

اختبار مراجعة حجم الأشكال المركبة (الجزء الثاني) إلكترونياً



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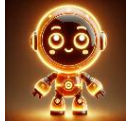
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المزيد من مادة
لغة انجليزية:

التواصل الاجتماعي بحسب الصف الثاني عشر العام



صفحة المناهج
الإماراتية على
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف الثاني عشر العام والمادة لغة انجليزية في الفصل الثالث

ورقة عمل Theatre اختيار من متعدد يتبعه الحل

1

BTS 12 General CB U2 Lessons 5-6

2

BTS 12 General CB U2 Lessons 3-4

3

BTS 12 General CB U2 Lessons 1-2

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اختبار simple journal Reading

5

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by

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English Language Specialist • Secondary Stage

Healthy Mind, Healthy Body

Chapter 5 • Second Year Secondary

عقل سليم في جسم سليم
ملخص شامل: مفردات قواعد قطع قراءة تدريبات

INSIDE / ■■■■■ ■■■■■

• Vocabulary • Reading Passages • Grammar Rules • Exercises • Answer Key

HAFEZ ISMAIL • ENGLISH FOR SECONDARY • CHAPTER 5

حافظ إسماعيل اللغة الإنجليزية للمرحلة الثانوية

CHAPTER OVERVIEW

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*This chapter is a complete revision pack: rich vocabulary, two reading passages, three grammar units and a full answer key — designed to help you master **Healthy Mind, Healthy Body** with confidence.*

غنية، وقطعتان للقراءة، وثلاث وحدات نحوية، ونموذج إجابة كامل مصمم ليساعدك على إتقان وحدة عقل سليم في جسم سليم بثقة. هذا الفصل ملخص شامل: مفردات

VOCABULARY & MEANINGS

Reading 1 — Fun? It'll Cost Ya

القراءة الأولى المتعة لها ثمن

Word & Example

therapeutic (adj.)

Petting dogs has a therapeutic effect on stressed students.

علاجي مريح للأعصاب

relieve (stress) (v.)

Exercise helps relieve stress after a long day.

يخفف يزيل التوتر

sleep-deprived (adj.)

Sleep-deprived students perform poorly in exams.

محروم من النوم

counseling (n.)

The university offers counseling services for free.

إرشاد تقديم النصح

sacrifice (v.)

Don't sacrifice your health for a few extra hours of work.

يضحى بـ

undervalued (adj.)

Good sleep is an undervalued part of a healthy life.

غير مقدر حق قدره

commodity (n.)

Time is the most precious commodity we have.

سلعة شيء ذو قيمة

self-prescribed (adj.)

Rest and water are the best self-prescribed remedies.

موصوف ذاتيا بدون طبيب

incorporate (v.)

Try to incorporate fruits into your daily diet.

يدمج يضمن

significantly (adv.)

Sleeping early significantly improves your mood.

بشكل ملحوظ

ambition (n.)

Her ambition is to become a doctor.

طموح

downfall (n.)

Greed was his ultimate downfall.

سقوط انهيار سبب الفشل

trade-off (n.)

Eating junk food is a trade-off between taste and health.

مقايضة تنازل مقابل ميزة

Faustian bargain (n.)

Sacrificing sleep for fun is a Faustian bargain.

صفقة فاوست مكسب قصير بئمن باهظ

six figures (n.)

Many work too hard to earn six figures.

فوق 100,000 راتب من ست خانات
أرقام**get ahead** (phr.v.)

She works extra hours to get ahead at her job.

يتقدم ينجح في الحياة

dairy (n.)

A diet low in dairy can improve digestion.

منتجات الألبان

"A healthy outside starts from the inside."

