## English Intermediate Level 4 Summary عنو منو سط 4 مستوی متوسط 4 مستوی متوسط 4

ENGC\_2202 انجلیزی مستوی B1.2

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✓ التلخيص متكون من جزأين : كتاب READING + كتاب LISTENING

- التلخيص هون موضح كل جزء منهم
- √ ملاحظة: هاد تلخيص يعني مش ترجمة 😝 شَامَل الكتابين
- √ ملاحظة2: حسب خطة الإنجليزي للفصل الثاني 2023 كان عبارة عن الوحدات التالية من READING + LISTENING وهم 6&5 من كل كتاب وهاد التلخيص الهم .

النسخة الإلكترونية متوفرة فقط في BZU HUB

## READING

## UNIT 5

## Health and fitness

الصحة و اللياقة

## ♦ أولا: رح نتكلم عن المعانى بشكل عام المطلوبة للحفظ

الكلمة	المعنى بالعربي	التصنيف	المعنى بالإنجليزي
consumption/	استهلاك	(n)	the amount of something that someone uses, eats or drinks
intake			كمية الشيء الذي يستخدمه شخص ما أو يأكله أو يشربه
manufacturer	مصنع	(n)	a company that produces goods in large numbers
			شركة تنتج البضائع بأعداد كبيرة
under	تحت الضغط	(phr)	Someone is under pressure when somebody else tries to make them do
pressure			something they do not want to do.
			يتعرض شخص ما للضغط عندما يحاول شخص آخر إجباره على فعل شيء لا يريد القيام به.
reluctant	ممانع	(adj)	not wanting to do something and therefore slow to do it
			عدم الرغبة في فعل شيء ما وبالتالي بطيئًا في القيام به
campaigner	مناضل	(n)	somebody who does activities to try to change something, such as a
			Law, in society
			شخص يقوم بأنشطة لمحاولة تغيير شيء ما ، مثل القانون ، في المجتمع
active	نشيط	(adj)	doing things which involve moving and using energy
	***		القيام بأشياء تتضمن تحريك واستخدام الطاقة
reduce	يقلل	(v)	to limit, to use less of something للحد ، لاستخدام أقل من شيء ما
serious	خطیر	(adj)	سيء أو خطير
self-esteem	احترام الذات	(n)	being confident and believing in yourself أَنْ تَكُونَ وَاثْقًا بِنَفْسِكُ وَمُؤْمِنًا بِنَفْسِكُ
calories	سعرات حرارية	(n pl)	The measurement of the amount of energy found in food
			قياس كمية الطاقة الموجودة في الغذاء
recognize	يتعرف / يميز	(v)	لفهم ، قبول حقيقة شيء ما تالم To understand, to accept that something is true
moderate	معتدل	(adj)	الیس کثیرا ولیس قلیلا جدا Not too much and not too little
balanced diet	نظام غذائي متوازن	(n)	a daily eating programme which a healthy mixture of different kinds of
	٠,		برنامج أكل يومي عبارة عن مزيج صحي من أنواع مختلفة من الطعام
campaign	حملة	(n)	a group of activities designed to motivate people to take action, such as
			giving money or changing their behavior
			مجموعة من الأنشطة المصممة لتحفيز الناس على اتخاذ إجراءات، مثل التبرع بالمال أو تغيير
	7 1 1		سلوكهم
junk food	الوجبات السريعة	(n)	food that is unhealthy but is quick and easy eat
	الغذاء	(- 1")	طعام غير صحي ولكنه سريع وسهل الأكل
nutritional	الغداع	(adj)	relating to food and the way it affects your health
Obseite	بدانة / سمانة	(m)	المتعلقة بالطعام وطريقة تأثيره على صحتك
Obesity	مراتب المعادد	(n)	The condition of weighing more than is healthy شرط أن يكون وزنه أكبر مما هو صحى
Portion	جزء / حصة	(n)	سرط ال يحول ورقة اخبر مما هو صحي the amount of food served to one person
PUTUUII	جرع المنت	(n)	Life amount of rood served to one person

## Ex1: Complete each sentence with a word from the box.

Active	serious	reduce	self-esteem
Calories	recognize	moderate	

- 1 heart disease is a very <u>serious</u> condition. Many people die each year from this illness.
- **2** Playing team sports is an excellent way to increase <u>self-esteem</u> of teenagers. It helps them feel confident and happy with themselves.
- **3** My grandmother is 88 years old, but she is still quite <u>active</u>. She walks every day and plays tennis twice a week.
- 4 To lose weight, you should get more exercise more and eat fewer calories.

- **5** To stay healthy, you should do a <u>moderate</u> amount of exercise each week Two and a half hours a week is the right amount.
- **6** Many young people do not <u>recognize</u> the importance of getting the enough sleep.
- 7 I've decided to reduce the amount of sugar I eat. Now I have dessert only Once a week.

