

New Hello!

Hello Year Two

الصف الثاني الثانوي

First Term

الفصل الدراسي الاول

2021

English
skills



Grammar AND
Vocabulary



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Mr.

Mr

Unit 1

Staying Healthy

البقاء بصحة جيدة

Words & Definitions

infection	A disease cause by a virus or bacteria Infect (v) يُعْدِي / يَنْقُلُ الْعَدْوَى Infected مُلَوَّث / مُصَاب Infection (n) مرض مُعْدِي (disease)	عدوى / إصابة بِمَرَض
perform	do an action	ينجز؛ يقوم؛ يؤدي
react	do something because else	يستجيب لمؤثر / لفعل ما
severe	describe an illness or injury that is <u>very serious</u>	شديد
technique	a way of doing something with a skill	أسلوب؛ تقنية؛ طريقة
boost	help someone or something to improve or get better	يُعزِّز / يدعم / يساعد
cell	the smallest separate part of a plant or animal	
immune system	a way that your body protects you from disease	الجهاز المناعي
organ	a part of your body that performs a job, e.g. the brain or heart	عضو
virus	very small living thing that causes disease	فيروس

Lesson 1

body	جسم	CPR(cardiopulmonary resuscitation)	injury	إصابة
breathing	التنفس	الإنعاش القلبي الرئوي	person	شخص
carefully	بحرص	emergency services	poster	ملصق
centre	مركز	خدمات الطوارئ	shoulder	الكتف
chest	الصدر	foot	signs	علامات
closer	أقرب	hand	such as	مثل
First aid	الإسعافات الأولية	immediately	surface	سطح

Verbs

hurt	يصيب	feel	يشعر	place	بضع
tell	يخبر	happen	يحدث	Start	يبدأ
help	يساعد	check	يفحص	press	يضغط
call	يتصل	touch	يلمس	allow	يسمح
find	يجد	reply	يرد على، يجيب	rise up	يرتفع، يزداد
move	يُنقل	shout	يصرخ	bleed	ينزف
seem	يُظهر، يبدو	remember	يتذكر	ask	يسأل

Adjectives

strong	قوى	severe	شديد	correct	صواب
healthy	صحي	normal	طبيعي	dangerous	خطير
ill	مريض	injured	مصاب	infectious	ساري، مُعْدِي، مُعْدِي

Prepositions, Idioms & Expressions

Do first aid	القيام بالإسعافات الأولية	make sure	يتأكد
perform CPR	إجراء الإنعاش القلبي الرئوي	on a flat surface	على سطح مستو
perform an operation	يُجري عملية	start breathing	بدء التنفس
on top of	على رأس	lock your fingers together	قفل أصابعك معا
move closer to	الانتقال أقرب إلى	look carefully at	تنظر بعناية الى
Check his body for	يفحص جسمه من أجل	check for normal breathing	تحقق من التنفس الطبيعي.

boost exports/profits	زيادة الصادرات / الأرباح	first aid box	صندوق إسعافات أولية
boost (someone's) confidence	تعزيز ثقة شخص ما	call the emergency	يتصل بالطوارئ
boost (someone's) morale	رفع معنويات شخص ما	lying on their back	مستلقية على ظهورهم
have a problem with	لديه مشكلة مع	press down on	اضغط لأسفل على

Word	العكس Antonym
normal	طبيعي
injured	مصاب
careful	حريص
abnormal	غير طبيعي
uninjured	غير مصاب
Careless	مهمل

المشتقات Derivatives

Verb	Noun	Adjective
Injure يصيب/يجرح	injury	injured
infect يعدي	infection	infected/ infectious
breathe يتنفس	breathing	breathless / breathtaking

HOW TO PERFORM FIRST AID كيفية إجراء الإسعافات الأولية

① If you find an ill or injured person شخص مصاب, you must check the area around him/her first to make sure يتأكد it isn't dangerous. Then move **closer to the person** يقترب من الشخص and look carefully at them. Do they seem to be very ill? Do they have severe injuries إصابات خطيرة?

