



وزارة التعليم
Ministry of Education
2022 - 1444

SUPER

GOAL 3

WORKBOOK

MANUEL DOS SANTOS



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A Look at the people in the photos. Complete each description with a word from the box.

a devoted employee an exercise freak an Internet addict a vegetarian



1. Mark likes to work out. He's really into exercise and fitness. He's **an exercise freak**



2. Ali is online all the time, even in the park! He's **an internet addict**



3. Saeed always works on the weekend. He's **a devoted employee**



4. Jake never eats meat. He's **a vegetarian**

B Describe each person from **A**. Use the expressions in the box.

usually downloads videos and games
always lives a healthy lifestyle
frequently spends a lot of time at the gym
regularly chats online

normally works out five times a week
often spends a lot of time at the office
never takes a vacation
always eats vegetables

Mark *normally works out five times a week*

Mark *frequently spends a lot of time at the gym*

1. Ali **usually downloads videos and games**

Ali **regularly chats online**

2. Saeed **often spends a lot of time at the office**

Saeed **never takes a vacation**

3. Jake **always lives a healthy lifestyle**

Jake **always eats vegetables**

1 Lifestyles

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C Write about each photo. Use the words to ask questions and give answers.



Jamal / after school / usually // always

Q: Does Jamal usually ride his bike after school?

A: Jamal always rides his bike after school.

1. Mona's little brother / usually / in the afternoon // sometimes

Q: Does Mona's little brother usually watch TV in the afternoon?

A: Mona's little brother sometimes watches TV in the afternoon.

2. Sabah and her friends / usually / on Thursday // often

Q: Do Sabah and her friends usually go shopping on Thursday?

A: They often go shopping on Thursday.

3. George / usually / on Saturday // occasionally

Q: Does George usually play football on Saturday?

A: George occasionally plays football on Saturday.

D Write about yourself. Answer the questions. Use adverbs/expressions of frequency.

1. Do you usually sleep late on the weekend?

Yes, I always sleep late on the weekend.

2. Do you generally do your homework in the afternoon?

No, I often do my homework in the evening.

3. Do you sometimes watch TV with your family?

Yes, I usually watch TV with my family.

4. Do you often chat online with your friends?

No, I never chat online with my friends.



E Read the chart. Ask and answer a question about each person. Use **How many...? / How much...? / How long...?**

	watch TV	drink soda	exercise	chat online
Hussain	5 hours a week	1 can a day	2 hours a day	3 hours a night
Faris	1 hour a week	3 cans a day	2 hours a week	2 hours a day
Ismail	2 hours a day	2 cans a week	7 days a week	1 hour a day
Noura	3 hours a night	2 liters a month	2 days a week	2 hours a week
Fadwa	1 hour a day	1 liter a week	3 hours a week	6 hours a week
You	2 hours a day	1 can a day	2 days a week	1 hour a day



Hussain / watch TV

Q: How many hours a week does Hussain watch TV?

A: He watches TV 5 hours a week.

1. Faris / drink soda

Q: **How many cans a day does Faris drink ?**

A: **He drinks 3 cans a day**

2. Ismail / exercise

Q: **How many days a week does Ismail exercise ?**

A: **He exercises 7 days a week**

3. Noura / watch TV

Q: **How many hours a day does Noura watch TV ?**

A: **She watches TV one hour a day**

4. Fadwa / chat online

Q: **How many hours a week does Fadwa chat online?**

A: **She chats online 6 hours a week**

5. you / watch TV

Q: **How many hours a week do you watch TV?**

A: **I watch TV 2 hours a day**

6. you / drink sodas

Q: **How many cans a day do you drink ?**

A: **I drink 1 can a day**

7. you / exercise

Q: **How many days a week do you exercise ?**

A: **I exercise 2 days a week**

8. you / chat online

Q: **How many hours a week do you chat online?**

A: **I chats online 1 hour a week**

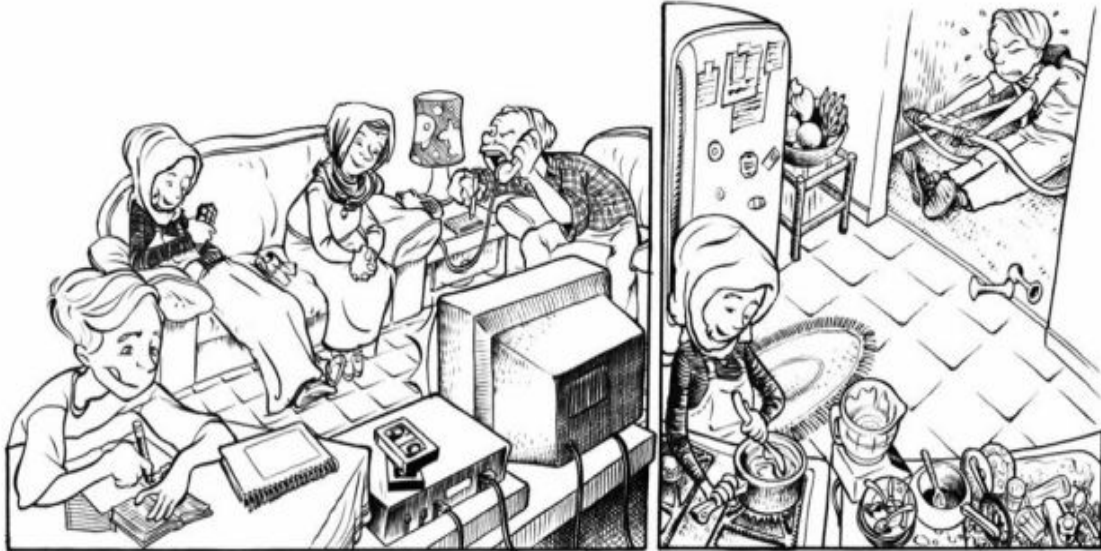
1 Lifestyles

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- F** Complete each sentence with the verb in parentheses. Then rewrite each sentence. Use an adverb of frequency.



