

## UNIT 7

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In the last hundred years, people have been living longer and longer. Yet, there are still many aspects of our lifestyles that could be improved. Doctors advise that regular exercise and a healthy diet are crucial to our well-being. Furthermore, it is very important to get enough sleep – 8 hours a night is recommended. Getting enough sleep keeps our minds fresh, but we need to exercise our brains, too. This could involve doing puzzles and crosswords, playing chess or reading a book. As we get older, it is even more important that we keep busy, interacting with people of all ages and socialising. We should make plans for the future, keep a positive outlook on life and enjoy the support of the family environment.

في السنوات المئة الماضية ، كان الناس يعيشون أطول و أطول . حتى الآن ( و مع ذلك ) لا يزال يوجد العديد من المظاهر التي بالإمكان تحسينها في أنماط حياتنا . فالأطباء ينصحون أن التمرين المنتظم و الحماية الغذائية الصحية أمران حاسمان لصحتنا . علاوة على ذلك من المهم جداً الحصول على قسط كاف من النوم - و يُنصح بثمان ساعات في الليلة . إن الحصول على قسط كاف من النوم يُبقي عقولنا منتعشة ، و لكننا نحتاج أن ندرب عقولنا (أدمغتنا) أيضاً . قد يتضمن ذلك حل الألغاز و الكلمات المتقاطعة ، لعب الشطرنج أو قراءة كتاب ما .

و عندما نكبر يكون من المهم أكثر أن نبقى أنفسنا منشغلين ، نتفاعل مع الناس من كل الأعمار و نتواصل اجتماعياً . يجب أن نعد خطأً للمستقبل ، أن نحافظ على نظرة اجتماعية إيجابية إلى الحياة و أن نستمتع بدعم (تقوية) الروابط العائلية (الجو العائلي) .

- a- What do you think is the secret of a healthy life?  
- (Suggested answers) regular exercise; healthy diet; getting enough sleep; keeping the brain active
- b- What problems do you associate with old age?  
- (Suggested answers) being less able to move around easily; higher possibility of medical problems.

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### 5- Fill the gaps in these sentences with the words from the box.

**fathers parents children daughters husband sister uncle family**

In Syria you will rarely find ‘old people’s homes’. When my (a) **parents** get old, my (b) **sister** and I will help look after them. Traditional values teach sons and (c) **daughters** to honour their (d) **fathers** and mothers and show love and care to them as they grow old. Family is very important to everyone, and I am very close to my mother’s sister and her (e) **husband** – my aunt and (f) **uncle** . Caring for our (g) **family** like this helps us all to live longer, happier lives and we know our (h) **children** will one day look after us.

في سوريا نادراً ما نرى دوراً لرعاية العجزة . عندما يكبر والداي في السن سنعتني أنا و أختي بهما . إن القيم التقليدية تعلم الأولاد و البنات أن يُجلّوا (يقدروا) آباءهم و أمهاتهم و أن يظهروا الحب و العناية بهما عندما يكبرا . إن العائلة مهمة جداً للجميع ، و أنا مقرب جداً من خالتي و زوجها . إن العناية (الاهتمام) بالعائلة هكذا يساعدنا في العيش حياةً أطول و أسعد . و نحن نعرف أن أولادنا سيعتنون بنا ذات يوم .

**6- Choose the correct word to complete these sentences.**

- a. In Mexico she met the (*Earth's* / **world's**) oldest married couple.
- b. Alberto and Maria's son said his parents had (**a simple** / *an easy*) way of life.
- c. Sunil says his customers are all his (*near* / **close**) friends.
- d. Sunil said he'd enjoyed every (*one* / **single**) day of his life.

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**1. Complete these sentences with the correct form of make or do.**

- a- The journalist said she was **doing** research for an article.
- b- Scientists frequently **do** experiments to test their ideas.
- c- You will have to **make** a special effort if you want to pass your exam.
- d- Can I **make** a suggestion? Why don't we **do** the shopping together?
- e- If you **make** a mistake, you have to **do** your homework again.
- f- I've **made** my decision very carefully.
- g- I've **made** myself a promise. I'm going to **make** a success of my new job.
- h- Last night's storm **did** a lot of damage to buildings in our area.