Word & Example

**anxious** (adj.)*He felt anxious before the final exam.*

قلق

Compound Words

الكلمات المركبة

sleep-deprived (adj.)*from: sleep + deprived*

محروم من النوم

life-long (adj.)*from: life + long*

يدوم العمر كله مدى الحياة

trade-off (n.)*from: trade + off*

تنازل مقابل ميزة

undervalued (adj.)*from: under + valued*

غير مقدر

self-prescribed (adj.)*from: self + prescribed*

موصوف ذاتيا

long-term (adj.)*from: long + term*

طويل الأمد

junk food (n.)*from: junk + food*

طعام غير صحي

video games (n.)*from: video + games*

ألعاب فيديو

READING 1 — WORD STUDY

Word Derivatives & Synonyms

الاشتقاقات والمرادفات والأضداد

Verb	Noun	Adjective	Adverb
relieve	relief	relieved / relieving	—
sacrifice	sacrifice	sacrificial	sacrificially
incorporate	incorporation	incorporated	—
signify	significance	significant	significantly
—	ambition	ambitious	ambitiously
—	anxiety	anxious	anxiously
—	health	healthy / unhealthy	healthily
—	stress	stressful / stressed	—
counsel	counselor / counseling	—	—

Synonyms & Antonyms

مرادفات وأضداد

Word	Synonym	Antonym
relieve	ease / lessen	increase / worsen
sacrifice	give up / forfeit	keep / preserve
ambition	aspiration / goal	apathy / indifference
anxious	worried / nervous	calm / relaxed
significantly	considerably	slightly
downfall	ruin / collapse	rise / success
healthy	fit / well	ill / sick
undervalued	underrated	overrated

“He who has health has hope; and he who has hope has everything.”

READING 1

Reading Passage — Fun? It'll Cost Ya

قطعة القراءة المتعة لها ثمن

(1) Modern life is exciting, but it comes at a high price. Many young people today are sleep-deprived, anxious, and constantly chasing success. They spend long hours studying, working, or staring at screens, and they rarely stop to ask whether the price they pay is really worth it.

(2) Stress, in particular, has become a serious problem. Universities now offer counseling services, therapy dogs, and even massage chairs to help students relieve stress during exams. While these therapeutic activities are helpful, they treat only the symptoms, not the cause. The real question is: why do we allow ourselves to become so stressed in the first place?

(3) On a small Greek island called Ikaria, people live very differently. They eat fresh vegetables, drink herbal tea, take afternoon naps, and spend long evenings with friends and family. As a result, many Ikarians live well into their nineties without serious illness. Their lifestyle proves that good health is not a commodity that can be bought; it is a daily choice.

(4) In contrast, many of us make choices that sacrifice our health for short-term enjoyment. We eat junk food, stay up late playing video games, and ignore our bodies' warnings. We tell ourselves that we will rest later, but later never comes. This is a kind of Faustian bargain: we trade years of healthy life for moments of pleasure.

(5) Recent studies significantly support a simple truth: a balanced diet, less dairy, regular sleep, and lower stress can incorporate huge improvements into our long-term health. Our ambition drives us forward, but if we are not careful, it may also become our downfall.

READING 1 — COMPREHENSION

A. Questions on the Passage

أسئلة على القطعة

First — Choose the correct answer:

أولاً: اختر الإجابة الصحيحة

1. The main idea of the passage is that

a) modern life is more exciting than the past	b) we sacrifice our health for short-term pleasure
c) Greek islands are the best places to live	d) junk food is the only cause of illness
2. The Ikarians enjoy a long, healthy life mainly because they

a) are richer than other people	b) live near the sea
c) follow a balanced and relaxed lifestyle	d) have better hospitals
3. The word "relieve" in the passage is closest in meaning to

a) increase	b) ease
c) ignore	d) create
4. The word "sacrifice" in the passage means

a) enjoy	b) buy
c) give up	d) protect
5. A "Faustian bargain" in the passage refers to

a) a fair trade between two friends	b) a deal where you gain a lot for nothing
c) a deal where short-term gain costs long-term loss	d) a contract signed with a doctor
6. All of the following are mentioned as causes of poor health EXCEPT

a) staying up late	b) eating junk food
c) regular exercise	d) long stress
7. The pronoun "they" in paragraph 2 refers to

a) students	b) doctors
c) therapeutic activities	d) exams
8. The writer's tone in the passage is mainly

a) humorous	b) angry
c) warning and reflective	d) neutral and scientific

•
"Early to bed and early to rise makes a man healthy, wealthy, and wise."

Second — Answer the following questions:

ثانيا: أجب عن الأسئلة الآتية

9. Why do universities offer therapy dogs and massage chairs to students?

10. How does the lifestyle of Ikarians differ from that of modern urban people?

11. What does the writer mean by saying that "good health is not a commodity"?

12. In your opinion, what is the best advice to give a sleep-deprived student? Why?

•
"Your mind will answer most questions if you learn to relax."