## Ex2: Complete each sentence with a word from the box.

Campaign	junk food	Obesity
Nutritional	Portion	balanced diet

- 1 I try to eat <u>balanced diet</u> consisting of little meat, some dairy products and a lot of fruit, vegetables and grains.
- **2** I love junk food Like crisps and hot dogs, but I am careful not to eat too much of these foods because I know they aren't good for me.
- 3 Obesity is a serious problem all over the world. More than 50% of adults are overweight.
- **4** One way to lose weight is to eat the same foods but in smaller **Portion**.
- **5** Right now, my company is sponsoring a **campaign** to raise money for a new gym at the local school.
- **6** Snacks like sweets and crisps have title <u>nutritional</u> value. Having fruit or raw vegetables is much better for your body.

## **Verb and Noun Forms**

You will be able to read faster and with better comprehension if you can recognize the verb and noun forms of words.

## The two forms can be the same or different.

The biggest thing that stops people going to the gym is the cost. (noun)

Gym membership should cost less so more people can join. (verb)

We need to find a solution to the problem of childhood obesity. (noun)

We need to solve the problem of childhood obesity. (verb)

## 1. Look at the verbs in the box and underline their noun forms in the paragraph

Advertise ban	encourage	promote	protect	recognize	reduce	

We need to see a <u>reduction</u> in the rate of obesity among children and teenagers. The first step is <u>recognition</u> that fat is a real problem for young people. One solution is for schools to offer children the opportunity to participate in sport. This would require the involvement and <u>encouragement</u> of parents, who are our main weapon against increasing obesity. Parents can also support <u>promotion</u> of educational campaigns to teach children about health eating.

We should all be responsible for the **protection** our own health, but governments can also help fight the obesity problem. For example, they can impose a **ban** on junk food **adverts** aimed at children

## **Health and fitness collocations**

Collocations are pairs of words which frequently occur together, for example, noun + noun or adjective + noun. Collocations sound correct to fluent speakers of a language. For example, heart disease sounds correct. On the other hand, heart illness sounds wrong, even though we can understand the meaning. Using the right collocations can help you speak and write English more naturally.

<u>Ex</u>: Look at the paragraph and underline ten collocations (noun + noun or adjective + noun) related to health and fitness. The first one was made for you as an example.

Obesity can reduce <u>life expectancy</u> and lead to <u>serious illness</u> such as <u>heart disease</u> and diabetes. To address this problem, some governments are running <u>educational programs</u> and <u>advertising</u> <u>campaigns.</u> These educate people about the dangers of <u>junk food</u> and the importance of a <u>balanced</u> <u>diet</u>. They also show people how to find out about the <u>nutritional value</u> of food. Another important way to tackle obesity is <u>regular exercise</u>, because the more <u>physically activity</u> we have, the better we feel.

Ex2: Now complete the table by writing the correct collocation next to the definition

Definition	collocation
How long a person can expect to live	1. life expectancy
How good a particular kind of food is for you	2. nutritional value
Classes or material to teach people about a particular topic	3. educational programs
An illness of the heart	4. heart disease
Moving around and doing things	5. physically activity
Media projects to convince people to buy a product or change their behavior	<b>6.</b> advertising campaigns
A very bad medical problem	7. serious illness
A healthy mixture of different types of food	8. balanced diet
Sport or movement that people do at the same time each day, week, month, etc.	9. regular exercise
Food that is unhealthy but is quick and easy to eat	10. junk food

## **Stating opinions**

Successful writers clearly state their opinions when they write an opinion essay. You can state your opinion with opinion phrases or with modals. Remember to support your opinion with details.

**Opinion phrases** 

In my opinion,	In my opinion, both parties have a role to
In my view,	play in dealing with this global problem.
I believe (that)	
I think (that)	

### **Modals**

should / shouldn't	The government <b>needs to</b> play a larger role in
ought to	fighting obesity.
need to / don't need to	Individuals <b>ought to</b> make better food choices.
must / don't have to	

Notice how writers often use different words to mean think when they present their opinion about an argument. This helps avoid repetition.

Many people	think	
	argue	
	believe	that individuals should be
	claim	responsible for taking care of
	feel	their own health.
	insist	
	state	
	suggest	

## Stating a purpose

When you support an argument by stating a purpose, you can use to or in order to. Both are followed by an infinitive.

Governments should promote	to	increase life expectancy.
healthy eating	in order to	

You can also use so or so that. These are usually followed by a clause with can.

Governments should build	so	they can increase life
more leisure centers	so that	expectancy.

**Ex:** Complete the sentences with to, in order to, so or so that. In some items, more that one answer is possible.

- **1** Governments need to increase taxes on junk food **to** make in more expensive.
- 2 Nutrition labels should be added to food packaging so that people can see if their food is healthy or not.
- **3** Governments should provide free sports clubs <u>so that</u> people living in poor areas can participate in sports.
- **4** governments should promote the idea of eating five portions of fruits and vegetables per day <u>to</u> improve Peoples diets.
- **5** Some people argue that junk food advertising should be banned <u>so that</u> children are not influenced by it.

