

Grade 7 - unit 5 (A)- vocabulary

Word	P.O.S	Definition & Example	Arabic Meaning
balance	n.	The state of being steady or equal in weight or importance. <i>She lost her balance and fell off the bike.</i>	توازن
concentration	n.	The ability to focus your attention on one thing. <i>Good concentration helps you study better.</i>	تركيز
growth	n.	The process of increasing in size, amount, or importance. <i>Children need healthy food for proper growth.</i>	نموّ
nutrient	n.	A substance in food that helps plants, animals, or humans live and grow. <i>Vegetables are full of important nutrients.</i>	مادة غذائية
strength	n.	The quality of being strong, both physically or mentally. <i>She showed great strength during difficult times.</i>	قوة
stress	n.	A feeling of worry or pressure caused by difficult situations. <i>Exercise helps reduce stress.</i>	توتر / ضغط نفسي
tiredness	n.	The state of being in need of rest or sleep. <i>After a long day, he felt a lot of tiredness.</i>	تعب
well-being	n.	The state of feeling healthy, happy, and comfortable. <i>Good sleep is important for your well-being.</i>	رفاهية / صحة جيدة

function	v.	To work or operate in a correct or normal way.	يُعمل / يؤدي وظيفة
		<i>The machine doesn't function properly.</i>	
limit	v.	To control or reduce the amount of something.	يحد من
		<i>You should limit the amount of sugar you eat.</i>	
perform	v.	To do a task or activity, especially one requiring skill or effort.	يؤدي / يقدم
		<i>The singer will perform on stage tonight.</i>	
repair	v.	To fix something that is broken or damaged.	يُصلح
		<i>He repaired his broken phone.</i>	
calm	adj.	Relaxed and quiet; not angry, upset, or excited.	هادئ
		<i>She stayed calm during the emergency.</i>	
main	adj.	Most important or largest in importance or size.	رئيسي
		<i>The main reason for success is hard work.</i>	
proper	adj.	Correct, suitable, or appropriate for the situation.	مناسب / لائق
		<i>You should wear proper clothes for school.</i>	
steady	adj.	Firm, stable, or not likely to change suddenly.	ثابت
		<i>Keep your hand steady while writing.</i>	
correctly	adv.	In a right or accurate way.	شكل صحيح
		<i>He answered all the questions correctly.</i>	
completely	adv.	Totally or entirely; in every way.	تماماً / كلّياً
		<i>The room was completely dark.</i>	



Choose the right answer:

1. She walks a tightrope with perfect
A stress **B** balance **C** repair **D** growth

2. He needs better during math class.
A tiredness **B** nutrient **C** concentration **D** strength

3. The tree shows rapidthis spring.
A limit **B** calm **C** well-being **D** growth

4. Apples contain many importantfor health.
A function **B** nutrients **C** stress **D** perform

5. Hishelps lift heavy boxes easily.
A strength **B** tiredness **C** steady **D** main

6. Work deadlines create too much daily
A well-being **B** repair **C** stress **D** nutrient

7. Long meetings cause extreme by afternoon.
A concentration **B** proper **C** growth **D** tiredness

8. Fresh air improves her sense of
A well-being **B** limit **C** balance **D** correctly

9. Broken clocks no longer after falling.
A perform **B** function **C** repair **D** strength

10. Parents video games to two hours.
A repair **B** limit **C** growth **D** concentration

11. Singers songs at the big concert.
A function **B** calm **C** tiredness **D** perform

12. Workers roads damaged by heavy rain.
A concentration **B** well-being **C** repair **D** main

13. Deep breaths keep her in crowds.

A steady **B** main **C** calm **D** completely

14. Breakfast provides the energy for school.

A proper **B** main **C** strength **D** stress

15. Follow directions to complete work

A correctly **B** completely **C** proper **D** nutrient

Fill in the Spaces Test 1

(balance - nutrient - strength - stress – tiredness - well-being)

1. Fruits provide vitamins and other

2. He feels after staying up late.

3. Yoga improves both and flexibility.

4. Too much harms your health.

5. Good food supports overall

Fill in the Spaces Test 2

(Concentration - growth - function - limit – perform - repair)

