



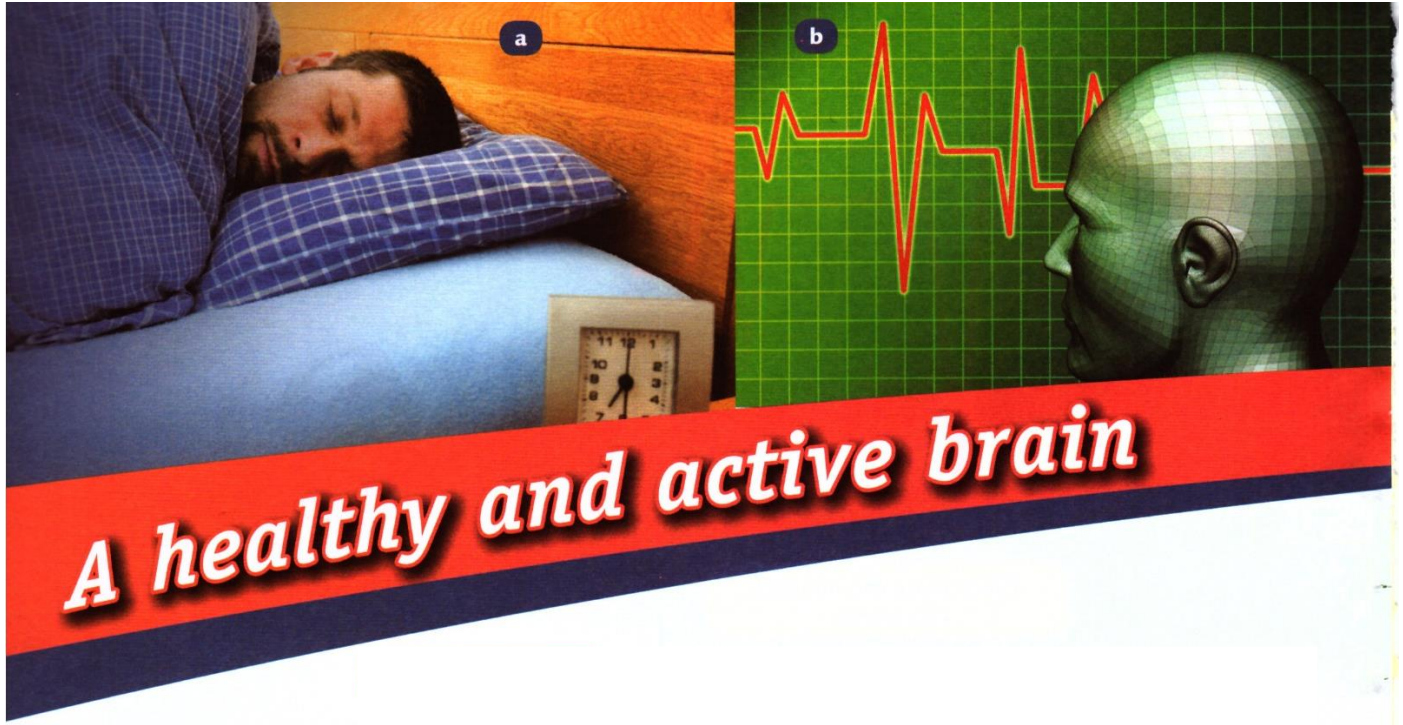
كورس الأساس في اللغة الإنجليزية

الأول الثانوي [الحادي عشر]

الفصل الدراسي الأول

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دماغ (عقل) صحي ونشط

معاني ومفردات الدرس

Brainwave → An electrical force that is produced by the brain and can be measured. (موجة دماغية)

Eyelids → The two pieces of skin that cover your eye when it is closed. (جفن العين)

Heartbeat → The action or sound of your heart as it pumps blood around your body. (نبض القلب)

Immune system → The system by which your body protects itself against disease. (جهاز المناعة)

REM → (Rapid Eye Movement) a period during sleep when your eyes move quickly when you are dreaming. (رمشة العين السريعة)

Soundly → Deeply and peacefully (referring to sleep) (بعمق وبشكل هادئ فيما يخص النوم)

The importance of sleep

(أهمية النوم)

Sleep is an essential part of life. Although we think of sleep as a time when we rest completely, it's actually a very busy period for the brain.

النوم جزء أساسي من الحياة. على الرغم من أننا نفكر في النوم على أنه وقت نرتاح فيه تمامًا، إلا أنه في الواقع فترة شغل شديد للدماغ.

Scientists claim that sleep is the time when information is sorted and stored by the brain.

يدعي العلماء أن النوم هو الوقت الذي يتم فيه فرز المعلومات وتخزينها في الدماغ.

Sleep is important for reducing stress and keeping the heart, the immune system and the memory healthy.