READING 1 — PRACTICE

B. Vocabulary Exercises

تدريبات على المفردات

1) Choose the correct answer:

1. Yoga has a effect that helps people calm down.

a) deadly	b) therapeutic
c) anxious	d) sleep-deprived
2. She works extra hours to at her career.

a) get back	b) get ahead
c) get over	d) get away
3. Time is the most precious we have.

a) downfall	b) trade-off
c) commodity	d) ambition
4. Don't your health for a small reward.

a) sacrifice	b) incorporate
c) relieve	d) signify
5. He felt before the final exam.

a) ambitious	b) anxious
c) healthy	d) therapeutic
6. Sleep is an part of a healthy life.

a) overvalued	b) undervalued
c) ambitious	d) significant
7. The writer's success was followed by his

a) ambition	b) downfall
c) trade-off	d) counseling
8. Eating junk food is a between taste and health.

a) trade-off	b) commodity
c) bargain	d) ambition
9. Many people work hard to earn figures.

a) five	b) six
c) eight	d) ten
10. The university offers free services.

a) significantly	b) counseling
c) ambition	d) downfall

2) Complete with words from the box:

أكمل بكلمات من الإطار

ambition • relieve • undervalued • significantly • counseling • dairy

1. Her is to study medicine abroad.
2. Hot tea can a sore throat.
3. Sleep is often an habit in busy lives.
4. Exercise improves your mood.
5. Many universities provide free services.
6. A diet low in can improve digestion.

3) Give the synonym & antonym:

هات المرادف والضد

1. anxious Synonym: _____ Antonym: _____
2. relieve Synonym: _____ Antonym: _____
3. ambition Synonym: _____ Antonym: _____
4. downfall Synonym: _____ Antonym: _____
5. significantly Synonym: _____ Antonym: _____
6. undervalued Synonym: _____ Antonym: _____

4) Give the correct derivative:

هات المشتق الصحيح

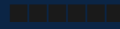
1. Her (ambitious) is to become a famous writer.
2. Hot tea brings great (relieve) to a sore throat.
3. He spoke (significant) about climate change.
4. The (sacrifice) animal in old stories was a goat.
5. The (incorporate) of healthy habits takes time.
6. He felt (anxiety) before the interview.

VOCABULARY & MEANINGS

Reading 2 — Cooking with Care

القراءة الثانية الطبخ بحذر

Word & Example

**emissions** (n.)

Cars and factories produce harmful emissions.

انبعاثات

pollutant (n.)

Carbon monoxide is a dangerous pollutant.

ملوث

originate (v.)

Many traditional dishes originate in small villages.

ينشأ يبدأ من

awareness (n.)

We must raise people's awareness about pollution.

وعي إدراك

honorable (adj.)

Helping the poor is an honorable act.

شريف نبيل

environmentally friendly (adj.)

Solar cookers are environmentally friendly.

صديق للبيئة

supply (v.)

Charities supply families with cleaner stoves.

يزود يمد

deadly (adj.)

The smoke from open fires can be deadly.

مميت قاتل

intention (n.)

His intention was good but the result wasn't.

نية

dung (n.)

Some villagers burn dried dung as fuel.

روث الحيوانات

chimney (n.)

A chimney lets smoke escape safely.

مدخنة

carbon footprint (n.)

Eating less meat reduces your carbon footprint.

البصمة الكربونية

indoor (adj.)

Indoor air pollution is a hidden danger.

داخلي داخل المنزل

benefit (v./n.)

Cleaner stoves benefit both family and planet.

يفيد فائدة

data (n.)

Researchers collected data from 200 households.

بيانات

fuel (n.)

Wood and dung are common cooking fuels.

وقود

elementary (adj.)

Elementary changes can save many lives.

أساسي ابتدائي

"The body achieves what the mind believes."

READING 2

Reading Passage — Cooking with Care

قطعة القراءة الطبخ بحذر

(1) Around the world, nearly three billion people still cook on open fires using wood, charcoal, or dried dung. Although the food may smell delicious, the smoke that fills these small kitchens is a deadly indoor pollutant. It causes serious lung and heart problems, especially for women and young children who spend many hours close to the fire.

