

## Unit 7

Health	الصحة	Whole meal	حبة كاملة
Balanced	متوازن	Unsweetened	غير محلى
Diet	حمية	Dehydration	جفاف
Fat	متمين	Update	يحدث
Protein	بروتين	Fluids	سوائل
Carbohydrates	كربوهيدرات	Nutrients	مواد غذائية
Vitamins	فيتامينات	Regularly	بالتنظيم
Minerals	معادن	Concentration	التركيز
Protect	يحمي	Calories	سعرات حرارية
Rice	الأرز	Tooth decay	تسوس الأسنان
Fruit	الفاكهة	Fizzy drinks	مشروبات غازية
Energy	طاقة	Snack	وجبة خفيفة
Healthy	صحي	Surprise	مفاجأة
Important	مهم	Training	تدريب
Blood	دم	Athletes	رياضيين
Balance	توازن	How often	كم مرة
Vegetables	خضروات	Porridge	عصيدة
Contain	يحتوي	Cabbage	ملفوف
Keep	يحفظ	Exercise	تمرين
Vegetarian	شخص نباتي	Heathy food	طعام صحي
Source	مصدر	Healthy drinks	مشروبات صحية
Luckily	لحسن الحظ	Long-distance	مسافة طويلة
How many	كم عدد	Websites	مواقع
How much	كم ثمن	Include	يشمل
Junk food	طعام سريع	Milkshake	مخفوق الحليب

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Unit eight all living things

The world	العالم	Lungs	الرئتان
A bird	طائر	A shell	قوقعة
A mammal	حيوان ثدي	Feathers	الريش
A reptile	حيوان زاحف	Fur	فرو
An amphibian	حيوان برمائي	Breed	يتكاثر
Instead of	بدلاً من	Scales	القشر
A beak	منقار	Fins	زعانف
Sharp	حاد	Gills	خياشيم
Sticky	لزج	Skin	الجلد
Toes	اصابع القدم	Adults	مراهقين
Sloth	كسل	Covered with	مغطى بـ
Hides	يختفي	Brain	العقل
A leaf	ورقة شجر	Shapes	اشكال
A chameleon	حرباء	Insects	حشرات
Temperature	درجة حرارة	Birds	طيور
Known for	معروف بـ	Communicate	يتواصل
A male	ذكر	Sound	صوت
A female	أنثى	Rivers	انهار
breathe	يتنفس	Lakes	بحيرات
Famous for	مشهور بـ	Climate change	تغير المناخ
A country	دولة	Produce	ينتج
Weather	الطقس	Happen	يحدث
Change	يتغير	Dangerous	خطير
Fly back	يعود	Flood	فيضان
Funny	مضحك	Spend	يقضي
Common	شائع	Live in	يعيش في
Cubs	جرو الثعلب أو النمس	Feed on	يتغذى على
paws	قدم الحيوان	Habitat	الموطن
Recycle	يعيد تدوير	Size	الحجم
Rubbish	القمامة	Diet	الغذاء
Plastic	بلاستيك	A herbivore	اكل عشب
Float	يطفو	A carnivore	اكل لحوم
Sink	يغرق	An omnivore	اكلا عشب ولحوم

Part vocabulary exercises

lorry	snowmobile	ship	train	motorbike	
plane	tuk tuk	ferry	raft	car	taxi

- 1-It's got three wheels and an engine. You pay to travel in it and you sit behind the driver. -----
- 2 A car which you pay to travel in. -----
- 3 It has two wings and it travels through the air. It's usually powered by jet engines. -----
- 4 A large boat which travels long distances across the sea or the ocean. -----
- 5 It has four wheels and an engine and it can usually carry four or five people. ---
- 6 You ride it. It's got two wheels and an engine. -----
- 7 It's large, has an engine and is used for carrying things by road. -----
- 8 It's small, has an engine and it travels over snow and ice easily. -----
- 9 It's usually made of pieces of wood tied together and it floats on water. -----
- 10 You travel short and long distances on it from one railway station to another.....

cycle path - Fare - tourist - passenger - commuter - (rail) pass - bus stop

- 1 Someone who travels, but is not the driver of the vehicle. \_\_\_\_\_
- 2 The price you pay to travel. \_\_\_\_\_
- 3 A place where you wait for a bus. \_\_\_\_\_
- 4 Someone who regularly travels between home and work. \_\_\_\_\_
- 5 Someone who travels for pleasure. \_\_\_\_\_
- 6 A ticket which you can use for several journeys. \_\_\_\_\_
- 7 Part of the road set aside for bikes. \_\_\_\_\_

Match:

- 1 the buses in Curitiba:
- 2 the metro line in Dubai:
- 3 the bullet train in Japan:
- 4 bikes in Copenhagen:
- 5 the river taxi in Singapore

- a- there's less pollution.
- b- no need for a driver.
- c- they're fast.
- d -a city bike is free.
- e- it's not expensive.

Complete the sentences with the words in the box.

• commuters • hour • carriages • underground • London • beautiful • million

1 The first city in the world to have an----- transport system was London, where it is called the Tube.

2 In winter, the seats in the metro----- in Seoul are heated.

3 Many people think the Moscow metro is very-----.

4 More than 8----- people use the Tokyo metro every day.

5 Metros in every city are very busy during the rush-----.

6 People who travel to work in a city are called-----.

Choose the correct prepositions:

Today was a really busy day! First I went 1to / at the Clock Tower. Then I wanted to visit the Dubai Museum, so I went 2over / in the Maktoum Bridge. I nearly got lost because the map wasn't very clear. I walked 3around / by the museum for an hour or so. Later, I was 4by / along the Jumeirah Mosque and decided to walk to Jumeirah public beach. Then I saw the Village Mall 5 in front of / in the middle of me, so I did some shopping. I was thinking of visiting the zoo, but I felt a bit tired, and it is 6in / on the opposite direction to the city centre, so I went 7back / by into the city.



Write sentences uses words from the table:

He went to the	bank	To	See a film
	Post office		Eat food
	restaurant		Change money
	Shopping mall		Book a room
	Metro station		Buy clothes
	museum		Ride the metro
	Cinema		Buy stamps
	hotel		See old things

1-----

2-----

3-----

4-----

5-----

1 Match the two parts of these sentences.

- 1 Browsing in shops is without a
- 2 I'm mad about fitness, so the gym is
- 3 The restaurants here are absolutely
- 4 If you like learning about the
- 5 For the best views, there's no
- 6 I just love films, so obviously
- 7 When it's hot, my favourite place is
- 8 For many young children, I'm sure

- a past, you'll love the museums, for sure.
- b question: go up to the top of a skyscraper.
- c their favourite place is the playground.
- d the cinema is my favourite place.
- e wonderful. The food is delicious.