## **Linking contrasting sentences**

We use but, however, although and on the other hand before a new idea that is opposed to, or in contrast to, the first idea.

first idea

Some people say it is up to individuals to manage their own weight.

## contrasting idea

**However**, others believe governments should take the lead.

first idea

Although some people say it is up to individuals to manage their own weight,

## contrasting idea

others believe governments should take the lead.

## **END OF UNIT 5**

## UNIT 6

## DISCOVERY AND INVENTION

الاكتشاف والابتكار

## تلخيص B1.1 \_

## ضياء الدين صبح

## أولا: رح نتكلم عن المعاني بشكل عام المطاوبة للحفظ

الكلمة	المعنى بالعربي	التصنيف	المعنى بالإنجليزي
obstacle	عقبة	(n)	something that blocks you so that movement or action is stopped or
Obstacie	-	(11)	made more difficult
			شيء يعيقك بحيث تتوقف الحركة أو الفعل أو يزيد من صعوبة ذلك
canal	قناة	(n)	a man-made river built for boats to travel along, or to take water where
Canai		(11)	it is needed
			نهر من صنع الإنسان تم إنشاؤه للقوارب لتسافر على طوله ، أو لأخذ المياه حيثما تكون هناك
			هر من عمل الم الم المدود سوارب عمل عود ٢٠٠٠ المياد علي عود الماد
frame	إطار	(n)	the basic part of a building, vehicle, piece of furniture, etc. that other
	,	(,	parts are added onto
			الجزء الأساسي من المبني ، والمركبة ، وقطعة الأثاث ، وما إلى ذلك ، والتي تتم إضافة
			الأجزاء الأخرى إليها
concrete	أسمنت	(n)	a hard material that is used in building and made by mixing sand, water,
		. ,	small stones and cement
			مادة صلبة تستخدم في البناء وتصنع بخلط الرمل والماء والحجارة الصغيرة والاسمنت
crane	رافعة	(n)	a large, usually tall machine used for lifting and moving heavy things
			آلة كبيرة وطويلة عادة تستخدم لرفع وتحريك الأشياء الثقيلة
pump	مضخة	(n)	a piece of equipment which pushes liquid or gas somewhere, especially
			through pipes or tubes
			قطعة من المعدات تدفع السائل أو الغاز إلى مكان ما ، خاصة عبر الأنابيب أو الأنابيب
essential	ضروري	(adj)	مهم جدا أو ضروري very important or necessary قادرة على الأذى أو الضرر
harmful	ضار	(adj)	able to hurt or damage قادرة على الأذى أو الضرر
helpful	متعاون	(adj)	Useful مفید
illustrate	يوضح	(v)	to show the meaning or truth of something more clearly, epically by
			giving example
			لإظهار معنى أو حقيقة شيء ما بشكل أكثر وضوحًا ، بشكل ملحمي من خلال إعطاء أمثلة
Pattern	نمط	(v)	A set of lines, colures or shapes which repeat in a regular way
			مجموعة من الخطوط أو الألوان أو الأشكال التي تتكرر بشكل منتظم
Prevent	يمنع	(adj)	To stop something from happening or stop someone from doing
			something
			لمنع حدوث شيء ما أو منع شخص ما من القيام بشيء ما without end or restriction
unlimited	عیر محدود	(adj)	
artificial	صناعي	(adj)	made by people, not in nature في الطبيعة الطبيعة المناس وليس في الطبيعة
break down	انفصال	(phr v)	to stop working, e.g. a machine للتوقف عن العمل ، على سبيل المثال آلة
electronic	الكتروني	(adj)	sent or accessed by a computer or similar machine
	معدات		يتم إرسالها أو الوصول إليها عن طريق جهاز كمبيوتر أو جهاز مشابه
equipment	<u> </u>	(n)	things that are used for a particular activity or purpose
movement	حركة	(n)	الأشياء التي يتم استخدامها في نشاط أو غرض معين change of position or place
movement	مر <u>ت</u> هدف	(n)	a thing you can see or touch that is not alive
object		(")	a trining you can see or touch that is not anve
personal	شخصى	(adj)	belonging to, or used by, just one person
personal	سنسي	(auj)	belonging to, or used by, just one person  تنتمي أو مستخدمة من قبل شخص واحد فقط
three-dimensional	تلاثى الأبعاد	(adj)	not flat; having depth, length and width; 3D
an cc-annensional	عرعي الاجت	(aaj)	اليس مسطح؛ لها عمق وطول و عرض ؛ ثلاثي الأبعاد
			سِس مسعع، ته حسی و صون و حرص ، عربی ، ه بعد

## Making predictions with modals and adverbs of certainty

Use the modals will, could and won't with an adverb of certainty before the main verb to talk about future predictions. For example:

100% = will definitely

Cars will definitely become more efficient in the future.

90% = will probably

The next generation will probably use more digital devices.

50% = could possibly

We could possibly see humans walking on Mars soon.

20% = probably won't

We probably won't have flying cars.

0% = definitely won't

We definitely won't be travelling to the stars.