**2. Match the phrasal verbs with make in this text with the correct meanings a–c below.**

Ibrahim usually arrives at work on time, so his boss didn't know what to (1) make of it when he was an hour late one morning. At first, he thought he might (2) make up an excuse, but decided he must be honest. Ibrahim promised he would (3) make up for the time he had lost by being late.

Phrasal verb	meaning
1- make of it	c think about / understand
2- make up an excuse	a invent (a story)
3- make up for	b replace something lost or missing

**3. Match the phrasal verbs with do in these sentences with the correct meanings 1–4 below.**

- a. I've hurt my back which means I have to get someone to do my shoes up for me.
- b. The doctor told my grandmother she'd have to learn to do without sugar.
- c. We'll have to do the room up before anyone sleeps there.
- d. Not everyone in our family has a mobile so we can't do away with our landline.

Phrasal verb	meaning
a. do my shoes up	3 fasten / tie
b. do without	4 not have something and manage in spite of this
c. do the room up	1 to tidy, redecorate
d. do away with	2 get rid of

**P – 61 Grammar**

**1- Complete the sentences using the correct form of the verbs in brackets**

- a- One of their sons told me that his parents **had spent** (spend) every day of their lives together
- b- He said they **had always had** (always have) a good social life and **had kept** (keep) in regular touch with their family, friends and neighbours.
- c- He said he **was** (be) not sure, but suggested that ...
- d- He added that they **had both been involved** (both be involved) in farming for most of their lives.
- e- Mrs Chin said she **had never done** (never do) paid work.

**3. In extracts 1a-e, what were the speakers' actual words?**

- a. My parents spent every day of their lives together ...
- b. They always had a good social life and kept in regular touch ...
- c. I'm not sure, but I suggest that ...
- d. They were both/have both been involved ...
- e. I never did paid/have never done work.

**4. Complete the sentences with some of the words from this list.**

if what which who whether where

- a- I asked their son **what** the secret of their healthy life was.
- b- I asked him **whether / if** he remembered his wedding day.
- c- I asked him **whether / if** he had enjoyed his long life.

**5. In extracts 4 a-c, what were the journalist's actual questions?**

- a. What is the secret of their healthy life?
- b. Do you remember your wedding day?
- c. Have you enjoyed your long life?

(NOTE: NOT Did you enjoy ..., because that means the life is finished.)

**6. Report these statements and questions. The beginnings of the answers are given.**

a- How long have you been married? I asked my grandparents ...	<b>I asked my grandparents how long they had been married.</b>
b- Do you enjoy spending time with each other? I asked them ...	<b>I asked them if / whether they enjoyed spending time with each other.</b>
c- We don't argue about anything. They said they ...	<b>They said they didn't argue about anything.</b>
d- We're taking our grandchildren on holiday. They said they ...	<b>They said they were taking their grandchildren on holiday.</b>
e- When did you first meet? She asked them ...	<b>She asked them when they had first met.</b>
f- Are you enjoying married life? She asked them ...	<b>She asked them if / whether they were enjoying married life.</b>

## P – 62 Reading

### A magazine article

#### So you want to be a good colleague?

1 Do you enjoy reading about how some people become successful? Most people do, which is probably why popular magazines often include articles with titles like *How to live a long, happy life*, which give readers useful advice.

2 One of my friends said to me the other day, "I'm starting my first job soon, and I want to get on well with my new workmates . Have you got any advice you can give me?" Several people have asked me questions like this, which is why I'm writing this article.

3 For me the golden rule when you first start a job is this: listen and learn from colleagues. Also, ask your colleagues questions if you aren't sure about something and offer to help them if you can see something that needs doing.

4 In the long run, the best way to be a good colleague is simply to work hard. In my experience, people most dislike colleagues who make up excuses for not doing something and expect colleagues to do it for them.

5 If you have a job starting soon, remember some of these tips. In the end, you'll be happier and more successful if you get on well with your colleagues.

#### **3. Match each paragraph of the article with one of the following headings.**

- 2 An explanation of why the writer wrote this article
- 4 Don't be lazy!
- 5 A final message to the reader
- 1 An opening question
- 3 Initial advice

إذا تريد أن تصبح زميلاً جيداً

١- هل تستمتع بقراءة كيف يصبح الناس ناجحين؟ معظم الناس يفعلون و لهذا السبب على الأرجح تُضمن (تضع) المجلات المشهورة مقالات بعنوانين مثل **كيف تحيا حياةً طويلةً سعيدةً** و التي تعطي القراء نصائح مفيدة .