Match word with the pictures:

- 1 Danger: animals
- 2 sand dunes
- 3 car park
- 4 airport
- 5 falling rocks
- 6 bus station



Fill in the following sentences :

• Paper - Montgolfier- joseph - basket - buttons - Etienne - balloon

- 1 This mode of transport took its first flight in 1783:-----
- 2 This is the first name of the man who made the first hot-air balloon:-----
- 3 He was helped by his brother, -----
- 4 Their surname was: -----
- 5 The balloon was made from this: -----
- 6 It was also made of this: -----
- 7 It was held together by 1800 of these small round objects: -----
- 8 On the second flight animals were put into the -----

Match the words in the two columns to make compound nouns

- |           |           |
|-----------|-----------|
| 1 bus     | a path    |
| 2 railway | b lights  |
| 3 cycle   | c limit   |
| 4 one-way | d park    |
| 5 traffic | e fare    |
| 6 speed   | f station |
| 7 car     | g street  |

1 Don't go at more than 50 km per hour,-----

2 Catch your train here,-----

3 Leave your car here,-----

4 Stop when you see red,-----

5 It's safer to use this when you go by bike,-----

No parking - -- cycle path - --speed limit-- - Speed bumps -traffic lights -



## Why Do I Have a Cold?

Story By: Andrew Frinkle

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Yvonne did not feel well at all.

Her head ached so much her teeth hurt, too.

Her nose was full, but also dripping.

Her chest felt heavy and tired.

She coughed and green stuff came out.

She sneezed and her eyes watered.

Her throat was so sore it felt like raw meat.

She felt sweaty hot one minute and freezing cold the next.



"Why do I have a cold?" She whimpered. "Why am I so sick?"

Mom came and gave her medicine, and it did not taste good.

She did not feel better right away.

Although, later she did feel somewhat better.

Her headache started to go away.

Her chest and nose felt clearer.

Her throat pain eased so she could eat some hot soup.

She was still dead tired, though, so she slept.

When she woke up, she felt bad again.

All the symptoms had come back.

She took more medicine, ate more, and rested.

Yvonne did this for three days.

Then she really started to feel better.

"It sure is good to not have a cold." She said with a smile.

"Get ready for school!" Mom called into her room.

Yvonne's smile faded. "Uh-oh, makeup work."

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## What's for Lunch?

Story By: Andrew Frinkle

Use the information in the story to answer the questions below.

1. What is Janet worried about?
  - A. calories
  - B. fat
  - C. what to make for lunch
  - D. what to cook for dinner
2. What is wrong with most prepared frozen foods?
  - A. They are unhealthy.
  - B. They are too expensive.
  - C. They take too long to make.
  - D. They take a long time to prepare.
3. What is a good thing about chef salads?
  - A. They are full of fat.
  - B. They have lots of vegetables.
  - C. They are expensive.
  - D. They're boring without salad dressing.
4. How do the kids ruin the baked potatoes' healthiness?
  - A. They add lots of salt.
  - B. They don't eat the skins.
  - C. They use too much butter.
  - D. They drench them in ranch.
5. What method does Janet finally decide upon for choosing lunch menus?
  - A. a dart game.
  - B. random choice
  - C. kids choose
  - D. whatever is closest in the freezer

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## Tigers, Sharks, and Mosquitoes

Story By: Andrew Frinkle

The animals were all gathered around, bragging about who was scariest. Each of them boasted about what made them scariest. Giraffe went first.

"I have a really long neck!" Giraffe announced. Everyone laughed. Giraffe wasn't scary at all.

"I'm fast and have a sharp horn." Rhino pawed at the ground with his feet. Everyone got out of the way in case he started to charge.

"I'm really big," said elephant, waving his tusks back and forth. "People don't want to get stepped on."

"I can eat elephants." Tiger scoffed. "You're nothing compared to my claws and teeth." He growled and everyone gave him room.

"I'm poisonous." Spider hissed.

"You're so tiny, though. I'm the biggest creature on earth!" Blue whale declared. He really did take up a lot of space. He was much bigger even than the elephant.

"No one is scared of whales. Men fear me. I'm a man-eater." Great White smiled toothily.

Tiger didn't want to be outdone. He snarled. "I can bite and tear apart anything."

Great White grinned. "No one wants to swim when I'm around."

"I'm super fast!" Tiger shouted. Everyone else was just watching these two argue now. It seemed like one of them would win the contest as the scariest animal.

Great White laughed. "I'm fast too, but my rows of teeth are horrifying!"

"I'm the scariest. You guys are nothing compared to me." A very soft, whiny voice said.

"Who said that?" Tiger and Great White shouted angrily. For once, they were in agreement. No one should be scarier than them.

"Men fear my bite far worse than a shark or a cat." The little voice called out.

"Who are you?" Tiger and Great White demanded. "Show yourself."

Out flew a little bug. Mosquito revealed herself. "I am the scariest of all."

"How?" Asked Tiger.

Mosquito laughed. "Don't you know? A single bite from me can make someone sick. I am a horrible pest. There are millions of us in every swamp, and we feed on the strongest and fastest animals just the same. Nothing escapes our bites!"

Tiger and Great White grew quiet. No one challenged Mosquito as the scariest creature. They all ran away when she came near. She was definitely the scariest.





## Why Do I Have a Cold?

Story By: Andrew Frinkle

Use the information in the story to answer the questions below.

1. What is wrong with Yvonne?

- A. She is sick.
- B. She is tired.
- C. She is faking being sick.
- D. She is bored.

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2. Which of these is NOT a symptom Yvonne has?

- A. watery eyes
- B. cough
- C. sneezing
- D. itching

3. What makes Yvonne feel a little better at first?

- A. a song
- B. rest
- C. medicine
- D. food

4. YES OR NO: Does the medicine cure her cold the first time?

- A. Yes
- B. No

5. Why does Yvonne not feel happy after she gets better?

- A. She wants to stay home.
- B. She has lots of missed work at school.
- C. She is too weak to go to school.
- D. She still has no appetite.

