

في القدس صلينا على الاسفلت!!!  
في القدس من في القدس الا انت!!!



المستوى الثالث  
Level three  
Module 2

# **Module Two**

## **Health الصحة**

**Unit 2 A healthy life**

**Unit 3 Medical advances**

**Grammar** القواعد

**Unit Two** الوحدة الثانية

**Unit three** الوحدة الثالثة

## UNIT Two الوحدة الثانية

### **be used to** استخدام الفعل (يعتاد على)

• We use **be used to** (+ noun, prnoun or verb -ing form) to describe things that are familiar or customary.

نستخدم هذه الصيغة للحديث عن اشياء نعتاد على القيام بها فهي مالوفة بالنسبة لنا

- We've lived in the city a long time, so **we're used to the traffic**.
- I didn't like getting up early, but **I'm used to it** now.
- She's lived in the UK for a year. **She's used to speaking** English now.

### **used to** استخدام الفعل (اعتاد على)

• We use **used to** (+ infinitive) to describe past habits or past states that have now changed.

نستخدم هذه الصيغة للحديث عن عادات كنا نقوم بها في الماضي ولكنها لا تحدث اليوم

- My mother **used to** buy my clothes, but now I choose my own.
- She **used to** be a teacher, but now she's retired.
- I **used to** like cartoon films when I was younger. These days I prefer action films.

(Student Book p.15)

- Choose the correct option in each sentence.

- 1- I **didn't use to** / **am used to** understand English, but now I do.
- 2- My cousin has lived in Lebanon for a year. He says he **is used to** / **didn't use to** living there now.
- 3- My family and I **are used to** / **used to** go camping once a month, but we stopped doing that when we moved to the city.
- 4- Joining a gym can be very tiring at first if you **used to** / **aren't used to** doing much exercise.
- 5- When I was young, I **used to** / **am used to** go fishing with my dad every weekend. Now I don't, unfortunately!

**Answers:** 1. didn't use to 2. is used to 3. used to 4. aren't used to 5. used to

1- It is normal for my friend now to send emails. ٢٠١٥ وازاري

My friend is .....

**Answer:** My friend is used to sending emails now.

(Activity Book p.11)

- Complete the sentences with the correct form of the phrases in the box.  
Two phrases are needed twice.

be used to / use to / not be used to / used to

- 1- We needed warm clothes when we went to London. We weren't used to the cold weather.
- 2- My grandparents didn't \_\_\_\_\_ send emails when they were my age.
- 3- Rashed \_\_\_\_\_ go swimming every morning, but now he doesn't.
- 4- We always go to the market across the street, so we \_\_\_\_\_ eating fresh vegetables.
- 5- Please slow down. I \_\_\_\_\_ walking so fast!
- 6- When you were younger, did you \_\_\_\_\_ play in the park?

Answers: 2. use to 3. used to 4. are used to 5. am used to 6. use to

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(Activity Book p.12)

Complete the sentences with the correct form of the verbs in brackets.  
The first one is done for you.

- 1- When I was a student, I **used to work** (work) very hard. I **used to get up** (get up) very early and study alone before my lectures, attend lectures all day, and then come home to study some more!
- 2- Are you \_\_\_\_\_ (live) in Jordan yet? You've only been here for two months.
- 3 When I was a child, my grandmother \_\_\_\_\_ (make) cakes for us all the time, and I liked helping her a lot.
- 4- My grandfather retired a month ago. He isn't \_\_\_\_\_ (have) nothing to do all day. He says he needs a project to concentrate on.
- 5- I just got glasses this week, and I'm not \_\_\_\_\_ (wear) them yet, so I'm still having difficulty.

Answers: 2. used to living 3. used to make 4. used to having 5. used to wearing

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- The underlined words in the following sentences are not used correctly. Replace the words with the correct ones.

1. I am used to sleep for 10 hours when I was an child .
2. We used to eating fresh vegetables.
- 3- Zaid's friends are used to go fishing once a month, but they stopped doing that when they moved to a city of Irbid. /وزارري ٢٠١٦/
- 4- Most Jordanians used to the hot weather where we have in summer.

Answers: 1- I used to sleep for 10 hours when I was a child

- 2- We are used to eating fresh vegetables.
- 3- used to go ..... the city
- 4- are used to ..... which

## UNIT 3

## الوحدة الثالثة

### The Future Continuous **المستقبل المستمر**

• We use the Future Continuous (**will + be + main verb in the -ing form**) to talk about a continuous action in the future.

نستخدم المستقبل المستمر ( **will be + v-ing** ) للحديث عن حدث يستمر في المستقبل

- ***This time next year, they will be preparing for their final exams.***

- ***What will we be doing in ten years' time?***

### Key words **دلائل**

(***This time next + time / I expect / tomorrow at this time / in an hour  
At + time + tomorrow / tonight after + time.....***)

### Exercise: **تمرين**

**Correct the verbs between brackets.**

1. He'll \_\_\_\_\_ to the meeting, I expect. (**come**)
2. Tomorrow at this time, you \_\_\_\_\_ your English language exam. (**take**)
4. in an hour, she \_\_\_\_\_ in front of her TV. (**sit**)
5. What will you be doing at 11 o'clock tomorrow? I \_\_\_\_\_ English. (**teach**)
6. What \_\_\_\_\_ you \_\_\_\_\_ this time tomorrow? (**do**)

I will be sitting in the dentist's chair.

### (Student's Book p.21)

**Complete the mini-dialogues using the future continuous.**

1- A: can I call you tonight after 6 p.m., or \_\_\_\_\_ (you **have**) dinner with your family then?

2- B: no, I \_\_\_\_\_ (**not have**) dinner at that time. I \_\_\_\_\_ (**watch**) the news. My mum \_\_\_\_\_ (**prepare**) dinner, because we usually eat at about 7 p.m.

3- A: what do you think \_\_\_\_\_ (you **do**) in two years' time?  
\_\_\_\_\_ (you **work**), or \_\_\_\_\_ (you **do**) a university degree?

4- B: I certainly \_\_\_\_\_ (**not work**) because I want to do a degree in medicine. It's a very long course, so I \_\_\_\_\_ (**still study**) in seven years' time!

### Answers:

1. will you be having
2. will not be having/ will be watching/ will be preparing
3. you will be doing/ will you be working/ will you be doing
4. will not; won't be working/ will still be studying.

(Student's Book p.21)

**Choose the correct form of the verbs in bold.**

1. If you need to contact me next week, **we'll stay / be staying** at a hotel in Aqaba.
2. If you need help to find a job, **I will help / be helping** you.
3. I can't call my dad right now. **He'll board / be boarding** the plane. It takes off in an hour.
4. We won't be home tomorrow night. **We'll watch / be watching** the football match at the stadium.
5. Do you think **you'll miss / be missing** your school friends when you go to university?

**Answers:**

1. be staying
  2. help
  3. be boarding
  4. be watching
  5. miss
- 

(Student's Book p.23)

**Make correct sentences about the future**

**Examples:**

- I **hope to** go to Australia next year.
  - I **plan to** learn French soon.
  - I **intend to** go shopping at the weekend.
- 

1. He / hope / become a teacher one day.
2. I / intend / apply for a job when I finish university.
3. Many hospitals / plan / use robots to help nurses in the future.
4. How / you / intend / solve the problem?
5. Our school / hope / raise enough money to build a new library.
6. You /intend / buy tickets for the play?

**Answers:**

1. He hopes to become a teacher one day.
2. I intend to apply for a job when I finish university.
3. Many hospitals plan to use robots to help nurses in the future.
4. How do you intend to solve the problem?
5. Our school hopes to raise enough money to build a new library.
6. Do you intend to buy tickets for the play?

(Activity Book p.16)

There is one mistake in the verb tenses, rewrite the verb in the correct tense.

1- A: what do you think you will be doing in two years' time?

B: I think I will be living in Karak and I will study Geography.

**Will be studying**

2- A: don't phone me at seven. I'll have dinner with my family.

B: ok, I'll phone at nine.

**Will be having**

3- A: what time will you get here tomorrow?

B: at about three, I think. I'll be texting you the exact time later.

**Will text**

4- A: please be quiet when you come home tonight. The baby will sleep.

B: don't worry. I won't forget.

**Will be sleeping**

---

ليس العار في أن نسقط ولكن العار ألا نستطيع النهوض

**Best wishes**

**Teacher: Emad sawalha**

مع تمنياتي لكم بالنجاح والتوفيق

الاستاذ: عماد صوالحة

دروس تقوية في اللغة الانجليزية مع التأسيس

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## The Future Perfect

## المستقبل التام

• We use the Future Perfect (*will have* + past participle) to talk about an action that will be completed by a particular time in the future.

نستخدم المستقبل للتحدث عن حدث سيكتمل في وقت معين في المستقبل اي يوجد حدثين في المستقبل لكن أحدهم يسبق الثاني وينتهي

- By 2019 CE, the new motorway will have opened.

- We're late! By the time we get to the station, the train will have gone.

Key words دلائل

(by + future time / because, after, when, before, for + present time)

Next + time ..... for... / within + time

Exercise: تمرين

Correct the verbs between brackets.

1. You \_\_\_\_\_ your report by this time next week. (**finish**)
2. By this time next week, I \_\_\_\_\_ on this project for twenty days. (**work**)
3. \_\_\_\_\_ they \_\_\_\_\_ from Cambridge by July. (**graduate**)
4. By the next year, I \_\_\_\_\_ sally for 20 years. (**know**)
5. My uncle \_\_\_\_\_ by the end of the year. (**not retire**)
6. The guests will \_\_\_\_\_ at the hotel by now.
7. \_\_\_\_\_ you \_\_\_\_\_ a new car by the end of this week. (**buy**)
8. I \_\_\_\_\_ all my money by this time next year. (**spend**)
9. Before they come, we \_\_\_\_\_ the house. (**clean up**)
10. Samer \_\_\_\_\_ the whole cake, by the time the birthday party starts. (**eat**)

### Student's(P 25)

Complete the sentences with the future perfect form of the verbs in brackets.

1. This time tomorrow, we'll be celebrating because we \_\_\_\_\_ our exams. (**finish**)
2. This time next month, my parents \_\_\_\_\_ married for twenty years. (**be**)
3. The books that you ordered \_\_\_\_\_ by the end of the week (**not arrive**)
4. By the next year, \_\_\_\_\_ you \_\_\_\_\_ England? (**visit**)

Answers:

1. will have finished
2. will have been
3. will not have arrived
4. Will, have visited

1- **Next month**, our family ..... In this house **for a year**. (**have, live**) ٢٠١٦

2- Will you ..... Your homework **by seven o'clock**? ( **do** ) ٢٠١٥ وزاري

Answer: 1- will have lived 2- have done

**Student book ( P 25 )**

**Edit the following text. There are two grammar mistakes and three spelling mistakes. Find and correct them.**

*In the near future, a new 'bionic eye' will have helped people with failing eyesite to see again. A devise inside the eye picks up an image from a small camera attached to a pair of sunglasses and send it to the brian, which interprets it as vision.*

**Answers:**

**1. will help 2. eyesight 3. device 4. sends 5. brain**

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**(Activity Book p.17)**

**Complete the sentences in the future perfect or the future continuous.**

1. Next month, we / live / in this house for a year. Let's celebrate!

---

2. Next Monday, I / work / in my new job.

---

3. You / do / all your homework by eight o'clock?

---

4. It's three o'clock now, so Miriam's flight / arrive / at Queen Alia International Airport.

---

5. You / meet us / at the library this afternoon?

---

6. You can borrow this book tomorrow. I / finish / it by then.

---

**Answers:**

1. Next month, we will have lived in this house for a year. Let's celebrate!

2. Next Monday, I will be working in my new job.

3. Will you have done all your homework by eight o'clock?

4. It's three o'clock now, so Miriam's flight will have arrived at Queen Alia International Airport.

5. Will you be meeting us at the library this afternoon?

6. You can borrow this book tomorrow. I'll have finished it by then.

# Word Building derivation

## لاستقراق

### موقع الفعل Verb

- ١- بعد To وبعد افعال المودلز وافعال (Do, does, did)
- Scientists say it is important **to isolate** the virus for further study.
  - Poverty **can motivate** the evil action of the poor.
  - **Did** she **impress** the audience with her good behaviour?
  -
- ٢- بعد الفاعل الذي يكون اسما او ضميرا
- **My father organized** a new group of students.
  - **He confide** in his friends.

