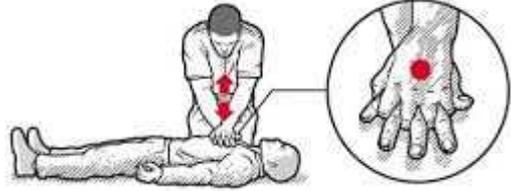


THE KNIGHT FOR SECONDARY



Unit (7) Health and Safety



Name :

Class : 1 \

Unit 7

Health and Safety

Listening

Nurse: Today, I'm going to tell you what to do if you find a person who is **lying on** the ground and 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

Health and Safety

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's 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

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

① **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.

② **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.

③ **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.

④ **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.

⑤ **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.

⑥ **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.

⑦ **Don't forget to keep your bins clean**

A lot of bacteria can live 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.

Two examples of research into hygiene:

Dangerous Trousers!

Research has shown that you should only wear *a pair of trousers* for one day. Bacteria can *grow* quickly *in* your trousers, so it's a bad idea to wear *them* for more than one day.

Always wash your hands!

Research has shown that people who wash their hands every time they come home from outside don't *become ill* as often as people who don't.

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,

.....

Being clean around the house (WB. P.86)

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 sponge every two weeks, and we can buy special cleaners for phones, tablets and computers.

To : Ameer

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 realize 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

VOCABULARY

health (n.\adj.)	صحة / متعلق بالصحة	pair (n.)	زوج
healthy (adj.)	صحي (مفيد صحيا)	report (n.\ v.)	تقرير / يبلغ
safety (n.)	امان	interpret (v.)	يفسر
safe (adj.)	امن	interpretation (n.)	تفسير
safely (adv.)	بأمان	interpretor (n.)	مترجم فوري
ambulance (n.)	عربة اسعاف	warn (v.)	يحذر
breathe (v.)	يتنفس	warning (n.)	تحذير
breath (n.)	نفس	articles (n.)	مقالات/ ادوات
breathing (n.)	تنفس	blogs (n.)	مدونات الكترونية
CPR (n.)	انعاش قلبي رؤوى	online (n.)	على الانترنت
emergency (n.\adj.)	طوارئ/ طارئ	surprise (n.\v.)	مفاجأة/ يفاجيء
service (n.)	خدمة/ صيانة	surprised (adj.)	متفاجيء
danger (n.)	خطر	surprising (adj.)	مفاجيء
dangerous (adj.)	خطير	surprisingly (adv.)	بدهشة
dangerously (adv.)	بخطورة	website (n.)	موقع الكتروني
response (n.)	استجابة	knowledge (n.)	معرفة
respond (v.)	يستجيب	knowledgeable (adj.)	ذو معرفة
responsive (adj.)	مستجيب	available (adj.)	متاح/ متوافر
aid (n.\v.)	مساعدة/ يساعد	availability (n.)	توافر/ اتاحة
possibility (n.)	امكانية/ احتمال	posts (n.)	منشورات
possible (adj.)	ممكن/ محتمل	question (n.\v.)	سؤال/ يسأل
possibly (adv.)	بإمكانية	unusual (adj.)	غير عادى
medicine (n.)	طب / دواء	trust (n.\ v.)	ثقة/ يثق
medical (adj.)	طبي	trusted (adj.)	موثوق به
nurse (n.\v.)	ممرضة / يمرض	links (n.)	روابط
nursing (n.)	تمريض	leaflet (n.)	نشرة/ مطوية
shout (v.)	يصرخ	bottom (adj.)	قاع
wake (v)	يوقظ	dust (n.)	تراب
awake (adj.)	مستيقظ	dusty (adj.)	مترب / ناعم
move (v.)	ينقل/ يحرك	cause (n.\v.)	سبب/ يسبب
nearby (prep.)	قريب	remove (v.)	يزيل
cut (n.\v.)	قطع/ جرح - يقطع	soap (n.)	صابون (لا تعد)
wound (n.)	جرح	soapy (adj.)	به صابون
hygiene (n.)	نظافة شخصية	asleep (adj.)	نائم
hygienic (adj.)	صحي	sleepy (adj.)	نائم
hygienically (adv.)	بطريقة صحية	bedding (n.)	الفرش
sanitation (n.)	نظافة عامة	pets (n)	حيوانات اليفة
research (n.\v.)	بحث (لا تعد) / يبحث	contact (v.)	يتواصل
wear (v.)	يرتدى	protect (v.)	يحمى
bacteria (n.)	بكتيريا (جمع دائما)	protection (n.)	حماية/ وقاية
germs (n.)	جراثيم	gloves (n.)	قفازات

