

Unit 7

Student book

Healthy life

المظاهر العديد من يوجد لذلك أطول و أطول يعيشون كانوا الناس المائة عام الماضية في
In the last hundred years, people have been living longer and longer. Yet, **there are** still many **aspects** of our
لبنيتنا مهمة جدا الحماية الصحية و التمرين المنتظم ينصحون الاطباء تحسينها يمكن التي لأنماط حياتنا
lifestyles that could be **improved**. Doctors advise that **regular exercise** and a **healthy diet** are **crucial** to our well-
كافي الحصول ينصح به في الليلة ساعات 8 ننام بشكل كافي المهم جدا من علاوة على ذلك
being. Furthermore, it is very important to **get enough sleep** – 8 hours a night is recommended. Getting enough
حجج حل يتضمن قد هذا ايضا عقولنا نمرن ان نحتاج لكن منتعشة عقولنا يبقى نوم
sleep keeps our **minds** fresh, but we need to **exercise our brains**, too. This could involve doing **puzzles** and
منشغلين نبقى ان المهم جدا من انه اكبر اصبحنا كلما الكتب قراءة او الشطرنج لعب الكلمات المتقاطعة
crosswords, **playing chess** or **reading a book**. As we get older, it is even more important that we keep **busy**,
المظهر الإيجابي على نحافظ مستقبلا أجل من الخطط نضع ان ينبغي التواصل الاجتماعي و الاعمار كل من الناس مع التفاعل
interacting with people of all ages and **socializing**. We should make **plans** for the future, keep a positive outlook on
البيئة العائلية بدعم نستمتع و للحياة
life and **enjoy** the support of the family environment.

Answer the following questions:

- 1- What do the doctors advise people?
To do regular exercise and a healthy diet.
- 2- How much time is recommended for sleeping a night?
8 hours a night is recommended.
- 3- Why is it important to get enough sleep?
To keep our minds fresh.
- 4- How can we exercise our brains?
By doing puzzles, crosswords, playing chess or reading a book.

Rewrite the following sentences to correct the information from the text:

- 5- In the last hundred years, people have been living **shorter** and **shorter**.
In the last hundred years, people have been living **longer** and **longer**.
- 6- Getting enough sleep keeps our minds **busy**, **and** we **don't** need to exercise our brains, too.
Getting enough sleep keeps our minds **fresh**, **but** we **need** to exercise our brains, too.

Fill the gaps in these sentences with the words from the box.

fathers parents children daughters husband sister uncle family

In Syria you will rarely find 'old people's homes'. When my (a) get old, my (b) and I will help look after them. Traditional values teach sons and (c) to honour their (d) and mothers and show love and care to them as they grow old. Family is very important to everyone, and I am very close to my mother's sister and her (e) – my aunt and (f) Caring for our (g) like this helps us all to live longer, happier lives and we know our (h) will one day look after us.

Choose the correct word to complete these sentences.

- a- In Mexico she met the (Earth's / world's) oldest married couple.
- b- Alberto and Maria's son said his parents had (a simple / an easy) way of life.
- c- Sunil says his **customers** are all his (near / close) friends.
- d- Sunil said he'd enjoyed every (one / single) day of his life.

Unit 7

Activity book

How much sleep do we need? كم من النوم نحتاج؟

Key words

catch up	يعوض	average	معدل	switch off	يرتاح
article	مقالة	tend to	يميل الى	recharge	يعيد شحن
Advice	نصيحة	elderly	المسنين	alert	صاحي
varies	يتنوع	genetic	وراثي	deprived	محروم
individual	فرد	drowsy	نعاس	shallow	سطحي
adults	راشدين	concentrate	يركز	physical	جسدي
teenagers	مراهقين	irritable	نزق	motorists	سائقو السيارات

النوم تعوض يمكن الكمية تحصل عادة هل ليلة كل تحتاج نوم كم
1) How much sleep do you need each night? Do you usually get this amount? Can you **catch up** on sleep
النهار خلال النوم صعوبة تجد أخرى أوقات النوم الليل فقدته
you have missed at night by sleeping at other times, or do you find it difficult to sleep during the day?

نصائح و معلومات فائدة بعض تعطيك المقال بقية
The rest of this **article** will give you some useful information and **advice**.

