left\{ \begin{array}{l} \text{had better} \\ \text{'d better} \\ \text{had better not} \end{array} \right\} + \text{Infinitive}$
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Uses :

* We use (had better) to give strong advice or tell people or ourselves what to do :

* نستخدم (had better) لاعطاء نصيحة قوية او نخبر الآخرين او انفسنا بما يجب عمله او فعله.

* لاحظ أن (had better و should) قريبين في المعنى ولكن should تستخدم لاعطاء نصيحة او رأي عام أما (had better) تستخدم لاعطاء النصيحة في موقف معين

A) Exercise:-**A) Choose the right answer :**

- 1- I think you are late for the flight. You ('d better – should) leave now.
- 2- I ('d better – should) meet you more often.

(2nd year Secondary School)

Unit 5- Lesson (5) (If you were in trouble)

الكلمة	المعنى
famous person	شخص مشهور
serious trouble	مشكلة خطيرة
prime minister	رئيس الوزراء
emergency	طوارئ
air – conditioning	تكييف
teenagers	مراهقين
ambitions	طموحات
spend – spent – spent	يقض
driving lessons	دروس سواقة
tourists	سياح
exciting	مثير

interesting	شيق
that's my dream	هذا حلمي
changes	تغيرات
a nursery school	الروضة
improve	يحسن
facilities	منشآت / مرافق
champion	بطل
trust	يثق
take photos	يلتقط صوراً
competition	منافسة / مباراة
mountain bike	دراجة جبلية
wings	أجنحة
find – found	يجد
know – knew – known	يعرف
have } had } had – had	يمتلك
am } be → is } was } been are → were }	يكون
safari	رحلة (رحلة قنص)

A) Exercise:-

A) Fill in the spaces with the suitable words from the list:

safari - spend - take - improve - facilities - nursery

- 1- We should build more schools. Lot's of women now go to work.
- 2- I'd half the money on driving lessons.
- 3- I'd love to go on and see lions, elephants, giraffes and all those beautiful animals in the wild.
- 4- I'd like to photos to the wild animals .
- 5- It is better to sports in our primary schools.

Grammar notes :**(The second conditional)****Form :**

If	$\left\{ \begin{array}{c} \text{past tense} \\ \hline V2 \end{array} \right\},$	$\left\{ \begin{array}{c} \text{would} \\ \text{could} \\ \hline \text{wouldn't} \\ \text{couldn't} \end{array} \right\} + \text{infinitive}$

If I (had) a computer, I (could use) the internet.

Uses :

*** We use the second conditional to talk about situations that aren't real at the moment or in the future.**

* نستخدم حالة (if) الشرطية الثانية للتحدث عن المواقف التي ليست حقيقة في الوقت الحالي أو مستقبلاً.

A) Exercise:-**A) Correct the verbs between brackets :**

- 1- If we (have) air-conditioning, the house wouldn't get so hot in summer.

*** لاحظ أن ('d = would)**

$\frac{\text{the past tense}}{V2}$	$\xrightarrow{\text{ينفي بـ}}$	$\text{didn't} + \text{infinitive.}$
(not smoke)	$\xrightarrow{\text{النفي}}$	didn't smoke

- 2- If he (not smoke) he would be a lot healthier.
 3- If he (have) shorter hair, he would look nicer.
 4- If you didn't go to bed early, you (be) tired.
 5- If I had a tent, I (go) camping.

(2nd year Secondary School)**Unit 5- Lesson (6) (How honest are you)**

الكلمة	المعنى
honest	أمين
mistake	خطأ
forget – forgot – forgotten	ينسى
cheat	يغش
remind	يذكر
feel – felt – felt	يشعر بـ
lose – lost – lost	يفقد
shop – assistant	مساعد بائع
wallet = purse	محفظة - حافظة نقود
expensive	غالي الثمن
worried	قلق
contain	تحتوي على
owner's name	اسم المالك

A) Exercise:-**A) Fill in the spaces with the suitable words form the list:****wallet - honest - lost - cheating - shop –assistant**

- 1- Ali is an boy. He found a and gave it to its owner.
- 2- Amna her earrings yesterday.
- 3- Ahmed was in the English exam.
- 4- He is a in a famous shop.