② If the person is awake مستيقظ but not bleeding لا ينزف . you have to ask them how they feel and what happened. Check their body for signs of injury or infection إصابة بمرض. You don't have to touch the person's body to do this.

③ If the person doesn't reply, touch their shoulder الكتف or their foot and shout to see if they react يستجيب , and remember to check for normal breathing. تحقق من التنفس الطبيعي.

④ If the person isn't breathing , someone must call the emergency services immediately.

⑤ If you know how to perform CPR, you have to do this to help the person start breathing again. However, you mustn't do CPR unless the person is lying on their back on a flat surface such as the floor.

⑥ Place your hand on the centre of the person's chest. Put your other hand on top of the first hand and lock your fingers together. Make sure that your shoulders are above your hands.

⑦ You don't have to press down on the person's chest very much – only five to six centimetres. Keep your hands on their chest and allow it to rise up again. You have to do this 100 to 120 times a minute until the person starts breathing again .

Collect Hands for CPR

دمج اليدين من أجل الإنعاش القلبي الرئوي



Step 1



Step 2



Step 3

3 Read the poster again. Answer the questions.

1 What must you do first if you find someone who is ill or injured?

ماذا يجب أن تفعل أولاً إذا وجدت شخص مريض أو مصاب؟

Check the area around them. تحقق من / افحص المنطقة المحيطة بهم.

2 What can you check without touching the person's body?

3 What do you have to do if the person doesn't reply to you?

4 When must someone call the emergency services immediately?

5 How can CPR help someone?

6 What do you have to check before you perform CPR?

7 When can you stop performing CPR?




WB EX 1 Vocabulary

Many nouns end in **-ion** or **-ance**

Verb		Noun	
perform	ينجز؛ يقوم	performance	الاداء
act	يتصرف	-----	-----
infect	يُعدي	-----	-----
-----	-----	operation	عملية
allow	يسمح	-----	-----
guide	يُرشد يقود، يوجه	-----	-----

Language Notes

■ breathe(v) يتنفس	1 Mahmoud breathed a sigh of relief. تنفس محمود الصعداء.
■ breath (n) التنفس	2 Hold your breath, please. اكنم نفسك، من فضلك.
■ breathing (n) عملية التنفس	3 He seems to be having trouble breathing. صعوبة في التنفس.
allow + مفعول + to + inf. يسمح	1 My father allowed me to go to the club.
let + مفعول + inf يسمح	2 My father let me go to the club.
cause + مفعول + to + inf يسبب	3 He caused her to cry.
help (sb) inf. / to + inf. يساعد	4 I'll help you do / to do your homework.
keep صفة يحفظ	5 We should keep our food clean and healthy.

■ perform (v) يقوم بـ / يجري / ينجز / يفعل / يؤدي / ينفذ	perform well	
	Perform badly	
	Perform efficiently	

- 1) Computers can perform a variety of tasks. ينفذ مجموعة متنوعة من المهام.
- 2) The operation will be performed next week. سيتم إجراء العملية الأسبوع القادم.
- 3) Most of the students perform well in the exam. يؤدي بشكل جيد في الامتحان.

■ boost (v) يساعد، يعزز، يقوى يدعم / يزيد	boost (someone's) confidence تعزيز الثقة
■ boost (n) تشجيع، دعم، دافع	boost exports/sales/trade تعزيز الصادرات / المبيعات / التجارة
	boost profits/prices/rates زيادة الأرباح / الأسعار / الأسعار
	boost production/performance/productivity زيادة الإنتاج / الأداء / الإنتاجية

- 1) The boss gave the staff a pep talk this morning in an attempt to boost sales.
أعطى الرئيس الموظفين حديث حماسي هذا الصباح في محاولة لزيادة المبيعات.
- 2) More money is needed **to boost the industry**. هناك حاجة إلى مزيد من المال لتعزيز الصناعة.
- 3) Passing my driving test was such **a boost to my confidence**. دفعة لثقتي.

