Spotlight

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Unit 1

Healthy Living

Vocabulary

Lessons 1&2 Healthy Living

1 sprinting — Noun — سباق الجري

- a short fast race

Ex. – Who won the **sprinting** race yesterday?

2 extremely — adverb — للغاية / جدا

- very

Ex. – Deserts are **extremely** hot in deserts.

3 resistance — Noun — مقاومة

- using force to oppose something

Ex. – **Resistance** exercises build up muscles.

4 flexible — adjective — مَرِن

- able to bend easily

Ex. – Stretching exercises make you more **flexible**.

5 regimen — Noun — حِمية

- rules about an exercise

Ex. – Look! The players are doing an exercise **regimen**.

6 session — Noun — جَلسة

- a period of doing an activity

Ex. – My football team had a training **session** yesterday.

7 cool down — Noun — يهدأ

- to become calm

Ex. – Stretching exercises are good to **cool down**.

Lessons 3&4 Athletics

1 arrow | **Noun** | **سهم**

- a thin stick shot from a bow

Ex. – In the past, people used **arrows** for hunting animals.

2 strict | **Adj.** | **صارم**

- not allowing people to break rules

Ex. – Our English teacher is **strict**, but we like him.

Exercise "1" Fill in the spaces:

resistance – cool down – arrows – strict – promise

1 – Our English teacher is very …….. with naughty students.

2 – In the past, people used bows and ……..…….... in wars.

3 – ……..……. training increases the strength of your muscles.

4 – You should stretch for 5 minutes after training to…….. .

regimen – promised – extremely – flexible – sprinting

5 – Will you take part in the next 100 metres ……. race, Adel?

6 – My father …….. me a car if I got final marks.

7 – Stretching exercises help you to be both patient and ……

8 – I slept deeply yesterday because I was …… tired.

regimen – cool down – extremely – session – strict

9 – A good exercise ……..…….. has a warm-up of about 5-10 minutes.

10 – Our mother is very …….. with us about our daily homework.

11 – It is ……..……. important to learn English and computer skills.

12 – My daily …… is to go running for 30 minutes every morning.

Lessons 5&6 Healthy Diet

1 risk | Noun | خطر

- a danger

Ex. – Smoking can increase the **risk** of heart diseases.

2 obesity | Noun | البدانة

- fatness

Ex. – **Obesity** is very dangerous to health.

3 amount | Noun | كمية

- quantity

Ex. – Meat has huge **amounts** of protein.

4 gain | verb | يكسب / ينال

- to get an important thing

Ex. – Our bodies **gain** energy from vegetables.

5 lack | verb | يفتقر إلي

- not to have enough of something

Ex. – People in Africa **lack** the basic needs of life.

6 adequate | Adj. | كافٍ

- enough for what you need

Ex. – You should take **adequate** water when you go camping.

Exercise "2" Fill in the spaces:

obesity – adequate – gain – risk – lack

1 – Young children need an ……amount of food to be healthy.

2 – Smoking doubles the……of heart diseases, doesn't it?

3 – Lulwa's parents were extremely rich. She doesn't ……anything.

4 – Don't eat a lot of sweets or you will suffer from …… .

Exercises

تدريبات شاملة على كلمات الوحدة:

A: Choose the correct answer from a, b, c and d:

1 – I always practise ……. training to build the muscles of my body.
a. sprinting **b.** resistance **c.** obesity **d.** risk

2 – Can you stretch the bow and shoot the ……., Ali?
a. amount **b.** session **c.** arrow **d.** regimen

3 – Yoga is a useful exercise. It helps you to …… .
a. cool down **b.** promise **c.** lack **d.** gain

4 – Rubber is a …… metal because it can be bent easily.
a. adequate **b.** healthy **c.** strict **d.** flexible

5 – A vegetarian diet prevents you from the risk of…… .
a. resistance **b.** obesity **c.** sprinting **d.** amount

6 – Hamad …… a lot of weight because of eating a lot of sweets.
a. gained **b.** promised **c.** cooled down **d.** lacked

7 – Each training …… should start with a group of exercises.
a. arrow **b.** regimen **c.** session **d.** obesity

8 – All my classmates came to my birthday party as they had …….
a. cooled down **b.** lacked **c.** gained **d.** promised

9 – It is a / an …….. to drive your car without a driving license.
a. amount **b.** risk **c.** resistance **d.** arrow

10 – Kuwait has ……. rules that prevent anybody to behave badly.
a. flexible **b.** adequate **c.** strict **d.** healthy

11 – We are very late. Let's start …… quickly to arrive on time.
a. sprinting **b.** resistance **c.** obesity **d.** session

12 – Your team lost the final match because it …… a good plan.
a. promised **b.** gained **c.** cooled down **d.** lacked

13 – We prepare huge …… of food in our parties.
a. sessions **b.** amounts **c.** regimens **d.** arrows

B: Fill in the spaces with words from the list:

extremely – sprinting – adequate – risk – gains

1 – These people are …….. poor. They do not have anything to eat.

