

























Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 4	Example from Reading 1 page 5 & 6
career 	<i>n.</i>	مهنة	a job that you learn to do and then do for many years	He had a 30-year career as a doctor at City Hospital.	The Winter Hill Career Center can help you choose a career!
plan 	<i>v.</i>	يخطط	to decide what you are going to do and how	We always plan our August vacation in June. We decide where to go.	Visit us to plan your career.
success 	<i>n.</i>	نجاح / توفيق	getting what you want; doing well	I wish you success in your new job.	Happy workers have more success .
skill 	<i>n.</i>	مهارة	something you do well	Good doctors have the skill to help sick people.	What kind of work do you want? What are your skills ?
match 	<i>v.</i>	يلانم / ينسجم مع / يوافق بين	to put together two things that belong together	The job center tries to match people and jobs so people are happy in their jobs.	We can help you find work that matches your skills and interests.
solve 	<i>v.</i>	يحل	to find the answer to a problem	It is a difficult problem. I cannot solve it.	I like to solve problems.
creative	<i>adj.</i>	مُبدع / مُبتكر	having a lot of new ideas	They have new ideas all the time. They are very creative .	I am creative .
decision 	<i>n.</i>	قرار	a choice that you make after thinking	I have a difficult decision . Do I get a job or go to college?	I make decisions easily.







Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 9	Example from Reading 2 page 10 & 11
company 	<i>n.</i>	شركة	a group of people who work together to make or sell things	I work for a small company. There are four people in our office.	A company asks me to plan a website.
customer 	<i>n.</i>	زبون	a person who buys things or services	The customer asked the sales assistant many questions.	I help customers make decisions about what to buy.
event 	<i>n.</i>	حَدَث / مناسبة	something important or unusual that happens	The most important event of the year is the company's awards ceremony.	I'm an event planner.
flexible	<i>adj.</i>	مَرِن / قابل للتغير	able to change easily	This job is different every day. That's why we need flexible people.	Also, I have flexible hours. I work when I want.
product 	<i>n.</i>	مُنْتَج	something people make to sell	The new product is great. Everyone is buying it!	I explain our products.
regular 	<i>adj.</i>	منتظم / دوري	happening again and again in the same way	My hours are regular. I always work from 8 a.m. to 5 p.m. from Sunday through Thursday.	I like the regular hours.
result 	<i>n.</i>	نتيجة	something that happens because of something else	Her success is the result of many years of hard work.	Also, I see the results of my work with every event.







Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 22	Example from Reading 1 page 23 & 24
celebrate 	v.	يحتفل ب	to do something special on an important day	We celebrate the new year with special food and fireworks.	In the winter, you can celebrate Chinese New Year.
international 	adj.	دولي	between different countries	People from many different countries live and work in Dubai. It is an international city.	There are many international sights, sounds, and foods in London.
market 	n.	سوق	a place where people go to buy and sell things, usually outside	Many people buy vegetables and fruits at their local market.	At food markets, you can buy vegetables and fruits from all over the world.
million 	number / n.	مليون	1,000,000	Riyadh is a large city. About 4 million people live there.	The population of the city of London is about 8 million.
neighborhood	n.	حي سكني / أهل الحي	a part of a town or city; the people who live there	I want to live in this neighborhood. The houses and schools are very nice.	People from many countries live and work in the neighborhoods of London.
population	n.	عدد السكّان / التعداد السكّاني	the number of people who live in a place	People in this country don't have many children. The population is going down.	The population of the city of London is about 8 million.
sights 	n.	مناظر / معالم / معالم سياحية	interesting places to see	There are many famous sights to see in London, like the Tower of London.	There are many English sights to see in London.


Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 27	Example from Reading 2 page 29 & 30
opportunity 	<i>n.</i>	فرصة	a chance to do something	I'm so excited. I have the opportunity to go to London this year.	There were many job opportunities in England, so I came to London.
lonely 	<i>adj.</i>	وحيد / حاسس بالوحشة	unhappy because you are not with other people	John doesn't have any friends. He is lonely .	I was lonely because my family didn't come with me.
own 	<i>adj.</i>	خاص به	belonging to a particular person	I work in a restaurant now, but I want to have my own restaurant.	Now, I have my own restaurant.
support 	<i>v.</i>	يُعيل / يُساند / يُدعم	to help someone to live by giving them things like money, a home, or food	Children need their parents to support them. They need food, money, love, and many other things.	I support a children's language school in Bangladesh.
several 	<i>adj.</i>	عدة	more than two but not many	One year is not enough. You need several years to make a new life in a new country.	My business is very successful. I have several clothing stores.
community 	<i>n.</i>	جماعة / مجتمع / جالية	a group of people who are together, for example, because they have the same interests or background	Many people from Jamaica live in London. They have a large community there.	In London, I give English classes at my stores for the Bangladeshi community .

