

School Year SECOND TERM ENGLISH LANGUAGE WORKSHEETS



GRADE 12



أوراق عمل اللغة الإنجليزية للفصل الثاني \ صف 12

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STUDENT'S NAME:		
CLASS:	<u> </u>	

ملاحظة: تهدف أوراق عمل اللغة الإنجليزية الى تقوية قدرات الطالب في مختلف مجالات اللغة الإنجليزية و هي لا تُغني عن كتاب الطالب و لا عن كتاب التمارين.

Mr. SAMI BIN YOUNES

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GRADE: 12 - MODULE 3: LIFESTYLES UNIT 7: Long lives

UNIT 7
LESSONS:
1 & 2

VOCABULARY:

	Expression P.S.		Meaning	Translation
1	cardiovascular	adj.	of or relating to the heart and blood vessels	
2	centenarian	n	a person who is one hundred or more years old	
3	commentary	n	the expression of opinions or explanations about an event or situation	
4	cycle	v	to ride a bicycle	
5	elderly	adj.	(of a person) old or aging	
6	expectation	n	a strong belief that something will happen or be the case in the future	
7	geriatric	adj.	of or relating to old people, esp. with regard to their health care	
8	honour	v	to treat someone with special respect	
9	integral	adj.	essential or fundamental	
10	onerous	adj.	(of a task, duty, or responsibility) involving an amount of effort and difficulty that is oppressively burdensome	
11	supple	adj.	bending and moving easily and gracefully; flexible	
12	vigorous	adj.	(of a person) strong, healthy, and full of energy	

adj.: adjective / n: noun / v: verb

EXERCISES

A. From a, b, c and d	<u>, choose the word th</u>	<u>at best completes eac</u>	<u>ch sentence below:</u>	
1. My grandmother	is suffering from a	disea	se.	
a. cardiovasci	ılar b. supple	c. elderly	d. vigorous	
2. Practicing sport e	very day makes your	body healthy and		
a. integral	b. geriatric	c. vigorous	d. elderly	
3. The engine is a / a	an	part of any motorized	vehicle.	
a. supple	b. cardiovascular	c. elderly	d. integral	
B. Fill in the spaces with the most suitable words from the list below:				
(expectation / ho	nour / onerous /	centenarian / ger	riatric / cycle)	
1. Workers often co	mplain that their jobs	are and	their salaries are low.	
2. My	that my team wo	ould win the match pro	oved to be true.	
3. It's extremely ben	neficial to	every morning for	few kilometers.	
4. As a	, my grandfather	thinks that the world l	nas changed radically.	
5. Better efforts mus	st be done by scientist	s to fight many	diseases.	

Answer the following questions:
1. What should people do to live long?
2. What physical activities can a person do to stay active?
3. What mental activities can a person do to stay active?
4. Why is it rare to find geriatric homes in Kuwait and the Arab world?



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GRADE: 12 - MODULE 3: LIFESTYLES UNIT 7: Long lives

UNIT 7		
LESSON:		
3		

Data		
Date.	 	

VOCABULARY:

	Expression P.S.		Meaning	Translation
1	chronic	adj.	something that continues for a long time and cannot be easily solved	
2	deprived of	ph. v	dispossess of, rob of	
3	drowsy	adj.	tired and almost asleep	
4	genetic make-up	n	chemical structure that defines individuality	
5	restful	adj.	peaceful and quite, making you feel relaxed	
6	shallow	adj.	not deep	

adj.: adjective / n: noun / ph. v: phrasal verb

EXERCISES: A. Fill in the spaces with the most suitable words from the list below:			
(restful / genetic make-up / chronic / deprived of / drowsy / shallow)			
1. Your brain can't function properly when you're sleep.			
2. Students who feel in class are those who didn't sleep well the night before.			
3. I like to sit on this sofa because it is very comfortable and			
4. He visits the doctor regularly because he suffers from a disease.			
5. On the beach, little children should swim in the water.			
SET BOOK			
Answer the following questions:			
1. What benefits do people get from sleep?			
2. How can sleep deprivation affect our health?			

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GRADE: 12 - MODULE 3: LIFESTYLES UNIT 7: Long lives

UNIT 7
LESSONS:
4 & 5

Date:

VOCABULARY:

	Expression	P.S.	Meaning	Translation
1	blizzard	n	a severe snowstorm with high winds and low visibility	
2	conceal	v	to keep from sight; to hide	
3	dispute	n	a disagreement, argument, or debate	
4	do away with	ph. v	to get rid of	
5	do up	ph. v	to fasten: to tie	
6	do without	ph. v	to not have something and manage in spite	
7	excuse	n	a reason or explanation put forward to defend or justify a fault or offence	
8	frequently	adv.	on many occasions with little time between them	
9	in spite of	prep	regardless of	
10	make up	ph. v	to invent (a story)	
11	make up for	ph. v	to take the place of something lost or missing	
12	vicinity	n	the area near or surrounding a particular place	

adv.: adverb / n: noun / ph. v: phrasal verb / prep.: preposition / v: verb

EXERCISES

A. From a, b, c and o	d, choose the word th	at best completes ea	ch sentence below:
1. Young children a	are usually unable to	the 1	aces of their shoes.
a. make up	b. do up	c. make up for	d. do away with
2. Doctors often ad	vise their aging patien	ts to	sugar and salt.
a. do without	b. make up for	c. do up	d. make up
3. He is hurrying or	n to	lost time.	
a. do up	b. do away with	c. do without	d. make up for
4. There is a serious	s betwe	een the manager and o	one of the workers.
a. blizzard	b. vicinity	c. excuse	d. dispute
5. A sudden	may pos	se many problems to	mountaineers.
a. vicinity	b. dispute	c. blizzard	d. excuse
B. Fill in the spaces	with the most suitabl	e words from the lis	t below:
(blizzard / make	up / in spite of /	conceal / vicinit	y / do away with)
	ing constructed in the		
2. Your room is me	ssy; you must	many unne	cessary things.
3	the great efforts they	had made, they could	n't win the match.
4. Two mountain cl	limbers got lost during	g a in t	the Alps yesterday.
5. The defendant tri	ied to	some documents that	could condemn him.

GRAMMAR

Direct and Reported Questions / Statements

We use the reported speech to report what people say in a specific time. When we report what people say, we use a reporting verb and make some changes (such as: **pronouns, time references, place references, demonstrative pronouns, verb tenses and modal auxiliaries**) to the speaker's actual words:

Direct speech: Ali: 'I am very happy today.'

Reported speech: Ali said that he was very happy that day.

DIRECT SPEECH / REPORTED SPEECH

DIRECT SPEECH	REPORTED SPEECH
1. Pronouns :	
I	he / she
you	me / us
we	they
me	him / her
my	his / her
our	their
your	my / our
us	them
2. Time References :	
now	then / at that time
today	that day
yesterday	the previous day / the day before
last week	the previous week / the week before
next week	the following week / the week after
tomorrow	the following day / the day after
this year	that year
3. Place / Location References:	
here	there
4. Demonstrative Pronouns:	
this	that
these	those
5. Tenses:	
present simple	past simple
present continuous	past continuous
nresent perfect	Past Continuous
past simple	nast perfect
past continuous	past perfect continuous
6. Modal Auxiliaries:	V
will	would
can	could
may	might
must	had to
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A. Reporting Statements:

Study the examples in the following table:

Direct Statement	Reported Statement
-" <u>I live</u> in <u>this</u> house." he said.	- He said that <u>he lived</u> in <u>that</u> house.
-"I bought a new car yesterday." he said.	- He said that he had bought a new car the
	day before,
-"I will be fine." my friend said.	- My friend said that <u>he would</u> be fine.
-"I am watching a film now." my brother said.	- My brother said that he was watching a film
	at that time.

B. Reporting Questions:

Study the examples in the following table:

Direct Question	Reported Question
-"Where have you been?" my friend said.	- My friend asked me where I had been.
-" Did you <u>call</u> me?" my friend said.	- My friend wanted to know if I had called him.
-"When does the match start?" my brother said.	- My brother asked me when the match started.
-" Are you hungry?" my mother said.	- My mother asked me whether I was hungry.
-"What did you write?" my teacher said.	- My teacher asked me what I had written.
-"Why are you late?" my teacher said.	- My teacher asked me why I was late.

EXERCISE

From a, b, and c, choose the correct answer as required:

- 1. My friend told me that he (buy) a new mobile the day before. (Correct the verb)
 - **a.** My friend told me that he will buy a new mobile the day before.
 - **b.** My friend told me that he had bought a new mobile the day before.
 - **c.** My friend told me that he is buying a new mobile the day before.
- 2. "My uncle will start a business project next week," said my friend. (Report)
 - a. My friend said that their uncle will start a business project next week.
 - **b.** My friend said that him uncle will start a business project the following week.
 - c. My friend said that his uncle would start a business project the following week.
- 3. "Have you ever visited a museum before?" my friend said. (Report)
 - **a.** My friend asked me whether I had visited a museum before.
 - **b.** My friend asked me what I had visited a museum before.
 - c. My friend asked me when I had visited a museum before.
- **4.** "Where did you have your lunch?" my mother said. (**Report**)
 - **a.** My mother asked me where I had my lunch.
 - **b.** My mother asked me where I had had my lunch.
 - **c.** My mother asked me where I am having my lunch.

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GRADE: 12 - MODULE 3: LIFESTYLES UNIT 7: Long lives

UNIT 7
LESSONS:
7 & 8

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VOCABULARY:

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	Expression	P.S.	Meaning	Translation
1	admiration	n	respect and warm approval	
2	affection	n	a gentle feeling of fondness or liking	
3	ailment	n	an illness, typically a minor one	
4	bestow	v	confer or present (an honour, right, or gift)	
5	deserve	v	to do something or have or show qualities worthy of (reward or punishment)	
6	due	adj.	expected at or planned for at a certain time	
7	fatal	adj.	causing death	
8	life expectancy	n	the average period that a person may expect to live	
9	reverence	n	deep respect for someone or something	

adj.: adjective / n: noun / v: verb

EXERCISES
A. From a, b, c and d, choose the word that best completes each sentence below:
1. Doctors say that a headache is a / an that can be cured easily.
a. affection b. life expectancy c. reverence d. ailment
2. Due to the progress made in science and healthcare, will increase.
a. life expectancy b. ailment c. admiration d. reverence
B. Fill in the spaces with the most suitable words from the list below:
(admiration / due / ailment / deserve / life expectancy / fatal)
1 has increased remarkably in Kuwait thanks to many factors.
2. Cancer is one of the most diseases.
3. My friend said that he had been absent because of a / an
4. Old people our respect, reverence and care.
5. Celebrities often receive much appreciation and from their fans.
SET BOOK
Answer the following questions:
1. Why has life expectancy in Kuwait increased remarkably?
2. How can we help the elderly?
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UNIT 7 - LESSON 9: WRITING AN ARGUMENTATIVE ESSAY

Many people think that there is no relationship between lifespan and lifestyle, whereas many others believe that lifestyle can decide how long people can live. Plan and write an essay of not less than fourteen sentences (14 sentences) in which you present the two opinions, their arguments and you express your own opinion.