٢- قال لي أحد أصدقائي في اليوم الفائت ، " سوف أبدأ عملي الأول قريباً ، و أريد أن أنسجم جيداً مع رفاقي في العمل . هل عندك أية نصائح تستطيع أن تقدمها لي ؟ " عدة أناس سألوني أسئلةً مثل لماذا تكتب هذه المقالة .

٣- بالنسبة لي القاعدة الذهبية عندما تبدأ عملاً جديداً هي : استمتع و تعلم من زملائك . و اسأل زملائك أيضاً أسئلةً إذا كنت غير متأكد من شيء ما و اعرض المساعدة عليهم إذا ( رأيت شيئاً يحتاج أن يُنجز ) كنت تستطيع أن ترى شيئاً يحتاج أن يُنجز .

٤- و على المدى البعيد فإن الطريقة الأفضل لتكون زميلاً جيداً هي ببساطة أن تعمل بجد . من خلال تجربتي ، أكثر ما يكرهه الناس هم الزملاء الذين يختلقون الأعذار لكي لا يقوموا بشيء ما و يتوقعون من زملائهم أن يقوموا بذلك عنهم .

٥- إذا كان عندك عمل (وظيفة) تبدأه قريباً تذكر بعض تلك النصائح . ففي النهاية سوف تكون أسعد و أكثر نجاحاً إذا انسجمت جيداً مع زملائك .

## Students' book p 63

Write a magazine article giving advice for people of your own age who are about to start a new job

Beginning a new job can be stressful. Here are some useful tips for people who are about to start a new job. For your first day wake up early. Eat breakfast, wash and put your smartest work clothes. Try to arrive to your office 15 minutes early. Another important tip is when someone asks you to do something, don't make up excuses for not doing it. When you start a new job remember some of these tips.

إن البدء (المباشرة) بوظيفة جديدة يمكن أن يكون مسبباً للتوتر . فيما يلي بعض النصائح للناس الذين هم على وشك أن يبدأوا بوظيفة جديدة . من أجل يومك الأول استيقظ باكراً . تناول الإفطار ، اغتسل و ارتدي أفضل ملابس عمل لديك . حاول الوصول إلى مكتبك أبكر بربع ساعة . نصيحة هامة أخرى هي عندما يطلب منك أحدهم أن تعمل شيئاً لا تختلق الأعذار لكي لا تقوم بذلك . عندما تباشِر بعمل جديد تذكر بعض هذه النصائح .

## Students' Book P – 63

Write an article on doing well at school

Doing well at school helps you to determine your future . There are many ways to improve your study. First, have your necessary materials all the time in order not to waste time and important information. Be organized and keep a calendar in order to write down all your notes. Besides, your attendance at school is important because you don't want gaps in your learning. In my experience these things can make you do well at school.

أن تبلي جيداً في المدرسة ذلك سيحدد مستقبلك . هناك طرق عديدة لتحسين دراستك . أولاً ، احصل على كل موادك (مستلزماتك) الضرورية طوال الوقت لكي لا تضيع الوقت و المعلومات الهامة . كن منظماً و احتفظ بمفكرة لكي تدون كل ملاحظاتك . بالإضافة إلى ذلك فإن حضورك في المدرسة أمر هام لأنك لا تريد ثغرات في تعليمك . بحسب تجربتي هذه الأمور تستطيع بشكل مؤكد أن تجعلك تبلي أفضل في المدرسة .

**Write an article on being a good brother**

The best way to start having a better relationship with your siblings is to spend time with them. You should be responsible and avoid violence towards them. It's a good idea to build and keep their trust. When they tell you something , don't go and tell your parents. Share what you have with them. Never do things like this expecting something in return. Do it because you want to be a good brother.

الطريقة الأفضل لبدء علاقة أفضل مع الأخوة هي أن تمضي المزيد من الوقت معهم . يجب ان تكون مسؤولاً و تتجنب العنف تجاههم . إنها لفكرة جيدة أن تبني ثقتهم و تحافظ عليها . عندما يخبروك بشيء ما ، لا تذهب و تخبر والديك . تشارك ما تملكه مع أخوتك . لا تقم بالأشياء متوقعاً شيئاً بالمقابل . قم بذلك لأنك تريد أن تكون أخاً جيداً .

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