

1-write an e-mail to a classmate telling him/her about a problem in your class/school and give your opinion to solve it.(Activity Book page 7).

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Hello Sara,

How is life treating you? I hope you are fine and happy. Unfortunately , I've got bad news to tell you my friend. I'm upset because our classmate Lana is depressed. Some students bullying her for being fat. She suffers sizeist bullying and I'm sad for her. She asked my help and I told her to ignore bullying because her worth as a person is not defined by other people. Lana took my words seriously and promised to talk about this to her teacher and to her parents.

**Well that's all for now
Take care.**

2-write a good paragraph about the characteristics of your friend.

(Activity Book page 11).

Having a good friend is a blessing that I try my best to keep. Ahmad is my best friend because he has many awesome characteristics. He is truthful to me, a friend never lies to me about anything whether it

is good or bad. Ahmad is always there for me especially when I go through problems. He never back stabbed me. Ahmad is not my best friend, but also my personal advisor, listener and supporter.

3-write a paragraph about a hobby you like. (Activity Book page 15).

Hobbies are those activities I love to do to relief myself from the stresses of life and to enjoy my free time. My favourite hobby is collecting postal stamps of different countries. Sometimes I collect foreign stamps through my pen-friends and relatives living in other countries. Collecting stamps is so useful because it teaches me to work in a well-organised way. After I get the stamps I paste them in a specific album and I write the names of different countries in the alphabetic order. By arranging the stamps in a systematic way, I know the names of different countries and gather knowledge about the important monuments, statement, products and history of those countries. A stamp collecting has educative value. It is not a mere piece of paper. It is a record of history.

4-write about a previous experience that you learnt from.

(Activity Book page 19).

Once I was driving down the road when my car started to shake and making a strange noise. Then suddenly it stopped in the middle of a busy road. A long traffic jam began pressing horns and some drivers shouting and roaring at me angrily. I quickly flashed the emergency lights of my car and stepped out of it to call the traffic police. After

calling them I sat back in my car and tried to start the engine, but there was no sign of life. Finally, the traffic police help came and carried my car to the maintenance centre where I had it repaired. I learned a lot of this experience. I will never drive my car without checking it first.

5-write about the advantages and disadvantages of social media.
(Activity Book page 23).

Social media has offered a new platform with positive and negative effects. I think It spreads information faster than any other media as it is a powerful tool to connect among individuals when they want connect from a far instantly. Social media increases interaction with friends , relatives and family members. I don't think that social media is one of the most useful elements of society. I advise people not to waste a lot of their time on social media which intrudes their privacy too. Finally, In whatever you do on social media, you should make a balance between the virtual world on the Internet and the real world you live in truly.

6-write a short paragraph about how new inventions changed the way we live.
(Activity Book page 27).

I think that the invention of the Television is so vital. Television! A small box with the ability to convey enormous information and which has changed entertainment and communications forever. The invention of television was the work of many individuals. Although TV plays an important part in our everyday lives, it rapidly developed during the 19th and the 20th century as a result of the work

of a number of people .Whenever I'm bored and have free time I turn the TV on to watch my favourite films ,series and shows. I believe It's a great way to get the family together, especially in today's world where everyone is so busy.

7-Your friend is careless about taking care of the environment. Give him some advice. (Activity Book page 35).

My friend Hani lives in the countryside. I like everything about him except that he is careless about taking care of the beautiful environment around him. I always advise him to take care of the environment. The last time I visited him he was using pesticides in his garden. I told him that he shouldn't use these chemicals because they kill butterflies and small birds. He uses plastic bags and cups then throws them on the ground. I advised him to stop using plastic products and he should collect the used ones from his garden and recycle them safely.

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8-Choose an environmental problem and design a survey.

(Activity Book page 39).

Air Pollution means adding harmful substances to the atmosphere which damage the environment, human health, and quality of life. Air pollution occurs inside homes, schools, and offices; in cities; across continents; and even globally. Air pollution makes people sick—it causes breathing problems and promotes cancer—and it harms plants, animals, and the ecosystems in which they live. Some air pollutants return to Earth in the form of acid rain, which corrode statues and buildings, damage crops and forests, and make lakes and

streams unsuitable for fish and other plant and animal life. Pollution is changing Earth's atmosphere so that it leads to a rise in global average temperatures. Scientists predict that the temperature increase will affect world food supply, raise sea level, make weather more extreme, and increase the spread of tropical diseases.

