

## Unit 6 - using maps

1. **Talk about a busy day when you went to several places. Where did you go? Who did you go with? How did you get to each place? Did you get lost?**

One day I went with my family to Dubai Mall. We went shopping and bought lots of things. I wanted to buy a gift for my mother to surprise her, so I asked her to go alone. She said ok, so I went alone. I bought her a golden watch for her birthday. Then I tried to call her, but the phone was switched off because the battery died. I was scared and did not know what to do. I went to the security office and asked them for help. They called my name. After a while my mother came. The next day I surprised her with the gift. She was so happy.

2. **Write about the importance of maps? Which professions use them? When are they useful? How often do you use them?**

Maps are very important because they show us how to get to places. When I go to Dubai, I always use google map because I do not know the places there. Engineers and architects always use maps because they are a part of their work. When I travel, I also use maps. They are easy to use and help us to get to places quickly. They also show us the location of different places such as restaurants, gas stations, malls, and hospitals.

## Unit 7 - health, food, and exercise

1. **Write about a balanced diet?** 🍴

People should have a balanced diet. They should eat a little amount of sugar because it is very bad for teeth. Fats are also very bad because they may cause heart diseases. You should eat carbohydrates because they give you energy. You can find carbohydrates in bread, pasta, and rice. You should also eat protein to build your body and bones. They are found in fish, poultry, and meat. Finally, you should eat lots of fruit and vegetables to give you vitamins, minerals, and fibers.

2. **Write about the importance of drinking water?**

Drinking water is very important to our health. We should be hydrated, so we should drink enough water every day. Water has lots of benefits. First, it keeps our skin beauty/hydrated. Second, it controls our blood pressure and helps to carry nutrients around the body. Third, it is good for our kidneys. You should drink 1.2 liters of water everyday (6-8 glasses). If you don't drink enough water, you will be dehydrated. There are many signs of dehydration. First, you will be thirsty. Second, you will have a headache and lack of concentration.

3. **Write a letter to Nora to persuade her to take part in some form of physical activity or sport. Ideas you could include:**

- Explain the importance of regular physical activity
  - Explain the benefits of keeping fit and healthy
- Provide different ideas of ways Nora could take part in physical activities everyday

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Hello Nora,

How are you? I want to tell you about healthy life. You should eat and drink good things. A healthy person usually lives longer than an unhealthy person.

To be healthy, do this:

- Eat good food. Don't eat a lot of candy. Don't drink a lot of alcoholic drinks.
- Get enough sleep. You should sleep for about 8 -10 hours every day.
- Get regular exercise.
- Have fun. Take time to enjoy the people and things around you.
- Don't smoke. Don't take drugs.
- Learn how to handle stress.
- Get regular physical, and dental checkups. Get your eyes checked, too.



Yours,

.....

## Unit 8 - all living things

### 1. Write about groups of animals?

There are different groups of animals. The first group is **birds**. They lay eggs with waterproof shells. Most of them can fly. Their skin is covered with feathers to keep them warm. The second group is **mammals**. Their bodies are covered with hair or they have large brains. They produce milk to feed their babies. The third group is **fish**. They live and breed in water. Their bodies are covered with scales. Most take in oxygen from the water through gills a few also have lungs. The fourth group is **amphibians**. The adults breathe with lungs. They have a soft, wet skin with no scales. They live mainly on land but breed in water. The fifth group is **reptiles**. They breathe with lungs. They have dry skin covered with scales. Most live on land and most lay their eggs on land too.

### 2. Write about how to protect the environment? 🌿

To protect the environment, we should use natural energy sources such as **wind, water, sun, and earth's heat**. This energy is renewable and does not run out. It is also called "clean" energy or "green power" because it does not pollute the air or the water. We should not use other sources such as coal, oil, or natural gas because they cause pollution and this harm the environment.

## Unit 9 - Word records

### 1. Write about your favorite sports

Hello, my name is ..... I'm 12 years old and I live in the UAE. My favourite sport is basketball. I play it twice a week at school and in the afternoon. I have basketball lessons on Monday, Wednesday and Friday. On Saturdays afternoon I usually have a match with my team,

we are very good at basketball and we often win. I'm in the school team too! I have a lot of friends and we basketball in the park. I hope to be a champion.

## **Unit 10 - people and numbers**

### **2. Write about your hobbies and free time**

### **3. Write about charities in the UAE وايد مهم**

Many rich countries give money to help poor countries who have problems such as natural disasters. UAE was the largest donor of humanitarian aid in 2014. Most Emirati people are very generous. They give money to charity and donate more than once. There are many famous organizations for donation in the UAE such as the Red Crescent and Dubai Giving. They give money, food, clothes, and other things that people need. Recently they helped people in Oman and Yemen who had Komo Tornado. I advise you to donate because donation makes people happy and sympathy for others.

## **Unit 11 - We are going on holiday**

### **1. Write about your favorite holiday**

I would like to spend my holiday in ..... with my family. We will stay at a **hotel**. We will travel by plane. There are many activities that we will do in ..... We will go shopping in the malls. I love shopping. I will buy clothes, shoes and makeup. Also, we will go to the zoo because I enjoy watching animals. We will go to many places such as parks,

.....  
..... I advise you to go to ..... because it is a beautiful place. You will have a great time and learn about its culture.

### **2. Write about what do you do at the airport**

## **Unit 12 - climate and the environment**

### **1. Write about the weather in the UAE**

In the UAE there are only two seasons; winter and summer. In winter the weather is cool and sometimes it rains. However, in summer, the weather is too hot and the temperature can exceed 40 C. It does not usually snow in the UAE. But, there was snow on Jees mountain in RAK

### **2. Write about global warming and its effects on the environment** مهم

Global warming is one of the dangerous problems on the Earth. The high temperature causes lots of evaporations and then natural disaster happen. Some of the natural disaster are tornado, floods, tsunami, and forests fire. Global warming affect humans, animals, and plants. Lots of animals died because of global warming. These animals are polar bears, penguins, and seals. They lost their habitat because the snow melted.