Speaking

Work in pairs. Watch the video and discuss these questions.

- 1 Why do you think it is important to react quickly?
.....
- 2 Why do you think it is important to follow the instructions for doing CPR carefully?
.....

CPR can be life-saving first aid (الإسعافات الأولية المنقذة للحياة)

CPR can be life-saving first aid and increases the person's chances of survival if it starts soon after the heart has stopped beating.

If no CPR is performed, it only takes three to four minutes for the person to become brain dead ميتا بسبب نقص الأكسجين due to a lack of oxygen.

By performing CPR, the brain and other organs أعضاء الجسم stay alive while you wait for the ambulance.

CPR الإنعاش القلبي الرئوي

First Aid
Save a Life



Translate into Arabic :

① CPR can be life-saving first aid and increases the person's chances of survival if it starts soon after the heart has stopped beating.
.....

② Not all accidents, injuries or illnesses require a trip to the hospital but it doesn't mean they don't cause pain and suffering to the patient.
.....

life-saving		increases		survival	
stopped beating		injuries		require	
Pain		suffer		trip	

③ Infectious diseases الأمراض المعدية commonly spread through the direct transfer of bacteria, viruses or other germs from one person to another.
.....

④ Every year in Egypt , thousands of people die or are seriously injured يصابون بجروح خطيرة in accidents. Many deaths could be prevented if first aid is given before emergency services arrive.
.....

spread		seriously		accidents	
transfer		prevent		deaths	

Translate into English :

5 الإسعافات الأولية عناية طبية فورية ؛ تقدم offer لإنسان مصاب injured أو مريض . بغرض محاولة الوصول به إلى أفضل وضع صحي health condition ممكن إلى وقت وصول المساعدة الطبية .

6 يجب على المدارس أن تستخدم التكنولوجيا في التعليم لتسهيل facilitate التعلم ومن جانب آخر تساعد هذه البرامج التكنولوجية technological على تجهيز prepare الطلبة للحياة المهنية professional ، وتوفر الوقت والجهد.

7 إذا لم يتلقى المريض رعاية الإسعافات الأولية على الفور، فإن وضعه سيكون أسوأ.

8 اكتشف العلماء أن مرضى الفيروس التاجي corona virus لا يمكنهم إصابة infect الآخرين بعد 11 يوماً من المرض حتى لو even if كان اختبارهم لا يزال إيجابياً positive.

سيكون أسوأ	be worse	الفيروس التاجي	corona virus	المساعدة الطبية	Medical assistance
يسهل	facilitate	يتلقى	receive	التكنولوجيا	Technology

5 Work in pairs. Discuss the advice for giving first aid

Giving Advice

You should	ينبغي عليك	You shouldn't	لا ينبغي أن
You must	يجب عليك	You mustn't	
You ought to	ينبغي عليك	You ought not to	
You'd better...	يجب عليك	You'd better not...	

How about ...?	ماذا عن ... ؟	I suggest.....	أقترح...
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It is a good idea to ...	إنها فكرة جيدة ل...	It's a good idea to...	إنها فكرة جيدة ..
My advice is (to) ...	نصيحتي هي	I advise you to	أنصحك....
Why don't you ...?	لماذا لا ... ؟	Make sure you...	تأكد من أنك

If I were you, I'd ..	لو كنت أنت، لـ	If I were you, I wouldn't ..	لو كنت أنت، لـ
If I were in your shoes, I'd..	لو كنت أنت، لـ	If I were in your place, I'd ...	لو كنت أنت، لـ
If I were you , I'd be careful .		If I were you , wouldn't smoke .	