Steve does (do) his homework every day.

He always does his homework.

1. Mr. Lewis talks (talk) to his boss on the phone in the evening five times a week.

He usually talks to his boss on the phone in the evening

2. Mrs. Lewis watches (watch) TV about once a week.

She seldom watches TV

3. Sarah eats (eat) chocolate morning, noon, and night.

She eats chocolate all the time

4. Sarah makes (make) dinner once a month.

She rarely makes dinner

5. Steve works out (work out) four times a week.

He usually works out

6. Steve doesn't do (not do) the dishes. It's not his job.

He never does the dishes

**Are You Addicted to Shopping?**

Do you love to shop?

Do you shop several times a week?

Do you buy things you don't need just because you have to buy something?

Do you ever spend money you don't really have?

Do you sometimes borrow money for shopping?

Are you a shopping addict? That means you can't stop shopping.

Take this test and find out. Circle **yes** or **no**.

- | | | |
|--|--------------------------------------|-------------------------------------|
| 1. Do you think about shopping a lot? | <input checked="" type="radio"/> yes | <input type="radio"/> no |
| 2. Do you feel excited and happy when you are shopping? | <input checked="" type="radio"/> yes | <input type="radio"/> no |
| 3. Are you always planning your next shopping trip? | <input checked="" type="radio"/> yes | <input type="radio"/> no |
| 4. Do you feel nervous when you can't go shopping? | <input type="radio"/> yes | <input checked="" type="radio"/> no |
| 5. Do you go shopping when you are depressed or unhappy? | <input checked="" type="radio"/> yes | <input type="radio"/> no |
| 6. Do you go shopping at least once a day? | <input type="radio"/> yes | <input checked="" type="radio"/> no |
| 7. Do you sometimes buy things you don't need? | <input type="radio"/> yes | <input checked="" type="radio"/> no |
| 8. Do you spend a lot more money than you have? | <input type="radio"/> yes | <input checked="" type="radio"/> no |
| 9. Do you lose track of how much money you spend? | <input checked="" type="radio"/> yes | <input type="radio"/> no |
| 10. Do you say you spend less money than you really spent? | <input type="radio"/> yes | <input checked="" type="radio"/> no |
| 11. Do you want to spend less time shopping? | <input type="radio"/> yes | <input checked="" type="radio"/> no |

Did you answer **yes** to five or more questions?

You may be a shopping addict. What can you do? You can ask for help from friends.

You can get counseling. Shopping shouldn't control you. You should control shopping.

Answer these questions.

1. What are three things that shopping addicts do?

They feel nervous when they can't go shopping – they spend a lot of money than they really spend – they buy things they don't need

2. What are two things shopping addicts can do to change their shopping habit?

They can spend less money than they really spend _____
They can spend less time shopping _____

1 Lifestyles

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H Complete the chart with your information. How many hours a week do you spend on each activity? Which things are habits for you? Which things are addictions?



	Talking on the phone	Going shopping	Going online	Watching TV	Your idea:
Hours per week:	½ hour a day	2 an hour a week	1 an hour a day	3 an hour a day	
How important is it to you? • important • very important • not important	<input type="checkbox"/> <input type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input checked="" type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>

WRITING

Now write a paragraph about your activities. How often and how long do you do them? Which are important? Which are not important? Which are habits? Which are addictions? What can you do to change them?

Habit or Addiction?

I do many activities every week. Talking on the phone is not important for me, I can't stand it. I rarely talk to my friends on the phone. But I like shopping and going online. They are important habits for me. I spend 2 hours a week going shopping. I also go on line for an hour every day. On the other hand, watching TV is very important for me. I watch TV at least 3 hours a day. It's an addiction for me. I really should watch TV less than I usually do.

2 Life Stories

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A Unscramble the letters and write the words on the correct announcement.

arptnes	liccin	niodontas	doorn
snwit	dolob	wnernbos	ntfain

clinic

blood

donations

donor

HEART-TO-HEART



Give the gift of life

parents

twins

newborns

infant

B Complete the stories. Use the words from **A**.



1. In just two days, over 300 people came to give **blood** at the Heart-to-Heart Mobile **clinic** in Lakeside County. Local businessmen and shoppers were happy to volunteer to help others in need. Some people donated blood for the first time and said they planned to do it again. One **donor** told doctors that it was his 50th time giving blood. The **donations** will go to hospitals around the country and will save many lives.

2. My aunt and uncle are new **parents**! They have two little **newborns**. They're so small! It's hard to imagine that I was that little when I was an **infant**! The other really cool thing is that my two new little cousins look exactly the same. Why? Because they're **twins**.



2 Life Stories

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C Complete the story. Use the simple past tense of the verbs in parentheses.