### موقع الاسم Noun

- ١- بعد الصفات
- They made a **great contribution**.
  - It's an **important conference**.
- ٢- بعد الادوات A, an, the
- French language is beyond **the understanding** of most of students.
- ٣- بعد ضمائر الملكية my, his, her, your, our, their, its
- We forgot the main reason of **our creation**.
- ٤- بعد اسماء الاشارة this, that, these, those
- Please don't forget **that organization**.
- ٥- بعد احرف الجر مثل: at, for, from, in, on, of
- He sent me a letter full **of sadness**.
- ٦- بعد More, Most بشرط ان لا يسبقها احد افعال (Be)
- Children need **more attention** from their parents.
- ٧- much, many, few, little, other, another, only, no, all
- We should aware of **many seriousness** of the disease.

## Adjective موقع الصفة

١- قبل الاسم

- The government preserved and restored **archeological sites**.  
٢- بعد افعال (Be, is, are, was, were, am, be,) شرط ان لا ياتي بعدها فعل تصريف او فعل ينتهي بـ ing عند اذن نحول الى ظرف
- My father **is** very **skillful**. He **is doing** his job very **skillfully**.  
٣- بعد الافعال التالية Become, grow, feel, look, get, seem
- Ahmed **looks tired**.  
- He **seems** very **happy**.  
٤- بعد مقويات الكلمة Very, too, so, quite
- Ali did a **very creative** job.  
٥- بين as---- as
- She is **as beautiful as** her mother.  
٦- بعد More بشرط ان تكون مسبوقه باحد افعال (Be )
- Mary **is more helpful** than Ali.  
٧- بعد The most
- He is **the most creative** person in our country.  
٨- بعد الظروف التي تنتهي بـ (ly)
- Mary was **seriously injured**.

## Adverb موقع الظرف

١- بعد الافعال الرئيسية

- Ahmed **passed** his exams **successfully**.  
٢- في اول الجملة وقبل فاصلة
- **Fortunately**, Ahmed was able to find a new job.  
٣- قبل التصريف الثالث للفعل
- The house was **badly redecorated**.

لواحق الاسم	لواحق الصفة	لواحق الفعل
ion: competition	er: volunteer	fy: qualify
ment: astonishment	or: actor	ise: civilise
ity: popularity	dom: wisdom	ize: civilize
nce: finance	ism: tourism	ide: provide
ness: carelessness	ing: building	ieve: believe
ess: actress		ate: compensate
y: ability		en: strengthen
ist: archaeologist		
ure: pressure		
age: shortage		
ship: relationship		
ice: notice		

## Derivation

كلمات الاشتقاق المهمة لهذا المستوى

<u>Noun</u>	<u>Verb</u>	<u>Adjective</u>	<u>Adverb</u>
1. production/ product	produce		
2. medicine		medical	
3. nine		ninth	
4. inheritance	inherit		
5. origin		original	originally
6. invention	invent		
7. discoveries	discover		
8. influence		influential	
9. tradition		traditional	traditionally
10.	weave	weaving	
11. attraction	attract	attractive	
12. creation	create	creative	
13. translation	translate		
14. archaeology		archaeological	
15. appreciation	appreciate		
16. education	educate	educational	educationally
17. collection	collect		
18. installation	install		
19. success	succeed	successful	successfully
20. prescription	prescribe		
21. infections	infect	infected	
22. diagnosis	diagnose		
23. intention	intend	intended	
24. surgery / surgeon		surgical	surgically
25. conclusions	conclude		
26. belief	believe		

Glossary الاشتقاق من المفردات

<u>V</u>	<u>N</u>	<u>Adj</u>	<u>Adv</u>
	access	accessible	
calculate	calculation		
rely		reliable	
	allergy	allergic	
	arthritis	arthritic	
		artificial	artificially
		conventional	conventionally
immunise	immunisation	immune	
expect	expectation		
	obesity	obese	
	(optimism, optimist)	optimistic	
	option	optional	
practise	practitioner	practical	practically
repute	reputation		
scan	scanner		
	scepticism	sceptical	
	viability	viable	
	algebra	algebraic	
compose	composition		
criticise	criticism	critical	
demonstrate	demonstration		
desalinate	desalination		
	geometry	geometric	geometrically
irrigate	irrigation		
	mathematician )	mathematical	
philosophise	philosopher	philosophical	
sustainable	sustainability	sustainable	
vary	variation	variable	

**(Activity Book p.21)**

**Complete the sentences with words formed from the words in brackets.**

1. The Middle East is famous for the \_\_\_\_\_ of olive oil. (**produce**)
2. Ibn Sina wrote \_\_\_\_\_ textbooks. (**medicine**)
3. Fatima al-Fihri was born in the \_\_\_\_\_ century. (**nine**)
4. My father bought our house with an \_\_\_\_\_ from his grandfather. (**inherit**)
5. Scholars have discovered an \_\_\_\_\_ document from the twelfth century. (**origin**)
6. Do you think the wheel was the most important \_\_\_\_\_ ever? (**invent**)
7. Al-Kindi made many important mathematical \_\_\_\_\_. (**discover**)
8. Who was the most \_\_\_\_\_ writer of the twentieth century? (**influence**)

**Answers:**

1. production
2. medical
3. ninth
4. inheritance
5. original
6. invention
7. discoveries
8. Influential

**(Student's Book p.39)**

**Complete the text with suitable words derived from the words in brackets.**

Madaba is the place where most Jordanian weavers buy their raw materials. Sheep's wool, and goat and camel hair are used by Bedouin tribes and villagers all over Jordan to (1) \_\_\_\_\_ (**product**) rugs, bags and other beautiful items. (2) \_\_\_\_\_ (**traditional**), the whole process is done by hand, from the washing of the wool to the finish article. There is a particular Bedouin style of (3) \_\_\_\_\_ (**weave**) that buyers find very (4) \_\_\_\_\_ (**attraction**). Another craft practiced in Madaba is the (5) \_\_\_\_\_ (**creative**) of ceramic items.

**Answers:**

1. produce
2. Traditionally
3. weaving
4. attractive
5. creation

**(Activity Book p.25)**

**Complete the sentences with the correct form of the words in the box.**

**translation    archaeology    appreciation    educate    collect    installation**

1. Petra is an important \_\_\_\_\_ site.
2. I will be going to university to continue my \_\_\_\_\_.
3. In our exam, we had to \_\_\_\_\_ a text from Arabic into English.
4. They are going to \_\_\_\_\_ a new air conditioning unit in our flat.
5. Thank you for your help, I really \_\_\_\_\_ it.
6. Have you seen Nasser's \_\_\_\_\_ of postcards? He's got hundreds!

**Answers:** 1. archaeological 2. education 3. translate 4. install 5. appreciate 6. collection

1- medicine 2- discover 3- prescribe 4- infect 5- diagnose 6- intend 7- surgeon 8- believe  
9- succeed 10- conclude

Amazing (1) ..... advances are constantly taking place in these days of technological and scientific (2) ..... . Many people expect instant cures, and prefer to get a (3) ..... , but it is worth remembering that our immune systems can fight (4) ..... and diseases on their own, too.

Research has been done to find out why some people survive cancer. One hundred people who had survived a serious (5) ..... were interviewed twelve years after they had been diagnosed. The (6) ..... of the study was to discover if there was anything in common with the ways in which they had acted after their diagnosis. They had all used different treatments such as (7) ..... , radiotherapy, acupuncture and special diets. What they all had in common, however, was a strong (8) ..... that what they were doing would be (9) ..... . This survey has limited (10) ..... , but one thing it shows is that a positive attitude can help your immune system to work.

Answers:-

1- medical 2- discoveries 3- prescription 4- infections 5- diagnosis 6- intention 7- surgery  
8- belief 9- successful 10- conclusions

مهم

- 1- Many candy advertisement are usually presented in an ..... manner in the TV. (**attract**) وزارتي ٢٠١٦
- 2- Markets have different types of food which are ..... Prepared from animal products. (**artificial**) وزارتي ٢٠١٦
- 3- The .....system must be linked with the requirements of social and economic development for any country. (**education**) وزارتي ٢٠١٥
- 4- Jordan has a ..... of being a friendly and welcoming country. (**repute**) وزارتي ٢٠١٥

Answers: 1- attractive 2- artificially 3- educational 4- reputation

# القطع Texts

**Unit 2**

A healthy life

**Unit 3**

Medical advances

**Unit Two (SB) A healthy life حياة صحية**  
**Complementary medicine: is it really a solution?**

Most doctors used to be sceptical about the validity of homoeopathy, acupuncture and other forms of complementary medicine. If patients wanted to receive this kind of nonconventional treatment, **they** used to have to consult a private practitioner **who** was likely not to have a medical degree. However, in recent years, the perception of this type of treatment has changed. These days, many family doctors study complementary medicine alongside conventional treatments, and many complementary medicine consultants also have medical degrees.

لطالما كان الاطباء متشككون في فاعلية وصحة الطب التكميلي/ التدوي بالاعشاب والوخز بالابر واشكال اخرى من الطب التكميلي. إذا رغب المريض بالتدوي بمثل هذه العلاجات غير التقليدية، فإنه يتوجب عليهم أن يستشيروا من يمارس هذا الطب والذين بالغالب لا يحملون درجة علمية (شهادة طبية). وعلى اية حال، في السنوات الاخيرة، اختلف مفهوم هذا النوع من العلاج. فالعديد من أطباء العائلة هذه الايام يدرسون الطب التكميلي جنباً إلى جنب مع الطب التقليدي. والعديد من المداويين بالطب التكميلي يحملون شهادات في الطب ايضاً.

Whereas critics used to say that there was no scientific evidence that non-conventional treatments actually worked, now it is more common for medical experts to recognise that conventional medicine may not always be the only way to treat an ailment.

لطالما قال النقاد أن الطب التكميلي لا يمتلك اي دليل علمي بأن المعالجة به نافعة، وإنه من الشائع ان الخبراء الطبيون اصبحوا مدركين ان الطب البديل او التكميلي هو ليس دائماً الطريقة الوحيدة لعلاج الامراض الخفيفة.

At a surgery in London, 70 per cent of patients **who** were offered the choice between a herbal or a conventional medicine for common complaints such as insomnia, arthritis and migraines chose the herbal remedy. Fifty per cent of patients then said that the treatment helped. One doctor said, "I now consider homoeopathy to be a viable option for many different conditions, including anxiety, depression and certain allergies. It provides another option when conventional medicine does not address the problem adequately."

في احدى عيادات الطب الجراحي في لندن، 70% من المرضى الذين خيروا بين العلاج بالاعشاب او اي علاج تكميلي بديل لشكاوى شائعة مثل الارق والتهاب المفاصل والشقيقة اختاروا التدوي بالاعشاب. وقال 50% من المرضى عندها أن العلاج ساعدهم. قال احد الأطباء " انا الآن أخذ بعين

الاعتبار ان الطب البديل التكميلي هو خيار قابل للنجاح للعديد من الحالات بما فيها القلق والاكتئاب وبعض الحساسية. فهي توفر خيار آخر عندما لا ينفع الطب التقليدي بشكل دقيق.

However, complementary medicine cannot be used for all medical treatments. It can never substitute for immunisations as it will not produce the antibodies needed to protect against childhood diseases. It also cannot be used to protect against malaria.

على اية حال، لا يمكن للطب البديل ان يُستخدم لكل الاستطبابات العلاجية. لا يمكنها ان تحل محل عمليات التطعيم/التلقيح لأنها لن تنتج الاجسام المضادة والتي نحتاجها لتحسينا من أمراض الطفولة. ولا يمكنها ايضاً ان تحمينا من الملاريا.

One doctor said, "I will always turn to conventional medical treatment first to ensure that no underlying condition is missed. However, the idea of complementary treatments is no longer an alien concept. In my opinion, it should work alongside modern medicine, and not against it."