Choose the correct answer from a,b,c or d

- If it's a / an _____, you might need antibiotics.
a) attention b) infection c) connection d) protection
- The surgeon _____ the operation
a) performed b) carried c) made d) reformed
- How did he _____ to the bad news?
a) relax b) attack c) react d) attach
- _____ weather frightens people.
a) Gentle b) Cool c) Nice d) severe
- Yoga is a very effective _____ for combating stress.
a) technique b) device c) gadget d) machine
- In the last election, the party _____ its strength by 41.65%.
a) voted b) boosted c) cost d) diagnosed

- 7 A _____ is the smallest basic unit of a plant or animal .
a) _____ b) cell c) _____ d) _____
- 8 The _____ system is a complex network of cells and proteins that defends the body against infection.
a) railway b) solar c) immune d) political
- 9 Some religions are against _____ donation.
a) blood b) money c) food d) organ
- 10 Because of that _____, many elephants lost their lives.
a) virus b) good health c) welfare d) safety
- 11 The synonym of the word 'boost' is _____.
a) increase b) decrease c) reduce d) cut
- 12 The antonym of the word 'severe' is _____.
a) serious b) grave c) extreme d) weak
- 13 Is the _____ exit suitable for wheelchairs?
a) energy b) emergency c) allergy d) marriage
- 14 An _____ took the injured man to the nearest hospital.
a) airplane b) ambulance c) ant d) amnesia
- 15 _____ is abbreviation for cardiopulmonary resuscitation .
a) CPR b) CV c) CNN d) CPU
- 16 The boys could help the injured man because they had learnt about _____.
a) danger b) first aid c) hygiene d) emergency services
- 17 We do _____ if the person isn't breathing.
a) ICU b) CPR c) CO2 d) O2
- 18 Most people infected with Coronavirus will experience mild to moderate _____ illness
a) environment b) laboratory c) respiratory d) chemistry

Translate into Arabic :

1) Your immune system does a remarkable job of defending you against disease-causing germs. But sometimes it fails: A germ invades successfully and makes you sick.

.....

.....

2) Science has helped us to reach the moon. Science is changing the face of everything. Science has given us so many things which makes our life easier and comfortable.

.....

.....

3) Our globe is in danger, world is in danger, countries are in danger, cities are in danger and in short you can say we all are in danger.

.....

.....

4) Fizzy drinks contain caffeine and other chemicals that are not nutritious. For this reason , people should avoid drinking them.

.....

.....

5) Films are the mirror of the society. What is happening around us, they try to show it to us so that we can understand.

.....

.....

remarkable		defend		invade		nutritious	
Fizzy drinks		society		caffeine		globe	

Lesson 2 Studentbook

* Before you start

Wadi El Neel Athletic Heart Center مركز وادى النيل للقلب
is considered the most important center for cardiac examination فحص القلب
in Egypt for sports athletes which is based on International standards الدولية
with collaboration بالتعاون with Liverpool–John Moores University .



Center	مركز	consider	يعتبر	is based on	مقره قى	sports(adj)	رياضى
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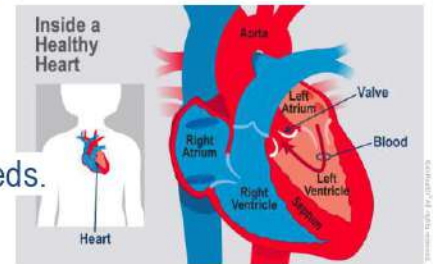
heart	القلب	nutrients	المواد الغذائية	pump	يضخ (الدم)
blood	الدم	waste	الفضلات	provide	يوفر / يزود

* Work in pairs. Discuss these questions.

What does the heart do?

ماذا يفعل القلب؟

- The heart pumps blood around your **body**.
- The blood provides your **body** with the oxygen and **nutrients** it needs.
- It also carries away waste.



Listening

athlete		The Athletic Heart Center (AHC)		مركز القلب الرياضي
athletics		director		damage
sport		importance		educate
expert		Trophy		check up
health		blood pressure		reduce
disease		treatment		Improve

1 Listen to the news report .

سوف يتم اضافة نص الاستماع عندما يتوفر

أهمية التحقق من قلوبهم. Athletes must understand the importance of checking their hearts.