allergy (n.)	حساسية	complain (v.)	يشكو
allergic (adj.)	حساس	back (n.)	ظهر
allergen (n.)	مادة تسبب حساسية	mess (n.)	فوضى
soil (n.\v.)	تربة - يوسخ	messy (adj.)	فوضى
contain (v.)	يحتوى	fire (n.\v.)	حريق/ نار- يطلق نار
garden (n.)	حديقة / بستان	blanket (n.\v.)	بطانية
gardening (n.)	اعمال البستنة	burn (n.\v.)	حرق/ يحرق
bins (n.)	سلات قمامة	evacuate (v.)	يخلى
waste (n.\v.)	نفايات/ بقايا - يضيع/ يهدر	evacuation (n.)	اخلاء / جلاء
separate (v.\ adj.)	يفصل/ مفصول	immediately (adv.)	فى الحال
rule (n.)	قاعدة / يحكم	wrap (v.)	يلف
law (n.)	قانون	cloth (n.)	قطعة قماش (لا تعد)
advice (n.)	نصيحة (لا تعد)	mild (adj.)	بسيط/ لطيف
advise (v.)	ينصح	smell (n.\v.)	رائحة / يشم
advisable (adj.)	من المنصوح به	dirts (n.)	قاذورات
inadvisable (adj.)	غير منصوح به	chop (v.)	يقطع
flat (n.\ adj.)	شقة / مسطح	board (n.)	لوح
bookshelf (n.)	رف كتب	properly (adv.)	بطريقة مناسبة
drop (n.\v.)	قطرة / يسقط	proper (adj.)	مناسب
neighbour (n.)	جار	tablets (n.)	تايلتات
neighbourhood (n.)	حى / جوار	sponge (n.)	اسفنج
neighbourly (adj.)	ودود	open (adj.)	مفتوح
neighbouring (adj.)	مجاور	sunlight (n.)	ضوء الشمس
accident (n.)	حادثة	experts (n.)	خبراء
regular (adj.)	منتظم	extra (adj.)	زيادة
regularly (adv.)	بانتظام	once (adv.)	مرة واحدة
tissue (n.)	نسيج خلوى/ منديل ورقي	twice (adv.)	مرتان
sneeze (v.)	يعطس	replace (v.)	يستبدل
spread (v.)	ينشر/ ينتشر	cleaners (n.)	منظفات
bathroom (n.)	غرفة استحمام	pressure (n.)	ضغط
toilet (n.)	حمام/ مرحاض	helmet (n.)	خوذة
cough (v.)	يكح/ يسعل	plaster (n.)	لاصق
frequently (adv.)	تكرارا/ كثيرا	apology (n.)	اعتذار
licence (n.)	رخصة	apologise (v.)	يعتذر
driving (n.)	قيادة	too (adv.)	ايضا
regards (n.)	تحيات	realise (v.)	يدرك
action (n.)	حدث/ فعل	argument (n.)	خلاف/ جدال
shower (n.\v.)	استحمام/ يستحم	beach (n.)	شاطيء
injure (v.)	يصيب	parents (n.)	والدين
injured (adj.)	مصاب	electrical (adj.)	كهربائى
hurt (v.)	يؤذى	cables (n.)	كابلات
ingredients (n.)	مكونات طعام	trousers (n.)	بنطال (جمع)

Prepositions حروف جر

take....off	يخلع / تطلع (للطائرة)	walk on	يسير على
take.....in	يستنشق	drop...on	يسقط.....على
warn....about	يحذر من	close to	قريب من
fall on	يسقط على	at home	فى المنزل
wake....up	يوقظ	a home for	موطن لـ
move....away from	ينقل....بعيدا	complain about	يشكو بخصوص
come back	يعود	complain to	يشكو لـ
come up	يقترّب	wrap...around	يلف.....حول
clean up	ينظف	caused by	يسبب بواسطة
protect.....from	يحمى من	tie..... up	يربط (يلم شعر)
protect against	يحمى ضد	full of	ملء بـ
contact with	يتواصل مع	move around	يتجول حول
at least	على الاقل	spread in	ينتشر فى
on fire	مشعل	decide on	يحدد

