

Unit One
Information Technology

word	Meaning in English	Arabic
calculation	a way of using numbers in order to find out an amount or a price	حساب
computer chip	a very small piece found inside a computer which stores information	شريحة حاسوب
personal computer	a computer that is used by one person at a time	حاسوب شخصي
floppy disk	a flexible , removable magnetic disk that store computer information	قرص مرن
program	a set of instructions enabling a computer to function	برنامج
World Wide Web	an information system which allows people to search for information	الشبكة العنكبوتية
rely on	to have trust in something or someone	يعتمد على
blog	a regularly updated personal website or web page	مدونه
email exchange	a series of emails between two or more people	تبادل البريد الالكتروني
social media	social interaction on websites or blogs	وسائل التواصل الاجتماعي
tablet computer	a mobile phone with a touch screen	الكمبيوتر اللوحي
whiteboard	a touchscreen computer program	اللوحة الرقمية
post	to put a message or document on the Internet	ينشر
sat nav system	a system of computers and satellites used in cars	الملاحة

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The History of Computers

When you are using a computer, think about the technology that is needed for it to work. People have been using types of computers for thousands of years. A metal machine was found on the seabed in Greece that was more than 2,000 years old. It is believed that this was the first ever computer.

In the 1940s, technology had developed enough for inventors to make the first generation of modern computers. One such model was so large that it needed a room that was 167 square metres to accommodate it. During that decade, scientists in England developed the first computer program. It took 25 minutes to complete one calculation. In 1958 CE, the computer chip was developed.

The first computer game was produced in 1962 CE, followed two years later by the computer mouse. In 1971 CE, the floppy disk was invented, which meant that information could be shared between computers. The first PC (personal computer) was produced in 1974 CE, so people could buy computers to use at home.

In 1983 CE, people could buy a laptop for the first time. Then, in 1990 CE, the British scientist Tim Berners-Lee developed the World Wide Web. It was not until 2007 CE that the first smartphones appeared. Today, most people use **their** mobile phones every day.

What will happen in the future? You can already buy watches which can do the same as mobile phones. Scientists have also developed glasses that are capable of doing even more than this. Life in the future is going to see further changes in computer technology. It is likely that all aspects of everyday life will rely on a computer program, from how we travel to how our homes are heated.

عندما تستخدم الحاسوب، فكر في التكنولوجيا المطلوبة لتشغيله. يستخدم الناس أنواعا من الحواسيب منذ آلاف السنين. وقد عثر على آلة معدنية في قاع البحر في اليونان عمرها أكثر من 2000 عام. و يعتقد بأنها جهاز الحاسوب الأول على الإطلاق.

في الأربعينيات من القرن الماضي، تطورت التكنولوجيا بشكل كافي مكن المخترعين من صنع الجيل الأول من الحواسيب الحديثة. كان هذا النموذج من الحواسيب كبير جدا حيث انه احتاج لغرفة مساحتها 167 مترا مربعا ليوضع فيها. وخلال ذلك العقد، طور علماء في إنجلترا أول برنامج حاسوب. حيث استغرق الأمر 25 دقيقة لأكمال عملية حسابية واحدة. في عام 1958، تم تطوير شريحة الكمبيوتر.

وقد انتجت أول لعبة حاسوب في عام 1962 ميلادي وبعد عامين تم انتاج الفارة. في عام 1971 ميلادي أخترع القرص المرن والذي سمح بمشاركة المعلومات بين اجهزة الحاسوب. وفي عام 1974 تم انتاج اول حاسوب شخصي، وهكذا اصبح بإمكان الناس شراء الحواسيب للاستخدام في المنزل.

في عام 1983 ميلادي تمكن الناس من شراء حاسوب محمول للمرة الأولى. وفي عام 1990 طور العالم البريطاني تيم بيرنر الشبكة العنكبوتية العالمية. ومع ذلك لم يظهر الهاتف الذكي حتى عام 2007. حاليا، معظم الناس يستخدمون الهواتف النقالة الذكية يوميا.

ماذا سيحدث في المستقبل؟ يمكنك الان شراء ساعة تقوم بعمل الهواتف النقالة وطور العلماء ايضا نظارات يمكنها القيام باكثر من هذا. الحياة في المستقبل ستشهد مزيدا من التطور في مجال تكنولوجيا الحاسوب. ومن المرجح أن جميع جوانب الحياة اليومية ستعتمد على برنامج الحاسوب، من الكيفية التي نساfer بها الى الكيفية التي يتم بها تدفئة بيوتنا.

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Question Number One:

العديد من الاختراعات أنجزت ما بين عام 1958- 1971. اكتب ثلاثة منها.

1. The text states some inventions that were invented between 1958CE and 1974CE. Write down three of these inventions.

يقدم النص سلبيتين للجيل الأول من الحواسيب. اكتبهما.

2. The text provides two disadvantages of the first generation of computers. Write down these two disadvantages.

العديد من الاختراعات أنجزت ما بين 1983- 2007. اكتب اثنين منها.

3. Different inventions were produced between 1983CE and 2007CE. Write down two of these inventions.

اكتب الجملة التي تبين البلد الذي وجد فيه أول حاسوب.

4. Quote the sentence which indicates the country in which the first computer was found.

اكتب الجملة التي تبين الاختراعات التي انجزت ما بين 1962 و 1964.

5. Quote the sentence which indicates the inventions that were completed between 1962 and 1964.

يقدم النص جانبين من نواحي الحياة اليومية التي ستعتمد على التكنولوجيا في المستقبل. اذكرهما.

6. The text provides two aspects of everyday life that will depend on technology in the future. Write down these two aspects.

7. Find a word in the text which means " a way of using numbers in order to find out an amount, price or value".

8. Find a phrasal verb in the text which means "to have trust or confidence in something or someone".

9. What does the underlined pronoun " their " refer to? اذكر ثلاثة نتائج ايجابية للاعتماد على تكنولوجيا الحاسوب .

10. We rely more and more on computer technology. Suggest three positive consequences of depending on computer technology.

ستتطور تكنولوجيا الحاسوب وبشكل متزايد في المستقبل . فكر في هذه الجملة ومن ثم اكتب رأيك.

11. Computer technology will develop further in the future. Think of this statement and, in two sentences, write down your point of view.

Answers

1. - computer mouse -the floppy disk
2. – It was so large .
- It took 25 minutes to complete one calculation.
3. Laptops - smartphones
4. A metal machine was found on the seabed in Greece that was more than 2,000 years old .
5. The first computer game was produced in 1962 CE, followed two years later by the computer mouse.
6. from how we travel to how our homes are heated
7. calculation
8. rely on
9. most people
10. saving time saving money making our life easy
11. I think that computer technology will develop further in the future to the point that it will know how to address our every need. We will not have to think about every task like shopping and cleaning because technology will take care of them.

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Question Number Two:

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

floppy disk , world wide web , rely , calculation

1. The first generation of modern computers took 25 minutes to complete one -----
2. It is likely that all aspects of everyday life will ----- on a computer program.
3. People use the ----- to search for information by moving from one document to another.
4. Information can be shared between computers by the -----.

Answers:

calculation , rely , world wide web , floppy disk

B. Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have five mistakes. Find out these five mistakes and correct them.

In the 1940s, technology had developed enough for **invintors** to make the first **jeneration** of modern computers. One such model was so large that it needed a room that was 167 square metres to accommodate it? During that decade, scientists in England **develop** the first computer program. It took 25 minutes to complete one calculation. In 1958 CE, the computer **ship** is developed.

- ✓ inventors
- ✓ generation
- ✓ .
- ✓ developed
- ✓ chip

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Using Technology in Class

A.

Young people love learning, but they like learning even more if they are presented with information in an interesting and challenging way. Today, I am going to give a talk about how **you** can use technology in Jordanian classrooms. Many classrooms now use a whiteboard as a computer screen. As a consequence, teachers can show websites on the board in front of the class. Teachers can then use the Internet to show educational programmes, play educational games, music, recordings of languages, and so on.

In some countries, tablet computers are available for students to use in class. Therefore, students can use the tablets to do tasks such as showing photographs, researching information, recording interviews and creating diagrams. Tablets are ideal for pair and group work. Teachers can perhaps ask their students to start writing a blog (an online diary), either about their own lives or as if they were someone famous. They can also create a website for the classroom. Students can contribute to the website, so for example they can post work, photos and messages.

Most young people communicate through social media, by which they send each other photos and messages via the Internet. Some students like to send messages that are under 140 letters for anyone to read. Teachers can ask students to summarize information about what they have learnt in class in the same way. If students learn to summarize quickly, they will be able to use this skill in future.

رغم ان الشباب يحب التعلم, الا انهم يحبونه أكثر عندما يقدم لهم بطريقة مثيرة للاهتمام والتحدى. اليوم, اقدم كلمة حول كيف يمكنك استخدام التكنولوجيا في غرفة الصف الاردنية. هذه الأيام, تستخدم العديد من الغرف الصفية اللوح الأبيض الرقمي كشاشة كمبيوتر, ونتيجة لذلك, فان المعلمون يمكن ان يعرضوا المواقع الالكترونية على هذا اللوح الأبيض أمام الطلاب ومن ثم يمكن ان يستخدم المعلمون الانترنت لعرض برامج تعليمية وتشغيل الالعاب التعليمية والموسيقى وتسجيل اللغات, وهكذا.

في بعض الدول, اجهزة الحواسيب اللوحية متوفرة للطلاب لأستخدامها في الغرف الصفية. لذلك, الطلاب يمكنهم استخدامها لانجاز المهام مثل: عرض الصور, البحث عن المعلومات وتسجيل المقابلات, وعمل الرسوم البيانية. وتعتبر الحواسيب اللوحية مناسبة للعمل الجماعي والتثائي. ويستطيع المعلمون الطلب من طلابهم البدء بكتابة مدونة, اما عن حياتهم او كما لو كانوا اشخاص مشهورين. كما يمكنهم إنشاء موقع على شبكة الانترنت خاص بالصف. بالاضافة الى ذلك, يمكن ان يساهم الطلاب في هذا الموقع, على سبيل المثال يستطيع الطلبة نشر اعمال وصور ورسائل.

يتواصل معظم الشباب من خلال وسائل التواصل الاجتماعي, يرسلون من خلالها لبعضهم البعض رسائل وصور عبر الانترنت. ويحب بعض الطلاب أن يرسل الرسائل التي تقل عن 140 حرف ليقراها اي كان. يمكن للمعلمين أن يطلبوا من الطلاب أن يلخصوا ما تعلموه في الصف. بنفس الطريقة. اذا تعلم الطلاب التلخيص بسرعة, سيصبحوا قادرين على استخدام تلك المهارة في المستقبل.

Question Number One:

يستخدم الانترنت داخل الغرف الصفية للقيام بمهام عدة. اذكر اثنتين من تلك المهام.

1. Using the Internet in classrooms has many benefits. Write down two of these benefits.

يعرض النص أجهزة تكنولوجية مختلفة يمكن استخدامها في الغرفة الصفية. اذكر اثنتين من تلك الأجهزة

2. The text states different technological devices that can be used in classrooms. Write down two of these technological devices.

اكتب الجملة التي تبين كيف يجب تقديم المعلومات للطلاب.

3. Quote the sentence which indicates how information should be presented to students.

يمكن أجهزة الكمبيوتر اللوحية الطلاب القيام بمهام عدة في الغرفة الصفية. اذكر اثنتين من تلك المهام

4. Tablet computers help student do many tasks in class. Write down two of these tasks.

ذكر النص بان الحواسيب اللوحية مثالية لنوعين من العمل. اكتبهما.

5. The text states that tablet computers are ideal for two types of work. Write down these two types of work.

6. Find a word in the text which means "**personal website or web page**".

7. Find a word in the text which means "to put a message or document on the Internet so that other people can see it". -----
8. What does the underlined pronoun "you" refer to? -----
 يبين النص بان الطلاب يمكنهم المساهمة في موقع الإلكتروني الصف من خلال نشر عدة أشياء. اكتب ثلاثة منها.
9. The text explains that students can contribute to the classroom's website by posting many things. Write down three of these things.-----

Answers

- | | |
|---|---------------------------|
| 1. showing educational programmes | playing educational games |
| 2. whiteboard | tablet computer |
| 3. Young people love learning, but they like learning even more if they are presented with information in an interesting and challenging way. | |
| 4. showing photographs - researching information | |
| 5. Pair work - group work. | |
| 6. A blog | |
| 7. post | |
| 8. the reader | |
| 9. work - photos - messages | |

B

We all like to send emails, don't we? Email exchanges are very useful in the classroom. Teachers can ask students to email what they have learnt to students of a similar age at another school. They could even email students in another country. As a result, students can then share information and help each other with tasks.