2 – Kuwait ……..…….. too much money from exporting oil to other countries.

3 – This meal is not ……..…… for our family. It is not big enough.

4 – …… is my favourite outdoor activity. I practise it daily.

obesity – promise – strict – resistance – extremely

5 – I can dive with my new watch. It has water ……..…….. .

6 – Policemen must be ……..…..with people who break laws.

7 – …….. me not to tell anybody about my secrets.

8 – Noura is …….. clever. She always get full marks.

cool down – session – flexible – amount – adequate

9 – My doctor advised me to reduce the ……. of meat that I eat.

10 – After playing for a long time, the players sat to ……...…… .

11 – Our football team held a long training ……..…….. yesterday.

12 – Gymnasts and dancers must be ……..…….. enough to bend easily.

regimen – lacks – extremely – obesity – strict

13 – If you eat a lot of fat, you will suffer from …… .

14 – We can't go swimming today. The waves are ……..…… high.

15 – I always do a daily exercise …….. to improve my health.

16 – Our school …….. some leisure facilities. It has no swimming pool.

Grammar

قواعد الوحدة الأولى

1 – The infinitive (to + verb)
2 – The Gerund (Nouns in the "-*ing*" form)
3 – The Simple Present Tense — زمن المضارع البسيط
4 – The Present Continuous Tense — زمن المضارع المستمر

1 The infinitive (to + verb) — مصدر الفعل + to

يُستخدم مصدر الفعل (**الفعل بدون إضافات**) بعد الكلمات والتعبيرات الآتية:

It's important to ……..	It's easy to ……..
It's difficult to ……..	help to ……..
Be sure to …….	make sure to ……..

Read the following examples:

1 – ***It's important to*** **eat** healthy food.
2 – ***It's easy to*** **learn** computer skills.
3 – Technology ***helps*** us ***to*** **have** a better life.

Ex. Choose the correct answers:

You need **(train – to train – training)** for the swimming competition because it helps you **(to win – win – winning)** easily. It's important **(stretching – stretches – to stretch)** before you start swimming.

It's healthy **(to eat – eat -eating)** vegetables and fruits. They help us **(avoid – avoiding – to avoid)** some serious diseases. Always make sure **(having – to have – have)** balanced diets every day.

It's easy **(surf – to surf – surfing)** the Internet. It helps me **(finding – to find – finds)** answers for all my questions. I always surf the Net to **(being – be – been)** a part of the world.

2 The Gerund (Nouns in the "-ing" form) اسم الفعل (V+ing)

1. يتم تكوين "اسم الفعل/ Gerund " بإضافة (-ing) إلى الفعل ، مثل:

swimming	running	reading	playing
writing	eating	drinking	throwing

2. يُستخدم "اسم الفعل/ Gerund " كفاعل في أول الجملة ، أو كمفعول بعد الفعل .. مثل:

1. كفاعل:

– **Reading** is a useful hobby.
– **Swimming** is my favourite sport.

2. كمفعول:

– I enjoy **shopping** on Fridays.
– I like **eating** healthy food.

3. يُستخدم "اسم الفعل/ Gerund " بعد أفعال وعبارات معينة .. مثل:

like	enjoy	prefer	go
good at	keen on	interested in	look forward to
love	What about …….?	How about ……..?	

Read the following examples:

1 – I prefer **watching** adventure films.
2 – What about **travelling** to Dubai next week?

Ex. Choose the correct answers:

Salma is good at **(write – writing – to write)** short stories. But, I enjoy **(reading – to read – read)** funny stories because they help me **(spend – to spend - spending)** my free time in a useful way.

(Do – To do - Doing) regular exercise every day is a great way to be healthy. It helps you **(to improve – improving - improve)** your health. I'm keen on **(practising – to practise - practise)** simple exercises every morning.

(Read – To read – Reading) is a useful hobby. It helps me **(to increase – increase – increasing)** my knowledge. I'm interested in **(to buy – buying – buy)** a lot of books.

3 The Simple Present Tense زمن المضارع البسيط

1 التكوين: للتعبير عن المضارع البسيط يُستخدم **التصريف الأول للفعل** ..

- I **go** to school every morning.
- We usually **play** tennis on Fridays.