النوم مهم لتقليل التوتر والحفاظ على صحة القلب والجهاز المناعي والذاكرة.

Scientists have already identified five sleeping stages by studying brainwaves.

حدد العلماء بالفعل خمس مراحل للنوم من خلال دراسة الموجات الدماغية.

Stage 1 is when we begin to fall asleep. The brain tells the muscles to relax and the heart to beat slowly. This stage makes up about 5% of a young adult's sleeping time.

المرحلة الأولى هي عندما نبدأ في النوم. يخبر الدماغ العضلات بالاسترخاء والقلب ينبض ببطء. تشكل هذه المرحلة حوالي 5% من وقت نوم الشاب البالغ.

Stage 2 is a period of deeper sleep. The heartbeat and breathing become slower. This stage makes up about 44% to 55% of a young adult's sleeping time.

المرحلة الثانية هي فترة نوم أعمق. نبضات القلب والتنفس تصبح أبطأ. تشكل هذه المرحلة حوالي 44% إلى 55% من وقت نوم الشاب البالغ.

Stage 3 and 4 are when sleep most soundly.

المرحلة 3 و4 هي عندما ننام بشكل أعمق.

Now, the brainwaves and heartbeat are at their slowest and our muscles become very relaxed.

الآن، تكون موجات الدماغ ونبضات القلب في أبطأ مستوياتها وتصبح عضلاتنا مسترخية للغاية.

We might have some dreams in this stage, which makes up about 15% to 23% of a young adult's sleeping time.

قد تكون لدينا بعض الأحلام في هذه المرحلة، والتي تشكل حوالي 15% إلى 23% من وقت نوم الشاب البالغ.

Stage 5 is called REM (rapid eye movement) stage. Although our body is resting, our eyes are moving very quickly beneath our eyelids during this stage.

المرحلة 5 تسمى مرحلة حركة العين السريعة. على الرغم من أن جسدنا يرتاح، تتحرك أعيننا بسرعة كبيرة تحت جفوننا خلال هذه المرحلة.

Our heartbeat and breathing become faster, and this is when dreams are most frequent. This stage makes up about 20% to 25% of a young adult's sleeping time.

تصبح نبضات قلبنا وتنفسنا أسرع، وهذا هو الوقت الذي تكثر فيه الأحلام. تشكل هذه المرحلة حوالي 20% إلى 25% من وقت نوم الشاب البالغ.

Comprehension

4  Read and listen to the article again.

Match the stages of sleep with the events that happen.

- | | |
|------------------|--|
| 1 Stage 1 | a At this stage, we sleep most soundly. |
| 2 Stage 2 | b This stage lasts for the shortest time. |
| 3 Stages 3 and 4 | c This stage lasts for the longest time. |
| 4 Stage 5 | d This is when we usually have most of our dreams. |

الإجابات الصحيحة

1b 2c 3a 4d

Grammar

5 Work in pairs. In the article on page 6, find one sentence with each of the following grammatical structures. Then, in your notebook, write your own sentences for each of the six items and tell them to your partner.

- 1 a defining relative clause
- 2 a non-defining relative clause
- 3 the Present Perfect with *already*

- 4 a state verb
- 5 a dynamic verb
- 6 the Present Simple Passive

*المطلوب هنا أن نستخرج جملة من النص على كل قاعدة.

1- جملة وصل معرفة (محددة) تتكلم عن معلومات لا يمكن حذفها من الجملة ولا تحتوي على فواصل.

Stage 1 is *when* we begin to fall asleep.

2- جملة وصل غير معرفة (غير محددة) تتكلم عن معلومات يمكن حذفها وتحتوي على فواصل.

We might have some dreams in this stage, *which* makes up about 15% to 23% of a young adult's sleeping time.

3- جملة مضارع تام.

Scientists *have already identified* five sleeping stages by studying brainwaves.

4- فعل ثابت (ساكن) وهو لا يقبل الاستمرارية.

Sleep *is* an essential part of life.

5- فعل متحرك وهو يقبل الاستمرارية.

Although our body is *resting*, our eyes are *moving* very quickly beneath our eyelids during this stage.

6- مبني للمجهول في زمن المضارع البسيط.

Scientists claim that sleep is the time when information *is sorted* and *stored* by the brain.

6 Complete the following dialogue with the correct verb forms from the box.

Let's go were asked was done Have/found out/yet must be
were given Why don't we do might have continued

Faisal: Kareem, I'm reading about the importance of sleep. Did you know that an experiment (1) _____ to show that our brain continues to think while we are sleeping?

Kareem: Really? Who did the experiment?

Faisal: I'm not sure! It (2) _____ a group of scientists. Two groups of people (3) _____ some questions in a test, but they did not answer them immediately. Both groups (4) _____ a test on the questions after only one group had a short sleep.

Kareem: (5) _____ you _____ about the result of the experiment _____?