## **Ex:** Complete the sentences about the future using modal and adverb phrases with the meaning in brackets.

- 1 In years to come, biofuels will definitely become more important. (100%)
- 2 Genetic modifications probably won't be very controversial before the end of the decade. (20%)
- 3 In the near future, electronic human implants will probably become very common. (90%)
- **4** Biomimicry will probably be a growing industry before too long. (90%)
- **5** Self-driving cars will definitely be everyday products within the next ten years. (100%)
- **6** People <u>definitely won't</u> own Iron Man suits within the next few years. (0%)
- 7 By 2035, many people could possibly have a 3D printer in their homes. (50%)

## **Prefixes**

*Prefixes* are syllables that are added to the beginning of a word to make a new word with a different meaning.

البادئات هي مقاطع لفظية تضاف إلى بداية الكلمة لتكوين كلمة جديدة بمعنى مختلف.

sub (prefix meaning 'under') + marine (word related to water) = a kind of boat which goes under the water

sub (البادئة التي تعني "تحت") + البحرية (كلمة متعلقة بالمياه) = نوع من القوارب يمر تحت الماء

Understanding the meaning of prefixes can help you guess the general meaning of difficult academic or technical words.

يمكن أن يساعدك فهم معنى البادئات في تخمين المعنى العام للكلمات الأكاديمية أو التقنية الصعبة.

## جمل الوصل Relative clauses

Use relative clauses to give more information about a noun without starting a new sentence.

استخدم الجمل النسبية لإعطاء مزيد من المعلومات حول الاسم دون بدء جملة جديدة.

There are two kinds of relative clauses: defining and non-defining. Defining clauses give essential information about the noun. In contrast, non-defining relative clauses give extra, nonessential information about the noun. These clauses can be removed from the sentence, but the key information about the noun will still be clear. Non-defining relative clauses have commas before and sometimes after them. Defining relative clauses do not.

هناك نوعان من الجمل النسبية: تعريف وغير محدد. تحديد الجمل يعطي معلومات أساسية عن الاسم. في المقابل ، تعطي الجمل النسبية غير الساسية حول الاسم. يمكن إزالة هذه الجمل من الجملة ، لكن المعلومات الأساسية حول الاسم ستظل واضحة. الجمل النسبية غير المعرفة بها فواصل قبلها وأحبانًا بعدها. تحديد الجمل النسبية لا.

defining clauses			
start with who or that for people and which or that for things  Velcro® has a unique structure. It allows two strips to stick togethe  → Velcro® has a unique structure which / that allows two strips to stick together.			
non-defining clauses			
start with who for people	Velcro® was invented in 1941 by George de Mestral. George de		
and which for things	Mestral saw the seeds on his dog's hair. → Velcro® was invented in 1941 by George de Mestral, who saw the seeds on his dog's hair.		

## 1 Complete the sentences with who, which or that. Then, underline the relative clauses and write D (defining) or N (non-defining).

- 1 The Speedo Fastskin® swimsuit uses a technology which that is based on the rough patterns on a shark's skin D.
- **2** Scientists discovered that eagles and falcons have oil over their eyes. The oil, which filters out harmful radiation, allows them to see very clearly N.
- **3** Robotic exoskeletons will be useful for rescue workers like firefighters, who often have to lift people out of burning buildings or cars N.
- 4 People who/that are unable to walk may be able to walk with the help of a robotic suit D.
- **5** 3D printing, which makes it possible to build objects using layers of liquid plastic, may allow shoppers to see a product online and then download it to their printer at home N.

## Prepositional phrases with advantages and disadvantages جمل الجر مع مزايا و عيوب

A *prepositional phrase* consists of a preposition, a noun and, in many cases, a noun modifier (a word which changes a noun, for example an adjective).

تتكون عبارة الجر من حرف الجر ، واسم ، وفي كثير من الحالات ، معدِّل الاسم (كلمة تغير اسمًا ، على سبيل المثال صفة).

For example:

at home

in the morning

by the red door

under the living-room rug

Writers often use prepositional phrases at the start of a new sentence to introduce the advantages and disadvantages of a subject.

An advantage of 3D printing is that you can make products anywhere.

One of the main **problems with** 3D printing is that it's still very expensive.

## كتابة فقرة تمهيدية Writing an introductory paragraph

The first, or introductory, paragraph of an essay usually has three parts:

عادةً ما تتكون الفقرة الأولى أو التمهيدية من المقال من ثلاثة أجزاء:

a hook (التعريف) بداية المقالة (التعريف) background information معلومات أساسية a thesis statements

The hook is a statement, definition or question at the beginning of the paragraph. Its purpose is to get the reader interested in the topic so he or she will want to keep reading. A good hook can be an interesting question, a surprising fact or statistic, a request to the reader to imagine a situation, a definition, something another person said, etc. For example:

الخطاف عبارة عن بيان أو تعريف أو سؤال في بداية الفقرة. والغرض منه هو جذب اهتمام القارئ بالموضوع حتى يرغب في مواصلة القراءة. يمكن أن يكون الخطاف الجيد سؤالًا مثيرًا للاهتمام ، أو حقيقة أو إحصائية مفاجئة ، أو طلبًا للقارئ لتخيل موقف ، أو تعريف ، أو شيء قاله شخص آخر ، وما إلى ذلك على سبيل المثال:

In 2014, Americans spent 6.9 billion hours sitting in rush-hour traffic.