Expressions تعبيرات

emergency services	خدمات الطوارئ	fall asleep	ينام/ يغفو
first aid	اسعافات اولية	feel sleepy	يشعر بالنعاس
basic medical help	مساعدة طبية اساسية	leave your bins open	اترك السلات مفتوحة
give medical help	يعطى مساعدة طبية	a separate bin	سلة منفصلة
give first aid	يعطى اسعافات اولية	ask for advice	يطلب النصيحة
call the emergency	يتصل بالطوارئ	receive advice	يتلقى نصيحة
clean a cut	ينظف جرح	as often as	على قدر
do research	يقوم باجراء بحث	CPR (cardiopulmonary resuscitation)	الانعاش القلبي الرئوى
a pair of trousers	بنطال (مفرد)	do CPR	يقوم بعملية انعاش
become ill	يمرض	stay calm	يظل / يبقى هادئا
interpret research	يفسر بحث	keep.....still	يثبت
keep your home clean	حافظ على نظافة منزلك	running water	ماء جارى
skin problems	مشاكل فى الجلد	mild burns	حروق طفيفة
kitchen floor	أرضية المطبخ	with his shoes on	مرتديا حذاءة
at least	على الاقل	helpful ideas	افكار مساعدة
soapy water	ماء به صابون	lying on the ground	ملقى على الارض
food waste	بقايا الطعام	DOs and DON'Ts	افعل ولا تفعل
electrical cables	كابلات كهربائية	special cleaners	منظفات خاصة
check breathing	يفحص التنفس	warm, wet places	اماكن دافئة رطبة
a driving licence	رخصة قيادة	make a mistake	يرتكب خطأ
against the law	ضد القانون	have a shower	ياخذ دش
chopping board	لوح تقطيع	take action	ياخذ حدث/فعل
wear a helmet	يرتدى خوذة	In case of emergency	فى حالة الطوارئ
get angry	يغضب	kitchen sponge	اسفنجة المطبخ
have an argument	لديه خلاف مع		

Definitions تعريفات

1 - breathe

يتنفس

- to take air in and out of your body.

(breath – breathing – hold your breath اكنم نفسك)

2 - CPR

عملية انعاش قلبي ورنوي

- something you do to help someone take air in and out of their body.

(CPR stands for cardiopulmonary resuscitation)

3 - emergency services

خدمات الطوارئ

- The people who come to help you very quickly.

4 - danger

خطر

- the possibility of being hurt or killed.

(danger of \ from / خطر الـ - be in danger of يكون في خطر - be a danger to sb\sth)

5 - respond

يستجيب

- to do something when someone talks to you.

(respond to - response \ responsiveness استجابة – responsive)

6 - first aid

اسعافات اولية

- basic medical help given quickly.

7 - allergy

حساسية

- a medical condition in which you become ill or in which your skin becomes red and painful because you have eaten or touched a particular substance.

(allergic - allergen مادة تسبب الحساسية)

8 - at least

على الاقل

- not less than a particular number or amount.

(at the (very) least على الاقل)

9 - bedding

الفراش

- sheets, covers etc that you put on a bed.

10 - dust

تراب

- dry powder consisting of extremely small bits of dirt that is in buildings on furniture, floors etc if they are not kept clean.

(dust ذرة غبار - dusty مترب – a speck \ particle of dust يزيل التراب)

11 - soil

تربة

- the top layer of the earth in which plants grow.

(fertile \ rich \ poor soil - soil /)

12 - bacteria

بكتريا

- very small living things that cause diseases.

(bacterium باكتيرية - bacterial بكتيري - bacteriology علم دراسة البكتيريا)

13 - research

بحث

- studying something to find new facts about it.

(do research يقوم بعمل بحث - research on\ into يجرى بحث عن)

14 - blanket بطانية

- a warm cover on a bed.

(blanket – be blanked with\into something — مغطى بـ)

15 - burn حرق

- damage to the body caused by fire or heat.

(burn بحرق - minor\severe\serious burns - burn marks علامات حرق - burning محترق)

16 - evacuate يخلى / يخلي

- leave a place because it is not safe.

(evacuate sb from\to..... الى - evacuation إخلاء / جلاء)

17 - immediately فى الحال

- very quickly, without waiting.

(immediately (conjunction) بمجرد - immediate)

18 - wrap يلف / يغلف

- cover something with cloth or paper.