Faisal: Yes! The group who slept for a short time after hearing the test questions knew the answer more quickly.

Kareem: So their brains (6) _____ thinking about the problem while they were sleeping.

Faisal: That's right! (7) _____ and ask our science teacher if this is true.

Kareem: Good idea! (8) _____ also _____ more research on this topic?

الإجابات الصحيحة

- 1 was done 2 must be 3 were asked 4 were given
5 Have/found out/yet 6 might have continued 7 Let's go 8 Why don't we/do

Speaking

7 Work in pairs and answer the following questions.

- 1 What are the advantages of waking up early? What are the disadvantages of oversleeping? Do some research to find scientific arguments?
- 2 How many hours a day do you sleep? Do you think it is healthy for you to sleep over this period? Why / Why not?
- 3 How could you improve your sleeping habits?

الإجابات الصحيحة

- 1- Waking up early makes the person more productive, more energetic, more optimistic, more intelligent, a better problem-solver, a better planner, etc. However, oversleeping causes sleepiness during the day, tiredness, low energy, memory problems, depression, headache, heart disease and many other problems and illnesses.
- 2- Students should be getting between 7 and 8 hours of sleep per night.
- 3- Having a consistent routine before going to bed may help improve your sleeping habits.

- 2 Read about how three people relax or deal with stress.
Do you relax in the same ways as any of these people?
Discuss with a partner.

Zainab: Every time I have exam preparations, I get very stressed and worried. I always wonder whether I will have time to study for all the subjects.



I know that I will pass all my exams, as usual, but I always aim at getting high grades. Sometimes the stress that I experience stops me from concentrating on my studies. Mum is very patient with me and she knows very well the kind of stress that I go through | before every exam.

So, she helps me to prepare a well-organised revision timetable, and that makes me feel more confident. I also make sure that I get enough sleep, and I go for a walk every afternoon, which helps me to relax.

زينب: في كل مرة أكون فيها استعدادًا للامتحان، أشعر بالتوتر والقلق الشديد. أتساءل دائمًا عما إذا كان سيكون لدي وقت للدراسة لجميع المواد. أعلم أنني سأجتاز جميع امتحاناتي، كالعادة، لكنني أهدف دائمًا إلى الحصول على درجات عالية. أحيانًا يمنعني التوتر الذي أعاني منه من التركيز على دراستي. أمي صبور معي وهي تعرف جيدًا نوع التوتر الذي أعاني منه | قبل كل امتحان. لذا، فهي تساعدني في إعداد جدول زمني جيد التنظيم للمراجعة، وهذا يجعلني أشعر بمزيد من الثقة. كما أنني أحرص على أن أحصل على قسط كافٍ من النوم، وأذهب في نزهة بعد ظهر كل يوم، مما يساعدني على الاسترخاء.

Andy: I work in a bank in the City of London. I earn a lot of money and have an interesting job, but sometimes I feel really stressed. I travel to work by train, but it takes three hours every day, which is very exhausting. To forget all the stress of the day, I go running after work. Jogging is a great form of exercise. I immediately stop feeling so tense and begin to relax.



آندي: أعمل في بنك في مدينة لندن. أكسب الكثير من المال ولدي وظيفة ممتعة، لكن في بعض الأحيان أشعر بالتوتر الشديد. أسافر إلى العمل بالقطار، لكن الأمر يستغرق ثلاث ساعات يوميًا، وهو أمر مرهق للغاية. لكي أنسى كل ضغوط اليوم، أركض بعد العمل. الركض هو شكل رائع من التمارين. أتوقف فورًا عن الشعور بالتوتر الشديد وأبدأ في الاسترخاء.



Waleed: I love my job as a doctor! It makes me really happy to see how patients improve, and most of them are very grateful to the hospital staff. Sometimes, though, we have to make difficult decisions about people, which can be very stressful.

Stress is something all doctors have to live with. We usually have to work long hours, and sometimes I get upset if a person is very ill. When that happens, I think about all the positive things that have already happened to me that day, and it makes the situation seem a lot better.

وليد: أحب عملي كطبيب! يسعدني حقًا أن أرى كيف يتحسن المرضى، ومعظمهم ممتنون جدًا لموظفي المستشفى. ومع ذلك، في بعض الأحيان، يتعين علينا اتخاذ قرارات صعبة بشأن الأشخاص، والتي يمكن أن تكون مرهقة للغاية. الإجهاد شيء يجب على جميع الأطباء التعايش معه. عادة ما نضطر إلى العمل لساعات طويلة، وأحيانًا أشعر بالضيق إذا كان الشخص مريضًا جدًا. عندما يحدث ذلك، أفكر في كل الأشياء الإيجابية التي حدثت لي بالفعل في ذلك اليوم، وهذا يجعل الوضع يبدو أفضل كثيرًا.