Now imagine what we could do with all that time if we did not need to commute.

Many nations are in danger of running out of water. However, an Israeli company has invented a machine which turns water from the air into water you can drink.

Background information helps readers understand the essay. Background information can include a definition of terms, historical information, data and statistics or a general explanation of the topic. تساعد المعلومات الأساسية القراء على فهم المقال. يمكن أن تتضمن المعلومات الأساسية تعريفًا للمصطلحات أو المعلومات التاريخية أو البيانات والإحصاءات أو شرحًا عامًا للموضوع.

The thesis statement is usually the last sentence of the introduction. It tells the reader how the essay will be developed. Often a thesis statement has two parts: a topic and a point of view. For example: عادة ما تكون جملة الأطروحة هي الجملة الأخيرة من المقدمة. يخبر القارئ كيف سيتم تطوير المقال. غالبًا ما يتكون بيان الأطروحة من جزأين: موضوع ووجهة نظر. على سبيل المثال:

<u>Flying cars</u> may reduce congestion on the ground, but they may create additional problems, such as congestion in the air and pollution.

This thesis statement informs the reader that the topic, flying cars, will be followed by both advantages and disadvantages of flying cars (point of view).

يُعلم بيان الأطروحة هذا القارئ أن موضوع السيارات الطائرة سيتبعه مزايا وعيوب السيارات الطائرة (وجهة نظر).

## **END OF UNIT 6**

# End of READING

## LISTINING

## UNIT 5

## Health and fitness

الصحة و اللياقة

## ♦ أولا: رح نتكلم عن المعاني بشكل عام المطلوبة للحفظ

الكلمة	المعنى بالعربي	التصنيف	المعنى بالإنجليزي	
obesity	بدائة	(adj)	fat in a way that is dangerous to health الدهون بطريقة تشكل خطرا على الصحة	
Overweight	زيادة الوزن	(adj)	being heavier than you want or than is good for you	
_			كونك أثقل مما تريد أو أكثر فهذا مفيد لك	
PE	فصول التربية البدنية	(n)	classes at school in which children do exercise and learn to play sport	
			فصول دراسية في المدرسة يمارس فيها الأطفال التمارين ويتعلمون ممارسة الرياضة	
on a mission	في مهمة	(Phr)	trying to do something you think is important, but that is a very difficult	
			محاولة القيام بشيء تعتقد أنه مهم ، لكن هذا صعب للغاية	
packed lunch	وجبات غداء جاهزة	(n)	a meal put in a bag or box, that you take with you to be eaten later, for	
			example at school or work.	
			وجبة موضوعة في كيس أو صندوق ، تأخذها معك لتتناولها لاحقًا ، على سبيل المثال في	
			المدرسة أو العمل.	
Protein	بروتين	(n)	Something in food, such as meat, cheese, fish or eggs, that the body	
			needs for grow and strong	
	<u>*</u>		شيء في الطعام ، مثل اللحوم أو الجبن أو السمك أو البيض ، يحتاجه الجسم لينمو وقويًا	
unhealthy	غير صحي	(adj)	not good for your health; not strong and well	
	اکتشف - حل	/DI	ليست جيدة لصحتك؛ ليست قوية وجيدة	
work out	(کلفیف - حن	(Phr v)	to exercise in order to make your body stronger	
Proves	يثبت	(v)	لممارسة الرياضة لجعل جسمك أقوى لاثبات صحة شيء ما to show that something is true	
illness	مرض	(v) (n)	A disease of the body or mind مرض يصيب الجسم أو العقل A disease of the body or mind	
	مر <u>س</u> زيادة الوزن	(adj)	being heavier than you want or than is good for you	
Overweight	ريدرن	(auj)	being neavier than you want or than is good for you كونك أثقل مما تريد أو أكثر فهذا مفيد لك	
habit	عادة	(n)		
Relax	يستريح	(v)	something which you do regularly شيء تفعله بانتظام To become less tense or worried	
Stress	ی بین ضغط	(n)	Worry caused by a difficult situation سبب القلق من موقف صعب	
Treatment	علاج	(n)	A way to cure an illness or injury طريقة لعلاج مرض أو إصابة	
Reduce	يقلل	(v)	To make (something) less in size, amount, etc.	
		(-)	لجعل (شيء ما) أقل في الحجم و الكمبة و ما إلى ذلك .	
Mental	عقلي	(adj)	لجعل (شيء ما) أقل في الحجم والكمية وما إلى ذلك .  Relating to the mind	
Performance	أداء	(n)	كيف يقوم الشخص بنشاط ما How well a person does an activity	
Concentration	تركيز	(n)	The ability to give your whole attention to one thing	
		,	القدرة على إيلاء اهتمامك الكامل لشيء واحد	
participate	يشارك	(v)	القدرة على إيلاء اهتمامك الكامل لشيء واحد للمشاركة في نشاط To be involved in an activity	