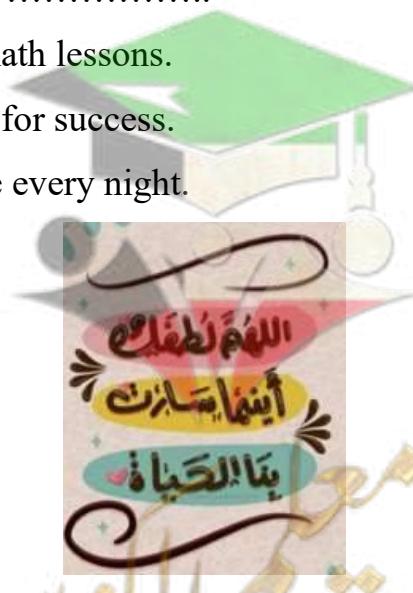
1. The doctor will your injured knee.

2. Babies need milk for healthy

3. You need in math lessons.

4. All parts must for success.

5. Actors on stage every night.



Fill in the Spaces Test 3

(calm - correctly - main - proper – steady — completely)

1. She remained during the strong storm.
2. Use grammar in your essay.
3. The goal is to win fairly.
4. Hold the pencil with a hand.
5. If you finish the puzzle, you will get a reward.

Grade 7 – unit 5 (A) – Grammar**Structure and Meaning**Be + used to + verb - ing).

تستخدم هذه الصيغة لوصف ان الشخص متعدد على فعل شيء في الماضي وما زال يفعله

Affirmative Examples

1. She is used to waking up early.	(هي معتادة على الاستيقاظ مبكراً)
2. Children are used to playing outside.	(الأطفال معتادون على اللعب خارجاً)
3. He was used to driving long distances.	(كان معتاداً على قيادة مسافات طويلة)

Negative Formam / is / are not used to----- للنفي

1. I am not used to eating spicy food.	أنا لست معتاداً على أكل الطعام الحار
2. They are not used to cold weather.	هم ليسوا معتادين على الطقس البارد
3. We were not used to living alone.	لم نكن معتادين على العيش، وحنا

Question Formشكل السؤال Is/Are + الفاعل + used to + verb-ing

1. Are you used to studying late? (هل أنت معتاد على الدراسة متأخراً؟)
 2. Is she used to cooking every day? (هل هي معتادة على الطبخ كل يوم؟)
 3. Are they used to sharing a room? (هل هم معتادون على مشاركة غرفة؟)

Choose the right answer:

1. She used to living in a big city.
A is **B** was **C** m **D** are

2. they used to swimming in the sea?
A Do **B** Is **C** Was **D** Are

3. I am not used to fast.
A run **B** running **C** ran **D** to run

4. He used to working at night.
A isn't **B** don't **C** does **D** did

5. you used to rainy weather now?
A Are **B** Was **C** Do **D** Did

6. We were used to in the village.
A live **B** living **C** lived **D** to live

7. Isn't he used to English?
A speak **B** speaking **C** spoke **D** speaks

8. They are not used to vegetables.
A eat **B** eating **C** ate **D** to eat

9. she used to walking to school?
A Does **B** Is **C** Was **D** Did

10. My dog is used to alone.
A stay **B** staying **C** stayed **D** stay

10 "Do as Shown" Exercises

1. She is used to reading books. (Change into negative)

.....

2. They are used to (play) football. (Correct)

.....

3. I (be) used to hot weather. (Correct the verb)

.....

4. He was not used to (drive) long distances. (Correct)

.....

5. We are used to walking home. (Change into negative)

.....

6. You (be) used to studying hard. (Correct the verb)

.....

7. The cat is used to sleeping outside. (Form a question)

.....

8. Children were used to sharing toys. (Change into negative)

.....

9. She (be) not used to cooking. (Correct the verb)

.....

10. He is used to (wake) early. (Correct)

.....