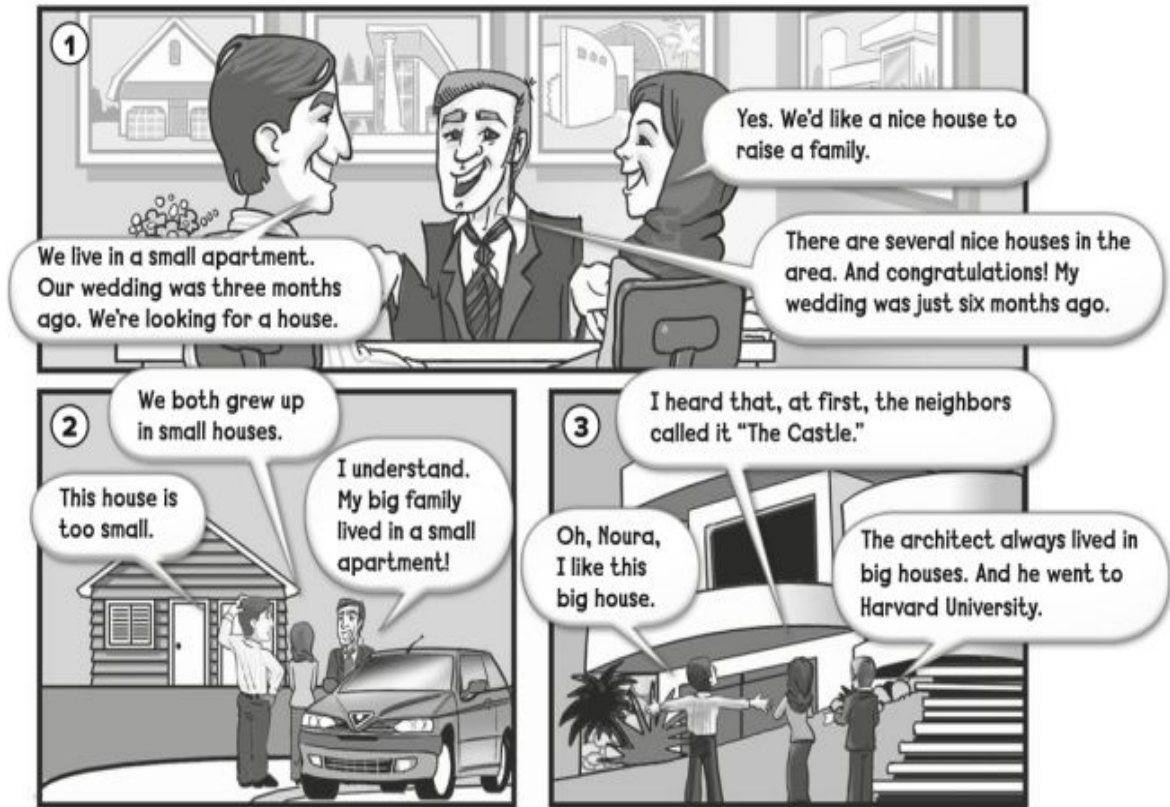
Roger and Paul (1) (be) **were** neighbors when they (2) (be) **were** children. They (3) (grow up) **grew up** together. They (4) (play) **played** sports and (5) (study) **studied** together. They even (6) (go) **went** to the same college. After college, Paul (7) (get) **got** a job with an international bank in Paris and (8) (leave) **left** the country. At first, he (9) (not like) **didn't like** his job because there (10) (be) **was** a lot of travel. He also (11) (miss) **missed** his family a lot. After several years, he (12) (want) **wanted** to move back home and get a new job. Roger (13) (go) **went** back home after college. He immediately (14) (take) **took** a job at the city library. At first, he (15) (not be) **wasn't** happy, but his parents (16) (need) **needed** him at home, so he (17) (stay) **stayed**. Last year, he (18) (start) **started** to think about a new job and life. He (19) (want) **wanted** to travel and see the world. Then six months ago, Paul (20) (move) **moved** back home. A week later, he (21) (see) **saw** Roger in the park. Yesterday, they (22) (go) **went** into business together and (23) (open) **opened** their own travel agency!

D Answer the questions about the story in C.

1. What did Paul and Roger do when they were young?
They played sport and studied together
2. What did Paul think about his job at first?
He didn't like his job because there was a lot of travel
3. Where did Roger work after college?
He took a job at the city library
4. Where did Paul see Roger after he moved back home?
He saw him in the park



E Noura and Saeed want to buy a house. Mr. Smith is their real estate agent. Complete the sentences below the pictures. Use expressions with the passive in the affirmative and the negative.



Picture 1

- Noura and Saeed **were married** three months ago.
- Noura and Saeed **weren't married** six months ago.
- Mr. Adel **was married** six months ago.

Picture 2

- Noura and Saeed **were raised** in small houses.
- Mr. Adel **wasn't raised** in a small house.
- Mr. Adel **was raised** in a small apartment.

Picture 3

- The architect **was educated** at Harvard University.
- The architect **was raised** in big houses.
- The house **was called** "The Castle."

2 Life Stories

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F Read the information. Complete the conversation. Use **used to** and **didn't use to**.

How Television Has Changed



The 1940s

- TVs have small, round screens.
- Many families eat dinner in front of the TV.
- TVs show only black and white pictures.

The 1950s

- People in big cities get four or five TV stations.
- Cable TV brings big-city TV to some country areas.
- The remote control is invented.

Omar: Did you know that some TVs (1) **used to** have round screens?

Yahya: Yes, I did. And a lot of families (2) **used to** eat dinner in front of the TV every night.

Omar: I know. And there (3) **didn't use to** be very many TV stations.

Yahya: Right. And before 1950, people in country areas (4) **didn't use to** have TV at all!

Omar: They probably (5) **used to** have boring evenings with no TV.

Yahya: Maybe. They probably (6) **used to** go to bed early.

Omar: Can you believe that TVs (7) **didn't use to** have color pictures? Everything was in black and white.

Yahya: Isn't that crazy? And people (8) **used to** stand up and walk over to the TV to change channels. No remote control!

Omar: I'm glad I didn't live back then!

G Read the answers. Write questions.

Q: *Where did Ali use to live?* _____

A: Ali used to live in the country.

1. **Q:** **What did Fahd use to do after school?** _____

A: Fahd used to play football after school.

2. **Q:** **Did Farah use to take the bus to school?** _____

A: Yes, Farah did. She used to take the bus to school.