	OUTLINE	
Introduction:		
		••
Body:		
Paragraph 1:		
		••
		••
Paragraph 2:		
Conclusion:		
		- •



Write your essay here:
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GRADE 12 *** MODULE 3: Lifestyles *** UNIT 7: Long Lives

T.		Expression	P.S.	Meaning	Arabic Meaning
	1	cardiovascular	adj.	of or relating to the heart and blood vessels	دو علاقة بالقلب و الشّرايين
	2	centenarian	n auj.	a person who is one hundred or more years old	مُعمَرٌ \ عمره مئة سنة أو اكثر
	3	commentary	n	the expression of opinions or explanations about an event or situation	تعليق
	4	cycle	v	to ride a bicycle	يركب درّاجة
	5	elderly	adj.	(of a person) old or aging	مُسنٌّ \ كبير في السنّ
1	6	expectation	n	a strong belief that something will happen or be the case in the	توقّعُ
&	7	geriatric	adj.	future of or relating to old people, esp. with regard to their health care	قى دو علاقة بكبار السنّ
2	8	honour	v	to treat someone with special respect	 يُوقِّرُ \ يُبجِّل
	9	integral	adj.	essential or fundamental	أساسيّ
	10	onerous	adj.	(of a task, duty, or responsibility) involving an amount of effort and difficulty that is oppressively burdensome	ب شاقً \ مُرهِق
	11	supple	adj.	bending and moving easily and gracefully; flexible	مَرنُ
	12	vigorous	adj.	(of a person) strong, healthy, and full of energy	قوي \ نشيطٌ
	1	chronic	adj.	something that continues for a long time and cannot be easily solved	مُزمنٌ
	2	deprived of	ph. v	dispossess of , rob of	يحرِمُ من
3	3	drowsy	adj.	tired and almost asleep	نعسانٌ
	4	genetic make-up	n	chemical structure that defines individuality	التركيبة الجينية
	5	restful	adj.	peaceful and quite, making you feel relaxed	مُريحٌ
	6	shallow	adj.	not deep	سطحي \ غير عميقٍ
	1	blizzard	n	a severe snowstorm with high winds and low visibility	عاصفة ثلجية قوية
	2	conceal	v	to keep from sight; to hide	يُخفي \ يُخبّأ
	3	dispute	n	a disagreement, argument, or debate	جِدالٌ \ نِقاشٌ حادٌ
	4	do away with	ph. v	to get rid of	يتخلّصُ من
	5	do up	ph. v	to fasten: to tie	یشُدُ \ یربط
4	6	do without	ph. v	to not have something and manage in spite	يستغني عن
& 5	7	excuse	n	a reason or explanation put forward to defend or justify a fault or offence	عُذرٌ \ ذريعةً
	8	frequently	adv.	on many occasions with little time between them	مِرارًا و تِكرارًا
	9	in spite of	prep	regardless of	على الرّغم من
	10	make up	ph. v	to invent (a story)	يختلقُ قِصّة
	11	make up for	ph. v	to take the place of something lost or missing	يُعوّضُ عمّا فات
	12	vicinity	n	the area near or surrounding a particular place	قُربٌ \ جِوارٌ
	1	admiration	n	resp <mark>ect and warm approval</mark>	إعجابٌ \ إستحسان
	2	affection	n	a gentle fe <mark>eling of fondness o</mark> r liking	حنان
	3	ailment	n	an illness, typically a minor one	مرض خفیف
7	4	bestow	v	confer or present (an honour, right, or gift)	يهَبُ \ يمنخ
& 8	5	deserve	v	to do something or have or show qualities worthy of (reward or punishment)	يستحقُ
O	6	due	adj.	expected at or planned for at a certain time	مُوعودٌ \ مُتوقَّعٌ
	7	fatal	adj.	causing death	مُمِيتٌ \ قاتلُ
	8	life expectancy	n	the average period that a person may expect to live	مُعدّلُ الحياة
	9	reverence	n	deep respect for someone or something	تقدیر ۱ تبجیل

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GRADE: 12 - MODULE 3: LIFESTYLES UNIT 8: Town and Country

UNIT 8
LESSONS:
1 & 2

Date:

VOCABULARY:

	Expression	P.S.	Meaning	Translation
1	1 almond		the tree that produces a flat pale nut with brown skin that tastes sweet	
2	depopulation	n	the process of reducing the number of people in an area	
3	deserted	adj.	abandoned, neglected	
4	export	n	the selling and sending out of goods or services to other countries	
5	graduated	adj.	divided into different levels	
6	infrastructure	n	the basic physical and organisational structures and facilities (e.g., buildings, roads, and power supplies) needed for the operation of a society or enterprise	
7	overcrowding	n	the process of filling an area beyond what is usual or comfortable	
8	public services	n	a service that is run for the benefit of the general public, for example, the utilities, the emergency services, and public transportation	
9	reverse	v	to make (something) the opposite of what it was	
10	rural	adj.	in, relating to, or characteristic of the countryside rather than the town	
11	socioeconomic	adj.	relating to or concerned with the interaction of social and economic factors	
12 unemployment n the state of being jobless				
13	vacant	adj.	(of premises) having no fixtures, furniture, or inhabitants; empty	
14 vice versa adv.		adv.	with the main items in the preceding statement the other way around	
			adj.: adjective / adv.: adverb / n: noun / v: verb	

EXERCISES

A. From a, b, c and d, choose the word that best completes each sentence below: **1.** Many farmers believe that planting trees is very profitable. b. unemployment d. depopulation a. almond c. export 2. The in cities pushes many people to move to the countryside. b. overcrowding c. public services d. infrastructure a. export **3.** There were many seats on board the plane during the trip. a. rural b. graduated c. socioeconomic d. vacant **4.** Many factors may force people to migrate. b. socioeconomic c. graduated d. deserted **5.** In laboratories, liquids are often measured by using containers. a. graduated b. rural c. deserted d. socioeconomic B. Fill in the spaces with the most suitable words from the list below: (reverse / rural / depopulation / graduated / vice versa / export) 1. Farming is the most dominant economic activity in some areas. 2. Husbands should respect their wives and **3.** The new player managed to the result in favour of his team. **4.** in the countryside may be the result of unemployment. 5. The of oil brings many profits to some countries.

SET BOOK

A	41	e 11	•	4 •
Answer	the	folio	owing	questions:

1. What are the advantages of living in the countryside?	••
2. What are the disadvantages of living in the countryside?	
3. What are the advantages of living in the city?	
4. What are the disadvantages of living in the city?	



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GRADE: 12 - MODULE 3: LIFESTYLES UNIT 8: Town and Country

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Date:

VOCABULARY:

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	Expression	P.S.	Meaning	Translation
1	astounded	adj.	shocked or greatly surprised	
2	bump into	ph. v	to meet by chance	
3	densely	adv.	closely compacted in substance	
4	disturbance	n	the interruption of a settled and peaceful condition	
5	embarrassed	adj.	feeling or showing shame	
6	far and wide	idiom	over a large area	
7	glamour	n	an attractive and exciting quality	
8	hub	n	centre of activity	
9	hustle and bustle	idiom	activity, liveliness	
10	metropolis	n	densely populated city	
11	narrate	v	give a spoken or written account of	
12	odds and ends	idiom	bits and pieces	
13	pluck up the courage	exp.	exp. make an effort to do something that frightens one	
14	tranquil	adj.	calm, free from disturbance	
a	dj.: adjective / adv.: adverb /	exp.: ex	rpression / idiom.: idiomatic expression / n: noun /	ph. v: phrasal verb / v: verb

EXERCISE

Fill in the spaces with the most suitable words from the list below:

(narrates - tranquil - hub - hustle and bustle - glamour - densely)

- **1.** Country houses are usually and surrounded by beautiful sceneries.
- 2. Old people often complain that they can't stand the of the city.
- **3.** Many cities in India are populated and extremely crowded.
- **4.** China has become a remarkable world for industrial production.
- **5.** My kids like to listen to the stories that their grandfather very often.

GRAMMAR The Inversion

Study the following sentences and tell what you notice:

- 1. Hardly had I turned on my phone when I received a message from a friend.
- 2. Rarely does our teacher come late.
- 3. Seldom does my friend visit me at home.
- **4. Little** <u>did I expect</u> to meet my friend at the museum.
- **5.** No sooner had the thief left the house than the police arrived.
- **6.** Never <u>had they heard</u> that story before.
- 7. Seldom do I go to the zoo with my family.

The inversion is usually used at the beginning of the sentence to emphasise what we are saying. It is achieved by **putting the auxiliary verb before the subject** of the sentence.

Normal sentence: <u>I have never travelled</u> to Japan before. Inverted sentence: <u>Never have I travelled</u> to Japan before.