## Ex1: Complete each sentence with a word from the box.

work out Illness	Overweight	Proves	unhealthy	habit
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- 1 My grandmother is very healthy. She's never had a serious illness.
- 2 Research **Proves** that exercise can improve your health.
- 3 I have a habit of eating chocolate in the evening. I eat it almost every night!
- 4 He has an <u>unhealthy</u> lifestyle. He never exercises and hardly ever eats fruits and vegetables
- 5 Exercise is important to me, so I <u>work out</u> at the Gym three mornings a week.
- 6 I'm a few pounds **Overweight**. I should probably go on a diet.

## ADJECTIVES TO DESCRIBE WELL-BEING

Read the definitions. Complete the sentences with the words in bold.

Cultural (adjective) Relating to the habits, traditions, and beliefs of a society.

ثقافة تتعلق بعادات وتقاليد ومعتقدات المجتمع.

educational (adjective) Relating to learning

تعليمي متعلق بالتعلم

**Emotional** (adjective) Related to feelings

عاطفي متعلق بالمشاعر

intellectual (adjective) Relating to your ability to think and understand things, especially complicated فكرية تتعلق بقدرتك على التفكير وفهم الأشياء ، وخاصة الأفكار المعقدة ideas

personal (adjective) Relating to a single person rather than to a group

شخصية تتعلق بشخص واحد بدلاً من مجموعة فيزيانية تتعلق بالجسد

physical (adjective) Relating to the body

social (adjective) relating to activities in which you meet and spend time with other people

اجتماعية تتعلق بالأنشطة التي تقابل فيها وتقضى وقتًا مع أشخاص آخرين

- 1 Exercising has **Emotional** benefits. It can make your happier and calmer.
- 2 If you want to improve your social life, you should join a club to meet some new people.
- **3** Andera is very **intellectual**. She enjoys talking about literature and philosophy.
- 4 Max wanted to learn Spanish quickly, so he hired a personal tutor. He meets with his tutor twice a week for conversation practice.
- 5 physical activities help your body stay strong and healthy.
- 6 When you move to a new country, it can take some time to get used to the Cultural differences.
- 7 Travel is fun and it's also educational, you can learn a lot about the history and culture of other places when you travel.

## **Listening for attitude**

You can also identify a speaker's attitude by listening for their use of:

يمكنك أيضًا تحديد موقف المتحدث من خلال الاستماع لاستخدامه لما يلى:

### الصفة Adjectives

A positive adjective used with a sarcastic intonation can express a negative attitude.

يمكن للصفة الإيجابية المستخدمة مع التنغيم الساخر أن تعبر عن موقف سلبي.

I'm afraid I lost your gym membership card.

Well, that's just great! (Great is usually a positive adjective, but here the speaker is not happy.)

## أسئلة بلاغية Rhetorical questions

A rhetorical question (a question you are not expected to answer) is sometimes used to express a negative attitude.

يُستخدم السؤال الخطابي (سؤال لا يُتوقع منك الإجابة عليه) أحيانًا للتعبير عن موقف سلبي.

So, you didn't enjoy the yoga class?

What do you think? (The rhetorical question makes it clear the speaker did not enjoy the class.)

But be careful! Rhetorical questions do not always express a negative attitude.

Listen to the intonation to decide if the speaker has a negative attitude.

## LANGUAGE DEVELOPMENT

أشباه الجمل الفعلية Phrasal verbs

Phrasal verbs are two- or three-word verbs. They consist of a verb and one or two particles (small words like up, out, in). It is not always easy to understand the meaning of a phrasal verb by focusing only on the meaning of the verb and the particle(s). The parts together often have a completely different meaning than the individual parts.

أشباه الجمل الفعلية هي أفعال من كلمتين أو ثلاث كلمات. وهي تتكون من فعل وجسيم واحد أو جسيمين (كلمات صغيرة مثل in out oup). ليس من السهل دائمًا فهم معنى فعل الجمل من خلال التركيز فقط على معنى الفعل والجسيم (الجسيمات). غالبًا ما يكون للأجزاء معًا معنى مختلف تمامًا عن الأجزاء الفردية.

When you see a phrasal verb that you do not know, try to work out its meaning from the context. عندما ترى فعلًا أصليًا لا تعرفه ، حاول أن تستنبط معناه من السياق.

I ran into my old friend Henry at the gym. I was surprised to see him after so many years.

The words *surprised* and *see him* can help you figure out that the phrasal verb *run into* means *to meet someone you know when you are not expecting to*.

يمكن أن تساعدك الكلمات التي تفاجأ برؤيته في معرفة أن الفعل الاصطلاحي يقابل شخصًا تعرفه عندما لا تتوقع ذلك.