- Discover diseases early
- Reduce your chances of becoming ill
- Get the right treatment quickly
- Improve overall health
- A blood pressure test can be performed



Watch the video and discuss these questions. سوف يتم اضافة النص عندما يتوفر

How do you think that technology can help us to stay healthy?

Translate into Arabic :

1) Regular exercise ممارسة التمارين الرياضية بانتظام is one of the pillars of healthy living. It improves cardiovascular health, lowers blood pressure, helps control body weight, and protects against a variety of diseases.

regular	منتظم	pillars	ركائز	improve	يحسن	lower	يقلل
---------	-------	---------	-------	---------	------	-------	------

2) The heart is a pump, usually beating about 60 to 100 times per minute. With each heartbeat, the heart sends blood throughout our bodies, carrying oxygen to every cell.

a pump	مضخة	heartbeat	ضربات القلب	throughout	في أنحاء	cell	
--------	------	-----------	-------------	------------	----------	------	--

3)The heart then sends the blood to the lungs to pick up more oxygen. This cycle repeats over and over again.

lungs		pick up		cycle	cycle	repeats	
-------	--	---------	--	-------	-------	---------	--

4)The circulatory system الدورة الدموية is made up of blood vessels that carry blood away from and towards the heart.

vessels	أوعية	is made up	يتكون من	carry		towards	
---------	-------	------------	----------	-------	--	---------	--

5)Arteries carry blood away from the heart and veins carry blood back to the heart.

artery		vein		carry away		carry away	
--------	--	------	--	------------	--	------------	--

6)It is possible to boost your immune system if you take certain vitamins or herbal preparations .

--	--	--	--	--	--	--	--

7) Obesity has an effect on many chronic diseases including diabetes, high blood pressure, high cholesterol, cancer, and more recently, fatty liver disease

Obesity	البدانة	liver	كبد	chronic		cancer	مزمن
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Translate into Arabic :

1)نظامك الغذائي يمكن أن يحدث فرقا كبيرا في صحة قلبك .

diet		make a big difference		your heart health.	
------	--	-----------------------	--	--------------------	--

2)يزيد الإقلاع عن التدخين من فرص العيش لفترة أطول بصحة جيدة .

Quitting smoking		increase		living longer	
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3)يحتاج الجسم إلى كميات صغيرة من الملح. ولكن الإفراط به يمكن أن يسبب ارتفاع ضغط الدم .

small amounts		too much of it		cause	يسبب
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4)إن ممارسة التمارين الرياضية بانتظام يمكن أن تخفض ضغط دمك و وزنك وخطر إصابتك بأمراض القلب.

Regular exercise		lower blood pressure		risk of heart disease	
------------------	--	----------------------	--	-----------------------	--

Modal Verbs الأفعال الناقصة

Must / have to

MUST

The speaker thinks it is necessary

المتحدث يعتقد أنه ضروري .

→ I **must buy** flowers for my mother.
يجب أن أشتري زهوراً لأمي.

It's her birthday and I **decide** to do that

إنه عيد ميلادها و أنا أقرر أن أفعل ذلك

HAVE TO

The obligation comes from an external source.

يأتي إلزام / اضطراب من مصدر خارجي.

→ I **have to buy** flowers for my mother-in-law.
يجب أن أشتري زهوراً من أجل حماتي

It is **not my decision** - my wife asked me to buy

إنه ليس قراري - زوجتي طلبت مني شرائها

Notes

يمكنك استخدام **must** أو **have to** عند إعطاء رأيك الخاص(for example, to say what you think is **necessary**, or to **recommend** someone to do something):

(على سبيل المثال، لنقول ما نعتقد أنه ضروري، أو أن توصي شخص ما للقيام بشيء ما :

→ I haven't spoken to Suzy for ages. I **must** phone her. / I **have to** phone her.