(wrap sth in sth يلف شيء بشيء - wrap sth around sb\sth يلف حول)

► **fall asleep**

ينام/يففو

► **feel sleepy**

يشعر بالنعاس

Ex: Ola fell asleep during the film.Ex: He can't complete watching the film. He is feeling sleepy.► **at least**

على الاقل

► **at last**

واخيرا

Ex: You should clean your kitchen floor at least once a week.Ex: He looked for his lost mobile everywhere. At last, he found it under his bed.► **wear + obj.**

يرتدى (ياتى ورائها مفعول)

► **dress**

يلبس (لا ياتى بعدها مفعول)

► **dress + obj.**

يلبس (ياتى بعدها مفعول)

► **put on**

يرتدى بسرعة

Ex: Motorists should wear a helmet on their heads.Ex: Adel took a shower and dressed in twenty minutes.Ex: Please Soha, dress the baby.Ex: Hurry up! Put on your shoes.► **a tissue**

منديل ()

► **tissue**

نسيج (لا تعد)

Ex: I always have a box of tissues in my car.Ex: Scientists can make new tissue from human cells.► **decide to + Inf.**

يقرر

► **decide on + noun**

يحدد

Ex: I decided to travel to Paris next week.Ex: You should decide on your goal.

- ▶ **allergy** (n.) حساسية
 ▶ **allergic** (adj.) حساس
 ▶ **allergen** (n.) مادة تسبب الحساسية

Ex: Shorouk has an allergy to chocolate.

Ex: Shorouk is allergic to chocolate.

Ex: Certain foods seem to contain more potent allergens than others.

- ▶ **contain** (ولا تأتي فى الأزمنة المستمرة) يحتوى على (شئ داخل شئ)
 ▶ **consist (of)** يتكون من
 ▶ **include** يشمل/ يتضمن (جزء من)
 ▶ **enclose** يرفق شئ بشئ/ يحيط شئ بشئ

Ex: The museum contains a number of original artworks.

Ex: A football team consists of eleven players.

Ex: The curriculum includes courses in computing.

Ex: Please, enclose a recent photo with your application.

- ▶ **S. + suggest + V-ing** يقترح
 ▶ **S. + suggest + S. + Inf. \ should + Inf.** يقترح أن

Ex: Maha suggested going for a walk.

Ex: We suggest that Mai see \should see a doctor.

- ▶ **stop + obj. + V-ing** نمنع/ نوقف.....
 ▶ **S. + can't stop + V-ing** لا يستطيع أن يتوقف عن

Ex: We should stop this disease spreading in this area.

Ex: Shorouk can't stop laughing on watching a comic movie.

- ▶ **bacteria** (جمع دائما) بكتريا ▶ **bacterium** (مفرد) بكتيريا
 ▶ **bacterial** بكتيرى
 ▶ **bacteriology** علم دراسة البكتيريا ▶ **bacteriologist** عالم بكتيريا

Ex: Bacteria are invisible micro organisms.

Ex: Mana had a bacterial infection last year.

Ex: Dr. Samer is a bacteriologist. He works in the department of bacteriology.

- ▶ **awake** (adj.) (stay \ remain \ lay awake) مستيقظ (لا ياتى بعدها أسم)
 ▶ **wake \ woke \ woken (up)** يوقظ
 ▶ **awaken \ awakened \ awakened** يوقظ/ ينبه شخص من

Ex: He is not asleep. He is awake.

Ex: I tried to wake him up but I couldn't.

Ex: She was awakened by a noise at two in the morning.

Ex: We must awaken people to the dangers for the environment.

- ▶ **fall \ fell \ fallen** (v.) يسقط/ يقع
 ▶ **drop \ dropped \ dropped** (v.) يسقط

Ex: Food and drinks can easily fall on the kitchen floor.

Ex: He dropped the juice on his trousers.

Grammar

1. Should \ shouldn't يجب / لا يجب

- نستخدم **should \ shouldn't** لاعطاء النصيح او الاقتراح فى المضارع:

S. + should \ shouldn't + Inf.

Ex: You should always wash your hands after you've touched the cat.

Ex: You shouldn't touch that. It's dirty.

- والصيغة السابقة يمكن ان تتساوى فى المعنى مع:

S. + ought to \ ought not to + Inf.

S. + am. is, are (not) supposed to + Inf.

It is advisable \ inadvisable to + Inf.

