



## Worksheet on unit 5 Grade 7

### Unit 5 : Healthy Habits for Lifelong Wellness

**U.5-L.1 Taking care of your mind and body P.19      U.5-L.5 Lessons for body and mind P.24**

strength	(n.)	فُوَّة	control	(v.)	يُسْطِر - يَحْكُم
well-being	(n.)	الصَّحة - العَافِيَّة	emotion	(n.)	عَالْفَة - شَعُور
balance	(n.)	توازن	unfair	(adj.)	غَيْر عَادِل
calm	(adj.)	هدَى	dynamic	(adj.)	نشِط - حَيْوِي
proper	(adj.)	صَحِّي - مَنْسَب	decision	(n.)	فَرْار
main	(adj.)	رَئِيْسي - أَسَاسِي	individual	(adj.)	فَرْدِي
growth	(n.)	نَمْو	courage	(n.)	شَجَاعَة
concentration	(n.)	نَرْكِز	depend on	(Ph. v.)	يَعْتَدِدُ عَلَى
perform	(v.)	يَؤْدِي	achieve	(v.)	يَحْقُّ - يَلْجَز
nutrient	(n.)	غَذَائِي	physically	(adv.)	بَيْنِيَا - جَسْدِيَا
function	(n.)	وظِيفَة	mentally	(adv.)	ذهَنِيَا - عَقْلِيَا
correctly	(adv.)	بِشَكْلِ صَحِّي	movement	(n.)	حَرْكَة
limit	(v.)	يَحْدِدُ مِنْ - يَقْطَلُ	train	(v.)	يَتَدَرَّب
tiredness	(n.)	تَعْب / إِرْهَاق	strategically	(adv.)	بِشَكْلِ اسْتَرَاتِيجِي
repair	(v.)	يَصْلِحُ	leadership	(n.)	قِيَادَة
stress	(n.)	ضَغْطٌ	teammate	(n.)	زَمِيلٌ فِي الْفَرِيق
completely	(adv.)	بِشَكْلِ تَامٍ - تَامًا	rise	(v.)	يَنْهَضُ
steady	(adj.)	ثَابِتٌ / مُسْتَقِرٌ	failure	(n.)	فَشْل
			victory	(n.)	فُوز - انتصار



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

1-Regular exercise gives the body more .....and helps people stay active.

- a. **emotion**    b. **tiredness**    c. **strength**    d. **stress**

2-Athletes usually .....for many hours to prepare for important competitions.

- a. **achieve**    b. **control**    c. **train**    d. **limit**

3-Choosing the ..... choice in difficult situations shows wisdom.

- a. **unfair**    b. **steady**    c. **proper**    d. **main**

4-After listening carefully, the students answered the questions.....

- a. **physically**    b. **correctly**    c. **mentally**    d. **wrongly**

5-Too much pressure at school may increase mental.....

- a. **courage**    b. **balance**    c. **victory**    d. **stress**

6-Good results often ..... careful organization and teamwork

- a. **repair**    b. **depends on**    c. **control**    d. **limit**

7-The teacher stayed ..... when the class became noisy.

- a. **individual**    b. **calm**    c. **main**    d. **unfair**

8-The players worked ..... to follow their plan and win the match.

- a. **honestly**    b. **physically**    c. **strategically**    d. **wrongly**

9-Not getting enough rest can cause .....during the day.

- a. **growth**    b. **tiredness**    c. **movement**    d. **emotion**

10-Doctors try to ..... damaged muscles, so patients recover quickly.

- a. **performs**    b. **limit**    c. **repair**    d. **rise**



**\* Fill in the gaps using words from the list:**

**(calm – depend on - correctly – train- strength)**

11. Lifting light weights at a young age can help improve muscle<sup>strength</sup> .....
12. Young players need to ..... regularly to develop their skills.
13. He stayed ..... while explaining his idea to the class.
14. Good exam results often ..... serious revision and practice.

**( achieve - leadership – unfair – depend on – completely)**

15. A good captain shows strong ..... during difficult games.
16. It is ..... to judge someone without listening to them.
17. Ahmed was ..... satisfied with his progress this term.
18. Team success does not ..... one player only.

**(stress - dynamic – perform - strategically – depend on)**

19. Long hours of work without rest may increase ..... levels.
20. The coach prefers ..... players who move fast on the field.
21. The team planned ..... before starting the match.
22. Actors must ..... confidently in front of the audience.



