



مَذْكُرَة سَمَا

الفصل الثاني

اللغة الإنجليزية

6B U: 7

ENGLISH

6

المرحلة المتوسطة



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i teacher
المعلم الذكي



Unit 7 / Healthy Lifestyle: أسلوب الحياة الصحي

Vocabulary – Part 1

Word	Part of Speech	Arabic Meaning
energy	Noun	طاقة
habit	Noun	عادة
importance	Noun	أهمية
mind	Noun	عقل
mood	Noun	مزاج
teachings	Noun	تعاليم
worship	Noun	عبادة
consider	Verb	يعتبر

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

- The sun is the main source ofwe have on Earth.
a. worship b. mood c. energy d. habit
- Drinking water all over the day is a good to stay healthy.
a. worship b. mood c. energy d. habit
- The mosque is the place where Muslims gather for together.
a. worship b. mood c. energy d. habit
- It is one of the of Islam to respect older people.
a. teachings b. moods c. energies d. minds



Word	Part of Speech	Arabic Meaning
impact	Verb	يؤثر على
prepare	Verb	يجهز / يحضر
recite	Verb	يتلو / يقرأ
grateful	Adjective	ممتن / شاكر
inner	Adjective	داخلي
personal	Adjective	شخصي
slowly	Adverb	ببطء
thoroughly	Adverb	بدقة

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

personal / thoroughly / grateful / impact / slowly

5. Fast food meals can negatively.....our health.
6. It is not good to share some..... details on Instagram.
7. We should wash our hands..... before and after meals.
8. We should be for all the blessings Allah has given us.



Grammar – Part 1

Adjectives (Comparatives + Superlatives)

Adjective	المعنى	Comparative	المعنى	Superlative	المعنى
small	صغير	smaller	أصغر	smallest	الأصغر
big	كبير	bigger	أكبر	biggest	الأكبر
tall	طويل	taller	أطول	tallest	الأطول
short	قصير	shorter	أقصر	shortest	الأقصر
fast	سريع	faster	أسرع	fastest	الأسرع
slow	بطيء	slower	أبطئ	slowest	الأبطأ
young	صغير السن	younger	أصغر	youngest	الأصغر
old	كبير السن	older	أكبر	oldest	الأكبر
long	طويل	longer	أطول	longest	الأطول
high	عالي	higher	أعلى	highest	الأعلى
strong	قوي	stronger	أقوى	strongest	الأقوى
clean	نظيف	cleaner	أنظف	cleanest	الأنظف
happy	سعيد	happier	أسعد	happiest	الأسعد
easy	سهل	easier	أسهل	easiest	الأسهل

مع ضرورة الأخذ بعين الاعتبار قواعد الاملاء



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

1. A cheetah is than a horse.
a. fast b. faster c. fastest d. the fastest
2. Fahad's hair is than his brother's.
a. longer b. long c. longest d. the longest
3. Mount Everest is mountain in the world.
a. highest b. higher c. the highest d. higher than
4. English language is and more popular than French.
a. easy b. easier than c. the easiest d. easier

B) Do as shown between brackets:

5. This is the (**tasty**) chocolate cake I have ever eaten. (Correct the adjective)
.....
6. Hamad is (**young**) than his brother Yaseen. (Correct the adjective)
.....
7. Burj Khalifa is the (**high**) tower in the world. (Correct the adjective)
.....
8. Cairo is the (**big**) city in Egypt and the middle east. (Correct the adjective)
.....



Vocabulary – Part 2

Word	Part of Speech	Arabic Meaning
equipment	noun	معدات
fuel	noun	وقود
germ	noun	جرثومة
hygiene	noun	نظافة / صحة عامة
layer	noun	طبقة
lifestyle	noun	أسلوب حياة
weight	noun	وزن
cause	verb	يسبب

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

- Staying healthy does not require expensive.....
a. weight b. fuel c. equipment d. layer
- Electric cars are not like other cars; they do not need to run.
a. fuel b. lifestyle c. germ d. layer
- A healthy should include sport and eating healthy food.
a. fuel b. lifestyle c. germ d. layer
- Too much sugary and fried foods can many health problems.
a. recite b. prepare c. cause d. consider



Word	Part of Speech	Arabic Meaning
hurt	verb	يؤذي
increase	verb	يزيد / يزداد
spread	verb	ينتشر
sticky	adjective	لزج
sugary	adjective	سكري / مليء بالسكر
over time	adverb	مع مرور الوقت

B) Fill in the blanks with suitable words from the list below:

increase / sticky / over time/ hurt

5. It is not allowed in Islam to..... animals or plants.
6. Eating too much sugar or fries can..... your weight.
7. The honey made the fingers of the childlike a lollipop.
8. Bad habits can lead to a big change in your health



Grammar- Part 2

too / enough

too + adjective	adjective + enough
تستخدم مع المعنى السلبي	تستخدم مع المعنى الإيجابي
This drink is too hot to drink	Ali is strong enough to carry this box

Do as shown between brackets:

1. It is cold. We cannot go swimming. (Join with too)

.....

2. The room is big. We can move the bedroom in. (Join with “enough”)

.....

3. This shirt is tight. It cannot fit me. (Join with too)

.....

4. Ahmad is fast. He can take part in the race. (Join with “enough”)

.....



Writing-Part 1

Write on the following topic: (Expository)

Healthy habits help us in many ways. They keep our bodies strong and our minds focused.

Plan and write a paragraph of not less than (6 sentences) explaining **your daily healthy habits** and **why they are important for staying healthy**.

The following guide words may help you:

healthy habits / sport / healthy / food / sleep early / energy

Topic sentence:

.....

Supporting details:

.....

.....

.....

Concluding sentence:.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Key Answers

Unit 7

Vocabulary – Part 1

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

B) 5. impact / 6. personal / 7. thoroughly / 8. grateful

Grammar- Part 1

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

B) 5. tastiest / 6. younger / 7. highest / 8. biggest

Vocabulary – Part 2

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

B) 5. hurt / 6. increase / 7. sticky / 8. over time

Grammar- Part 2

1. It is too cold to go swimming.
2. The room is big enough to move the bedroom in.
3. This shirt is too tight to fit me.
4. Ahmad is fast enough to take part in the race.



Writing-Part 1

Write on the following topic: (Expository)

Healthy habits help us in many ways. They keep our bodies strong and our minds focused.

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The following guide words may help you:

healthy habits / sport / healthy / food / sleep early / energy

Topic sentence:

We should have some healthy habits.

Supporting details:

play sport / eat healthy food / go to bed early / gives us energy

Concluding sentence:

Healthy habits keep our bodies strong and our minds focused.

We should have some healthy habits. For example, I play sport daily. I eat healthy food like fruit and vegetables. I also go to bed early. These habits give me energy. Healthy habits keep our bodies strong and our minds focused.