اعرب احد الأطباء انه سيقوم بالعودة للعلاجات الطبية التقليدية أولاً ليتأكد انه لم يمر عن اي حالة خفية. وعلى اية حال، فإن العلاج بالطب البديل لم تعد فكرة غريبة. في رأيه يجب على الطب البديل ان يعمل جنباً إلى جنب مع الطب الحديث وليس ضده.

#### Glossary المفردات

**acupuncture** : a form of complementary medicine which uses thin needles.

علاج بالابر

**homoeopathy**: A system of complementary medicine in which illness are treated by minute doses of herbs. المعالجة المثلية /معالجة بالاعشاب

**ailment**: an illness or a disease that not very serious داء ، مرض

**arthritis**: a disease that causes pain and swelling in joints التهاب المفاصل

(الروماتيزم)

**migraine**: an extremely bad headache داء الشقيقة

**immunization**: giving a drug to protect against illness تطعيم / التلقيح

**malaria**: a serious illness that is spread by mosquitoes. مرض معدي

**Allergy**: condition that make you ill when you eat, touch or breathe a particular thing. الحساسية

**herbal remedy**: extract or mixture of a plant used to prevent or cure disease

علاج بالاعشاب

**viable**: effective/able to be successful قابل للتطبيق قابل للنجاح

**Sceptical**: having doubts شكاك

**complementary** medical treatment which provides an alternative to scientific medical practices. الطب التكميلي

اسئلة الكتاب صفحة ١٤ - ١٥

- 1- (Critical Thinking/Brain Storming) The article suggests that people's perception of complementary medicine has changed over time. Why do you think this is the case?
- 2- "Complementary treatments should work alongside modern medicine, not against it." Explain this statement in two sentences, justifying your answer with examples from the article

**Answers** الاجابات

- 1- People's perception of complementary medicine has changed because they found that these types of treatment worked with no side effects, they also found that conventional doctors were studying more and more about these non-conventional ways of treatment.
- 2- Doctors should use complementary treatments with the scientific ways they have learned. They should not neglect/ignore them nor depend on them all the time. They should use them to cure common complaints such as: insomnia, arthritis and migraines, anxiety, depression and certain allergies.

- 
- 1- What were most doctors' feelings like regarding homoeopathy?
  - 2- There are two parties who practice homoeopathy. Write down these two parties.
  - 3- Conventional medicine can treat common complaints. Write down two of these complaints.
  - 4- Find a word from the text which means the same as "illness"
  - 5- Doctors now consider homoeopathy to be a viable option for many different conditions. Write down two of these conditions.
  - 6- Complementary medicine can never substitute for immunizations for two reasons. Write down these two reasons.
  - 7- Quote the sentence which indicates that doctors now deal with nonconventional treatment.
  - 8- What does the underlined word they in the text refer to?

**Answers** الاجابات

- 1- Most doctors used to be sceptical about the validity of homoeopathy and other forms of complementary medicine.
- 2- Private practitioners and conventional doctors practice homoeopathy.
- 3- insomnia, arthritis and migraines
- 4- ailment.
- 5- including anxiety, depression and certain allergies

6- as it will not produce the antibodies needed to protect against childhood diseases. It also cannot be used to protect against malaria.

7- These days, many family doctors study complementary medicine alongside conventional treatments, and many complementary medicine consultants also have medical degrees.

8- patients

### Critical thinking

1- **The writer thinks that people's perception of complementary medicine has changed over time. Explain this statement.**

People's perception of complementary medicine has changed because they found that these types of treatment worked with no side effects, they also found that conventional doctors were studying more and more about these non-conventional ways of treatment.

2- **Complementary treatments should work alongside modern medicine, not against it. Think of this statement and in two sentences write down your point of view.**

Doctors should use complementary treatments with the scientific ways they have learned. They should not neglect them nor depend on them all the time. They should use them to cure common complaints such as: insomnia, arthritis and migraines, anxiety, depression and certain allergies.

### Word/Pronoun Reference الضمائر

They: patients      who: a private practitioner      I: one doctor

It/it /It:      complementary medicine      I/my: one doctor

It: complementary treatment      it: modern medicine

ليس الموت هو اكبر خسارة في الحياة  
بل اكبر خسارة هو ما يموت بداخلنا ونحن على قيد الحياة

### Best wishes

**Teacher: Emad sawalha**

مع تمنياتي لكم بالنجاح والتوفيق

الاستاذ: عماد صوالحة

دروس تقوية في اللغة الانجليزية مع التأسيس

مراجعة شاملة قبل الامتحان تؤهلك للتفوق والتميز

0780770316

## Unit Two (sb)

## حياة صحية A healthy life

### Are happier people healthier – and, if so, why?

It's normal to **feel a bit blue** from time to time. However, studies show that negative emotions can harm the body.

من الطبيعي ان تشعر بالقليل من الحزن من حين لآخر. بالرغم من أن الدراسات اظهرت أن المشاعر السلبية يمكن أن تؤذي الجسم.

Anger can also have harmful effects on health. When you **see red**, your blood pressure is raised and you can suffer from headaches, sleep problems and digestive problems. However, what about positive feelings and attitudes? Until recently, scientists had not investigated whether there is a link between positive feelings and good health.

يمكن ان يكون للغضب ايضاً تأثيرات مؤذية على الصحة. عندما تغضب، يرتفع ضغط الدم لديك ويمكن أن تعاني من الصداع ومشاكل في النوم ومشاكل في الهضم. ولكن ماذا عن المشاعر والاتجاهات الايجابية؟ لم يستطع العلماء حتى الان التحري واكتشاف ما اذا كان هناك علاقة بين المشاعر الايجابية والصحة الجيدة.

Then, in a study that had followed more than 6,000 men and women aged 25 to 74 for 20 years, researchers found that positivity reduced the risk of heart disease. Other factors influencing health included a supportive network of family and friends, and an optimistic outlook on life.

في دراسة تتبعت اكثر من 6000 رجل وامرأة لمدة عشرين سنة واللذين تراوحت اعمارهم بين ال 25-74 وجد الباحثون ان اليجابية قللت خطر أمراض القلب. ومن العوامل الاخرى التي تؤثر على الصحة تشمل وجود شبكة اقارب وأصدقاء داعمين للشخص ونظرة متفائلة للحياة.

The research showed that children who were more able to stay focused on a task, and who had a more positive attitude to life at age seven, were usually in better health 30 years later. The study has been controversial. Some health professionals believe that bad lifestyle choices, such as smoking or lack of exercise, are the reason for heart disease and other illnesses, and not an individual's attitude. The researchers, while agreeing, raise the question: why are people making bad lifestyle decisions? Do more optimistic people make better and healthier lifestyle choices?

أظهرت الدراسات أن الاطفال الذين يملكون قدرة اكبر على التركيز على مهمة معينة والذين لديهم اتجاهات اكثر ايجابية في الحياة في عمر السابعة كانوا عادة في حالة صحية افضل بعد 30 عام. لقد كانت الدراسة جدلية. يؤمن بعض المختصين في الصحة بأن الخيارات السيئة في اسلوب الحياة مثل التدخين وقلة التمارين هي السبب وراء أمراض القلب وامراض اخرى، وليس اتجاهاتهم الشخصية. تساءل الباحثون وهم موافقون على الفكرة عن السبب الذي يجعل الناس يتخذون قرارات تقود حياتهم للسلبية. هل يقوم الناس المتفائلون باتخاذ خيارات حياتية افضل واكثر صحية؟

The researchers appreciate that not everyone's personal circumstances and environment make it possible to live without worry. However, **they** believe that if we teach children to develop positive thinking, and to 'bounce back' after a setback, these qualities will improve **their** overall health in the future.

يقدّر العلماء انه ليس كل انسان عنده ظروف و بيئة تعطيه الفرصة ليعيش حياة بدون قلق. ولكنهم يؤمنون انه اذا تمكنا من تعليم الاطفال ان يطوروا تفكيراًيجابياً وأن ينهضوا بعد كل سقوط ستحسن صحتهم بشكل عام في المستقبل.

### Glossary المفردات

**feel a bit blue** feel sad يشعر بالحزن  
**see red** to be angry يغضب  
**optimistic** believing that good things will happen in the future. متفائل

### اسئلة الكتاب صفحة ١٦

- 1- Do you ever feel yourself getting angry? What kind of things can make you angry?
- 2- Do you think that feeling angry is bad for you?
- 3- What are the possible effects of anger and stress on someone's health?
- 4- What is controversial about the researchers' study?
- 5- What is your opinion of the researchers' findings?
- 6- (Critical Thinking) Read the quotation by Thomas Carlyle "He who has health has hope; and he who has hope, has everything". Do you agree with it? Why/Why not?
- 7- There are many possible effects of anger on someone's health. Write down two of these effects.
- 8- Quote the sentence which indicates that childhood attitude is almost similar to your attitude when you grow up.
- 9- What do the underlined words in the text refer to?
- 10- There are many factors influencing health in a positive way. Write down two of these factors.
- 11- There are two things we should do to improve our children's overall health in the future. Write down these two things.
- 12- What does the underlined word **they** refer to?
- 13- The writer believes that bad lifestyle choices are the reason for heart disease. Write down these two bad lifestyles.

### Answers الاجوبة

- 1- Yes, sometimes I get so angry. For example, when my parents ask me to go to bed early.

- 2- Yes, of course. I believe it is bad for me.
- 3- Anger can also have harmful effects on health. When you see red, your blood pressure is raised and you can suffer from headaches, sleep problems and digestive problems.
- 4- The study has been controversial. Some health professionals believe that bad lifestyle choices, such as smoking or lack of exercise, are the reason for heart disease and other illnesses, and not an individual's attitude.
- 5- I think he is right. When people have bad life conditions when they are young, his/her future will probably be uncomfortable because childhood situations always affect the personality of human beings.
- 6- Yes, I agree. Because healthy life leads to success, and when you are successful, you enjoy everything, especially work.
- 7- When you see red, your blood pressure is raised and you can suffer from headaches, sleep problems and digestive problems.
- 8- The research showed that children who were more able to stay focused on a task, and who had a more positive attitude to life at age seven, were usually in better health 30 years later.
- 9- **Word Reference** الضمانر  
That: a study      who / who: children      they: The researchers      their: children
- 10- a supportive network of family and friends, and an optimistic outlook on life.
- 11- If we teach children to develop positive thinking, and to 'bounce back' after a setback.
- 12- the researchers
- 13- such as smoking or lack of exercise,

---

**Best wishes**

**Teacher: Emad sawalha**

مع تمنياتي لكم بالنجاح والتوفيق  
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## Unit Two (sb) A healthy life حياة صحية

### Health in Jordan: A report الصحة في الاردن

#### Introduction مقدمة

Health conditions in Jordan are among the best in the Middle East. This is largely due to the country's commitment to making healthcare for all a top priority. Advances in education, economic conditions, **sanitation**, clean water, diet and housing have made our community healthier.

تعد الصحة في الاردن من الافضل في الشرق الأوسط. هذا بالاغلب يعود الى التزام الدولة بالتأمين الصحي للكل كأولوية. التطورات في التعليم والاوضاع الاقتصادية والصرف الصحي والماء النظيف والحماية والاسكان كل ذلك جعل مجتمعنا أكثر صحة.

#### A- Healthcare center مركز خدمات صحية

As a result of careful planning, the number of healthcare services has been increasing rapidly over the past years. More than 800 different kinds of healthcare centres have been built, as well as 188 **dental** clinics. In 2012 CE, 98 per cent of Jordanian children were fully immunised, thanks to **immunisation** teams that had been working towards this goal for several years. Although there were remote areas of the country where people had been without consistent access to electricity and safe water, almost 99 per cent of the country's population now has access.