3. **Q:** **How often did they use to go to the mall?** _____

A: They used to go to the mall every Thursday evening.

4. **Q:** **Did you use to go to bed early every night?** _____

A: No, I didn't. I used to stay up really late every night.

**H READING****Prince William of Britain**

Prince William is the grandson of Queen Elizabeth II of Britain. He was born in London, England, on June 21, 1982. He is the elder son of Charles and the late Lady Diana, Prince and Princess of Wales. He has one younger brother named Harry.

William was educated at private schools in England. He attended one of the oldest high schools in England, Eton College. At Eton, he was captain of the football team and took up water polo. After graduation, William took a gap year, during which he trained with the British Army, traveled in Africa, and taught children in a small town in Chile.

He returned in 2001 and enrolled at one of the oldest universities in Scotland. He began studies in art history, but later changed his main subject to geography. William went on to earn a Master's degree—the best degree of any heir to the throne of Britain. He then decided to follow a military career and trained at the Royal Military Academy in 2006. He served in the Armed Forces with his brother, and two years later he earned his pilot wings. In 2009, he transferred to the Royal Air Force for helicopter training. He later served as a pilot in the Search and Rescue Force.

Prince William now makes public appearances and performs his many royal duties—among which he is President of England's Football Association. And, like his mother, the late Lady Diana, he continues to help others by actively supporting many humanitarian causes.



Map of Britain

Number the sentences in the correct order.

- 3 He traveled in Africa and South America.
- 2 Prince William went to Eton College.
- 6 He trained as a pilot.
- 1 Prince William was born in London.
- 5 William and Harry served in the Armed Forces.
- 7 He became a helicopter pilot.
- 4 Prince William graduated from university.



2 Life Stories

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I How is your life different now from when you were seven years old? Complete the chart with your ideas.

When I was seven, I used to:	Now I'm older, and I:
I used to sleep at 8 o'clock	I go to bed at 10 o'clock
I used to watch cartoons	I watch movies and series
I used to play video games	I play basketball with my friends



J WRITING

Now write a paragraph about your life then and now. Write what you used to do and what you do now.

Then and Now

When I was young, I used to do thing that I no longer do now. I used to go to bed early at 8 o'clock. But now I go to bed at 10. I also used to watch cartoons. Now I prefer watching movies, specially adventure movies and science fiction. I used to play video games. But now I love basketball. I play it with my friends after school.

3 When Are You Traveling?

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A Complete the conversations. Use the words in the box.

flight suitcase boarding pass gate baggage carry-on

What time is our
(1) flight
to Riyadh?



It's at 4:30, but I don't see
the (2) gate
number.

Yes, it is. And then I have one
(5) carry-on, too.



Is this (3) suitcase the only
(4) baggage you're going to
check?

Is my seat number on my
(6) boarding pass?



Yes, it is, sir. You'll be
next to a window.

3 When Are You Traveling?

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B Read the customs declaration. Complete the conversation. Use the present progressive.

DEPARTMENT OF THE TREASURY
UNITED STATES CUSTOMS SERVICE
FORM APPROVED
OMB NO. 1515-0041

CUSTOMS DECLARATION
19 CFR 122.27, 148.12, 148.13, 148.110, 148.111

Each arriving traveler or responsible family member must provide the following information (only ONE written declaration per family is required):

1. Name: Hussain Ahmed K
Last First Middle Initial

2. Birth Date: 07/11/72 3. Airline/flight No.: 459
Day / Month / Year

4. Number of family members traveling with you: 1

5. Country of Citizenship: KSA 6. Country of Residence: KSA

7. U.S. Address: 15 State Street, Miami, FL

8. Expected Length of Stay: two weeks

9. The purpose of my trip is or was: Business Personal

10. I am/we are bringing fruits, plants, meats, food, soil, birds, snails, other live animals, farm products; YES NO
or have been on a farm or ranch outside the U.S.

11. I am/we are carrying currency or monetary instruments over \$10,000 U.S., or foreign equivalent. YES NO



Customs Officer: What flight were you on?

Ahmed: I was on Flight 459.

Customs Officer: How many family members are traveling with you?

Ahmed: (1) **One family member is travelling with me.** My son is with me.

Customs Officer: Where are you staying in the United States?

Ahmed: (2) **I'm staying in 15 State Street, Miami, FL.**

Customs Officer: How long are you visiting the United States?

Ahmed: (3) **I'm staying for two weeks** _____.

Customs Officer: Are you bringing any fruits or live plants?

Ahmed: (4) **No, I'm not bringing any fruits or live plants**

Customs Officer: Are you carrying more than \$10,000 cash?

Ahmed: (5) **No, I'm not carrying more than \$ 10,000 cash**

Customs Officer: Are you coming to the United States for business or for pleasure?

Ahmed: (6) **We're coming to the USA for pleasure** _____. We're visiting family.

Customs Officer: Welcome to the United States. Enjoy your stay here.

Ahmed: Thank you!



3 When Are You Traveling?

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C Complete the conversation. Use the information in the chart. Use **going to** for definite plans and **will** for indefinite plans.

Faisal's Weekend Plans

Thursday	Friday	Saturday
Maybe go to the special Antiquities Exhibition 10:00 A.M.–8:00 P.M.	Definitely go to the Al-Janadriyah Cultural Festival 8:00 A.M.–11:00 P.M.	Maybe ride in the bicycle race 10:30 A.M.–12:30 P.M.
Definitely go to the Champions League football game 8:00 P.M.	Definitely watch the camel races 7:00 P.M.	Probably go to the barbecue at Yahya's house 4:00 P.M.–8:00 P.M.

Thursday

Adnan: Hi, Faisal. What are you doing?