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 42	Example from Reading 1 page 43, 44 & 45
produce 	v.	يُصنَع / يُنتَج	to make or grow something	Toys Inc. produces beautiful wooden toys.	Every time an employee gets hurt or sick, we produce less.
employees 	n.	موظَّف	people who work for someone else	There are 36 employees at Toys Inc.	At Toys Inc. we want you to be happy, healthy, and successful employees.
compete	v.	يُتنافَس	to try to do something better than someone else	Toys Inc. competes with many other toy companies.	It will be difficult to compete if we close our doors.
average 	n.	المُعَدَّل / المُتَوَسِّط	the normal or usual amount	They work an average of 50 hours a week.	This year employees used an average of only four vacation days.
improve 	v.	يُحَسِّن / يُحَسِّن	to become better or to make something better	The company president wants to improve employees' experience at work.	Vacations improve the work you do.
likely 	adj.	مُحتمَل / مُتَوَقَّع	expected to happen	She believes employees are likely to work better when they take time to rest and relax.	Tired employees are more likely to have accidents and get hurt.
rest 	v.	يَسْتريح	to relax, to sleep, or to do nothing	She believes employees are likely to work better when they take time to rest and relax.	We know you work hard, I need to leave vacations are the best way for you to rest and relax.
policy	n.	سِياسَة / خِطَة	the plans of a government, organization, or company	The president will write a vacation policy so that more Toys Inc. employees take vacation from work.	Next year we will start a new vacation policy because you need to take your vacations.








Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 50	Example from Reading 2 page 51 & 52
abroad 	adv.	خارج البلاد	to other countries	In the summer I travel abroad to learn new languages and try new experiences.	Several studies show that people who spend their vacations abroad are more creative when they come back home.
attitude 	n.	موقف / سلوك طريقة /	way of thinking	She has a good attitude about work. She believes work is important but it is not everything.	Vacations improve our attitude about our lives, our families, and ourselves.
benefits 	n.	فوائد / منافع	good results	Exercise has many benefits . You lose weight and get healthy.	Read about the benefits of each kind of vacation. Then decide which kind of vacation is best for you.
discover 	v.	يكتشف / يَعلَم	learn about	If you pay attention, you can discover new things every day.	When people spend time in other countries, they discover different ways people live.
positive 	adj.	إيجابي	good	His trip to Turkey was a positive experience. He was happy he went.	When we get back to work, we quickly forget all those positive feelings.
connect 	v.	يرتبط / يتواصل	feel close to	On vacations, I connect with my family. We have fun together.	The busier we are, the more important it is to connect with friends and family on vacation.
reduce 	v.	يُقلِّل	lower	People come back from vacation more relaxed. Vacations reduce stress.	Indeed, regular vacations reduce heart attacks in men by 30% and in women by 50%.










Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 66	Example from Reading 1 page 67 & 68
natural 	adj.	طبيعي / من المتوقع	usual or normal	I think Loughter is natural, just like eating and sleeping.	Laughter is natural for people.
pretend 	v.	يتظاهر / يدعي	to try to make someone believe something that is not true	I don't really like watching soccer, but I pretend to have fun.	It is difficult to pretend to laugh.
honest 	adj.	صادق / أمين	saying what is true	I know it is true because Haya told me. She is an honest person.	Laughter is honest.
nervous 	adj.	قلق / خائف	worried or afraid about what may happen	I always feel nervous when my brother drives. He's not a good driver.	We often laugh when we feel nervous.
embarrassed 	adj.	مُحَرَج / خَجِل	shy or worried about what other people think of you	I don't like to speak in front of the class. I feel embarrassed.	Sometimes we laugh because we feel embarrassed.
surprise 	v.	يُفاجيء / يُدهش / يباغت	to do something that someone does not expect	The news didn't surprise Faris. Someone told him about it earlier.	The end of the joke surprises us.
protect 	v.	يحمي / يقي	to keep someone or something safe	Wear sunglasses to protect your eyes from the sun.	They laugh to protect themselves.