(2) Many international organizations have honorable intentions: they supply poor families with modern, environmentally friendly stoves that produce fewer harmful emissions. These stoves also lower each family's carbon footprint and reduce the demand for firewood. In theory, the new stoves are an elementary solution that benefits both health and the planet.

(3) However, data from several studies show that the change is not always easy. Some families keep using their old stoves because the new ones don't cook traditional dishes well, or because they have not learned how to use them correctly. As a result, the new stoves stay unused, and the smoke continues to harm their lungs.

(4) Raising awareness is therefore as important as supplying equipment. Families need training, simple instructions, and stoves that fit their cooking habits. Only then can good intentions originate real, long-term change. Solving indoor air pollution is not only about technology — it is about understanding people.

READING 2 — COMPREHENSION

A. Questions on the Passage

أسئلة على القطعة

First — Choose the correct answer:

1. The main idea of the passage is that

- a) traditional cooking is the best
- b) good intentions alone are not enough
- c) all stoves cause cancer
- d) villagers refuse all help

2. Open-fire cooking is dangerous mainly because

- a) it is too slow
- b) the food tastes bad
- c) the smoke harms the lungs and heart
- d) it is expensive

3. The word "deadly" is closest in meaning to

- a) tasty
- b) fatal
- c) gentle
- d) cheap

4. Modern stoves help reduce

- a) traditional food
- b) family size
- c) harmful emissions
- d) school hours

5. Why do some families keep using their old stoves?

- a) The new stoves are too expensive.
- b) The new stoves do not cook traditional food well.
- c) The new stoves are too small.
- d) They have not heard of the new stoves.

6. All of the following are mentioned as cooking fuels EXCEPT

- a) wood
- b) charcoal
- c) dung
- d) gasoline

7. The writer's main message is that

- a) traditional food should be banned
- b) good intentions alone are not enough to solve the problem
- c) developing countries refuse all kinds of help
- d) modern stoves are completely useless

8. The word "their" in paragraph 3 refers to

- a) families
- b) stoves
- c) international organizations
- d) lungs

Second — Answer the following questions:

ثانيا: أجب عن الأسئلة الآتية

9. What are the main health problems caused by indoor air pollution?

10. Why did organizations decide to supply new stoves to poor families?

11. Why is good intention not always enough to solve such problems?

12. Suggest two practical ways to reduce indoor air pollution in poor villages.

“Small daily improvements lead to stunning results.”

READING 2 — PRACTICE

B. Vocabulary Exercises

تدريبات على المفردات

1) Choose the correct answer:

1. Cars and factories produce harmful that pollute the air.

a) benefits	b) intentions
c) emissions	d) stoves
2. Many delicious dishes in small village kitchens.

a) originate	b) supply
c) sacrifice	d) intend
3. We must raise people's about indoor air pollution.

a) awareness	b) ambition
c) downfall	d) trade-off
4. Helping the poor is an act.

a) elementary	b) honorable
c) deadly	d) anxious
5. Solar cookers are and reduce pollution.

a) sleep-deprived	b) environmentally friendly
c) self-prescribed	d) honorable
6. Charities families with cleaner stoves.

a) sacrifice	b) supply
c) originate	d) incorporate
7. The smoke from open fires can be to children.

a) delicious	b) deadly
c) honorable	d) elementary
8. His was good but the result was disappointing.

a) pollutant	b) emission
c) intention	d) fuel
9. Wood and are common cooking fuels in villages.

a) dung	b) data
c) dairy	d) downfall
10. A in the kitchen lets smoke escape safely.

a) chimney	b) stove
c) fuel	d) pollutant

2) Complete with words from the box:

indoor • carbon footprint • fuel • benefit • data • pollutants

1. Eating less meat helps reduce your
2. air pollution is more dangerous than people think.
3. Burning charcoal releases many into the air.
4. Researchers collected from over 200 households.
5. Cleaner stoves both the family and the planet.
6. What kind of do you use for cooking at home?