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## Tigers, Sharks, and Mosquitoes

Story By: Andrew Frinkle

Use the information in the story to answer the questions below.

1. What are the animals arguing about?
  - A. Who is fastest?
  - B. Who is prettiest?
  - C. Who is scariest?
  - D. Who is nicest?
2. Which animals thought they were scary because they were big?
  - A. elephant and zebra
  - B. elephant and blue whale
  - C. blue whale and rhino
  - D. rhino and giraffe
3. Which animal wasn't scary at all, so everyone laughed?
  - A. Spider
  - B. Giraffe
  - C. Blue Whale
  - D. Tiger
4. Which two animals argued the most about being scariest?
  - A. Tiger and Squirrel
  - B. Great White and Monkey
  - C. Rhino and Giraffe
  - D. Great White and Tiger
5. Which creature ended up being the scariest of all?
  - A. Tiger
  - B. Spider
  - C. Great White
  - D. Mosquito

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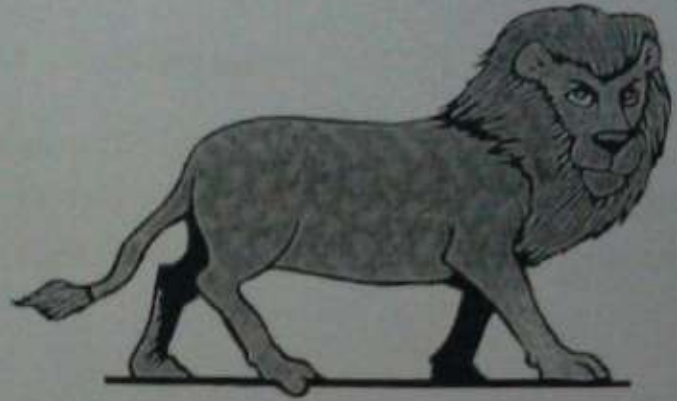
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## The Lion and the Mouse

A lion was awakened from sleep by a mouse running over his face. Rising up with anger, he caught the mouse and was about to kill him. Then, the mouse interrupted saying, "If you would only spare my life, I would be sure to repay your kindness." The lion laughed and let him go.

It happened shortly after this that the lion was caught by some hunters, who bound him by strong ropes to the ground. The mouse,



recognizing the lion's roar, came and gnawed the rope with his teeth, and set him free!



The mouse then told the lion, "You ridiculed the idea that I would ever be able to help you. You didn't expect to receive from me any repayment of your favor. Now you know that it is possible for even a mouse to help out a lion."

Read the following passage and then answer the questions:

**The world Public Transport around the world**

1 The buses in Curitiba, Brazil, carry two million passengers a day. The fare is the same wherever you're going. No-one in the city lives more than 400 metres from a bus stop. People don't need to use their cars in the city, so there's less pollution.

2-The first metro line in Dubai was launched in September 2009. This was called the Red line. It is fully automated with no need for a driver. More lines will open to link the rest of the city with the Expo 2020 site.

3 Japanese bullet trains travel at up to 320 kilometres an hour. The 520-kilometre journey between Tokyo and Osaka, takes just three and a half hours. Bullet trains are fast, reliable and punctual. Tourists can buy a special rail pass, which gives them unlimited travel.

4- Copenhagen was recently voted 'the world's best cycle city'. A third of the people who live there commute to work by bike. In fact, you see more bikes than cars in the city centre. There are 350 kilometres of cycle paths. If you don't own a bike, you can use a free city bike.

5-A good way to travel in Singapore is by river taxi. It's not expensive and you get a great view of the city from the river. The taxis are popular with commuters travelling to work and with tourists.

**Read paragraphs 1-5 again and answer these questions.**

1 1 Why is the bus fare system in Curitiba easy to understand?

2 Why is the Curitiba bus system good for the environment?

3 What's the Red Line?

4 What is unusual about the Dubai metro?

5 What can tourists buy to travel on the bullet train?



A paragraph about your family:

My name is..... I am 11 years old. I was named after my grandfather. He is my father's father. He is 65 years old. He is funny and I like his stories.

My family and I lived in Dubai. We are Emirati and our ancestors are Emirati too.

My family is very big. I have identical twins. They are Ahmad and Salim. My father has 3 brothers and 2 sisters. My mother has 6 sisters and 3 brothers. My cousins are around 20 people. Alia is as the same age as me. We always play together.

The person in my family who I admire is my mother. She is caring and kind. She is a hard working person. She works as a teacher. She comes home and cook the meals for us. She washes the clothes and take care of us. She is a great mother.

A paragraph about your school:

Bin Ouf is the name of my school. It is in RAK. It is a big school with two floors. I go to school by bus. The school day starts at 8 and ends at 3. We have 8 lessons every day. My favourite subject is Art. I like drawing and painting. I like English too, it helps me in my daily life. One subject I don't like, it is Math. It is hard and boring. I don't get good marks on it. We don't have a lot of homework. My teachers are kind and helpful. I like all of them. I made loads of new friends this year. In break time we sit together, play and talk.

I do after school activities. I have joined the school orchestra. I play drums. I can play piano too.

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Dolphins are regarded as the friendliest creatures in the sea and stories of them helping drowning sailors have been common since Roman times. The more we learn about dolphins, the more we realize that their society is more complex than people previously imagined. They look after other dolphins when they are ill, care for pregnant mothers and protect the weakest in the community, as we do. Some scientists have suggested that dolphins have a language but it is much more probable that they communicate with each other without needing words. Could any of these mammals be more intelligent than man? Certainly the most common argument in favor of man's superiority over them that we can kill them more easily than they can kill us is the least satisfactory. On the contrary, the more we discover about these remarkable creatures, the less we appear superior when we destroy them.