يُضاف للفعل حرف "-s" **إذا كان الفاعل مفرد غائب (اسم أو ضمير)**

- Salma (She) always **writes** her homework at night.
- Ahmed (He) often **sleeps** at 10 o'clock.
- Kuwait (It) **lies** on the Arabian Gulf.

2 الاستخدام: يُستخدم زمن المضارع البسيط للتعبير عن:

1. الحقائق العلمية:
- The sun **rises** in the east.
- Water **boils** at 100 ° C.

2. العادات والروتين المتكرر:
- I **go** running three times a week.
- Fahed always **practises** throwing.

3 الكلمات الدالة: يُستخدم زمن المضارع البسيط مع **ظروف التكرار** الآتية:

every	كل	always	دائماً	usually	عادةً
often	غالباً	sometimes	أحياناً	never	أبداً

- We **always** go to the athletics club twice a week.
- Nada **often** travels to Dubai to spend her holiday.
- Jassim **never** speaks in the class.

4 صيغة النفي (Negative): يتم نفي زمن " المضارع البسيط " باستخدام ..

(don't) إذا كان الفعل بدون حرف " s " :

- I **play** basketball. → - I **don't** play basketball.

(doesn't) إذا كان الفعل به حرف " s " ، مع حذف حرف الـ " s "

- Nada **surfs** the Net every day. → - Nada **doesn't** surf the Net every day.

عند نفي الجملة التي تحتوي على إحدى الكلمات الآتية (always, usually, often, sometimes) ،
يتم حذف هذه الكلمات ويوضع مكانها كلمة (never) ، مع عدم حذف حرف الـ " s "

– Hessa always sleeps late. ⟶ – Hessa never sleeps late.

5 الاستفهام (Form Questions):

لتكوين السؤال فى زمن " المضارع البسيط " نتبع الخطوات الآتية..

Yes/No Questions (yes OR no) الإجابة تكون	**Do / Does** + subject + "V1" .....?
	Do you **like** travelling abroad? - **Yes**, I do. / - **No**, I don't. **Does** Mona **work** for this company? - **Yes**, she does. / - **No**, she doesn't.
WH-Questions الإجابة بحسب ما يطلب السؤال	Question word + **do / does** + subject + "V1" .....?
	Where do your grandparents **live**? - They **live** in Kuwait City. **What does** your mother always **do** at the weekend? - She always **goes** shopping.

Ex. Do as shown between brackets:

1 – My sisters always get low marks at school. **(Make negative)**

....

2 – Nada goes to the library every day. **(Make negative)**

....

3 – We often visit our aunt on Fridays. **(Ask a question)**

....

4 – My company trains its workers every year. **(Ask a question)**

....

5 – We go to school by car. **(Ask a question)**

....

4 The Present Continuous Tense زمن المضارع المستمر

1 التكوين: للتعبير عن المضارع المستمر نستخدم (**Be + V+ing**) على النحو الآتي:

am	I	**Ex.**	I'**m writing** my homework now.
is	he, she, it	**Ex.**	Listen! Nawal **is shouting** loudly.
are	we, you, they	**Ex.**	At the moment, we **are watching** TV.

2 الاستخدام: يُستخدم زمن المضارع المستمر للتعبير عن:

1. فعل يحدث الآن (لحظة الكلام) :

– My mother **is cooking** the dinner now.
– Look! Nada and Sara **are washing** the dishes.

2. فعل سوف يحدث في المستقبل (تم التخطيط له مستقبلاً)

– We **are flying** to Dubai tomorrow.
– Fahed **is buying** a new car next week.

3. فعل يحدث في الوقت الراهن (ليس بالضرورة لحظة الكلام) :

– I **am doing** my best this course to get full marks in my exams.
– Jassim **is working** hard these days to develop his company.

3 الكلمات الدالة: يُستخدم زمن المضارع المستمر مع الكلمات الآتية:

now	الآن / الحين	**look!**	انظر / طالع	**listen!**	انصت / استمع		
at the moment	في هذه اللحظة	**at present**	في الوقت الحاضر				

– We **are playing** computer games at the moment.
– Basma **is listening** to her favourite music now.
– At present, I **am reading** a book by Abdul Aziz Hussein.

يتم النفي باستخدام (**not**) بعد
(**am / is / are**)

4 **الاستفهام:** لتكوين السؤال فى زمن " المضارع المستمر " نتبع الخطوات الآتية..

Yes/No Questions (yes OR no) الإجابة تكون	**Am/Is/Are** + subject + **"V+ing"** .....? **Are** your sisters **watching** TV now? **- Yes**, they are. / **- No**, I they aren't.
WH-Questions الإجابة بحسب ما يطلب السؤال	Question word + **am/is/are** + subject + **"V+ing"** .....? **What** **is** your mother **doing** now? **-** She **is cooking**.