3) Give the synonym (■■■■■):

1. originate Synonym: _____
2. elementary Synonym: _____
3. honorable Synonym: _____
4. intention Synonym: _____
5. supply Synonym: _____
6. deadly Synonym: _____
7. awareness Synonym: _____
8. benefit Synonym: _____

GRAMMAR

Grammar 1 — Cause & Effect Connectors

القواعد ١ روابط السبب والنتيجة

Why these rules? In this unit we talk about causes of stress and illness and their results. Mastering Cause & Effect connectors helps you write coherent sentences in Opinion Essays.

نتحدث عن أسباب التوتر والمرض ونتائجهما. لذلك من المهم إتقان روابط السبب والنتيجة لكتابة جمل متماسكة في فقرات .

في هذه الوحدة

1) Connectors that express CAUSE

أدوات تعبر عن السبب

Connector	Followed by	Example
because	+ Subject + Verb	He failed because he didn't sleep.
since / as	+ Subject + Verb	Since stress is harmful, we must reduce it.
because of / due to	+ noun / V-ing	He is tired because of working late.
owing to	+ noun / V-ing	Owing to junk food, obesity is rising.
thanks to (positive)	+ noun	Thanks to exercise, she stays healthy.
the reason for	+ noun	The reason for his stress is his job.
the reason why	+ Subject + Verb	The reason why he's ill is poor sleep.

2) Connectors that express EFFECT / RESULT

أدوات تعبر عن النتيجة

Connector	Position	Example
so	between two clauses	He was tired, so he went to bed early.
therefore / thus	start of sentence + ,	He didn't study; therefore, he failed.
as a result	start of sentence + ,	Stress increased; as a result, she got sick.
consequently	start of sentence + ,	He ate junk food; consequently, he gained weight.
that's why	between two clauses	He skips breakfast; that's why he feels weak.
lead to / cause	+ noun / V-ing	Lack of sleep can lead to serious illness.
result in	+ noun / V-ing	Smoking results in lung problems.

"Cause and effect rule the world; understand them and you rule yourself."

Golden Rule

- **because** + full clause • **because of** + noun / V-ing
- **so** + clause • **therefore**, + new sentence (with comma)

قاعدة ذهبية

جملة كاملة، أما

اسم

وبعدها فاصلة جملة، أما

فتأتي في بداية جملة جديدة

CAUSE & EFFECT

Grammar 1 — Exercises

تدريبات على القواعد ١

1) Choose the correct answer:

1. He went to bed early he was very tired.

a) because	b) because of
c) so	d) therefore
2. She got sick eating junk food every day.

a) because	b) due to
c) so	d) consequently
3. He didn't study;, he failed the test.

a) because	b) since
c) therefore	d) due to
4. Lack of sleep can serious illness.

a) result	b) lead to
c) cause of	d) thanks to
5. his hard work, he became a successful doctor.

a) Because	b) Owing
c) Thanks to	d) So
6. Stress increased;, she went to a counselor.

a) because	b) as a result
c) due to	d) thanks to
7. The reason his anxiety is too much screen time.

a) why	b) because
c) for	d) of
8. She ate too much sugar;, she gained weight.

a) because	b) consequently
c) due to	d) since
9. Smoking results lung problems.

a) in	b) from
c) of	d) on
10. he was sleep-deprived, his marks dropped.

a) Due to	b) Because of
c) Since	d) Thanks to

2) Complete with a suitable connector:

1. He couldn't sleep he drank too much coffee at night.
2. regular exercise, she lost ten kilograms.
3. He worked too hard;, he had a heart attack.
4. Her success was her ambition and discipline.
5. Junk food can many serious diseases.
6. he was anxious, his hands were shaking.
7. She didn't eat breakfast, she felt weak.
8. stress, many young people develop sleep problems.

3) Find and correct the mistake:

1. He failed because of he didn't study.

2. Because his hard work, he succeeded.

3. She was tired, therefore she slept early.

4. Owing to he ate junk food, he gained weight.

5. Lack of sleep can lead serious illness.

6. He smokes a lot; consequently of, he coughs all day.

4) Rewrite using the word in brackets:

1. He didn't sleep well, so he failed the exam. (because of)

2. She is healthy because she eats vegetables. (thanks to)

3. Stress is harmful; therefore, we must avoid it. (so)

4. He gained weight because he ate junk food. (lead to)

5. She felt anxious because of the exam. (because)

6. Owing to her ambition, she became a doctor. (because)

GRAMMAR

Grammar 2 — Comparison & Contrast

القواعد ٢ المقارنة والتباين

Why these rules? Use a Venn Diagram to compare two ideas (e.g. life in Ikaria vs modern cities). The Writing Task in this unit asks you to compare and contrast — so master these connectors.