يحتاجون راشدين معظم نعرف فرد آخر إلى فرد من تختلف تحتاجه الكائنات البشرية النوم مقدار
2) The amount of sleep human beings need **varies** from **individual** to individual. We know that most **adults** need
بينما ساعات يحتاجون النائم لفترات قصيرة بشكل كبير يختلف رقم لكن يومياً النوم من ساعات 8 حوالي
about 8 hours of sleep a day, but this number can vary greatly; '**short sleepers**' may need only 5 hours, whereas
معدل يحتاجون المراهقين العديد بينما يومياً يحتاجون الأطفال ساعات يحتاجون نائم فترات طويل
long sleepers' may need 9 to 10 hours. Babies need about 16 hours a day while many **teenagers** need an **average**
صباحاً باكراً يستيقظون كبار السن نوم أقل يحتاج يميل يكبر عندما ساعات
of 9 hours. As people get older, they **tend to** need less sleep; some **elderly** people wake up early in the morning
عوامل عديدة يعتمد على نحتاج كم تماماً ساعات 6 أو 5 من أكثر النوم لا يستطيعون و
and cannot sleep for more than five or six hours. Exactly how much we need **depends on** several factors,
تركيبتنا الوراثي و النوم نوعية العادات اليومية العمر تشمل
including our age, our daily routine, the quality of our sleep and our **genetic** make-up.

طويلة تنام انك تعتقد ربما النوم مزيد بحاجة اليوم أثناء بنعاس تشعر عموماً
3) In general, if you feel **drowsy** during the day, you need more sleep. You may think that you are sleeping for long
العمل المدرسة في التركيز لا تستطيع مزيد تحتاج ربما إشارات بعض لكن كافية
enough, but these are some of the **signs** that you may need more: you cannot **concentrate** at school or at work;
مشاكل الذاكرة لديك سريع الغضب متقلب المزاج صباحاً الاستيقاظ الصعوبة من تجد
you find it **difficult to get up in** the morning; you are **moody** or **irritable**; you have **memory problems**.

و الطاقة البدني و العقلي إعادة شحن يسمح هذا للراحة فرصة أجسامنا يزود النوم
4) Sleep provides our bodies with a chance to **switch off**. This allows us to **recharge** our mental and **physical** batteries
الراحة و اليقظة يشعر صباحاً الاستيقاظ يجب جيداً نمنا إذا يوم جديد كل يجهز
and be ready for each new day. If we have slept well, we should wake up in the morning feeling **alert** and rested.
مثلاً الأنشطة أبسط يؤدي صعوبة يجدون النوم من حرموا قد الذين الناس

People who have been **deprived** of sleep find it difficult to perform the simplest activities. For example,
عام كل الحوادث المرورية الآلاف مسؤولون المقود على ينامون الذين سائقو السيارات
motorists who fall asleep at the wheel are responsible for thousands of traffic accidents every year.

النوم بشكل سطحي و خفيف مريح عميقاً يكون نومنا نائمين نغط عندما فينا يؤثر أيضاً ننام كيف
5) How we sleep also affects us. When we fall asleep, our sleep can be deep and restful or light and **shallow**. Shallow
ينتعشون النائمون بعمق بينما التعب يشعرون يزالون يستيقظون النائمون
sleepers wake up still feeling tired, while deep sleepers wake up refreshed.



رقمه بالامتحان الاخير 1-2-3(18m) Answer the following question:

1-How many hours of sleep do adults need a day? كم عدد ساعات النوم التي يحتاجها الراشدون؟

adults need about 8 hours of sleep a day

2- How many hours of sleep do babies need a day? كم عدد ساعات النوم التي يحتاجها الأطفال؟

Babies need about 16 hours a day

3- How many hours of sleep do teenagers need a day? كم عدد ساعات النوم التي يحتاجها المراهقون؟

teenagers need an average of 9 hours.

4-what are the factors that sleeping depend on ? ما العوامل التي يعتمد عليها النوم؟

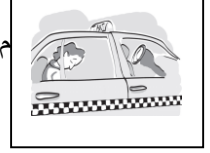
our age, our daily routine, the quality of our sleep and our genetic make-up.

5- why is it important that we get enough sleep? لماذا من المهم ان نحصل على نوم كافي؟

Sleep provides our bodies with a chance to switch off.

6-How do we know we may need more sleep? كيف نعرف اننا بحاجة لنوم أكثر؟

you cannot concentrate at school or at work; you find it difficult to get up in the morning; you are moody or irritable; you have memory problems.