Another way of communicating with other schools is through talking to people over the computer. Most computers have cameras, so you can also see the people you are talking to. In this way, students who are studying English in Jordan can see what students in England are doing in the classroom while they are speaking to them. You can also use this system to invite guest speakers to give talks over a computer. For example, scientists and teachers from another country could give a lesson to the class. If you had this type of lesson, the students would be very excited.

Students often use computers at home if they have them. Students can use social media on their computers to help them with their studies, including asking other students to check and compare their work, asking questions and sharing ideas. The teacher must be part of the group, too, to monitor what is happening. Thank you for listening.

يرغب الجميع في ارسال رسائل الكترونية، اليس كذلك؟ تبادل الرسائل الالكترونية مفيد جدا في الغرف الصفية. يمكن للمعلمين ان يطلبوا من طلابهم ارسال ما تعلموه لطلاب من نفس الفئة العمرية في مدرسة اخرى. حتى ان باستطاعتهم ارسال رسائل الكترونية للطلاب في دولة اخرى. ونتيجة لذلك يستطيع الطلاب تبادل ومساعدة بعضهم البعض في الواجبات .

وطريقة اخرى للتواصل مع مدارس اخرى هي من خلال التحدث للناس من خلال الحاسوب. لدى معظم الحواسيب كاميرات، لذلك يمكنك ان ترى الاشخاص الذين تتحدث اليهم . بهذه الطريقة يمكن للطلاب الذين يدرسون الانجليزية في الاردن ان يشاهدوا ماذا يفعل الطلاب في انجلترا في غرفهم الصفية اثناء التحدث معهم. كما يمكنك استخدام هذا النظام في دعوة ضيوف متحدثين لتقديم الكلمات عبر الحاسوب . ومثال على ذلك ، يستطيع العلماء او المعلمين تقديم درس لطلاب الصف . . اذا كان لديك درس من هذه النوعية ، سيكون الطلاب مسرورين جدا.

الطلاب غالبا يستخدمون الحواسيب في المنزل اذا توفرت لديهم. ويستطيع الطلاب استخدام وسائل التواصل الاجتماعي من خلال اجهزة الحاسوب لمساعدتهم في دراستهم، بما في ذلك تدقيق و مقارنة اعمالهم، و طرح الاسئلة و تبادل الافكار. ويجب ان يكون المعلم طرفا في المجموعة ايضا بهدف مراقبة ما يحدث.

شكرا لحسن استماعكم.

هاني قزاز

Question Number One:

قدم النص طريقتين للتواصل مع مدارس أخرى . اكتب تلك الطريقتين

1. The text states two ways of communicating with other schools. Write down these two ways.

قدم النص فائتين للطلاب الذين يؤسلون بالبريد الإلكتروني ما تعلموه لطلاب اخرين. اكتبهما.

The Internet of Things

What is the 'Internet of Things'?

Everyone knows that the Internet connects people, but now it does more than that – it connects objects, too. These days, computers often communicate with each other; for example, your TV automatically downloads your favourite TV show, or your 'sat nav' system tells you where you are. This is known as the 'Internet of Things', and there is a lot more to come.

An easy life!

In just a few years' time, experts say that billions of machines will be connected to each other and to the Internet. As a consequence, computers will increasingly run our lives for us. For example, your fridge will know when you need more milk and add **it** to your online shopping list; your windows will close if **it** is likely to rain; your watch will record your heart rate and email your doctor; and your sofa will tell you when you need to stand up and get some exercise!

A frightening future:

Many people are excited about the 'Internet of Things'. For them, a dream is coming true. They say that our lives will be easier and more comfortable. However, others are not so sure. They want to keep control of their own lives and their own things. In addition, they wonder what would happen if criminals managed to access their passwords and security settings. The dream could easily become a nightmare.

يعلم الجميع بان الانترنت يصل الناس ببعضهم البعض , لكنه في الوقت الحاضر يفعل اكثر من ذلك- انه يصل الأشياء ايضا حاليا. تتواصل الحواسيب مع بعضها البعض. فعلى سبيل المثال , يقوم تلفازك بتحميل برنامجك المفضل تلقائيا او يقوم نظام الملاحة عبر الأقمار الصناعية باخبارك عن مكانك . ويعرف هذا باسم (انترنت الأشياء) وهناك المزيد مستقبلا.

يقول الخبراء انه في السنوات القليلة القادمة مليارات الالات ستترتبط مع بعضها البعض وستترتبط بالانترنت. ونتيجة لذلك ,ستقوم الحواسيب و بشكل متزايد بادارة حياتنا فعلى سبيل المثال , ستعرف ثلاجتك متى ستحتاج الى المزيد من الحليب و اضافته تلقائيا الى قائمة المشتريات الالكترونية الخاصة بك , وستغلق نوافذ البيت اذا كان هنالك احتمال لتساقط المطر , وستقوم ساعتك بتسجيل معدل نبضات قلبك وترسلها الى طبيبك , وسيخبرك مقعدك متى يجب عليك الوقوف وعمل بعض التمارين الرياضية.

كثيرا من الناس متحمسون لانترنت الأشياء بالنسبة لهم حلم سيتحقق يقولون ان حياتنا ستكون اسهل واكثر راحة .مع ذلك , اخرون ليسوا متاكدين من ذلك. فهم يريدون التحكم في حياتهم والأشياء الخاصة بهم.بالاضافة الى ذلك , هم يتساءلون ماذا لو تمكن المجرمون من الوصول الى كلمات المرور الخاصة بهم او اعداداتهم الامنية . الحلم سيصبح بسهولة كابوسا.

هاني قزاز

Question Number One:

يربط انترنت الأشياء بين حواسيب مختلفة . اكتب مثالين على ذلك من المقال.

1. The "*Internet of Things*" connects between different objects. Give two examples from the article to show that.

بعض الناس قلقين فيما يتعلق بانترنت الأشياء لسببين. اكتب هاذين السببين

2. Some people are worried about the "*Internet of Things*" for two reasons. Write these two reasons down.

اكتب الجملة التي تبين بان الانترنت لا يربط فقط بين الأشخاص وإنما أيضا بين الأشياء.

3. Quote the sentence which shows that the Internet does not only connect people, but also objects.

نتيجة لانترنت الأشياء فان الحواسيب ستدير حياتنا . اكتب مثالين من المقال على ذلك.

4. The text states that the computers will increasingly run our lives for us. Write down two examples from the article.

اكتب الجملة التي تبين بان عدد كبير من الناس متحمسين لفكرة انترنت الأشياء.

5. Quote the sentence which shows that a large number of people are enthusiastic to the "Internet of Things".

6. Find a word in the text which means, "A dream arousing feelings of intense fear".

7. Find a word in the text which means, "a system of computers and satellites, used in cars and other places tells you where something is or how to get to a place".

8. Find a word in the text which means, "speak to"-----

9. What does the underlined pronoun "it " refer to? -----

يعتقد بعض الأشخاص بان انترنت الأشياء سيجعل حياتهم مريحة وأكثر سهولة . فكر في هذه الجملة ومن ثم اكتب رأيك.

10. Some people believe that the "Internet of Things" will make their lives easier and more comfortable. Think of this statement and, in two sentences, write down your point of view.

يعتقد بان امن الكمبيوتر شي مهم. اكتب ثلاثة طرق تمنع الآخرين من الوصول إلى معلوماتك.

11. It is believed that computer safety is important .Suggest three possible ways to stop other people access your information.

Answers

1. - your TV automatically downloads your favourite TV show
- your 'sat nav' system tells you where you are.
2. - They want to keep control of their own lives and their own things.
- they wonder what would happen if criminals managed to access their passwords and security settings.
3. Everyone knows that the Internet connects people, but now it does more than that – it connects objects, too.
4. - your windows will close if it is likely to rain
- your watch will record your heart rate and email your doctor.
5. Many people are excited about the 'Internet of Things'.
6. a nightmare
7. sat nav' system
8. communicate
9. milk
10. I agree with this statement because the internet of things will run all aspects of everyday life from how we travel to how our homes are heated.
11. - turning on privacy settings
- not giving your information to strangers
- changing your password regularly

Question Number Two:

A. Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have five mistakes. Find out these five mistakes and correct them.

Everyone knows that the Internet connects people, but now it **do** more than that – it connects objects; too. These days, computers often **communicate** with each other; for example, your TV automatically downloads your favourite TV show, or your '**cat** nav' system tells you where you are. This is known as the '**Enternet** of Things', and there is a lot more to come.

Answers:

- ✓ does
- ✓ ,
- ✓ communicate
- ✓ sat
- ✓ Internet

SB and WB exercises

A. Choose the suitable item from those given in the box to complete each of the following sentences.(WB 6)

decade, laptop , mouse , ,invented , programs

1. Modern computers can run a lot of -----at the same time.
2. You can move around the computer screen using a -----.
3. A period of ten years is a -----.
4. A ----- doesn't need a keyboard.
5. The television was first ----- by John Logie Baird.

Answer:

programs , mouse , decade, laptop, invented

B. Choose the suitable item from those given in the box to complete each of the following sentences.(WB 6)

calculations, laptop, smartphones , programs , personal computers

1. Although they are pocket –sized, ----- are powerful computes as well as phones.
2. My brother is learning how to write computer -----.
3. I need to make a few ----- before I decide how much to spend..
4. Mobile phones used to be huge. Early -----were as big as bricks.
5. I can close the lid of my ----- and then put it in my bag.

Answer:

smartphones, programs , calculations , personal computers , laptop

C. Choose the suitable item from those given to complete each of the following sentences.(SB 10)

access , identity fraud , security setting , privacy setting , filters

1. Many computers have -----which stop people using certain websites
2. Do you have a good way to stop other people ----- my information?
3. Most sites have ----- so that only certain people can look at your site.
4. Strangers usually want to find out information about people for -----.
5. If strangers can find enough information about you, they can access your -----.

filters , access , privacy setting , identity fraud , security setting

Function الوظائف اللغوية SB /9

Indicating consequence:

In this way, As a consequence, Therefore

Indicating opposition

However, Whereas, Despite

A) Study the following sentence and answer the question that follows.

In this way, technology makes communication more convenient.

What is the function of the underlined expression "**In this way**" in the above sentence.

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Unit Two
A healthy Life

word	Meaning in English	Arabic
acupuncture	a system of complementary medicine in which fine needles are inserted in the skin	الوخز بالإبر
ailment	illness	مرض
allergy	a reaction of the immune system when it is sensitive to something	حساسية
arthritis	a disease causing painful inflammation and stiffness of the joints	التهاب المفاصل
herbal remedy	an extract or mixture of a plant used to cure disease	
homoeopathy	a system of complementary medicine in which illnesses are treated by minute doses of herbs	الطب التجانسي
immunization	the process by which an individual's immune system becomes protected against an illness	التطعيم
malaria	a dangerous disease transmitted by mosquitoes	الملاريا
migraine	a very bad headache	صداع نصفي
option	something that is or may be chosen	خيار
complementary medicine	medical treatment which provides an alternative to scientific medical practices	الطب التكميلي
conventional	having been used for a long time and is considered usual	تقليدي
practitioner	someone who is qualified to practise a particular occupation	طبيب
sceptical	having doubts , not easily convinced	متشكك
viable	effective and able to be successful	قابل للتطبيق
antibody	a substance produced by the body to fight disease	مضاد حيوي
feel blue	to feel sad	يحزن
see red	to be angry	يغضب
bounce back	start to be successful again after difficult time	يرتد بعد نكسة
focus on	direct your attention at something in specific	يركز على
optimistic	believing that good things will happen	متفائل
raise	to bring up a problem	يطرح سؤال
setback	a problem that delays or stops progress	فشل / إنتكاسة
sanitation	the system which supply water and deal with human waste	الصرف الصحي
dental	relating to teeth	متعلق بالاسنان
commitment	a promise to do something or to behave in a particular way	التزام
work force	the people who are able to work	القوى العاملة
life expectancy	the length of time that a person or animal is expected to live	متوسط العمر المتوقع
mortality	death , especially on a large scale	معدل الوفيات
decline	to decrease in quantity or importance	ينخفض
reputation	the common opinion about someone or something	شهرة
healthcare	the prevention of illness by doctors	الرعاية الصحية
focus on	to direct your attention at something	يركز على
cope with	to deal successfully with , handle a situation	يتعامل مع
strenuous	using or needing a lot of effort	مرهق
obese	extremely fat	بدين

Complementary Medicine

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 non- conventional 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.

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 recognize that conventional medicine may not always be the only way to treat an ailment.

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.

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

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."