Ex: You ought to go to bed early to get up early.

Ex: Hala is supposed to do her homework alone.

Ex: It is advisable to keep your garden clean.

- ونستخدم **should \ should not be + V-ing** للتعبير عن شيء من المفروض فعله الان:

S. + should \ should not + be + V-ing.

Ex: The motorist is not wearing a helmet and driving too fast. He should be wearing it.

Ex: The boys are playing football in the street. They shouldn't be playing football at this time. They should be at school.

- ويمكن ان نستخدم **should \ should not have + P.P** لاعطاء نصيح او لوم فى الماضى

S. + should + have + P.P (ولكنك لم تفعل)

S. + shouldn't + have + P.P (ولكنك فعلت)

Ex: Fatma didn't do her homework yesterday. She should have done it.

Ex: Mazin quarrelled with his friend last week. He shouldn't have done that.

2. must \ mustn't يجب - يلزم / لا يجب - لا يلزم

- نستخدم **must** للقاعدة او القانون والدعوة الحارة والنصيحة القوية:

S. + must + Inf.

Ex: Students must wear their school uniform.

Ex: You must come and have dinner with us. (invitation)

Ex: You must wash your hands before you eat. (strong advice)

- نستخدم **mustn't** للمنع او التحريم والنصيحة القوية:

S. + mustn't + Inf.

Ex: You mustn't smoke in hospitals. It is forbidden \ prohibited \ banned.

Ex: You mustn't talk in the library.

Ex: You mustn't park your car here. It's not allowed.

Ex: You mustn't carry a gun in public places. It's against the law.



Homework

1) Choose the correct answer :

1. If you see a fire, call the.....services.
 - a. immigration
 - b. frequency
 - c. emergent
 - d. emergency
2. Stay calm and.....the building quickly.
 - a. educate
 - b. evacuate
 - c. evaluate
 - d. elevate
3. When there is smoke, it is easier to.....close to the ground.
 - a. breath
 - b. breathe
 - c. breeze
 - d. breathing
4.a blanket around injured people.
 - a. Cover
 - b. Wrap
 - c. Award
 - d. Reward
5. Put running water on mild burns.....
 - a. immediate
 - b. immediately
 - c. suddenly
 - d. lately
6. You should keep a person.....if he\ she has broken his\her arm.
 - a. asleep
 - b. awake
 - c. still
 - d. alive
7. You should put your rubbish in the.....and remember to clean it.
 - a. pin
 - b. pen
 - c. ben
 - d. bin
8. When we returned from our holiday, the house didn't feel clean because there was.....on all the furniture.
 - a. rust
 - b. dust
 - c. must
 - d. dest
9. Plants need sunlight, water and good.....to grow well.
 - a. dust
 - b. soil
 - c. foil
 - d. fuel
10. My mum tells me to change the.....on my bed once a week.
 - a. budding
 - b. bleeding
 - c. pudding
 - d. bedding
11. His room is dirty and the bathroom is messy, but.....he had a shower this morning.
 - a. at last
 - b. at least
 - c. at most
 - d. at end
12. I can't stop sneezing because I have anto your pets.
 - a. emergency
 - b. alley
 - c. allergy
 - d. energy
13. Bacteria like to.....in warm, wet places like a kitchen sponge.
 - a. grow
 - b. breathe
 - c. relax
 - d. build
14. In an emergency, the most important thing you must do is to stay..... and decide on the best action to take.
 - a. worried
 - b. calm
 - c. busy
 - d. sleeping
15. If there is an accident and someone is....., you should help him.
 - a. ached
 - b. injured
 - c. dangerous
 - d. safe
16. To keep an injured one warm, you should wrap a.....around him.
 - a. banknote
 - b. blank
 - c. blanket
 - d. plaster
17. My mother always cuts vegetables on plastic.....board.
 - a. cleaning
 - b. chopping
 - c. shipping
 - d. shopping
18. My grandmother always complains about her back.....
 - a. hurt
 - b. hurting
 - c. injuring
 - d. to hurt
19. You must revise well, Mai. Your final exams are coming.....
 - a. on
 - b. up
 - c. over
 - d. back
20. You shouldn't leave your bins.....
 - a. opened
 - b. opening
 - c. open
 - d. opens

