

New Hello!

First Year

Unit 7

Unit 7: Health and safety

Key vocabulary

breathe	يتنفس	burn	حرق / يحرق / يحترق
breath	النفس	burning	مشتعل / مضيئ
breathing	عملية التنفس	calm	هادئ
CPR	إنعاش قلبي رئوي	frighten	يخيف
emergency	الطوارئ	evacuate	يجلو / يخلي / يبعد
emergency services	خدمات الكوارث	evacuation	إجلاء / إخلاء
danger	خطر	immediately	في الحال
dangerous	خطير	injured	مصاب
respond	يستجيب / يجيب	injury	إصابة
response	استجابة / رد	wrap	يغلف / يلف / يغطي
first aid	إسعاف أولي	dustbin	صندوق القمامة
bacteria	البكتيريا (جمع)	dust	الغبار / ينفذ الغبار
bacterium	بكتيريا (مفرد)	dusty	مغبر / به غبار
bacterial	بكتيري	grow	ينمو / يزرع
research	بحث / يجري بحث	growth	نمو
researcher	باحث	hygiene	النظافة (الشخصية)
allergic	لديه حساسية	hygienic	صحي
allergy	الحساسية	hygienically	بشكل صحي
at least	على الأقل	cables	كابلات
bedding	أغطية الفراش	soil	تربة / يلطخ
bin	صندوق / يضع في صندوق	blanket	بطانية

Vocabulary

basic	أساسي / رئيسي	hurt	يؤذي
check	يفحص / يتحقق من	asleep	نائم
tablets	أقراص (دواء)	experts	خبراء
medical help	مساعدة طبية	available	متاح / متوافر
argument	جدال / خلاف	blog	مدونة علي الانترنت
spread	ينتشر	sneeze	يعطس
complain	يشكو	heat	الحرارة / يسخن
back hurting	آلام الظهر	link	رابط / رابطة / يربط
cause	يسبب / سبب	messy	فوضوي / غير مرتب
interpret	يفسر	chopping board	لوحة تقطيع (الأشياء)
smoke	يدخن / دخان	cough	يكح / يسعل
cleaners	منظفات	touch	يلمس / اللمس
carry	ينقل / يحمل	spreading	إنتشار
contain	يحتوي علي	smell	رائحة / يشم
cover	يغطي / غطاء	rule	قاعدة
dirt	قذارة / إتساخ	extra	إضافي
dirty	متسخ / غير نظيف	replace	يستبدل
Dos and Don'ts	الأوامر والمحظورات	avoid	يتجنب

disease	مرض	properly	جيذا / بشكل مناسب
remove	يزيل	floor	الأرضية
waste	فضلات / يبدد	sponge	إسفنجة
wear	يرتدي	frequently	غالبا / كثيرا
healthy	صحي	soapy	صابوني
helmet	خوذة	serious	خطير / جاد
separate	منفصل / يفصل	explain	يوضح / يشرح
law	قانون	regularly	بانتظام
mild burns	حروق طفيفة	gloves	قفاز / جوارتي
neighbour	جار	realize	يدرك
special	خاص	sneeze	يعطس
health problems	مشاكل صحية	scientific	علمي
leaflet	كتيب / نشرة	pressure	ضغط
pets	حيوانات أليفة	tissue	منديل ورقي / نسيج
living things	كائنات حية	contact	ملامسة / تواصل / يتواصل
cut	خدش / جرح / يجرح	damage	ضرر / يضر
gardening	العمل في البستان	plaster	شريط لاصق
accident	حادثة	cloth	قماش
deep	عميق / غائر	paper	الورق
ingredients	مقادير	the UK	المملكة المتحدة

Prepositions

wake up	يستيقظ	belong to	ينتمي إلي / يخص
take ... in	يستنشق	close to	قريب من
take ... out	يزفر	take off	يخلع (حذاء / ملابس)
research into	يقوم بعمل بحث عن	respond to	يستجيب لـ
move around	ينتشر في	move ... away from	ينقل بعيدا عن
think of / about	يفكر في	contact with	مخالطة
go into	يدخل	protect against	يحمي من
come up	يقترّب	agree about	يوافق بشأن
on fire	يحترق	cover ... with	يغطي بـ
get to	يصل إلي	complain about	يشكو من
find out ... about	يعرف ... عن	decide on	يختار / يحدد
warn ... about / against	يحذر من	shout at	يصرخ في
tie up	يربط	around the house	داخل المنزل

Phrases, Expressions & Idioms

take action	يتخذ إجراء	fail an exam	يفشل في إمتحان
put pressure on	يضع ضغوطا علي	clean a cut	ينظف جرح
grow well	يتمو جيذا	keep clean	يحافظ علي النظافة
get angry	يغضب	once a week	مرة كل أسبوع
ask for advice	يطلب نصيحة	hold a driving licence	يحمل رخصة قيادة
ask advice about	يطلب نصيحة عن	stay clean	يبقي نظيفا
make it difficult to	يجعل من الصعب أن	It's a good idea	إنها فكرة جيدة
a home for	موطن لـ	If possible	'إذا كان من الممكن