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 72	Example from Reading 2 page 73 & 74
breathe 	<i>v.</i>	يتنفس	to take in and let out air through your nose and mouth	Breathe deeply. It helps you relax.	When you laugh, you breathe deeply.
rate 	<i>n.</i>	معدل	the speed of something or how often something happens	I read at a slow rate . I read only a few words per minute.	When you laugh, your heart rate goes up.
concentrate 	<i>v.</i>	يركّز	to give all your attention to something	She needs quiet to concentrate on her homework.	Norah cannot concentrate .
effect 	<i>n.</i>	أثر / تأثير	a change that happens because of something	Laughter has a good effect on your body and your health.	Laughter quickly reduces the effects of stress on your brain.
prevent 	<i>v.</i>	يمنع	to stop someone from doing something; to stop something from happening	Eating healthy food and getting exercise can prevent many illnesses.	Laughter prevents stress.
increase 	<i>v.</i>	يزيد / يزداد	to cause the amount, level, or number of something to go up	I want more laughter in my life. I want to increase how much I laugh.	Laughter is good for you, and it increases your brain power.
distracted	<i>adj.</i>	مُشوّش / شارد الذهن	not paying attention to something because you are thinking about something else	Turn your phone off so you are not distracted during class time.	Norah is distracted . She is looking at her book, but she is thinking about other things.

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 86	Example from Reading 1 page 87 & 88
popular 	adj.	شعبي / محبوب من الناس	liked by many people	Many people like soccer. It is a popular sport.	The Corinthians are the second most popular team in Brazil.
exciting 	adj.	مثير / شيق	causing you to have strong feelings of happiness or interest	World Cup soccer games are exciting.	I go to lots of Corinthians games because they're fun and exciting.
according to 	prep.	طبقاً لـ / حسب	as someone or something says	According to my friend, the team's new soccer player is really good.	According to statistics, the Corinthians are the favorite team of 15 percent of the Brazilian population.
volume 	n.	مقدار الصوت	the amount of sound that something makes	Please turn down the volume on the TV. It's too loud.	When we watch games on TV, we turn the volume up really loud.
notice 	v.	يلاحظ	to see or pay attention to someone or something	I don't notice what color most teams wear.	People really notice me when I wear it!
familiar 	adj.	مألوف / معروف	that you know well	That man looks familiar. I remember him from somewhere.	Maybe you're not familiar with the Corinthians football club.
fit 	v.	يُناسب / يطابق المقاييس	to be the right size, shape, or type for someone or something	This shirt doesn't fit. Do you have a bigger one?	They don't fit me now, but my son likes them.
fan	n.	مشجع / معجب / نصير	a person who is very enthusiastic about a sport	I am a fan of basketball. I watch all the games.	I'm a huge soccer fan.







Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 93	Example from Reading 2 page 94 & 95
association	<i>n.</i>	رابطة / جمعية	a group of people who join together for a special reason	My friends are part of a big association that buys sport equipment for poor children.	Soon, they formed the Football Association.
disorganized	<i>adj.</i>	غير منظم / مشوش	not planned well	Our practices are usually very disorganized. Our coach doesn't spend much time planning them.	Five hundred years ago in Europe, large disorganized games in the street were common.
form	<i>v.</i>	يُشكّل / يُكوّن	to start a group or an organization	I am trying to form a volleyball team at my school. A few students are already interested in joining.	Soon, they formed the Football Association.
history	<i>n.</i>	تاريخ / أحداث الماضي	things that happened in the past	She's very interested in the history of the Olympic Games. She knows a lot about Olympic sports from many years ago.	Next time you're playing soccer with your friends, remember that you're part of a long history of flood of exciting sport.
invent	<i>v.</i>	يخترع / يبتكر	to make or think of something for the first time	My son and his friends want to invent a new game, but they can't agree on the rules.	Historians aren't sure exactly where or when the sport was invented.
kick	<i>v.</i>	يركل / يرفس	to hit a ball with your feet	In soccer, you can't use your hands. You can only kick the ball.	In China nearly 2,000 years ago, soldiers kicked a ball as part of their exercise.
similar	<i>adj.</i>	مُشابه / مُتّشابه	the same in someways but not all ways	Basketball and handball are similar games.	They organized the different games into one game with similar rules.
tie	<i>n.</i>	تعادل (في اللعب)	when two teams have the same score in a game	The score was 2-2. The game ended up in a tie.	The game ended in a 0-0 tie.