Grade 7 - unit 5 (A) - Writing

4  Plan and write a report of two paragraphs discussing the healthy habits we follow to improve our well-being and explaining how playing sports keeps our bodies strong and active.

a. Fill in the following plan.

Introduction:

Paragraph (1): What healthy habits improve our well-being

Topic sentence:

Supporting details:

Concluding sentence:

Paragraph (2): How playing sports keeps our bodies strong and active

Topic sentence:

Supporting details:

Concluding sentence:

Conclusion:

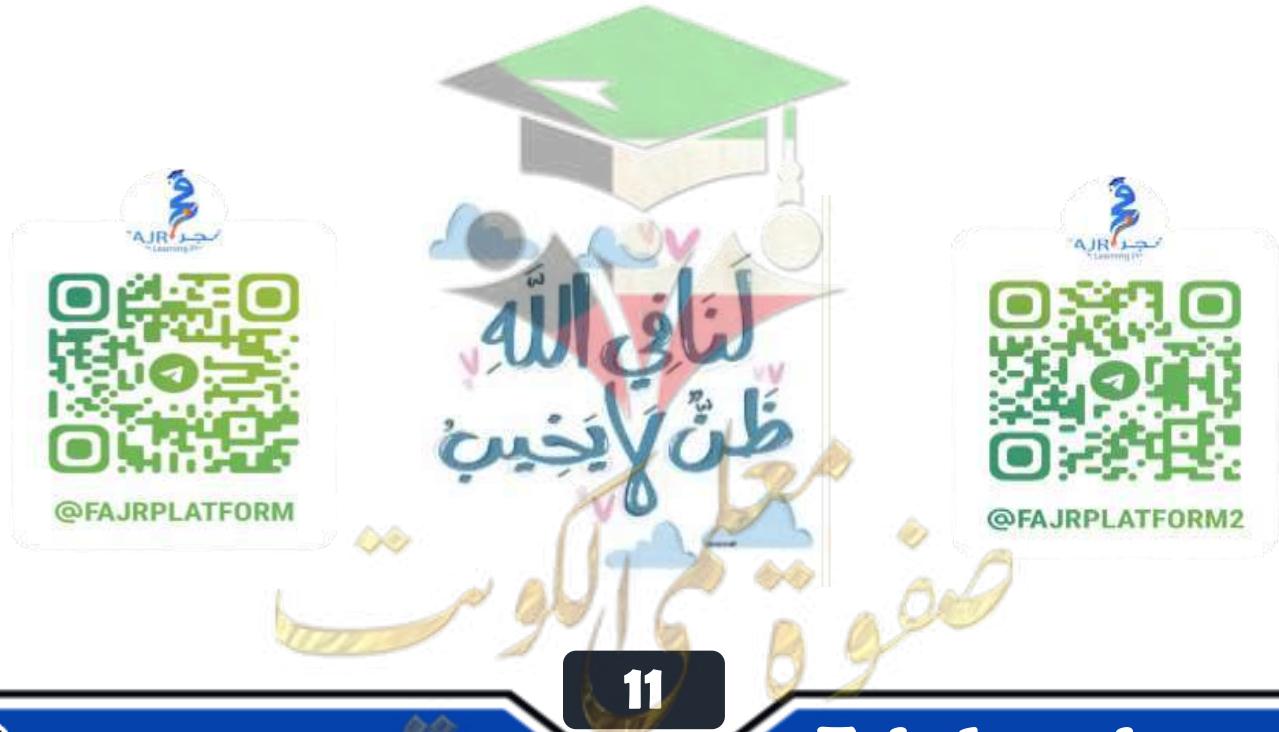
Habit	How it helps you
1. Exercise	Strong heart. Big muscles. More energy.
2. Eat well	Good fuel. No sickness. Grow big.
3. Sleep enough	Full power. Sharp brain. Happy mood.
4. Drink water	Clean body. Good skin. Stay strong.
5. Be calm	Less worry. Better focus. Quiet mind.
6. Talk to friends	Feel happy. Get help. Strong friends.
7. Play sports	Build muscles. Fast heart. Tough bones. Bend easy. Long energy.