9- Write about your favourite sport or fitness activities. (Activity Book page 43).

My favourite sport is swimming. I like it because It's fun and I can do it all year. It keeps me healthy. In the summer, I like swimming in a lake near my house. When the weather is colder, I like swimming in an indoor pool. I'm good at swimming and I'm on the swim team at my high school. I also enjoy running ,so I train twice a week at school .We race against other schools. I like races because I like winning, and I'd like to be a professional athlete one day.

10- Write a paragraph about how to keep healthy. (Activity Book page 47).

You can enjoy a healthy lifestyle by following these steps ; first, by being physically active for 30 minutes most days of the week and by eating a well-balanced, low-fat diet with lots of fruits ,vegetables and whole grains. Don't smoke, or quit if you do. Then Get 8 hours of good sleep every night. Meet up with friends and family members regularly to avoid stress and depression. After that do things you enjoy most like cooking, painting, or watching your favourite TV show. Finally, doing these things keep you healthy and happy.

11- Write a short paragraph about strange food habits. (Activity Book page 51).

In most parts of the world, food reflects the cultural identity as there are certain rules that may seem strange to people of other cultures. Usually, when you finish the plate with no food left, it is considered a good gesture. But China is one such place in the world that thinks the opposite. The people in China consider that when you leave the plate empty it is a sign that you are hungry and you still want some more food.

12- Describe a wedding ceremony you've been invited to.

(Activity Book page 55).

It was the wedding ceremony of Amjad, one of my best university friends. When I received an invitation from Amjad to attend his wedding, I felt really happy and excited as I was surprised when I knew that his bride was Sara, one of our mutual friends . The wedding took place at a restaurant in the home town of Amjad, which was beautifully decorated with the colours that match the bride's wedding dress and flowers. The wedding was brief and eventful. The couple cut the wedding cake with all the invited people who were wearing fashionable clothes and were dancing happily. It was a special wedding ceremony for me because I saw Amjad and met many of my old friends in that happy event.

1-write an e-mail. (Student Book page 10).

Hello Samer,

What are you up to these days? I'm just writing to say how much I enjoyed visiting you on your farm at the weekend. The farm was spectacular and the weather was cool. I am sure you spent a long time and a lot of money to get everything ready for us. The food was delicious and the natural juice you made was tasty. It was a brilliant idea to have the music and the dancing on the farm too. I've got some good news for you, I will be ready to have you at my place next weekend. I won't accept any excuses for not coming.

Looking forward to seeing you.

All my love.

2-write a suitable ending to the following situation. (Student Book page 16).

We need our friends, but keeping up our friendship can be a challenge especially when things get busy or life is stressful. Suzan was a friend of mine years ago, but now she isn't answering my phone calls. What have I done? I got angry. She let me down several times. Not so long ago, I found myself exactly in the same situation because

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3-Complete the paragraph about Sally's hobby using the words between brackets:

(Student Book page 25).

(because , but , after , and , however)

My name is Sally. I like playing sports in general, **but** basketball is my favourite. I usually play it in the sports centre. **However**, we are playing it in the park these days **because** the centre is closed. I practice it only after I do my homework. I feel fit and happy **after** playing with my friends.

4-Leila was explaining how she broke her arm to her classmate Susan. (Student Book page 29). Read the dialogue and complete the sentences with the correct form of the following verbs:

(be² -run -break - play)

Leila: I broke my arm.

Susan: What were you doing when you broke it?

Leila: I was playing basketball.

Susan: Were you shooting the ball?

Leila: No, I was running.

Susan: Where were you playing?

Leila: I was playing in the gym.

Susan: Who were you playing with?

Leila: Lia and Maya.

5-Complete the table with the advantages and the disadvantages of the mobile phone as mentioned in the text below: (Student Book page 39).

Advantages	Disadvantages
Technology allows us to find out what's really happening in the world.	Technology has made us very lonely.
Can easily contact our friends by calling or sending messages everywhere without electricity.	Using the mobile phone a lot can affect our brains.
We can relax with mobile phone's applications. Playing games, listening to music or chatting with our friends.	When we use our mobile phones while we are driving ,we will get an accident.