21. When....., you must always stop at the red light.
 a. drived b. drives c. you drove d. driving
22. The one should have different bins for food.....
 a. ingredients b. recipes c. spices d. waste
23. Reem usually asks.....her mother advice.
 a. to b. for c. at d. out
24. You should help.....jobs around the house.
 a. at b. with c. to d. for
25. Faiza's sister is very.....and wears dirty shoes in her home.
 a. missing b. misty c. messy d. fusy
26. People should spend more time.....
 a. to clean b. cleaning c. to cleaning d. clean
27. The floor is dirty because he walked on it with his shoes.....
 a. at b. in c. off d. on
28. Bacteria can grow quickly in your trousers, so it's a bad idea to wear.....
 for more than one day.
 a. it b. him c. them d. her
29. People who wash their hands regularly don't become ill as.....as people
 who don't.
 a. many b. much c. long d. often
30. Wonderful Mazin! Your report is.....
 a. surprises b. surprisingly c. surprised d. surprising
31. We can find thousands of articles and blog posts.....
 a. in a museum b. offline c. in a library d. online
32. Don't click on any.....you don't know.
 a. lakes b. licks c. links d. linkages
33. Educated people always add information to their.....
 a. knowing b. knowledge c. knowledgeable d. known
34. In the USA, you should offer to help clean.....after dinner at a friend's house.
 a. off b. away c. up d. on
35. People should follow the.....of hygiene.
 a. roles b. rules c. rolls d. reeds
36. Dust can make it difficult.....
 a. breathe b. to breathe c. breathing d. breathed
37. On cleaning their kitchens, people should use warm,.....water to remove
 all the bacteria.
 a. sleepy b. soapy c. steady d. puppy
38. You should always wash your hands before you start.....
 a. garden b. gardened c. gardening d. guard
39. You should wear.....if you're going to touch soil in the garden.
 a. a helmet b. gloves c. trousers d. glasses
40. You.....make a loud noise in the library or you will get into trouble.
 a. can b. should c. mustn't d. must
41. I have a bad cold, so it's difficult for me to.....
 a. breathe b. research c. wash d. respond
42. We should always put our plastic rubbish in abin.
 a. separation b. separating c. separate d. seperatively

43. There was an emergency so the school was.....
 a. serviced b. navigated c. evacuated d. injured
44. The boys could help the injured man because they had learnt about.....
 a. emergency services b. first aid c. hygiene d. danger
45. You.....use your phone while you're driving. It's dangerous.
 a. must b. can c. mustn't d. should
46. The emergency services have arrived. There.....have been an accident.
 a. must b. can't c. should d. mustn't
47. I can't eat strawberries because I have a\ an.....
 a. allergy b. hygiene c. bacteria d. danger
48. We.....learn computer skills at school because they are very useful.
 a. mustn't b. should c. can't d. don't
49. I don't know where Lina is, She.....have gone to the sports centre.
 a. can b. shouldn't c. might d. mustn't
50. The one should decide.....his goal and do his best to achieve it.
 a. to b. for c. on d. at
51. Hanaa tried to be serious but she couldn't stop.....
 a. laughed b. to laugh c. laugh d. laughing
52. We suggest Mona.....a doctor.
 a. seeing b. sees c. see d. to see
53. We should learn how to.....CPR so we can help the person to breathe again.
 a. make b. give c. do d. play
54. I shouted at him but he didn't give any.....
 a. respond b. responsibility c. responsive d. response
55. After the accident, I saw a man.....on the ground and moving.
 a. lying b. laying c. laid d. lining
56. Domestic animals are called.....
 a. pots b. bites c. bits d. pets
57. Lazy people spend a lot of their time.....in bed.
 a. to sleeping b. sleep c. asleep d. sleepy
58. I tried to.....the fainted man up but in vain.
 a. wake b. awake c. awaken d. give
59. After returning to their flat after 10 years abroad, they found that everything in the flat was..... Nothing is clean at all.
 a. dust b. dusty c. brilliant d. clean
60. A lot of children have an allergy.....beans.
 a. from b. of c. to d. off
61.with pets early in life can protect you against allergies.
 a. Communicate b. Contact c. Conduct d. Connect
62. Bacteria.....very small things that can cause illness or disease.
 a. is b. has c. are d. am
63. He apologized for the mistake he.....
 a. played b. gave c. made d. did
64. Deep cuts in in chopping boards are often a home.....bacteria.
 a. to b. at c. for d. from
65. Shorouk always an argument with Mai.
 a. plays b. has c. makes d. gives