Definitions

breathe	taking air in and out of your body	يتنفس
bacteria	very small living things that cause diseases	البكتيريا
CPR	something you do to help someone take air in and out of their body	إنعاش قلبي رئوي
danger	the possibility of being hurt or killed	خطورة
first aid	basic medical help given quickly	إسعاف أولي
research	studying something to find new facts about it	بحث
respond	doing something when someone talks to you	يستجيب / يجيب
allergy	a condition that makes a person become ill or develop skin or breathing problems because they have eaten certain foods or come in contact with certain substances	الحساسية
at least	as much as, or more than, a number or amount	علي الأقل
bedding	the covers on a bed, or the dry grass, etc., that an animal sleeps on	أغطية الفراش
dust	dry dirt in the form of powder that covers surfaces inside a building, or very small dry pieces of earth, sand or other substances	الغبار
soil	the material on the surface of the ground in which plants grow; earth:	التربة
blanket	as a warm cover on a bed	بطانية
burn	damage to the body caused by fire or heat	حرق
evacuate	leave a place because it is not safe	يجلو / يخلي / يبعد
immediately	very quickly, without waiting	في الحال
wrap	Cover something with cloth or paper	يغلف / يلف / يغطي
emergency services	the organizations that deal with accidents and urgent problems such as fire, illness or crime	خدمات الطوارئ

Collocations

make	a mistake يخطئ / sure يتأكد / an offer يقدم عرض / a fort يشيد حصن a suggestion يقدم إقتراح / a choice يختار / a complaint يشكو / a promise يعد
have	an argument with مع / يستمتع بميزة an advantage / يستحم a shower / لديه امتحانات exams / يقع له حادث an accident / لديه مشكلة a problem / ليس له علاقة ب nothing to do with / يتناول وجبة a meal / يقضي عطلة أسبوعية سعيدة a good weekend / لديه حساسية من an allergy to
cause	damage to تلف ل / يسبب الأمراض diseases / يسبب الوفاة death / يسبب مشاكل جلدية skin problems / يسبب ألم ل pain to
give	a job يمنح وظيفة / يقدم إسعاف أولي first aid / يقدم نصيحة advice / يقوم بعملية تنظيف إضافية an extra clean / يقدم رعاية طبية medical care
do	research into / on يقوم بعمل بحث عن / يقوم بعمل تنفس صناعي CPR

Synonyms & Antonyms

Word	Synonym	Antonym
danger خطر	risk خطر	security الأمان
dirty متسخ	filthy متسخ	clean نظيف
asleep نائم	sleeping نائم	awake مستيقظ
argument جدل	disagreement اختلاف	agreement إتفاق
safe آمن	secure آمن	in danger في خطر
calm هادئ	quiet هادئ	noisy مزعج
tidy منظم	neat أنيق	messy فوضوى
evacuate يخلو / يخلي	abandon يهجر	occupy يشغل

General Remarks

CPR = cardiopulmonary resuscitation التنفس الصناعي / الاتعاش القلبي الرئوي

الأفعال الآتية يأتي معها (مصدر الفعل + to)
 plan يخطط / decide يقرر / allow يسمح / refuse يرفض / offer يعرض / try يحاول

Ex: He's **planning to stay** in Cairo much longer.

My father's **offered to take** us to the airport.

He didn't **allow** us enough time **to finish** the test.

When + v-ing ...	لمرة واحدة
عادة / حقيقة	On + v-ing ...

- **When driving**, you must obey traffic rules.
 - **On seeing** the accident, I called the police.

ومع ذلك / ولكن (تربط جملتين متناقضتين في المعنى)
 إذا جاءت أول الجملة يليها صفة أو ظرف ثم الفاعل والفعل

Ex: He played well. **However**, he lost the game.

However hungry I am, I never seem to be able to finish off a whole pizza.

الأفعال والتعبيرات الآتية يليها فعل ينتهي بـ ing
 spend time يقضي الوقت في / finish ينتهي من / stop يمنع من / suggest يقترح
 لا يستطيع أن يمنع نفسه من (can't/couldn't) help

Ex: It was awful, but I **couldn't help laughing**.

Have you **finished reading** that magazine?

research	بحث (دراسة موضوع للحصول علي معلومات)
search	بحث (في مكان بعناية لايجاد شئ)

Ex: They are doing some fascinating **research** into/on the language of dolphins.

The police **searched** the woods for the missing boy.

cause + اسم	يسبب
cause + مصدر أو اسم + مفعول	يسبب

Ex: The spider's bite can **cause pain and swelling**.

I don't want to **cause you trouble**.

The smoke **caused me to cough**

الروابط الآتية يليها فعل ينتهي بـ ing أو إسم

after / before / while / when

Ex: **After finishing** his work, he left the office.