(2nd year Secondary School)**Unit 5- Lesson (7) (How honest are you)**

الكلمة	المعنى
spots	يقع
I'll try that	سوف أجربها
I tried it	جربتها
want	يريد
lose weight x put on weight	يخس الوزن - يزيد الوزن
sleep - slept - slept	نيام
wake up	يستيقظ
if i were you	إذا كنت مكانك (أحد الاساليب الشائعة في اعطاء النصائح)
get fit	يصبح لائق / يصبح بصحة جيدة
sore knee	الم في الركبة
avoid	يتجنب
boring	حمل
extra	زيارة
worry	يتلق
lose - lost	يفقد
headache	صداع
sore throat	التهاب الحلق
give - up	يترك
studies	يدرس
become	يصبح
gift	هدية
sightseeing	مشاهدة
leave / left	يترك
bus station	موقف باصات
without	بدون
manager	مدير
visitor	زائر
happy x unhappy	سعيد x غير سعيد
wedding	زواج
worried about	خلق على

A) Exercise:-**A) Fill in the spaces with the suitable words from the list:**

Lost - throat - give - worried - were - gift
lose - put - rid

1-

Grammar notes :**(The second conditional)****Form :**

If _____ past tense V2 _____ would _____ could (not) + infinitive

If I (have) a plane ticket, I (visit) Egypt.

Writing : (A letter of thanks)

The police have just retuned you purse , when you lost it in the street. Write a letter saying thank you to the person who handed it in :

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.....

.....

.....

.....

.....

.....

.....

(2nd year Secondary School)

Unit 5- Lesson (8) (I wish I could fly)

الكلمة	المعنى
I wish I = if only	أتمنى أن
the Eiffel tower/ France	برج يفل بفرنسا
noisy	مزعج
torch	بطارية للانارة – كشاف كهربى
fix	يصلح
speak- spoke – spoken	يتكلم
I wish I spoke perfect English	اتمنى لو أنني كنت أتعلم انجليزي بطلاقة
stay – stayed – stayed	يقيم يبقى
neighbours	الجيران

A) Exercise:-**A) Fill in the spaces with the suitable words:**

- 1- I wish I had a to see better in the dark.
- 2- I wish I knew how to my car.
- 3- I wish the would stop making noise.

Grammar notes :**(Expressing wishes)****a. Wishes for the present :**

- We use (I wish) or (if only) + past simple tense to talk about wishes for the present .

- 1- I wish I had lots of money.
- 2- If only I was / were rich.
- 3- I wish I didn't need to work hard.

b. Wish for the future:

* We use I wish / if only + would / could + infinitive to take about wishes for the future.

- 1- If only Ali would come and help me.
- 2- If only I could get to sleep.
- 3- I wish you would phone me.

Exercise:-

A) Correct the verbs in brackets, put the sentences in the right form :

- 1- I wish I (not live) in this area.
- 2- If only I (go) riding.
- 3- I wish I (have) a car.

(2nd year Secondary School)**Unit 5- Lesson (9) (If only I'd listened)**

الكلمة	المعنى
fault	خطأ - عطل
tell a lie	يكذب
invite – invited	يدعو
look forward to (v +ing)	يتطلع الى
a change	تغيير
unfortunately	لسوء الحظ
hear about	يسمع عن
picnic	نزهة (يتناول فيها المنزهون الاطعمة)
space	فراغ - فضاء
pull	يسحب - يجر
annoy	يضايق
chat (v-n)	يتحدث - حديث - محادثة
argue	يتجادل- يتنازع - يناقش
ready	مستعد - جاهز
look for	يبحث عن
plans	خطط
breeze	نسيم
swim – swam – swum	يسبح
unconscious	فاقد الوعي
cheek	خد
forehead	الجبهة
selfish	أناني
come – came – come	يأتي
mange to	ينجح في
wrist	معصم – الرسغ
regret	يأسف – يندم على