EXERCISE

From a, b, and c, choose the correct answer as required:

- 1. My friend rarely travels abroad. (Rewrite starting with "Rarely")
 - **a.** Rarely my friend travels abroad.
 - **b.** Rarely did my friend travel abroad.
 - **c.** Rarely does my friend travel abroad.
- 2. I little expected to find this valuable book. (Rewrite starting with "Little")
 - **a.** Little did I expect to find this valuable book.
 - **b.** Little I have expected to find this valuable book.
 - **c.** Little had I expected to find this valuable book.
- 3. Never has my brother (take) a driving test before. (Correct the verb)
 - a. Never has my brother takes a driving test before.
 - **b.** Never has my brother took a driving test before.
 - **c.** Never has my brother taken a driving test before.
- 4. Seldom (be) tourists seen in this region. (Correct the verb)
 - a. Seldom was tourists seen in this region.
 - **b.** Seldom are tourists seen in this region.
 - **c.** Seldom is tourists seen in this region.
- 5. I scarcely eat in Indian restaurants. (Rewrite starting with "Scarcely")
 - **a.** Scarcely have I eaten in Indian restaurants.
 - **b.** Scarcely I eat in Indian restaurants.
 - c. Scarcely do I eat in Indian restaurants.
- 6. Rarely (do) Ahmad participate in class activities. (Correct the verb)
 - a. Rarely does Ahmad participate in class activities.
 - **b.** Rarely do Ahmad participate in class activities.
 - c. Rarely doing Ahmad participates in class activities.
- 7. I left my office. It started raining. (Join with "No sooner ... than")
 - a. No sooner I left my office than it started raining.
 - **b.** No sooner had I left my office than it started raining.
 - c. No sooner have I left my office than it started raining.
- **8.** Hardly had I stopped my car when someone (call) me. (Correct the verb)
 - a. Hardly had I stopped my car when someone is calling me.
 - **b.** Hardly had I stopped my car when someone has called me.
 - **c.** Hardly had I stopped my car when someone called me.

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GRADE: 12 - MODULE 3: LIFESTYLES UNIT 8: Town and Country

UNIT 8
LESSONS:
7 & 8

Data.	
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VOCABULARY:

SAMI BIN YOUNES

Expression P.S.		P.S.	Meaning	Translation
1	advantageous	adj.	a condition or circumstance that puts one in a favourable or superior position	
2	leafy	adj.	having or characterized by much foliage because of an abundance of trees or bushes	
3	3 make it your own exp.		change something in your possession so that you reflect your personality and character	
4	palatial adj. resembling a palace in being spacious and splendid			
5 picturesque adj. visually attractive, esp. in a quaint or pretty style				
0 residents' parking n 1		parking space reserved specifically for residents of a particular area		
	adj.: adjective / exp.: expression / n: noun			

EXERCISE

Fill in the spaces with the most suitable words from the list below:
(leafy / advantageous / resident's parking / palatial / make it your own)
1. I like my friend's beautiful house with its garden.
2. You can buy a new house and if you like.
3. This villa was sold at a very high price.
4. Learning foreign languages is very for any person.
SET BOOK
Answer the following questions:
1. What are the qualities of a good house?
2. What benefits do people get from living in the city?
2. What benefits do people get from fiving if the city.
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UNIT 8 – LESSON 9: WRITING AN EXPOSITORY ESSAY

Living in the city has many advantages and disadvantages. Plan and write an essay of not less than fourteen sentences (14 sentences) explaining the advantages and disadvantages of city life.

	OUTLINE
Intro	duction:
Body	
Para	graph 1:
D	
Para	graph 2:
• • • • • • •	
• • • • • • •	
Conc	lusion:



	Write your essay here:
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GRADE 12 *** MODULE 3: Lifestyles *** UNIT 8: Town and Country

L		Expression	P.S.	Meaning	Translation
	1	almond	n	the tree that produces a flat pale nut with brown skin that tastes sweet	شجرة اللوز
	2	depopulation	n	the process of reducing the number of people in an area	عملية تفريغ منطقة من سكانها
	3	deserted	adj.	abandoned, neglected	مُهجورٌ
	4	export	n	the selling and sending out of goods or services to other countries	التصديرُ
	5	graduated	adj.	divided into different levels	مُتدرِّجٌ
	6	infrastructure	n	the basic physical and organisational structures and facilities needed for the operation of a society or enterprise	البُنية التّحتية
1	7	overcrowding	n	the process of filling an area beyond what is usual or comfortable	ملئ منطقةٍ بالسكّان
& 2	8	public services	n	a service that is run for the benefit of the general public, for example, the utilities, the emergency services, and public transportation	الخدمات الاجتماعية
	9	reverse	v	to make (something) the opposite of what it was	يعكِسُ
	10	rural	adj.	in, relating to, or characteristic of the countryside rather than the town	ريفي
	11	socioeconomic	adj.	relating to or concerned with the interaction of social and economic factors	متعلق بتفاعل العوامل الاقتصادية و الاجتماعية
	12	unemployment	n	the state of being jobless	البَطالة
	13	vacant	adj.	(of premises) having no fixtures, furniture, or inhabitants; empty	شاغِرٌ
	14	vice versa	adv.	with the main items in the preceding statement the other way around	بالعكس
	1	astounded	adj.	shocked or greatly surprised	مُندهش \ مَذهول
	2	bump into	ph. v	to meet by chance	قابل صُدفةً
	3	densely	adv.	closely compacted in substance	بكثافة
	4	disturbance	n	the interruption of a settled and peaceful condition	إزعاج \ مُضايقةً
	5	embarrassed	adj.	feeling or showing shame	مُحرَجٌ
4	6	far and wide	idiom	over a large area	على نطاقٍ واسعٍ
4 &	7	glamour	n	an attractive and exciting quality	رونق \ جمال
5	8	hub	n	centre of activity	مِحور \ مركز
	9	hustle and bustle	idiom	activity, liveliness	النشاط و الحيوية
	10	metropolis	n	densely populated city	مدينة عُظمي
	11	narrate	v	give a spoken or written account of	يحكِي \ يروي قِصّة
	12	odds and ends	idiom	bits and pieces	الأجزاء الصغيرة المتنوعة
	13	pluck up the courage	exp.	make an effort to do something that frightens one	استجمع قُواه و شجاعته
	14	tranquil	adj.	calm, free from disturbance	ساكِنٌ \ هادئ
	1	advantageous	adj.	a condition or circumstance that puts one in a favourable oposition	نافعً \ مُفيدً
	2	leafy	adj.	having or characterized by much foliage, trees or bushes	مُورِقٌ \ كثيف الأوراق
7 &	3	make it your own	exp.	change something in your possession so that you reflect your personality and character	يُضفي طابَعا شخصِيًّا على
8	4	palatial	adj.	resembling a palace in being spacious and splendid	شبية بالقصر (في شساعته)
J	5	picturesque	adj.	visually attractive, esp. in a quaint or pretty style	(منظر) بدیعٌ ۱ خلاًب
	6	residents' parking	n	parking space reserved specifically for residents of an area	موقف سيّار ات خاصّ بسكّان منطقة مُعيّنة SAMI BIN YOUNES



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GRADE: 12 - MODULE 3: LIFESTYLES

UNIT 9: New Ways and Old

UNIT 9			
LESSONS:			
1 & 2			

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VOCABULARY:

SAMI BIN YOUNES

Expression		P.S.	Meaning	Translation
1	competent	adj.	having the necessary ability, knowledge, or skill to do something successfully	
2	cookery	n	the practice or skill of preparing and cooking food	
3	custom-made	adj.	made to a particular customer's order	
4	fix	v	to repair something that is broken or not working properly	
5	mail order	n	the selling of goods to customers by mail, generally involving selection from a special catalogue	
6	6 mass-produced adj.		produced in large quantities by an automated mechanical process	
7	7 unique adj.		being the only one of its kind; unlike anything else	
8	8 unusual adj. not habitually or commonly occurring or done			
9	9 workshop n a room or building in which goods are manufactured or repaired			
	adj.: adjective / adv.: adverb / n: noun / v: verb			

EXERCISE

Fill in the spaces with the most suitable words from the list below:		
(mass-produced / unusual / workshop / fix / cookery / competent)		
1. My mother likes watching programmes on TV very much.		
2. Mobile phones are in China and many other countries.		
3. My father spends most of his free time in his making useful objects.		
4. I advised my brother not to his mobile phone by himself.		
5. The manager has promised to reward the workers in the company.		
SET BOOK		
Answer the following questions:		
1. Why have many old crafts and jobs disappeared?		
2. How have some leisure activities that people do in their free time changed?		
- all 6 = a 00		

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GRADE: 12 - MODULE 3: LIFESTYLES **UNIT 9: New Ways and Old**

UNIT 9
LESSONS:
4 & 5

Date:	

VOCABULARY:

	Expression	P.S.	Meaning	Translation	
1	below par	exp.	something which is inferior		
2	call the shots	exp.	to make the important decision; to direct a project		
3	immobile	adj.	motionless		
4	neck and neck	exp.	evenly matched		
5	put to	ph. v	to ask someone a question, especially about something important		
6	snooker	n	a game played with cues on a billiard table in which the players use a cue ball (white) to pocket the other balls (fifteen red and six coloured) in a set order		
7	substandard	adj.	below the usual or required standard		
8	toe the line	exp.	to accept the authority, principles, or policies of a particular group, esp. under pressure		
9	ungentlemanly	adj.	dishonourable		
	adj.: adjective / exp.: expression / n: noun / ph. v: phrasal verb				

EXERCISES

1. Most critics agree	e that the director's last	film was	
a. below par	b. toe the line	c. neck and neck	d. call the shots
2. As they approach	ed the finish line, the ty	wo runners were	•••••
a. call the shots	b. neck and neck	c. below par	d. toe the line
3. The new manager	r asserted that he was th	ne only one who woul	ld
a. toe the line	b. neck and neck	c. call the shots	d. below par
B. Fill in the spaces v	vith the most suitable	words from the list l	oelow:
(ungentlemanly / sr	nooker / toe the line	/ put to / calls th	ne shots / immobile)
1. The barber told the	ne child to remain	until he fini	shed cutting his hair.
2. The manager said	that my proposal woul	ld be	the board of directors.
3	people are usually r	ejected by others.	
4. In my family, we	can suggest ideas, but	<mark>my father is always th</mark>	ne one who
5. The manager adv	ised the workers to	if they didn't	want to lose their jobs.
	GRAMN	IAR	

Causative Verbs (present / past / future)

The Causative Form is used when we don't do something by ourselves, but we arrange for someone else (usually an expert or a qualified person) to do it for us.

Subject + Have + Object + Past Participle

Simple form: He didn't wash his car yesterday by himself.

Causative: He had his car washed yesterday.

Verb forms in the Causative Form

- Here are some examples of the causative form in different verb forms:

1. Present Simple:

Simple form: We don't paint the house by ourselves every year.