1. It is clear from the passage that dolphins ----.

- ☐ A) don't want to be with us as much as we want to be with them
- ☐ B) are proven to be less intelligent than once thought
- ☐ C) have a reputation for being friendly to humans
- ☐ D) are the most powerful creatures that live in the oceans
- ☐ E) are capable of learning a language and communicating with humans

2. The fact that the writer of the passage thinks that we can kill dolphins more easily than they can kill us ----.

- ☐ A) means that they are better adapted to their environment than we are
- ☐ B) shows that dolphins have a very sophisticated form of communication
- ☐ C) proves that dolphins are not the most intelligent species at sea
- ☐ D) does not mean that we are superior to them
- ☐ E) proves that Dolphins have linguistic skills far beyond what we previously thought

3. One can infer from the reading that ----.

- ☐ A) dolphins are quite abundant in some areas of the world
- ☐ B) communication is the most fascinating aspect of the dolphins
- ☐ C) dolphins have skills that no other living creatures have such as the ability to think
- ☐ D) it is not usual for dolphins to communicate with each other
- ☐ E) dolphins have some social traits that are similar to those of humans



Read the following passage and then answer the questions:

### A Tour to Musandam

This a full-day guided tour from Dubai to Musandam, on the Strait of Hormuz.

The Musandam peninsula is a narrow area of land that sticks out into the sea. There are many small communities living in the mountains on the peninsula. These communities are very old; some have been there for centuries. Many coastal villages can only be reached by boat. The population of approximately 29,000 is mainly in the capital Khasab, in the north, and the much smaller port town of Dibba on the east coast.

We will pick you up at your hotel early in the morning in our coach and take you on an exciting day trip to Musandam via Ras Al Khaimah on the Emirates highway.

You can photograph the golden sands of the desert and the beautiful Hajar mountains.

When you arrive on the east coast in Dibba, you will board our traditional dhow and sail along the coast. We will stop at one of the beautiful beaches to relax and explore.

After a delicious lunch back on board, there will be still time to have a swim in the warm waters. You may also see dolphins during the cruise. We will drive you back to your hotel in time for your evening meal.

#### 1-Decide what these words and expressions from the text mean.

1 a peninsula	a a small island	b land that is nearly an island
2 pick you up	a collect you	b telephone you
3 highway	a mountain road	b a large fast road
4 to sail	a to travel in a ship	b to travel slowly
5 on board	a free	b on a ship or plane

#### 2 Read the text again and answer the questions.

- 1 How long does the tour last?-----
- 2 What's the best way to get to the villages on the coast?-----
- 3 Where do most people live?-----
- 4 Which place does the tour pass through after leaving Dubai?-----
- 5 Where do tourists get on the dhow?-----



Read the following passage and then answer the questions:

**How can you improve your sense of direction?**

It's true, smartphones have maps, but you can't always get a signal, and phones get lost, so don't expect your phone to be your answer. The first tip is to look around and pay attention to what you can see. What's on your left? What's in front of you? What's the tallest building you can see? Remember, when you are going back to where you started, the building that was on the left will be on the right! When you go somewhere new, check an online map to have an idea of the place before you arrive. But don't just do that: write. Make a note of the address and the street names where you are going. Writing things down helps you remember them.

Modern buildings like airports, shopping malls and even car parks are so big and they all look the same. Remember things like fountains and certain shops to help you find your way around. Finally, give yourself plenty of time. If you think you need 30 minutes to get somewhere, start your journey 45 minutes before you need to be there. If you leave things to the last minute, you are more likely to make a mistake.

1-Read this text. Where do you think you would find this text?

- a In an email from a friend.
- b In a newspaper with the day's news.
- c On a website that gives advice.

2-Read the text again. Decide if these statements are true (T) or false (F).

- 1 Writing things down can help you remember them.
- 2 Give yourself extra time when you go somewhere new.
- 3 Your smartphone can always help you find your way around a new place.
- 4 You should always pay attention to the most modern buildings you can see.
- 5 You should do some research on a new place before you travel.

## Eating Healthy

Story By: Andrew Frinkle

Use the information in the story to answer the questions below.

من مكتبة النجاح  
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1. What kind of food does Ethan like to eat?
  - A. Healthy food
  - B. Only meat
  - C. Sweet food
  - D. Organic food
2. Why do Ethan's teeth hurt?
  - A. He's getting cavities.
  - B. He's chewing too much.
  - C. He just went to the dentist.
  - D. None of the above
3. Which is a NOT a reason why Ethan's mom wants him to eat healthy?
  - A. Healthy foods have vitamins.
  - B. Healthy foods won't hurt his teeth.
  - C. Healthy foods help his body.
  - D. Healthy foods taste bad.
4. Why does Ethan think he won't mind breakfast tomorrow?
  - A. He gets to eat the same sweet stuff still.
  - B. He gets to go to a restaurant for breakfast.
  - C. He gets to eat ice cream for breakfast.
  - D. The food he gets to eat tomorrow sounds delicious.
5. What is another benefit for Ethan of eating healthy?
  - A. He won't have to see the dentist so often.
  - B. He will get fat.
  - C. He will not like the food.
  - D. He will be sad, because he can't eat delicious food.

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## What's for Lunch?

Story By: Andrew Frinkle

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"What's for lunch?" The question came up every day, but Janet had no idea today. She always got something ready for her children, but it was a challenge. Kids got bored with some things, resisted trying new things, and occasionally just demanded to eat junk food. It was a daily challenge.

Some days, she had little or no time, so she just prepared something frozen. This might be chicken patty sandwiches on toasted rolls. A salad or yogurt was a good side for that. Frozen pizza and corn dogs were always a hit with the kids. Chicken nuggets and frozen French fries went down easily, too. Still, they were full of salt and fat, and had very little in the way of vitamins and minerals.

Sandwiches with a soup were pretty easy. She could sneak vegetables between the bread and some into the soup as well. Canned soups were horribly salty, though. She made some on her own, but that could be time-consuming. Grilled ham-and-cheese with tomato soup was always a hit. Again, it was lacking in vegetables.

She made giant chef salads with lots of veggies, and the kids ate them well enough. She would put bacon bits, hard-boiled eggs, cheese, sunflower seeds, olives, and all kinds of goodies in them to make them a more well-rounded meal. Unfortunately, they liked too much dressing on their salads, ruining a healthy meal with lots of unnecessary fat.



Another option was a baked potato bar. She would make the potatoes, and they would load up on broccoli, cheese, bacon bits, butter, garlic, chives, and just about anything they wanted to go on top. She could get away with this now and then, but they got bored with them unless they were drenched in ranch dressing.

Janet sighed as she stared at the cabinets and fridge again, trying to figure out what today's meal would be. She walked off into the den and made a dart game instead. Kids would throw rubber darts at a poster with options, and she would make whatever target they hit. Unhealthy options were much smaller targets. She would also start portioning out the sauces to limit their use. She smiled to herself, wondering why she didn't come up with this earlier.