# قاعدة التعود والتأقلم (Be used to) - الحاضر

## مع أفعال الكينونة (am, is, are) والاسم أو الفعل المضاف له (ing)

القاعدة الأساسية: نستخدم هذه الصيغة للتعبير عن شيء أصبح مألوفاً وعادياً للشخص (لم يعد غريباً). المعادلة هي: فعل الكينونة + used to + (اسم أو فعل + ing).

### أولاً: الجمل الخبرية (Statements)

(لسه غريب عليا) → الجملة المنافية (-)

Form: Sub + be + not + used to + (v.ing / noun)

🚗 I am not used to driving on the left. (أنا لست معتاداً على القيادة بسراً)

😴 She isn't used to sleeping early. (هي ليست منبورة على النوم مبكراً)

🔇 We aren't used to the noise yet. (نحن لسنا معتادين على الضوضاء بعد)

الجملة المثبتة (+) → (أنا متعود / مناقل)

Form: Sub + be + used to + (v.ing / noun)

🌶 I am used to eating spicy food. (أنا متعود على أكل الحارة)

❄ She is used to the cold weather. (هي متأقلمة مع الجو البارد)

📱 They are used to the new technology. (هم متأقلمون مع التكنولوجيا الجديدة)

### ثانياً: السؤال والتحذيرات

⚠ (Common Mistake) تحذير: خطأ شائع

Rule: Don't use Infinitive after (Be used to)

✗ I am used to wake up early. (خطأ: لا تستخدم المصدر)

✓ I am used to waking up early. (ing) (صحيح: لأن الفعل يكون آخره ing)

السر: إذا رأيت (am/is/are) قبل used to ← ضع ing فوراً.

هل تأقلمت؟ → صيغة السؤال (?)

Form: (Am / Is / Are) + Sub + used to + ...?

🏠 Are you used to working from home? (هل تأقلمت على العمل من المنزل؟)

⌚ Is he used to staying up late? (هل هو متعود على السهر؟)

🏫 Are they used to the new school? (هل تأقلموا على المدرسة الجديدة؟)

ملاحظة هامة: هناك فرق كبير بين "I used to play" (عادة قد بعدها وانتهت - يأتي بعدها مصدر) وبين "I am used to playing" (عادة مستمرة وألفة - يأتي بعدها ing).

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



**B) Do as shown between brackets:**

5. I am used to waking up early before sunrise to go jogging.  
..... (Negative)

6. They are used to studying hard for exams and finishing all their projects.  
..... (Negative)

7. He is used to driving long distances without needing a break  
..... (Negative)

8. She is used to living alone in a small, comfortable apartment.  
..... (Negative)

9. Laila is used to speaking English with her teacher every day in class.  
..... (Ask a question)

10. The boys are used to playing football every weekend with their friends.  
..... (Ask a question)



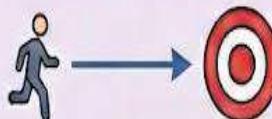
# شرح حروف الجر الدالة على الحركة (Prepositions of Movement)

## 1. Across (عبر - من جانب آخر)



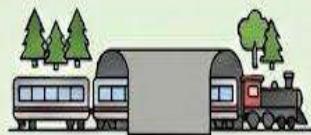
The boat sailed **across** the river.  
القارب أبحر **عبر** النهر.  
 Be careful when you walk **across** the street.  
كن حذراً عند **عبور** الشارع.

## 2. Towards (تجاه / ناحية)



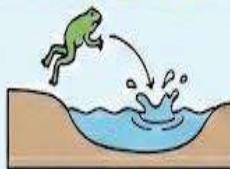
The child ran **towards** his father.  
الطفل ركض **تجاه** والده.  
 She is walking **towards** the library.  
هي تمشي **باتجاه** المكتبة.

## 3. Through (من خلال / وسط)



The train went **through** the tunnel.  
القطار مر **من خلال** النفق.  
 Sunlight comes **through** the window.  
ضوء الشمس يدخل **من** النافذة.

## 4. Into (إلى داخل)



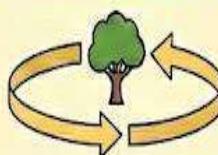
The frog jumped **into** the water.  
الضفدع **قفز** إلى **داخل** الماء.  
 Please put the milk **into** the fridge.  
ضع الحليب **داخل** الثلاجة.

## 5. Over (فوق / من أعلى)



The horse jumped **over** the fence.  
الحصان **قفز** **فوق** السور.  
 The plane flew **over** the mountains.  
الطائرة **حلقت** **فوق** الجبال.

## 6. Around (حول / دوران)



The earth goes **around** the sun.  
الأرض **تدور** **حول** الشمس.  
 We walked **around** the park.  
مشينا **في** **جولة** **حول** الحديقة.