نستخدم كلمة else في الأسئلة و بعد هذه الكلمات

nothing, nobody, no one, something, somebody, someone, anybody, anyone, anything, everybody, everyone, everything

Ex: **What else** did he say?

Haven't you got **anything else** to wear?

Why didn't you come? **Everybody else** was there.

soil	تربة خصبة	ground	أرض (خارج المنزل)
floor	أرضية (المنزل) / طابق / دور		

Ex: The **soil** at the mouth of a river is usually very rich and fertile.

She stretched out on the **ground** and within minutes her breathing changed.

The body was lying on the kitchen **floor**.

contain	يحتوي على (ما يوجد داخل شيء ما)
include	يشتمل على (جزء من كل ويمكن فصله)
consist of	يتكون من (كل الأجزاء)

Ex: Her blood was found to **contain** poison.

The charge for the hotel room **includes** breakfast.

The exports **consist of** coffee, pepper, cardamoms and coco-nuts.

Listening Text

Nurse: Today, I'm going to tell you about what to do if you find a person who is lying on the ground and not moving. Call the emergency services immediately. Then you must check if there are any dangers near to the person, like electrical cables. If there are any dangers, move the person away from them. When you know they're safe, shout 'Hello!' or 'Wake up' and see if the person responds. If the person doesn't respond to you, put your face next to their face so you can check their breathing. If the person isn't breathing, the emergency services will tell you how to do CPR so you can help the person start to breathe again.

Video Script

We need food to live, but if our food isn't prepared hygienically, we can have some serious health problems. That's the reason why food hygiene is very important, both in restaurants and shops, and at home.

Before you start cooking, you must wash your hands, so that there are no bacteria on them. If you have long hair, you should tie it up so no hairs will go into the food you're cooking. After that, you can take your ingredients, knives and other equipment and start preparing the food. You must wash fruit and vegetables first. You mustn't touch the metal part of the knife while you're using it.

Reading Texts

Hygiene at home: Seven Dos and DON'Ts for a healthy life

❶ Take your shoes off

The bottoms of your shoes can carry a lot of bacteria into your house. You should always take your shoes off at the door.

❷ No more dust

Dust quickly comes back again after you've cleaned. However, dust can make it difficult to breathe and it can cause skin problems. You should clean your house or flat as often as you can.

❸ Wash the kitchen floor

Food and drinks can easily fall on the kitchen floor. You should clean your kitchen floor at least once a week. You should use warm, soapy water so you can remove all the bacteria.

❹ Change your bedding

We spend a lot of our time asleep in bed. You should change your bedding at least once every two weeks so bacteria can't live in it.

❺ Wash your hands after spending time with your pets

Research has shown that contact with pets early in life can protect you against allergies. But animals can also carry bacteria. If you touch your pet, you shouldn't touch anything else until you've washed your hands.

❻ Stay clean in the garden

You should wear gloves if you're going to touch soil in the garden because it can contain bacteria. You should wash your hands when you've finished gardening, too.

❼ Don't forget to keep your bins clean

A lot of bacteria can grow in your bin. You shouldn't leave your bin open.

Hygiene rules around the world

In the UK, you must put your food waste in a separate bin.

In Thailand, you must take your shoes off before going into someone's house.

In the USA, you should offer to help clean up after dinner at a friend's house.

To: (name)

Subject: Advice

Dear

How are you? I'm well, but I'm writing to ask for some advice. Do you remember my neighbour, Mrs Zeinab? She had an accident last year and now she doesn't go out much. It isn't easy for her to clean. I went to her flat yesterday and the bins were full. The floor and kitchen were dirty, too. She complained about her back hurting and I think she needs help, but I have a lot of exams coming up. What do you think I should do?

I hope you can help me.

Best wishes,

Workbook Texts

Most people like to keep their homes clean, but there are many places that we don't think about and so they become full of dirt and bacteria.

Research shows that the deep cuts in chopping boards are often a home for bacteria because people don't clean them properly. Bacteria often move around our homes when we touch things, so phones, tablets and computer keyboards often have a lot of bacteria on them, too. However, bacteria really love warm, wet places and so your kitchen sponge probably has more bacteria than anything else in your home.

Experts say that it's most important to wash our hands regularly. If we touch animals, we should wash our hands, and we need to use a tissue when we sneeze to stop the bacteria spreading in the air. They suggest using plastic chopping boards and giving them an extra clean once a week. We should replace kitchen sponges every two weeks, and we can buy special cleaners for phones, tablets and computers.

To: Amir

Subject: Help!

Hi Amir,

How are you? I hope you had a good weekend at the beach. Samy told me about the argument you had with Hany. I think it would be a good idea to say that you are sorry for getting angry. Stay calm and explain that he should ask you before he borrows your things. I'm sure he will realise that he made a mistake and he will say sorry too. Why don't you talk to him tomorrow? I suggest talking to him in the morning because he is usually busy on Sunday afternoons.