كان معظم الاطباء غير مقتنعين في فعالية العلاج بالطب التجانسي او الوخز بالإبر والاشكال الاخرى من اشكال الطب التكميلي. فاذا اراد المرضى تلقي هذا النوع من العلاج غير التقليدي , فانه كان عليهم استشارة طبيب متمرس عادة ليس لديه شهادة طب جامعية. مع ذلك, في السنوات الاخيرة, اختلفت النظرة لمثل هذا النوع من العلاج. هذه الايام, العديد من اطباء الاسرة يدرسون الطب التكميلي جنباً الى جنب مع الطب التقليدي و العديد من الاستشاريين في الطب التكميلي لديهم شهادات طبية جامعية.

على الرغم من ان النقاد اعتادوا التصريح بانه لا يوجد اي دليل علمي على ان العلاجات غير التقليدية كانت ناجحة فعلا, الا انه حالياً من المألوف عند الخبراء الطبيين الاعتراف بان الطب التقليدي ليس دائماً هو السبيل الوحيد لعلاج مرض ما.

في عيادة جراحية في لندن 70 بالمئة من المرضى الذين عرض عليهم الاختيار بين طب الاعشاب او الطب التقليدي بهدف علاج شكاوى شائعة مثل الارق والتهاب المفاصل والصداع النصفي اختاروا العلاج بالاعشاب. وقال 50 بالمئة من المرضى حينها بان ساعدهم.

وقال احد الاطباء "انا الان اعتبر الطب التجانسي خيارا ناجحا لعلاج العديد من الحالات بما في ذلك القلق والاكتئاب وبعض انواع الحساسية. انه يقدم خيارا اخر عندما لا يعالج الطب التقليدي المشكلة بشكل فعال.

على كل حال, لا يمكن استخدام الطب التكميلي لجميع العلاجات الطبية. فهو لا يمكن ان يحل محل المطاعيم لانه لا ينتج الاجسام المضادة الضرورية للحماية ضد امراض الطفولة. وايضا لا يمكن استخدامه للحماية من الملاريا.

وقال احد الاطباء سالجا دائما للعلاج الطبي او لا لضمان عدم اهمال اي مسبب جوهري للمرض. عل كل حال, فكرة العلاجات التكميلية لم تعد مفهوم غريب. في رأيي, ينبغي ان يعمل العلاج التكميلي جنباً الى جنب مع الطب الحديث, وليس ضده.

هاني قزاز

Question Number One:

يقدم النص شكلين من إشكال الطب التكميلي. اذكرهما.

1. The text states two forms of complementary medicine. Write these two forms down.

اكتب الجملة التي تظهر بان فكرة الناس عن الطب التكميلي قد تغيرت عبر الزمن. اكتب هاذين الدليلين.

2. Quote the sentence which states why people's perception of complementary medicine has changed over time.

في عيادة جراحية في لندن, عدد كبير من المرضى اختاروا العلاج بالاعشاب من اجل علاج الأمراض شائعة, اذكر اثنين من تلك الأمراض.

3. At a surgery in London, a large number of patients chose the herbal remedy for common complaints.

Write down two of these common complaints.

يمكن استخدام الطب التكميلي لعلاج ظروف مرضية معينة. اكتب اثنين من تلك الظروف المرضية.

4. Complementary medicine can be used to treat certain medical conditions. Write down two of these medical conditions.

لا يمكن أن يعمل الطب التكميلي كبديل لحالتين من حالات العلاج الطبي. اذكر تلك الحالتين.

5. Complementary medicine can't work as a replacement for two medical treatments. Write these two medical treatments down.

اكتب الجملة التي تبين الأطباء كانوا يعتبرون فكرة العلاجات التكميلية فكرة غريبة .

6. Quote the sentence which states that doctors used to consider the idea of complementary treatments a strange concept.

ذكر النص بان عيادة جراحة في لندن عرضت نوعين من الدواء لمعالجة الشكاوى الشائعة . اكتبهما.

7. The text states that a surgery in London offered two types of medicine to treat common complaints. Write down these two types of medicine.

8. Find a word in the text which means "a very bad headache which often comes with a feeling of sickness and problems with vision."

9. Find a word in the text which means "someone who is qualified or registered to practice a particular occupation or profession".

10. Find a word in the text which means "effective and able to be successful".

11. What does the underlined pronoun "I" refer to?

لقد تغير مفهوم الناس حول الطب التكميلي عبر الزمن. اقترح ثلاثة أسباب محتملة أدت إلى ذلك.

12. People's perception of complementary medicine has changed over time due to many reasons. Suggest three possible reasons that have made people change their perception of complementary medicine.

يجب أن تعمل العلاجات التكميلية جنباً إلى جنب مع الطب الحديث, وليس ضد. فكر في هذه العبارة ومن ثم اكتب وجهة نظرك.

13. Complementary medicine should work alongside modern medicine. Think of this statement and, in two sentences, write down your point of view.

Answers:

1. Homoeopathy acupuncture
2. These days, many family doctors study complementary medicine alongside conventional treatments, and many complementary medicine consultants also have medical degrees.
Insomnia arthritis
3. Anxiety depression
4. immunizations malaria
5. Most doctors used to be sceptical about the validity of homoeopathy, acupuncture and other forms of complementary medicine.
6. However, the idea of complementary treatments is no longer an alien concept.
7. Herbal medicine - conventional medicine
8. migraine
9. practitioner
10. viable
11. one doctor
12. - more information being freely available on the Internet - more research has been done on the effects of complementary medicine – many medical doctors have medical degrees.
13. I agree with this statement because the conventional medicine is not always the solution to a medical problem and the positive responses from patients.

Question Number Two:

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

antibodies , remedy , homoeopathy, malaria ,practitioner , acupuncture

1. The system of complementary medicine in which fine needles are inserted in the skin is known as -----
2. ----- is a dangerous disease that transmitted by mosquitoes.
3. Most old men choose the herbal ----- to cure serious diseases.
4. Complementary medicine can't produce the ----- needed to protect against childhood diseases.
5. Most doctors used to be sceptical about the validity of----- and other forms of complementary medicine.
6. It is common for patients to consult a private -----who is likely not to have a medical degree.

acupuncture , malaria , remedy , antibodies , homoeopathy, practitioner

B. Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have five mistakes. Correct these five mistakes.

At a surgery in London, 70 per cent of patients who were offering the choice between a herpal or a conventional medicine for common complaints such as insomnia, arthritis and mijrianes chose the herbal remidy. Fifty per cent of patients then said that the treatment helped.

Answers:

- ✓ offered
- ✓ herbal
- ✓ ,
- ✓ migraines
- ✓ remedy

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Are Happier People Healthier

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

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 .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?

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 bounce back after a setback, these qualities will improve their overall health in the future.

من المألوف ان نشعر بالحزن قليلا من وقت لآخر .على كل حال, اظهرت الدراسات بان المشاعر السلبية قد تضر الجسم. الغضب ايضا ممكن ان يكون له تاثير ضار على الصحة. عندما تغضب فان ضغط دمك يرتفع, ويمكن ان تعاني من الصداع ومشاكل النوم , ومشاكل في الهضم. على كل حال, ماذا عن المشاعر والمواقف الايجابية؟ حتى وقت قريب, لم يبحث العلماء فيما اذا كان هنالك رابط بين المشاعر الايجابية والصحة الجيدة.

وفي دراسة تعقبت اكثر من 6000 رجل تتراوح اعمارهم بين 25 و 74 سنة لمدة عشرين سنة , وجد الباحثون ان الايجابية قللت من خطر الاصابة بامراض القلب .و عوامل اخرى تؤثر في الصحة تشمل شبكة داعمة من العائلة و الاصدقاء ,نظرة متفائلة نحو الحياة. واطهرت الدراسة ان الاطفال الذين كانوا اكثر قدرة في التركيز على مهمة ما والذين كان لديهم موقف اكثر ايجابية نحو الحياة وهم في سن السابعة , كانوا عادة في وضع صحي افضل بعد 30 عاما.

وكانت الدراسة موضع جدل .و يعتقد بعض مختصي الصحة ان خيارات نمط حياة سيئة مثل التدخين او عدم ممارسة التمارين الرياضية هي السبب في امراض القلب وامراض اخرى,وليس موقف الفرد .وبينما الباحثون موافقون , يطرحون السؤال التالي: لماذا يتخذ الناس قرارات نمط حياة سيئة؟ هل الناس الاكثر تقائلا يتخذون خيارات نمط حياة صحية اكثر وافضل؟

يدرك الباحثون بانه ليست الظروف والبيئة الشخصية هي التي تجعل من الممكن العيش بدون قلق.على كل حال, هم يعتقدون انه اذا علمنا الاطفال ان يطوروا التفكير الايجابي ,وان يعاودوا الكرة بعد اخفاق , فان هذه السمات ستحسن من مجمل حياتهم الصحية في المستقبل.

هاني قزاز

Question Number One:

هنالك أربعة تأثيرات محتملة للغضب والتوتر على صحة الإنسان. اذكر تلك الآثار الأربعة.

1. There are four possible effects of anger and stress on someone's health. Write these four possible effects down.

قدم النص عوامل معينة تأثر في الصحة. اذكر اثنين من تلك العوامل.

2. The article provides certain factors that may influence the health positively .Write two of these factors down.

اكتب الجملة التي تبين ان مرض القلب يسببه بعض انمطة الحياة السيئة .

3. Quote the sentence which states that heart disease may be caused by some bad life style choices.

يجب أن يعلم الآباء أولاهم صفتين من اجل تحسين صحتهم الكلية . اكتبهما.

4. Parents should teach their children two qualities in order to improve their overall health. Write down these two qualities.

5. Find a word in the text which means, "**believing that good things will happen in the future**". ---
6. Find a word in the text which means, "**a problem that delays or stops progress or making a situation worse**".-----
7. Find a word in the text which means, "**to start to be successful again after a difficult time**". ----
8. What does the underlined pronoun "**you**" refer to? -----

تساعد العادات الجيدة الأشخاص في التغلب على الموافق التي تسبب التوتر. اقترح ثلاثة عادات تساعد على أن لا يعودوا متوترين.

9. Good habits help people overcome stressful situations. Suggest three possible habits that help people not to be stressed any more.

يتبع الأشخاص المتفانين نمط حياة صحي أفضل . فكر في هذه العبارة ومن ثم اكتب وجهة نظرك.

10. Optimistic people make better and healthier lifestyle .Think of this statement and, in two sentences, write down your point of view.

Answers:

1. your blood pressure is raised and – headaches - sleep problems - digestive problems.
2. a supportive network of family and friends - an optimistic outlook on life
3. 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.
4. to develop positive thinking - to bounce back after a setback
5. optimistic
6. a setback
7. bounce back
8. the reader
9. - taking a deep breath - counting to ten - reciting verses from the Holy Quran
10. I agree with this statement because optimistic people have a better perspective on life and do almost everything with an optimistic attitude ; so they make healthy, positive decisions in life.

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Question Number Two:

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

bounce back , raised , setback , optimistic

1. Researchers say that ----- people don't make bad lifestyle choices.
2. Parents should teach their children to ----- after a setback.
3. .
4. After each -----, Marwan always starts to be a successful person again.
5. The research findings about the effects of anger have ----- many questions.

optimistic , bounce back , setback , raised

B. Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have five mistakes. Find out these five mistakes and correct them.

It is normal to feel a **bet** blue from time to time. However, studies show that negative emotions can **harms** the body .Anger can also have harmful effects on health. When you **sea** red, your blood pressure is raised and you can suffer from headaches, sleep problems and **dijestive** problems. However, what about positive feelings and attitudes !

Answers:

- ✓ bit
- ✓ harm
- ✓ see
- ✓ digestive
- ✓ .

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Health in Jordan

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.

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. 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.

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.

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.

تعتبر الأوضاع الصحية في الأردن من بين الأفضل في منطقة الشرق الأوسط ويرجع السبب في ذلك الى التزام الدولة بجعل الرعاية الصحية للجميع اولوية قصوى. التقدم في التعليم والأوضاع الاقتصادية والصرف الصحي والمياه الصالحة والتغذية والسكن اوجد مجتمع يتمتع بالصحة .

ونتيجة للتخطيط الواعي فان عدد خدمات الرعاية الصحية ارتفع بشكل سريع في السنوات الماضية . حيث تم بناء اكثر من 800 مركز رعاية صحية و188 عيادة اسنان. وفي عام 2012, كانت نسبة الاطفال الذين طعموا بشكل كامل 98 بالمئة , شكرا لفرق التطعيم الذين عملوا على تحقيق هذا الهدف منذ سنوات عدة .