## Ex: Look at the sentences. Underline the clause form in each sentence.

- 1 If you want to lose weight, you have to cut down on fatty foods.
- 2 Last winter, I came down with four colds. I hope I'm healthier this year!
- 3 I want to try something new. Maybe I'll take up tennis.
- 4 Tim is going to <u>try out</u> for The Football Team. I don't think he'll make it, though he's not a great player.
- 5 No matter how good their genes are, these children will not be able to enjoy a long and happy life unless they give up crisps, chocolate bars and sugary drinks.
- 6 Why don't you sign up for a yoga class? Yoga is a good exercise and helps you relax.
- 7 Would you like to join in the game? You can be on our team.
- 8 It took me a long time to get over the flu. I was ill for two weeks.

## التقديم بشكل مقنع Presenting persuasively

Speakers often try to persuade listeners to agree with them or to take action. Using rhetorical questions and identifying common knowledge are common persuasive techniques. Other persuasive techniques include:

غالبًا ما يحاول المتحدثون إقناع المستمعين بالاتفاق معهم أو اتخاذ إجراء. يعد استخدام الأسئلة الخطابية وتحديد المعرفة العامة تقنيات إقناع شائعة. تشمل الأساليب المقنعة الأخرى ما يلي:

## 1 Using the imperative form. استخدام صيغة الأمر

The imperative form of a verb is strong and direct, so it is effective for persuasion. It is often used in advertisements.

صيغة الأمر للفعل قوية ومباشرة ، لذا فهي فعالة في الإقناع. غالبًا ما يستخدم في الإعلانات.

Join us and take advantage of the many benefits of team sports.

## 2 Using adjectives.

Adjectives help to persuade people by making them feel emotions.

تساعد الصفات في إقناع الناس بجعلهم يشعرون بالعواطف.

So be **kind** to your body and your mind and come with us on an **amazing** adventure you'll never forget!

## **END OF UNIT 5**

## UNIT 6

## DISCOVERY AND INVENTION

الاكتشاف والابتكار

الكلمة	المعنى بالعربي	التصنيف	المعنى بالإنجليزي
device	<u>ي. دبي</u> جهاز	(n)	a piece of equipment which is used for a particular purpose
		, ,	قطعة من المعدات التي تستخدم لغرض معين
prosthetic	استبدال بالأطراف	(n phr)	an artificial body part, for example, one which takes the place of an arm or
replacement	الصناعية		foot
			جزء اصطناعي من الجسم ، على سبيل المثال ، الجزء الذي يحل محل الذراع أو القدم
wrist	رسغ	(n)	the part of your body between your hand and your arm
			الجزء من جسمك بين يدك وذراعك
grip	سيطرة	(n)	a tight, strong hold on something, usually with your hand
			قبضة قوية وقوية على شيء ما ، عادة بيدك
take for	أمر مفروغ منه	(idm)	to expect something and not understand that you are lucky to have it
granted			أن تتوقع شيئًا ولا تفهم أنك محظوظ لامتلاكه
pay off	دفع دینك	(phr v)	to bring success, especially after hard work and a period of time
16 11	-1 ti t eti		لتحقيق النجاح ، خاصة بعد العمل الشاق وفترة من الزمن
crowdfunding	التمويل الجماعي	(n)	collecting money for a particular purpose from a large group of people,
			often by asking for help on the internet  جمع الأموال لغرض معين من مجموعة كبيرة من الأشخاص ، غالبًا عن طريق طلب المساعدة على
design	تصميم	(v)	الإنترنت لوضع أو رسم خطط لشيء ما to make or draw plans for something
develop	يطور	(v)	to make something over a period of time لعمل شيء ما على مدى فترة من الزمن
device	ی رو جهاز	(n)	a piece of equipment which is used for a particular purpose
device	<b>30.</b>	(,	قطعة من المعدات التي تستخدم لغرض معين
diagram	رسم بیانی	(n)	a simple picture which shows how something works or what it looks like
	# · · ·	, ,	صورة بسيطة توضح كيف يعمل شيء ما أو كيف يبدو
discover	يكتشف	(v)	to find information, a place or an object, especially for the first time
			للعثور على معلومات أو مكان أو شيء ، خاصة لأولُّ مرة
invent	يخترع	(v)	to create something which had never been made before
			لإنشاء شيء لم يتم صنعه من قبل المتعلقة بدر اسة العلوم relating to the study of science
scientific	علمي	(adj)	
technology	تكنولوجيا	(n)	knowledge, equipment and methods used in science and industry
			المعرفة والمعدات والأساليب المستخدمة في العلوم والصناعة
access	وصول	(v)	to be able to enter or use something لتتمكن من الدخول أو استخدام شيء ما
allow	يسمح	(v)	to make it possible for someone to do something
	- 1:		لتمكين شخص ما من فعل شيء ما
app	برنامج	(n)	(Abbreviation for application) software designed for a particular purpose
			which you can download onto a smartphone or other mobile device
croato	zić.	(54)	(اختصار التطبيق) برنامج مصمم لغرض معين يمكنك تنزيله على هاتف ذكي أو جهاز محمول آخر لصنع شيء جديد أو ابتكار شيء ما to make something new or invent something
create industry	يخلق صناعة	(v) (n)	the companies and activities involved in the process of producing goods for
illuustiy		(11)	sale sale activities involved in the process of producing goods for الشركات والأنشطة التي تدخل في عملية إنتاج البضائع للبيع
install	ثُبَّتَ	(v)	to put new software onto a computer or mobile device
			لوضع برامج جديدة على جهاز كمبيوتر أو جهاز محمول
product	منتج	(n)	something which is made to be sold شيء مصنوع للبيع
users	المستخدمين	(n)	people who use a product, machine or service
			الأشخاص الذين يستخدمون منتجًا أو آلة أو خدمة