Now I hope you can help me with my problem. Do you remember that I was planning to clean my house at the weekend? Well, I was busy and I forgot about it! The problem is that my parents are coming home tomorrow and the house is really dirty. There's dust everywhere and there's a strange smell in the kitchen! What should I do? Help!

Regards,

Maher

Exercises on Vocabulary & Translation

1- Choose the correct answer from a, b, c or d:

1- As a i get up at six o'clock, but yesterday morning i got up at eight.

- a) role b) rule c) roll d) rail

2- The children got really playing in the woods.

- a) mess b) missing c) miss d) messy

3- They are trying to find a permanent for the puppies.

- a) home b) flat c) apartment d) kitchen

- 4- He put the bulbs in a bowl and covered them over soil.
a) of b) at c) with d) over
- 5- Don't give flowers to Hala for her birthday; she's really to them.
a) energetic b) allergic c) diabetic d) chronic
- 6- Most of her was worn and made for a double bed.
a) paddling b) pudding c) clothes d) bedding
- 7- My son came into the living room while we were Christmas presents.
a) wrapping b) wrangling c) wrinkling d) wronging
- 8- Bacteria too small for the naked eye.
a) am b) is c) are d) be
- 9- least ten people were killed in the crash.
a) Of b) At c) With d) Above
- 10- Penicillin has a high success rate in treating infections.
a) bacterial b) bacteria c) bacterium d) allergic
- 11- Plants get the nutrition from the in which they grow.
a) floor b) soil c) ground d) dust
- 12- Make sure your kite doesn't touch the electrical or you could get a terrible shock.
a) stables b) labels c) tables d) cables
- 13- He went to the library this afternoon to do some for his history essay.
a) research b) search c) look d) exams
- 14- He had to perform first on his wife when they were in a car accident.
a) chance b) hand c) aid d) help
- 15- She bent down to kiss the baby as she covered him with a soft wool
a) soil b) blanket c) carpet d) guard
- 16- The Japanese recycle more than half of their paper.
a) waist b) paste c) taste d) waste
- 17- The doctor's strike will not affect services at the hospital.
a) frequency b) currency c) agency d) emergency
- 18- When I asked her why she was late, she that it was none of my business.
a) asked b) responded c) wondered d) told
- 19- We haven't received many to the questionnaire we sent out.
a) responds b) responsive c) responses d) refuses
- 20- He is research into the melting of the polar ice cap in the Arctic.
a) doing b) making c) working d) carrying
- 21- Upon arriving home, he set about preparing a meal.
a) regularly b) at least c) immediately d) frequently
- 22- Brushing your teeth is an important part of good dental hygiene.
a) regularly b) specially c) gradually d) invisibly
- 23- Many skin diseases can be prevented by good personal
a) healthy b) clean c) emergency d) hygiene

- 24- It's wonderful to see how she has as a person since going to college.
a) planted b) grown c) farmed d) brought
- 25- The school was after a fire broke out in the chemistry lab.
a) made b) responded c) evacuated d) lived
- 26- The of the city during the crisis was carried out with the aid of the military.
a) evacuation b) excavation c) extravagance d) evaluation
- 27- The room hadn't been cleaned for a long time, and there was on everything.
a) dusk b) dirty c) dusty d) dust
- 28- Please put your homework in the plastic on the table before you leave class today.
a) pin b) bin c) pen d) pan
- 29- It's so airless in here - I can hardly
a) breathe b) breath c) breathing d) breeze
- 30- He drove so fast that I really felt my life was in
a) endanger b) dangerous c) danger d) dangerously
- 31- Fair-skinned people easily in the sun.
a) injure b) hurt c) damage d) burn
- 32- The children were coughing from the smoke as they ran out of the house.
a) injured b) burning c) burn d) injury
- 33- She her back lifting a heavy box while she was moving into her new apartment.
a) burnt b) killed c) injured d) destroyed
- 34- The TV report about the children's work for charity thousands of people's hearts.
a) touched b) felt c) tasted d) killed
- 35- He was in a terrible car accident, and later died of his
a) injuries b) harms c) damages d) hurts
- 36- The state has a duty to protect its citizens external enemies.
a) with b) of c) against d) about
- 37- Take those foul clothes and let me wash them.
a) in b) off c) after d) out
- 38- What made you decide a career as a vet?
a) to b) in c) on d) about
- 39- Being first aid at the scene of the accident probably saved his life.
a) worked b) made c) done d) given
- 40- Our family doctor says I have an to animal hair.
a) energy b) allergy c) evacuation d) hygiene
- 41- If the child does not respond, the doctors will do To keep him alive.
a) CPR b) CPU c) UMBC d) CRP
- 42- He had no toys and never asked to play with those belonging others.
a) to b) in c) on d) about