وبالرغم من ان سكان المناطق النائية في الأردن لم يكن يتوفر لديهم الكهرباء والماء الصالح , الا ان 99 بالمئة من السكان الان تتوفر لديهم. وبالرغم من ان الدولة تركز على تحسين مرافق الرعاية الصحية الرئيسية , الا انها لم تهمل المرافق الطبية المتقدمة . وقد انتشرت سمعة الاطباء الاردنيين في المنطقة , وحاليا العديد من المرضى يزورون الأردن لاجراء عمليات القلب . وقد بدأت جراحة القلب المفتوح في الأردن عام 1970 في مدينة عمان.

وتظهر الارقام المتعلقة بمتوسط العمر المتوقع بان نظام الرعاية الصحية الاردني بانه ناجح . في عام 1965 كان متوسط العمر المتوقع للاردني هو 50 سنة . في عام 2012 , ارتفع متوسط العمر ليصل الى 73,5 . ووفقا لاحصائيات منظمة اليونسكو ما بين عام 1981 و 1991 فان معدلات وفيات الرضع انخفضت وبشكل سريع من اي مكان اخر في العالم - من 70 وفاة لكل 1000 حالة ولادة في عام 1981 الى 32 وفاة في عام 2014.

وتعتبر معدل وفيات الاطفال ونظام الرعاية الصحية الممتاز عوامل مساهمة لنمو الصحي لسكان الأردن والذي سينتج عنه توفر القوى العاملة الصحية مع الفوائد الاقتصادية للبلد بأسره.

هاني قزاز

Question Number One:

اكتب الجملة التي تبين سبب ان الأوضاع الصحية في الأردن من بين الأفضل في منطقة الشرق الأوسط.

1. Quote the sentence which shows the reason why health conditions in Jordan are among the best in the Middle East.

ذكر التقرير عدة عوامل ساهمت في جعل المجتمع الأردني أكثر صحة . اذكر اثنين من تلك العوامل.

2. The report states many different factors that have made Jordanian community healthier. Write down two of these factors.

هنالك دليلين يظهران بان عدد الخدمات الرعاية الصحية تزايد بسرعة عبر السنوات الماضية في الأردن. اكتب هاذين الدليلين.

3. There are two pieces of evidence which show that the number of healthcare services has been

increasing rapidly over the past years in Jordan. Write these two pieces of evidence down.

ذكر التقرير عاملين ساهما في النمو الصحي لسكان الأردن. اكتب هاذين العاملين.

4. The report states two contributing factors to Jordan's healthy population growth. Write down these two factors. -----

اكتب الجملة التي تبين السنة التي بدا فيها برنامج عمليات القلب المفتوح في الأردن.

5. Quote the sentence that shows the year in which Jordan began the program of open-heart operations.

اكتب الجملة التي تبين الخدمات التي حرمت منها المناطق النائية في الاردن.

6. Quote the sentence which indicates the two services that remote areas of Jordan were deprived from.

ذكر التقرير دليلين يظهران بان نظام الرعاية الصحية في الأردن ناجحا. اكتب هاذين الدليلين .

7. The report states two pieces of evidence which show that the Jordan's healthcare system is successful. Write these two pieces of evidence down.

8. Find a two- word noun in the text which means, "**the length of time that a person or animal is expected to live**".

9. Find a word in the text which means, "**to decrease in quantity or importance**"

10. What does the underlined pronoun "**it**" refer to? -----

الأوضاع الصحية في الأردن تعتبر من الأفضل بين دول الشرق الأوسط. فكر واكتب رأيك.

11. 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.

يزور العديد من مرضى الأقطار المجاورة الاردن لتلقي العلاج. اكتب ثلاثة اسباب تدفعهم لذلك.

12. Many patients from other countries in the region visit Jordan to receive treatment. Suggest three possible reasons that make them visit Jordan.

Answers

1. This is largely due to the country's commitment to making healthcare for all a top priority.
2. - sanitation - clean water
3. -More than 800 different kinds of healthcare centres have been built as well as 188 dental clinics.
-98 per cent of Jordanian children were fully immunised.
4. The low infant mortality rate - the excellent healthcare system
5. In Jordan, the open-heart surgery programme started in 1970 CE in Amman.
6. 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.
7. -the average Jordanian's life expectancy had risen to 73.5.
-Jordan's infant mortality rates declined more rapidly than anywhere else in the world.
8. Life expectancy
9. decline
10. the country
11. I agree with this statement because of the commitment to healthcare for all, and advances in relevant areas have improved the health conditions.
12. - excellent reputation - lower costs - cultural and language similarities.

Question Number Two:

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

life expectancy , declined , sanitation , commitment , reputation

1. The remote eras of the country don't have access to clean drinking water and -----
2. Advance in health conditions is due to the country's ----- to making healthcare for all a top priority.
3. Many more patients come to Jordan because of the ----- of Jordanian doctors.
4. Jordan's infant mortality rates ----- more rapidly than anywhere else in the world.
5. In 1965, the average Jordanian's ----- was age 50.

sanitation , commitment , reputation , declined , life expectancy

B. Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have five mistakes. Find out these five mistakes and correct them.

The low infant mortalety rate, as well as the excellent healthkare system, have been contributing factors to Jordan's healthy population growth , which will resulted in a strong work forse with economic benefits for the whole country.

Answers:

- ✓ mortality
- ✓ healthcare
- ✓ ,
- ✓ result
- ✓ force

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Get Moving

A. growing problem

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.

B Time to listen

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.

C It's good for you

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.

D Useful tips

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.

مشكلة متزايدة

في العديد من الدول , هنالك عدد متزايد من الشباب والبالغين الذين يعانون من السمنة والوزن الزائد. واحد من الاسباب التي ادت الى ذلك هو الانتشار المتزايد للطعام السريع , والذي لم يكن مولوفا من قبل كما هو الان.

وعامل اخر كبير هو عدم ممارسة الرياضة . اعتاد الناس ان يمشوا للمدرسة او العمل , ولكن هذه الايام العديد منا يستخدم السيارة . ولعبت ايضا التكنولوجيا الحديثة دورا في ذلك , نمضي المزيد والمزيد من الوقت على شاشات الحاسوب . قبل اختراع الانترنت , لم يكن احد يحلم بالتسوق عبر الانترنت , ولكن حاليا بمقدورنا شراء تقريبا اي شي دون مغادرة الاريكة.

حان الوقت للاستماع

يحذر خبراء الصحة من هذا الميل منذ سنوات, ونصيحتهم واضحة . ينبغي ان يمارس البالغين التمارين الرياضية على الاقل ساعتين ونصف اسبوعيا , وللاطفال والمراهقين على الاقل ساعة يوميا . ويبدو هذا ليس بالوقت الكثير . على كل حال , اظهر البحث مؤخرا بان اقل من 50 بالمئة من سكان بريطانيا يقومون بذلك . وكما اظهر البحث ان اطفال المدارس اقل نشاطا بدنيا مما كانوا عليه . وبشكل خاص , البنات عادة لا يحبين التربية الرياضية . وهذا الامر يؤدي الى مشاكل صحية خطيرة.

انه جيد لك

يوصي الخبراء بممارسة مزيج من الانشطة . ويتضمن ذلك تمرين معتدل مثل المشي السريع و تمرين مجهد مثل الركض . وينصحون كذلك بالتمارين الرياضية التي تقوي العضلات , مثل , تمارين ضغط المعدة . كلما بنينا المزيد من العضلات , فاننا نحرق المزيد من السرعات الحرارية , وكلما اصبحنا اكثر صحة ولياقة .

بالاضافة الى ذلك , يعتبر التمرين طريقة رائعة للتكيف مع التوتر. واطهرت دراسة حديثة , بان المرضى الذين يعانون من الاكتئاب ابدوا تحسن كبير بعد زيادة النشاط البدني .

نصائح مفيدة

بالطبع هذا الامر يطرح السؤال التالي :كيف يمكن ان اجد الوقت الكافي للقيام بكل هذه التمارين الاضافية ؟ الطريقة المثلى لذلك هو ان نجعل التمرين جزءا من حياتنا اليومية بحيث يصبح روتين يومي . وهذا لا يتطلب وقتا اضافيا . نستطيع النزول من الباص في المحطة السابقة للمحطة التي عادة ننزل عندها , او الوقوف عندما نتحدث بالهاتف . والاهم , ينبغي علينا ان نجد رياضة نستمتع بها . بهذه الطريقة , سنصبح اكثر صحة ولياقة وسعادة .

هاني قزاز

Question Number One:

صرح النص ببعض الأسباب التي تؤدي إلى مستويات السمنة المرتفعة. اكتب اثنين من تلك الأسباب.

1. The article states some reasons for higher rates of obesity .Write down three of these reasons.

اكتب الجملة التي تبين امثلة الانشطة التي يوصي بها الخبراء.

2. Quote the sentence which states the examples of mixture activities that experts recommend.

قدم النص بعض الفوائد للنشاط البدني. اذكر اثنين من تلك الفوائد.

3. The article states two benefits of exercise. Write down these two benefits.

4. Find a word in the text which means, "**using or needing a lot of effort.**"-----

5. Find a two- word phrasal verb in the text which means, "**to deal successfully with a situation** " . -

6. What does the underlined pronoun "**they**" refer to? -----

اكتب الجملة التي تبين الاثر الايجابي للنشاط البدني على الاشخاص الذين عانوا من التوتر .

7. Quote the sentence which states the positive effect of physical activity on people who suffered from depression.

قدم النص بعض الطرق التي من خلالها يمكن تضمين التمرين في حياتنا اليومية. اكتب طريقتين منها.

8. The article states some ways of including exercise in our daily life. Write down two of these ways.

عدد طلاب المدارس الذين يعانون من السمنة في ازدياد. اكتب ثلاث طرق ممكنه تساعد الطلاب في التغلب على السمنة.

9. An increasing number of school children are overweight or even obese. Suggest three possible ways that can help school children overcome obesity.

يقال بان المرضى الذين يعانون من التوتر اظهروا تحسن كبير بعد ممارستهم للأنشطة البدنية. فكر في تلك العبارة ومن ثم اكتب رأيك.

10. It is said that patients who had been suffering from depression reported a great improvement after physical activity .Think of this statement and, in two sentences, write down your point of view.

Answers

1. the growing popularity of fast food lack of exercise
2. These should include moderate exercise, such as fast walking, and more strenuous exercise, like running.
3. Strengthening muscles
coping with stress
4. strenuous
5. cope with
6. school children
7. In a recent study, patients who had been suffering from depression reported a great improvement after increased physical activity.
8. - getting off the bus one stop earlier than usual
- standing up when you're on the phone
9. – increasing moderate physical activity – increasing fruit and vegetables intake – decreasing the consumption of fatty food.
10. I agree with this statement because physical activity improves the blood circulation, in turn, that enhances patients mode and makes them feel relax.

Question Number Two:

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

cope with , focusing on , obesity , strenuous

1. It is believed that the growing popularity of fast food is the main cause of -----
2. Experts recommend ----- exercises in order to strengthen the muscles.
3. Moderate exercise is said to be a good way to ----- stress.
4. Children should not spend more and more time ----- computer screens.

obesity , strenuous , cope with , focusing on

B. Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have five mistakes. Find out these five mistakes and correct them.