## استخدامات الفعل Uses of the verb make

The verb *make* has three main meanings: *force*, *cause* or *produce*.

الفعل صنع له ثلاثة معان رئيسية: القوة ، السبب ، أو الإنتاج.

Force: My boss made me work late last night.

Cause: Water and weights make the mechanical clocks work.

Produce: The first fountain pen was made in 953.

*Make* is also used in phrases with many nouns. These include:

تستخدم Make أيضًا في العبارات التي تحتوي على العديد من الأسماء. وتشمل هذه:





- 1 Look at the sentences. What is the meaning of make in each sentence? Write C (cause), F (force) or P (produce).
- 1 Gunpowder was first made in China. P
- 2 My professor made me rewrite my assignment because there were too many mistakes. F
- 3 social media make it easy for people to stay in touch. C
- 4 Today, most pens are made of plastic. P
- 5 The new discovery made a lot of people very happy. C
- 6 I made myself stay up late to finish the work. F

## Passive verb forms الشكال الفعل المبنى للمجهول

In an *active sentence* we focus on who or what did something. In a *passive sentence* the focus is on what happened to someone or something. To form the past simple of the passive, use *was / were* + past participle.

في الجملة النشطة نركز على من أو ماذا فعل شيئًا ما. في الجملة السلبية يكون التركيز على ما حدث لشخص ما أو شيء ما. لتشكيل الماضى البسيط للمجهول ، كان الاستخدام / كان + اسم الفاعل.

Active: Alan Turing <u>invented</u> the digital computer. (focus on the inventor) Passive: The digital computer <u>was invented</u> in 1936. (focus on the invention) Passive: Digital computers <u>were invented</u> in 1936. (focus on the invention) Use by with the passive when it is also important to know who did something.

The digital computer was invented in 1936 by Alan Turing.

## Ex: Work with a partner. Write each sentence in the passive form.

1Apple's first tablet computer - develop - the 1990s

Apple's first tablet computer was developed in the 1990s.

2 the law of gravity - discover - Isaac Newton - the seventeenth century

the law of gravity was discovered by is Isaac Newton in the the seventeenth century.

3 the first computer chip - invent - the 1950s

the first computer chip was invented in the 1950s.

4 the first smartphone - create after 1997

the first smartphone was created in after 1997.

5 penicillin- first discover - 1928 - Alexander Fleming

Penicillin was first discovered in 1928 by Alexander Fleming.

## Ex2: Complete the sentences using the correct form of the verbs in brackets. Use active or passive forms.

- 1 Paper was discovered (discover) in ancient China.
- 2 The telephone was invented (invent) in 1876.
- 3 Imhotep, an Egyptian architect, <u>designed</u> (design) the pyramid of Djoser.
- 4 Glasses were developed (develop) to help people with bad vision to read.
- 5 This letter was written (write) with a fountain pen.
- 6 A very early calculator was created (create) by Blaise Pascal.
- 7 million of people **downloaded** (download) smartphone apps every day.
- 8 The pictures were sent (send) by email.
- 9 The first photograph was taken (take) around 1826.
- 10 Edison developed (develop) his first light bulb in 1879.

## <u>Ex3:</u> Find and correct the verb errors in the sentences. (Tip: One sentence does not have an error.) Then, check your answers with a partner.

- 1 The first smartphone, Simon, were created by IBM.
  - The first smartphone, Simon, was created by IBM.
- 2 DNA is discovered by James Watson and Francis Crick in the 1950s.
  - DNA was discovered by James Watson and Francis Crick in the 1950s.
- 3 The first newspaper was print in 1605 in Germany.
  - The first newspaper was **printed** in 1605 in Germany.
- 4 The first computer program was wrote by Ada Lovelace.
- The first computer program was written by Ada Lovelace.
- 5 Hearing aids were developed to help people hear better.
  - Hearing aids <u>developed</u> to help people hear better.
- 6 Margaret Knight was invented the paper bag in 1868.
  - Margaret Knight invented the paper bag in 1868.

## END OF UNIT 6

# END OF LISTINING

## END Of English Intermediate Level 4 Summary

نهایة تلخیص لغة انجلیزیة مستوی متوسط 4