Ex. **Do as shown between brackets:**

1 – I'm revising my lessons now. **(Ask a question)**

.....

2 – We are making a cake for my birthday party. **(Ask a question)**

.....

3 – Ahmed is doing resistance exercise at the club. **(Ask a question)**

.....

4 – Ali (do) a photo session for the magazine now. **(Correct)**

.....

5 – At the moment, I (stretch) to cool down. **(Correct)**

.....

6 – Listen! The girls (recite) the Holy Quran. **(Correct)**

.....

7 – Be careful! The bus (move) quickly. **(Correct)**

.....

8 – Sara is jogging in the park now. **(Making negative)**

.....

9 – We are making our projects now. **(Making negative)**

.....

Exercises

تدريبات شاملة على قواعد الوحدة:

A: Choose the correct answer:

1. (To walk – Walks – Walking) is an easy exercise. It doesn't (to need – need – needing) any special equipment. I (always – never – rarely) walk in the morning to keep fit and healthy.

2. It is important (learning – lo learn – learn) English because it helps us (to communicate – communicate – communicating) with people all over the world. Now, I (watch – watched – am watching) an English movie.

3. Some people prefer (to eat – eat – eating) vegetarian diets. These diets (had – have – has) high amounts of fiber, but they (don't – doesn't - didn't) give them enough amounts of proteins.

4. Salma wants to be a doctor. She (is studying – study – studies) hard every day. She (never – always – often) wastes her time. She likes (look – looking – looked) after her grandparents.

B: Correct the verbs between brackets:

1 – (**Surf**) …… the Net is a good source of information.

2 – It's important (**stretch**) ……..…. before running.

3 – Be careful! A fast car (**come**) ……..…… .

4 – My Mum sometimes (**go**) …… shopping on Fridays.

5 – The computer helps us (**learn**) …… better.

6 – Hala spends two hours a day (**study**) …….. for the exam.

7 – Young babies enjoy (**rest**) …… their heads on their mothers' shoulders.

C: Do as shown between brackets:

1 – Pupils do gymnastics at school every day. **(Make negative)**

.....

2 – Nasser always practises target shooting. **(Make negative)**

.....

3 – My sister watches cartoon films for a long time. **(Make negative)**

.....

4 – Hussein does a lot of exercises. He wants to be fit. **(Join)**

.....

5 – I visit my grandparents twice a week. **(Ask a question)**

.....

6 – We train hard to win the marathon. **(Ask a question)**

.....

7 – This racket costs 30 KD. **(Ask a question)**

.....

8 – Omar often meets his friends at the club. **(Ask a question)**

.....

9 – Yes, I read some Science books. **(Ask a question)**

.....

10 – I'm playing computer games now. **(Ask a question)**

.....

11 – My mother is washing the dishes in the kitchen. **(Ask a question)**

.....

12 – No, my dad doesn't go to work on Saturday. **(Ask a question)**

.....

13 – Sara always warms up before the race. **(Ask a question)**

.....



Writing

You have got a friend who is overweight and doesn't practise any sport.

Plan and write an e-mail of two paragraphs **(10 sentences)** about **"Sport"**.

★ **The following ideas, guide words and phrases may help you:**

1. **The importance of sports:**
   (daily life – benefits – keep fit – work better – walking **)**
2. **How to be fit:**
   (exercises – aerobic – stretching – flexible – resistance – muscles **)**

Write your outline here

Spotlight

Write your topic here

Spotlight



Writing

Some people go on a vegetarian diet, but it can negatively affect their health.

Plan and write an e-mail of two paragraphs **(10 sentences)** about **" The good sides and the bad sides of a vegetarian diet "**

★ **The following ideas, guide words and phrases may help you:**

1. **The good sides of a vegetarian diet:**

(benefits – diseases – vitamin C – obesity – lose weight **)**

2. **The bad sides of a vegetarian diet:**

(negative – calcium – risk – diseases – anemia – hair loss **)**

Write your outline here

Spotlight

Write your topic here

Spotlight

Reading Comprehension

Read the following passage, and then answer the questions below:

At the present time, the Olympic Games are held every four years. They are famous for individual athletic events such as running, high jump, swimming and boxing. Team sports – like soccer and hockey – are also played. Hockey is a very old team sport which is popular ***all over the world***. It is normally played on grass, but there is also ice hockey. Men and women can play hockey, and in some countries they play in mixed teams. A hockey team has the same number of players of a football team. Players carry sticks which ***they*** use to control the ball – either to pass it to other players on their team or to hit it into a net and score goals. The goalkeeper is the only player who can kick the ball.