Faisal: I'm making plans for the weekend. Maybe I (1) go **will go** to the special Antiquities Exhibition on Thursday afternoon.

Adnan: That's going to be interesting! Are you going to stay all afternoon?

Faisal: No. I (2) stay **will** probably (stay) stay for an hour or two. Do you want to go?

Adnan: Sure! And I definitely (3) go **am going to go** to the Champions League football game at 8:00.

Faisal: Me, too. Let's get there at 6:00.

Adnan: Fine. We (4) be **will** probably (be) be the first people there.

Faisal: That's OK. We (5) find **'re going to find** great seats for sure!

Friday

Faisal: Are you going to go to the Al-Janadriyah Cultural Festival on Friday?

Adnan: You bet! I (6) spend **am going to spend** the whole afternoon there. It's (7) be **going to be** lots of fun!

Faisal: I (8) get **am going to get** there early in the morning, and I (9) leave **will** probably (leave) leave at 4:00.

Adnan: Then what are you going to do?

Faisal: I (10) watch **am going to watch** the camel races at 7:00.

D Write a conversation between Faisal and Adnan about Faisal's Saturday plans.

Adnan: What are you going to do on Saturday morning?

Faisal: Maybe I'll ride in the bicycle race.

Adnan: How long will the race last for?

Faisal: It will last from 10:30 a.m. to 12:30 p.m.

Adnan: What are you going to do on Saturday afternoon?

Faisal: I'll probably go to the barbeque at Yahya's house.

3 When Are You Traveling?

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E Complete the answers to the questions with infinitives of purpose. Use the information in the photos for your answers. Use the verbs in the box.

finish

visit

go surfing

work out

catch

buy



Q: Why is your father going to the train station?

A: He's going to the train station to catch a train.

1. Q: Why is he staying up late?

A: He's staying up late to finish his homework.



2. Q: Why are they online?

A: They are online to buy their tickets.



3. Q: Why are they flying to California?

A: They are flying to California to visit their grandparents.

4. Q: Why is he going to Mexico?

A: He's going to Mexico to go surfing

5. Q: Why is he going to the gym after school?

A: He's going to the gym after school to work out

F Write three sentences. Tell where you will probably go next week. Use infinitives of purpose.

I I will probably go to the mall to buy a new pair of shoes.

1. I will probably go to the park to ride my bike

2. I will probably go to the mounting to hang out with my friends

3. I will probably go to the cinema to watch a film

**G READING****GUIDE TO NIAGARA FALLS****Things to Do**

There is a lot for the whole family to do in Niagara Falls. A helicopter ride provides a wonderful view of both the American falls and the Canadian falls. During the ride, you can take great pictures to show your friends back home. A favorite with all the tourists is the Journey Behind the Falls. You'll put on a raincoat, take an elevator, and get out at the bottom of the falls. From there, you'll see, hear, and feel the excitement as the water crashes down from the height of a twenty-story building. It's an unforgettable experience!

**Places to Stay***The Broadview Hotel*

Many visitors want to stay at the Broadview. The rooms are small, but the views of the falls are wonderful. The hotel restaurant is good, but very fancy. You'll have to wear your best clothes. The Broadview is expensive, but its guests receive very special treatment. And for your information, the hotel doesn't have a pool, but it has excellent workout facilities for people who like to exercise.

Martin's Motel

Martin's Motel is a really friendly place. When you check in, Martin shows you to your room. The rooms aren't fancy, but they're large and they have cable TV. There is an outdoor swimming pool and a game room especially for children. It's just a 15-minute walk to the falls. And if you're hungry, you can eat at the diner next door. The food is good and cheap, and the diner is open 24 hours a day. You won't have to dress up to eat there. Families that stay at Martin's always have a good time.

Write **T** for **True** or **F** for **False**.

1. **T** Visitors wear raincoats to go behind the falls.
2. **F** You can't take pictures on the helicopter ride.
3. **F** The Broadview Hotel has a pool.
4. **T** The Broadview Hotel has wonderful views of the falls.
5. **T** Martin's Motel is close to the falls.
6. **F** You have to wear a suit or dress to eat at the diner next to Martin's Motel.

H Answer these questions about the reading.

1. You can stay at the Broadview Hotel or Martin's Motel. Where will you probably stay? Why?
I'll probably stay at Martin's Motel because it's close to the falls
2. You can take the helicopter ride or the Journey Behind the Falls trip. Which will you probably take? Why?
I'll probably take the journey behind the Falls trip because it's more exciting

3 When Are You Traveling?

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I You are talking to a travel agent. You're telling the travel agent about the trip you want to take. Complete the travel agent's notes from your conversation.

1. Where do you want to go? **I want to go to America**
2. What are you going to do while you're there? **I'm going to visit Niagara Falls**
3. When are you going to leave? **I'm going to leave in October**
4. How long are you going to stay? **I'm going to stay for two weeks**
5. What airport do you want to leave from? **I want to leave from King Khalid International airport**
6. Who is going with you? **My family is going with me**
7. What kind of hotel do you want to stay at? **I want to stay at a cheap hotel**
8. What sights do you want to see? **I want to see natural sights**

J WRITING

Now write a paragraph about your trip. Use the information from the travel agent's form above.

My Trip

I want to go to America for Vacation. I'm going to visit Niagara Falls. I'm going to leave in October and stay there for two weeks. I want to leave from King Khalid Airport in Riyadh. My family is going with me. I want to stay at a cheap hotel. I want to visit natural sights.

4 What Do I Need to Buy?

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A Write the name of each food.



1. **pepper**



6. **sausages**



2. **shrimps**



7. **carrots**



3. **chicken**



8. **crab**



4. **pineapple**



9. **cheese**



5. **yogurt**



10. **strawberries**

B Complete the chart with the words from **A**.