استخدم لمقارنة فكرتين مثل الحياة في إيكاريا مقابل حياة المدن الحديثة. لذلك يجب إتقان أدوات المقارنة والتباين.

1) Similarity (Comparison)

أدوات المقارنة التشابه

Connector	Use	Example
similarly / likewise	start of sentence + ,	Ikarians eat fresh food. Similarly, the Japanese eat little processed food.
both ... and	+ noun / verb	Both Ikarians and Japanese live long lives.
like / just like	+ noun	Like Ikarians, the Japanese value rest.
the same as	+ noun	His diet is the same as mine.
as ... as	+ adjective	Sleep is as important as exercise.

2) Contrast

أدوات التباين

Connector	Use	Example
but / yet	between two clauses	He works hard but earns little.
however	start of sentence + ,	Stress is harmful; however, it can motivate.
on the other hand	start of sentence + ,	City life is exciting. On the other hand, it's stressful.
in contrast	start of sentence + ,	Ikarians relax. In contrast, urban people rush.
while / whereas	+ clause	While Ikarians walk daily, urbanites drive everywhere.
although / though	+ clause	Although he eats junk food, he is thin.
despite / in spite of	+ noun / V-ing	Despite being tired, she kept working.
unlike	+ noun	Unlike his brother, he prefers quiet places.

Important Difference

- **although** + full clause
 - **despite / in spite of** + noun / V-ing
- ✗ Although his hard work... ✓ Despite his hard work...
- ✗ Despite he worked hard... ✓ Although he worked hard...

الفرق المهم

جملة كاملة

اسم أو

COMPARISON & CONTRAST

Grammar 2 — Exercises

تدريبات على القواعد ٢

1) Choose the correct answer:

1. he was tired, he kept working.

a) Despite	b) Although
c) In spite of	d) Because
2. his hard work, he didn't get the job.

a) Although	b) Despite
c) Because	d) So
3. Ikarians live long lives., the Japanese do too.

a) However	b) In contrast
c) Similarly	d) Although
4. Ikarians, urban people rarely take naps.

a) Like	b) Unlike
c) Both	d) Whereas
5. She is healthy she eats junk food.

a) because	b) although
c) due to	d) so
6. he is tall, his brother is short.

a) Although	b) While
c) Despite	d) Because of
7. Sleep is important exercise.

a) so / as	b) as / as
c) more / than	d) such / as
8. Ikarians and Japanese eat fresh food.

a) Either	b) Both
c) Neither	d) Like
9. He is tired., he refuses to rest.

a) Therefore	b) Because
c) Nevertheless	d) Due to
10. She loves coffee, her sister hates it.

a) whereas	b) because
c) due to	d) so

"To compare is to understand; to contrast is to choose."

2) Complete with a suitable connector:

1. being very tired, she finished her homework.
2. he studied hard, he failed the exam.
3. He likes football., his brother prefers tennis.
4. his sister, he is very quiet.
5. Ikarians and Japanese enjoy long lives.
6. Stress is harmful;, some pressure can motivate us.
7. City life is exciting; on the, it can be stressful.
8. Reading is useful writing.

3) Find and correct the mistake:

1. Although his hard work, he didn't succeed.

2. Despite he was tired, he kept working.

3. He is intelligent, however lazy.

4. Both Ikarians or Japanese live long lives.

5. Like to his brother, he loves sports.

6. Sleep is so important as exercise.

4) Rewrite using the word in brackets:

1. Although he was tired, he finished the work. (despite)

2. Despite his illness, he came to school. (although)

3. He likes coffee, but his sister hates it. (whereas)

4. Ikarians eat fresh food. The Japanese eat fresh food too. (both)

5. City life is exciting. It is also stressful. (on the other hand)

6. She studies hard, but she gets average marks. (although)

GRAMMAR

Grammar 3 — Opinion-Giving Language

القواعد ٣ لغة إبداء الرأي

Why these rules? The Writing Task in this unit asks you to write an Opinion Essay about healthy habits and happiness. You must distinguish between facts and opinions and use suitable phrases to give and support your view.