(= I say this is necessary)

→ Hany is a really nice person. You **must** meet him. / You **have to** meet him.

(= I recommend this)

نستخدم (**have to**) وليس (**must**) بمعنى اضطراب من مصدر خارجي .

→ I **have to** work from 8.30 to 2.30 every day.

نستخدم (**must**) في القواعد المكتوبة والتعليمات:

→ Applications for the job **must** be received by 15 July. تلقي طلبات الحصول على الوظيفة بحلول 15 يوليو.

→ Seat belts **must** be worn. يجب ارتداء أحزمة الأمان.

نستخدم (**have to**) في التزامات عامة

→ I have to brush my teeth twice a day.

نستخدم (**must**) في التزامات محددة

→ I must tell Ali to take that job .

must + inf عليك (أن)؛ يجب أن ..**mustn't** + inf لا يجب أن / يجب ألا .

Use : a rule, law, warm invitation and strong advice:

تستخدم مع القواعد ، الدعوة والنصيحة القوية

Rules القواعد

① You **mustn't** talk in the library.

law القانون

② Soldiers **must** obey orders.

Warm invitation الدعوة

③ You **must** come and have dinner with us

strong advice النصيحة القوية

④ You **must** wash your hands before you eat.⑤ They **mustn't** eat that cheese. It's green!⑥ Seat belts **must** be worn.■ Use **mustn't** to express prohibition: للتعبير عن الحظر:**mustn't** + inf

MUST vs. HAVE TO
What is the difference?

- تستخدم للتعبير عن أن شيء ممنوع أو غير مسموح به أو يترتب عليه نتيجة سيئة :

- You **mustn't smoke** in hospitals.
- = You **aren't allowed to smoke** in hospitals. غير مسموح
- = You **aren't permitted to smoke** in hospitals. غير مسموح
- = You are **forbidden / banned / prohibited / to smoke** in hospitals. ممنوع

10 You **mustn't** park your car here; it's not allowed

Necessity & lack of Necessity الضرورة وعدم الضرورة

Present : must / have to / has to + inf المضارع يجب أن / يجب / مضطر إلى

= **It is necessary to**

	Example	Negative	Question
must+ inf	I must buy bread .	I don't have to buy bread .	Must you work hard ?
have + inf	I have to buy bread .	I don't have to buy bread .	Do you have to buy bread ?
has to +inf	Reham has to cook dinner.	Reham doesn't have to cook dinner.	Does Reham have to cook dinner ?
need to+ inf	I need to buy bread . He needs to buy bread .	I don't need to buy bread . I needn't buy bread .	Do you need to buy bread ? Does he need to buy bread ?

Past : had to + inf الماضي

= **It was necessary to**

had to + inf	I had to buy bread .	I didn't have to buy bread .	Did you have to buy bread ?
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Future : will have to + inf الماضي

= **It will be necessary to**

Will have to + inf	I will have to buy bread .	I won't have to buy bread .	Will you have to buy bread ?
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have to / don't have to / doesn't have to

- 1 You _____ buy tickets in advance—you can't buy them the same day .
- 2 It's a public holiday tomorrow, so I _____ go to work.
- 3 I _____ leave now—I have a driving lesson.
- 4 I _____ to catch the bus. it is necessary .
- 5 I _____ cook a meal for my family. it is not necessary .
- 6 You _____ get a visa before travelling to Kuwait . It's the law.
- 7 You _____ clean the house as your mom is not well.
- 8 We _____ obey the law.
- 9 The museum is free. You _____ pay to get in.
- 10 Norhan likes weekends because she _____ get up early.

mustn't / don't have to / doesn't have to

- 1 Children _____ tell lies. It's very naughty.
- 2 John's a millionaire. He _____ go to work.
- 3 We _____ rush. We've got plenty of time.
- 4 She _____ do this work today, because she can do it tomorrow.
- 5 I _____ clean the floor today because I cleaned it yesterday.
- 6 We _____ forget to lock all the doors before we leave.