Causative: We have the house painted every year.

2. Present Continuous:

Simple form: Ali isn't washing his car by himself.

Causative: Ali is having his car washed.

3. Present Perfect Simple:

Simple form: The boys haven't repaired their bicycles by themselves.

Causative: The boys have had their bicycles repaired.

4. Past Simple:

Simple form: He didn't type three letters by himself yesterday.

Causative: He <u>had</u> three letters <u>typed</u> yesterday.

5. Future "Will":

Simple form: We won't install the lights by ourselves next week.

Causative: We will have the lights installed next week.

6. Modal verbs:

Simple form: You shouldn't fix this window by yourself.

Causative: You should have this window fixed.

7. Imperative:

Simple form: Clean the table, please.

Causative: Have the table cleaned, please.

EXERCISE

A. From a, b, c and d, choose the answer that best completes each sentence below:

1. Do you usually cut your hair by yourself? – No, I always by a barber. b. will have it cut c. had it cut d. am having it cut a. have it cut **2.** Will you build your new house by yourself? – No, I by a builder. b. will have it built c. had it built d. am having it built a. have it built b. is having it written c. has it written a. had it written d. he wrote it **4.** Did you install the alarm system by yourself? – No, I by an technician. a. has it installed b. will have it installed c. had it installed d. install it **5.** Are you going to fix your lap-top by yourself? – No, I by an expert. a. have fixed it b. has it fixed c. had it fixed d. am going to have it fixed **6.** Did you do your homework by yourself? – No, sir, I by my sister. a. will have it done b. had it done c. have it done d. am having it done

S.	B .	
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minister

parliament

portfolio

resign

whereas

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n

conj.

SAMI BIN YOUNES

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GRADE: 12 - MODULE 3: LIFESTYLES UNIT 9: New Ways and Old

UNIT 9
LESSONS:
7 & 8

Date:

VOCABULARY:

Expression		P.S.	Meaning	Translation
1	appoint	v	to choose someone for a position or job	
2	bill	n	written proposal for a new law, which is brought to a parliament so that it can be discussed	
3	biography	n	an account of someone's life written by someone else	
4	customarily	adv.	usually, habitually	
5 degree		n	a course of study at a university or college, or the qualification that is given to you when you have successfully completed the course	
6	doctorate	n	a university degree of the highest level	
7	master's degree	n	a university degree such as an MA that you can get by studying for one or two years after your first degree	

one or two years after your first degree

a politician who is in charge of a government department the group of people who are elected to make a country's laws and

discuss important national affairs

the work that a particular government official is responsible for to officially announce that you have decided to leave your job or an

organisation

in contrast or comparison with the fact that

adv.: adverb / conj.: conjunction / n. nodn / v. verb	
EXERCISES	
A. From a, b, c and d, choose the word that best completes each sentence below:	
1. Law bills are often discussed in the	
a. minister b. parliament c. portfolio d. doctorate	
2. I discovered so many facts about my favourite writer in his	
a. biography b. bill c. parliament d. minister	
3. The new has promised to lower the taxes and improve incomes.	
a. parliament b. minister c. doctorate d. portfolio	
B. Fill in the spaces with the most suitable words from the list below:	
(whereas / master's degree / resign / appoint / bill / customarily)	
1. When you finish your academic studies you obtain a	
2. He threatened to from the company if his salary wasn't raised.	
3. Before it becomes a law, a is presented for discussion in the parliament	n1
4. Sheep are domestic animals, tigers are wild.	
5, shops offer huge discounts on the National Day.	
GET DOOK	
SET BOOK	
Answer the following questions:	
1. What information does a biography provide about someone?	
2. Women play an essential role in society. Explain.	

UNIT 9 – LESSON 9: WRITING AN EXPOSITORY ESSAY

The domain of entertainment has changed remarkably in the recent years.

Plan and write an essay of not less than fourteen sentences (14 sentences) explaining how entertainment was in the past and how it has become nowadays.

	OUTLINE
Introduction:	
Body:	
Paragraph 1:	
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Paragraph 2:	
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Conclusion:	
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GRADE 12 *** MODULE 3: Lifestyles *** UNIT 9: New Ways and Old

т	L Expression P.S.				Arabic Meaning
L				Meaning	
	1	competent	adj.	having the necessary ability, knowledge, or skill to do something	كُفِّ - مُؤهِّلٌ
	2	cookery	n	the practice or skill of preparing and cooking food	الطبخ
	3	custom-made	adj.	made to a particular customer's order	مصنوع حسب رغبات الحريف
1	4	fix	v	to repair something that is broken or not working properly	يُصلِحُ
&	5	mail order	n	the selling of goods to customers by mail, generally involving selection from a special catalogue	بيع (السلع) عن طريق البريد
2	6	mass-produced	adj.	produced in large quantities by an automated mechanical process	مصنوع بكمّيات كبيرةٍ
	7	unique	adj.	being the only one of its kind; unlike anything else	فريدً - مُنقطع النّظير
	8	unusual	adj.	not habitually or commonly occurring or done	غير عادي _ خارجٌ عن المألوف
	9	workshop	n	a room or building in which goods are manufactured or repaired	الْمَالُوف ورشنةٌ
	1	below par	exp.	something which is inferior	ما هو دُون
	2	call the shots	exp.	to make the important decision; to direct a project	يتّخذُ قرارًا مُهمّا
	3	immobile	adj.	motionless	ثابت ۔ غیرُ مُتحرّك
4	4	neck and neck	exp.	evenly matched	مُتساوٍ تماما مع
&	5	put to	ph. v	to ask someone a question, especially about something important	يطرح سؤالا
5	6	snooker	n	a game played with cues on a billiard table in which the players use a cue ball (white) to pocket the other balls in a set order	لُعبةٌ شبيهةٌ بلعبة البِليارد
	7	substandard	adj.	below the usual or required standard	أقلُّ من المُستوى
	8	toe the line	exp.	to accept the authority, principles, or policies of a particular group, esp. under pressure	يخضعُ - يمتثِلُ لأوامر
	9	ungentlemanly	adj.	dishonourable	غيرُ مُشرَفٍ _ مُخرِ _ مُشينٌ
	1	appoint	v	to choose someone for a position or job	يُعيّنُ شخصًا ما لمنصب
	2	bill	n	written proposal for a new law, which is brought to a parliament so that it can be discussed	مشروعُ قانونٍ
	3	biography	n	an account of someone's life written by someone else	سيرة حياة شخصٍ ما
	4	customarily	adv.	usually, habitually	عادةً _ في العادةِ
	5	degree	n	a course of study at a university or college, or the qualification that is given to you when you have successfully completed the course	شهادةً جامعيّةً
7	6	doctorate	n	a university degree of the highest level	شهادةُ الدّكتوراه
& 8	7	master's degree	n	a university degree such as an MA that you can get by studying for one or two years after your first degree	شهادة الليسانس
	8	minister	n	a politician who is in charge of a government department	وزير
	9	parliament	n	the group of people who are elected to make a country's laws and discuss important national affairs	مجلس الأمّة - مجلس الشعب - البرلمان
	10	portfolio	n	the work that a particular government official is responsible for	حقيبةً وِزارِيّةٌ
	11	resign	v	to officially announce that you have decided to leave your job	يستقِيلُ من عملهِ
	12	whereas	conj.	in contrast or comparison with the fact that	في حين أنّ (للدلالة على التناقض)

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GRADE: 12 - MODULE 4: ACHIEVEMENTS UNIT 10: Pushing the Limits

UNIT 10
LESSONS:
1 & 2

VOCABULARY:

Expression			Meaning	TRANSLATION
1	ascend	v	to climb to the summit of (a mountain or hill)	
2	attempt	n	an effort to surpass a record or conquer a mountain	
3	dizzying	adj.	make (someone) feel unsteady, confused, or amazed	
4	elite	n	a group of people considered to be the best in a particular society or category, esp. because of their power, talent, or wealth	
5	exhaustion	n	a state of extreme physical or mental fatigue	
6	extreme	adj.	reaching a high or the highest degree; very great	
7	frost-bite	n	injury to body tissues caused by exposure to extreme cold	
8	highlight	v	pick out and emphasise	
9	perilous	adj.	full of danger or risk	
10	reconstruction	n	the action or process of rebuilding something after it has been damaged or destroyed	
11	scale	v	to climb up or over (something high and steep)	
12	summit	n	the highest point of a hill or mountain	
1. 1 / 1				

adj.: adjective / n: noun / v: verb

EXERCISE: 1				
A. Fill in the spaces with the most suitable words from the list below:				
(dizzying - ascend - summit - highlight - exhaustion - reconstruction)				
1. To a mountain, you need to be strong-willed and determined.				
2. The of this broken vase will take several hours of work.				
3. Among the severe odds that may face a mountaineer is				
4. Lack of oxygen causes a feeling and a painful headache.				
5. In the meeting, the manager will the problems that affected the				
company so much.				
SET BOOK				
Answer the following questions:				
1. According to you, why do some people take up extreme sports?				
2. What do extreme sports require?				