Experts recommend a mixture of actevities. These should include moderate exercise, such as fast walking, and more strinuous exercise, like running. They also advise exercise that strengthened the muscles, for example sit-ups. In addition, exercise is a great way to kope with stress

Answers:

- ✓ activities
- ✓ strenuous
- ✓ strengthens
- ✓ ,
- ✓ cope

✓ SB and WB exercises

A. Choose the suitable item from those given in the box to complete each of the following sentences.(WB 11)

allergies, ailments , arthritis, migraine , immunisation

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 way to do is to take some medicine and rest somewhere quite

arthritis, allergies , immunisation, ailments , migraine

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B. Choose the suitable item from those given in the box to complete each of the following sentences.(WB 11)

conventional , complementary , alien , scepticl , viable

1. I do not really believe that story –I 'm very -----.
2. Doctors often treat infections with antibodies; that it 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 vey strange, we sometimes say it is -----.

scepticl, conventional , complementary , viable , alien

Colour Idiom (SB / 17)

feel blue: feel sad: يشعر بالحزن

see red: get angry: يغضب

the green light : permission : الحصول على اذن

red-handed: in the act of doing something wrong: متلبس بالجرم المشهود

a white elephant: a useless possession : عديم الفائدة

A. Choose the suitable item from those given in the box to complete each of the following sentences.(SB / 17)

red handed, white elephant , green light , out of the blue

1. Have you heard the good news? We've got the ----- to go a head with our project.
2. Luckily, the police arrived and the thief was caught -----.
3. I was shocked when I heard the news .It came completely -----.
4. Nobody goes to the new private sports club. The building is a -----.

green light , red handed , out of the blue , white elephant

B. Replace the underlined phrase with the correct colour idiom.

1. Have you heard the good news? We've got the permission to go a head with our project.
(the green light)

C. Replace the underlined misused colour idiom with the correct one.

1. Nobody goes to the new private sports club. The building is out of the blue.
(a white elephant)
2. Luckily, the police arrived and the thief was caught a white elephants.
(red handed)

D. Study the following sentence and answer the question that follows.

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

What feeling does the underlined colour idiom express? (sadness)

Unit Three
Medical Advances

word	Meaning in English	Arabic
apparatus	the technical equipment needed for particular purpose	أداة \ جهاز
appendage	a body part ,such as an arm or leg	طرف (جزء من جسم)
artificial	produced by human beings rather than occurring naturally	صناعي
Liml	arm or leg	طرف (ذراع \ رجل)
prosthetic	an artificial body part	طرف صناعي
coma	a state of unconsciousness caused by a certain injury	غيبوبة
dementia	a mental illness , the symptom of which are problems with memory	خرف
drug	a medicine or a substance used for making medicines	دواء
implant	a piece of tissue , prosthetic device implanted in the body	زراعة الاعضاء
medical trial	trial to evaluate the effectiveness of medications	تجربة طبية
pill	a small round piece of medicine	قرص دواء
symptom	a physical problem that might indicate a disease	عرض
cancerous	something that has or can cause cancer	سرطاني
scanner	a medical instrument that uses radiography to produce images	الماسح الضوئي
side effects	effects of medicine on your body	تأثيرات جانبية
stroke	an illness when blood tube in your brain burst or is blocked	سكتة دماغية
paediatric	medicine that deals with children	أخصائي الأطفال
outpatient	someone who goes to a hospital for treatment	مريض العيادات الخارجية
radiotherapy	amounts of radiation to treat disease	العلاج
ward	a room in a hospital	قسم
reputation	the common opinion that people have about someone	سمعة / شهرة
cope with	to deal successfully with	يتعامل مع
paediatric	medicine that deals with children	له علاقة بامراض الاطفال

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Young Emirate Inventor

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.

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.

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.

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.

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.

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.

سيسافر اديب البلوشي البالغ من العمر 10 سنوات الى سبعة دول في جولة نظمها ومولها الشيخ حمدان بن محمد ولي عهد اماره دبي.

حظي الصبي باهتمام الشيخ حمدان عن طريق اختراعه - وهو اختراع الطرف الصناعية لوالده. وابدى الشيخ اهتمام خاص باديب. ويأمل الشيخ حمدان من الجولة التي يريها لأديب ان تعطي الشباب مزيدا من الثقة بالنفس وان تلهم المخترعين الاخرين من الشباب الاماراتي.

تولدت فكرة الساق الصناعية من نوع خاص لدى اديب اثناء تواجده على الشاطئ مع أسرته . والده والذي يرتدي ساق اصطناعي لم يكن بمقدوره السباحة في البحر خوفا من ان تبتل ساقه. وهذا الامر الههم اديب لاختراع ساق اصطناعية ضد الماء.

سيزور اديب امريكا , فرنسا , بريطانيا , ايرلاند , المانيا , ايطاليا , بلجيكا و المانيا حيث سيقوم مع اقاربه . على كل حال , اثناء اقامته في المانيا , اديب لن يمضي وقته في زيارة الاماكن السياحية. سيعمل مع طبيب متخصص لبناء الطرف . و سياتحق ايضا بدورة حول الاطراف الاصطناعية وسيتعلم حول الانواع المختلفة للاجهزة الطبية .

اخترع اديب العديد من الاجهزة الاخرى بما في ذلك روبوت صغير للتنظيف وجهاز مراقبة القلب والذي يثبت في حزام الامان للسيارة . وفي حالة الطوارئ , خدمات الانقاذ وعائلة السائق المريض تتواصل تلقائيا معه عبر جهاز الفحص الخاص هذا .

اخترع اديب ايضا خوذه مضادة للحريق. هذه الأداة الخاصة التي تحتوي على نظام كاميرا داخلي. ستساعد في انقاذ العمال في حالات الطوارئ ومن أجل هذه الأسباب فإن أديب يستحق شهرته كواحد من أصغر المخترعين في العالم
هاني قران

Question Number One:

اخترع أديب البلوشي أجهزة متنوعة. اكتب اثنين من تلك الأجهزة.

1. Adeeb al-Balooshi has invented various devices. Write down two of these devices.

أهدى ولي عهد دبي أديب جولة لعدة دول لسببين. اكتبهما.

2. The Crown Prince of Dubai offered Adeeb a gift of a world tour for two reasons. Write down these two reasons.

اقتبس الجملة التي تبين الدول التي سيزورها اثناء جولته في دول أوروبا.

3. Quote the sentence which indicates that countries that Adeeb al-Balooshi will be visiting during his a tour in Europe.

4. What does the underlined pronoun "he" refer to? -----

ذكر الكاتب بان أديب سيقوم بعمل أشياء عدة أثناء إقامته في ألمانيا. اكتب اثنين من تلك الأشياء.

5. The writer states that Adeeb will be doing many things while he is in Germany. Write down two of these things.

6. Find a word in the text which means "the technical equipment needed for a particular purpose" -----

7. Find a word in the text which means "a body part, such as an arm or leg , connected to the main trunk of the body"-----

8. Find a word in the text which means "to financially support a person or an event ".-----

التطور الدراماتيكي في حقل الطب خلال القرن العشرين يعود إلى عدة أسباب. اذكر ثلاثة من تلك الأسباب المحتملة.

9. The dramatic progress in medicine that characterized the 20th century is due to many reasons. Write down three of these possible reasons.

يجب تشجيع وتمويل الشباب المخترعين من قبل الحكومة. فكر ومن ثم اكتب رأيك.

10. Young inventors should be encouraged and funded by the government. Think of this statement, and, in two sentences, write down your point of view.

Answers:

1. a tiny cleaning robot - a heart monitor
2. - giving the young inventor more self-confidence
-inspiring other young Emirati inventors.
3. Adeeb is going to visit the USA, France, the UK, Ireland, Belgium, Italy and Germany, where he will be staying with relatives.
4. The Sheikh (hammdan)
5. -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.
6. apparatus
7. appendage
8. sponsor
9. using modern medical apparatus - advances in education - carrying out more researches in medicine.
10. I think the government should fund and encourage young inventors in order to give them more self – confidence and inspire young inventors.

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Question Number Two:

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

sponsor , appendage , apparatus, artificial

1. Dr. Zaid will attend a course on different kinds of medical-----.
2. Many local companies may ----- our national football team
3. After the accident, salwa's father had been fitted with an ----- leg.
4. After losing his leg in an accident, Safwan visited a specialist doctor to build his -----

apparatus , sponsor , artificial , appendage

B. Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have five mistakes. Find out these five mistakes and correct them.

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 **hoped** the tour that he is sponsoring for Adeeb will give the young **invintor** more self-confidence and **insbire** other young Emirati inventors.

Answers:

- ✓ prosthetic
- ✓ .
- ✓ hopes
- ✓ inventor
- ✓ inspire

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In the Future

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.

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.

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 effects 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.

لقد طور العلماء زراعات دماغية تعمل على تحسين الرؤية او السماح لذوي الاحتياجات الخاصة استخدام افكارهم بهدف السيطرة على الاطراف الصناعية مثل الانرغ والسيقان او الايدي او لتشغيل كرسي متقل.

واظهرت الابحاث التي اجريت على القرد ان زراعة الدماغ حسنت من قدرات القرد في اتخاذ القرار. كيف سيستفيد الانسان من هذا البحث؟ يتطلع العلماء الى تطوير جهاز مماثل بهدف مساعدة الافراد الذين يعانون من تلف الدماغ والذي يمكن ان يسببه الخرف, السكتة الدماغية او الاصابات الدماغية الاخرى.

في عام 2010, اكد علماء الاعصاب على انه من المحتمل التواصل مع بعض مرضى الغيبوبة, وذلك من خلال استخدام ماسح ضوئي للدماغ يدعى التصوير بالرنين المغناطيسي. ويدعي العلماء بانه في المستقبل من الممكن اجراء حوار ذو معنى مع مرضى الغيبوبة. وبعد عامين من ذلك, تحقق ذلك الامر. وقد تم تجريب الماسح الضوئي على رجل في غيبوبة منذ 12 عام, حيث اثبت ان الرجل يتمتع بعقل واعى مفكر – الحقيقة التي تم الاختلاف عليها مسبقا من قبل العديد من الاطباء. ويخطط الاطباء الى استخدام تقنيات ماسح ضوئي للدماغ مماثلة في المستقبل بهدف معرفة فيما اذا المرضى يعانون من الالم او ما الذي يمكن عمله من اجل تحسين نوعية حياتهم.

لقد تم تجريب علاج جديد للسرطان في بليموث, انجلترا, والذي يامل الاطباء من خلاله اطالة عمر مرضى السرطان وتقليل اعراض المرض بين عشية وضحاها. ويتم تناول الدواء كقرص كل صباح, وحتى الان لم يظهر على المرضى اي من التأثيرات الجانبية المعتادة مثل الغثيان وفقدان الشعر التي يعاني منها المرضى الذين يخضعون لاشكال اخرى من علاج السرطان.

ويعمل العلاج الجديد عن طريق منع بروتين يسبب نمو الخلايا السرطانية. سيحسن هذا العلاج متوسط العمر المتوقع ونوعية الحياة للمرضى بشكل اسرع بكثير من اي علاج اخر. وقد تم مقابلة المرضى بعد بدء العلاج, وقد وجد انهم يتمتعوا بصحة جيدة, ماكدين انهم سوف يستمرون في التجربة. ولديهم اسبابهم للاعتقاد بان الدواء الجديد سينجح. ويامل الاطباء في مستشفى بليموث بان الدواء الجديد سيساعد المرضى من كافة انحاء العالم.

هاني قزاز

Question Number One:

اكتب الجملة التي تبين فوائد زراعات الدماغ التي طورها العلماء.

1. Quote the sentence which indicates the benefits of brain implants that have been developed by scientists.-----

هناك اثرين جانبيين يظهران على المرضى الذين يخضعون لعلاج السرطان العادي. اكتب هاذين الاثرين.

2. There are two side effects which appear when patients undergo the usual cancer treatment. Write down these two side effects.-----

أسباب عديدة يمكن أن تسبب تلف الدماغ. اكتب اثنين منها.

3. Brain damage could be caused by many reasons. Write down two of them.

اكتب الجملة التي تذكر فوائد علاج السرطان الجديد المرجوة على صحة المرضى.

4. Quote the sentence which states the expected benefits of the new cancer drug on patient's health.

5. Find a word in the article which means "**a physical problem that might indicate a disease**". -----

اكتب الجملة التي تبين اهداف استخدام الاطباء لتقنيات مسح الدماغ في المستقبل.

6. Quote the sentence which states the aims of using brain-scanning techniques by doctors in the future.

7. Find a word in the article which means "**the length of time that a person or an animal is expected to live**". -----

8. What does the underlined pronoun "**they**" refer to? -----

منذ بداية القرن العشرين تزايد متوسط عمر بشكل مستمر . اقترح ثلاثة أسباب أدت إلى ذلك.

9. Since the beginning of the 20th century life expectancy is increasing constantly. Suggest three reasons that lead to increase life expectancy of people.

يعتقد بان الروبوتات مناسبة بشكل خاص لتصنيف وتسليم الدواء. فكر واكتب رأيك.

10. It is thought that robots are particularly suited to storing and delivering medicine. Think of this statement and, in two sentences, write down your point of view.

يقال بان الروبوتات ستكون قادرة على مساعدة الاطباء عندما لا يكونوا موجودين من اجل القيام باستشارات وجها لوجه مع المرضى. فكر واكتب رأيك.

11. It is said that robots will be able to help doctors when they are not available for face to face consultation with patients. Think of this statement, and in two sentences, write down your point of view.

1. 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
2. sickness - hair loss
3. dementia - a stroke
4. It will improve patients' life expectancy and quality of life much more quickly than any other treatment
5. Symptom
6. 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.
7. Life expectancy
8. patients
9. advances in education – immunization – using modern medical apparatus
10. I agree with this statement because these tasks require accuracy and speed ,something that is very suitable for robots.
11. I agree with this statement because robots can visit patients in the hospital and the doctor can talk to the patients via a screen.

Question Number Two:

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

implant , drug , cancerous, life expectancy , prosthetic , dementia

1. Doctors believe that brain damage is caused by -----, a stroke or brain injuries.
2. It is claimed that the new cancer -----will extend the lives of cancer patients.
3. Research on monkeys showed that a brain ----- improved their decision –making skills.
4. It is known that -----limbs improve someone's life.
5. Scientists trialed a new drug that blocks the protein which causes ----- cells to grow.

dementia , drug , implant , life expectancy , prosthetic , cancerous

B. Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have five mistakes. Find out these five mistakes and correct them.