A) Exercise:-**A) Fill in the spaces with the suitable words from the list:**

unconscious - invited - looks - picnic - regrets

- 1- Ahmed his friend Osama to the beach.
- 2- Ali had an accident and now he is at the hospital.
- 3- Mohammed for his lost glasses.
- 4- My mother baked two big cakes for the and she took fruit and drinks.
- 5- Ali felt terrible and had lots of because he has hit his younger brother.

B) Read the following phrases and write the words that refers to their meanings :-

1- Only thinking about your self :	
2- Not awake :	
3- For a long time :	
4- Talk in a friendly way :	
5- Gentle wind :	
6- Meal outside :	
7- Disagree, fight with words :	
8- Difficult, causing trouble :	
9- Space :	
10- At the beginning :	

Grammar notes :**(Regrets (الأسف / الندم)****Form :**

I wish } If only }	+	$\frac{\text{past perfect}}{\text{had + p.p}}$
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We use (I wish / if only) to express regret.

* نستخدم (I wish / if only + had + p.p) للتعبير عن الأسف او الندم .

Note that : Regrets are wishes about the past.

* الاعتذار أو الأسف والندم (رغبات عن الماضي)

Examples : -

- 1- I wish I had listened to my teacher.
- 2- I wish I hadn't been so stupid.

Exercise:-**A) Correct the verbs between brackets :**

- 1- I wish I (be) so selfish and had taken my young brother with me.
- 2- If only I (help) my mother. She is angry from me.

(2nd year Secondary School)

Unit 5- Lesson (10)
(If only / I wish + the past perfect)

الكلمة	المعنى
keep in touch with = keep in contact with	يكون على اتصال بـ
statistics	إحصائيات
recent	حديثة
survey	مسح- استقصاء - تقرير
reveal	يكشف - يظهر
allowed to	سمح لهم بـ
regret (n-v)	أسف / ندم / يندم / يأسف
pie chart	شكل بياني دائري
bar chart	شكل بيان عمودي
steal – stole – stolen	يسرق
limits	حدود
instead of	بدلاً من
leave / left / left	يغادر / يترك
drive /drove / driven	يسوق / يقود السيارة
eat / ate / eaten	يأكل

A) Exercise:-**A) Fill in the spaces with the suitable words from the list:**

wished - contact - regret - survey – statistics

- 1- I wished I had kept inwith old friends.
- 2- A recentof a hundred people's greatest
has revealed some interesting
- 3- II had bought a car.

Grammar notes :**Form :**

I wish } If only }	+	_____	past perfect had + p.p
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Uses :

We use wish + past perfect (had + p.p) to talk about regrets.

* نستخدم (wish + had + p.p) للتحدث عن الأسف أو الندم .

Examples : -

- 1- He wishes he had studied hard for the exam.
- 2- I wish I hadn't been to America.

Exercise:-**A) Correct the verbs between brackets :**

- 1- I wish I hadn't (steal) the money.
- 2- Ali had an accident. He wishes he (drive) more carefully.
- 3- Ahmed failed in the exam. He wishes he (work) hard for the exam.
- 4- My younger brother ate so much chocolate and he had a stomach .
He wishes he (not eat) so much chocolate.
- 5- She doesn't have any friends. She wishes she (keep) in contact
with old friends.