S.	.]	B.
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GRADE: 12 - MODULE 4: ACHIEVEMENTS UNIT 10: Pushing the Limits

UNIT 10
LESSONS:
4 & 5

Date:

VOCABULARY:

SAMI BIN YOUNE

	Expression	P. S.	Meaning	TRANSLATION
1	afflicted	adj.	affected in an unpleasant, painful way	
2	alight	adj.	on fire; burning	
3	arson	n	the criminal act of deliberately setting fire to property	
4	austere	adj.	severe or strict in manner, attitude, or appearance	
5	come across	ph. v	to meet or find by chance	
6	come away with	ph. v	to be left with a specified feeling, impression, or result after doing something	
7	come down	ph. v	if a price or the level of something comes down, it becomes lower	
8	come over	ph. v	to visit you at your house	
9	come round	ph. v	recover after being unconscious	
10	come up	ph. v	1 to be mentioned especially in a conversation; 2 to become available especially unexpectedly	
11	exhilarated	adj.	feel very happy	
12	fatigued	adj.	tired or exhausted	
13	traverse	v	to travel across or through	
14	unconscious	adj.	unable to see, hear, or otherwise sense what is going on, usually temporarily and often as a result of an accident or injury	
15	visible	adj.	able to be perceived or noticed easily	

adj.: adjective / n: noun / ph. v: phrasal verb

EXERCISES

EXERCISES					
A. From a, b, c and d, choose the word that best completes each sentence below:					
1. When we talk about A	Arabic poetry, many	y names will certainl	y		
a. come over	b. come up	c. come down	d. come across		
2. After watching the fil	m, I	. a good impression	about it.		
a. come down	b. come over	c. come across	d. come away with		
3. I usually	many interest	ing books in book fa	res.		
a. come across	b. come round	c. come down	d. come up		
4. I think my grandfathe	r will	within an hour af	ter the operation.		
		c. come round			
5. My cousin said that h	e would	the following	g day.		
a. come across b. come over c. come down d. come up					
B. Fill in the spaces with the correct words from the list below:					
(afflicted / exhilarated / come over / austere / fatigued / traverse)					
1. After the match, the players were because they had made great efforts.					
2. Their victory in the match made them feel					
3. Although the coach is very, the players respect him very much.					
4. The boy's knee was severely when he fell off his bike.					
5. As planes an air-turbulence zone, they start shaking dangerously.					

GRAMMAR

The Past Perfect Simple vs. The Past Perfect

Continuous

1. The Past Perfect Simple:

- It tells about a *completed action* in the past before another one.

Example: We *had locked* all the doors securely before we left the house.

Example: I <u>had saved</u> all my documents before the computer crashed.

2. The Past Perfect Continuous:

- It focuses on the *length of time that an action took* in the past before another one.

Example: Ali *had been waiting* **for two hours** before Fahad came.

Example: Hamad was very tired because <u>had been running</u> for 40 minutes.

EXERCISES

A. Choose the correct answer from a, b, c, and d to complete the following sentences:

- 1. Before he graduated last June, Ali (attend) all the lectures for months.
 - a. is attending b. have attended c. had been attending d. attends
- 2. I had been watching a football match for an hour when my father (come) home.
 - a. will come b. has come c. had been coming d. came
- 3. The electrician (fix) the alarm system for an hour before he fell off the ladder.
 - a. has fixed b. has been fixing c. had been fixing d. is fixing
- **4.** After I (pack) my bags, I waited for my father to take me to the airport.
- a. packed b. have packed c. had packed d. had been packing B. From a, b and c, choose the correct answer as required:
- 1. When I came home, my kids (watch) a cartoon film for 30 minutes. (Correct the verb)
 - **a.** When I came home, my kids watched a cartoon film for 30 minutes.
 - **b.** When I came home, my kids have been watching a cartoon film for 30 minutes.
 - c. When I came home, my kids had been watching a cartoon film for 30 minutes.
- 2. The boxer decided to quit the game. He played for fifteen years. (Join with "before")
 - **a.** Before the boxer decided to quit the game, he had been playing for fifteen years.
 - **b.** Before the boxer decided to quit the game, he has played for fifteen years.
 - c. Before the boxer decided to quit the game, he is playing for fifteen years.
- 3. They signed the agreement. They left the meeting room. (Join with "after")
 - **a.** After they signed the agreement, they will leave the meeting room.
 - b. After they had signed the agreement, they left the meeting room.c. After they have been signed the agreement, they left the meeting room.
- **4.** I had installed a new programme before I switched off my computer. (Make passive)
 - a. A new programme was installed before the computer was switched off.
 - **b.** A new programme had installed before the computer was switched off.
 - c. A new programme had been installed before the computer was switched off.

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GRADE: 12 - MODULE 4: ACHIEVEMENTS UNIT 10: Pushing the Limits

UNIT 10
LESSONS:
7 & 8

Date	
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VOCABULARY:

SAMI BIN YOUNES

	Expression	P.S.	Meaning	TRANSLATION
1	assist	v	to help (someone), typically by doing a share of the work	
2	binoculars	n	an optical instrument with a lens for each eye, used for viewing distant objects	
3	cope with	ph. v	to deal effectively with something difficult	
4	crave	v	to feel a powerful desire for (something)	
5	engulf	v	(of a natural force) sweep over (something) so as to surround or cover it completely	
6	entail	v	involve (something) as a necessary or inevitable part or consequence	
7	feat	n	an achievement that requires great courage, skill, or strength	
8	gruelling	adj.	extremely tiring and demanding	
9	mountaineer	n	a person who takes part in the sport or activity of climbing mountains	
10	strong-willed	adj.	determined, stubborn	
	adj.: adjective / n: noun / ph. v: phrasal verb / v: verb			

EXERCISES					
A. Fill in the	spaces wit	h the most suit	able words from	the list below:	
(mountai	neers / e	ntails / cra	ve / gruelling	/ binoculars /	assist)
1. You can	't imagine h	ow my kids		candies and sweets.	
2. Saving o	our planet		great efforts fro	om all nations.	
3. You can	't go bird-w	atching withou	t having	with you	•
4. I usually	· · · · · · · · · · · · · · · · · · ·	my gra	ndfather when he	does gardening.	
5. The auth	orities will	organize a cam	paign to look for	a group of	
B. From a, b	, c and d, c	hoose the corr	ect words to con	plete the followin	g sentences:
	h this iob is	very difficult.	will try to	it.	
a. cr	ave	b. cope with	c. engulf	d. entail	
2. The fire				oom in a few minut	es.
a. er	ıgulfed	b. assisted	c. entailed	d. craved	
3. Realising	g one's drea	ıms	working h	ard and doing great	efforts.
				d. copes with	
4. My broth	her usually		me when I do m	y homework.	
a. cr	aves	b. engulfs	c. assists	d. entails	
			BOOK		
Answer the f	ollowing q	uestions:			
1. What do extreme sports entail?					
	•••••				•••••
	2. What do sportsmen learn from practicing extreme sports?				
					•••••

UNIT 10 – LESSON 9: WRITING AN EXPOSITORY ESSAY

Practicing extreme sports can increase the body strength and enhance the character. Plan and write an essay of not less than fourteen sentences (14 sentences) explaining how practicing extreme sport can benefit both the body and the character.

	OUTLINE
	Introduction:
]	Body:
	Paragraph 1:
	_
]	Paragraph 2:
(Conclusion:

	Write your essay here:
•	
•	
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GRADE 12 *** MODULE 4: Achievements *** UNIT 10: Pushing the Limits

T.		Expression	P.S.	Meaning	Arabic Meaning
L	1	i -		to climb to the summit of (a mountain or hill)	يتسلّقُ
	2	ascend	v	an effort to surpass a record or conquer a mountain	يسسى مُحاولةٌ لتحطيم رقمٍ قياسي
		attempt	n - 4:	* *	محاوله للحصيم رفع فياسي مسبب للدوار و الغثيان
	3	dizzying	adj.	make (someone) feel unsteady, confused, or amazed a group of people considered to be the best in a particular society or	
	4	elite	n	category, esp. because of their power, talent, or wealth	نُخبةً
1	5	exhaustion	n	a state of extreme physical or mental fatigue	إرهاق - تعبّ شديدٌ
1 &	6	extreme	adj.	reaching a high or the highest degree; very great	أقصى
2	7	frost-bite	n	injury to body tissues caused by exposure to extreme cold	قضمة البرد
	8	highlight	v	pick out and emphasise	يسلط الضوء على
	9	perilous	adj.	full of danger or risk	محفوف بالمخاطر
	10	reconstruction	n	the action or process of rebuilding something after it has been damaged or destroyed	إعادةُ البناء
	11	scale	v	to climb up or over (something high and steep)	يتسلّقُ
	12	summit	n	the highest point of a hill or mountain	القمّة
	1	afflicted	adj.	affected in an unpleasant, painful way	مُتضرّرٌ من
	2	alight	adj.	on fire; burning	مُلتهبً \ مُحترقٌ
	3	arson	n	the criminal act of deliberately setting fire to property	جريمة حرق ممتلكات الغير عمدًا
	4	austere	adj.	severe or strict in manner, attitude, or appearance	قاسي ۔ صارمٌ
	5	come across	ph. v	to meet or find by chance	يلتقي صُدفةً ب
	6	come away with	ph. v	to be left with a specified feeling, impression, or result after doing something	يخرُجُ بانطباع
4	7	come down	ph. v	if a price or the level of something comes down, it becomes lower	ينخفضُ
&	8	come over	ph. v	to visit you at your house	يزُورُ
5	9	come round	ph. v	recover after being unconscious	يستعيد وعية
	10	come up	ph. v	1 to be mentioned especially in a conversation; 2 to become available especially unexpectedly	1 يُذكرُ في نقاشِ 2 يظهرُ فجأة
	11	exhilarated	adj.	feel very happy	مُبتهِجٌ
	12	fatigued	adj.	tired or exhausted	مُرهق \ مُتعَبّ
	13	traverse	v	to travel across or through	يعبُرُ \ يمُرُّ من خلال
	14	unconscious	adj.	unable to see, hear, or otherwise sense what is going on, usually temporarily and often as a result of an accident or injury	فاقِدٌ للوعي
	15	visible	adj.	able to be perceived or noticed easily	ظاهرٌ \ مرئِيٌّ
	1	assist	v	to help (someone), typically by doing a share of the work	يُساعدُ
	2	binoculars	n	an optical instrument with a lens for each eye, used for viewing distant objects	منظار مُزدوج
	3	cope with	ph. v	to deal effectively with something difficult	يتأقلم مع
	4	crave	v	to feel a powerful desire for (something)	يتلهّفُ على
7 &	5	engulf	V	(of a natural force) sweep over (something) so as to surround or cover it completely	يُطبقُ على \ يكتسخُ
8	6	entail	v	involve (something) as a necessary or inevitable part or consequence	يستلزمُ \ يستوجبُ
	7	feat	n	an achievement that requires great courage, skill, or strength	عملٌ فَذَّ أو بُطولي \ مفخرةً
	8	gruelling	adj.	extremely tiring and demanding	مُضنٍ \ مُرهِقٌ
	9	mountaineer	n	a person who takes part in the sport or activity of climbing mountains	مُتسلّق
	10	strong-willed	adj.	determined, stubborn	قوي العزيمة \ عنيدٌ