Now, finally, she wouldn't have to worry about making lunches!

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A paragraph about your family:

My name is..... I am 11-years old. I was named after my grandfather. He is my father's father. He is 65 years old. He is funny and I like his stories.

My family and I lived in Dubai. We are Emirati and our ancestors are Emirati too.

My family is very big. I have identical twins. They are Ahmad and Salim. My father has 3 brothers and 2 sisters. My mother has 6 sisters and 3 brothers. My cousins are around 20 people. Alia is as the same age as me. We always play together.

The person in my family who I admire is my mother. She is caring and kind. She is a hard working person. She works as a teacher. She comes home and cook the meals for us. She washes the clothes and take care of us. She is a great mother.

A paragraph about your school:

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I do after school activities. I have joined the school orchestra. I play drums. I can play piano too.

## Eating Healthy

Story By: Andrew Frinkle

Ethan loved eating chicken nuggets, pizza, fries, and burgers. To drink, he always liked milk shakes, cola, or sugary drinks. The sweeter it was, the more he liked it.

"You can't keep eating this stuff!" Ethan's mom complained.

"Why? It tastes so good."

His mother frowned and crossed her arms. "You eat too much sugar."

"Yum! Sugar." Ethan smiled happily.

"Look at what you're eating for breakfast."

Ethan looked at the food in front of him. It looked good to him. "I'm having Juice, super rainbow sugar sprinkle knispies, and a donut." He smiled and took a bite of his glazed, jelly-filled donut. He chewed and then stopped when his teeth began to ache.

"Ethan, you're going to have to go to the dentist if you're getting cavities."

"No, I'm not!" Ethan denied it. He took another bite to prove he was fine. His teeth really ached, though.

"See?" His mother sighed.

"Why do all the delicious things have to be bad for me? I can't eat broccoli forever. I'm not a rabbit."

"I know, but you don't get all the vitamins and minerals you need from the stuff you like to eat. All that food is sugar and fat. You need good food for healthy teeth, eyes, and even your brain!" His mother explained. "If you can't start making healthy choices more often, I won't buy any junk food or sweets to keep in the house for snacks."

"That's not fair!" Ethan whined.

Whining didn't work with mother. It made her more serious. "Snacks are supposed to be occasional treats, not your regular meals. I should have bought more healthy breakfast foods for you. Tomorrow you will have eggs, toast without jam, bacon, some fresh fruit, and a glass of milk."

"That doesn't sound too bad."

"I'm not going to put all these sweets in your lunch anymore, either. You will get yogurt, raisins, or fresh fruit for your dessert in your lunch, okay?"

Ethan didn't want to agree, but his mom's suggestion wasn't really that bad. Maybe his teeth wouldn't hurt so much anymore, either. He really didn't like trips to the dentist.





A paragraph about your family:

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## MY FAVORITE ANIMAL DOG

Dog is a domestic animal. He is a loving friend of humans. He guards the house of human whole day. He gives respect to his master. He can smell his master from far off. He is a four-footed animal. Dogs are of many kinds: Bull dogs, Grey hounds, Blood hounds, lap dogs etc.... It has sharp teeth. He has four legs, a tail and straight ears. He is very useful in catching thieves and criminals by its powerful sense of hearing and smelling. Each dog has a different nose print. People love him for its noble service.

Dogs eat rice, bread, fish, meat and other eatables. The dog is an omnivores animal. They are intelligent and faithful to their master. They can take good training. Intelligent dogs are trained and used by the police or army to smell the traces of criminals and also in investigation work, either indoor or outdoor.

In some of the families a dog is treated as a dear pet and regarded as one of the family members. The small size dogs are tamed and loved as darlings in the family. And the bigger dogs like are strong enough to fight the thieves and robbers. I love dogs very much.

### Junk food

Nowadays, Junk food is defined as any food packed with "full of calories", which contains a lot of fat, sugar, sodium, and other chemicals, which are very dangerous to our health. Junk food is actually an American way of life, which has already wide spread around the world. Junk food has become a trend to lots of countries, because of its chief attraction. It is very dangerous to our health because it contains a lot of fats and oil. There are lots of junk food outlets in many places. My favorite junk food is burger. I like it because it is delicious and spicy.

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ت: 07-2332322

## Healthy Food

Health is wealth! Eating healthy food and following a healthy lifestyle can keep us healthy and happy. Let us understand what healthy food is! Healthy food simply means nutritious food. These are the foods that are considered good for health.

Healthy foods assist a person in enhancing the physical and mental well-being. These foods are full of nourishment and enhance growth. Some of the significant examples of healthy food involve natural food, fiber-rich food, vitamin-rich food, protein-rich food, etc. We get a strong and healthy body with a healthy mind as well by eating healthy food. Healthy food keeps fit and active. Healthy food is full of various nutrients. These nutrients provide us energy and alertness. A healthy mind resides in a healthy body. Hence, to attain a healthy mind and a healthy body, we should eat healthy food.

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## What's for Lunch?

Story By: Andrew Frinkle

تطلب من مكتبة النجاح  
T:07-2332322

"What's for lunch?" The question came up every day, but Janet had no idea today. She always got something ready for her children, but it was a challenge. Kids got bored with some things, resisted trying new things, and occasionally just demanded to eat junk food. It was a daily challenge.

Some days, she had little or no time, so she just prepared something frozen. This might be chicken patty sandwiches on toasted rolls. A salad or yogurt was a good side for that. Frozen pizza and corn dogs were always a hit with the kids. Chicken nuggets and frozen French fries went down easily, too. Still, they were full of salt and fat, and had very little in the way of vitamins and minerals.

Sandwiches with a soup were pretty easy. She could sneak vegetables between the bread and some into the soup as well. Canned soups were horribly salty, though. She made some on her own, but that could be time-consuming. Grilled ham-and-cheese with tomato soup was always a hit. Again, it was lacking in vegetables.

She made giant chef salads with lots of veggies, and the kids ate them well enough. She would put bacon bits, hard-boiled eggs, cheese, sunflower seeds, olives, and all kinds of goodies in them to make them a more well-rounded meal. Unfortunately, they liked too much dressing on their salads, ruining a healthy meal with lots of unnecessary fat.