- 43- The difficult driving conditions several accidents.
 a) caused b) made c) did d) had
- 44- The bright light caused her to blink.
 a) blinked b) blinks c) blinking d) to blink
- 45- After the storm, workmen a lot of sand from the roads.
 a) recycled b) replaced c) removed d) reduced
- 46- seeing the road accident, the motorists drove more carefully.
 a) On b) Without c) Despite d) Over
- 47- while Egypt, tourists enjoy sightseeing.
 a) visiting b) was visiting c) visited d) was visited
- 48- I've been busy at home and have hardly had any with the outside world.
 a) contract b) connect c) contact d) communicate
- 49- As soon as he finished the letter, he flew into a rage.
 a) has read b) reads c) read d) reading
- 50- The book isn't here. Where should I look?
 a) other b) else c) another d) next
- 51- A violin contains about 70 pieces of wood.
 a) separate b) cooperate c) remove d) contact
- 52- The synonym of 'dirt' is
 a) hygiene b) purity c) cleanness d) dirt
- 53- The antonym of 'danger' is
 a) risk b) security c) maturity d) hazard
- 54- The room was full of smoke that made them
 a) cough b) cover c) cut d) damage
- 55- The doctor listened to his and checked his pulse.
 a) air b) breeze c) breathe d) breathing

2) A) Translate into English:

- 1- Traveling can improve your physical and mental health, as well. It allows you to grow creatively, relax, and experience new things. Traveling keeps you active and lowers your risk of depression
- 2- One personal benefit of good hygiene is having better health. Keeping your body clean helps prevent illness and infection from bacteria or viruses.
- 3- Education is an integral part of human society. Its importance in life can't be ignored as lack of education gives birth to numerous social problems like poor health, internal conflict, poor living standards and many more.

B) Translate into English:

- ١- إن التعليم ليس غاية في حد ذاته بل هو وسيلة لتحقيق غاية. و بمعنى آخر، فنحن لا نعلم الأطفال لغرض التعليم. فهدفنا هو أن نعددهم للحياة.
- ٢- إن ارتفاع تكاليف المعيشة واحدة من أصعب المشكلات، ولتقليل الأسعار ينبغي علي الحكومة و الأفراد أن يعملوا معا و يجب تشجيع الاستثمار وزيادة الإنتاج وتقليل الاستهلاك.

٣- إن ممارسة الأنشطة في المدرسة له أهمية عظيمة و يجب علي المعلمين أن يشجعوا طلابهم علي المشاركة بصورة فعالة في الأنشطة المدرسية.

Grammar

الأفعال الناقصة Modals Verbs

❖ should / shouldn't / had better / had better not + مصدر:

١- نستخدم للاقتراح والنصيحة

- You **should play** tennis – you'd enjoy it.
- You **should always wash** your hands after you've touched the cat.
- You **shouldn't touch** that. It's dirty!
- You **shouldn't eat** sweets. They're bad for your teeth.

٢- لاحظ أن should ليست قوية مثل must .

- You **should** stop smoking. = It would be a good idea.
- You **must** stop smoking. = It's necessary to stop. = It's a must من الضروري

❖ should have + pp.:

❖ نستخدم للتعبير عن أن شيء كان يجب أن يحدث في الماضي ولم يتم وتستخدم عادة عندما نوجه اللوم لشخص لعدم قيامه بعمل معين:

- You **should have done** your homework yesterday.

❖ shouldn't have + pp.:

❖ نستخدم للتعبير عن أن شيء كان يجب ألا يحدث في الماضي ولكنه حدث ونستخدمه عادة عندما نوجه اللوم لشخص لقيامه بعمل معين:

- You **shouldn't have parked** your car here. It's a 'No Parking' area.

❖ must / mustn't + مصدر

١- نستخدم must / mustn't + inf.

أ- للتعبير عن قاعدة أو قانون

- You **mustn't smoke** in hospitals.
- You **mustn't talk** in the library.
- You **must leave** your bins outside today.

ب- للتعبير عن نصيحة قوية

- You **must wash** your hands before you eat.
- They **mustn't eat** that cheese. It's green!

ج- دعوة حارة

- You **must come** and have dinner with us.

د- نذكر أنفسنا بضرورة عمل شيء

- We **must buy** souvenirs for our friends here.

٢- أحيانا نستخدم mustn't بمعنى ممنوع أو غير مسموح كما تعني أن هناك قواعد و قوانين يجب إتباعها و المخالفة تعرضك للعقاب.

mustn't = be not allowed to + مصدر غير مسموح بـ
be forbidden to + مصدر ممنوع من
be prohibited / banned from + v. + ing ممنوع من

- You **mustn't park** here. It's not allowed
= You **aren't allowed to park** here.
= You **are forbidden to park** here.
= You **are prohibited / banned from parking** here.

✳ **have to / has to + inf.:** يجب أن / من الضروري أن

✍ نستخدم عندما لا يكون لدينا اختيار للقيام بعمل ما

- You have to show your passport when you leave the country.
- You have to wear a helmet if you're going to go on the motorbike.