وكننتيجة للتخطيط الحذر، تطور عدد الخدمات الصحية بشكل سريع في السنوات الاخيرة و تم بناء أكثر من 800 مركز صحي وأيضاً 188 عيادة أطب الاسنان. في عام 2012، 98 بالمئة من الاطفال الاردنيين تم تلقيحهم بشكل تام بفضل فرق التطعيم والتي كانت وال زالت تسعى وراء هذا الهدف لعدة سنوات. بالرغم من وجود مناطق نائية في الدولة والتي يكون بها الناس بدون اتصال ثابت بالكهرباء والماء النقي فإن الان حوالي 99 بالمئة من سكان الدولة تتوفر لهم تلك الأشياء.

#### B- Hospitals المستشفيات

Although the country has been focusing mainly on improving **its** primary healthcare facilities, **it** has not neglected **its** advanced medical facilities. The reputation of Jordanian doctors has spread in the region, and now many more patients come to Jordan for open heart surgery. In Jordan, the open heart surgery programme started in 1970 CE in Amman.

بالرغم من ان الدولة كانت تركز بشكل رئيسي على تطوير وتحسين المنشآت الصحية الأساسية، فإنها لم تهمل المنشآت الطبية المتطورة الخاصة بها. فلقد انتشرت هذه السمعة الطبية عن الاطباء الاردنيين في المنطقة والعديد من المرضى يأتون إلى الاردن لعمليات القلب المفتوح. بدأ برنامج 1970. عمليات القلب المفتوح في عمان في عام

#### C- Life expectancy متوسط العمر الافتراضي

The life expectancy figures show that Jordan's healthcare system is successful. In 1965 CE, the average Jordanian's life expectancy was age 50. In 2012 CE, this average life expectancy had risen to 73.5. According to UNICEF statistics, between 1981 CE and 1991 CE, Jordan's **infant**

**mortality** rates declined more rapidly than anywhere else in the world – from 70 deaths per 1,000 births in 1981 CE to only 32 deaths per 1,000 births in 2014 CE.

إن ارقام متوسط العمر الافتراضي توضح ان النظام الصحي الاردني ناجح. ففي عام 1965 ميلادي كان معدل متوسط العمر الافتراضي في الاردن حوالي 50 عاماً. في عام 2012 كان هذا المعدل للعمر الافتراضي قد ارتفع لحوالي 73.5. طبقاً لاحصاءات منظمة اليونيسيف فإنه بين عام 1981 وعام 1991 انخفض عدد وفيات المواليد بشكل سريع لم يُشهد في اي مكان في العالم – من كل 1000 كان يتوفى 70 في 1981 الي 32 وفاة فقط من كل 1000 في عام 2014.

### **Conclusion** الخاتمة

The low infant mortality rate, as well as the excellent healthcare system, have been contributing factors to Jordan's healthy population growth, which will result in a strong **work force** with economic benefits for the whole country.

إن معدل وفيات المواليد والنظام الصحي المتميز كانا من العوامل المساهمة في الزيادة السكانية الصحية والتي سينتج عنها قوى عاملة قوية وفوائد اقتصادية لكامل البلد.

### **Glossary** المفردات

**commitment** (n) a promise to do something or to behave in a particular way. التزام

**healthcare** (n) the prevention or treatment of illness by doctors, dentists, psychologists, etc. الرعاية الصحية

**life expectancy** (n) the length of time that a person or animal is expected to live. متوسط العمر المتوقع

**mortality** (n) death, especially on a large scale (e.g. infant mortality); the rate of deaths that occur (mortality rate). الوفيات

**reputation** (n) the common opinion that people have about someone or something. السمعة

**decline** (v) to decrease in quantity or importance. ينخفض

**immunization** (n) protection against the illness تطعيم

**dental** relating to teeth متعلق بالاسنان

**mortality** death, especially on a large scale وفيات

### اسئلة الكتاب صفحة ١٨

- 1- Health conditions in Jordan are among the best in the Middle East. Why do you think this is the case? Give examples.
- 2- Write down the sentence which shows the sectors that helped in making Jordan healthier.

3- What is the link between the introduction and the conclusion in this report?

4- Is the language formal or informal? How can you tell?

5- What is the title of the report?

6- What is the purpose of the sub-headings before different sections?

-----

7- What made the number of healthcare services increase in Jordan over the past years?

8- What does the underlined word “dental” in the text mean?

9- What are the result of careful planning?

10- What is the achievement of the immunisation teams?

11- Did the government forget about the advanced healthcare facilities? What are the consequences of that?

12- What is the specific disease that Jordanian doctors are very professional at?

### Answers الاجوبة

1- This is largely due to the country’s commitment to making healthcare for all a top priority. The number of healthcare services has been increasing rapidly over the past years and 98 per cent of Jordanian children were fully immunized. Life expectancy had risen to 73.5 and infant mortality rates have fallen down.

2- Advances in education, economic conditions, sanitation, clean water, diet and housing have made our community healthier.

3- ‘Health conditions are among the best in the Middle East’ and ‘Advances have made our community healthier’ links with ‘excellent healthcare system’ and ‘contributing factors to Jordan’s healthy population growth’.

4- The language is formal. There are no contractions; the sentences are quite long, with relative pronouns, etc.; the vocabulary is formal; there are linking expressions such as: As a result of, According to and Although; the statistics included add to the formality.

5- Health in Jordan: A report.

6- They tell the reader what the section will be about. If it is a very long report, they are very useful in helping the reader to find particular pieces of information and making the text easier to read.

7- The number of healthcare services has been increasing rapidly over the past years as a result of careful planning.

8- relating to the teeth. (According to Cambridge ALD)

9- The number of healthcare services has been increasing rapidly over the past years. More than 800 different kinds of healthcare centres have been

built, as well as 188 dental clinics. In 2012 CE, 98 per cent of Jordanian children were fully immunized.

10- 98 per cent of Jordanian children were fully immunised, thanks to immunisation teams that had been working towards this goal for several years.

11- The country has not neglected its advanced medical facilities. The reputation of Jordanian doctors has spread in the region, and now many more patients come to Jordan for open heart surgery.

12- Jordanian doctors are very professional at open heart surgery. Many more patients come to Jordan for it.

اسئلة اضافية

1- There are many factors that made Jordanian's community healthier. Write down two of these factors.

2- There are two factors have been contributing to Jordan's healthy population growth. Write down these two factors.

3- Write down the sentence which shows the sectors that helped in making Jordan healthier.

4- What made the number of healthcare services increase in Jordan over the past years?

5- Find a word from the text which means "relating to the teeth"

6- There are many results of careful planning. Write down two of these results.

7- What does the underlined word its in the text refer to?

### Critical Thinking

Health conditions in Jordan are among the best in the Middle East. Think of this statement and in two sentences write down your point of view.

الاجوبة

1- اي اجابتين من هذه الاجابات -

Advances in education, economic conditions, sanitation, clean water, diet and housing

2- The low infant mortality rate, as well as the excellent healthcare system

3- Advances in education, economic conditions, sanitation, clean water, diet and housing have made our community healthier.

4- The number of healthcare services has been increasing rapidly over the past years as a result of careful planning.

5- Dental

6- The number of healthcare services has been increasing rapidly over the past years. More than 800 different kinds of healthcare centres have been built, as well as 188 dental clinics.

7- The country

### Critical thinking

This is largely due to the country's commitment to making healthcare for all a top priority. The number of healthcare services has been increasing rapidly over the past years and 98 per cent of Jordanian children were fully immunized. Life expectancy had risen to 73.5 and infant mortality rates have fallen down.

### Word Reference الضمائر

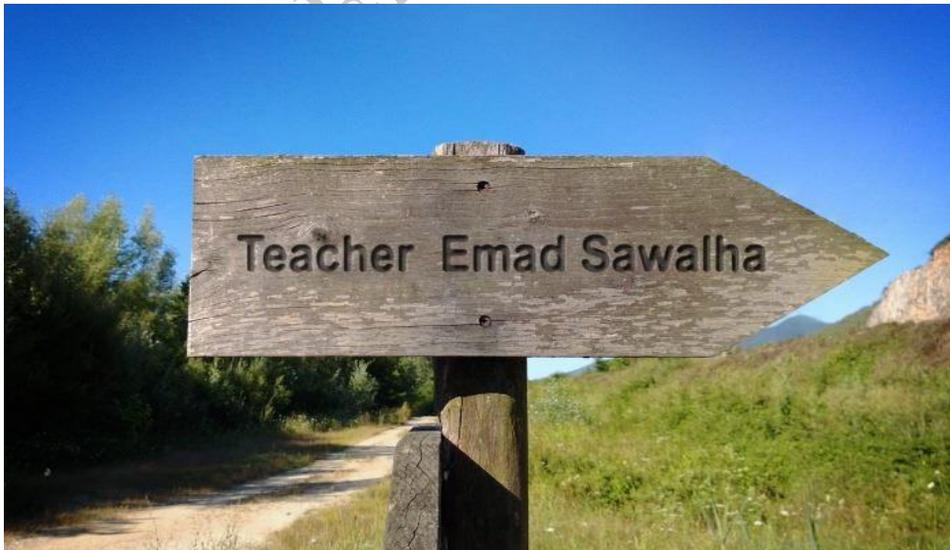
That immunisation teams , where: remote areas of the country  
its/it /its the country

---

### Best wishes

**Teacher: Emad sawalha**

مع تمنياتي لكم بالنجاح والتوفيق  
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## Unit Two (Ab) Get moving!

## وزاري ٢٠١٦ حياة صحية A healthy life

### A: A growing problem مشكلة في تزايد

In many countries, an increasing number of young people and adults are overweight or even obese. One reason for this is the growing popularity of fast food, which didn't use to be as common as **it** is now. Another big factor is lack of exercise. People would often walk to school or work, but these days many more of us drive. Modern technology has also played **its** part; we spend more and more time focusing on computer screens. Before the Internet was invented, nobody had dreamt of online shopping, but now we can buy almost anything without leaving the sofa.

يوجد في العديد من الدول عدد متزايد من الصغار والبالغين الذين يعانون من السمنة او حتى زيادة الوزن المفرطة. بعد شيوع الطعام السريع (الجاهز) والذي لم يكن شائعاً في السابق احد الاسباب. والعامل الكبير الثاني هو قلة التمارين. كان الناس في السابق يمشون إلى المدرسة أو العمل ولكن هذه الأيام العديد منا يستقل السيارة. وقد لعبت التكنولوجيا الحديثة دورها الكبير في ذلك فنقضى وقتاً أكثر وأكثر محدقين في شاشات الكمبيوتر. لم يحلم احد في التسوق عبر الانترنت قبل اختراع الانترنت ولكن الان يمكننا شراء كل شيء بدون مغادرة الارض.

### B: Time to listen حان الوقت للصغاء

Health experts have been warning about this trend for years, and **their** advice is clear. Adults should aim to exercise for at least two and a half hours every week; for children and teenagers the target should be at least an hour a day. This might not sound very much. However, recent research shows that less than 50% of the British population manages this. School children are less physically active than **they** used to be. Girls in particular often dislike PE. This can lead to serious health problems.

لطالما حذر خبراء الصحة من هذا الميول ونصحتهم واضحة. يجب على البالغين التمرن لساعتين ونصف في الاسبوع على الأقل، اما الأطفال والمراهقين فيجب عليهم التمرن لساعة يومياً على الأقل. وقد يبدو هذا ليس بالكثير. لكن الدراسات تثبت أن 50 بالمئة من البريطانيين لا يتمكنون من ذلك. إن اطفال المدارس اقل نشاطاً جسدياً مما كانوا عليه في السابق. تكره الفتيات خصوصاً حصص اللياقة البدنية/الرياضة. قد يؤدي هذا إلى مشاكل صحية خطيرة.

### C: It's good for you! انه لمن الجيد بالنسبة لك

Experts recommend a mixture of activities. These should include moderate exercise, such as fast walking, and more **strenuous** exercise, like running. **They** also advise exercise that strengthens the muscles, for example sit-ups. The more muscle we build, the more calories we burn, and the fitter we become. In addition, exercise is a great way to cope with stress. In a recent

study, patients who had been suffering from depression reported a great improvement after increased physical activity.