Comprehension

4 Read the three paragraphs again and answer the following questions.

1 Complete the following table in your notebook using the information from the three paragraphs.

	Zainab	Andy	Waleed
Who is this person?	a student		
What makes this person stressed?			
How does this person deal with stress?			

الإجابات الصحيحة

1- Zainab: **a student** - exams - prepares a well-organised revision timetable, gets enough sleep and goes for a walk every day in the afternoon.

2- Andy: **an employee in a bank** - travelling to work - goes for a run after work.

3- Waleed: **a doctor** - working long hours and making decisions - thinks about positive things that have happened.

Vocabulary: Adjectives

- 6 Read the adjectives in the box. Which words have positive meanings and which ones have negative meanings?

happy grateful worried stressed
tense great confident upset

Positive صفة ايجابية	Negative صفة سلبية
Happy → سعيد	Worried → قلق
Grateful → ممتن / شاكر	Stressed → مضغوط
Great → رائع / عظيم	Tense → متوتر
Confident → واثق النفس	Upset → مزعج

Speaking

- 7 Read the adjectives from the box again.
When do you experience these feelings?

A: I feel tense when I have a big project.

B: I feel worried when I am late.

*الفكرة من التمرين السابق أن نقول متى نشعر بأي من الصفات في السؤال السادس.

إجابة مقترحة

A: I *feel great* when I have worked hard on a project.

B: I *feel upset* when I don't remember to say 'thank you'.

2 Listen to the patient speaking about the Lung and Sleep Centre and answer the following questions.

- 1 What is sleep apnea?
- 2 How did the Centre help this patient sleep better at night?
- 3 Do you know anyone who suffers from a sleeping disorder? How do you think this Centre could help them?
- 4 How far do you agree with this statement? 'Sleep centres are a waste of time and people should work out their problems with insomnia.'

المحتوى السمعي المطروح عليه الأسئلة بالأعلى

I first went to the Lung and Sleep Centre in Amman when my friend Kareem told me about it. I was suffering from a lack of sleep. I later found out that what I had was called sleep apnea.

ذهبت لأول مرة إلى مركز الرئة والنوم في عمان عندما أخبرني صديقي كريم بذلك. كنت أعاني من قلة النوم. اكتشفت لاحقاً أن ما أصابني كان يسمى توقف التنفس أثناء النوم.

I involuntarily stopped breathing during my sleep, which woke me up all night. It also caused me to snore and many times face insomnia. Insomnia is the inability to fall asleep. I felt so uncomfortable that I used to have a hard time falling asleep at night.

توقفت عن التنفس بشكل لا إرادي أثناء نومي، مما أيقظني طوال الليل. كما تسبب لي في الشخير وأواجه الأرق مرات عديدة. الأرق هو عدم القدرة على النوم. شعرت بعدم الارتياح لدرجة أنني كنت أجد صعوبة في النوم في الليل.

The Centre helped me deal with these sleeping disorders. I went to the Lung and Sleep Centre at the beginning of the week, and by the weekend, I was ready to go back home and have a good sleep.

ساعدني المركز في التعامل مع اضطرابات النوم هذه. ذهبت إلى مركز الرئة والنوم في بداية الأسبوع، وبحلول نهاية الأسبوع، كنت على استعداد للعودة إلى المنزل والحصول على نوم جيد.

They taught me to live healthily and exercise regularly to monitor my breathing. At the Centre, I also learnt that the position in which I sleep is important. It makes sure I am getting enough oxygen into my lungs to breathe well.

علموني أن أعيش بصحة جيدة وأن أتدرب بانتظام لمراقبة تنفسي. في المركز، علمت أيضًا أن الوضع الذي أنام فيه مهم. إنه يتأكد من أنني أحصل على ما يكفي من الأكسجين إلى رئتي تنفس جيدًا.

Taking enough oxygen in while you sleep is important because it keeps you well rested and healthy. Since my visit to the Centre, I have been sleeping much better and feeling more energetic during the day.

إن الحصول على كمية كافية من الأكسجين أثناء النوم أمر مهم لأنه يبقيك مرتاحًا وصحيًا. منذ زيارتي للمركز، كنت أنام بشكل أفضل وأشعر بنشاط أكبر خلال النهار.

الإجابات الصحيحة

- 1 Sleep apnea is a sleep disorder that causes you to stop breathing in your sleep.
- 2 It taught him to live healthily and exercise regularly to control his breathing.
- 3 Students' own answers إجابة الطالب الشخصية بناءً على رأيه
- 4 Students' own answers إجابة الطالب الشخصية بناءً على رأيه

Vocabulary

- 3 Complete the sentences with the correct words from the box. One word is not needed.