Another option was a baked potato bar. She would make the potatoes, and they would load up on broccoli, cheese, bacon bits, butter, garlic, chives, and just about anything they wanted to go on top. She could get away with this now and then, but they got bored with them unless they were drenched in ranch dressing.

Janet sighed as she stared at the cabinets and fridge again, trying to figure out what today's meal would be. She walked off into the den and made up a dart game instead. Kids would throw rubber darts at a poster with options, and she would make whatever target they hit. Unhealthy options were much smaller targets. She would also start portioning out the sauces to limit their usage. She smiled to herself, wondering why she didn't come up with this earlier.

Now, finally, she wouldn't have to worry about making lunches!



تطلب من مكتبة النجاح  
T:07-2332322

**Match**

- 1 I'm going to the post office
- 2 We went up to the top of the skyscraper
- 3 He decided to go to the cinema
- 4 I went back to the car park
- 5 I went to the metro station
- 6 You go to school

- a to put my shopping in the car.
- b to learn.
- c to see a film with his friends.
- d to buy some stamps.
- e to have a good view of the whole city.
- f to meet my friend and go to the city centre

**Which places are being described?**

**Museum - cinema - hotel- car park**

- 1 I come here to relax. Sometimes I come alone and sometimes I come with friends. You can see all sorts of different films here.-----
- 2 I'm staying here for a few nights with my family because we're not at home now. We're on holiday.-----
- 3 This is where we leave the car when we go into the city centre.-----
- 4 I like these places. There are lots of things to look at. I come here to see interesting things and to learn about the past.-----

## Why Do I Have a Cold?

Story By: Andrew Frinkle

تطلب من مكتبة النجاح  
T:07-2332322

Yvonne did not feel well at all.

Her head ached so much her teeth hurt, too.

Her nose was full, but also dripping.

Her chest felt heavy and tired.

She coughed and green stuff came out.

She sneezed and her eyes watered.

Her throat was so sore it felt like raw meat.

She felt sweaty hot one minute and freezing cold the next.



"Why do I have a cold?" She whimpered. "Why am I so sick?"

Mom came and gave her medicine, and it did not taste good.

She did not feel better right away.

Although, later she did feel somewhat better.

Her headache started to go away.

Her chest and nose felt clearer.

Her throat pain eased so she could eat some hot soup.

She was still dead tired, though, so she slept.

When she woke up, she felt bad again.

All the symptoms had come back.

She took more medicine, ate more, and rested.

Yvonne did this for three days.

Then she really started to feel better.

"It sure is good to not have a cold." She said with a smile.

"Get ready for school!" Mom called into her room.

Yvonne's smile faded. "Uh-oh, makeup work."

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Read the following passage and then answer the questions:

**Headteacher:** I know some of you and your parents are worried about road safety near the school. It seems there are three main problems. The first problem concerns those of you who come to school by car. When your parents drop you off, they have to stop on Garden Road. This means there is congestion near the school gate. In other words, there are too many cars there. And there are traffic jams on the main road too. The same is true when your parents come to pick you up in the afternoon. Yes, Jasmine?

**Jasmine:** There are too many cars near the school. I'd like to cycle to school but it's dangerous.

**Headteacher:** Good point, thank you Jasmine. That's the second problem – cycling to school.

**Asma:** There's a cycle path on the main road but there are no cycle paths on Garden Road

**Marina:** And there are parked cars on Garden Road. That's dangerous for cyclists.

**Headteacher:** Thank you. And the third problem is that not many students come by bus.

**Maryam:** That's because there isn't a bus stop near the school. The nearest bus stop is outside the post office and that's a ten-minute walk away.

**Headteacher:** So, now we have to talk about solutions. What can be done? I've got a plan here of something we could look at

1 How many problems does the headteacher identify? What are they?

1-----2-----3-----

2 Why is there congestion near the school?-----

3 Where are the traffic jams?-----

4 Why is cycling on Garden Road dangerous?-----

5 Where is the nearest bus stop?-----

Read the following passage and then answer the questions:

The world Public Transport around the world

1 The buses in Curitiba, Brazil, carry two million passengers a day. The fare is the same wherever you're going. No-one in the city lives more than 400 metres from a bus stop. People don't need to use their cars in the city, so there's less pollution.

2-The first metro line in Dubai was launched in September 2009. This was called the Red line. It is fully automated with no need for a driver. More lines will open to link the rest of the city with the Expo 2020 site.

3 Japanese bullet trains travel at up to 320 kilometres an hour. The 520-kilometre journey between Tokyo and Osaka, takes just three and a half hours. Bullet trains are fast, reliable and punctual. Tourists can buy a special rail pass, which gives them unlimited travel.

4- Copenhagen was recently voted 'the world's best cycle city'. A third of the people who live there commute to work by bike. In fact, you see more bikes than cars in the city centre. There are 350 kilometres of cycle paths. If you don't own a bike, you can use a free city bike.

5-A good way to travel in Singapore is by river taxi. It's not expensive and you get a great view of the city from the river. The taxis are popular with commuters travelling to work and with tourists.

Read paragraphs 1-5 again and answer these questions.

1 Why is the bus fare system in Curitiba easy to understand?

-----

2 Why is the Curitiba bus system good for the environment?

-----

3 What's the Red Line?

-----

4 What is unusual about the Dubai metro?

-----

5 What can tourists buy to travel on the bullet train?

-----



Read the following passage and then answer the questions:

**LONDON, ENGLAND:**

The first underground transport system in the world opened in London in 1864. Today, over 150 cities around the world have metros. In many cities they are called subways. In London, people call it the Tube.

**MOSCOW, RUSSIA:**

Here you will find the most beautiful metro system. Stations like Komsomolskaya have fantastic decorations, art and statues. The stations have been called people's palaces. Taking the metro is like going to a wonderful museum – but without the price. It is also a very cheap system for people to use.

**TOKYO, JAPAN:**

Many of the busiest stations in the world are in Japan. Over 8 million people use the Tokyo metro each day. In the rush hour, attendants in white gloves push commuters into carriages to make sure trains are full and everyone can get home.

**NEW YORK, UNITED STATES:**

The New York City Subway has the most stations, with over 460. It has 24 lines, which is also more than any other system in the world, and it is open 24 hours a day.

**PARIS, FRANCE:**

Did you know the word metro comes from French? The French 'métropolitain' was opened in 1900. Today, about 4.5 million people use it each day. Perhaps that is not surprising. After all, France is the most visited country in the world.