Topic

Grade 7 - unit 5 (B)- vocabulary

Word	POS	Definition	Arabic
courage	n	The ability to do something dangerous or difficult. <i>The firefighter showed great courage.</i>	الشجاعة
decision	n	A choice made after thinking about possibilities. <i>She made a quick decision.</i>	قرار
emotion	n	A strong feeling such as joy or fear. <i>His face showed emotion.</i>	عاطفة
failure	n	Lack of success in doing something. <i>The project was a failure.</i>	فشل
leadership	n	The action of leading a group. <i>Good leadership inspires teams.</i>	قيادة
movement	n	An act of moving the body or part of it. <i>The dancer's movement was graceful.</i>	حركة
teammate	n	A fellow member of a team. <i>My teammate helped me win.</i>	زميل في الفريق
victory	n	Success in a battle or competition. <i>The team celebrated their victory.</i>	نصر
achieve	v	To succeed in reaching a goal. <i>They worked hard to achieve success.</i>	يحقق
control	v	To make someone or something do what you want. <i>She learned to control her temper.</i>	يسطير
depend on	ph.v	To rely on someone or something. <i>Success depends on hard work.</i>	يعتمد على

rise	v	To move upwards or stand up.	يرتفع
		<i>The sun rises in the east.</i>	
train	v	To teach skills or prepare for sport.	يتدرب
		<i>Athletes train every day.</i>	
dynamic	adj	Full of energy and new ideas.	динاميكي
		<i>She is a dynamic leader.</i>	
individual	adj	For or relating to one person.	فردي
		<i>Each individual effort counts.</i>	
unfair	adj	Not treating people equally.	غير عادل
		<i>The decision was unfair.</i>	
mentally	adv	In the mind or related to thinking.	ذهنياً
		<i>She prepared mentally for the test.</i>	
physically	adv	Relating to the body.	جسدياً
		<i>He is physically fit.</i>	
strategically	adv	In a planned way to achieve advantage.	استراتيجياً
		<i>They placed troops strategically.</i>	



Choose the right word:

1. The soldiers showed great during the battle.
A failure **B** courage **C** decision **D** emotion

2. The coach praised his for teamwork.
A teammate **B** leadership **C** movement **D** victory

3. She needs to her anger better.
A rise **B** train **C** depend on **D** control

4. The sun begins to in the morning.
A rise **B** achieve **C** fail **D** lead

5. Players daily for the match.
A train **B** decide **C** emotion **D** move

6. The result will your effort.
A unfair **B** victory **C** individual **D** depend on

7. Athletes must stay fit.
A strategically **B** mentally **C** physically **D** dynamically

8. The game was to our team.
A dynamic **B** unfair **C** emotional **D** leader

9. Good brings success.
A leadership **B** teammate **C** failure **D** rise

10. They worked to the goal.
A control **B** achieve **C** depend **D** train

11. Fear is a strong
A decision **B** emotion **C** movement **D** victory

12. The dancer made a smooth
A leadership **B** failure **C** individual **D** movement

13. Losing the game was a

A victory **B** courage **C** failure **D** teammate

14. She is a person full of energy

A unfair **B** dynamic **C** mental **D** strategic

15. Focus on needs first.

A teammate **B** individual **C** depend **D** rise

Fill in the Spaces Test 1

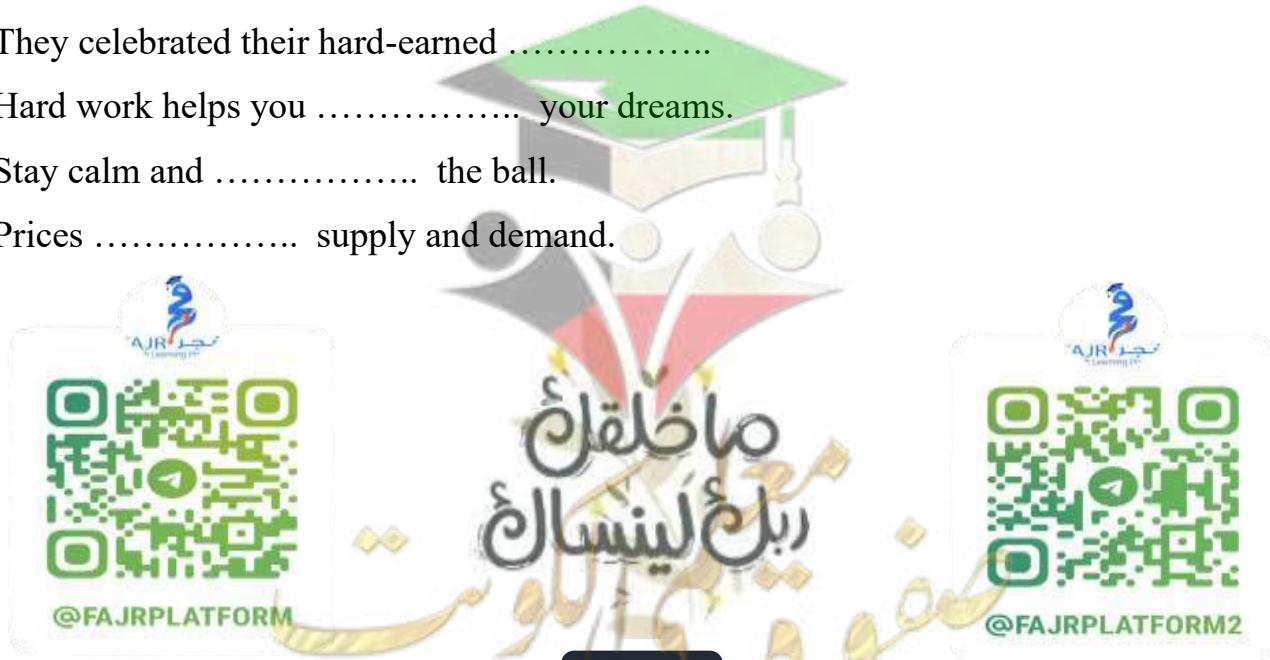
(courage - decision - emotion - failure - leadership - movement)

1. The leader showed strong in tough times.
2. Her hid the sadness inside.
3. Quick saved the project.
4. Poor led to team problems.
5. The was smooth and graceful.

Fill in the Spaces Test 2

(victory - control - teammate - depend on - achieve - rise)

1. The scored the winning goal.
2. They celebrated their hard-earned
3. Hard work helps you your dreams.
4. Stay calm and the ball.
5. Prices supply and demand.



Fill in the Spaces Test 3

(dynamic - unfair - train - individual - temmate - physically)

1. Runners for the race every day.
2. He is and full of ideas.
3. Give each student attention.
4. The judge called the ruling
5. Prepare for challenges ahead.

Grade 7 – unit 5 (A) – Grammar**Prepositions of Movement Overview**

حروف جر الحركة تستخدم لوصف الاتجاهات مثل من خلال - داخل - باتجاه - عبر.....الخ

Explanations and Examples

Across (عبر): The boy walks **across** the street. (الصبي يمشي عبر الشارع)

Towards (نحو): She runs **towards** the park. (هي ترکض نحو الحديقة.)

Through (من خلال): The car drives **through** the tunnel. (السيارة تقود من خلال الأنفاق.)

Into (إلى داخل): The cat jumps **into** the box. (القط يقفز إلى داخل الصندوق.)

Over (فوق): The plane flies **over** the mountain. (الطائرة تطير فوق الجبل.)

Around (حول): They walk **around** the tree. (هم يمشون حول الشجرة.)



Fill in the blanks with the correct preposition.

(across - towards - through - into - over - around)

1. The girl swims the river.
2. He moves the door.
3. We go the forest.
4. The dog runs the room.
5. Birds fly the house.
6. Kids play the school.