إته لمن الجيد بالنسبة لك: يوصي الخبراء بالتنوع في النشاطات. ويجب ان تتضمن نشاطات متوسطة مثل المشي السريع ونشاطات أكثر إجهاد مثل الركض. وينصحون ايضاً بتمارين تقوي العضلات مثل الضغط او شد العضلات. حيث تبني عضلات أكثر فإنك تحرق سعرات حرارية أكثر ونصبح أكثر لياقة بالاضافة إلى أن الرياضة طريقة رائعة للتعامل مع الضغط والاجهاد. ففي دراسة حديثة تبين أن المرضى الذين كانوا يعانون من الاكتئاب اعربوا عن تحسن عظيم بعد زيادة النشاطات الجسدية لديهم

#### D: Useful tips نصائح مفيدة

Of course this raises a question: how can I manage to fit in all this extra exercise? The best way is to build **it** into our daily lives so that **it** becomes a routine. It doesn't have to take much extra time. You could get off the bus one stop earlier than usual, or stand up when you're on the phone! Most importantly, we should find a sport that we enjoy doing. That way, we will all become fitter, healthier and happier.

بالطبع هذا يجعلنا نتساءل كيف يمكننا ان نتدبر امور كل هذه التمارين الاضافية؟ إن افضل طريقة هي جعل التمارين اساسية في حياتنا اليومية بحيث تصبح روتين. وليس بالضرورة أن تأخذ وقتاً إضافياً. يمكنك النزول من الباص قبل الوصول إلى وجهتك او تقف على قدميك وأنت تتكلم في الهاتف! والاكثر أهمية أن نجد رياضة نحبها. بهذه الطريقة سنصبح كلنا لانقون جسدياً وأكثر صحة وأكثر سعادة.

#### Glossary المفردات

**strenuous:** using a lot of effort. شاق / مضني  
**obese** extremely fat سمين  
**cop with** to deal successfully with a situation يتعامل مع الوضع

#### اسئلة الكتاب صفحة ١٣ - ١٤

- 1- According to the article, what are the main reasons for higher rates of obesity?
- 2- What is the minimum amount of exercise recommended for someone in your age group?
- 3- Do most British people get enough exercise? Which sentence in the article tells you this?
- 4- Guess the meaning of the highlighted word "strenuous" in paragraph C. Then check in a dictionary.
- 5- The author suggests some ways of including exercise in our normal lives. Give two examples from the article.

- 6- (Critical Thinking/Brain Storming) In your opinion, Are people in Jordan overweight? Do they share the same reasons with other countries? Give examples from your own experience to explain your answers.
- 7- (Critical Thinking/Brain Storming) Paragraphs C and D: Think of some simple ways you and other people you know could increase your physical activity. Write two or three ideas.
- 8- (Critical Thinking/Brain Storming) The article suggests getting off the bus just before you reach your final destination and walk. Do you think this is a good idea to exercise without wasting time? Write your opinion and suggest three more ways to achieve this.
- 9- Quote the sentence which indicates that you can buy things while lying on the couch?
- 10- What is the advice of experts for people? Write it down in details please.
- 11- What does the underlined word “**their**” refer to?
- 12- Experts recommend us many moderate exercises. Write down two of these exercises.
- 13- Finding a sport that we enjoy doing can has many positive effects on our health. Write down two of these effects.

**Answers:** الاجوبة

- 1- One reason for this is the growing popularity of fast food. Another big factor is lack of exercise. Modern technology has also played **its** part; we spend more and more time focusing on computer screens.
- 2- The target exercise should be at least an hour a day for children and teenagers.
- 3- Recent research shows that less than 50% of the British population manages this.
- 4- Needing or using a lot of physical or mental effort or energy. (According to CALD)
- 5- You could get off the bus one stop earlier than usual, or stand up when you're on the phone.
- 6- Yes, most of people in Jordan are overweight. They share the same reasons with other countries and they have their own reasons such as: having fatty foods and drinking fuzzy drinks.
- 7- We can walk, play football, run and go to gym.
- 8- Getting off the bus just before you reach is a good idea but I have many other ways. For example, you can go to work walking if your work is near, or just go shopping walking also. Walking around with friends also is a great idea.
- 9- Before the Internet was invented, nobody had dreamt of online shopping, but now we can buy almost anything without leaving the sofa.

10- Health experts have been warning about this trend for years, and their advice is clear. Adults should aim to exercise for at least two and a half hours every week; for children and teenagers the target should be at least an hour a day.

11- Health experts

12- such as fast walking, and more strenuous exercise, like running.

13- we will become fitter and healthier and happier.

---

### Word Reference الضمائر

Which: fast food      its Modern: technology      their: Health experts

They: School children      These: activities      They: Experts      that:  
exercise

It: exercise      that: a sport

---

### Best wishes

Teacher: Emad sawalha

مع تمنياتي لكم بالنجاح والتوفيق

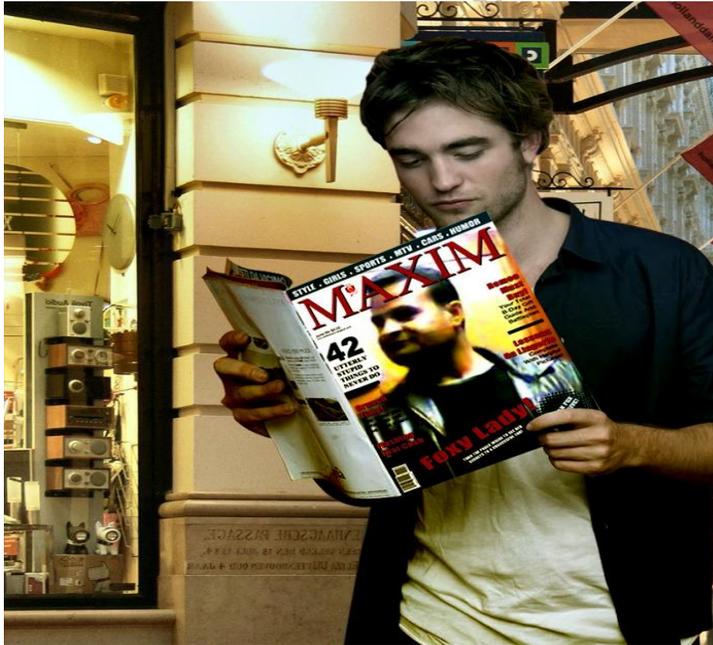
الاستاذ: عماد صوالحة

دروس تقوية في اللغة الانجليزية مع التأسيس

مراجعة شاملة قبل الامتحان تؤهلك للتفوق والتميز

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### Unit Three (sb) Medical advances

#### Young Emirati inventor is going to travel the world

Ten-year-old Adeeb al-Balooshi, from Dubai, is going to travel to seven countries on a tour **which** has been organised and funded by Sheikh Hamdan bin Mohammad, Crown Prince of Dubai.

سيذهب اديب البلوشي ذا العشر سنوات من دبي في جولة الى سبع دول نظمها ومولها الشيخ حمدان بن محمد امير دبي

The boy caught Sheikh Hamdan's attention with **his** invention – a prosthetic limb for **his** father. The Sheikh has taken a special interest in the boy, and hopes the tour that **he** is sponsoring for Adeeb will give the young inventor more self-confidence and inspire other young Emirati inventors.

جذب الطفل انتباه الشيخ حمدان باختراعه وهو طرف صالعي لوالده. وقد اهتم الشيخ بالطفل ويأمل بان هذه الرحلة التي يرهاها لاديب ستعطيه ثقة اكبر بنفسه وتلهم المخترعين الاماراتيين الاخرين.  
Adeeb got the idea for a special kind of prosthetic leg while **he** was at the beach with **his** family. His father, **who** wears an artificial leg, could not swim in the sea as he could not risk getting **his** leg wet. This inspired Adeeb to invent a waterproof prosthetic leg.

خطرت فكرة القدم الصناعية لاديب بينما كان على الشاطئ مع عائلته. والده الذي يضع قدما صناعية لم يستطع السباحة في البحر لانه لا يمكنه المخاطرة بتبليل قدمه. وهذا هم اديب ان يخترع قدما صناعية مقاومة للماء.

Adeeb is going to visit the USA, France, the UK, Ireland, Belgium, Italy and Germany, where he will be staying with relatives. However, while he is in Germany, Adeeb will not be spending all his time sightseeing. He will be working with a specialist doctor to build the appendage. He will also be attending a course on prosthetics and learning about different kinds of medical apparatus.

سيزور اديب الولايات المتحدة الامريكية وفرنسا وبريطانيا وايرلنده وبلجيكا وايطاليا والمانيا حيث سيبقى هناك مع اقاربه. ولكن بينما هو في المانيا لن يقضي وقته بالتنزه. سيعمل مع طبيب مختص لبناء النموذج الاولي. سيحضر ايضا دورة عن الاطراف الصناعية وسيتعلم عن الادوات الطبية المختلفة.

Adeeb has invented several other devices, including a tiny cleaning robot and a heart monitor, **which** is attached to a car seat belt. In the case of an emergency, rescue services and the driver's family will be automatically connected with the driver through this special checking device.

اخترع اديب العديد من الاجهزة الاخرى بما فيها رجل تنظيف آلي مصغر وجهاز لمراقبة القلب الذي يتم توصيله بحزام الامان في السيارة، في حالات الطوارئ سيتم الاتصال بخدمات الانقاذ وعائلة السائق بواسطة هذا الجهاز الفاحص.

He has also invented a fireproof helmet. This special equipment, **which** has a built-in camera system, will help rescue workers in emergencies. It is for these reasons that Adeeb rightly deserves his reputation as one of the youngest inventors in the world.

اخترع ايضا خوذة راس مقاومة للحريق والتي تحتوي على جهاز تصوير (كاميرا) ستساعد عمال الانقاذ في حالات الطوارئ. ولهذا السبب استحق اديب بجدارة سمعته كواحد من اصغر المخترعين في العالم.

### Glossary المفردات

**sponsor** (v) to financially support a person or an event. راعي/يرعى

**prosthetic** (n) an artificial body part. طرف صناعي

**limb** (n) arm or leg of a person. describing an artificial body part. طرف

**artificial** (adj) describe an object that is manufactured by humans. صناعي

**appendage** (n) a body part, such as an arm or a leg, connected to the main trunk of the body. نموذج من قدم او يد صناعية

**apparatus** (n) tools or machines that have a particular purpose. اداة / جهاز

**fund** (v) to pay for. يمول

**equipment** (n) tools or machines that have a particular purpose. معدات

### اسئلة الكتاب صفحة ٢١

- 1- Why was Sheikh Hamdan interested in helping Adeeb?
- 2- How did Adeeb get his inspiration for a waterproof prosthetic leg?
- 3- Who will Adeeb be staying with in Germany, and what will he be doing there?
- 4- What does the suffix **-proof** mean in (waterproof/fireproof)?
- 5- (Critical Thinking) What is the purpose of the in-car heart monitor? Why do you think that it is built into the seat belt?

- 6- Why did the Sheikh offer Adeeb the gift of a world tour?
- 7- Quote the sentence which indicates that Adeeb is going to visit many countries.
- 8- What do the underlined pronouns/words refer to?
- 9- Adeeb is going to visit many countries. Write down two of these countries.
- 10- Quote the sentence which indicates that Adeeb is going to visit many countries.
- 11- Adeeb will be spending his time doing many things in Germany. Write down two of these things.

12- Adeeb did many inventions. Write down two of these inventions.

13- What device did Adeeb use in his fireproof helmet and what is its advantage?

14- What does the underlined word where refer to?

**Answers:** الاجابات

1- Because the boy (Adeeb) caught Sheikh Hamdan's attention with his invention – a prosthetic limb for his father.

2- Adeeb got the idea for a special kind of prosthetic leg while he was at the beach with his family. His father, who wears an artificial leg, could not swim in the sea as he could not risk getting his leg wet.

3- He will be staying with relatives. He will be working with a specialist doctor to build the appendage. He will also be attending a course on prosthetics and learning about different kinds of medical apparatus.

4- Against.

5- It is so helpful in case of an emergency, this device will communicate with rescue services and the driver's family and inform them about the case the driver has.

6- The Sheikh hopes the tour that he is sponsoring for Adeeb will give the young inventor more self-confidence and inspire other young Emirati inventors.

