سما
SAMA

مُذَكِّرَة سَمَا

الفصل الثاني

اللّغة الإنجليزيّة

7B

ENGLISH

7

المرحلة المتوسطة

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حولي مجمع بيروت الدور الأول

Vocabulary – Part 1

English	Arabic
balance	توازن
concentration	تركيز
growth	نمو
nutrient	مادة غذائية
strength	قوة
stress	ضغط / توتر
tiredness	تعب
well-being	رفاهية / صحة جيدة
function	وظيفة

A) From a, b, c, and d, choose the most suitable words:

1. The clown walked carefully on the rope to keep his ……...

a. tiredness b. stress c. balance d. function

2. A bar of chocolate with full ……...help you study better.

a. concentration b. stress c. balance d. function

3. After two years at the gym, I have the full……...to lift heavy boxes.

a. balance b. strength c. nutrient d. stress

4. You need a break! Too much work can cause ……....

a. balance b. strength c. nutrient d. stress

English	Arabic
limit (v.)	يحد / يقيد
perform	ينجز / ينفذ
repair	يصلح
calm	هادئ
main	رئيسي / أساسي
proper	مناسب / ملائم
steady	ثابت / مستقر
correctly	بشكل صحيح
completely	تماما / كليا

B) Fill in the spaces with the most suitable words:

calm / correctly/ limit /repair / perform

1. It is important to …….. the amount of fast food we eat.

2. Sleep helps the body to…… itself and burn calories.

3. The dog is …….. most of the time unless hungry.

4. The students answered the questions……...

Grammar – Part 1

used to + ing

في حالة النفي	في حالة الاثبات
am not used to+ing	**am used to+ing**
is not used to+ing	**is used to+ing**
are not used to+ing	**are used to+ing**

A) From a, b, c, and d, choose the correct answer:

1. My father …… to waking up early every day for work.

a. used b. used to c. is used d. is used to

2. I…… driving in heavy traffic, so it doesn't bother me.

a. used b. used to c. am used d. am used to

3. Boys ……cooking for themselves when they are at home.

a. used b. used to c. are not used d. are not used to

4. I …… studying late at night unless I have exams.

a. used b. not used c. am used d. am not used to

Vocabulary – Part 2

English Word	Part of Speech	Arabic Meaning
courage	noun	شجاعة
decision	noun	قرار
emotion	noun	عاطفة / إحساس
failure	noun	فشل
leadership	noun	قيادة
movement	noun	حركة
teammate	noun	زميل في الفريق
victory	noun	انتصار / فوز

A) From a, b, c, or d, choose the correct word:

1. ……is often the first step toward success.

a. Movement b. Failure c. Emotion d. Decision

2. Ahmad's good…… gives trust and respect to all the team.

a. teammate b. victory c. leadership d. failure

3. The movie was sad and full of deep…… so that we all cried.

a. emotions b. teammates c. decisions d. movements

4. The Barcelona team celebrated their …… after the match.

a. teammate b. victory c. leadership d. failure

English Word	Part of Speech	Arabic Meaning
achieve	verb (v)	يحقق / ينجز
control	verb (v)	يسيطر / يتحكم
depend on	phrasal verb	يعتمد على
rise	verb (v)	يرتفع / ينهض
train	verb (v)	يدرب
dynamic	adjective (adj)	ديناميكي / متحرك
individual	adjective (adj)	فردي
unfair	adjective (adj)	غير عادل / جائر
mentally	adverb (adv)	ذهنيا / عقليا
physically	adverb (adv)	جسديا / بدنيا
strategically	adverb (adv)	استراتيجيا

B) Fill in the gaps with the correct words from the list below.

(/ depend on / dynamic /mentally/ achieve / unfair)

5. Sarah worked hard to …….. success and in her job.

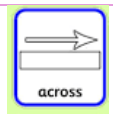
6. Children…….. their parents in almost everything.

7. The team needs a/an…….. leader who can think positively.

8. It is important to be…….. prepared for the exam.

Grammar – Part 2

Prepositions of Movement أحرف الجر التي تستخدم للحركة

across	عبر		Layla is walking across the bridge.
towards	نحو /باتجاه		Saleh kicked the ball towards the goal.
through	خلال		She is walking through the tunnel.
into	داخل		The swimmer jumped into the pool.
over	فوق		The ball went over the net.
around	حول		They are running around the cones.

From a, b, c, or d, choose the correct answer.

1. The horse ran ……the finish line with great power.

a. over b. around c. towards d. across

2. The plane flew …….. the city, so I enjoyed watching the scene.

a. over b. into c. towards d. across

3. You must swim…… the river to reach the other side.

a. over b. around c. towards d. across

4. My mother walked …… the room quietly.

a. over b. into c. towards d. across

Writing

Write on the following topic. (Expository)

Living a healthy life means following good habits and staying active.

Plan and **write** a report of **two paragraphs** not less than **(8 sentences)** discussing **the healthy habits we must follow** to improve our well-being and **how playing sport keeps our bodies strong and active**.

The following guide words may help you:

healthy habits / food / water / sleep / self-control /builds muscles / heart /energy

Introduction

.....

Paragraph (1): Healthy habits we should follow

Topic sentence:

.....

Supporting sentence:

.....

Concluding sentence:

.....

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

Topic sentence:

.....

Supporting sentence:

.....

Concluding sentence:

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Conclusion

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Write your report here:

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Key-Answers:

Unit 5 / Healthy Habits for Lifelong Wellness: عادات صحية لحياة أطول

Vocabulary – Part 1

A) 1. c / 2. a / 3. b / 4. d

B) 1. limit / 2. repair/ 3. calm / 4. correctly

Grammar – Part 1

A) 1. c / 2. d / 3. d / 4. d

Vocabulary – Part 2

A) 1. b / 2. c / 3. e / 4. b

B) 5. achieve / 6. depend on / 7. dynamic / 8. mentally

Grammar- Part 2

A) 1. c / 2. a / 3. d / 4. b

Writing

Write on the following topic. (Expository)

Living a healthy life means following good habits and staying active.

Plan and **write** a report of **two paragraphs** not less than **(8 sentences)** discussing **the healthy habits we must follow** to improve our well-being and **how playing sport keeps our bodies strong and active**.

The following guide words may help you:

healthy habits / food / water / sleep / self-control /builds muscles / heart /energy

Introduction

We can stay active by leading a healthy life.

Paragraph (1): Healthy habits we should follow

Topic sentence:

There are many habits we must follow.

Supporting sentences:

eat healthy food / drink water / good sleep

Concluding sentence:

These habits are important.

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

Topic sentence:

Playing sport keeps our body strong.

Supporting sentences:

self-control /builds muscles / heart rate / energy

Concluding sentence:

By playing sport, we can stay active.

Conclusion

We must have healthy habits and play sport.

Write your report here:

We can stay active by leading a healthy life. There are many habits we must follow. For example, we must eat healthy food. We must also drink a lot of water. We must have good sleep at night. These habits are important.

Playing sport keeps our body strong. For example, sport teaches us self-control. It builds our muscles. It improves our heart rate. Also, it gives us energy. By playing sport, we can stay active. We must have healthy habits and play sport.