يشخر

عجز/عدم مقدرة

مراقب

lack snores insomnia inability disorders monitored apnea

نقص / قلة في شيء معين

أرق

اعتلال

توقف التنفس

- 1 I can't sleep well because my brother _____ very loudly.
- 2 The doctor _____ the patient's oxygen levels all night.
- 3 A _____ of oxygen in the lungs can affect your sleep.
- 4 Sleep _____ happens when there isn't enough oxygen going into your lungs.
- 5 Sara went to the Centre because of her _____ to sleep.
- 6 I can't sleep at night and I feel tired all day because of _____.

الإجابات الصحيحة

- 1- snores 2 - monitored 3 - lack 4 - apnea 5 - inability 6 – insomnia

Comprehension

4 Listen again and complete the sentences.

- 1 He would involuntarily stop breathing during his sleep, which ...
- 2 Insomnia is the ...
- 3 The Lung and Sleep Centre helped him deal ...
- 4 Taking enough oxygen in while you sleep is important because ...

الإجابات الصحيحة

- 1 Woke him up all night.
- 2 Inability to fall asleep.
- 3 With these sleeping disorders.
- 4 It keeps you well rested and healthy.

Reading

6 Read the text below about Husam, Salma and Laith. Is your advice from exercise 5 mentioned in the text?

(كيف تسترخي How to relax)

Husam spends a lot of time on his homework. His parents are worried because they think that he is studying too hard and that he's not getting enough sleep. The problem is that Husam finds it hard to relax. Husam needs to stop work at nine o'clock each evening and read in bed so that he can relax.

يقضي حسام الكثير من الوقت في أداء واجباته المدرسية. يشعر والديه بالقلق لأنهما يعتقدان أنه يدرس بجد للغاية وأنه لا يحصل على قسط كافٍ من النوم. المشكلة أن حسام يجد صعوبة في الاسترخاء. يحتاج حسام إلى التوقف عن العمل الساعة التاسعة صباحًا كل مساء والقراءة في السرير حتى يرتاح.

Salma has two small children. They are usually awake at night, so she often feels exhausted. She needs to nap at the same time as her children, after lunch. This is how she can make her life much less tiring.

سلمى لديها طفلان صغيران. عادة ما يكونون مستيقظين في الليل، لذلك غالبًا ما تشعر بالإرهاق. يجب أن تأخذ قيلولة في نفس الوقت مع أطفالها بعد الغداء. هذه هي الطريقة التي يمكن أن تجعل حياتها أقل إرهاقًا.

Laith is old and lonely. His wife has recently become ill, and he's very sad. When people try to help him, he doesn't communicate well with them. He needs to talk to someone and share his feelings so that he becomes less stressed.

ليث عجوز ووحيد. مرضت زوجته مؤخرًا وهو حزين جدًا. عندما يحاول الناس مساعدته، لا يتواصل معهم بشكل جيد. يحتاج إلى التحدث إلى شخص ما ومشاركة مشاعره حتى يصبح أقل توترًا.


7 Read the text above again. Write sentences about the text using the Second Conditional.

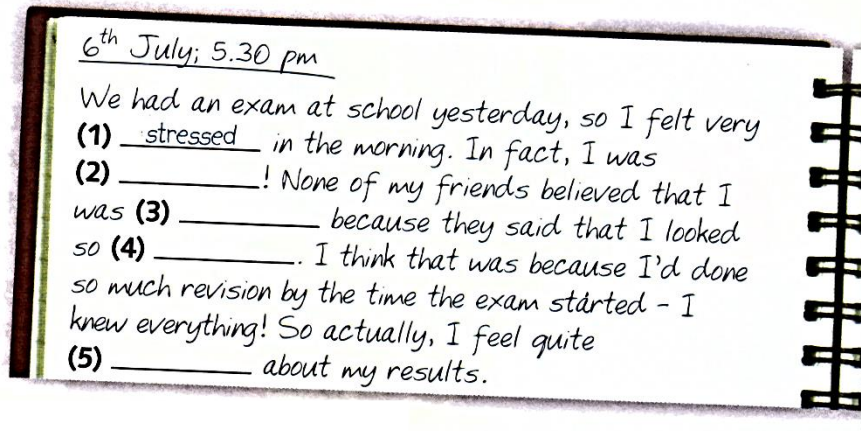
If Husam got enough sleep,
he would be able to relax.

*المطلوب هنا أن نستعين بالنص السابق حتى نكتب جمل باستخدام جملة الشرط الثانية.
وهنا لديك بعضا من الجمل المقترحة.

- 1- If Laith's wife *didn't become* ill, she *wouldn't die*.
- 2- If Salma's children *slept* at night, she *wouldn't be* exhausted.
- 3- If Husam *stopped* working at nine, he *would be* relaxed.

Listening

- 8  Listen and complete the diary entry. Do you think a diary is usually written in a formal or an informal style?