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 108 & 109	Example from Reading 1 page 109 & 110
purpose 	n.	غاية / هدف	the reason for doing something	The purpose of this activity is to learn new words.	Shoppers like products that are made for a special purpose.
trust 	v.	يثق بـ	to believe that someone or something is honest and good and will not hurt you in any way	You can trust her. She will take care of you.	She trusts the product and the brand more.
choose 	v.	يختار	to decide that a person or thing is the one you want	All the candies look delicious. It's hard to choose one.	You may choose one kind of toothpaste.
choices 	n.	خيارات	two or more possibilities to decide between	Cars come in many colors and styles. You have many choices.	The people with a choice of only six jams were 10 times more likely to buy one.
recommend 	v.	يوصي بـ / يَزُكِّي	to tell someone that something or someone is good	They recommend the restaurant. They say it's very good.	Then they can recommend a few products.
reputation 	n.	سُمعة / صيت	what people say or think about someone or something	The company has an excellent reputation. It offers the best quality products.	The company gets many return customers and a good reputation.
research 	v.	يقوم بأبحاث / يدرس	to study something carefully and in detail	We like to know about the food we eat. We research food products before we buy them.	They research products and compare prices.
require 	v.	يتطلب / يحتاج إلى	to need something	People require 6 to 8 hours of sleep a night. With less sleep, people get sick.	They believe that smart shopping decisions require a lot of information.

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 115	Example from Reading 2 page 116 & 117
admit 	v.	يُقرّ / يعترف	to say you did something wrong or that something bad is true	I'm sorry. I admit that I made a mistake.	The doctor should admit that surgery can be dangerous.
avoid 	v.	يتفادى / يمتنع عن / يتجنب	to try not to do something	I try to avoid dangerous situations. That's why I don't go out after 11 at night.	The doctor recommended my father avoid surgery.
expert 	n.	خبير	someone with special skills or knowledge about something	Shahad knows everything about computers. She's an expert .	He is the medical expert . You pay him for his opinion .
inform 	v.	يُخبّر / يبلغ / يُطلع على	to give someone information	The doctor will inform you of the test results.	She said we need a doctor who informs his patients about all the possible treatments .
opinion 	n.	رأي	what you think about something	I don't agree with your opinion . You think this information is important, but I don't.	He is the medical expert . You pay him for his opinion .
patient 	n.	مريض	someone who is getting medical help	The doctor is ready to see the patient now.	She said we need a doctor who informs his patients about all the possible treatments .
relationship 	n.	علاقة / صلة	the way people or groups feel about each other	Jane and Ahmad have a good relationship . They take care of each other.	Your father has a good relationship with his doctor.
respect 	v.	يقدرّ / يحترم	to think good things about someone	I respect my father very much. I want to be like him.	The doctor needs to respect your father.
treatment 	n.	معالجة / مداواة	medical care given for sickness or injury	Sam was sick, but he got the treatment he needed in the hospital. Now he's all better.	We asked if there were other treatments .

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 130	Example from Reading 1 page 132 & 133
define	v.	يَعْرِفُ	to say what a word means	What does the word adult mean? Can you please define it?	There are different ways to define an adult.
grown	adj.	ناضج / راشد	with the body of an adult; not a child	I'm 75 years old. All of my children are grown .	An adult is a person who is grown and can have children.
judgement	n.	حسن تقدير / سلامة الرأي / حصافة	your ability to make good decisions	Most children can't always make good choices because they don't have good judgment .	It also helps a person to use good judgment to make decisions, solve problems, plan, and organize.
legal	adj.	شرعي / قانوني	able to be done according to the laws of the government	In most countries, it isn't legal to get married at age 15.	Countries have very different ideas about the legal age of an adult.
organize	v.	يُنظِّم	to plan or arrange something	This chart will help you organize your ideas for writing.	It also helps a person to use good judgment to make decisions, solve problems, plan, and organize .
permission	n.	إذن / موافقة / سماح	the action of giving someone the ability to do something	You cannot leave the school without permission from a teacher.	In Bolivia, the legal ages are 16 for men and 14 for women, with their parents' permission .
responsibility	n.	مهمة / واجب / مسؤولية	a duty to take care of someone or something	Taking care of children is an important responsibility .	Is an adult a person who takes on responsibility for work and family?
right	n.	حَقّ	what you can do, especially according to the law	All children have the right to an education.	In Brazil, a 16-year-old can vote, but in Saudi Arabia, people get this right at age 21.
vote	v.	يختار / يصوّت	to choose someone or something formally	In the United States, people vote for a president every four years.	In Brazil, a 16-year-old can vote , but in Saudi Arabia, people get this right at age 21.