رقمه بالامتحان الاخير 4-5 (10m) Find words in the text which mean the following:

1- not having any or enough of something لا يملك الكافي من شيء	deprived of something محروم من شيء ما
2- easily feeling gloomy for no good reason يشعر باليأس بسهولة بدون سبب كافي	Moody متقلب المزاج
3- easily annoyed يزعج بسهولة	Irritable منزعج
4- renew يجدد	recharge يشحن
5- clear-headed / awake صاحي الرأس	Alert حذر
6- not deep ليس عميق	Shallow سطحي
7- give all your attention to a subject يعطي كل الانتباه الى مادة ما	Concentrate يركز

رقمه بالامتحان الاخير 6-7(12) Rewrite these sentences about the text to correct the information:

1-~~old people~~ have to sleep more than ~~Babies~~

الناس كبار السن يجب ان يناموا أكثر من الأطفال

1- ~~Babies~~ have to sleep more than ~~old people~~

2- deep sleepers wake up ~~exhausted~~..

ذوي النوم العميق يستيقظون متعبين

2- deep sleepers wake up ~~refreshed~~..

Vocabulary

VIII-Choose the correct words in brackets(18m)السؤال الثامن(31-32-33-)

Make & Do

Make		Do	
Make friend	يصادق	Do research	يقوم ببحث
Make suggestion	يقترح	Do damage	يضر
Make decision	يتخذ قرار	Do shopping	يتسوق
Make mistake	يخطأ	Do experiments	يجرب
Make effort	يبذل جهد	Do homework	يكتب الوظيفة
Make promise	يعطي وعد	Do a job	يقوم بعمل
Make a success	يحقق نجاح		
Make attempts	يحاول		
Make a dress	يخيط فستان		
Make arrangement	يرتب		

- 1-She quickly learned the language and (did-made) new **friends**.
- 2-Could I (do-make) a **suggestion**?
- 3-You should think carefully before you (do-make) your **decision**.
- 4-You are right. If I (did-made) a **mistake** now, I could (do-make) a lot of **damage** to a lot of people.
- 5-I'm (making-doing) **research** into sleep deprivation .
- 6-I have to (make-do) **experiments** on people who have had little or no sleep.
- 7-Where do you (make-do)your **shopping**?
- 8-We usually (do-make)the **shopping** at the weekend.
- 9-Are you happy with the **decision** you (did-made)?
- 10- The journalist said she was(making-doing) **research** for an article.
- 11- Every week I (make-do) the **shopping** for my mother.
- 12- Scientists frequently (make-do) **experiments** to test their ideas.
- 13- You will have to(make-do) a special **effort** if you want to pass your exam.
- 14- Can I (make-do) a **suggestion**? Why don't we(make-do) the **shopping** together?
- 15- If you(make-do) a **mistake**, you have to(make-do) your **homework** again.
- 16-I've(made-done) my **decision** very carefully.
- 17- I've (made-done)myself a **promise**.
- 18-I'm going to (make-do)a **success** of my new job.
- 19- Last night's storm(made-did) a lot of **damage** to buildings in our area.

20-When I was 12, I (made-did) the **decision** not to eat any more fast food.

Phrasal verbs

الفعل المركب	المعنى العربي	الكلمات التي تدل عليه
Make of	يفهم - يستوعب	Arrives
Make up	يختلق - يؤلف	Excuse- story
Make up for	يعوض عن	Promised

- 1- Ibrahim usually **arrives** at work on time, so his boss didn't know what to **make**(of - from) it when he was an hour late one morning.
- 2- At first, he thought he might (make up - make up for) an **excuse**, but decided he must be honest.
- 3-Ibrahim **promised** he would(make down for – make up for)the **time** he had lost by being late.
- 4-he said everything was okay, but that was just a **story** he (made out - made up) to stop me from worrying
- 5- The student had to (make up for – make up) a **story** about their recent holiday .
- 6-The teacher asked the class to (make up for – make up) a **story** about the sea

الفعل المركب	المعنى العربي	لكلمات التي تدل عليه
Do away with	يتخلص من	Mobile – shop - landline
Do without	يستغني عن	Sugar – sleep – banks - salt
Do up	يربط - يرتب	Shoes – room – boots – flat - buildings

- 1- I've hurt my back which means I have to get someone to **DO** my **shoes** (down-up)
- 2- The doctor told my grandmother she'd have to learn to **DO** (without –up) **sugar**.
- 3- We'll have to **DO** the **room** (up –without) before anyone sleeps there.
- 4- Not everyone in our family has a **mobile** so we can't (do away with - do up) our **landline**.
- 5- You shouldn't try to (do away with / do without) **sleep**. You need at least eight hours a night.
- 6- You'd better (do out / do up) your **boots** tightly to stop the sand getting in.
- 7- If everyone uses online banking, they'll (do away with / do without) **banks**.
- 8- Before we can sell the **flat**, we'll have to (do it up / do without it).
- 9- Too much **salt** is bad for you, but you should(do without-do up) eating it altogether
- 10- They've spent weeks (doing away with-doing up) all the **buildings** in the city Centre.
- 11- I hope they don't (do away with-do up) our village **shop** – I buy all my food there.
- 12-Do you take **sugar** in tea? Yes, I've tried to **DO** (away - without)it, but I can't.