SAMI BIN YOUNES

S.	.]	B.
84	_	85

GRADE: 12 - MODULE 4: ACHIEVEMENTS UNIT 11: The Final Frontier

UNIT 11 LESSONS: 1 & 2		
LESSONS:		
1 & 2		

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VOCABULARY:

SAMI BIN YOUNES

Expression P		P.S.	Meaning	TRANSLATION
1	abhorrent	adj.	inspiring disgust and loathing; repugnant	
2	awe-inspiring	adj.	arousing awe through being impressive, formidable, or magnificent	
3	concept	n	an abstract idea, a general notion	
4	detriment	n	the state of being harmed or damaged	
5	execute	v	to carry out an order or plan	
6	frontier	n	the extreme limit of understanding or achievement in a particular area	
7	intrepid	intrepid adj. fearless; adventurous		
8	8 mission n an expedition into space			
9 orbit v to fly or move around in a circle				
10	revere	v	to feel deep respect or admiration for (something)	
11	revolve around ph. v to go around, turn around, rotate, spin			
12	sentient adj. able to perceive or feel things			
13	13 universe n the Earth, planets and stars			
	adj.: adjective / n: noun / ph. v: phrasal verb / v: verb			

EXERCISES

a. From a, b, c and d, choose the word that best completes each sentence below:					
1. We have become aware that pollution is a serious to the environment.					
a. concept	b. universe	c. detriment	d. mission		
2. Scientists believ	e that human beings are the	he only	creatures in the world.		
a. sentient	b. abhorrent	c. intrepid	d. awe-inspiring		
3. A group of well-	known astronauts will pa	rticipate in the	to Mars.		
a. concept	b. mission	c. detriment	d. frontier		
4. We must	the scientists who a	re working on vac	ccines against diseases.		
a. orbit	b. revolve around	c. revere	d. execute		
SET BOOK Answer the following questions: 1. What are the advantages of space exploration?					
2. What are the disadvantages of space exploration?					

S.	.]	B.
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GRADE: 12 - MODULE 4: ACHIEVEMENTS UNIT 11: The Final Frontier

Date:

UNIT 11

LESSONS: 4 & 5

VOCABULARY:

SAMI BIN YOUNES

Expression		P.S.	Meaning	TRANSLATION
1	astronomical adj.		of or relating to the branch of science that deals with celestial objects, space, and the physical universe as a whole	
2	conducive	adj.	making a certain situation or outcome likely or possible	
3	exceptionally	adv.	unusually, remarkably	
4	habitation	n	the state or process of living in a particular place	
5	natural satellite	n	a naturally occurring object that orbits a planet, e.g. the moon	
6	on board	adj.	available or situated on a ship, aircraft, or other vehicle	
7	opportunity	n	a set of circumstances that makes it possible to do something	
8	roughly	adv.	in a manner lacking refinement and precision	
9	the collection of nine planets and their moons in orbit around the sun, together with smaller bodies in the form of asteroids, meteoroids, and comets			
10	superb	adj.	impressively splendid	
11	wane	to decrease in vigour, power, or extent; to become weaker		
	adj.: adjective / adv.: adverb / n: noun / v: verb			

EXERCISE

Fill in the spaces with the most suitable words from the list below:

(on board - astronomical - wane - habitation - conducive - exceptionally)

- **1.** Human of other planets has always been a fantastic dream.
- 2. In billions of years from now, the Sun will and disappear completely.
- **3.** I believe that science will continue to progress more and more.
- **4.** Living on planet Mars is a / an marvelous idea.
- **5.** A group of astronauts are the space shuttle.

GRAMMAR

The Passive with Modal Verbs:

We use modal verbs (verbs like *can*, *could*, *shall*, *should*, *must*, *may*, *might*, *have to* ...) to talk about things like ability, possibility, permission or obligation. And we use the passive voice to focus on the object of an action rather than the doer of the action.

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Active	Passive
- Ali can <i>drive</i> a car easily.	- A car can be driven easily (by Ali).
- Hamad may buy a new house.	- A new house may be bought (by Hamad).
- You should <i>fix</i> this computer.	- This computer should be fixed.
- You must send this letter now.	- This letter <u>must be sent</u> (by you) now.
- He could <i>sell</i> his car at a good price.	- His car <u>could</u> be sold at a good price.
- You have to inform your father.	- Your father has to be informed.
- He might <i>repair</i> the refrigerator.	- The refrigerator might be repaired.

The passive with modal verbs: Object + modal verb + be + Verb 3 (+ subject)

EXERCISE 1

- **1.** Governments should stop space exploration very soon. (Make passive)
 - **a.** Space exploration should stop very soon.
 - **b.** Space exploration should be stopping very soon.
 - **c.** Space exploration should be stopped very soon.
- 2. Scientists can conduct many experiments in space. (Make passive)
 - **a.** Many experiments can be conducted in space.
 - **b.** Many experiments can have been conducted in space.
 - **c.** Many experiments can be conduct in space.
- **3.** The space shuttle must protect astronauts from sunrays. (Make passive)
 - **a.** Astronauts must be protected from sunrays by the space shuttle.
 - **b.** Astronauts must protect the space shuttle from sunrays.
 - **c.** Astronauts must protect sunrays by the space shuttle.

"either ... or" / "neither ... nor"

- 1 Either Khalid or Fahad will get the best mark in the exam.
- 2 Neither Nasser nor Kamal came to school today. They are both absent.
- 3 I like **both** travelling **and** learning foreign languages.

Conjunction	Meaning
either or	this or that
neither nor	NOT this NOT that
both and	this and that

EXERCISE 2

- 1. He didn't answer my call. He didn't read my message. (Join with "neither ... nor ...)
 - **a.** He neither answered my call nor he read my message.
 - **b.** Neither he answered my call nor he read my message.
 - **c.** He neither answered my call nor read my message.
- 2. I will study in Canada. I will study in Britain. (Join with "either ... or ...)
 - **a.** I will study in Canada either study or in Britain.
 - **b.** I will study either in Canada or in Britain.
 - **c.** I either will study in Canada or I will study in Britain.
- 3. I collect stamps. I collect postcards. (Join with "both ... and ...)
 - a. I collect both stamps and postcards.
 - **b.** I collect both stamps and I collect postcards.
 - **c.** I both collect stamps and I collect postcards.
- 4. Fahad doesn't like tea. Fahad doesn't like coffee. (Join with "neither ... nor ...)
 - a. Fahad likes neither tea nor coffee.
 - **b.** Fahad doesn't like neither tea nor coffee.
 - **c.** Neither Fahad likes tea nor coffee.

S.	.]	В.
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GRADE: 12 - MODULE 4: ACHIEVEMENTS UNIT 11: The Final Frontier

UNIT 11 LESSONS:
LESSONS:
7 & 8

Date:

VOCABULARY:

AMI BIN YOUNES

	Expression	n P.S. Meaning		TRANSLATION		
1	abnormal	adj.	deviating from what is normal or usual, typically in a way that is undesirable or worrying			
2	alert	v	to warn (someone) of a danger, threat, or problem, typically with the intention of having it avoided or dealt with			
3	data	n	facts and statistics collected together for reference or analysis			
4	dual	adj.	consisting of two parts, elements, or aspects			
5	durable	adj.	able to withstand wear, pressure, or damage; hard- wearing			
6	economical	adj.	giving good value or service in relation to the amount of money, time, or effort spent			
7	emission n		the production and discharge of something, esp. gas or radiation			
8	8 GPS abb		Global Positioning System, an accurate worldwide navigation and surveying facility based on the reception of signals from an array of orbiting satellites			
9	9 monitor v		observe and check the progress or quality of (something) over a period of time; keep under systematic review			
10	revolutionise	v	to change (something) radically or fundamentally			
11	specifically	adv.	particularly, exclusively			
12	spin-off	n	items used in space that improve our lives on earth			
13	take for granted exp.		fail to appreciate someone or something that is very familiar or obvious			
14	trainers	n	a soft shoe, suitable for sports or casual wear			
	abb.: abbreviation / adv.: adverb / exp.: expression / n: noun / v: verb					

EXERCISE

EXERCISE					
Fill in the spaces with the most suitable words from the list below					
(abnormal - economical - specifically - trainers - GPS - revolutionise)					
1 are more comfortable for exercising than casual shoes.					
2. Thomas Edison hadn't expected that electricity would technology.					
3. This space suit is designed to maintain pressure in the space.					
4. It is very to use a bucket when washing a car.					
5. There's a /an sound that comes from the engine of my car.					
SET BOOK					
Answer the following questions:					
1. How has space technology revolutionised people's lives on Earth?					
2. How has Islamic civilization contributed to the domain of space exploration?					
(A)					

UNIT 11 – LESSON 9: WRITING AN ARGUMENTATIVE ESSAY

Many people believe that space exploration is very useful and advantageous, whereas many others consider it as a waste of money and effort. Plan and write an essay of not less than fourteen sentences (14 sentences) in which you present the two different opinions, their arguments and your own opinion concerning this issue.