**Questions**

- 1- Which metro system is the best in the world: Seoul or London?-----
- 2 Which was the first city to open an underground transport system: London or New York?  
-----
- 3 One metro system is full of art. Which is it: Moscow or Paris?-----
- 4 Which city has the most stations? Tokyo or New York?-----
- 5 Which city employs people to push passengers onto trains at busy times: Tokyo or Moscow?  
-----

Read the following passage and then answer the questions:

Do you find maps confusing? You're not alone. Here's our quick guide to how to use a map:

Firstly, you have to choose the right map. Drivers need road maps, tourists want maps that show the main attractions, and pilots need maps that show important landmarks like rivers, mountains, towns and cities. Secondly, you need to know that maps have scales, and the scales are different on different maps. If you don't know the scale, you might think two places are close on the map, but they might be far apart in reality. Next, another very important thing to understand is the contour lines. These contour lines tell you how flat or hilly a place is. If the lines are close together, it is hilly. Finally, the fourth key point: of course, it's also important to understand the signs and symbols – and here the legend or key is useful. These tell you what everything means. They include symbols like car parks, and colours to indicate rivers, seas, mountains and so on. So, now you know how to use a map to make sure you don't get lost when you are in a new place.

Decide if these statements are true (T) or false (F).

- 1 Pilots, drivers and tourists should use different maps.
- 2 The scale of a map helps you understand the distance between places.
- 3 Contour lines tell you if places are close together.
- 4 The legend or key of a map tells you what the signs and symbols mean.



Read the following passage and then answer the questions:

### A Tour to Musandam

This a full-day guided tour from Dubai to Musandam, on the Strait of Hormuz.

The Musandam peninsula is a narrow area of land that sticks out into the sea. There are many small communities living in the mountains on the peninsula. These communities are very old; some have been there for centuries. Many coastal villages can only be reached by boat. The population of approximately 29,000 is mainly in the capital Khasab, in the north, and the much smaller port town of Dibba on the east coast.

We will pick you up at your hotel early in the morning in our coach and take you on an exciting day trip to Musandam via Ras Al Khaimah on the Emirates highway.

You can photograph the golden sands of the desert and the beautiful Hajar mountains.

When you arrive on the east coast in Dibba, you will board our traditional dhow and sail along the coast. We will stop at one of the beautiful beaches to relax and explore.

After a delicious lunch back on board, there will be still time to have a swim in the warm waters.

You may also see dolphins during the cruise. We will drive you back to your hotel in time for your evening meal.

#### 1-Decide what these words and expressions from the text mean.

1 a peninsula	a a small island	b land that is nearly an island
2 pick you up	a collect you	b telephone you
3 highway	a mountain road	b a large fast road
4 to sail	a to travel in a ship	b to travel slowly
5 on board	a free	b on a ship or plane

#### 2 Read the text again and answer the questions.

- 1 How long does the tour last?-----
- 2 What's the best way to get to the villages on the coast?-----
- 3 Where do most people live?-----
- 4 Which place does the tour pass through after leaving Dubai?-----
- 5 Where do tourists get on the dhow?-----

Read the following passage and then answer the questions:

Emirates space mission hopes to launch new era in Middle East  
Oman Sharaf, the man leading the Emirates Mars Mission, admits to being nervous. He feels that the reputation of the nation depends on the mission and that if they can reach Mars it shows the nation can do anything. Sharaf has a lot on his plate.

The space mission will launch a space probe, which is the size of a small car, on a 60 million km journey to the red planet. It is expected to arrive seven months later. Sarah Amiri, the head of the science team, says the aim of the Mars mission is to understand how the planet's evolved – from a planet that once had flowing water to the dry world it is today. Sharaf says reaching Mars also has the broader goal of increasing the number of scientists in the UAE, developing a space sector and contributing to human knowledge. The Middle East was once the world's centre of learning and scientific discovery. Sharaf hopes the Emirates Mars Mission will lead to more scientific discoveries by the Middle East.

Read the text and answer the questions.

- 1 Who is Omran Sharaf?-----
- 2 Why does he feel nervous?-----
- 3 How long will the journey take?-----
- 4 How big is the probe that will go to Mars?-----
- 5 What do scientists hope to learn about Mars?-----

Match the words with their meanings.

- |                                |                     |
|--------------------------------|---------------------|
| 1 to look around               | a shop a skyscraper |
| 2 an area without direct sun   | b to launch         |
| 3 to send something into space | c shade             |
| 4 a very tall building         | d to browse         |



## The Lion and the Mouse

Name: \_\_\_\_\_

Aesop's Fables

Read the story. Use the information in the story to answer the questions below.

1. What caused the lion to wake up from his sleep?
  - A. He was hungry
  - B. He was angry
  - C. A mouse ran over his face
  - D. He wasn't tired anymore
2. Why did the lion laugh at the mouse?
  - A. The mouse was telling funny jokes
  - B. He didn't think the mouse could ever repay him
  - C. He wanted to let him go
  - D. He knew that the mouse would save his life
3. "The mouse, recognizing the lion's roar, came and **gnawed** the rope with his teeth, and set him free." What does the word **gnawed** mean in this sentence?
  - A. Chewed
  - B. Hungry
  - C. Quickly
  - D. Pinched
4. What lesson did the lion learn from the mouse?
  - A. Even a lion can help a mouse
  - B. It is possible for even a mouse to eat cheese
  - C. The lion could have eaten the mouse
  - D. It is possible for even a mouse to help out a lion
5. Based on the events that happened in the story, what would most likely happen next?
  - A. The lion would thank the mouse
  - B. The lion would eat the mouse
  - C. The mouse would eat the lion
  - D. The lion would be angry with the mouse

Read the following passage and then answer the questions:

A snowboarder is lucky to be alive after a dramatic mountain rescue.

Ben Akintola, 30, was snowboarding in the French Alps under a clear blue sky on the last Saturday of his holiday when there was an avalanche. Ben, who started snowboarding when he was in his teens, realised he was in danger when he heard the sound of thousands of tons of snow rushing down the mountain.

Avalanches can travel at speeds of 100 kilometres an hour, so Ben knew he couldn't outrun the wall of snow. He was desperately trying to get out of the path of the avalanche when it hit him with full force and knocked him unconscious. He woke much later in the middle of the night in pitch darkness. He was lying on a narrow, icy ledge. Although he was in pain, a quick check indicated that he had no broken bones.