الإجابات الصحيحة

- 1- stressed 2- terrified 3- nervous 4- relaxed 5 -confident

Activity book answers إجابات كتاب التمارين

1 Leonardo Da Vinci was the artist	where	the swimmer Martin Strel swam the entire length of the Amazon River.
2 Emeralds are precious stones	when	it rarely rains.
3 Australia is a country	who	were first found in Egypt.
4 2007 CE was the year	whose	great discovery, penicillin, is a very important medicine today.
5 Sir Alexander Fleming was the doctor	which	painted the Mona Lisa.

1 _____

2 _____

3 _____

4 _____

5 _____

الإجابات الصحيحة

- 1- Leonardo Da Vinci was the artist **who** painted the Mona Lisa.
- 2- Emeralds are precious stones **which** were first found in Egypt.
- 3- Australia is a country **where** it rarely rains.
- 4- 2007 CE was the year **when** the swimmer Martin Strel swam the entire length of the Amazon River.
- 5- Sir Alexander Fleming was the doctor **whose** great discovery, penicillin, is a very important medicine today.

2 Complete the following dialogue using the phrases in the box. (1 mark each)

How about Let's Why don't shall

Ahmad: What (1) _____ we do this weekend?

Jamal: (2) _____ staying in and watching a film?

Salah: I would rather go out.
(3) _____ we go to the beach instead?

Jamal: That is a great idea!
(4) _____ go!

الإجابات الصحيحة

- 1- shall 2- How about 3- Why don't 4- Let's

3 Put the following words in the correct category. (1 mark each word)

استوائي الفلك نوع من أشجار الصنوبر

Wollemi pines astronomy tropical
marble polar pearl botany ruby

ياقوت علم النبات لؤلؤ قطبي رخام

Climate	Tropical - Polar
Science	Astronomy - Botany
Materials	Marble
Trees	Wollemi pines
Precious stones	Pearl - Ruby

4 Combine each sentence a with sentence b, using the Second Conditional. (2 marks each)

- 1- If my company *asked* me to move to another country, I *would refuse*.
- 2- If I *had* more money, I would buy a new car.
- 3- If rainforests *didn't exist*, it *would be* difficult to breathe.
- 4- If I *went* to Spain on holiday, I *would visit* Alhambra Palace.

- 5 Find five words that are related to global warming, then write them down.
(2 marks each)

e	x	t	i	n	c	t	i	o	n	a	c	e
l	s	h	n	r	e	c	y	c	l	e	a	r
b	a	d	x	a	s	o	d	x	s	b	l	g
h	s	s	n	h	v	n	w	s	l	h	a	a
d	e	f	o	r	e	s	t	a	t	i	o	n
t	g	t	t	t	t	e	n	w	n	s	v	i
a	s	c	s	a	y	r	l	c	v	n	s	c
s	a	w	x	s	h	v	s	b	t	a	t	t
g	h	v	g	v	w	e	v	l	w	v	n	l

- 1- extinction 2- conserve 3- organic 4- deforestation 5- clear

- 6 Read the dialogue between Nada and Fatima about Antarctica. Then, put the words in bold in a sentence of your own.
(2 marks each)

Suggested answers: إجابات مقترحة

- The students wrote down their scores. The highest score **recorded** was 99 percent.
- Australia, Tasmania and some small islands in the Pacific Ocean make up the **continent** of Australia.
- Jordan **was inhabited** by many different civilisations in the past.
- The black iris is not **common** in Jordan, which is why we must protect it.
- There are **floods** every year in countries with a monsoon climate.



Vocabulary

1 Match the words with their meanings. Then, write a sentence of your own using these words.

- | | |
|---|--------------------|
| 1 This makes you feel very worried. | a eyelids: _____ |
| 2 These help you move parts of your body. | b muscles: _____ |
| 3 You're like this when you're asleep. | c stress: _____ |
| 4 These cover your eyes. | d heartbeat: _____ |
| 5 This describes one beat of your heart. | e relaxed: _____ |

الإجابات الصحيحة

1 c 2 b 3 e 4 a 5 d

جمل مقترحة على الكلمات بالتمرين السابق

- A) During REM sleep, your eyes continue moving under your *eyelids*.
- B) During sleep, your *muscles* relax.
- C) Doing exercise is a good way to relieve *stress*.
- D) Your heart rate is measured by how many *heartbeats* you have in one minute.
- E) If you work hard, it is important to find time to *relax*.