6-Complete the following sentences meaningfully: (Student Book page 43).

1-Modern inventions have made life easier and more relaxing.

2- Using mobile phones and social media enable people to contact their families and friends instantly.

3- Some inventions may be useful but they may have some disadvantages.

4-Inventors are people who invent new things for the good of humanity.

5- The world has become a small village because of the advanced technology.

7-Writing: (Student Book page 55).

*- Write should or shouldn't:

- 1- When it's rainy, you should take an umbrella.
- 2- Tom shouldn't eat so many lollipops. It's bad for his teeth.
- 3- The doctor said: "You should walk 1 hour a day."
- 4- You should drink fruit juice and water.

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*- Make sentences using should or shouldn't:

- 1- People should watch less TV.
- 2- We should stop testing medicine on animals.
- 3- You shouldn't waste your time.
- 4- Children shouldn't stay up late.

*- Model paragraph to give advice:

John is a talkative student. He always talks and laughs during classes. He moves a lot which makes the teacher angry. John wastes the time of the class on silly things he makes. I advise that he should keep quiet. He shouldn't talk while our teacher is talking. He should pay more attention to his lessons. John should respect his teacher and his classmates and shouldn't be impolite.

8- Read the introduction to complete the survey with sentences or questions to collect information. (Student Book page 60).

Animals' Rights Survey

	Agree	Don't agree	Not sure
We should protect animals from injury and disease.			
We should stop using animals for medical testing.			
Hunters should be prevented from hunting as a sport.			
Hunting animals for their fur or ivory should be stopped.			
We should make a campaign to raise money for a local animal shelter.			
We should protect animals from being abused.			
We shouldn't put animals in cages for entertainment.			

9- Complete the paragraph with suitable words/phrases from the list:(Student Book page 71).

(twice a week – nearby – what about you – because it's fun – colder – pool – races – sportswoman -professional athlete – swimming – against)

My favourite sport is swimming. I like it because it's fun and I can do it all year. It keeps me healthy. In the summer, I go to a nearby swimming pool. When the weather is colder, I like swimming in an indoor pool. I'm on the swim team at my school. We race against

other schools. I like races because I like winning. I train twice a week at school. I also enjoy running and would like to be a professional athlete one day. What about you? What's your favourite sport? Would you like to become a professional sportsman/sportswoman?

10-Work with a partner to fill the following table: (Student Book page 76).

Food Survey

Name	Hani
What is your favourite food?	My favourite food is pizza.
What do you usually eat for breakfast?	I usually eat cheese for breakfast.
What do you usually eat for dinner?	I usually eat rice for dinner.
How many times do you eat cookies?	I eat cookies three times a week.
How often do you eat at restaurants?	I eat at a restaurant once a month.

11-Classify the following then add two for each: (Student Book page 85).

- Hello!
- Respect old people.
- Use mobiles while eating.
- Let old people, women and children have your seat in transportation.
- Let women get in through the door first.

-Cross the streets when the traffic lights are green.

-Don't throw rubbish everywhere.

-Don't smoke while visiting a patient.

Restaurants	Greetings	Behaviour	Road
Use mobiles while eating.	Hello!	Respect old people.	Cross the streets when the traffic lights are green.
Be polite with the waiters.	Good morning	Let old people, women and children have your seat in transportation.	Drive at average speed
Order what you can really eat.	Hi	Let women get in through the door first.	Be careful on crossroads
		Don't throw rubbish everywhere.	
		Don't smoke while visiting a patient.	
		Don't shout	
		Put your mobile on silent.	

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12-Look at the following items that one may care about in visiting a country:

(Student Book page 91).

-Number the items according to their importance for you then write sentences using "if" as in the example: e.g If transportation is available, I will go sightseeing in the mountains.

- 4 Transportation : available / all places / served.
- 3 Accommodation : more / restaurants / more tourists, hotels, festivals.
- 2 Shopping : cheap / expensive.
- 1 Cuisine : delicious / digestive / spicy.

1-If the cuisine is delicious, I will go to eat there.

2-If the shopping was cheap, I would buy many things.

3- If the accommodation is plenty, more tourists will come.

4- If transportation is available, I will visit many beautiful places.

The End

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