7- Adeeb is going to visit the USA, France, the UK, Ireland, Belgium, Italy and Germany, where he will be staying with relatives.

8- **Word Reference** الضمانر

Which: a tour his /his: the boy he: The Sheikh he/his /His: Adeeb

who/he/his: His father where: Germany he/he/he: Adeeb

which: a heart monitor He: Adeeb which: This special equipment his: Adeeb

9- the USA, France

10- Adeeb is going to visit the USA, France, the UK, Ireland, Belgium, Italy and Germany, where he will be staying with relatives.

11- He will be working with a specialist doctor to build the appendage. He will also be attending a course on prosthetics and learning about different kinds of medical apparatus.

12- a tiny cleaning robot, a heart monitor and a fireproof helmet.

13- Adeeb used a built-in camera system which will help rescue workers in emergencies.

14- Germany

## Unit Three: Medical advances

**In the future** **المستقبل** **في**

**we will be able to have an operation to increase our intelligence.**

Scientists have already developed brain implants that improve vision or allow disabled people to use **their** thoughts in order to control prosthetic limbs like arms, legs or hands, or operate a wheelchair. In 2012 CE, research on monkeys showed that a brain implant improved **their** decision-making abilities. How will humans benefit from this research? Scientists hope to develop a similar device to help people **who** have been affected by brain damage, which could be caused by dementia, a stroke or other brain injuries.

سنتمكن في المستقبل من القيام بعملية جراحية لزيادة الذكاء. طور العلماء حشوات / زراعات في الدماغ تعمل على تحسين الرؤية او تمكن ذوي الاحتياجات الخاصة من استخدام افكارهم للتحكم باطراف صناعية مثل الذراعين و الارجل او اليدين، او لتشغيل واستخدام كرسي العجلات. اظهرت الدراسات على القروود في عام ٢٠١٢ ان زراعة دماغية قد حسنت قدرات اتخاذ القرار لديهم. كيف سيستفيد البشر من هذا البحث؟ يامل العلماء ان يطوروا اداة شبيهة لمساعدة الناس الذين اصابوا بشلل الدماغ والذي يمكن ان يكون سببه الخلل الدماغي او السكتة الدماغية او اصابات واضرار دماغية اخرى.

**Doctors will be able to communicate with people in a coma.**

In 2010 CE, neuroscientists confirmed that it was possible to communicate with some patients in a coma, by using a special brain scanner called an MRI. **They** suggested that, in the future, more meaningful dialogue with patients in a coma would be possible. Two years later, it has finally happened. The scanner, used on a man **who** has been in a coma for more than twelve years, proves that **he** has a conscious, thinking mind – a fact that had previously been disputed by many. Doctors plan to use similar brain-scanning techniques in the future to find out whether patients are in pain, or what **they** would like to be done in order to improve **their** quality of life.

سيتمكن الاطباء من التواصل مع الناس المصابين بالغيوبية. اكد علماء اعصاب في عام ٢٠١٢ انه كان من الممكن التواصل مع بعض المرضى في غيبوبتهم باستخدام ماسح دماغي خاص يسمى التصوير بالرنيم المغناطيسي. واقتروا انه وفي المستقبل يكون من الممكن عمل حوارات ذات معنى اكثر مع المرضى في حالة الغيبوبية. وحدث هذا فعلا بعد عامين. اثبت الماسح الدماغي الذي استخدم مع مريض في غيبوبية منذ اثني عشرة عاما ان لديه وعي وعقل مفكر – وهي فكرة كانت في حالة جدل بين العديدين. يخطط الاطباء لاستخدام تقنية مسح دماغي مشابهة في المستقبل لمعرفة ما اذا كان المرضى يتالمون في الغيبوبية او ماذا يرغبون ان يحدث لتحسين مستوى حياتهم.

**A new drug will help to treat certain types of cancer almost instantly.**  
A new cancer drug is being trialled in Plymouth, UK, **which** doctors hope will extend the lives of cancer patients and reduce **their** symptoms overnight. It is taken as a single pill every morning, and so far patients have shown none of the usual side effect such as the sickness and hair loss that are experienced when undergoing other forms of cancer treatment. The new treatment works by blocking a protein **which** causes cancerous cells to grow. It will improve patients' life expectancy and quality of life much more quickly than any other treatment. The patients were interviewed a year after starting the treatment and are fit and well, saying that **they** are definitely going to continue the trial. **They** have every reason to believe the new drug is going to work. Doctors at Plymouth Hospital hope that it will help patients from all over the world.

سيساعد نوع جديد من العقار الطبي في علاج انواع من السرطان بشكل شبه فوري. يتم تجربة دواء جديد للسرطان في بليموث، بريطانيا والذي يامل الاطباء انه سيمدد حياة مرضى السرطان ويقلل اعراضه بين عشية وضحاها. يؤخذ الدواء حبة منفردة كل صباح ولم يظهر على المرضى اي اعراض جانبية كالدوار وسقوط الشعر المعتاد عندما يكونون تحت انواع مختلفة من علاج السرطان. يعمل الدواء عن طريق منع بروتين معين مسؤول التسبب بنمو خلايا سرطانية. سيعمل على زيادة العمر المتوقع للمرضى ونوعية حياتهم بسرعة اكثر من اي علاج آخر. تم عمل مقابلات مع المرضى بعد عام من بداية العلاج وكانوا اصحاء وجيدين. قالوا انهم سيقومون حتما باكمال التجربة العلاجية. لديهم كل الاسباب لتجعلهم يؤمنون بان العلاج سيعمل. يامل العلماء في مستشفى بليموث ان العلاج سيساعد المرضى في كل انحاء العالم.

### المفردات Glossary

\***symptom** (n) signs of illness. عرَض/اعراض

**stroke** (n) an illness when a blood tube in your brain bursts or is blocked, resulting in the brain being unable to function normally. السكتة الدماغية.

\***side effect** (n) effects of medicine on your body in addition to curing pain or illness. اثار جانبية.

\***scanner** (n) a medical instrument that uses radiography to produce images of the insides of the human body. ماسح ضوئي للصور الطبية.

\***pill** (n) tablet. حبة دواء

**MRI** (n) (Magnetic Resonance Imaging) a scan that uses strong magnetic fields to make a picture of the inside of someone's body for medical reasons. التصوير بالرنيم المغناطيسي.

\***medical trial** (n) special tests. تجربة دوائية

\***implant** (n) (v) a piece of tissue, prosthetic device, or other object implanted in the body. زراعة طبية

**expansion** (n) the act of making something bigger. توسع

\***drug** (n) a medicine or a substance used for making medicines.

دواء/عقار

\***dementia** (n) a mental illness the symptoms of which are problems with memory, personality changes and problems with reasoning. الخلل الدماغي الناتج

عن تقدم العمر

\***coma** (n) An unconsciousness state. الغيبوبة

**cancerous** (adj) something that has or can cause cancer. a very serious disease in which cells in the body begin to grow abnormally. سرطاني

اسئلة الكتاب صفحة ٢٢

1- What do you think the implications ( نتائج/تداعيات ) will be for the world if people live longer? Should we be using technology to help us to improve life expectancy?

2- What are the benefits of the implants that scientists have lately developed?

3- The writer suggests three kinds of limbs, write down two of which.

4- Will it be possible to communicate with people who are in a coma? If yes, how would that be possible?

5- What does MRI stand for?

6- Write down the sentences which indicate that communicating with people who are in a coma was achieved.

7- What is the doctors' plan for communicating with people in a coma?

8- The writer talks about a type of drug for people who suffer from cancer, what does that drug do?

9- Other forms of cancer treatment have two side effects on patients. Write down these two effects.

10- How does the new cancer treatment work?

11- What was the impression of those patients on the new cancer treatment and what is their opinion about it?

12- (Critical thinking\Brain Storming) Why do you think cancer patients agreed to undergo new types of treatments?

13- (Critical Thinking) What do you think will be the request of those who are in a coma if they were able to be contacted with?

14- What do the underlined words/pronouns refer to?

**Answers:** الاجوبة

1- If people live longer, there will be shortage in services such as healthcare and education. We should be utilizing technology to make other life aspects easier.

2- They improve vision or allow disabled people to use their thoughts in order to control prosthetic limbs like arms, legs or hands, or operate a wheelchair.

3- arms, legs اثنتين فقط

4- Yes, it will be possible to communicate with people who are in a coma by using a special brain scanner called an MRI.

5- MRI stands for (Magnetic Resonance Imaging).

6- Neuroscientists confirmed that it was possible to communicate with some patients in a coma, by using a special brain (3) scanner called an MRI. They suggested that, in the future, more meaningful dialogue with patients in a coma would be possible. Two years later, it has finally happened.

7- Doctors plan to use similar brain-scanning techniques in the future to find out whether patients are in pain, or what they would like to be done in order to improve their quality of life.

8- A new cancer drug is being trialled in Plymouth, UK, which doctors hope will extend the lives of cancer patients and reduce their symptoms overnight.

9- such as the sickness and hair loss

10- The new treatment works by blocking a protein which causes cancerous cells to grow.

11. The patients were interviewed a year after starting the treatment and are fit and well, saying that they are definitely going to continue the trial.

12- I think cancer patients agree to undergo new types of treatment because they have already suffered from old treatments and they believe it might help.

13- I think they will want to know about their family members, they also might wish to get news about work and life.

14- **Word Reference** الضمانر

That: brain implants their: disabled people their: monkeys who: people

Which: brain damage They: neuroscientists who/ he: a man they/ their:

patients which: A new cancer drug their: cancer patients It: A new cancer drug

which: a protein they/ They: The patients It: A new cancer drug

## Unit Three (sb) Medical advances

### The King Hussein Cancer Center

The King Hussein Cancer Center (KHCC) is Jordan's only comprehensive cancer treatment centre. **It** treats both adult and pediatric patients. As the population of the country increases, more and more families will rely on the hospital for cancer treatment. Patients come not only from Jordan but also from other countries in the region, as **they** are attracted by its excellent reputation, lower costs, and cultural and language similarities.

مركز الملك حسين للسرطان هو مركز الاردن الوحيد والشامل لعلاج السرطان. يعالج المركز المرضى البالغين والمرضى من الاطفال. ومع ازدياد عدد السكان في الدولة، سيعتمد عدد اكبر من العائلات على هذا المستشفى لعلاج السرطان. يأتي الناس ليس من الاردن فحسب، بل من بلاد اخرى من المنطقة لانهم ينجذبون لسمعته الممتازة والتكاليف المنخفضة والتشابه الثقافي واللغوي.

In order to cope with the increase in demand for treatment, the KHCC has begun an expansion programme. Building started in 2011 CE. The hospital will have more than doubled **its** capacity by 2016 CE, increasing space for new cancer cases from 3,500 per year to 9,000.

وللتعامل مع زيادة الطلب على العلاج، بدأ مركز الحسين للسرطان برنامجاً للتوسع. بدأ البناء عام ٢٠١١ وبحلول عام ٢٠١٦ سيكون المركز قد ضاعف قدرته الاستيعابية بزيادة المساحة لحالات مرضية جديدة من ٣٥٠٠ في السنة إلى ٩٠٠٠.

By then, they will have added 182 extra beds, along with bigger units for different departments, including radiotherapy. New adult and paediatric wards will have opened. Additionally, they will have built a special ten-floor outpatients' building, with an education centre which will include teaching rooms and a library. Many cancer patients live far away from Amman, where the KHCC is located, and the journey to and from the hospital is often difficult. For this reason, there are plans to extend cancer care facilities to other parts of Jordan. In the near future, King Abdullah University Hospital in Irbid hopes to set up radiotherapy machines, so that cancer patients from northern Jordan will not have to go to Amman for radiotherapy treatment.