Choose the right word:

1. The children run the playground.
 A across B towards C through D over
2. She walks the shop slowly.
 A across B towards C through D into
3. The train goes the bridge.
 A towards B through C over D around
4. He rides his bike the gate.
 A across B towards C into D through
5. The ball rolls the hole.
 A towards B over C around D into
6. We drive the desert.
 A across B towards C through D over
7. The fish swims the rock.
 A towards B through C over D around
8. Mom goes the kitchen.
 A across B through C into D around
9. The kite flies the cloud.
 A towards B across C through D over
10. Friends run the lake.
 A into B towards C over D around



Grade 7 – unit 5 (A) – Reading Comprehension

Read the following passage and answer the questions:

Healthy habits help us stay strong and happy all our lives. Good food like fruits and vegetables gives our body what it needs. Nutritious food makes us grow well and feel full of energy. We should drink a lot of water every day. It keeps us fresh and helps our body work right. Eat breakfast every morning. It gives power for school and play. Brush teeth two times a day. Clean hands before eating stop germs. Sleep eight to ten hours each night. It helps the brain think better.

These habits are easy to do. Play outside or run for one hour daily. It makes heart strong and body fit. Walk or ride a bike with friends. Do not sit too much with TV or phone. Good sleep and play help us learn fast. They stop sickness and make us smile more. Start now and feel great always. Moms and dads can help too.

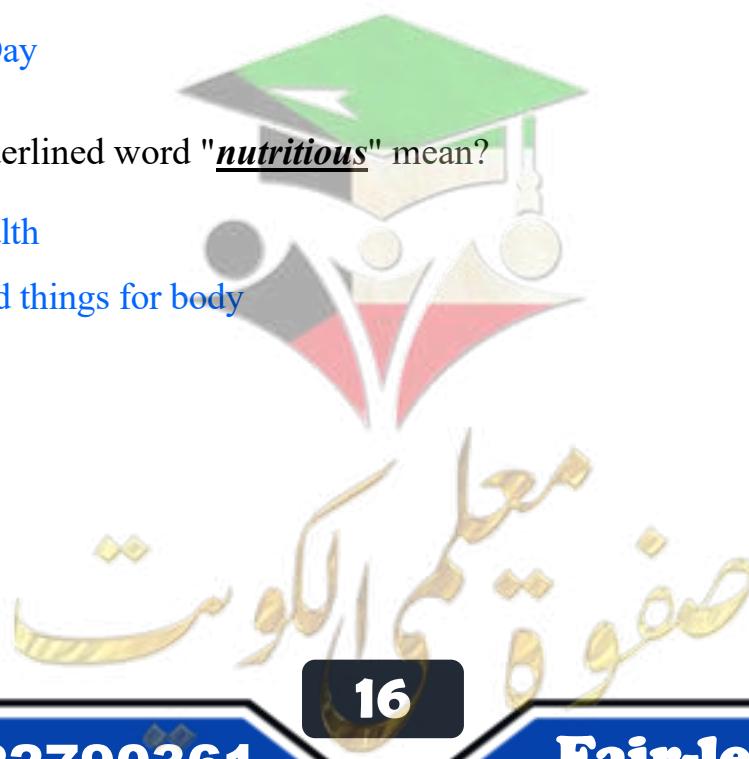
Answer the following questions:

1. What is the best title for this passage?

- A Fun Games for Kids
- B Healthy Habits for Lifelong Wellness
- C TV Shows to Watch
- D Sleep All Day

2. What does the underlined word "nutritious" mean?

- A Bad for health
- B Full of good things for body
- C Very sweet
- D Colorful



3. The pronoun "they" refers to

- A Fruits and water
- B Good sleep and play
- C Moms and dads
- D TV and phone

4. The purpose of the writer is

- A To tell a fun story
- B To teach us good health habits
- C To sell food
- D To talk about school

5. All these sentences are right except:

- A Drink a lot of water every day
- B Play outside one hour daily
- C Sit all day with screens
- D Brush teeth two times a day

6. How much sleep do kids need each night?

- A Two hours
- B Eight to ten hours
- C Twelve hours
- D No sleep

Answer the following questions:

7. Name two healthy habits from the passage about food and drink.

.....

8. Why do you think playing outside helps us stay healthy?

.....