Grammar

Rewrite the following sentences as required in brackets: (42 marks) 25-26-27-28

Reported speech

الكلام المنقول (غير مباشر) هو الكلام الذي ننقله من شخص الى شخص آخر. و نقوم بالتغيرات التالية:

الضمير (مباشر)	التغير المتكلم (منقول)	التغير المتكلم أنثى (منقول)
I	he	She
My	his	her
me	him	her
we	they	
our	Their	
us	them	
Is/am	was	
are	were	
Was+ were	Had been	
فعل تصريف اول	فعل تصريف ثاني	
فعل تصريف ثاني	Had + V3	
Has/have + V3	Had + V3	
will	Would + V1	
Can	Could + V1	
Have to	Had to + V1	
Yesterday	The day before	
Last night	The night before	
Tomorrow	The following day	
here	there	
Don't + v1	Didn't + v1	

- 1-My parents **spent** every day of **their** lives together . (He said)
- He said (that) **his** parents **had spent** every day of **their** lives together.
- 2-We don't argue about anything. (They said)
- They said that **they didn't** argue about anything.
- 3-We are taking our grandchildren on holiday. (They said)
- They said that **they were** taking **their** grandchildren on holiday.
- 4-Mr Mahmoud: The reason I **left** my village **was** that I **wanted** to work in the city (He said)
- He said the reason **he had left** the village that **he had wanted** to work in the city.
- 5-Mr M: Yes, it **was** very easy. I was offered two jobs in two days. (He said)
- He said yes, it **had been** very easy. **He had been offered** two jobs in two days.
- 6-Mr M: I'm working for a large travel agency in the city centre. (He said)
- He said **he was** working for a large travel agency in the city center.
- 7-Mr M: I start at seven o'clock in the morning, and finish at five in the evening. (He said)
- He said **he started** at seven o'clock in the morning, and **finished** at five in the evening.

- 8- I have lost my glasses. (He said)
- He said he had lost his glasses.
- 9-Ruba: I'm going out with my parents. (Ruba said)
- Ruba said she was going out with her parents.
- 10-Ruba: I'm going to visit my cousins in the next town. (Ruba said)
- Ruba said she was going to visit her cousins in the next town.
- 11-Bashar: I have to be there at four o'clock in the afternoon. (Bashar replied that)
- Bashar replied that he had to be there at four o'clock in the afternoon.
- 12-Fadia: Yes, it was very relaxing. (Fadia said that)
- Fadia said that yes, it had been very relaxing.
- 13-Fadia: I got back very late last night – our plane was delayed. (Fadia replied that)
- Fadia said that she had got back very late the night before- their plane had been delayed.
- 14-Hani: I brought it home from work yesterday, but I haven't seen it since. (Hani said)
- Hani said he had brought it home from work the day before, but he hadn't seen it since.
- 15-I slept ten hours last night. (He said)
- He said he had slept ten hours the night before.
- 16-I am enjoying my new job. (Hiba said)
- Hiba said she was enjoying her new job.
- 17-I am not married. (He said)
- He said he wasn't married.
- 18-It is Samer . (He said)
- He said it was Samer.
- 19-I live in the city centre . (He said)
- He said he lived in the city center.
- 20-I lived in the country. (He said)
- He said he had lived in the country.
- 21-I am a lecturer. (He said)
- He said he was a lecturer.
- 22-My parents spend every day of their lives together. (He said that)
- He said that his parents spent every day of their lives together.
- 23-I enjoyed living there most of the time. (He said)
- He said he had enjoyed living there most of the time.
- 24-I work in a university . (He said)
- He said he worked in a university.
- 25-I teach economics. (He said)
- He said he taught economics.
- 26- I will meet you here tomorrow. (She said)
- She said she would meet you there the following day.