66. We.....forget that tourism is very important for our national income.
a. must b. mustn't c. should d. ought not
67. Your kitchen.....probably has more bacteria than anything else in your home.
a. spoke b. sparkle c. sponge d. span
68. You should use a/an.....when you sneeze.
a. issue b. tissue c. toss d. tease
69. We should stop Coronavirus.....in our country.
a. to spread b. spread c. spreading d. to spreading
70. People don't clean their chopping boards.....
a. proper b. possibly c. properly d. probably
71. He is from Thailand so his nationality is.....
a. Tie b. Thai c. Taiwanese d. The
72. Scientists.....research to find new treatments for incurable diseases.
a. make b. give c. do d. play
73. Those boys.....football at this time. They should be at school.
a. should play b. should be playing c. shouldn't be playing d. must play
74. You.....believe everything you read online.
a. mustn't b. shouldn't c. ought not d. didn't
75. It's strange that Mr. Mahrous.....late. He's usually on time.
a. must be b. should be c. can't be d. shouldn't be
76. What do you recommend.....?
a. us to do b. we do c. we to do d. to do
77. You must keep this matter secret. You.....tell anyone.
a. shouldn't b. must c. mustn't d. don't have
78. You.....come round and visit us.
a. should b. ought c. must d. mustn't
79. You.....be kidding! I can't lend you this big sum of money.
a. should b. must c. mustn't d. can't
80. I wonder why they're so late. They.....here an hour ago.
a. should be b. should have been c. shouldn't have been d. must be

2) Fill in the spaces with suitable:

To stay healthy, people ①.....follow the rules of hygiene at their homes. People ②.....leave food waste lying everywhere ③.should wash their hands before and after meals. They also ④.....forget that protection is better than cure.

2) Fill in the spaces with suitable:

Once I saw a house ①.....fire. I tried to help. I managed to help an injured person out of the burning house. I ②.....him the first aid I know. I wrapped him ③.....a blanket then I called ④.....ambulance to take him to hospital.

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

First Aid

World First Aid Day started in the year 2000. The International Federation of Red Cross and Red Crescent Societies (IFRC) introduced it to raise global awareness of how first aid can save people's lives in everyday situations. It occurs on the second Saturday of September every year. It provides an opportunity for citizens to understand they can quickly learn skills that could save someone's life. First aid is the assistance given to any person suffering a

sudden illness or injury. It includes initial intervention in a serious condition prior to professional medical help being available, such as performing CPR while awaiting an ambulance, as well as the complete treatment of minor conditions, such as applying a plaster to a cut. CPR is a lifesaving action used in emergencies when someone isn't breathing or their heart is not beating. CPR combines chest compressions and rescue breathing. If someone isn't circulating blood or breathing well, CPR can help get oxygen-rich blood to the brain and restart breathing.

First aid is generally performed by the layperson, with many people trained in providing basic levels of first aid, and others willing to do so from acquired knowledge. First aid skills not only give students the ability to save a life – knowing how to respond in an emergency can also boost confidence, self esteem, teamwork and communication skills.

1. When is First Aid Day celebrated every year?

2. What first aid the one should use when someone isn't breathing or their hurt is not beating?

3. What do first aid skills teach us?

4. If an injured man has a cut, we should.....

- a. put plaster on it
- b. do CPR
- c. burn it
- d. put dust on it

5. The underlined pronoun "it" refers to.....

- a. CPR
- b. First Aid Day
- c. IFRC
- d. the red crescent

6. CPR helps a person to.....

- a. die
- b. sleep
- c. revive
- d. run

7. A layperson is

- a. an expert person
- b. someone who doesn't have specialized knowledge
- c. a doctor
- d. a medical specialist

5) Write a paragraph of (120) words about ONE (1) only of the following:

- a) How to help to keep your home clean.\ How to avoid illness.
- b) Give advice about what to do in a fire.

Translation

6) a) Translate into Arabic :

1- Germs and bacteria find dirty places a fertile soil to spread and multiply, so we should keep our homes clean to be healthy and safe.

2- Yesterday, a man lost his consciousness and fell to the ground. I hurried and I did CPR to revive him again.

b) Translate ONE (1) sentence only into English :

١- يجب علينا إتباع قواعد النظافة الشخصية والعامة لأن الوقاية خير من العلاج.

٢- الصحة تاج على رؤوس الأصحاء لا يراه إلا المرضى.