(2nd year Secondary School)

Unit 5- Lesson (11)

(Reading { comprehension })

الكلمة	المعنى
medical researches	الأبحاث الطبية
show that	توضح أن
advantages	مزايا
in doing sport	ممارسة الرياضة
according to	طبقاً لـ
improve	يحسن
stamina	القدرة على التحمل - قوة
strength	القوة
flexibility	المرونة
get out of breath	يلهث
lungs	الرئتين
exercise	تمارين
brain	المخ - المقدرة العقلية
release = produce	يطلق
special chemicals	مواد كيميائية خاصة
mood	مزاج
improve the mood	يحسن المزاج
sense	إحساس
motivate	يحفز
psychologists	علماء النفس
personal and social benefits	الفوائد الاجتماعية والشخصية
regularly	بانتظام
get rid of	يتخلص من
aggression	العدوان
participate in	يشترك في
appreciate	يقدر - يقيم
recognize	يدرك
strengths x weakness	القوة x الضعف
praise	مدح / ثناء
support	مساعدة - إعانة
isolated	عزلة
interested in	مهتم بـ

disciplined	منظم – مهذب – منضبط النفس
employers	أصحاب العمل – الموظفين
employee	الأجير – الموظف
the message is clear	الرسالة واضحة
encourage	يشجع
spend – spent – spent	ينفق
afford	يتحمل
available	متوافر / متاح
productive	منتج / مثمر
definitely	بالتأكيد
good for	مفيد لـ

A) Exercise:-

A) Fill in the spaces with the suitable words from the list:

lose - facilities - fight - argue - good - interested
isolated - aggression - motivates

- 1- Sportsmokers to give up smoking.
- 2- People who do sport are often lessthan those who don't.
- 3- Students who do sport regularly are more motivated and morein their studies.
- 4- Doing sport helps overweight people toweight.
- 5- Sport is definitelyfor us.
- 6- Sporty people don'tor
- 7- Governments should spend more money to improve the schools sports
- 8- People who do sport get rid ofand are more balanced.

Unit 5- Lesson (12)

(How to write a letter of complaint)

الكلمة	المعنى
intend to	ينوي أن
reasons	أسباب
departure	رحيل
book a flat	حجز شقة
with a view of the sea	تطل على البحر
unsatisfactory	غير مرضي
complain – ed	يشتكى
caretaker	وكيل أملاك – من يتولى الإشراف على الملك
replace	يستبدل
inconvenient	مزعج – غير مريح – غير ملائم
dust	الغبار
in advance	مقدما
grateful	شاكر – ممتن
refund	يعيد المال – يرد النقود
attractive x un	جذاب x غير جذاب
formal x informal	رسمي x غير رسمي
furnished	مؤثثة
rented	مستأجرة
landlord	مالك الأرض – صاحب الفندق
cockroach	الصرصار
lift	المصعد
break down	يتعطل
central heating	تدفئة مركزية
power cut	انقطاع التيار الكهربائي
leak	يسرب – تسريب
satisfied with	يرضى بـ - يقنع بـ
complaint	شكوى

Unit 5 (General Revision)

A) Vocabulary exercise:-

A) Fill in the spaces with the suitable words from the list:

**boil - bowl - fry - charcoal - heat - sink - slice -
starving - sweet - tasteless**

- 1- This stew is a bit Can you pass me the salt, please?
- 2- I'm When are you going to have lunch?
- 3- We can't have a barbecue. There isn't any
- 4- Can you some water and make the tea, please?
- 5- The rice isn't very hot. Let me it a bit for you in the microwave.
- 6- Sit down and I'll bring you a nice of soup.
- 7- Where's the olive oil ? I'm going to some potatoes for lunch.
- 8- There's lots of honey in this cake. That's why it's so
- 9- Would you like a of cake with your coffee ?
- 10- Can you take these dirty dishes to the and wash them up, please ?

B) write the words next to the right definition or meanings :-

- 1- Only thinking about yourself :
- 2- Talk a friendly way :
- 3- For a long time :
- 4- Gentle wind :
- 5- Not awake :
- 6- Meal outside :
- 7- Disagree, fight with words :
- 8- Difficult, causing trouble :
- 9- At the beginning :
- 10- Space :

C) Fill in the spaces with the suitable words from the list:

**weight - healthy - flavour - bones - fried - stewed -
spicy - energy**

- 1- I really like chicken especially chicken with lemon and carrots.
- 2- I don't like fish because of the little
- 3- The Indian food is really hot and
- 4- I like food. I always try to eat a diet.
- 5- It's better for you not to put on or get fat.
- 6- The chili gives the food a spicy
- 7- If you eat the right food, you have plenty of for the day.
- 8- I advise you not to eat chicken, you'll get fat.