_	OUTLINE
In	troduction:
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R	ody:
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Г	aragraph 1:
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Pa	aragraph 2:
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	Write your essay here:
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GRADE 12 *** MODULE 4: Achievements *** UNIT 11: The Final Frontier

L		Expression	P.S.	Meaning	Arabic Meaning	
	1	abhorrent		inspiring disgust and loathing; repugnant	مكروة _ يُثيرُ الاشمئزاز	
	2	awe-inspiring	adj. adj.	arousing awe through being impressive, formidable, or magnificent	محروه - ينير الاستمرار يبعث على الرهبة و الهيبة	
	3		n auj.	an abstract idea, a general notion	يبت عني الربب و الهيب	
	4	concept detriment		the state of being harmed or damaged	معهوم ضرر _ إساءة	
	5		n v		يُنقَدُ	
	6	execute frontier		to carry out an order or plan the extreme limit of understanding or achievement in an area	يعد الأقصى	
1	7		n	fearless; adventurous	الحد الالتصلي شجاعٌ ـ مُغامِرٌ	
& 2		intrepid	adj.	· · · · · · · · · · · · · · · · · · ·	سبجاع - معامر بعثة فضائيةً	
	8	mission	n	an expedition into space	· · ·	
	9	orbit	V	to fly or move around in a circle	يدورُ حول	
	10	revere	v	to feel deep respect or admiration for (something)	يوِّ وقَرُ - يُبجَلُ	
	11	revolve around	ph. v	to go around, turn around, rotate, spin	يدورُ حول	
	12	sentient	adj.	able to perceive or feel things	واع ـ مُدركٌ	
	13	universe	n	the Earth, planets and stars	الكون	
	1	astronomical	adj.	of or relating to the branch of science that deals with celestial objects, space, and the physical universe as a whole	فلكي	
	2	conducive	adj.	making a certain situation or outcome likely or possible	مُمكّنّ	
	3	exceptionally	adv.	unusually, remarkably	استثنائيًا	
	4	habitation	n	the state or process of living in a particular place	سكن	
4	5	natural satellite	n	a naturally occurring object that orbits a planet, e.g. the moon	قمر ۔ كُويكْبٌ تابعٌ	
&	6	on board	adj.	available or situated on a ship, aircraft, or other vehicle	على متن	
5	7	opportunity	n	a set of circumstances that makes it possible to do something	فُرصــة	
	8	roughly	adv.	in a manner lacking refinement and precision	تقريبا - على وجه التقريب	
	9	solar system	n	the collection of nine planets and their moons in orbit around the sun, together with smaller bodies in the form of asteroids, meteoroids, and comets	النظام الشمسي	
	10	superb	adj.	impressively splendid	رائعً - ممتاز - فائق	
	11	wane	v	to decrease in vigour, power, or extent; to become weaker	يضغف	
	1	abnormal	adj.	deviating from what is normal or usual, typically in a way that is undesirable or worrying	غير عادي _ غير طبيعي	
	2	alert	v	to warn (someone) of a danger, threat, or problem, typically with the intention of having it avoided or dealt with	يُنذِرُ	
	3	data	n	facts and statistics collected together for reference or analysis	المعلومات و الإحصائيات	
	4	dual	adj.	consisting of two parts, elements, or aspects	ثنائي	
	5	durable	adj.	able to withstand wear, pressure, or damage; hard-wearing	دانمٌ	
7	6	economical	adj.	giving good value or service in relation to the amount of money, time, or effort spent	اقتصادي	
&	7	emission	n	the production and discharge of something, esp. gas or radiation	إصدار - انبعاث - إشعاع	
8	8	GPS	abb.	Global Positioning System, an accurate worldwide navigation and surveying facility based on the reception of signals from satellites	نظام الملاحة العالمي GPS	
	9	monitor	v	observe and check the progress or quality of (something) over a period of time; keep under systematic review	يُراقبُ	
	10	revolutionise	v	to change (something) radically or fundamentally	يُحدثُ ثورة في ميدان	
	11	specifically	adv.	particularly, exclusively	بالخصوص	
	12	spin-off	n	items used in space that improve our lives on earth	المُنتَجات الفضائية	
	13	take for granted	exp.	fail to appreciate someone or something that is very familiar	يُسلِّمُ ب	
	14	trainers		a soft shoe, suitable for sports or casual wear	حذاء رياضي	

SAMI BIN YOUNE



S.	.]	B.
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GRADE: 12 - MODULE 4: ACHIEVEMENTS UNIT 12: Geniuses

UNIT 12
LESSONS:
1 & 2

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VOCABULARY:

	Expression	P.S.	Meaning	TRANSLATION		
1	abstract adj.		existing in thought or as an idea but not having a physical or concrete existence			
2	arbitrarily	adv.	randomly, by chance			
3	audience	n	the assembled spectators or listeners at a public event, such as a play, movie, concert, or meeting			
4	BSc.	abb.	Bachelor of Science			
5	digit	n	number – 1, 2, 3, etc.			
6	genius	n	intelligence, cleverness			
7	7 MSc. abb.		Master of Science			
8	8 outstanding adj.		unusually good			
9	9 PhD abb.		Doctor of Philosophy			
10	10 precocious adj.		(of a child) having developed certain abilities at an earlier age than usual			
11	prodigy n		a person, esp. a young one, endowed with exceptional qualities or abilities			
12	randomly adv.		made, done, happening, or chosen without method or conscious decision			
13	talent n		natural ability or skill			
14	tour v		to visit several parts of a country or area			
15 virtuoso n		n	a person highly skilled in music or another artistic pursuit			

abbreviation / adj.: adjective / adv.: adverb / n: noun / v: ver

EXERCISE

B. Fill in the spaces with the most suitable words from the list below:

(prodigy / digi	its / abstract	/ tour	/	randomly	/	MSc.)
1. I wish I could	the wor	d and visit	t ma	ny countries		
2. This child is a true.	•••••	. He can ca	lcul	ate faster tha	n a	computer
3. He got his	from Ha	vard Unive	ersity	y last year.		
4. The	on this paper are	not clear.	They	were badly	prii	nted.
5. Two students were s	selected			. to answer t	he o	question.

SET BOOK

Answer the following questions:
1. Why do some child geniuses lose their talents when they grow up?
2. Genius can be developed through suitable training. Explain.



S.	В.
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GRADE: 12 - MODULE 4: ACHIEVEMENTS UNIT 12: Geniuses

UNIT 12 LESSONS: 4 & 5

Date:

VOCABULARY:

AMI BIN YOUNES

Expression P.S		P.S.	Meaning	TRANSLATION
1	accusation	n	a charge or claim that someone has done something illegal or wrong	
2	agonise	v	to undergo great mental anguish through worrying about something	
3	extravagantly	adv.	spending money or using resources in a wasteful way	
4	high-living	n	an extravagant social life as enjoyed by the wealthy	
5	jockey	n	a person who rides in horse races, esp. as a profession	
6	repudiate	v	to refuse to accept or be associated with	
7	season	n	a fixed time in the year when a particular sport is played	

adj.: adjective / n: noun / v: verb

EXERCISE

B. Fill in the spaces with the most suitable words from the list below:

(agonising / extravagantly / season / repudiate / high-living / jockey)

- **1.** This, Real Madrid will recruit two new players.
- **2.** They were because of the torture they had gone through.
- **3.** The new seems to master his horse very well.
- **5.** Islam teaches us not to spend our money

GRAMMAR

Relative Clauses and Verbs Ending in (-ing)

- We can add extra information to an existing sentence by adding a relative clause in these two ways:

1. Relative clauses: (clauses which begin with a relative pronoun)

Example: He won the first prize when he beat all his competitors.

Example: He travelled to his parents' house where he joined the rest of the family.

2. Verbs ending in -ing:

Example: He won the first prize beating all his competitors.

Example: He travelled to his parents' house joining the rest of the family.

Comparison of Scale (as + adjective + as)

- In English, we can describe whether two people or two things are similar or different by using the following structure: 'as + adjective + as'

Example: He is as brave as a lion.

Example: My mother is as busy as a bee.

Prepositions (at, for, of, in, on, with, by, throughout)

- Most English prepositions have several different functions. At the same time, different prepositions can have very similar uses:

Examples: on Monday / in the morning / at night

- Many nouns, verbs and adjectives are normally used with particular prepositions:

Examples: The reason **for**... / to arrive **at**... / to be angry **with** somebody... /

on a bus... / soup of the day... / travelled throughout Kuwait... / by car...

EXERCISE A. Choose the correct answer from a, b, c, and d to complete the following sentences:					
	1. They left their home country a terrible civil war.				
a. escaped		c. had escaped			
2. "Your sister is	as as y	ou" said my father.			
a. smarter	b. smart	c. smartest	d. smartly		
3. He said that he	wasn't responsible	what happened	d to his neighbour.		
a. of	b. at	c. for	d. on		
4. The minister er	nded his speech	his gratitude and r	espect to the audience.		
a. expresses	b. expressing	c. expressed	d. has expressed		
5. "Your compute	er is as a	s my computer" said n	ny friend.		
a. new	b. newly	c. newer	d. newest		
6. My friend has s	some difficulty	reading long Er	nglish words.		
a. at	b. in	c. on	d. to		
7. The police four	nd that the defendant ha	nd no connection	the crime.		
a. in	b. about	c. of	d. with		
8. Hamad is as	as Fahad	in solving crossword	puzzles.		
a. slowly	b. slow	c. slowest	d. slower		
	**	معرا			

S.	.]	B.
94	_	95

GRADE: 12 - MODULE 4: ACHIEVEMENTS UNIT 12: Geniuses

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LE	SSO	ONS:
7	&	8

Date:	
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VOCABULARY:

SAMI BIN YOUNES

	Expression P.		Meaning	TRANSLATION	
1	accolade	n	an award or privilege granted as a special honour or as an acknowledgement of merit		
2	aligned	adj.	put into correct or appropriate position		
3	bladder	n	a membranous sac in humans and other animals, in which urine is collected for excretion		
4	eternity	n	infinite or unending time		
5	genetics	n	the study of heredity and the variation of inherited characteristics		
6	gifted	adj.	having exceptional talent or natural ability		
7	molecular	adj.	of, relating to, or consisting of molecules		
8	nomination	n	the action of proposing or formally entering as a candidate for election or for an honour or award		
9	non-invasive	adj.	not requiring the introduction of instruments into the body		
10	recipient	n	a person or thing that receives or is awarded something		
11	researcher	n	a person who systematically investigates materials and sources in order to establish facts and reach new conclusions		
	adj.: adjective / n: noun				

EXERCISE

B. From a, b, c and d, choose the correct answer that best completes each of the following sentences:

1. Hamad is a well-known in the domain of medicine.

a. researcher	b. accolade	c. bladder	d. nomination		
2. Ali is studying	chem	istry in a Canadian un	iversity.		
a. gifted	b. aligned	c. molecular	d. non-invasive		
3. Studies and experi	ments in	have helped figh	t many diseases.		
a. recipient	b. genetics	c. nomination	d. researcher		
B. Fill in the spaces with the most suitable words from the list below:					
(nomination / non-invasive / aligned / recipient / eternity / accolades) 1. The doctor affirmed that the operation would be					
2. The numerous	th <mark>at h</mark> e	e has received show ho	w brave this officer is.		
3. He was surprised to	o know about his .	for	the new position.		
4. Nothing that Man has made will last for					
5. In the public librar	y, you can see mai	ny books	on the shelves.		
1	اللهاس	A 44 A	9		

UNIT 12 – LESSON 9: WRITING AN EXPOSITORY ESSAY

Being a genius can have many advantages and disadvantages. Plan and write an essay of not less than fourteen sentences (14 sentences) explaining the advantages and disadvantages of being a genius.