✳ **had to + inf.:** كان ينبغي أن

✍ نستخدم للتعبير عن الضرورة في الماضي وهي صيغة الماضي من has to / have to / must

- We had to do a test at school today.

✳ **don't (doesn't) have to / don't (doesn't) need to / needn't + inf.:**

✍ نستخدم للتعبير عن عدم وجود ضرورة في المضارع أو المستقبل

- She isn't late for school so she doesn't have to / needn't hurry.

✳ **didn't have to / didn't need to + infinitive:**

✍ نستخدم للتعبير عن عدم وجود ضرورة في الماضي ولذلك الحدث لم يتم

- I didn't have to buy more bread. We already have a lot.
(I didn't buy bread because we have some.)

✳ **needn't have + pp:**

✍ نستخدم للتعبير عن عدم وجود ضرورة في الماضي ومع ذلك الحدث يتم:

- I needn't have bought more bread. We already have a lot.
(I bought bread, but it was not necessary because we have some.)

Exercises on Grammar

1) Choose the correct answer:

- 1- If I want to start this year, I apply by the end of next week. I have no choice.
a) have to b) may c) might d) shall
- 2- At my sports club, everyone wear flat shoes. It's an important rule.
a) has to b) could c) can d) have to
- 3- You to get more practice if you want to pass your driving test.
a) must b) need c) had d) could
- 4- If you don't understand, you ask your teacher. That's my advice.
a) might b) may c) should d) could
- 5- I really go and get some bread before the shop closes.
a) have to b) could c) can d) must
- 6- Do you wear those shoes to work? Are they part of the dress code?
a) have to b) must c) should d) could
- 7- You don't need add more salt to this dish.
a) for b) on c) to d) of
- 8- You apologize to your friend when you do something unpleasant.
a) would b) needn't c) should d) shouldn't
- 9- When we were children, we didn't have e-mails so we write letters.
a) must b) had to c) have to d) has to
- 10- You touch the pan. It is very hot.
a) should b) must c) mustn't d) must not to
- 11- People smoke in hospital. Law forbids it.
a) must b) mustn't c) should d) shouldn't

- 12- You'd better with such a bad company.
a) to work b) not work c) not to work d) working
- 13- One drive more slowly to avoid accidents.
a) must b) ought c) should d) shouldn't
- 14- You should water before you drink it.
a) boiling b) to boil c) boil d) boils
- 15- You park here because the sign says "No Parking".
a) must b) mustn't c) should d) can
- 16- Leila follow the rules or she will be punished.
a) should b) shouldn't c) mustn't d) must
- 17- You eat any food that smells bad.
a) must b) mustn't c) should d) shouldn't
- 18- Ali is very tall. He play basket.
a) shouldn't b) should c) can't d) mustn't
- 19- You wash if you have touched an infected bird.
a) ought b) must c) should have d) has to
- 20- Mothers bathe their children more often in hot weather.
a) ought b) mustn't c) should d) shouldn't
- 21- My school is not far. I take a taxi.
a) can b) need c) needn't d) had to
- 22- You look at the sun. It is bad for your eyes.
a) wouldn't b) should c) mustn't d) shouldn't
- 23- Tell him that he be here at eight. I insist on it.
a) can b) must c) should d) ought
- 24- Young children to enter horror movies.
a) mustn't b) haven't c) shouldn't d) aren't allowed
- 25- Attending school regularly is a
a) mustn't b) must c) should d) necessary
- 26- People break the traffic signs.
a) must b) needn't c) mustn't d) have to
- 27- It is a to come on time for interviews.
a) necessary b) must c) advice d) advisable
- 28- You read a lot. It's a useful hobby.
a) mustn't b) must c) should d) would
- 29- You do your homework before you go to bed. This is my advice.
a) must b) ought c) should d) may
- 30- Children climb trees in a public park.
a) mustn't b) must c) should d) aren't
- 31- You smoke in hospital. It's banned.
a) shouldn't b) should c) mustn't d) ought to
- 32- You drive more than 110 kmh on the motorway.
a) must b) mustn't c) should d) must not to
- 33- We forget to take the chicken out of the freezer.
a) mustn't b) needn't c) won't d) don't have to
- 34- You are banned from here. It's against the law.
a) park b) parked c) parking d) parks
- 35- We buy souvenirs for our friends while we're here.
a) have to b) must c) mustn't d) needn't

- 36- We forget that tourism is very important for Egypt.
 a) must b) mustn't c) needn't d) don't have to
- 37- I phone my friend this morning. I promised him I would.
 a) need b) have got c) needn't d) must
- 38- You drive fast in the city centre. It's very dangerous.
 a) needn't b) mustn't c) don't have to d) have to
- 39- I hurry. My train leaves in 5 minutes.
 a) don't have to b) shouldn't c) need d) must
- 40- I have been tired all week. I get more sleep.
 a) needn't b) have got c) don't have to d) must
- 41- In Britain you wear a seat belt when you drive
 a) have to b) should c) mustn't d) needn't
- 42- I have bought more bread. We already have a lot.
 a) mustn't b) should c) needn't d) couldn't
- 43- I have called you yesterday, but I'm afraid I forgot.
 a) might b) may c) should d) could
- 44- You telephoned me so late. I was fast asleep.
 a) mustn't b) shouldn't have c) shouldn't d) couldn't
- 45- If you can't dictate your conditions, you negotiate.
 a) will b) should c) need d) ought