D) Fill in the spaces with the suitable words from your own:

- 1- You mustn't, eat , drink , or gum in the class.
- 2- Abla Kamel is a good flight
- 3- I hate onions.
- 4- She likes to cheese and carrots for the dinner.
- 5- Can you do the up, please ? Don't forget to wear your gloves.
- 6- Have you the water ?
- 7- Huda likes to the tables, serve the food then clear the table.

E) Choose the right word form the box :

safari - benefits - complaint - landlord - leaking -
cheat - regrets - contact - cockroaches

- 1- I advise you not to in your exams. It's forbidden.
- 2- I'm very sad, it' is raining and our house's roof is
- 3- You must kept in with your old friends.
- 4- Most of us had about our health, our family life, or about our working life.
- 5- I'd love to go on and see the wild animals.
- 6- Psychologists talk about the personal and social that come from doing sport regularly.
- 7- Everything isn't good in our flat. We must write a letter of to the of our flat.
- 8- There are many everywhere in the flat, especially the kitchen.

2) Grammar exercise:**A) correct the verbs in brackets :**

- 1- He always (*get*) up early.
- 2- He (*come*) yesterday.
- 3- They (*watch*) TV at the moment.
- 4- I shouldn't (*go*) to bed late.
- 5- My father (*have*) to go to the doctor yesterday.
- 6- We (*have*) to go to school tomorrow. It is a holiday.
- 7- My marks aren't good. I wish (*work*) hard in the last exams.
- 8- I haven't many friends. I wish I (*have*) more friends.
- 9- My father won't help me. I wish he (*help*) me.
- 10- If we had a swimming pool, I (*learn*) how to swim.
- 11- I'd buy a car if I (*have*) a lot of money.
- 12- If I (*be*) you, I would study at home.

B) Do as shown in brackets :

1- The exam is today afternoon . (Give strong advice) .

.....

2- Egypt is wonderful . (Ask for advice or opinion)

.....

3- Ali is ill. (Give advice) .

.....

4- Ahmed wants to buy some furniture from Egypt. (Give advice)

.....

5- Amna is ill . (Imperative) .

.....

6- Osama (not go) to school yesterday . (correct) .

.....

C) Use the correct answer :

1- We (*must – should*) pray five times a day.

2- Ali (*can't - mustn't*) smoke in the class. It is forbidden.

3- I (*have - has – had*) to get up at five yesterday.

4- My marks in the last exam were so bad. If only I (*studied - had studied*) hard.

5- I had a pain in my stomach. If only I (*didn't eat - hadn't eaten*) so much chocolate.

D) Circle the correct words to complete the sentences :

- 1- The river is very fast and dangerous. The sign says you not swim in it
a) must b) should c) might
- 2- I wish I that to her. Now she hates me.
a) hadn't said b) didn't said c) don't say
- 3- You do your home work tonight. It's the weekend tomorrow.
a) mustn't b) don't have to c) can't
- 4- We write about our favourite food for homework yesterday.
a) have to b) had c) had to
- 5- If you change your life , how would you change it ?
a) can b) could c) will
- 6- There's a bad smell in the kitchen. empty the rubbish bin.
a) you'd better b) you better c) better you
- 7- What buy first if you father gave you QR 500 ?
a) do you b) will you c) would you
- 8- My brother works for the police, but wear a uniform.
a) don't have to b) doesn't have to c) doesn't have
- 9- If you don't feel well. I think you go and lie down.
a) will b) need c) should
- 10- I wish lots of languages. Then I could be an interpreter.
a) spoke b) speaking c) speak