- 7 We _____ stay in a hotel in Alexandria, we can stay with my uncle.
 8 I don't want anyone to know about our plan. You _____ tell anyone.
 9 You _____ tidy up now. I'll do it later.
 10 Abeer _____ cook tonight because he's going to a restaurant

SB Ex 4) Have to / don't have to / must / mustn't

- 1 You _____ put on gloves before helping someone who's bleeding. If you don't, you might give them an infection.
 2 Then you _____ take a bandage or cloth and press it down on the area which is bleeding.
 3 If anything is in the person's arm, you _____ pull it out because it could hurt them more.
 4 Then wrap the bandage around the person's arm. You _____ make it very tight, but make sure it can't come off.

should + inf	.. (يُنْبَغِي) أَنْ ..	Use : suggestions and advice تستخدم في الاقتراحات والنصيحة
shouldn't + inf	لا (يُنْبَغِي) أَنْ ..	

■ **Advice** النصيحة

- ① You **should** always wash your hands after you've touched the cat يجب عليك دائماً غسل يديك
- ② You **shouldn't** eat sweets. They're bad for your teeth. لا يجب أن تأكل الحلويات إنها ضارة لأسنانك.
- ③ You **shouldn't** touch that. It's dirty ! لا يجب أن تلمس ذلك إنها قذرة !
- ④ You look tired. You **should** go to bed. تبدو متعباً ينبغي عليك أن تذهب إلى السرير.
- ⑤ The government **should** do more to improve schools. على الحكومة بذل المزيد من الجهود لتحسين المدارس.
- ⑥ You **shouldn't** believe everything you read in newspapers. لا يجب أن تصدق كل ما تقرأه في الصحف.

■ **We often use should with I think / I don't think / Do you think ... ? :**

- ⑦ I think the government **should** do more to improve schools.
- ⑧ I don't think you **should** work so hard.
- ⑨ a: Do you think I **should** apply for this job?
b: Yes, I think you **should**.

■ **Suggestion** الاقتراح

- ⑩ You **should** play tennis. You'll enjoy it! يجب أن تلعب التنس سوف تستمتع به!

You can use should after:

- insist / يصر (على) / demand / يطلب / recommend / يوصي بـ / suggest / يقترح / propose / يعرض
- I **insisted** that he **should** apologise.
 - Doctors **recommend** that everyone **should** eat plenty of fruit.
 - What do you **suggest** we **should** do?
 - Many people are **demanding** that something **should** be done about the problem.

also : It's important/vital/necessary/essential that ... should ... :

It's **essential** that everyone **should** be here on time.

should / shouldn't

- ① You _____ go to Lulu hypermarket. It's great.
- ② You _____ tell her about it. It's too depressing.
- ③ You _____ smoke . It's bad for your health
- ④ You _____ tell lies.
- ⑤ You _____ chew your food properly.

SB EX4 Match sentences 1-4 with one of these descriptions.

a rule or law / advice suggestion / very strong advice

- ① You **mustn't** eat too much salt. : very strong advice
- ② When driving, you **must** always stop at the red light. : _____
- ③ You **should** have different bins for food waste. : _____
- ④ You **shouldn't** leave your bin open. : _____

Choose the correct answer from a, b, c or d:

- 1 We're going to the beach this afternoon, so you _____ come with us! It'll be great! .
a) **must** b) **has to** c) **need** d) **mustn't**
- 2 You _____ run at the swimming pool, or you might fall.
a) **have to** b) **must** c) **don't have to** d) **mustn't**
- 3 You _____ eat things with a lot of salt or fat in them.
a) **must** b) **mustn't** c) **need to** d) **don't have**
- 4 You _____ buy a ticket before you get on the train. .
a) **Have to** b) **Has to** c) **need** d) **ought**
- 5 You bring your sun hat today because it is cloudy.
a) **mustn't** b) **don't have to** c) **shouldn't** d) **have to**
- 6 You _____ forget to bring a coat to the mountains. It will be cold! .
a) **must** b) **don't need to** c) **mustn't** d) **have to**
- 7 You _____ use your phone while you're driving. It's dangerous.
a) **must** b) **can** c) **mustn't** d) **should**
- 8 We _____ learn computer skills at school because they are very useful.
a) **mustn't** b) **should** c) **can't** d) **don't**
- 9 You _____ make a loud noise in the library or you will get into trouble.
a) **can** b) **should** c) **mustn't** d) **must**
- 10 You _____ always respect the school rules.
a) **mustn't** b) **must** c) **may** d) **shouldn't**
- 11 You don't look well. I think you _____ go to the doctor.
a) **shouldn't** b) **should** c) **must** d) **mustn't**
- 12 You _____ take photos here; it's a military area.
a) **must** b) **mustn't** c) **needn't** d) **shouldn't**
- 13 There is a "No Smoking " sign. We..... smoke here.
a) **must** b) **mustn't** c) **needn't** d) **shouldn't**
- 14 You _____ try my sister's cake now. It's really delicious!
a) **mustn't** b) **must** c) **can't** d) **don't**
- 15 Drivers _____ stop their cars when the traffic lights are red .
a) **must** b) **mustn't** c) **needn't** d) **shouldn't**

قطة الفهم Reading comprehension

حتى تتمكن من حل سؤال قطة الفهم يجب:

قراءة القطة كلها جيدا حتى تتمكن من فهم الموضوع إجماليا.

اسئلة قد ترد في قطة الفهم

1. Suggest a suitable title for the passage. اقترح عنوان مناسب للقطة
2. What does the underlined word (....) refer to ? ماذا كلمة (....) تشير إلى ؟
3. What's the main idea of the passage / the text? ما هي الفكرة الرئيسية؟
4. Find words in the passage which mean... ابحث عن الكلمات في القطة التي تعني...

Read the text and answer the questions.

When you learn English, you should remember that languages are always changing. New words and phrases will appear and sometimes old words start to have new meanings. If you want to be really effective at learning a language, it is important to know about these new words. A list is published online every year. For example, unfriend is a new verb that is used when you stop being friends with someone on social media. The phrase fake news was added to dictionaries in 2019 after many false stories started to appear on social media. The phrase social distancing was first used in 2020 during the health emergency, and it means keeping away from other people.

The German word *uber* has recently been used in informal English to mean 'very successful, adding to the many other foreign words used in English, such as *café* (from French) and the small motorbike called a *moped* (from Swedish).

You might wish that English followed the example of the Portuguese language to make spelling easier. Portugal and Brazil both speak the same language, but the Portuguese recently changed the spelling of many words to follow the same rules that they use in Brazil because they are much easier. At the moment, however, if you learn English in many parts of the world, you usually have to learn the British English spellings, which can be more difficult than American English spellings.

A) Choose the correct answer .

- 1 it is important to _____ changes to the English language.
 a) be aware of b) take control of c) be tempted by d) bring back
- 2 You can use the verb *unfriend* when you want to stop _____ friends on social media.
 a) losing touch with b) keeping in touch with c) subscribing to d) uploading
- 3 The German word *uber* is an example of _____.
 a) an informal use of an old word b) a new informal word in English
 c) a foreign word used by successful people d) a very common word in English
- 4 They changed the spelling of Portuguese because they wanted it to be _____.
 a) like English b) the same as the American spelling
 c) more traditional d) easier

B) Answer the following questions

- 5 Why were phrases such as *fake news* and *social distancing* added to dictionaries recently?

- 6 What has not changed about the English language, according to the article?

- 7 Why do you think English uses words from other languages?

- 8 Do you think people should change the rules of a language to make it easier to learn? Why/Why not?