يجب التمييز بين الحقائق والآراء، واستخدام عبارات مناسبة لإبداء الرأي وتأييده يطلب كتابة

عن العادات الصحية والسعادة.

1) Phrases to give your opinion

English Phrase	
In my opinion, ...	في رأيي من وجهة نظري
I (strongly) believe that ...	أعتقد بشدة أن
From my point of view, ...	من وجهة نظري
It seems to me that ...	يبدو لي أن
As far as I am concerned, ...	فيما يخصني من ناحيتي
I am convinced that ...	أنا مقتنع بأن
Personally, I think ...	شخصياً، أعتقد
There is no doubt that ...	ليس هناك شك في أن

2) Agreeing & Disagreeing

Agreeing		Disagreeing	
I (completely) agree with ...	أوافق تماماً	I'm afraid I disagree.	أخشى أنني لا أوافق
That's a good point.	هذه نقطة جيدة	I don't think that's true.	لا أعتقد أن ذلك صحيح
I see your point, but ...	أفهم وجهة نظرك، لكن	On the contrary, ...	على العكس من ذلك

3) Fact vs Opinion

	Fact (■■■■■)	Opinion (■■■)
Definition	Information that can be proven with evidence.	A personal belief that varies from person to person.
Signal Words	is, proved, studies show, according to, data show	think, I believe, it seems, probably, should, in my opinion
Example	Stress raises blood pressure.	Stress is the worst problem of modern life.

"Speak your mind, even if your voice shakes."

Golden Tip — Opinion Essay Structure

Introduction: state your opinion clearly.

Body (2–3 paragraphs): each paragraph = a reason supporting your opinion + an example.

Conclusion: restate your opinion in different words.

Use: Firstly, Secondly, Moreover, Furthermore, In addition, Finally, To sum up, In conclusion.

نصيحة ذهبية

ثم تعيد فيها صياغة رأيك.
كل فقرة فيها سبب يدعم رأيك مع ،
فيها رأيك بوضوح، ثم من فقرتين أو ثلاث
ابدأ بـ

OPINION LANGUAGE

Grammar 3 — Exercises

تدريبات على القواعد ٣

1) Decide whether each statement is a Fact (F) or an Opinion (O):

1. Water boils at 100°C. ()
2. Sleeping early is the best habit in the world. ()
3. Stress can raise blood pressure, according to recent studies. ()
4. Ikarians are happier than everyone else on the planet. ()
5. Egypt is in North Africa. ()
6. Healthy food tastes much better than junk food. ()
7. About three billion people still cook using open fires. ()
8. Modern stoves are completely useless in poor villages. ()

2) Choose the best opinion phrase to complete:

1. , social media is the main cause of stress today.

a) According to studies	b) In my opinion
c) It is proved that	d) Data shows
2. I am that exercise improves mental health.

a) convinced	b) agreed
c) honest	d) anxious
3. From my point of, sleep is more important than money.

a) view	b) look
c) think	d) see
4. That's a good; I never thought of it that way.

a) point	b) idea
c) fact	d) data
5. On the, I think traditional food is healthier.

a) other hand	b) contrary
c) way	d) result
6. There is no that smoking causes cancer.

a) doubt	b) opinion
c) view	d) fact

3) Express your opinion in one full sentence about each topic:

1. Eating junk food.

2. Sleeping less than six hours a night.

3. Spending too much time on video games.

•
"Fact lights the path; opinion paints it."

4. Living in big modern cities.

5. Cooking with traditional stoves.

ALL SECTIONS

Answer Key

نموذج الإجابة

Reading 1 — Passage Questions

1. b 2. c 3. b 4. c 5. c 6. c 7. c 8. c

9. To help students relieve stress and improve their mental health during exam time.

10. Ikarians eat fresh food, take naps, and spend time with family, while urban people rush, eat junk food, and sleep little.

11. Good health cannot be bought; it comes from daily healthy choices, not from money or medicine.

12. (Sample) Sleep at least 7–8 hours, because the brain needs rest to focus and remember information.