Meat	Seafood	Dairy	Fruit	Vegetables
sausages	shrimps	yogurt	strawberries	carrots
chicken	crab	cheese	pineapple	pepper

4 What Do I Need to Buy?

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C Complete the story. Use **a few**, **a little**, and **a lot of**.

Badria started a new diet called the Fat Flush Program. This is what she told me about it:

"At first, I didn't understand the diet because there were (1) **a lot of** rules—about three pages of them! For example, you have to take 1 tablespoon of oil twice a day. That's not (2) **a lot of** oil, but it helps you lose weight for some reason. You need to drink (3) **a little** lemon juice (about a tablespoon) in water twice a day.

Fruits are part of the diet. You can have (4) **a few** pieces of fruit—one, two, or three pieces—every day. You can eat (5) **a lot of** different vegetables. In fact, you can eat all the vegetables you want, including beans, broccoli, cucumbers, onions, and 25 more. But you can only have (6) **a few** spices. They cause problems with this diet. You need to drink (7) **a lot of** water—at least eight glasses a day! I don't know if I can do that all the time. You can't eat (8) **a lot of** meat—only 225 grams once a day. But that doesn't bother me. I usually eat only (9) **a little** meat anyway. There are only (10) **a few** things on the diet that I never eat—actually just two things—lamb and tomatoes. And they encourage you to get (11) **a little** exercise, but not too much. All in all, I think it's a good program."

D Rewrite each false sentence about the story from **C**. Make each one true. Use **much** and **many**.

? Badria takes a lot of oil each day.

She doesn't take much oil each day.

1. Badria drinks a lot of lemon juice in water.

She doesn't drink much lemon juice in water

2. Badria can eat a few vegetables on the diet.

She can eat many vegetables on the diet

3. She can use a lot of spices.

She can't use many spices

E Write about what you eat or drink **a lot of** and what you don't eat or drink **enough** of.

? *I eat a lot of ice cream, but I don't eat enough yogurt.*

1. **I eat a lot of fruit, but I don't eat enough vegetables**

2. **I drink a lot of milk, but I don't drink enough milk**

3. **I eat a lot of chicken, but I don't eat enough fish**



F Read the recipe. Write questions and answers about it. Use **how much** and **how many**.

Mushroom and Cheese Omelet

- Cut 6 mushrooms into small pieces.
- Chop a piece of 1 onion.
- Cut up $\frac{1}{4}$ cup of cheddar cheese.
- Whip 3 eggs in a bowl.
- Add a little salt and pepper to the eggs.
- Melt 1 tablespoon of butter in a frying pan.
- Pour the ingredients into the frying pan and cook for 3 minutes.



I you / need / eggs

Q: How many eggs do you need?

A: I need three eggs.

1. you / use / butter

Q: **How much butter do you use?**

A: **I use one table spoon of butter**

2. you / add / salt

Q: **How much salt do you add?**

A: **I add a little salt**

3. you / cut up / mushrooms

Q: **How many mushrooms do you cut up?**

A: **I cut up six mushrooms**

4. you / cut up / cheese

Q: **How much cheese do you cut up?**

A: **I cut up $\frac{1}{4}$ cup of cheese**

5. you / use / onions

Q: **How many onions do you use?**

A: **I use one onion**

G Complete the sentences. Use **something**, **anything**, and **nothing**.

1. We eat a lot of food at my house. We always need **something** from the supermarket.

2. Are you hungry? Go to the kitchen. There's **something** in the refrigerator for you to eat.

3. What a delicious lunch! But don't you have **anything** to drink with it?

4. I love fresh fruit. In fact, there's **nothing** better than a good piece of watermelon on a hot summer day!

5. I'm so hungry. I haven't eaten **anything** all day!

6. **Badr:** Do you like pizza?

Fahd: No, I don't. I don't like **anything** with cheese.

7. I can't make this recipe for dinner. I have absolutely **nothing** that it calls for.

8. I'm going to buy some food at the supermarket. Can I get you **something**, too?



4 What Do I Need to Buy?

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H Look at the recipe for fruit salad. Rewrite the recipe in the correct order.

Fruit Salad

- Mix well and put the bowl in the refrigerator for three hours.
- Cut up 1 pineapple, 1 cup of strawberries, 2 oranges, and 1 cup of apples.
- Add $\frac{1}{2}$ cup of sugar and $\frac{1}{4}$ cup of lemon juice.
- Put the fruit in a large bowl.



Fruit Salad

Cut up 1 pineapple, 1 cup of strawberries, 2 oranges, and 1 cup of apples.

Put the fruit in a large bowl.

Add $\frac{1}{2}$ cup of sugar and $\frac{1}{4}$ cup of lemon juice.

Mix well and put the bowl in the refrigerator for three hours.

I Now rewrite the recipe. Use the sequence words in the box.

after that finally first then

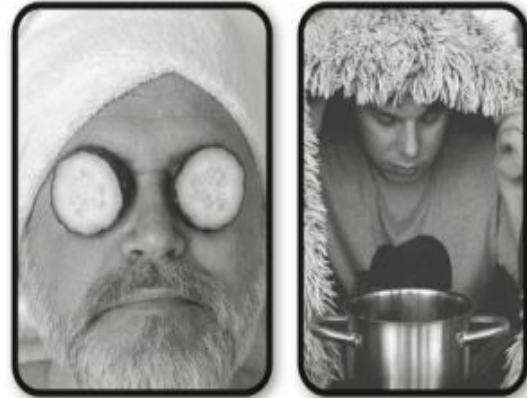
1. **First cut up 1 pineapple, 1 cup of strawberries, 2 oranges, and 1 cup of apples.**
2. **Then put the fruit in a large bowl.**
3. **After that add $\frac{1}{2}$ cup of sugar and $\frac{1}{4}$ cup of lemon juice.**
4. **Finally mix well and put the bowl in the refrigerator for three hours.**



J READING

Food Is Not Just for Food

Do you like bananas on cereal, roasted garlic, or cucumbers in salad? Believe it or not, each of these foods is also a medicine. Thousands of years ago people started using foods to cure everyday health problems. Today, people still use many of these foods as medicines. Each culture has its own favorite food remedies. Here is a short list of illnesses and some of the foods people use to cure them.