2) Fill in the gaps with the suitable word (s)

- 1- There are some safety rules to be followed while driving a car. You drink and drive. You always wear a seat belt. It is to keep a safe distance. You aren't to break traffic rules.
- 2- These are the rules of the library. You have an identity Card for getting access to the library. No discussion permitted inside the library. Registration be done to become a library member prior to using the library resources. No personal belongings is inside the library.
- 3- Man can live without food and water for some time, but he can't live without air. We breathe pure, oxygen-rich air. Breathing foul or polluted air cause chest-related problems. You be exposed to cold air. When a person catches cold, hetake simple, light and easily digestible food.

Language Functions

Giving Advice & Making Suggestions	
- In my opinion, you should	- Why don't you
- In my opinion, you must	- I'd advise you to
- I think it would be a good idea to	- I think you should

Advanced Points

Everyone / everybody / someone / somebody / no one / nobody / person
 لاحظ استخدام فعل مفرد مع الكلمات الآتية ولكن عند الإشارة إليها بضمير نستخدم ضمير جمع

Ex: **Everyone** brought **their** partner to the party.
Everybody is here. **They** are all happy.

اسم جمع أو اسم لا يجمع + a lot of	يفضل استخداما في الجمل المثبتة
اسم جمع + many	تستخدم في الأسئلة والجمل المنفية كما تستخدم في الجمل المثبتة إذا سبقها too / so / very
اسم لا يجمع + much	تستخدم في الأسئلة والجمل المنفية كما تستخدم في الجمل المثبتة إذا سبقها too / so / very

Ex: He bought **a lot of sugar**.

He needs **a lot of** books.

She doesn't need **much** money.

Did you buy **much** sugar?

He didn't see **many** places in London.

Did you invite **many** people to your party last week?

There is **so much** sugar in my coffee.

There are **so many people** in the street.

✍ الأسماء التي لا تُعد لا تجمع والفعل معها مفرد ولا يُستخدم معها a / an مثل:

rubish	القمامة	furniture	أثاث	money	المال
advice	نصيحة	harm	ضرر	news	الأخبار
baggage	أمتعة	information	معلومات	traffic	المرور
paper	الورق	knowledge	معرفة	water	المياه
bread	الخبز	luck	الحظ	weather	الطقس
damage	الدمار	luggage	أمتعة	work	العمل
help	مساعدة	cloth	القماش	dirt	قذارة

- Could I have a glass of **water**? - It isn't a good idea to borrow **money**.

✍ بعض الأسماء التي لا تُعد يمكن أن تسبقها أداة a/an إذا جاءت قبلها الصفة:

- She completed her **education** in 1995.

- She had **a good education**.

- We usually have **lunch** at 2.00 p.m.

- We had **a wonderful lunch** yesterday.

- I only have **a limited knowledge** of Spanish.

✍ الأسماء التي لا تُعد يمكن استخدامها مع الكلمات و العبارات الآتية:

the / any / some / much / how much / this / that / a lot of / a piece of

- **The water** in the river is very clean.

- Have we got **any bread**? - We have **some bread**.

- We don't have **any butter**.

- Would you like **some** more **tea**?

- Can I have **some sugar**, please?

- We don't have **much time** left.

- He has got **a lot of money**.

- How **much food** do we need for ten people?

gloves / scissors / trousers / shoes / socks أسماء الأشياء المكونة من جزأين مثل
glasses نستخدم معها كلمة pair وبدون كلمة pair تُعتبر هذه الكلمات جمع:

Ex: His **trousers are** dirty.

A pair of socks doesn't cost much money.

لاحظ هذه التعبيرات

keep ... under wrap	يبقي ... سرا	take the wrap off	يفشي سر
touch the heart	يمس القلب	do dirty business	يقوم بأعمال قذرة
wrap arms around	يلف ذراعيه حول	emergency landing	هبوط اضطراري
breathe out threats	يهدد	soil his hands with	يوسخ يديه / يحقر من نفسه
breathe a word	يتفوه بكلمة	contain his laughter	يكبح ضحكته

Exercise

Choose the correct answer from a, b, c or d:

- Nothing in the world gives people so real pleasure as having a happy family.
a) a lot b) much c) many d) lots
- Can you help me? I need advice.
a) many b) an c) a d) some
- Everyone has own ideas about the best way to bring up children.
a) his b) her c) its d) their
- The TV report about the children's work for charity people's hearts.
a) breathed b) touched c) wrapped d) tasted
- Farms in the area have been closed off in an attempt to the disease.
a) contain b) include c) consist d) involve
- She her plan to move under wraps until she had made sure she had a place to go.
a) booked b) left c) kept d) stayed
- If you a word of this to anyone, you'll regret it.
a) take in b) breathe c) keep d) complain
- How information have you got from the story.
a) Much b) Any c) Many d) A lot
- Information everywhere on the Internet.
a) are b) be c) were d) is
- types of machines can generate energy.
a) Much b) Any c) Many d) A lot
- Can you count how grains of sand are on a beach?
a) much b) many c) some d) any
- One of the team members usually very aggressive.
a) are b) be c) were d) is
- water has gone under this old bridge.
a) Many b) Plenty c) Lots d) Much
- She could no longer her anger and shouted at him uncontrollably.
a) contain b) include c) consist d) involve

Test 7

1) Choose the correct answer from a, b, c or d:

- 1- Some people find it unacceptable to medical research on animals.
a) make b) do c) give d) have
- 2- We'll have to have a different kind of antibiotic because she's to penicillin.
a) allegoric b) magnetic c) addicted d) chronic
- 3- The prisoners were being kept in in order to prevent them from escaping.
a) rounds b) rings c) circles d) chains
- 4- You come and stay with us in Arizona sometime.
a) must b) ought c) should have d) could have
- 5- You speak so loudly. We are in the library.
a) mustn't b) don't have c) need to d) needn't
- 6- When you arrive in another country, you show your passport.
a) mustn't b) have to c) don't need to d) haven't
- 7- You buy a pen. I can lend you one.
a) must b) need to c) have to d) needn't
- 8- You get off the bus before it stops.
a) mustn't b) have to c) needn't d) must
- 9- Yusuf and Hani be home by eight. That's a family rule.
a) has to b) could c) can d) have to
- 10- He's felt pressure since his wife had an operation.
a) under b) over c) bottom d) below
- 11- No one him because everyone knows that he will only do what benefits himself.
a) despises b) hates c) trusts d) dislikes
- 12- His hands are rough because he never wears when working in the garden.
a) gloves b) socks c) shoes d) trousers
- 13- The victims were all given first at the scene of the accident.
a) help b) aid c) hand d) breath
- 14- Workers in the services are forbidden from striking.
a) help b) emergency c) advice d) gardening
- 15- A knee forced her to withdraw from the competition.
a) jury b) delivery c) injury d) damages
- 16- She does into how children acquire language.
a) trainer b) cause c) search d) research

2) Fill in the gaps with the suitable word (s)

Have you left your house without your keys? I have. Several times! I can remember one time very well. I to go out for a few minutes to buy some bread. I thought to myself: 'I forget my keys.' I closed the front door and I suddenly realised I forgotten my keys!

3- Read the following passage, then answer the questions:

People like to be well-dressed, but rarely ask themselves what the clothes they are wearing are made from. In fact, thousands of animals are killed every day so that rich people can enjoy wearing the most fashionable and trendiest clothes. Some animals, such as guinea pigs and rabbits, are used for scientific research. Mice and other animals are experimented upon by scientists working for companies involved in the manufacture of shampoos that we use, to keep our hair clean and to look good. We even kill whales, whose oil is used to make expensive soaps or make up. Other animals, the arctic fox, for example, are killed for their fur, which is used in the manufacture of expensive coats. Elephants are killed for their ivory, which is made into jewellery. Crocodiles are killed for their skin, which is used to make shoes. Often these animals are treated with great cruelty. Some of them are in danger of becoming extinct. Increasingly, individual people and organizations are working to protect these animals. The first step in **this direction** was taken when the Royal Society for the Prevention of Cruelty to Animals (RSPCA) was established all over the world. The RSPCA calls on governments to set up natural reserves to protect such animals. It is illegal to kill any animal on these reserves and at the same time, strict action has been taken against illegal hunting wherever it occurs in the world. The RSPCA also asks people to stop buying and wearing products from endangered animals. If we continue killing these animals, we will surely destroy our wildlife environment and the balance of nature as well.

Answer the following questions:

- 1- Killing animals in nature reserves is
a) legal b) unlawful c) allowed d) authorized
- 2- Some animals become because of killing them.
a) exhaust b) excess c) exist d) extinct
- 3- Some animals, such as, are used for scientific research.
a) rabbits and mice b) mice and foxes
c) pigs and elephants d) rabbits and whales
- 4- People kill elephants to have their
a) skin b) shoes c) jewellery d) ivory
- 5- How do rich people get their expensive clothes?
- 6- What do the underlined words "**this direction**" refer to?
- 7- According to the passage, in what way are animals often treated?
- 8- What is a suitable title for the passage?

4) Translate into Arabic:

Researchers link internet addiction with existing mental health issues, most notably depression.

5) Translate into English:

تشجع الحكومة رجال الأعمال المصريين علي استصلاح الأراضي خاصة في سيناء و المناطق الصحراوية .

5) Write an essay of about 150 words on:

The importance of health and safety