A new cancer drug is being **trailed** in Plymouth, UK, which doctors hope will extend the lives of cancer patients and reduce their **symbtoms** overnight. It is taken as a single pill every morning . and so far patients have **show** none of the usual **cide** effects such as the sickness and hair loss that are experienced when undergoing other forms of cancer treatment.

Answers:

- ✓ trialed
- ✓ symptoms
- ✓ shown
- ✓ ,
- ✓ side

هاني قزاز
ماجستير لغة انجليزية
0782363709

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 have trust in 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.

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.

By then, they will have added 182 extra beds, along with bigger units for different departments, including radiotherapy. New adult and pediatric 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.

يعتبر مركز الحسين للسرطان المركز الوحيد الشامل لعلاج السرطان في الأردن. يعالج المركز المرضى الشباب والأطفال. وبسبب الزيادة السكانية للأردن، المزيد من العائلات سوف تعتمد على المستشفى لعلاج السرطان. لا يأتي المرضى فقط من الأردن، ولكن أيضا من الدول المجاورة وذلك بسبب سمعته الطيبة، والتكلفة المنخفضة والتشابه الثقافي واللغوي.

ويهدف التكيف مع الطلب المتزايد على العلاج، فإن مركز الحسين للسرطان شرع في برنامج توسعة. وقد بدأت أعمال البناء في عام 2011. سيكون لدى المستشفى أكثر من ضعف طاقته الاستيعابية بحلول عام 2016، زيادة المساحة المخصصة لحالات السرطان الجديدة من 3500 حالة إلى 9000 حالة.

بحلول عام 2016، سيتم إضافة 182 سرير إضافي، جنباً إلى جنب مع وحدات أكبر للأقسام المختلفة، بما في ذلك العلاج بالأشعة. سيتم بناء بناية بعشرة أدوار مخصصة لمرضى العيادات الخارجية، مع مركز تعليمي والذي سوف يشتمل على غرف تعليمية ومكتبة.

يسكن العديد من مرضى السرطان بعيداً عن عمان حيث يقع المركز، والرحلة إلى ومن المستشفى غالباً صعبة. لذلك السبب، هنالك خطط لنشر مرافق العناية بالسرطان إلى مناطق أخرى من الأردن. في المستقبل القريب، يأمل مستشفى الملك عبدالله في إربد في استخدام آلات العلاج بالأشعة حتى لا يضطر مرضى السرطان من المناطق الشمالية الذهاب لمدينة عمان من أجل تلقي العلاج بالأشعة.
هاني قزاز

Question Number One:

يعالج مركز السرطان مجموعتين من المرضى. اكتبهما.

1. The King Hussein Cancer treats two groups of patients. Write them down.

ذكر النص بان المرضى من دول أخرى يزورون المركز لعدة أسباب. اذكر اثنين منها.

2. The article states that patients from other countries visit the center for many reasons. Write down three of these reasons.

اكتب الجملة التي تبين الهدف من توسعة مركز الحسين للسرطان.

3. Quote the sentence which states the purpose of expanding the center.

اكتب الجملة التي تبين سلبية مركز الحسين للسرطان للمرضى الذين يسكنون بعيداً عن عمان.

4. Quote the sentence that indicates the disadvantage of the KHCC for patients who live far from Amman.

5. Find a word in the text which means, "The act of making something bigger than usual".

6. Find a word in the text which means, " **The common opinion that people have about someone or something**". -----
 7. Find a word in the text which means, "**to deal successfully with or handle a situation**". -----
 8. What does the underlined word "**where**" refer to? -----

ستنفذ العديد من الإجراءات لتوسعة مركز الحسين للسرطان. اكتب اثنين من تلك الإجراءات.

9. Many procedures will be implemented to expand king Hussein Center in 2016. Write down two of these procedures.

اكتب الجملة التي تذكر المرفقين اللذين سيتضمنها المركز التعليمي في مركز الحسين للسرطان

10. Quote the sentence which states the two facilities that will be included to the education center of the hospital. -----

من المتوقع أن يستمر سكان الأردن بالازدياد. اقترح ثلاثة طرق ممكنة تساعد الأردن بالتعامل مع هذه الزيادة.

11. It is expected that the population of Jordan will keep on increasing. Suggest three possible ways that help Jordan cope with this increase in population.

يعتقد بان لزيادة السكانية ستاثر على السكن, التعليم والصحة في الاردن. فكر واكتب رايك.

12. It is believed that increase in population will affect Jordan's housing, education and health facilities. Think of this statement, and in two sentences, write down your point of view.

يعتقد بان العديد من الاشياء ستتغير في مجالات عدة في الاردن بحلول عام 2050 زاكتب ثلاثة تغيرات محتملة تعتقد بانها ستحصل.

13. It is thought that many things will have changed by 2050 in many fields in Jordan. Suggest three possible things that you think will have happened.

Answers

1. adult patients - pediatric patients
2. excellent reputation - lower costs
3. In order to cope with the increase in demand for treatment, the KHCC has begun an expansion programme.
4. Many cancer patients live far away from Amman, where the KHCC is located, and the journey to and from the hospital is often difficult.
5. expansion
6. reputation
7. cope with
8. Amman
9. -they will have added 182 extra beds, along with bigger units for different departments, including radiotherapy.
-new adult and pediatric wards will have opened.
10. Additionally, they will have built a special ten-floor outpatients' building, with an education centre which will include teaching rooms and a library.
11. building more hospitals and schools – using renewable sources of energy – building new cities.
12. I agree with this statement because it might get more difficult for the government to help people, and taxes might increase.
13. More people will have owned hybrid cars - Scientists will have found effective cure for cancer - E-books will have replaced paper books.

Question Number Two:

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

paediatric , radiotherapy , expansion , outpatients

1. The factory has begun an ----- program to cope with the increase in demand for it's products.
2. In order to cope with the increase in demand for treatment, the hospital will build a special three-floor ----- building.
3. The comprehensive cancer treatment center in our city treats both adult and ----- patients.
4. Doctors say that ----- treatment may not always be the only way to treat cancer.

expansion , paediatric , outpatients , radiotherapy

B. Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have five mistakes. Find out these five mistakes and correct them.

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

Answers:

- ✓ treatment
- ✓ expansion
- ✓ started
- ✓ ,
- ✓ cancer

هاني قزاز
ماجستير لغة انجليزية
0782363709

Accident Victim

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.

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.

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.

اخترع العلماء بنجاح يد صناعية تتميز بحاسة اللمس . وهو اختراع جديد رائع , والذي يخطط العلماء لتطويره . ومن المحتمل في المستقبل القريب , ان تحل اذرع وسيقان مماثلة محل الاطراف الاصطناعية الموجودة حاليا .

حيث كان دينيس سو رنسن , 39 عام من الدنمارك, الشخص الاول الذي جرب الاختراع الجديد. بعد ان فقد يده اليسرى في حادث, دينيس استخدم يدا صناعية عادية لمدة 9 سنوات. اليد الجديدة التي طورها علماء سويسريين وايطاليين , كانت تقدما كبيرا . من خلالها , استطاع دينيس رفع والتلاعب واسعور بالاشياء. ويقول : عندما امسكت شيئا , استطعت ان اشعر فيما اذا كان ليئا او صلبا , دائريا او مريعا. وقال ان الاحاسيس تقريبا نفس تلك التي كان يشعر بها بيده الاخرى .

لسوء الحظ , شارك سورينسن فقط في تجارب , والاداة ليست جاهزة للاستخدام العام بعد. حيث سمح له بارتدائها لمدة شهر وذلك لدواعي السلامة. ولذلك يرتدي الان يده الصناعية القديمة . على كل حال, يامل دينيس بان يرتدي النوع الجديد لليد مرة اخرى قريبا. ويتطلع لليوم الذي تتوفر فيه اطراف صناعية مماثلة لالوف الناس الذين يحتاجونها. سوف يكون قد ساعد على تغيير حياتهم.

هاني قزاق

Question Number One:

طور اليد الجديدة عالمان . اذكر جنسيتهم.

1. The new hand was developed by certain scientists. Write down their nationalities.

تمكن دنس سورنسن من القيام بعدة أشياء بارتدائه اليد الجديدة . اكتب ثلاثة من تلك الأشياء.

2. Dennis Sorensen was able to do many things by wearing the new invented hand. Write down three of these things.

اكتب الجملة التي تبين سبب حاجة دنس لليد الصناعية.

3. Quote the sentence which shows the reason why Dennis Sorensen needs a prosthetic hand.

اكتب الجملة التي تبين سبب ارتداء دينس ليده الصناعية القديمة.

4. Quote the sentence which shows the reason why Dennis Sorensen is wearing his old artificial hand.

5. Find a word in the text which means, "an artificial body part".

6. Find a word in the text which means, " apparatus ".

7. What does the underlined pronoun "them" refer to?

هذه الايام, يستخدم الروبوت في عدة مجالات طبية . اقترح ثلاثة مهام يمكن ان يقوم بها الروبوت في المستشفيات.

8. Nowadays, robots are being used in lots of different areas of medicine. Suggest three expected tasks that robots may perform in hospitals.

من المعروف أن الأطراف الصناعية تحسن حياة الشخص المصاب. فكر في هذه العبارة ومن ثم اكتب رأيك.

9. It is known that prosthetic limbs improve someone's life. Think of this statement and, in two sentences, write down your point of view.

Answers

1. Swiss Italian
2. picking up objects manipulating objects feeling objects
3. After losing his left hand in an accident, he had been using a standard prosthetic hand for nine years.
4. Unfortunately, Sorensen was only taking part in trials, and the equipment is not ready for general use yet.
5. Prosthetic
6. Equipment
7. artificial limbs
8. - sorting medicine
- collecting drugs from the hospital pharmacy
- carrying out surgery
9. I agree with this statement because prosthetic limbs improve patient's quality of life and increase their self-confidence.

SB /WB

Collocations

1. catch attention يجلب الانتباه
2. get an idea: يصبح لديه فكرة
3. take an interest in : يحظى باهتمام
4. spend time: يمضي وقتا
5. attend a course: يحضر دورة/ مساق دراسي

A. Replace the underlined misused verbs in the sentences below with the correct ones to form the appropriate collocation.(WB /15)

1. I like to attend time learning foreign languages.
2. Adeeb took Sheikh Hamdan's attention with his invention.
3. Sheikh Hamdan made a special interest Adeeb.
4. Adeeb caught the idea for a special kind of prosthetic leg ,while he was at the beach.
5. Adeeb will be taking a course on prosthetics.

spend , caught , took , got , attending

B. Choose the suitable item from those given to complete each of the following sentences. (WB / 15)

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 a 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.

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

C. Choose the suitable item from those given in the box to complete each of the following sentences.(WB / 16)

tablets , signs of illness , special tests , unconscious state

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 an ----- for two weeks.
4. My grandfather has to take a lot of medicine –he takes six different-----every day.

signs of illness, special tests, unconscious state , tablets

D. Choose the suitable item from those given in the box to complete each of the following sentences.(WB / 16)

a coma , 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 an ----- for two weeks.
4. My grandfather has to take a lot of medicine –he takes six different-----every day.

symptoms, medical trials , a coma , pills

E. Identify the type of rhetorical device used in the following sentences. (SB /23)

1. The world would be at your footprints. (**metaphor** مجاز)
2. Some robots will look and sound very like humans (**simile** تشبيه)
3. Treatment and medicine will taste as delicious as real food.(**simile** تشبيه)
4. Everywhere we go we will hear the constant buzz and hum of technology.(**onomatopoeia** محاكاة صوتية)
5. Our computers and mobile will take care of us. (**personification** تشخيص)

Unit 4

Success Stories

algebra	a type of mathematics system	علم الجبر
arithmetic	the branch of mathematics connected with numerical calculations	علم الحساب
geometry	the branch of mathematics connected with properties , lines and curves	علم الهندسة
inheritance	money or things you get from someone after they die	ميراث
mathematician	someone who works with numbers	طرف صناعي
Musical harmony	a pleasant sound in music	غيبوبة
philosopher	someone who studies and writes philosophy	فيلسوف
physician	someone who qualified to practise medicine , doctor	طبيب
polymath	someone who has a lot of knowledge about many different subjects	واسع المعرفة
revolutionized	To completely change the way people do something	يغير جذريا
ground-breaking	new, innovative	مبدع
composition	a piece of music that someone has written	عرض
artificially-created	not real or not made of natural things	غير طبيعي
carbon-neutral	not affecting the total amount of carbon dioxide in Earth's atmosphere	محايد الكربون
criticize	to judge with disapproval	ينتقد
desalination	the process of removing salt from sea water	شبكة كهربائية
grid	a system of wires	أخصائي الأظنال
megaproject	a very large project	مشروع ضخم
outweigh	to be more important than something else	يتفوق على
pedestrian	someone who is walking	الماشي المترجل
sustainability	the state of being able to continue for ever or for longtime	الاستدامة
zero- waste	producing no waste	خالى من النفايات
vary	to differ	يختلف
founder	the person who starts something new	المؤسس
irrigate	to supply land with water	يروي
legacy	what someone leaves to the world after their death	ارث

هاني قزاز
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The Importance of Islamic Achievements in History

Jabir ibn Hayyan

The Arab world has many famous chemists in its history, but the person who is known as the founder of chemistry is probably Jabir ibn Hayyan. He is most well known for the beginning of the production of sulphuric acid. He also built a set of scales which changed the way in which chemists weighed items in a laboratory: his scales could weigh items over 6,000 times smaller than a kilogram.