Amazingly, he still had a mobile phone signal, so he called a friend a thousand kilometres away in Britain. His friend called the French rescue services. 'I was waiting for what seemed like hours on that narrow ledge. I was beginning to give up hope,' he said 'Then I heard the sound of a helicopter. It was circling around in the darkness and looking for me. I was waving my mobile around desperately.

Fortunately, the helicopter

pilot saw the light. I was so happy when the helicopter headed my way. It hovered above me and began to lower a rope.' Ben was in hospital last night, but he was not being treated for any serious injuries. The

French rescue services said: 'We were very pleased that we were able to rescue

Ben. The risk of avalanches is much higher at this time of year. Ben had a lucky escape.'

1 Who is the article about?-----

2 Where was he?-----

3 When did the story take place?-----

4 What happened?-----

5 How did he try to get help?-----



A paragraph about your family:

My name is..... I am 11 years old. I was named after my grandfather. He is my father's father. He is 65 years old. He is funny and I like his stories. My family and I lived in Dubai. We are Emirati and our ancestors are Emirati too.

My family is very big. I have identical twins. They are Ahmad and Salim. My father has 3 brothers and 2 sisters. My mother has 6 sisters and 3 brothers. My cousins are around 20 people. Alia is as the same age as me. We always play together.

The person in my family who I admire is my mother. She is caring and kind. She is a hard working person. She works as a teacher. She comes home and cook the meals for us. She washes the clothes and take care of us. She is a great mother.

A paragraph about your school:

Bin Ouf is the name of my school. It is in RAK. It is a big school with two floors. I go to school by bus. The school day starts at 8 and ends at 3. We have 8 lessons every day. My favourite subject is Art. I like drawing and painting. I like English too, it helps me in my daily life. One subject I don't like, it is Math. It is hard and boring. I don't get good marks on it. We don't have a lot of homework. My teachers are kind and helpful. I like all of them. I made loads of new friends this year. In break time we sit together, play and talk.

I do after school activities. I have joined the school orchestra. I play drums. I can play piano too.

### Air Transport:

Air Transport includes airplanes and helicopters which are very fast means of transport. Today, almost all nations of our earth are interconnected by air transport. However, air transport is more expensive as compared to other means of transport.

An Airplane carry both people and goods from one country to another; flying over deserts, forests, mountains, seas and oceans. The place from where aero planes take off or land is called an airport. Helicopters are most useful for rescue operations while disasters like flood, earth quack etc., as they can take us to places where aero planes cannot go.

Rocket used to go out of earth's atmosphere, in space. This is the fastest mean of transport. With rocket, the human beings are able reach moon now

### Water Transport:

Boats, ships, steamers and submarine are included in water transport. Boats and ships are used as carriage of people and goods. In early days people used rafts and simple boats as water transport. Boats are used for short distances while ships are used for covering longer distances. Cargo ships are used to transport tones of goods like oil tankers for carrying goods, internationally.

Submarine is used for naval forces of the nations. It is mainly used for naval operation in war or for rescue operation of sinking ships in the oceans. They mostly remain submerged in water, hence fit for deep seas and oceans only.

## MY FAVORITE ANIMAL DOG

Dog is a domestic animal. He is a loving friend of humans. He guards the house of human whole day. He gives respect to his master. He can smell his master from far off. He is a four-footed animal. Dogs are of many kinds: Bull dogs, Rey hounds, Blood hounds, lap dogs etc... It has sharp teeth. He has four legs, a fat and straight ears. He is very useful in catching thieves and criminals by its powerful sense of hearing and smelling. Each dog has a different nose print. People love him for its noble service.

Dogs eat rice, bread, fish, meat and other eatables. The dog is an omnivores animal. They are intelligent and faithful to their master. They can take good training. Intelligent dogs are trained and used by the police or army to smell the traces of criminals and also in investigation work, either indoor or outdoor.

In some of the families a dog is treated as a dear pet and regarded as one of the family members. The small size dogs are tamed and loved as darlings in the family. And the bigger dogs like are strong enough to fight the thieves and robbers. I love dogs very much.

### Junk food

Nowadays, Junk food is defined as any food packed with "full of calories", which contains a lot of fat, sugar, sodium, and other chemicals, which are very dangerous to our health. Junk food is actually an American way of life, which has already wide spread around the world. Junk food has become a trend to lots of countries, because of its chief attraction. It is very dangerous to our health because it contains a lot of fats and oil. There are lots of junk food outlets in many places. My favorite junk food is burger. I like it because it is delicious and spicy.

## My Favorite Food

Out of all the foods, pizza is definitely my favorite. It is an Italian dish. It is made with pizza dough, cheese and different toppings. You can eat pizza with cheese powder or hot sauce.

I eat pizza at least once a month. I usually have it delivered at home. Sometimes, I eat it at a pizzeria with my friends. My favorite type of pizza is cheese crust pizza. When I am hungry, I can eat up to four slices.

I always love to eat pizza!



### Answer the Questions

1. What is pizza made with?

Pizza is made with \_\_\_\_\_

2. How often does Tina eat pizza?

She eats pizza \_\_\_\_\_



## Diane's Story

من مكتبة النجاح  
T:07-233232

### My Favorite Star

My favorite star is Rain.

Rain is a singer and actor from South Korea. He is now famous all over the world. Rain is tall and handsome. He knows how to sing and dance very well. He is also known to be very hard-working.

Rain has many hit songs and hit albums. His most famous song is "Ways to Avoid the Sun." Rain is a fantastic actor, too. He is most famous for the Hollywood movie "Ninja Assassin."

I am a big fan of Rain!



### Answer the Questions

1. What is Rain's most famous song?

His \_\_\_\_\_ is \_\_\_\_\_

2. What movie is Rain most famous for?

He is \_\_\_\_\_

تطلب من مكتبة النجاح

## My favourite dish

نطلب من مكتبة النجاح  
ت: 07-2332322

My favourite food is fruit salad. It comes from Hong Kong. I like eating it because fruit is yummy and it has plenty of vitamins. Besides, it



is easy to make. I just need a bottle of mayonnaise and different kinds of fruit. So, I make and eat it for lunch and dinner four times a week. Mayonnaise is yummy and sour. Salad is made of vegetables. We need to eat more fruit and vegetables because it is healthy.