Rewrite the following sentences as required in brackets: (42 marks) 25-26-27-28

Reporting questions السؤال المنقول

(asked / wanted to know)

الضمائر التي تتغير في السؤال المنقول

	(you)	(your)
Asked me	I	my
Asked her	She	her
Asked him	He	his
Asked them	They	their
Asked us	We	our
	you	I

النوع الأول

Do – Does – Is – Are – Can + have + will + Subject + verb + Complement + ? (he asked - he wanted)

He asked + **if (whether)** + Subject + (الفعل المساعد مع التحويل) + Verb + complement + .

1-Do you like learning English? (he asked)

He asked if I liked learning English.

2-Are you learning English? (he wanted to know)

He wanted to know if I was learning English.

النوع الثاني

Wh + (فعل مساعد) + Subject + Verb + Complement + ? (he asked ...)

He asked (ضمير المفعول به) + wh + Subject + verb + .

1-Where do you play football? (he asked me)

He asked me where I played football.

2-Where did you play football? (he asked me)

He asked me where I had played football.

1- When do you start and finish work?

(I asked Mr. Mahmoud)

- **I asked Mr. Mahmoud when he started and finished** work.

2-Do you work in a college?

(I asked him)

- **I asked him if he worked** in a college.

3-Where do you live?

(I asked him)

- **I asked him where he lived.**

4-Did you enjoy living there?

(I asked him)

- I asked him if he had enjoyed living there.
- 5-Leila: Did you enjoy your holiday? (Leila asked Fadia)
- Leila asked Fadia if she had enjoyed her holiday.
- 6-Leila: When did you get back? (Leila asked Fadia)
- Leila asked Fadia when she had got back.
- 7-Rakan: What time do you have to be there? (Rakan asked Bashar)
- Rakan asked Bashar what time he had to be there.
- 8-Do you want to go swimming with me. (Waleed asked Omar)
- Waleed asked Omer if he wanted to go swimming with him.
-
- 9-What subject do you teach? (I asked him)
- I asked him what subject he taught.
- 10-Where did you live before that? (I asked him)
- I asked him where he had lived before that.
- 11-When did you first meet? (She asked them)
- She asked them when they had met first.
- 12-Do you enjoy spending time with each other? (I asked them)
- I asked them if they enjoyed spending time with each other.
- 13-Are you enjoying married life? (She asked them)
- She asked them if they were enjoying married life.
- 14- What are you doing? (I asked Mr. Mahmoud)
- I asked Mr. Mahmoud what he was doing.
- 15-Deema: Where are you going? (Deema asked Ruba)
- Deema asked Ruba where she was going.
- 16- Was it easy to find work? (I asked Mr. Mahmoud)
- I asked Mr. Mahmoud if it had been easy to find work.
- 17-What's your name? (I asked him)
- I asked him what his name was.
- 18-Are you married? (I asked him)
- I asked him if he was married.
- 19-Deema: What are you doing at the weekend? (Deema asked Ruba)
- Deema asked Ruba what she was doing at the weekend.
- 20-What is your job? (I asked him)
- I asked him what his job was.
- 21-How long have you been married? (I asked my grandparents)
- I asked my grandparents how long they had been married.
- 22-Hani: Have you seen my briefcase? (Hani asked Amer)
- Hani asked Amer if he had seen his briefcase.
- 23-Have you got the time? (She asked me)
- she asked me if I had got the time.
- 24-Bashar: Can you take me to the airport tomorrow? (Bashar asked Rakan)
- Bashar asked Rakan if he could take him to the airport the following day.
- 25-Can I go out with my friends? (Hani asked his mother)
- Hani asked his mother if he could go out with his friends
- 26- Why you left your village and moved to the city? (I asked Mr. Mahmoud)
- I asked Mr. Mahmoud why he had left his village and had moved to the city.

Writing

You are going to write an article giving advice to people of your own age.

a Choose one of these subjects:

- Being a good brother or sister
- Doing well at school

- **Being a good brother or sister.**

In this article, I will give you some advice about how to be a good brother or sister. First, you have to listen carefully to your parents and respect all your family's members. Second, it is a good idea to help them when they need you. You must always be in touch with your family and meet them regularly. Finally, if you do all these tips, I think you will be a good brother or sister.

- **Doing well at school.**

In this article, I will give you some advice about how to do well at school. First, you have to listen carefully to your teachers and respect them. Second, it is a good idea to work hard and help your classmates when they need you. You must always do a timetable to do your homework regularly. Finally, if you do all these tips, I think you will be a good student at school.