Ali ibn Nafi

Ali ibn Nafi' is also known as 'Ziryab' (or 'Blackbird', because of his beautiful voice). He was a gifted pupil of a famous musician from Baghdad, and it was his talent for music that led him to Cordoba in the ninth century CE. He was the guest of the Umayyad ruler there. He is the person who established the first music school in the world in Cordoba, Al-Andalus, teaching musical harmony and composition. He revolutionised musical theory, and is also the person who introduced the oud to Europe.

Fatima al-Fihri

Fatima al-Fihri was the daughter of a wealthy businessman. She used her father's inheritance to build a learning centre in Fez, Morocco. This learning centre became Morocco's top university, and it is where many students from all over the world come to study. Moreover, it was Fatima's sister, Mariam, who supervised the building of the Andalus Mosque, which was not far from the learning centre.

Al-Kindi

Al-Kindi was a physician, philosopher, mathematician, chemist, musician and astronomer – a true polymath. He made ground-breaking discoveries in many of these fields, but it is probably his work in arithmetic and geometry that has made him most famous.

جابر بن حيان
لدى العالم العربي العديد من الكيميائيين المشهورين في تاريخه , ولكن الشخص المعروف بانه مؤسس الكيمياء هو جابر بن حيان. جابر بن حيان مشهور أكثر بانه اول من انتج حامض الكبريتيك. وهو ايضا صمم مجموعة من الموازين التي غيرت الطريقة التي يزن بها الكيميائيين الاشياء في المختبر : استطاعت موازينه ان تزن مواد اقل بكثير ب 6000 مرة من الكيلو غرام.

علي بن نافع
يعرف علي بن نافع باسم زرياب ايضا (او الشحرور بسبب صوته الجميل) وكان تلميذا موهوبا لموسيقار مشهور من بغداد, وقد قادته موهبته في الموسيقى الى مدينة قرطبة في القرن التاسع عشر. وقد حل ضيفا على الحاكم الاموي هناك. وهو الشخص الذي اسس اول مدرسة موسيقية في العالم في مدينة قرطبة- الاندلس , والتي كان تدرس الايقاع الموسيقي والتلحين . وكذلك احدث ثورة في النظرية الموسيقية , وهو ايضا الشخص الذي قدم العود لاوروبا.

فاطمة الفهري
كانت فاطمة الفهري بنت رجل اعمال غني . ولقد استغلت ميراث والدها لبناء مركز تعليمي في مدينة فاس , مراکش . ولقد اصبح هذا المركز جامعة مرموقة ياتي اليها الطلبة من جميع انحاء العالم للدراسة فيها. وكانت اختها مريم تشرف على بناء مسجد الاندلس والذي لم يكن يبعد كثيرا عن المركز التعليمي.

الكندي
كان الكندي فيزيائي, فيلسوف, وعالم رياضيات , كيميائي , موسيقي, وفلكي – واسع الاطلاع والمعرفة بحق. ولقد عمل اكتشافات خلاقة في العديد من هذه الحقول المعرفية , ولكن على الارجح ان عمله في علم الحساب والهندسة هو الذي جعله اكثر شهرة .
هاني قزاز

Question Number One:

يعتبر ابن حيان مؤسس علم الكيمياء. اكتب اثنين من انجازاته في حقل الكيمياء.

1. Jabir Ibn Hayyan is known as the founder of chemistry. Write down two of his achievement in the field of chemistry.

يعتبر زرياب (علي) موسيقيا مشهورا. اكتب اثنين من منجزاته في حقل الموسيقى.

2. Ali Ibn Nafi's was a famous musician. Write down two of his achievements in the field of music.

تدرس المدرسة التي أسسها زرياب موضوعين موسيقيين. اكتبهما.

3. Quote the sentence which indicates the two musical subjects taught at the school which Ziryab established. -----

اكتب الجملة التي تبين أهمية المركز التعليمي الذي أسسته فاطمة الفهري .

4. Quote the sentence which shows the importance of the learning center that Fatima al-Fihri built.

اكتب الجملة التي تبين أن الكندي كان واسع الاطلاع على عدد كبير من المواضيع.

5. Al-Kindi had a lot of knowledge about many different subjects. Write down three of these subjects.

أصبح الكندي أكثر شهرة بسبب عمله في موضوعين. اذكرهما.

6. Al-Kindi's work in two subjects has made him most famous. Write down these two subjects.

7. Find a word in the text which means, "**money or things that you get from someone after they die**".

8. Find a word in the text which means, "**new, innovative**".

9. Find a word in the text which means, "**someone who has a lot of knowledge about many different subjects.**"

10. What does the underlined pronoun "**there**" refer to?
النجاح هو أن تكون ماهرا في نشئ أنت تهتم به. اقترح ثلاثة طرق يمكنها أن تساعدك في النجاح في نشئ تهتم به.
11. Success is being very good at something you care. Suggest three possible ways that may help you succeed at something you care.

- مقارنة مع الوقت الحاضر , فقد كان من الصعب إحراز مستوى عالي من الانجاز في الماضي . فكر في هذه العبارة ومن ثم اكتب رأيك.
12. It was more difficult for people in the past to reach high levels of achievements in comparison with the present day. Think of this statement, and in two sentences, write down your point of view.

Answers

1. - the production of sulphuric acid
- He also built a set of scales which changed the way in which chemists weighed items in a laboratory
2. He revolutionised musical theory- He introduced the oud to Europe.
3. He is the person who established the first music school in the world in Cordoba, Al-Andalus, teaching musical harmony and composition.
4. This learning centre became Morocco's top university, and it is where many students from all over the world come to study.
5. Physician - philosopher - mathematician
6. arithmetic - geometry
7. inheritance
8. ground-breaking
9. polymath
10. Cordoba
11. -being organized - being creative –staying focused
12. I agree with this statement because there was much less access to information in the past and there were no many top universities.

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Question Number Two:

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

geometry , revolutionised, ground-breaking , harmony

1. Al-Kindi made -----discoveries in many fields.
2. My brother is very skillful in musical ----- and composition.
3. The person who ----- the musical theory is Ali ibn Nafi.
4. My teacher is good at arithmetic and -----.

ground-breaking , harmony, revolutionised, geometry

B. Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have five mistakes. Find out these five mistakes and correct them.

Al-Kindi was a physician, philosopher, mathematitian, chemist, musician and astronomer – a true polimath. He makes ground-breaking discoveries in many of these fields .but it is probably his work in arithmetic and jeometry that has made him most famous

Answers:

- ✓ mathematician
- ✓ polymath
- ✓ made
- ✓ ,
- ✓ geometry

هاني قزاز
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Masdar City – a positive step?

Megaprojects are extremely large investment projects, which are designed to encourage economic growth and bring new benefits to cities. Although megaprojects vary in terms of size and cost, they are all, by definition, expensive, public projects that attract a high level of interest and media coverage. Projects range from motorways, airports, stations, tunnels, bridges, etc. to entire city complexes.

The concept of a megaproject is always based on the benefits it brings to a community. However, many megaprojects have been criticised because of **their** negative effects on a community or the environment. This essay will look at these issues with regard to Masdar City, a megaproject in Abu Dhabi.

Masdar City, which began its development in 2006 CE, will be the world's first carbon-neutral, zero-waste artificially-created city. Covering an area of six square kilometres, when it is completed in 2025 CE, it is expected to house more than 40,000 residents, 50,000 commuters, and 1,500 businesses involved in mainly environmentally-friendly products.

The city will run entirely on renewable energy sources. It is built on an advanced energy grid which monitors exactly how much electricity. Furthermore, in order to reduce its carbon footprint, Masdar City will be a car-free zone, designed to be pedestrian and cycle-friendly. Electric, driverless cars will operate as public transport vehicles, and the city will be connected to other locations by a network of roads and railways.

Energy will be provided by solar power and wind farms, and there are also plans to build the world's largest hydrogen plant. A desalination plant will be used to provide the city's water, with 80% of water used being recycled. Biological waste will be used as an energy source too, and industrial waste will be recycled.

The current residents of Masdar City are all students at the Masdar Institute of Science and Technology, a university whose students are fully committed to finding solutions to the world's energy problems.

While the project has the support of many global, environmental and conservation organisations, there is some criticism of it. It is felt that, instead of building an artificial sustainable city, sustainability should be made a priority of existing cities.

In conclusion, the benefits of Masdar City for the community and the environment greatly outweigh any disadvantages. If the aims of the developers are realised, Masdar City will be a blueprint for future urban planning that will inspire similar megaprojects in other countries.

المشاريع العملاقة هي مشاريع استثمارية كبيرة جدا والتي انشئت لتشجيع النمو الاقتصادي وجلب منافع جديدة للمدن. وعلى الرغم من ان المشاريع العملاقة تختلف من حيث الحجم والتكلفة, الا انها جميعها, حسب التعريف, مرتفعة الثمن, مشاريع عامة تستقطب مستوى عالي من الاهتمام والتغطية الاعلامية. وتتراوح المشاريع من الطرق السريعة, المطارات, المحطات, الانفاق, الجسور الى مدينة بأكملها.

ويستند دائما مفهوم المشروع العملاق على المنافع التي يجلبها للمجتمع. مع ذلك, تم انتقاد العديد من المشاريع العملاقة بسبب تأثيرها السلبي على المجتمع والبيئة. سنتناقش هذه المقالة تلك القضايا وذلك من خلال مدينة مصدر, مشروع عملاق في مدينة دبي.

مدينة مصدر والتي بدأ العمل على انشائها عام 2006, ستكون اول مدينة في العالم خالية من الكربون والنفثات موجوة اصطناعيا. سوف تغطي المدينة مساحة بحجم ستة كيلو متر مربع عندما يتم الانتهاء من بنائها عام 2025, ومن المتوقع ان تضم اكثر من 40000 مواطن, 50000 مسافر و 1500 مشروع تجاري يشتركون بشكل خاص بمنتجات صديقة للبيئة.

سيتم تشغيل المدينة وبشكل كامل على مصادر الطاقة المتجددة. ولقد بنيت المدينة على شبكة طاقة متقدمة والتي تتحكم بالضبط بكمية الطاقة المستهلكة. علاوة على ذلك, بهدف التقليل من انبعاث الكربون, ستكون المدينة منطقة خالية من السيارات, مصصمة للمشاة والدرجات الهوائية. وسيتم تشغيل سيارات كهربائية بدون سائق كوسائل نقل عامة, وسيتم ربط المدينة بمدن اخرى عبر شبكة من الطرق والسكك الحديدية.

سيتم تزويد المدينة بالطاقة عن طريق الطاقة الشمسية ومزارع الرياح. وايضا هنالك خطط لبناء اكبر محطة هيدروجينية في العالم. سيتم استخدام محطة لتحلية المياه بهدف تزويد المدينة بالمياه, بحيث يتم اعادة تدوير 80 بالمئة من المياه المستخدمة. سيتم استخدام النفايات البيولوجية كمصدر للطاقة ايضا, وسيتم تدوير المخلفات الصناعية.

والسكان الحاليين لمدينة مصدر جميعهم طلاب يدرسون في معهد مصدر للعلوم والتكنولوجيا, جامعة طلابها ملتمون تماما بايجاد حلول لمشاكل الطاقة في العالم.

بالرغم من ان المشروع قد نال دعم العديد من منظمات البيئة والمحافظة العالمية, الا انه تعرض للنقد. بدلا من انشاء مدينة صناعية مستدامة, يجب ان تكون الاستدامة اولوية للمدن القائمة حاليا.

في الختام, منافع مدينة مصدر للمجتمع والبيئة تفوق وبشكل كبير اية عيوب. اذا تحققت اهداف المطورين, فان المدينة ستكون مشروع عمل لمزيد من التخطيط الحضري في المستقبل والذي من شأنه ان يلهم مشاريع عملاقة ماثلة في دول اخرى.

