



Module one "CULTURE" Unit one { We are what we eat }

Unit 1 Lesson 1&2 SB. P 12,13

Word	P.O.S	Meaning	Word	P.O.S	Meaning
absorb	v	يمتص الغذاء	iron	n	حديد
antioxidant	adj	مضاد لأكسدة	metabolize	v	تحويل الطعام الى طاقة
caffeine	n	كافيين	neutralize	v	يُحيد - يبطل مفعول مادة ما
arthritis	n	الته المفاصل	nutrition	n	تغذية
calcium	n	كالسيوم	probiotic	adj	يحتوي على بكتيريا نافعة
cholesterol	n	كوليسترول	protein	n	بروتين
combat	v	يقاوم	saturated fat	n	دهون مشبعة
dietician	n	خبير تغذية	stimulant	n	منبّه - محفز
digestive	adj	هضمي	unsaturated fat	n	دهون غير مشبعة
Fiber	n	الياف غذائية	vitamin	n	فيتامين

A-Choose the correct answers from a, b, c and d:

- ① Sponge is commonly used in cleaning because it liquids so fast.
 (a) neutralizes (b) combats (c) metabolizes (d) Absorbs
- ② Raw vegetables and fruits are rich in
 (a) dieticians (b) toxins (c) vitamins (d) Probiotics
- ③ The process takes place in the stomach.
 (a) digestive (b) crammed (c) saturated (d) Organic
- ④ Good bacteria in probiotic drinks help the bad ones that cause illnesses.
 (a) master (b) neutralize (c) capitalize (d) metabolize
- ⑤ You should eat food that contains a lot of e.g., fruit and vegetables.
 (a) dieticians (b) caffeine (c) fibers (d) unsaturated fat

B-Fill in the spaces with the suitable word from the list:

(arthritis - combat - protein - metabolize - antioxidants - saturated fats)

- ⑥ help combat diseases such as cancer and arthritis.
- ⑦ Our muscles, heart, brain and even our skin are maintained by the we get. Cancer, cholera and are different kinds of diseases
- ⑨ Lowering the rate of is a must for fat people.
- ⑩ People should all work together to diseases and starvation.

Answer

1. d	2. c	3. a	4. b	5. c
6. antioxidants	7. protein	8. arthritis	9. saturated fats	10. combat

ET BOOK QUESTIONS

- ① " We are what we eat " Explain.
 ✦ It means if we eat healthy food, we will be healthy and if we don't eat healthy food, we won't be healthy.
- ③ Islam ensures the importance of eating wisely. Explain
 ✦ To keep my body healthy and strong - To keep my soul and spirit strong, too.
- ③ What should you add to your daily diet to be in tip-top shape?
 (a) probiotic drinks (b) green tea (c) dark chocolate
- ④ It is said that probiotic drinks affect our immune system. How?
 ✦ They contain billions of "good" bacteria which neutralize the bad bacteria.
- ⑤ According to some dieticians "Dark chocolate" is very useful. Explain.
 ✦ It is used to lower blood pressure. b- It improves the metabolism of sugar of diabetics.
- ⑥ Why do think most vegetables have more nutritional value when eaten raw?
 ✦ Because the heat from cooking damages and kills some of the nutrients.

Unit 1 Lesson 3 WB pages 4 - 5

Word		Meaning	Word		Meaning
boost	v	يشجع - يعزز	fatigue	n	ارهاق
comprise	v	يشمل - يتضمن	dehydration	n	جفاف
obesity	n	سمنة			

A-Choose the correct answers from a, b, c and d:

- ① The English course a student's book, a workbook and an audio tape.
 (a) boosts (b) combats (c) comprises (d) digests
- ② The government is spending 5 million dinars to fight overweight and annually.
 (a) iron (b) fibre (c) obesity (d) calcium
- ③ Most of the players have suffered from after the match.
 (a) fatigue (b) obesity (c) caffeine (d) protein
- ④ Working under the sun for a long time can cause
 (a) arthrites (b) Protein (c) dehydration (d) dietician
- ⑤ Dark chocolate the ability of the body to metabolize sugar.
 (a) combats (b) comprises (c) boosts (d) absorbs

Answer

1. c
2. c
3. a
4. c
5. c



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Set book questions

Lessons 4-5 pages 14-15

□

Word	P.O.S	Meaning	Word	P.O.S	Meaning
deficiency	n	نقص في المغذيات	pomegranate	n	رمان
grilled	adj	مشوي	RDA	Abbr.	الغذاء الموصى به والمسموح يوميا
metabolism	n	تمثيل غذائي (الأيض)	sodium	n	صوديوم
organic	adj	بدون مواد -عضوي كيميائية	supplement	n	مكمل غذائي

A-Fill in the spaces with suitable word from the list below:

(supplement - RDA - pomegranate - Metabolism)

- ①..... stands for the recommended daily allowance of nutrients.
 ②..... means the chemical process that changes food into energy.
 ③ The doctor advised me to take..... by adding vitamins.

A-Choose the correct answers from a, b, c and d:

- ④ We should always try to choose and healthy kinds of food.