Reading 1 — Vocabulary Exercises

Choose: 1.b 2.b 3.c 4.a 5.b 6.b 7.b 8.a 9.b 10.b

Complete: 1. ambition 2. relieve 3. undervalued 4. significantly 5. counseling 6. dairy

Synonyms / Antonyms:

1. anxious — worried / calm 2. relieve — ease / worsen 3. ambition — aspiration / apathy

4. downfall — ruin / rise 5. significantly — considerably / slightly 6. undervalued — underrated / overrated

Derivatives: 1. ambition 2. relief 3. significantly 4. sacrificial 5. incorporation 6. anxious

Reading 2 — Passage Questions

1. b 2. c 3. b 4. c 5. b 6. d 7. b 8. c

9. Lung and heart diseases caused by harmful smoke from indoor cooking fires.

10. To improve people's health and reduce each family's carbon footprint on the environment.

11. Because some new stoves still pollute, and people may keep using old stoves if the new ones don't suit local food.

12. (Sample) Train families to use clean stoves correctly; provide chimneys and cleaner fuels like gas or solar cookers.

Reading 2 — Vocabulary Exercises

Choose: 1.c 2.a 3.a 4.b 5.b 6.b 7.b 8.c 9.a 10.a

Complete: 1. carbon footprint 2. Indoor 3. pollutants 4. data 5. benefit 6. fuel

Synonyms: 1. begin / start 2. basic / simple 3. respectable / noble 4. aim / purpose

5. provide / give 6. fatal / lethal 7. knowledge 8. advantage

Grammar 1 — Cause & Effect

Choose: 1.a 2.b 3.c 4.b 5.c 6.b 7.c 8.b 9.a 10.c

Complete: 1. because 2. Thanks to 3. consequently / therefore 4. due to / because of

5. lead to / cause 6. Because / As / Since 7. so / therefore 8. Due to / Because of

Correct the mistake:

1. He failed because he didn't study. (remove 'of')

2. Because of his hard work, he succeeded.

3. She was tired; therefore, she slept early.

4. Owing to eating junk food, he gained weight.

5. Lack of sleep can lead **to** serious illness.

6. He smokes a lot; consequently, he coughs all day.

Rewrite (samples):

1. He failed the exam because of his poor sleep.

2. She is healthy thanks to (eating) vegetables.

3. Stress is harmful, so we must avoid it.

4. Eating junk food can lead to weight gain.

5. She felt anxious because she had an exam.

6. She became a doctor because she was ambitious.

Grammar 2 — Comparison & Contrast**Choose:** 1.b 2.b 3.c 4.b 5.b 6.b 7.b 8.b 9.c 10.a**Complete:** 1. Despite / In spite of 2. Although / Though 3. However / On the other hand
4. Unlike 5. Both 6. however / nevertheless 7. other hand 8. as / as**Correct the mistake:**

1. Despite his hard work, ... OR Although he worked hard, ...
2. Although he was tired, ... OR Despite being tired, ...
3. He is intelligent; however, he is lazy.
4. Both Ikarians and Japanese ... (use 'and' with 'both')
5. Like his brother, he loves sports. (no 'to' after 'like')
6. Sleep is as important as exercise. (as / as, not so / as)

Rewrite (samples):

1. Despite being tired, he finished the work.
2. Although he was ill, he came to school.
3. He likes coffee, whereas his sister hates it.
4. Both Ikarians and the Japanese eat fresh food.
5. City life is exciting. On the other hand, it is stressful.
6. Although she studies hard, she gets average marks.

Grammar 3 — Opinion Language**Fact or Opinion:** 1.F 2.O 3.F 4.O 5.F 6.O 7.F 8.O**Choose:** 1.b 2.a 3.a 4.a 5.b 6.a**Express your opinion (samples):**

1. In my opinion, eating junk food is harmful because it causes obesity.
2. I strongly believe that sleeping less than six hours damages our health.
3. From my point of view, video games are useful in moderation but harmful in excess.
4. Personally, I think big cities offer good opportunities, but they are very stressful.
5. As far as I am concerned, traditional stoves should be replaced with cleaner ones.

تمت بحمد الله

END OF CHAPTER 5

بالتوفيق والنجاح إن شاء الله