عندها، سيكونون قد اضافوا ١٨٢ سرير اضافي مع وحدات إضافية لأقسام مختلفة بما فيها العلاج الإشعاعي. سيكون قد تم افتتاح اجنحة للبالغين وللأطفال. إضافة إلى مبنى مكون من عشرة طوابق للمرضى غير المقيمين ومركز تعليمي والذي سيتضمن غرف تعليمية ومكتبة. يعيش العديد من المرضى بعيداً عن عمان حيث يوجد المركز، والرحلة عادة ما تكون صعبة من وإلى المركز، لهذا السبب هناك خطط لتوسيع منشآت العناية بمرضى السرطان لتشمل مناطق اخرى من الأردن. يطمح

مستشفى الملك عبدالله الجامعي في اربد في المستقبل القريب بإقامة وتشغيل وحدات العلاج الاشعاعي، لكي لا يضطر مرضى السرطان من شمالي الأردن للذهاب إلى عمان للعلاج بالاشعاع

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### **Glossary المفردات**

**ward** (n) a room in a hospital, especially for patients needing similar kinds of care. قسم / جناح

**radiotherapy** (n) the use of controlled amounts of radiation (a form of energy) to treat disease, especially cancer. العلاج الاشعاعي

**outpatient** (n) someone who goes to a hospital for treatment but does not stay for the night. مقيم غير مريض

**paediatric** (adj) describing the area of medicine that deals with children and their illnesses. متعلق بطب الاطفال

**expansion** making something bigger امتداد

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### اسئلة الكتاب صفحة ٢٥

- 1- Why does the hospital need to expand?
- 2- There are many reasons why patients from other countries visit the centre. Write down two of these reasons.
- 3- What is one of the disadvantages of the KHCC for patients who live far from Amman?
- 4- What plans are there for increasing cancer care facilities in other parts of Jordan?
- 5- What is the plan to face the increase in the demand for treatment?
- 6- What does the underlined word "**paediatric**" mean?
- 7- What are the things that will be added to the hospital by 2016?
- 8- Why is it important to extend cancer care facilities to other parts of Jordan?
- 9- What is the advantage of starting a radiotherapy unit in King Abdullah University Hospital?
- 10- The King Hussein Cancer Center treats two kinds of patients. Write down these two patients.
- 11- What does the education centre in KHCC include?
- 12- Quote the sentence which shows that the hospital is an attractive medical centre for many Jordanians and Arabs.
- 13- The education centre will include two departments. Write down these two departments.
- 14- What do the underlined and bolded words/pronouns refer to?

**Answers: الاجوبة**

- 1- The King Hussein Cancer Center is Jordan's only comprehensive cancer treatment centre. It treats both adult and paediatric patients. For the previously mentioned reasons and because the population of the country increases, more and more families will rely on the hospital for cancer treatment so it needs to expand
- 2- as they are attracted by the hospital's excellent reputation, lower costs, and cultural and language similarities.
- 3- The journey to and from the hospital is often difficult.
- 4- There are plans to extend cancer care facilities to other parts of Jordan. In the near future, King Abdullah University Hospital in Irbid hopes to set up radiotherapy machines, so that cancer patients from northern Jordan will not have to go to Amman for radiotherapy treatment.
- 5- The KHCC has begun an expansion programme. There are other plans to extend cancer care facilities to other parts of Jordan.
- 6- describing the area of medicine that deals with children and their illnesses.
- 7- They will have added 182 extra beds, along with bigger units for different departments, including radiotherapy. New adult and paediatric wards will have opened. Additionally, they will have built a special ten-floor outpatients' building.
- 8- Many cancer patients live far away from Amman, where the KHCC is located, and the journey to and from the hospital is often difficult. For this reason, there are plans to extend cancer care facilities to other parts of Jordan.
- 9- Cancer patients from northern Jordan will not have to go to Amman for radiotherapy treatment.
- 10- It treats both adult and pediatric patients
- 11- The education centre includes teaching rooms and a library.
- 12- Patients come not only from Jordan but also from other countries in the region.
- 13- teaching rooms and a library.
- 14- **Word Reference الضمانر**  
It: The King Hussein Cancer Center      they: Patients      its: The hospital  
Which: an education centre      where: far away from Amman

### Unit Three (wb) Medical advances

#### Accident victim gets amazing new hand

Scientists have successfully invented a prosthetic hand with a sense of touch. It is an exciting new invention, which **they** plan to develop. It is possible that, in the not-too-distant future, similar artificial arms and legs will have taken the place of today's prosthetic limbs.

ابتكر العلماء بنجاح يد الية يمكنها الاحساس. انها اختراع جديد مثير للحماسة والذي يسعى العلماء لتطويره. من المحتمل في المستقبل غير البعيد ان تحل اذرع واقدام صناعية محل الاطراف الصناعية الحالية.

Dennis Sorensen, a 39-year-old from Denmark, was the first person to try out the new invention. After losing **his** left hand in an accident, he had been using a standard prosthetic hand for nine years. The new hand, **which** was developed by Swiss and Italian scientists, was a huge improvement. With **it**, Sorensen could not only pick up and manipulate objects, but he could also feel **them**. 'When I held an object, I could feel if **it** was soft or hard, round or square,' he explained. He said that the sensations were almost the same as the ones he felt with his other hand.

كان دينيس سورينسن البالغ من العمر ٣٩ عاما من الدنمارك اول شخص جرب هذا الاختراع. كان يستخدم يد صناعية عادية بعدما فقد يده اليسرى في حادث لمدة تسع سنوات. كانت اليد التي طورها علماء سويسريون وايطاليون ضخما. لا يستطيع سيرنسون التقاط الاشياء وتعديلها بها فحسب، بل يستطيع ايضا الاحساس بهم. اوضح انه عندما يمسك جسما يستطيع ان يحس ما اذا كان ناعما او قاسي، مربع او مستدير. وقال ان الاحساس كان تقريبا كالاحساس الذي شعر به باليد الثانية.

Unfortunately, Sorensen was only taking part in trials, and the equipment is not ready for general use yet. He was only allowed to wear **it** for a month, for safety reasons. So now he has his old artificial hand back. However, he hopes that soon he will be wearing the new type of hand again. He is looking forward to the time when similar artificial limbs are available for the thousands of people who need them. He will have helped to transform **their** lives.

لسوء الحظ كان سورنسون يشارك في تجارب، والاداة لم تكن جاهزة للاستخدام بعد. سمح له بارتدائها لمدة شهر فقط لاسباب تخص السلامة. وبذلك فقد استرجع يده الصناعية القديمة الان. على اية حال، هو يامل بان يرتدي هذا النوع الجديد من الايدي قريبا. ويتطلع بشوق للوقت الذي ستكون فيه اطرافا مشابهة متاحة لآلاف الناس الذين يحتاجونها. سيكون بذلك قد شارك بتغيير مجرى حياتهم.

#### Glossary المفردات

**Artificial** human made / opposite of natural صناعي

**Limb** arm or leg of person ذراع او قدم

**Prosthetic** an artificial body part عضو صناعي

اسئلة الكتاب صفحة ١٧

- 1- Who invented the new prosthetic hand? What is special about it?
- 2- Why does Dennis Sorensen need a prosthetic hand?
- 3- Which hand is he wearing now? Why?
- 4- What do the bolded and underlined pronouns refer to?
- 5- Find a word that is the opposite of 'natural' in the first and third paragraphs.

- 
- 6- What is special about the new artificial hand they are talking about?
  - 7- Quote the sentence which indicates personal information about the man under the testing process.
  - 8- How long has Sorensen been using an artificial hand?
  - 9- What could Sorensen do with the new hand?
  - 10- Why can't Sorensen wear his new hand now?
  - 11- Critical Thinking: If you were in Sorensen's place (god forbid), would you agree to undergo this kind of test? Why? Why not?

**Answers:** الاجوبة

- 1- Scientists have successfully invented a prosthetic hand with a sense of touch.
- 2- Dennis needs that new hand because he had lost his left hand.
- 3- He is using his old one because the new is not ready for general use yet.
- 4-

**Word Reference** الضمانر

it\which: a prosthetic hand    they: scientists    he: Dennis Sorensen  
which\it: the new hand    he: Sorensen    them: objects  
I/he/his/he: Sorensen    it: the equipment    he\his\he\he\He: Sorensen  
who\them\their: thousands of people

- 5- artificial.
- 6- The new artificial hand has a sense of touch.
- 7- Dennis Sorensen, a 39-year-old from Denmark, was the first person to try out the new invention.
- 8- He had been using a standard prosthetic hand for nine years.
- 9- Sorensen could pick up and manipulate objects, he could also feel them.
- 10- HE could not use it forever because he was only taking part in trials, and the equipment is not ready for general use yet.
- 11- I would easily agree to go through such an experiment because I have nothing to lose. I will also be helping others by tying this artificial arm.

# Module Two

## Health

### Vocabulary المفردات

## Unit two

### Vocabulary المفردات

#### Text one SB p 14

**acupuncture** : a form of complementary medicine which uses thin needles.

علاج بالابر

**homoeopathy**: A system of complementary medicine in which illness are treated by minute doses of herbs. المعالجة المثلية / معالجة بالاعشاب

**ailment**: an illness or a disease that not very serious داء ، مرض

**arthritis**: a disease that causes pain and swelling in joints التهاب المفاصل

(الروماتيزم)

**migraine**: an extremely bad headache داء الشقيقة

**immunization**: giving a drug to protect against illness تطعيم / التلقيح

**malaria**: a serious illness that is spread by mosquitoes. مرض معدي

**Allergies**: conditions that make you ill when you eat, touch or breathe a particular thing. الحساسية

**herbal remedy**: extract or mixture of a plant used to prevent or cure disease

علاج بالاعشاب

#### Text (AB) P 13

**\*strenuous**: using or needing a lot of effort. شاق / مضني

**viable**: effective/able to be successful قابل للتطبيق قابل للنجاح

**alien** دخيل غريب

**Conventional**: usual تقليدي

**Sceptical**: having doubts شكاك

**complementary** medical treatment which provides an alternative to scientific medical practices. الطب التكميلي

**commitment** (n) a promise to do something or to behave in a particular way. التزام

**healthcare** (n) the prevention or treatment of illness by doctors, dentists, psychologists, etc. الرعاية الصحية

**life expectancy** (n) the length of time that a person or animal is expected to live. متوسط العمر المتوقع

**mortality** (n) death, especially on a large scale (e.g. infant mortality); the rate of deaths that occur (mortality rate). الوفيات

**reputation** (n) the common opinion that people have about someone or something. السمعة

**decline** (v)) to decrease in quantity or importance. ينخفض

**patients** المرضى

**Non conventional treatment** علاج غير تقليدي

**consult** تشاور

practitioner الممارس  
perception تصور / فهم  
insomnia الارق  
anxiety القلق  
depression اكتئاب  
adequately بشكل ملائم  
substitute بديل  
antibodies الاجسام المضادة  
surgery عملية جراحية  
influence تأثير  
optimistic متفائل  
attitude موقف  
emotions المشاعر / العواطف  
Anger غضب  
blood pressure ضغط الدم  
headache الم الراس  
digestive الجهاز الهضمي / هضمي  
personal circumstances  
bounce back  
setback نكسة / انتكاس  
obesity البدانة / السمنة  
Healthcare centres المراكز الصحية  
Sanitation الصرف الصحي  
Community مجتمع  
dental clinics عيادات الاسنان  
life expectancy  
infant mortality معدل وفيات الاطفال  
work force القوى العاملة

AB P 11

Q 1- Choose the suitable item from those given in the box to complete each of the following sentences.

ailment arthritis immunisation allergies migraine

1. My grandfather has ..... in his fingers, so he sometimes finds it difficult to write.
2. .... to nuts and milk are becoming more common.
3. Many serious diseases can be prevented by ....., which helps the body to build antibodies.
4. Headaches and colds are common ....., especially in winter.

5. If you have a ....., the best thing to do is take some medicine and rest somewhere quiet.

Answers: 1- arthritis 2- allergic 3- immunization 4- ailment 5- migraine

A B P 12

Q 2- Choose the suitable item from those given in the box to complete each of the following sentences.

**Viable alien conventional skeptical complementary**

1. I don't really believe that story – I'm very .....
2. Doctors often treat infections with antibiotics; that is the ..... approach.
3. Medicines that are not the normal, traditionally accepted treatments are known as .....
4. Another way of saying that something could be successful is to say it is .....
5. If something seems very strange, we sometimes say it is .....