Grammar

2 Complete Eman's email using the correct verb form from the box.

will have might want must be hasn't woken up
is always working Why don't we meet has already gone

Hi Hanan,
I'm writing a quick email because my mum is having a nap at the moment, so I can use her laptop. She (1) _____ a bit stressed because she (2) _____ under pressure at work.
How are your parents? Your dad (3) _____ to Germany, right?
How's school? My favourite subject at the moment is biology. We are learning about the heart and the immune system. Did you know that when you are resting, your heart beats between 50 and 100 times a minute? However, when you are doing exercise, your heartbeat can go up to about 200!
My mum (4) _____, but she (5) _____ to use the laptop when she's awake, so my email (6) _____ to be short.
(7) _____ soon?
Best wishes,
Eman

الإجابات الصحيحة

- 1- must be 2- is always working 3- has already gone 4- hasn't woken up
5- might want 6- will have 7- Why don't we meet

Vocabulary

3 Complete the sentences with adjectives from the box. One adjective is not needed.

ممتن رائع/عظيم واثق قلق

worried confident great grateful
upset stressed happy

سعيد مضغوط منزعج

الإجابات الصحيحة

- 1- upset 2- happy 3- worried 4- confident 5- stressed 6- grateful

4 Complete the sentences with your own ideas.

Suggested sentences جمل مقترحة

- 1- I feel stressed when I have final exams.
- 2- Reading stories helps me to relax.
- 3- My friend gets upset when I go out without him.
- 4- I am always grateful when people get the help they need.
- 5- Getting high grades makes me confident.

Reading

5 Read what Nadia says about how she relaxes and answer the questions.

إجابات أسئلة القطعة للسؤال الخامس

- 1- She feels nervous.
- 2- She works long hours in the evenings.
- 3- She goes for a run.
- 4- Doing sport makes her feel better.
- 5- She also plays the piano to relax.

Grammar

6 Write three sentences about the text in exercise 5 using the Second Conditional. Then, write two other sentences about you when you are studying for your exams. Use the Second Conditional.

- 1- If Nadia didn't have exams, she wouldn't feel nervous.
- 2- If Nadia studied more in the morning, she wouldn't work long hours in the evenings.
- 3- If Nadia didn't go for a run, she wouldn't feel better and less stressed.
- 4- If she didn't love the course, she wouldn't study hard.
- 5- If she didn't work for long hours, she wouldn't be nervous.

Reading

7 Read the following text about sleeping difficulties. Match the headings with the paragraphs. You do not need one of the headings.

- 1 How can insomnia be treated?
- 2 What effects does insomnia have?
- 3 What are the causes of insomnia?
- 4 What is insomnia?

الإجابات الصحيحة

A 4 B 3 C 1

8 Read the text again. Use the words in the box to complete the text. One word is not needed.

has shown wake up suffer apnea
are making go to bed can stress

*المطلوب هنا أن نضع الكلمات من الصندوق بالأعلى بالفراغات بالتمرين السابع.

الإجابات الصحيحة

- 1- suffer 2- wake up 3- stress 4- are making
5- go to bed 6- has shown 7- can

Grammar

9 Complete the following sentences with a defining or non-defining relative clause. Remember to add commas where necessary.

- 1- People *who* find it difficult to fall asleep suffer from insomnia.
- 2- Besides stress, insomnia can be caused by many factors, *which* include illness, caffeine intake and noise.

10 Write two sentences suggesting ways to treat insomnia. Use the ideas from the text in exercise 7 or your own ideas. Start your sentences with expressions like *How about*, *What about* and *Why don't you*.

1- How about *getting* to sleep at nine o'clock?

2- Why don't you *organise* your activities so that you get rid of insomnia?

وتحتوي هذه الوحدة على القواعد التالية:

شرح قواعد الوحدة

Defining & non-defining relative clauses	1- جملة الوصل المعرفة وغير المعرفة.
Making suggestions	2- الاقتراحات.
The second conditional	3- جملة الشرط الثانية.
State & dynamic verbs	4- الفعل الساكن والفعل المتحرك
The present perfect simple	5- المضارع التام البسيط
The present simple passive	6- المبني للمجهول في زمن المضارع البسيط
The past simple passive	7- المبني للمجهول في زمن الماضي البسيط

1- جملة الوصل المعرفة وغير المعرفة . (Defining & non-defining relative clauses)

قبل البدء في شرح القاعدة يجب معرفة المكون الأساسي لها وهو ضمائر الوصل حيث نستخدمها لربط جملتين.

Who → للعاقل الفاعل

Whose → للملكية وتقع بين اسمين

Which / that → غير العاقل

Whom → للعاقل المفعول به

Where → للمكان

When → للزمان

جملة الوصل المعرفة تعطينا معلومات أساسية لا يمكن حذفها ابدا ولا نستخدم معها فواصل.

مثال على ذلك:

Ahmad *who* works as a doctor speaks three languages.

هنا يتضح لنا ان جملة الوصل من بداية ضمير الوصل وحتى النهاية قدمت لنا معلومات أساسية لا يمكن حذفها او الاستغناء عنها ولم نستخدم معها فواصل.

جملة الوصل الغير المعرفة تعطينا معلومات اضافية يمكن حذفها ونستخدم معها فواصل.