### Choose the correct answer from a, b, c or d:

- 1-The boy ran ..... the street to catch the bus  
a. through      b. across      c. into      d. around
- 2-The cat jumped ..... the wall quickly.  
a. over      b. through      c. towards      d. into
- 3-The players ran ..... the coach when he called them.  
a. around      b. over      c. towards      d. through
- 4-The girl walked ..... the tunnel carefully.  
a. into      b. over      c. through      d. across
- 5-The ball rolled ..... the box and disappeared.  
a. across      b. around      c. into      d. over



# Writing

***"Living a healthy life means having good habits and doing sports to keep the body and mind healthy."***

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.

## Introduction:

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

## Topic sentence:

## Supporting details:

## Conclusion:

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

## Topic sentence:

## Supporting details:

## Concluding sentence:

## Conclusion:

## KEY ANSWER

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

1-Regular exercise gives the body more .....and helps people stay active.

- a. strength      b. emotion      c. tiredness      d. stress

2-Athletes usually .....for many hours to prepare for important competitions.

- a. achieve      b. control      c. limit      d. train

3-Choosing the ..... choice in difficult situations shows wisdom.

- a. unfair      b. steady      c. proper      d. main

4-After listening carefully, the students answered the questions.....

- a. physically      b. correctly      c. mentally      d. wrongly

5-Too much pressure at school may increase mental.....

- a. courage      b. balance      c. victory      d. stress

6-Good results often ..... careful organization and teamwork

- a. repair      b. depends on      c. control      d. limit

7-The teacher stayed ..... when the class became noisy.

- a. calm      b. individual      c. main      d. unfair

8-The players worked ..... to follow their plan and win the match.

- a. honestly      b. physically      c. strategically      d. wrongly

9-Not getting enough rest can cause serious .....during the day.

- a. growth      b. tiredness      c. movement      d. emotion

10-Doctors try to ..... damaged muscles, so patients recover quickly.

- a. performs      b. limit      c. repair      d. rise



**\* Fill in the gaps using words from the list:**

(calm – depend on - correctly – train- strength)

11. Lifting light weights at a young age can help improve muscle **strength**
12. Young players need to **train** regularly to develop their skills.
13. He stayed **calm** while explaining his idea to the class.
14. Good exam results often **depend on** serious revision and practice.

(achieve - leadership – unfair – depend on – completely)

15. A good captain shows strong **leadership** during difficult games.
16. It is **unfair** to judge someone without listening to them.
17. Ahmed was **completely** satisfied with his progress this term.
18. Team success does not **depend on** one player only.

(stress - dynamic – perform - strategically – depend on)

19. Long hours of work without rest may increase **stress** levels.
20. The coach prefers **dynamic** players who move fast on the field.
21. The team planned **strategically** before starting the match.
22. Actors must **perform** confidently in front of the audience.



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



**B) Do as shown between brackets:**

5. I am used to waking up early before sunrise to go jogging.  
**I am not used to waking up early before sunrise to go jogging.** (Negative)

6. They are used to studying hard for exams and finishing all their projects.  
**They are not used to studying hard for exams and finishing all their projects.** (Negative)

7. He is used to driving long distances without needing a break  
**He is not used to driving long distances without needing a break.** (Negative)

8. She is used to living alone in a small, comfortable apartment.  
**She is used to living alone in a small, comfortable apartment.** (Negative)

9. Laila is used to speaking English with her teacher every day in class.  
**When is Laila used to speaking English with her teacher ?** (Ask a question)

10. The boys are used to playing football every weekend with their friends.  
**Who are used to playing football every weekend with their friends?**  
(Ask a question)



**Choose the correct answer from a, b, c or d:**

1-The boy ran ..... the street to catch the bus

- a. through      **b. across**      c. into      d. around

2-The cat jumped ..... the wall quickly.

- a. over**      b. through      c. towards      d. into

3-The players ran ..... the coach when he called them.

- a. around      **b. towards**      c. over      d. through

4-The girl walked ..... the tunnel carefully.

- a. into      b. over      **c. through**      d. across

5-The ball rolled ..... the box and disappeared.

- a. across      b. around      c. over      **d. into**

**Writing**

Living a healthy life means following good habits and playing sports to keep our body and mind strong. Healthy habits like eating fruits and vegetables, drinking enough water, and sleeping early help us feel better and stay active. These habits protect us from illness and give us more energy every day.

Playing sports is another important way to stay healthy and strong. Sports help build our muscles and bones, and they make our hearts work better. When we play with others, we learn teamwork and discipline. Sports also help us relax and reduce stress after a long day.