هاني قزاز

Question Number One :

اكتب الجملة التي تبين فوائد انشاء المشاريع العملاقة .

1. The essay states two benefits of designing megaprojects. Write down these two benefits.

اكتب الجملة التي تبين الامثلة على المشاريع العملاقة .

2. Quote the sentence which states the examples of megaprojects.

تقليل انبعاث الكربون في مدينة مصدر سيقفل بعدة طرق. اكتب اثنين من تلك الطرق.

3. Carbon footprint in Masdar city will be reduced by many ways .Write down two of these ways.

مصادر طاقة عديدة ستزود مدينة مصدر بالطاقة. اكتب اثنين من تلك المصادر.

4. Various power resources will provide Masdar city with energy. Write down three of these resources.

اكتب الجملة التي تبين المدينة التي أنشئت فيها مدينة مصدر.

5. Quote down the sentence which indicates the city in which Masdar City has been created.

6. Find a word in the essay which means, " **to be more important than something else.**"

7. Find a word in the essay which means, " **someone who is walking , especially along a street**".-----

8. What does the underlined pronoun "**their**" refer to ? -----

يجادل بعض الأشخاص بان فوائد مدينة مصدر على المجتمع والبيئة تفوق عيوبها.فكر في هذه الجملة ومن ثم اكتب رأيك.

9. Some people argue that Masdar City is a beneficial project. Think of this statement and, in two sentences, write down your point of view.

المشاريع العملاقة كمدينة مصدر ستكون ناجحة في الأردن . اكتب ثلاثة أسباب من الممكن أن تجعل مثل تلك المدينة ناجحة في الأردن.

10. Megaprojects like Masdar City would be very successful in Jordan. Suggest three possible reasons that may make such a city successful in Jordan.

Answers:

1. They encourage economic growth – they bring new benefits to cities.
2. Projects range from motorways, airports, stations, tunnels, bridges, etc. to entire city complexes.
3. The city will run entirely on renewable energy sources - The City will be a car-free zone.
4. solar power - wind farms - Biological waste
5. This essay will look at these issues with regard to Masdar City, a megaproject in Abu Dhabi.
6. outweigh
7. pedestrian
8. megaprojects
9. I agree with this statement as Masdar City bring economic benefits to cities and reduce the amount of pollution .
10. Existing of solar energy – having a good network of roads – educated residents and businessmen.

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Question Number Two:

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

sustainability, desalination, artificially-created , criticized

1. Masdar City will be the world's first carbon-neutral, zero-waste -----city.
2. Megaprojects have been -----because of their negative effects on the environment.
3. Many ----- plants will be established to provide the city with clean water.
4. Experts believe that ----- should be made a priority of existing cities.

Answers:

artificially-created , criticized, desalination, sustainability

B. Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have five mistakes. Find out these five mistakes and correct them.

The city will run entirely on renewable energy sources. It is build on an advanced energy grid which monitors exactly how much electricity .Furthermore! in order to reduce its carbon footbrint, Masdar City will be a car-free zone, designed to be pedistrian and cycle-friendly.

Answers:

- ✓ built
- ✓ grid
- ✓ ,
- ✓ footprint
- ✓ pedestrian

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A founding father of farming

Ibn Bassal was a writer, a scientist and an engineer who lived in Al-Andalus in the eleventh century CE. He worked in the court of Al-Ma'mun, who was the king of Toledo. His great passions were botany, which is the study of plants, and agriculture. Although he was a great scholar, he was also a practical man and all of his writing came from his own 'hands-on' experience of working the land.

One of the many things which Ibn Bassal achieved was *A Book of Agriculture*. The book consisted of sixteen chapters which explain how best to grow trees, fruit and vegetables, as well as herbs and sweet-smelling flowers; perhaps the most famous chapter of all was the one that describes how to treat different types of soil. Ibn Bassal also worked out how to irrigate the land by finding underground water and digging wells. **He** designed water pumps and irrigation systems. All of these things were passed on through his writing.

The influence of Ibn Bassal's book was enormous. As farmers down the generations followed his instructions and advice, the land became wonderfully fertile and produced more than enough food for the fast-growing population. The irrigation systems that he and his followers put in place are still in evidence in Spain. Although his name is not widely known, Ibn Bassal's legacy to the world has been great.

ابن بصال الذي عاش في الاندلس في القرن الحادي عشر كان كاتباً، عالماً، مهندساً. ولقد عمل في بلاط المأمون الذي كان ملكاً لتوليدو. ولقد كان شغفه لعلم النبات كبيراً، وهو العلم الذي يدرس النباتات والزراعة. بالرغم من انه كان باحثاً عظيماً، الا انه ايضا رجل عملي وجميع كتاباته كان مصدرها خبرته العملية في زراعة الأرض.

واحد من الاشياء التي حققها ابن بصال هو كتاب الزراعة. تالف الكتاب من ستة عشر وحدة والتي تبين الطريقة الامثل لزراعة الاشجار، الفواكه والخضروات، الاعشاب والورود طيبة الرائحة، وربما يكون الباب الاكثر شهرة هو الذي يصف كيفية التعامل مع الانواع المختلفة للتربة. وشرح ابن بصال ايضا كيفية ري الارض من خلال البحث عن المياه الجوفية وحفر الابار. ولقد صمم مضخات المياه وانظمة الري. وكل هذه الاشياء تم تناقلها من خلال كتاباته.

لقد كان تأثير كتاب ابن بصال كبيراً. لان المزارعون عبر الاجيال تتبعوا تعليماته ونصائحه، اصبحت الارض خصبة وانتجت اكثر مما يكفي من الغذاء للسكان الذين يتزايد عددهم سريعاً. ولا زالت انظمة الري التي انشئها هو واتباعه قائمة كشواهد في اسبانيا. وعل الرغم من ان اسمه غير معروف بشكل كبير، الا ان ابن ارثه للعالم عظيمًا.
هاني قران

Question Number One:

انجازات ابن بصال عديدة. اكتب اثنين من منجزاته.

1. Ibn Bassal's achievements were various. Write down two of his achievements.

2. Quote the sentence which shows the areas of knowledge that made Ibn Bassal a polymath.

يذكر النص أن ابن بصال واسع الاطلاع. اكتب مثالين على حقول معرفته.

3. The text suggests that Ibn Bassal was a polymath. Write down two examples of his areas of knowledge.

اكتب الجملة التي تبين الشئيين اللذان يدرسهما علم النباتات.

4. Quote the sentence which states the two things that Botany studies.

قدم النص فائدتين لإتباع تعليمات ابن بصال. اذكرهما.

5. The text provides two benefits for following Ibn Bassal's instructions. Write down these two benefits.

ذكر النص طريقتين لري الأرض. اذكرهما.

6. The text states two techniques to irrigate the land. Write down these two techniques.

7. Find a word in the text which means "**what someone leaves to the world after his death**". -----

8. Find a word in the text which means "**supply land with water.**"-----
9. What does the underlined pronoun "**He** " refer to? -----

10. The area around Toledo had a fast growing population. Think of this statement and, in two sentences, write down your point of view.

المنطقة التي تحيط في توليد وشهدت نمو سكاني سريع. فكر في هذه العبارة ومن ثم اكتب رأيك.

Answers

1. A Book of Agriculture designing water pumps
2. Ibn Bassal was a writer, a scientist and an engineer who lived in Al-Andalus in the eleventh century CE.
3. Writing science
4. His great passions were botany, which is the study of plants , and agriculture.
5. the land became wonderfully fertile – the land produced more than enough food for the fast-growing population.
6. finding underground water - digging wells.
7. Legacy
8. Irrigate
9. Ibn Bassal
10. I agree with this statement because many people would want to live around Toledo and the area was producing a lot of food .

Question Number Two:

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

legacy, irrigate , founder

1. The person who is the ----- of chemistry is Jabir ibn Hayyan.
2. Although his name is not widely known, Ibn Bassal's ----- to the world has been great.
3. Ibn Bassal worked out how to ----- the land.

Answers:

founder, legacy, irrigate

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SB and WB exercises

A. Choose the suitable item from those given in the box to complete each of the following sentences. (SB /33)

carbon footprint , economic growth , public transport, biological waste, urban planning, negative effects

1. When people talk about -----, they can mean either an improvement in the average standard of living.
2. Pollution has some serious ----- on the environment, such as the death of wildlife and plant life.
3. We can all work hard to reduce our ----- by living a more environmentally –friendly lifestyle.
4. If we take ----- more often, there will be fewer cars on the roads , which will result in cleaner air in our cities.
5. Hospitals need to dispose of a lot of -----, and it should be carefully managed because it can be dangerous.
6. The need for more effective ----- is evident when we consider modern day problems like traffic.

economic growth, negative effect , carbon footprint , public transport, biological waste, urban planning

B. Choose the suitable item from those given in the box to complete each of the following sentences. (WB/ 20)

philosopher, arithmetic, polymath, chemist, geometry, mathematician, physician

1. My father teaches Maths .He's a -----
2. You must not take in medicine without consulting a -----
3. We learn about shapes, lines and angles when we study -----
4. Mr. Shahin is a true -----, working in all kinds of creative and scientific fields.
5. Ramzi is very good with numbers and calculations. He always scores high in -----.
6. A ----- is someone who thinks and writes about the meaning of life.

mathematician , physician, geometry, polymath, arithmetic, mathematician, philosopher

C. 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)

production , medical , ninth , inheritance , original , invention , discoveries , influential

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

benefits , farms , footprint , free , friendly , neutral , pedestrian , power, renewable, waste

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.

power , friendly , farms , renewable , waste , footprint , neutral , free , pedestrian

FREE WRITING

1. Many parents don't like their children to spend too much time at computers .Write a report for your school magazine about the advantages and disadvantages of spending too much time at computers and suggest other ways for children to spend their free time.
2. Many technological changes have affected student's learning recently. Write a report for your school magazine describing recent developments in the field of education and how they make learning easier and more interesting .
3. Nowadays some people say that students text books should be replaced by notebook computer while others refuse .Write an essay describing the advantages and disadvantages of each point .
4. Creating a website for the classroom is an interesting and challenging idea. Write a report mentioning the benefits of creating a website for the classroom and advise students how to make a good website.
5. Millions of people own mobile phones these days. Write a report mentioning the advantages and disadvantages of mobile phones and advise people how to use their mobiles efficiently.
6. In the last twenty years there have been significant developments in the field of information technology , for example the World Wide Web. However, these developments in information technology are likely to have more negative effects than positive in the future. To what extent do you agree with this view? Give reasons for your answer.
7. We rely more and more on computer technology .Do you believe that this is apposite development. Write an article to local newspaper convincing your readers of your opinion.
8. Some experts believe that Computer technology will develop future in the future. To what extent do you agree with this view? Write an article expressing your opinion and support it with specific reasons.
9. Stress has harmful effects on our health. Write an article discussing bad effects of stress on health and suggest some ways to deal with stress.
10. The amount of time spend on sport and exercise should be increased in schools in order to tackle the problem of overweight and obesity. Write an article to your school magazine discussing the causes of overweight and obesity , suggesting solutions how to tackle this problem.
11. More and more people are suffering from health problems caused by a modern lifestyle which can not be treated with modern medicine. Some people think that a return to complementary medicine should be encouraged .To what extent do you agree.

12. A new hospital will be built in your city. Write a report to your school magazine about the advantages and disadvantages of having a hospital in your city, mentioning the facilities that should be available in that hospital.
13. Establishing strong relationships between parents and children is important at any stage in life. Write an essay explaining the importance of establishing good relationships between parents and their children and suggest ways to enhance these relationships.
14. In modern world ,experts tell us that what we eat affects how healthy we are and how long we live .write an essay suggesting ways in which you can keep your body healthy
15. Write an essay for your school magazine , describing a famous character mentioning his /her studies , most important achievements and how he/ she influences you.
16. There are a lot of skills that a person should have in order to be successful in the world today .Write an essay describing some of these skills and how they can make a person successful.
17. The dramatic progress in medicine that characterized the 20th century is due to many reasons. Write a report to your school magazine explaining some of these reasons , mentioning the positive effects of such a progress on people's health.
18. The average life expectancy of Jordanians is increasing constantly. Write an essay discussing the causes that have increased the average of life expectancy , mentioning the positive consequences of such increase on the whole country.
19. Young inventors should be encouraged and funded by the government. To what extent do you agree with this view? Write an article expressing your opinion and support it with specific reasons.
20. It is expected that the population of Jordan will keep on increasing. Write an essay discussing the negative consequences on housing, education and health facilities and suggest some possible ways that help Jordan cope with this increase in population.
21. It was more difficult for people in the past to reach high levels of achievements in comparison with the present day. To what extent do you agree with this view? Write an article expressing your opinion and support it with specific reasons.