	OUTLINE	
Intro	duction:	
Body		
Parag	graph 1:	
•••••		• • •
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Parag	graph 2:	
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•••••		· • •
•••••		· • •
Concl	lusion:	
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Write your essay here:
7 6
46 6 9

GRADE 12 - MODULE 4: Achievements - UNIT 12: Geniuses

T		Expression	P.S.	Mooning	المعنى العربي للكلمة
L		Expression		Meaning	
	1	abstract	adj.	existing in thought or as an idea but not having a physical existence	مُجرّد \ غير حسيّ
	2	arbitrarily	adv.	randomly, by chance	عشوائيًا
	3	audience	n	the assembled spectators or listeners at a public event, such as a play, movie, concert, or meeting	الجمهور \ الخضور
	4	BSc.	abb	Bachelor of Science	شهادة ليسانس في العلوم
	5	digit	n	number – 1, 2, 3, etc.	رقم
	6	genius	n	intelligence, cleverness	نبوغٌ \ ذكاءً
1	7	MSc.	abb	Master of Science	شهادة الماجستير في العلوم
&	8	outstanding	adj.	unusually good	بارزً \ ممتازً
2	9	PhD	abb	Doctor of Philosophy	شهادة الدكتوراه في الفلسفة
	10	precocious	adj.	(of a child) having developed certain abilities at an earlier age than usual	مُبكّرٌ في نضجه العقلي
	11	prodigy	n	a person, esp. a young one, endowed with exceptional qualities or abilities	شخصّ مو هوبّ
	12	randomly	adv.	made, done, happening, or chosen without method or conscious decision	عشوائيّا
	13	talent	n	natural ability or skill	موهبة
	14	tour	v	to visit several parts of a country or area	يجول \ يطوف
	15	virtuoso	n	a person highly skilled in music or another artistic pursuit	موسيقارٌ بارعٌ
	1	accusation	n	a charge or claim that someone has done something illegal or wrong	تهمةً \ اتّهامٌ
	2	agonise	v	to undergo great mental anguish through worrying about something	يُعاني \ يتألَّمُ
4	3	extravagantly	adv.	spending money or using resources in a wasteful way	بإسرافٍ و تبذيرٍ
&	4	high-living	n	an extravagant social life as enjoyed by the wealthy	حياةُ بذخِ و إسراف
5	5	jockey	n	a person who rides in horse races, esp. as a profession	فارس \ خيّالٌ
	6	repudiate	v	to refuse to accept or be associated with	ينفي \ يُفنّدُ
	7	season	n	a fixed time in the year when a particular sport is played	موسمٌ
	1	accolade	n	an award or privilege granted as a special honor or as an acknowledgement of merit	وسامً \ جائزةً
	2	aligned	adj.	put into correct or appropriate position	مُصفّفٌ \ مُرتّبٌ
	3	bladder	n	a membranous sac in humans and other animals, in which urine is collected for excretion	المثاثة
	4	eternity	n	infinite or unending time	الأبدية
7	5	genetics	n	the study of heredity and the variation of inherited characteristics	علم الجينات
&	6	gifted	adj.	having exceptional talent or natural ability	موهوب
8	7	molecular	adj.	of, relating to, or consisting of molecules	جُزيئي
	8	nomination	n	the action of proposing or formally entering as a candidate for election or for an honor or award	تسمية \ تعيين
	9	non-invasive	adj.	not requiring the introduction of instruments into the body	لا يستوجب جراحة
	10	recipient	n	a person or thing that receives or is awarded something	المُتلقّي \ المُحرز على
	11	researcher	n	a person who systematically investigates materials and sources in order to establish facts and reach new conclusions	باحثً

SAMI BIN YOUNES



READING COMPREHENSION

Read the following passage carefully, then answer the questions that follow:

When you graduated from tricycle to bicycle as a kid, you probably weren't thinking too much about the health benefits of biking. But as an adult, cycling becomes a great low-impact exercise that can also take you places, wrapping a hobby, exercise, and commute all in one two-wheel package. Whether you're flying across the pavement through the fresh air or working up a sweat on a stationary bike in your home, there are many benefits of biking 30 minutes a day.

Exercising on the bike for at least 30 minutes a day will build up your cardiovascular and muscular endurance. By putting in consistent effort, you'll notice an improvement in your aerobic capacity, enabling you to bike longer or on more intense rides. You might also feel higher energy levels throughout the day, because exercise helps boost your overall **stamina**.

Getting your heart rate up doesn't have to be hard on your joints. Opposed to running, cycling gets your cardio done in a low impact way. The pedals and resistance take the pressure off of your knees and hips so you can focus on building muscular strength.

We all know bikes can be a little wobbly as you're starting and stopping. Riding an outdoor bike helps you gain balance and spatial awareness, and stabilizing the bike can strengthen your arms, core and legs. If you're working out on a stationary bike, riding out of the saddle helps train the stabilizer muscles in your legs to be strong. Ride in the saddle with high resistance, and you'll feel the burn all the way from your core to your calves.

You can make your bike ride as leisurely or as intense as you'd like. When using a stationary bike, you can do a high cycling class with moves that work your legs, core, and arms and keep **them** active and strong all in one 30-minute period. If you're riding outdoors, you can choose a challenging route that will break a sweat, or you can cruise on flat ground at an even pace and enjoy the scenery. Overall, even though it's one bike, you can mix it up so every day feels different.

A. From a, b, c and d, choose the correct answer:

- **1.** This text is mainly about:
 - a. the negative effects of riding bicycles.
 - **b.** the health benefits of biking.
 - c. the benefits of learning a foreign language.
 - **d.** the benefits of visiting museums.
- 2. The underlined word "stamina" in the 2nd paragraph is closest in meaning to:
 - a. sleep
 - **b.** speed
 - c. intelligence
 - d. strength

 3. The underlined word "<u>them</u>" in the 5th paragraph refers to: a. legs, core, and arms.
b. moves.
c. legs.
d. arms.
4. The purpose of the writer is:
a. to make people exercise less.
b. to encourage people to bike more.
c. to sell more cars online.
d. to read more books and newspapers.
5. According to the passage, which of the following sentences is NOT TRUE?
a. Biking can improve mental and physical heath.
b. Biking improves cardiovascular fitness.
c. Biking causes severe heart diseases.
d. Biking makes the muscles strong.
B. Answer the following questions:6. How can a person build up his cardiovascular and muscular endurance?
7. What effects does riding an outdoor bike have on the mind and the body?
8. How long should a person ride a bike to become fit and healthy?
9. How does cycling benefit the knees?
7. How does eyemig benefit the knees:
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SUMMARY MAKING (1)

Walking can offer many health benefits to people of all ages and improve their fitness levels. It may also help prevent certain diseases and even prolong your life. In fact, this sport is easy to fit into your daily schedule and all you need to start walking is a sturdy pair of walking shoes. Walking can help you burn calories, which can help you lose weight. Your actual calorie burn will depend on several factors, including: walking speed, distance covered, and weight. Walking increases oxygen flow through the body and can help your mental health. Many studies have shown that walking can help reduce anxiety, depression, and a negative mood. It can also boost self-esteem and reduce symptoms of social withdrawal.

In a paragraph of FOUR sentences ONLY summarise and paraphrase the previous		
passage in an answer to the following question:		
- What are the advantages of walking?		
······································		
SUMMARY MAKING (2)		
Stress is one of the most common causes of health problems in modern life.		
Too much stress results in physical, emotional, and mental health problems. It can		
increase the pulse rate and cause high blood pressure. It can also affect the		
respiratory system and lead to asthma. Moreover, it can cause a person to breathe		
too fast, resulting in a loss of important carbon dioxide. Stress can equally cause		
stomach aches and digestive problems. Besides, it can lead to some serious mental		
illnesses like depression and extreme feeling of sadness. Furthermore, it can make		
people angry, moody, or nervous. These are only a few examples of the wide range		
of illnesses resulting from stress.		
In a paragraph of FOUR sentences ONLY summarise and paraphrase the previous		
passage in an answer to the following question:		
- What are the negative effects of stress?		
what are the negative circus of stress.		

TRANSLATION

Translate the following sentences into good English:

(UNIT 7)

1.	1. إنّ أحد أفضل الأساليب لضمان عُمرٍ أطول هو بقائنا ناشطين جسديا و ذهنيا. (SB/page: 56
	2. يُعلّم الإسلام الأبناء أن يُوقّروا آبائهم و أن يُظهروا لهم العطف في كِبر سنّهم. (SB/page: 57)
1	(UNIT 8) 1. ينتقل العديد من الأثرياء للعيش في الريف هربا من إزدحام و تلوث المدينة. (SB/page: 63)
2	2. تعاني العديد من المناطق من تأثيرات التفريغ السكاني و البنية التحتية السيئة. (SB/page: 63)
1	(UNIT 9) 1. تقليديا كان الرجال فقط هم من يمثّلون الكويتيين في الحكومة. (SB/page: 72)
(SI 2.	2. في أيامنا هذه توجد العديد من النسوة المنتخبات لخدمة بلدهن في مجلس الشعب. (3/page: 72
1	(UNIT 10) 1. قد يعاني متسلقو الجبال أحيانا من الإرهاق الشديد و قضمة البرد.
2	2. تستوجب ممارسة الرياضات القصوى الكثير من الجهد و القوة و القدرة على التحمّل.
1	(UNIT 11) 1. إستفاد البشر كثيرا من إستكشاف الفضاء و أثروا معارفهم.
2	2. يساعد إستكشاف الفضاء على تحسين حياة الناس على اللأرض.
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LANGUAGE FUNCTIONS

Write what you would say in the following situations:

1. A friend of yours says that people living in the countryside should move to cities.
2. Your father intends to launch a big business project in the countryside.
3. Your brother says that entertainment nowadays is much enjoyable than in the past.
4. You want to take up an extreme sport game, but your father refuses.
5. A friend of yours asks you about the benefits of space exploration.
6. You explain to your brother how he can improve his English.
7. You explain to your father how you will benefit from joining a science club in your school.
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