Headaches

- Peel several very ripe bananas. Wrap the peels in two different pieces of cloth. Place one over the back of your neck and the other on your forehead.
- Peel a large lemon. Rub the skin of the lemons on your forehead. Then put the pieces in a cloth and place it on your forehead. The pain will stop.

Tired, Red Eyes

- Peel and slice up a very ripe apple. Let the fruit get brown. Place the pieces on your closed eyes. Leave them on for at least half an hour.
- Place thin slices of cucumber over your closed eyes and lie quietly for a few minutes.

A Cold

- Put two cloves of crushed garlic in a bowl of boiling water. Add one tablespoon of vinegar. Cover your head and the bowl with a towel. Breathe in the warm vapors.
- Soak a piece of brown paper in vinegar. Shake pepper on one side. Place the peppered side of the paper on your chest. Leave it there all night, if possible.

Have you ever heard of any of these remedies? Most people in the medical profession say that there is little research to prove any positive results from these old food remedies.

Complete the sentences. Use the information in the reading.

1. People eat food. Some people use food as **medicines**.
2. To take away a **headache**, you can use ripe bananas.
3. Some people use ripe **apples** to make their eyes feel better.
4. Cucumber slices can help your **eyes**.
5. Some people say garlic and **vinegar** will make a cold go away.

4 What Do I Need to Buy?

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K What is your favorite meal? Make a shopping list for it. Complete the chart below with all the different food items for the meal. Then think about the supermarket you'll go to. Where are the different food items in that supermarket? Use a number to show the order in which you will buy the food at your supermarket.

Favorite Meal: _____

Food Group	Food Items	Shopping Trip Order
Meat / Seafood	beef	4
Breads and Grains	Burger bread	2
Vegetables	Tomatoes, potatoes, onion and lettuce	3
Fruits	oranges	5
Dairy Products	cheese	1
Other		



L WRITING

Now write a paragraph about your shopping trip at your supermarket. Use the information from your shopping list above. Use sequence words like **first**, **then**, **after that**, and **finally**.

My Shopping Trip

I'll go to the supermarket to buy some food for my favorite meal. I'll make cheeseburger sandwiches with some orange juice. First, I'll buy cheese from the dairy department. Then I'll buy burger bread. After that I'll buy some tomatoes, potatoes, onions and lettuce from the vegetable department. Then I'll buy beef. Finally I'll buy some oranges to make the juice.

EXPANSION Units 1 – 4

وزارة التعليم

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A Write questions and answers. Use **always**, **usually**, **sometimes**, **seldom**, or **never** in your answers.



How often / you / eat / sandwiches / for lunch

Q: How often do you eat sandwiches for lunch?

A: I usually eat sandwiches for lunch.

1. How often / you / walk / school

Q: **How often do you walk to school?**

A: **I never walk to school**

2. How often / you / watch / TV

Q: **How often do you watch TV?**

A: **I sometimes watch TV**

3. How often / you / clean / your room

Q: **How often do you clean your room?**

A: **I usually clean my room**

4. How often / you / go / to the mall

Q: **How often do you go to the mall?**

A: **I sometime go to the mall**

5. How often / you / do / your homework

Q: **How often do you do your homework?**

A: **I always do my homework?**

B Write the question for each answer. Use the simple past tense.



Q: Where did your uncle live?

1. Q: Where did your uncle live?

A: My uncle lived in New York.

2. Q: **What did Amal do yesterday evening?**

A: Amal watched TV yesterday evening.

3. Q: **What did Hussain wear to the job interview?**

A: Hussain wore a suit and tie to the job interview.

4. Q: **Where did they sleep?**

A: They slept on the airplane.

5. Q: **Where did your brother went to collage?**

A: My brother went to college in Jeddah.

6. Q: **Where did Ali and his family stay when they went to the beach**

A: Ali and his family stayed in a hotel last year when they went to the beach.

EXPANSION Units 1 – 4

وزارة التعليم

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C Complete each sentence. Use the simple past tense.

1. They're not going to play basketball tonight, but they **played** basketball last night.
2. I am not meeting my friend for lunch today. I **met** my friend for lunch yesterday.
3. She doesn't usually get sick, but she **got** sick last week. She had a cold.
4. He doesn't usually study on weekends, but he **studied** this past weekend.
5. We don't usually grow tomatoes in my garden, but we **grew** some this past summer.
6. He usually goes skiing on vacation, but he **went** surfing last month on vacation.
7. I don't usually make mistakes on my math homework, but I **made** three mistakes on my homework yesterday.
8. I don't usually have to do the dishes, but I **had to** to do them last night.
9. My friend and I didn't go shopping yesterday, but we **went** every day last week.
10. My father didn't drive me to school this morning, but he **drove** me to school yesterday.

D Write questions and answers. Use **used to**.

Khalil played basketball.

Q: What did Khalil use to play?

A: Khalil used to play basketball.