Answers: 1- sceptical 2- complementary 3- conventional 4- viable 5- alien

### Coulour idioms مصطلحات الالوان

**have/get the green light:** agree /permission (وزاري ٢٠١٦) يوافق

**red-handed:** the act of doing something wrong جرم مشهود

**out of the blue:** unexpectedly غير متوقع

**a white elephant:** a useless possession (وزاري ٢٠١٥) ملكية عديمة الفائدة

### Feeling refer to idioms

**Idiom المصطلح**

See red

Feel a bit blue

**Feeling الشعور**

to be angry الغضب

feeling sad الحزن

Q 1- What feeling does each of the idioms in bold refer to?

(A. happiness B. sadness C. fear D. anger)

1. Have you heard the good news? We've got **the green light** to go ahead with our project!
2. Luckily, the police arrived and the thief was caught **red-handed**.
3. I was shocked when I heard the news. It came completely **out of the blue**.
4. Nobody goes to the new private sports club. The building is **a white elephant**.

Answers: 1. happiness 2. anger 3- sadness 4- fear

**Q 2- Study the following sentence and answer the question that follows.**

1. Have you heard the good news? We've got the permission to go ahead with our project! وزارى ٢٠١٦

**Replace the underlined phrase with the suitable colour idiom.  
What does the underlined colour idioms mean?**

2. Luckily, the police arrived and the thief was caught red-handed.

3. I was shocked when I heard the news. It came completely out of the blue.

4. Nobody goes to the new private sports club. The building is a white elephant. وزارى ٢٠١٥

**What does the underlined colour idioms mean?**

**Answers:** 1. the green light 2. the act of doing something wrong  
3. unexpectedly 4- something that has cost a lot of money but has no useful purpose

Best wishes

Teacher: Emad sawalha

مع تمنياتى لكم بالنجاح والتوفيق  
الاستاذ: عماد صوالحة  
دروس تقوية في اللغة الانجليزية مع التأسيس  
مراجعة شاملة قبل الامتحان تؤهلك للتفوق والتميز  
0780770316



## Unit three الوحدة الثالثة

### مفردات مهمة عامة

1-helmet خوذة	population سكان
2- inspire يلهم	increase يزداد
3- monitor يراقب	attract يجذب
4- reputation سمعة	cope with يتعامل مع
5- risk مخاطرة	expansion توسع
6- seat belt حزام الامان	extra اضافي
7- self-confidence الثقة بالنفس	operate يشغل /يعمل
8- tiny صغير	sightseeing التنزه
9- waterproof مقاوم للماء	indicate على يدل
10- education تعليم	specialist متخصص
11- career وظيفة/مهنة	comprehensive شامل
12- home وطن/منزل	include يتضمن
13- transport يوصل/ينقل	department قسم
14- demand حاجة / طلب	organised منظم / مرتب
15- healthcare رعاية صحية	attention انتباه
16- technology تكنولوجيا	mention اذكر
17- rescue ينفذ	invention اختراع
18- fund تمويل / يمول	attached متصل ب مرفق
19- develop يطور	not-too-distant ليس بعيد
20- equipment ادوات / معدات	sense احساس
21- built-in مدمج	available متاح
22- thoughts افكار	looking forward to يتطلع بفارغ الصبر
23- patient مريض	allow يسمح
24- definitely بالتأكيد / حتما	manipulate يتعامل مع
25- interview مقابلة	improve يحسن
26- treatment علاج	triallyd تم تجربته
27- undergo يمر / يخضع	drug دواء / عقار
28- sickness مرض	pain وجع / ألم
29- extend يمتدويوسع	disputed خلاف
30- previously أسابق	disabled مقعد
31- vision رؤيه	dialogue حوار
32- neuroscientists علماء الاعصاب	conscious وعي
33- confirm يؤكد	affected تأثر ب
34- benefit فائدة	abilities قدرات

### Text one

- sponsor** (v) to financially support a person or an event. راعي/يرعى  
**prosthetic** (n) an artificial body part. طرف صناعي  
**limb** (n) arm or leg of a person. describing an artificial body part. طرف  
**artificial** (adj) describe an object that is manufactured by humans. صناعي  
**appendage** (n) a body part, such as an arm or a leg, connected to the main trunk of the body. نموذج من قدم او يد صناعية  
**apparatus** (n) tools or machines that have a particular purpose. اداة / جهاز  
**fund** (v) to pay for. يمول  
**equipment** (n) tools or machines that have a particular purpose. معدات

### text two

- \*symptom** (n) signs of illness. عرض/اعراض  
**stroke** (n) an illness when a blood tube in your brain bursts or is blocked, resulting in the brain being unable to function normally. السكتة الدماغية  
**side effect** (n) effects of medicine on your body in addition to curing pain or illness. اثار جانبية  
**scanner** (n) a medical instrument that uses radiography to produce images of the insides of the human body. ماسح ضوئي للصور الطبية  
**\*pill** (n) tablet. حبة دواء  
**MRI** (n) (Magnetic Resonance Imaging) a scan that uses strong magnetic fields to make a picture of the inside of someone's body for medical reasons. التصوير بالرنيم المغناطيسي  
**\*medical trial** (n) special tests. تجربة دوائية  
**implant** (n) (v) a piece of tissue, prosthetic device, or other object implanted in the body. زراعة طبية  
**expansion** (n) the act of making something bigger. توسع  
**drug** (n) a medicine or a substance used for making medicines. دواء/عقار  
**dementia** (n) a mental illness the symptoms of which are problems with memory, personality changes and problems with reasoning. الخلل الدماغى الناتج عن تقدم العمر  
**\*coma** (n) An unconsciousness state. الغيبوبة  
**cancerous** (adj) something that has or can cause cancer. a very serious disease in which cells in the body begin to grow abnormally. سرطاني

### Text ٣

- ward** (n) a room in a hospital, especially for patients needing similar kinds of care. قسم / جناح

**radiotherapy** (n) the use of controlled amounts of radiation (a form of energy) to treat disease, especially cancer. العلاج الاشعاعي  
**outpatient** (n) someone who goes to a hospital for treatment but does not stay for the night. مقيم غير مريض  
**paediatric** (adj) describing the area of medicine that deals with children and their illnesses. متعلق بطب الاطفال

#### **Text 4**

**bionic** (adj) describing a limb or body part that is electronically or mechanically powered. ذو اعضاء الية  
**cross** (adj) angry or annoyed. منزعج/غاضب  
**publicise** (v) to give information about something to the public, so that they know about it. يجعله معروف / ينشر  
**career** (n) a job undertaken for a significant period of a person's life and with opportunities for progress. مهنة

#### **Exercise 1: Complete the following sentences with words from the table.**

equipment - sponsor - limb - prosthetic

- 1- The accident victims mostly had injuries to their lower .....s.
- 2- One of my friends has an ..... heart. His original heart was weak.
- 3- The divers checked their breathing .....
- 4- The team is .....ed by JVC, so the players wear the letters JVC on their shirts.

**Answers:** الاجوبة

- 1- limb 2- prosthetic 3- equipment 4- sponsor

#### **Exercise 2: Complete the following sentences with words from the table**

Cancer - dementia -side effect - coma - symptoms

- 1- Does this drug have any .....?
- 2- She went into a deep ..... after taking an overdose of sleeping pills.
- 3- He's complaining of all the usual flu .....s - a high temperature, headache and so on.
- 4- He died of liver .....
- 5- The most common form of ..... is Alzheimer's disease.

**Answers:** الاجوبة

- 1-side effect 2- coma 3- symptoms 4-cancer 5- dementia

**Exercise 3: Complete the following sentences with words from the table**

ward - outpatient - pediatric - radiotherapy

- 1- There is a ..... hospital which is named after Queen Rania of Jordan.
- 2- KHCC has a ..... unit which uses radiation to kill cancerous cells in the body.
- 3- ..... is one of the parts or large rooms into which a hospital is divided, for treating people with a similar type of condition.
- 4- Inpatient is the opposite of .....

**Answers** الاجوبة

- 1- pediatric 2- radiotherapy 3- ward 4- outpatient.

**A B P15 تمرين**

**-Complete the following sentences with words from the table**

Helmet inspire monitor reputation risk seat belt  
self-confidence tiny waterproof

- 1- You can wear your watch when you go swimming if it's .....
- 2- It's amazing how huge trees grow from ..... seeds.
- 3- The Olympic Games often ..... Young people to take up sport.
- 4- Please hurry up. Let's not ..... missing the bus.
- 5- You must always wear a ..... in a car, whether you're the driver or a passenger.
- 6- When my grandfather had a heart attack, the doctors attached a special ..... to his chest.
- 7- It's important to encourage young people and help them develop .....
- 8- Petra has a ..... as a fascinating place to visit.

**Answers:** الاجوبة

- 1- waterproof 2- tiny 3- inspire 4- risk 5- seat belt  
6- monitor 7- self-confidence 8- reputation

**Exercise 4: Fill the gaps with words from the table giving useful sentences.**

-publicised - bionic - cross

- 1- My Dad gets ..... with me if I leave the kitchen in a mess.
- 2- The work of the charity has been widely ..... throughout the media.
- 3- My friend had a car accident and as a result he has a ..... arm.

**Answers:** الاجوبة 1- cross 2- publicised 3- bionic

**AB P 16**

**Exercise 5: Complete the following sentences with words from the table.**

**Coma      dementia      medical trials      pills      symptoms**

- 1- Doctors look at the ..... before they decide how to treat the patient.
- 2- Before doctors prescribe drugs to patients, scientists perform ..... to make sure the drugs are safe.
- 3- After Ali's accident, he lay in a ..... for two weeks.
- 4- My grandfather has to take a lot of medicine – he takes six different ..... every day.

**Answers: الاجوبة**

- 1- symptoms      2- medical trials      3- coma      4- pills

**Exercise 6: Replace the underlined words and phrases with its meaning.**

- 1- Doctors look at the signs of illness before they decide how to treat the patient.
- 2- Before doctors prescribe drugs to patients, scientists perform special tests to make sure the drugs are safe.
- 3- After Ali's accident, he lay in an unconscious state for two weeks.
- 4- My grandfather has to take a lot of medicine – he takes six different tablets every day.

**Answers: الاجوبة**

- 1- symptoms      2- medical trials      3- coma      4- pills

**Exercise 6: What does the underlined word mean in the following sentence?**

- 1- Doctors look at the symptoms before they decide how to treat the patient.

**Answer:** signs of illness

**The collections (المجموعات) المتلازمات      The meaning المعنى**

**AB P 16**

1. catch attention. يحظى بانتباه شخص ما
2. get an idea. تخطر له فكرة
3. take an interest in something/somebody. يهتم بشخص او بشيى
4. spend time يقضي الوقت
5. attend a course. يلتحق بدورة

\* Choose the correct word from the table.

Attended      get      spend      catch

- 1- I think we need to ..... more time together.
- 2- Over two hundred people ..... the course.
- 3- They ..... the idea of the car from the beetle itself.
- 4- Some guys know how to ..... girls attention.

Answers: 1- spend    2- attended    3- get    4- catch

\*Complete the sentences with words from the box. One word is not needed.

farms    footprint    free    friendly    neutral    Pedestrian    attend  
power    renewable    waste    benefit

- 1 In hot countries, solar..... is an important source of energy.
- 2 \_Green\_ projects are environmentally .....
- 3 Wind..... are an example of .....energy.
- 4 If a city recycles everything and doesn't throw anything away, it is zero.....
- 5 We burn carbon whenever we use oil, coal or gas. This is known as our carbon.....
- 6 If we replace as much carbon as we burn, we are carbon-.....
- 7 A place where no cars are allowed is a car-..... zone, and it is..... friendly
- 8- Fatima plans to ..... Several **courses** on prosthetic with specialized people. (وزاري ٢٠١٦)

Answers    الاجابات

- 1 power    2 friendly    3 farms; renewable    4 waste    5 footprint  
6 neutral    7 free; pedestrian    8- attend

Best wishes    Teacher    emad sawalha

مع تحيات الاستاذ عماد صوالحة  
0780770316

No pain    No gain