Hockey can be dangerous game. The ball, which is small and very hard, can break bones if it hits a player, and players can hurt each other with their sticks. So, one of the most important rules of it is that players can't lift their sticks above their shoulders.

Choose the correct answer from a, b, c and d:

1 – The **best title** of this passage is …….. .
a. Team Sport **b.** Soccer and Hockey
c. Hockey **d.** The Olympic Games

2 – The phrase **"all over the world"** means hockey is played in ……..……
a. some countries in the world **b.** many countries in the world
c. a few countries in the world **d.** all countries in the world

3 – The underlined word **"they"** refers to ……
a. sticks **b.** teams **c.** players **d.** countries

4 – In a hockey team, there are ……. players.
a. eleven **b.** seven **c.** six **d.** nine

Answer the following questions:

5 – How can hockey players move the ball?

.....

6 – Hockey is a bit like football. Explain.

.....

7 – How many kinds of hockey are there?

.....

Remember: Unit Vocabulary مفردات الوحدة:

	Word	Meaning in Arabic
1	sprinting	سباق الركض / الجري
2	extremely	للغاية
3	resistance	مقاومة
4	flexible	مَرن
5	regimen	حمية
6	session	جلسة
7	cool down	يَهدأ
8	promise	يَعد
9	arrow	سهم
10	strict	صارم
11	risk	خطر
12	obesity	البدانة
13	amount	كمية
14	gain	يكسب
15	lack	يفتقر إلى
16	adequate	كافٍ

يمكنكم الحصول على "Spotlight" من:

1	جمعية الزهـــراء التعاونية	22	جمعية النزهـــة التعاونية
2	جمعية القادســية التعاونية	23	جمعية الدسمـــة التعاونية
3	جمعية السالميـــة التعاونية	24	جمعية الدعيـــة التعاونية
4	جمعية قرطبـــة التعاونية	25	جمعية حطيـــن التعاونية
5	جمعية بيـــان التعاونية	26	جمعية هديـــة التعاونية
6	جمعية مشـــرف التعاونية	27	جمعية السلام والصديق التعاونية
7	جمعية الروضـــة التعاونية	28	جمعية الشـعب التعاونية
8	جمعية الرميثيـــة التعاونية	29	جمعية ابو حليفـــة التعاونية
9	جمعية العمريـــة التعاونية	30	جمعية الفروانيـــة التعاونية
10	جمعية ضاحية عبد الله المبارك التعاونية	31	جمعية العارضيـــة التعاونية
11	جمعية السرة التعاونية	32	جمعية اليرمـــوك التعاونية
12	جمعية صباح السالم التعاونية	33	جمعية المنصوريـــة التعاونية
13	جمعية الشامية والشويخ التعاونية	34	جمعية الصليبخـــات التعاونية
14	جمعية كيفـــان التعاونية	35	جمعية الدوحـــة التعاونية
15	جمعية الجابريـــة التعاونية	36	جمعية الفنطـــاس التعاونية
16	جمعية القيـــروان التعاونية	37	جمعية الظهـــر التعاونية
17	جمعية الشهـــداء التعاونية	38	جمعية الصليبيـــة التعاونية
18	جمعية خيطـــان التعاونية	39	جمعية جليب الشيـــوخ التعاونية
19	جمعية مبارك الكبير و القرين التعاونية	40	جمعية صبـــاح الناصـــر التعاونية
20	جمعية صبـــاح الأحمد التعاونية	41	جمعية ســـلوى التعاونية
21	جمعية الفيحـــاء التعاونية	42	

Spotlight

يمكنكم الحصول على "Spotlight" من:

جمعية المعلمين (الدسمة)

حولي :

- مكتبة أطلس
- مكتبة لنـــدن
- مكتبة نيويورك
- مكتبة النـــور (ميدان حولي)
- سوق المعلم

السالمية:

- مكتبة الأميـــرة (بجوار مطعم مروش)
- مركز الطالب (بجوار مدرسة الاخلاص)
- مكتبة الإخلاص والتميز قطعة 12

الفروانيـــــة :

- سوق كنـــدا المركزي (بجوار صيدلية الشعب)
- مكتبة كي بورد (قطعة 5)

سلـــــوي :

- مكتبة الأســـرة (ق: 2 / بجوار فرع الجمعية)

العقيلـــة :

- مكتبة الاسرة (مجمع أوتـــاد)

الفحاحيـــل :

- مكتبة الأســرة الشعبي
- مكتبة الإشـــــراف

الجهـــــراء :

- مكتبة ميكي ماوس