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 135 & 136	Example from Reading 2 page 137 & 138
participate 	v.	يشارك / يشترك	to do something together with other people	All the students like to participate in the class discussion. It's a noisy class.	I participated in the Russ celebration this year.
represent 	v.	يُمثِّل / ينوب عن	to be an example or sign of something	On this map, the colors green and blue represent land and water.	We wore clothes that represented our studies in school.
collect 	v.	يجمع / يلم	to take things from different people or places and put them together	The teachers in our school collect our homework every day. That's why I always have it ready.	When I was about to become a man, the men of my village cut down trees and collected vines from the forest.
village 	n.	قرية	a very small town	The family lived in a small village, but then they moved to a big city.	When I was about to become a man, the men of my village cut down trees and collected vines from the forest.
dive	v.	يقفز إلى الماء مبتدأ بالرأس والذراعين	to jump with your arms and head first, usually into water	My brother loves to dive into the swimming pool. I don't know how to dive, so I prefer to jump into the water.	I dived head first off the tower.
tie 	v.	يربط	to connect a cord or rope	When you bungee jump, people tie elastic cords to your ankles.	On a special day, I climbed to the top of the tower, and the men tied long lines to my ankles.
ceremony 	n.	إحتفال رسمي	a formal public or religious event	Jamall attended his son's graduation ceremony at the university.	I turned 19 years old this year, so I participated in my country's coming-of-age ceremony.
century 	n.	قرن = ١٠٠ عام	a period of 100 years	The 100 years from 1901 through 2000 are called the 20th century.	The ceremony started in the 10th century.

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 152	Example from Reading 1 page 153 & 154
crime 	<i>n.</i>	جريمة / جنائية	something that someone does that is not legal	This neighborhood has a lot of crime . Be careful!	Is crime increasing in your town or city?
violent 	<i>adj.</i>	عنيف	strong and dangerous; can hurt you	I don't like violent stories. I don't like to imagine people getting hurt.	They think that violent crime happens in their towns and cities all the time.
focus	<i>n.</i>	مركز / تركيز	the center of attention or interest	Every day, there are many important news events in the world. However, our focus is often on sports stars or other famous people.	Why is there such a focus on crime?
scary 	<i>adj.</i>	مرعب / مفزع	making you feel afraid	I read a scary story last night. I was so afraid I couldn't sleep!	It is because scary news programs are popular.
report 	<i>v.</i>	ينقل خبراً صحفياً	to give people information about something that happened	Websites can report on news events more quickly than TV news.	Almost 25% of the stories the Canadian news reported were about gun crime.
common 	<i>adj.</i>	شائع	happening often or found in many places	Most people own a cell phone. Cell phones are common today.	They think violent crime is common .
affect 	<i>v.</i>	يؤثر على	to make something or someone change in a particular way, especially in a bad way	Smoking can affect your health. It can make you sick.	It affects people's lives in a negative way.
negative 	<i>adj.</i>	سلبي	bad; not positive or good	Eating a lot of fast food can have a negative effect on your health.	It affects people's lives in a negative way.

Vocabulary	Part of Speech	Arabic Meaning	Definition or Synonym	Example from the Book page 158 & 159	Example from Reading 2 page 160 & 161
contain 	v.	يحتوي / يحتوي على	to have something inside	Our bodies contain a lot of water---over 50 percent, in fact, is water.	It is very difficult to know if meat contains mad cow disease.
death 	n.	الموت	when a life ends	I was sorry to hear about the death of your father. He was a wonderful man.	Heart disease is the number-one cause of death in the world.
disease 	n.	مرض / داء	an illness or sickness	My neighbor has a serious disease . He is in the hospital.	Which frightens you more, mad cow disease or heart disease ?
factor	n.	عامل / عنصر	one of the things that can affect or change a decision, or a situation	Stress is one factor that can affect your health. Food is another.	There are a few different factors .
fat 	n.	دهن / شحم / تسم	an oil we get from the plants, seeds, and animals we eat	The white part of the meat is the fat . I cut it off and don't eat it because it's not healthy.	They say that we should exercise and eat less of some kinds of fat .
frighten 	v.	يُرعب	to make someone feel afraid	Scary stories really frighten me!	Which frightens you more, mad cow disease or heart disease?
harm 	v.	ضرر / أذى	to hurt or damage someone or something	My horse is big and strong, but he never tries to harm anyone.	The purpose of fear is to protect us from things that harm us.
pleasure 	n.	سرور / سعادة / متعة	the feeling of being happy or enjoying something	I love to go to nice restaurants. Eating there is a great pleasure for me.	If something gives us pleasure , we might continue to do it despite the danger.
reasonable 	adj.	معقول	fair or right in a particular situation	That's a reasonable plan. I'm sure it will work out well.	Do you think your fears are reasonable ?