



وزارة التربية

Ministry of Education

State of Kuwait | دولة الكويت

English Pearls of Kuwait

Workbook

حل الكتاب

MDARIS_KW

بالتعاون مع
إسراء نصر الدين

Grade

7 B





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صفوة معلمي الكويت

Vocabulary

Learning Unit 5

إسراء نصر الدين MDARIS_KW

A. Vocabulary: Lesson 1

Taking Care of Your Body and Mind

1. Read each pair of sentences. Tick (✓) the one that shows the correct meaning.

Word	Sentence Options	✓
balance	a. substances in food that help plants, animals, and humans to live and grow b. a situation in which different things exist in equal, correct or good amounts	✓
repair	a. to fix something that is broken or damaged b. to break something on purpose	✓
steady	a. changing suddenly; staying even and regular b. something that moves in a regular, continuous way	✓

2. Fill in the spaces with the correct words from the box.

(limit – completely – calm – strength – correctly)

- Salma took a moment to stay C_a_l_m before speaking.
- Eating healthy food builds your body's S_t_r_e_n_g_t_h.
- It is important to L_i_m_i_t the amount of junk food you eat.
- I C_o_m_p_l_e_t_e_l_y forgot my calculator at home today.

B. Vocabulary: Lesson 5

The Power of Sports

1. Match each word to the phrase that means almost the same.

Word		Meaning
1. individual	d	a. to reach a goal after working for it
2. victory	C	b. in a way that relates to the mind
3. mentally	b	c. a win in a game or competition
4. achieve	a	d. done by one person, not by a group

2. Use any two words from the table and write one meaningful sentences for each word.

Achieve 1. S_h_e_w_o_r_k_e_d_h_a_r_d_t_o_r_e_a_c_h_her_dream b. e_c_o_m_i_n_g_a_n_i_m_p_l_y_s_p_e_c_i_a_l_r_o_l_e_t_o_p_l_a_y

A. Grammar: Be + Used to + -ing

1. Do as shown between brackets.

1. Hamad is used to W_a_k_i_n_g_u_p (wake up) at 6:00 a.m. every day. (Correct the verb)

2. My brother is used to doing yoga every weekend. (Make negative)

My brother is not used to doing yoga every weekend.

3. I am used to eating healthy food. (Form a question)
Are you used to eating healthy food?

2. Write two sentences about your daily habits using *used to* and *not used to*.

1. I am used to drinking coffee in the morning.

2. I am not used to going to bed late.

B. Grammar: Prepositions of Movement

1. Read Ali's morning route to school. Complete the sentences with the correct prepositions of movement.

into – across – towards – over – through – around



Ali is on his way to school. He walks Through the park, goes O_v_e_r the bridge and turns around the corner near the bakery. Then, he heads T_o_g_e_t_h_e_r the school and finally steps I_n_to his classroom.

Micro-Skill Practice

Learning Unit 5

Sounds We See, Sounds We Hear

Silent Letters (kn-, wr-, -mb) & Sound Clusters (bl-, gr-, cl-)

	Meaning	Example
Silent letter	A letter we write but do not say.	knife → we write k , but say <i>nife</i>
Sound cluster	Two letters at the start of a word that blend into one strong sound .	bl in <i>blue</i> , gr in <i>green</i> , cl in <i>clean</i>

1. Focus on Words: Silent or Strong?

a. Read the sentences and notice. Then answer the questions.

1. Mariam hurt her **knee** during PE class.
2. The teacher asked us to **write** the date clearly.
3. He used his **thumb** to unlock his tablet.

4. The sky looked bright and **blue** after the rain.
5. The students helped **clean** the science lab.
6. The plants began to **grow** quickly after watering.

- **knee** (silent k)
- **write** (silent w)
- **thumb** (silent b)
- **blue** (bl)
- **clean** (cl)
- **grow** (gr)

b. Which words have letters we do not say?

c. Which words begin with blended sounds?

2. Sort and Classify

In pairs, sort the words into the correct group. Write each word in the group.

Words to sort: knock- green- clap- numb- wrist- blend

Silent Letters	Sound Clusters
Knock (k)	green(gr)
numb(b)	clap(cl)
Wrist (w)	blend(bl)

3. Complete the Sentences Together

In groups, choose the best word to complete each sentence.

Then read them aloud.

1. It is W ro n g (clear – climb – wrong – comb – grab) to ignore safety rules.
2. He used a C o m b to fix his hair.
3. Please g r a b your bag before you go.
4. The hikers had to Climb a high hill.
5. The view became clear after the fog went away.



4. My Safety Message

Write 3-4 sentences in your notebook to give safety advice. Use words like

1. It's wrong to climb wet stairs because you might fall.

2. **E.x a B m e p l o e r S e a y f e o t y u M l e e s a s v a e g e** home, grab your keys and let **clean dog** the hallway. **Grab** your things carefully so nothing falls. Keep your **sb** things don't fall and cause accidents.

3. Always knock before entering a room to avoid surprising others.

1. Vocabulary: Choose the most suitable answer from a, b, c or d.

- The team celebrated their first _____ after a long season.
a. stress b. balance **c. victory** d. emotion
- Mariam wants to _____ her goals this year by working harder.
a. achieve b. train c. control d. rise
- The team worked in a / an _____ and energetic way to finish the task.
a. unfair **b. dynamic** c. individual d. main
- Noise in the room can make _____ difficult for students.
a. growth b. courage **c. concentration** d. failure

2. Grammar: Choose the correct answer from a, b, c or d.

- Hamad is used to _____ up early in the morning.
a. wake **b. waking** c. woke d. wakes
- They team is not used to _____ in cold weather.
a. train b. trains **c. training** d. trained
- Salma is used to _____ her homework right after school.
a. doing b. did c. do d. does
- The player kicked the ball so hard that it flew _____ the goalkeeper and landed in the crowd.
a. over b. into c. through d. across

3. Read the passage. Then, answer the questions that follow.



Staying healthy is important for everyone. Good food gives our bodies energy. Water helps us stay hydrated throughout the day. Getting enough sleep helps us feel rested. Regular exercise makes us feel strong and active. It helps our bodies stay fit and healthy. When we play sports or go for walks, we feel happier. Taking care of our health helps us enjoy life every day.

- What does the underline word "It" in the 4th line refer to?
a. food b. water c. sleep **d. exercise**

- Why is taking care of our health important?

Because it helps our bodies stay fit and healthy, gives us energy, helps us feel rested and happy, and allows us to enjoy life every day.