1. Ibrahim ate a lot of fast food.

Q: **What did Ibrahim use to eat?**

A: **Ibrahim used to eat a lot of fast food**

2. They studied English.

Q: **What did they use to study?**

A: **They used to study English**

3. Saeed drove his father's car.

Q: **What did Saeed use to drive?**

A: **Saeed used to drive his father's car**

4. My brother and I drank milk every morning before school.

Q: **What did you and your brother use to drink every morning before school?**

A: **My brother and I used to drink milk**

EXPANSION Units 1 – 4

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E Write sentences about you, your family, or your friends.

be born

I was born in Jizan on January 23, 1997.

1. be married

My dad and mum were married on August 20, 2007

2. be raised

I was raised in a big house

3. be called

When I was a child I was called Mody

4. be educated

My dad was educated in England

F Look at the picture. Write about Robert's plans for the day with his friend. Use the present progressive.



Robert is going to the bus station today.

1. **His friend is arriving at 10 A.M.**

2. **Robert is meeting his friend today**

3. **Robert and his friend are going to the museum after that**

4. **They are having lunch in the afternoon**

5. **His friend is leaving at 4 P.m.**

EXPANSION Units 1 – 4

وزارة التعليم

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G Complete the sentences. Use **be going to** or **will**.

1. I'm not sure. I **will** probably **fly** (fly) to Ankara tomorrow.
2. My plans are definite. I **am going to go** (go) to the mall with my friend tonight.
3. She isn't sure. She **will** probably **leave** (leave) in the afternoon.
4. He didn't make definite plans. He **will** probably **see** (see) his uncle next week.
5. They didn't tell me their final plans. They **will** probably **arrive** (arrive) tomorrow morning.
6. I checked the schedule. The train **is going to leave** (leave) at 7:30 tomorrow morning.

H Look at the photo of Jeff. Write sentences about what he is going to do.
Write sentences about what he will probably do.

1. What is Jeff going to do?

He's going to travel

He's going to take a taxi

2. What will Jeff probably do?

He will probably travel by plane

He will probably take a train



EXPANSION Units 1 – 4

وزارة التعليم

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- I** What do you and your family conserve at home? How do you conserve at home? Complete the chart below.

Conservation at Home

What we conserve	How we conserve	How we will probably conserve
Electricity	turn off lights	watch less TV
Water	use less water	not wash the family car
Other recycling	Reuse things	use plastic bottles for growing plants

J WRITING

Write a paragraph to tell how you conserve at home and what you will probably do to conserve in the future.

Conservation at Home

My family and I conserve resources like water and electricity at home. For example we turn off lights after leaving rooms. My family also suggest to watch less TV. We'll probably do that. We also conserve water by using the least possible amount of water in daily activities. My father won't probably wash his car. Another points is recycling. We make sure to we use things instead of throwing them in trash. So my mum will probably use plastic containers and bottles for growing plants. These ideas are great to conserve resources.

EXPANSION Units 1 – 4

وزارة التعليم

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K Complete the sentences. Use expressions of quantity. Sometimes more than one answer is possible.

1. I'm on a diet, so I only eat **a little** ice cream.
2. I don't use **much/any** salt. I really don't like it.
3. Did you get **enough/any** pineapple? If you want more, I have another one in the refrigerator.
4. I only eat **a few** eggs each week. I don't think they are really good for my heart.
5. **How many** papayas did you buy at the market?
6. Wow! That's hot! Did you put **a lot of** pepper in the soup?
7. **How much** butter are you going to put on your potato?
8. I don't like this restaurant's menu. There aren't **many/any** appetizers on it.

L Complete the conversation. Use *something*, *anything*, and *nothing*.

Hanan: I'm going to the supermarket. Can I get you (1) **something**?

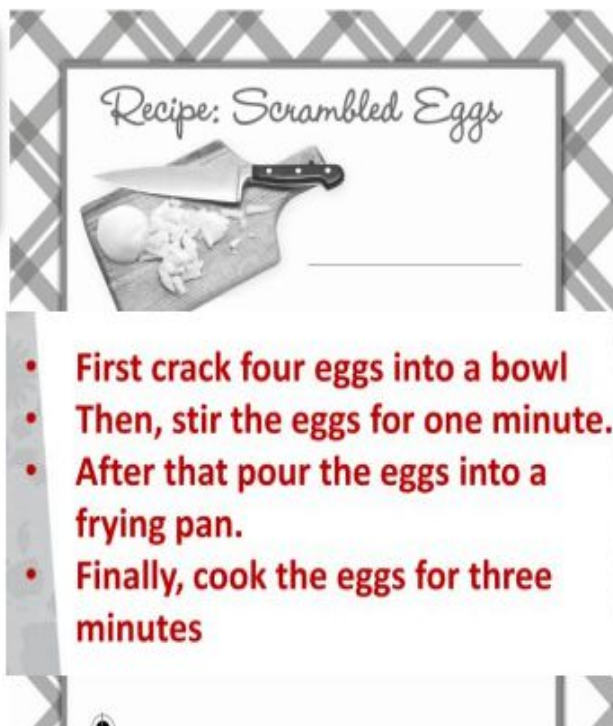
Maha: No, thank you. I don't want (2) **anything**. I went shopping yesterday.

Hanan: I went to the supermarket yesterday, too! But I have (3) **nothing** for dinner inner this evening.

Maha: Oh, no! I don't have (4) **anything** for dinner either! Can you pick (5) **something** up for me?

M Write a recipe. Put the expressions from the list in the correct order and use sequence words in your sentences.

- stir the eggs for one minute
- pour the eggs into a frying pan
- crack four eggs into a bowl
- cook the eggs for three minutes



Recipe: Scrambled Eggs

- **First crack four eggs into a bowl**
- **Then, stir the eggs for one minute.**
- **After that pour the eggs into a frying pan.**
- **Finally, cook the eggs for three minutes**