مثال على ذلك:

Ahmad, *whom* I met last month, travelled to Spain.

هنا يتضح لنا ان جملة الوصل الواقعة بين فاصلتين قدمت لنا معلومات اضافية يمكن حذفها او الاستغناء عنها.

2- الاقتراحات . (Making suggestions) هناك نوعان من الاقتراحات وهما:

اقتراح مباشر (Direct suggestion) ويكون على شكل جملة تنتهي بنقطة مثل:

Let's go shopping.

اقتراح غير مباشر (Indirect suggestion) ويكون على شكل سؤال وينتهي بعلامة سؤال مثل:

How about travelling to China?

أدوات الاقتراح المطلوبة وما يأتي بعدها

- 1- How about / What about → V+ing ؟
- 2- Why don't we → base form فعل أساسي بدون زيادة ؟
- 3- Shall we → base form فعل أساسي بدون زيادة ؟
- 4- Let's → base form فعل أساسي بدون زيادة .

3- جملة الشرط الثانية . (The second conditional)

ونستخدمها للتحدث عن أشياء مستحيلة الحدوث وفقط من باب الندم والامنيات . وتتكون من طلب او سؤال الشرط وجواب او نتيجة الشرط .

	If clause	Main clause
Affirmative الاثبات	Subject + V2	Would + base form
Negative النفي	Subject + didn't + base form	Wouldn't + base form

أمثلة على ذلك:

- 1- If I *were* you, I *would study* hard.
- 2- If I *met* you yesterday, I *would tell* you what happened.
- 3- I *would be* rich if I *saved* money.

ملاحظة مهمة

نستخدم الفاصلة في جمل الشرط عموماً إذا بدأت الجملة بطلب الشرط أما إذا بدأت بجواب الشرط فهنا لا نستخدم الفاصلة تماماً كما في الجملة الثالثة

4- الفعل الساكن والفعل المتحرك . (State & dynamic verbs)

الأفعال الساكنة (State verbs) هي أفعال لا تقبل الاستمرارية. بمعنى آخر لا تقبل (Ing)

smell, taste, see, touch, hear know, think, believe, understand, expect, hope love, like, hate, dislike

I *hear* you clearly. (correct)

I *am hearing* you clearly. (wrong)

Nada *likes* pizza. (correct)

Nada *is liking* pizza. (wrong)

We *know* the rules. (correct)

We *are knowing* the rules. (wrong)

5- المضارع التام البسيط . (The present perfect simple)

وهو زمن نستخدمه للتكلم عن أشياء مكتملة أو للتكلم عن تجارب وخبرات سابقة.

He / She / It + has (or) hasn't + V3

القاعدة العامة

I / We / They / You + have (or) haven't + V3

Already / just / since / for / never / ever / yet / recently

الكلمات الدالة

أمثلة على القاعدة

I **have just arrived** home.

She **hasn't called** me **yet**.

We **have never been** to Turkey.

6- المبني للمجهول في زمن المضارع البسيط . (The present simple passive)

نستخدم جملة المبني للمجهول عموماً للتكلم عن الحدث أو الفعل الذي حصل ونركز عليه ونهمل الفاعل ولا نذكره لذلك يمنع وجود الفاعل في جملة المبني للمجهول.

Subject + verb + object

تتكون جملة المبني للمعلوم من فاعل ثم فعل ثم مفعول به

Sami **speaks** two languages fluently

Object + helping verb (be) + V3.

تتكون جملة المبني للمجهول من مفعول به وفعل مساعد وتصريف ثالث

Two languages **are spoken** fluently by Sami.

Is – am - are

في هذا الزمن نستخدم الأفعال المساعدة التالية

7- المبني للمجهول في زمن الماضي البسيط . (The past simple passive)

نستخدم جملة المبني للمجهول عموماً للتكلم عن الحدث أو الفعل الذي حصل وتركز عليه ونهمل الفاعل ولا نذكره لذلك يمنع وجود الفاعل في جملة المبني للمجهول.

تتكون جملة المبني للمعلوم من فاعل ثم فعل ثم مفعول به
Subject + verb + object

Sami spoke two languages fluently

تتكون جملة المبني للمجهول من مفعول به
وفعل مساعد وتصريف ثالث
Object + helping verb (be) + V3.

Two languages were spoken fluently by Sami.

Was – were

في هذا الزمن نستخدم الأفعال المساعدة التالية

ملاحظة مهمة

حتى نستطيع التمييز ما بين المبني للمجهول في زمن المضارع البسيط أو الماضي البسيط يجب النظر الى الفعل الموجود بالجملة الأصلية ومثال على ذلك:

هنا الفعل باللون الأحمر هو مضارع ← I *don't study* English regularly.

فتصبح عن التحويل للمجهول بهذا الشكل مع الانتباه على إبقاء النفي ← English *isn't studied* regularly