(a) probiotic (b) Antioxidant (c) organic (d) fast food

- ⑤ Your blood test revealed a in some minerals and vitamins.

(a) metabolism (b) Deficiency (c) supplement (d) sodium

- ⑥ This restaurant is famous for meat and fish specialties.

(a) digestive (b) Antioxidant (c) grilled (d) organic

Answer

1. RDA 2. Metabolism 3. supplement 4. c 5. b 6. c

Set book Questions

- ① Doctors and dieticians recommend to benefit from the food pyramid, why?
 ♦ Because dark green vegetables are healthy and it varies necessary protein.
- ② Why do you think drinking water is useful for our bodies? □
 ♦ That's because water makes up about 60 percent of your body weight.
 ♦ Water flushes toxins out of vital organs and prevents dehydration.
- ③ When choosing a restaurant, what things do you consider most?
 ♦ The healthy food and the fast service they offer.



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Grammar

{adjectives / past simple and past continuous}

Grammar

The simple past tense

التكوين

- يتكون الماضي البسيط من (التصريف الثاني للفعل) بإضافة **ed** للفعل الذي لا ينتهي بحرف e و بإضافة **d** فقط للفعل الذي ينتهي بحرف e ما عدا الافعال الشاذة التي لها تصريفات خاصة

أمثلة	الكلمات	الاستعمالات
I went to the cinema yesterday	<u>Yesterday</u> <u>Last night</u> <u>Last week</u> <u>Last year</u> <u>Ago</u> <u>Once</u> <u>Just now</u>	يستعمل الماضي البسيط مع الكلمات التالية
I went to the cinema yesterday		يعبر عن حدث وقع و أكتمل في الماضي في وقت محدد
I often walked to the office		حدث كان يتكرر وقوعه في الماضي
He used to smoke a lot The ancient Egyptians lived on agriculture		عادة أو أسلوب لم يعد قائماً
In olden times the Arabs buried their daughters alive		عرف أو تقليد كان متبع في الماضي
The train was ten minutes late		يعبر عن حدث وقع و أكتمل في الماضي و الوقت غير مذكور
My father worked in that bank for ten years . He lived in Alexandria for a long time		واقعة شغلت فترة من الزمن و لم تعد قائمة الآن

□ الماضي المستمر The past continuous tense

Was / were + (verb+ing)

(I-He-she-it) was

(We- you -they) were



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- ◆ I was playing tennis
- ◆ They were swimming in the pool.

▶ للتعبير عن حدث استطال في الماضي لبعض الوقت
▶ الماضي المستمر يعني أن الحدث لم يكن قد أنتهى

- ◆ Mona was cooking the dinner□

حدث وقع في الماضي و أثناء حدوثه وقع حدث آخر و ربما يتوقف الفعل الاول بسببه أو ظل مستمراً

الكلمات الدالة :-

- ◇ While – when - as
- ◇ While I was playing tennis, I saw my old friend.□
- ◇ Mona burnt her hand when she was cooking the dinner
- ◇ It was raining when I got up.

الفرق بين الماضي المستمر و الماضي البسيط

- ◇ When Ahmed arrived , we were having dinner
(we had already started dinner before Ahmed arrived)
- ◇ When Ahmed arrived , we had dinner
(Ahmed arrived and then we started dinner)

ترتيب الصفات

Order of the adjectives

(1) Opinion□ الراي □	(2) Size□ الحجم □	(3) Age العمر	(4) Shape الشكل	(5) Colour اللون	(6) Origin المنشأ	(7) Material مادة الصنع
Wonderful attractive	Small huge	Old Young	Fat Round	Black Green	Kuwaiti Brazilian	Woolen Metal

Examples:

① He gave her six beautiful large red roses.

A- Choose the most suitable answers from a , b , c and d



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① Dad bought us two..... vases.□

- | | |
|-----------------------------|-----------------------------|
| (a) wooden attractive small | (b) attractive small wooden |
| (c) attractive wooden small | (d) small wooden attractive |

② That is a gate in the back yard of the villa.

- | | |
|--------------------|--------------------|
| (a) red huge metal | (b) metal red huge |
| (c) huge red metal | (d) metal huge red |

③ While we in the restaurant, the lights went out.

- | | | | |
|----------------|------------|-----------------|---------|
| (a) are eating | (b) Eating | (c) were eating | (d) ate |
|----------------|------------|-----------------|---------|

④ Our teacher come late yesterday.

- | | | | |
|-------------|-----------|------------|------------|
| (a) doesn't | (b) isn't | (c) didn't | (d) hasn't |
|-------------|-----------|------------|------------|

⑤ When you phoned me last night, I a shower.

- | | | | |
|----------|----------------|---------------|----------|
| (a) take | (b) was taking | (c) am taking | (d) took |
|----------|----------------|---------------|----------|

⑥ The students were preparing for the project when the teacher.....

- | | | | |
|-------------|-----------------|--------------|-------------|
| (a) arrives | (b) has arrived | (c) Arriving | (d) Arrived |
|-------------|-----------------|--------------|-------------|