

Unit 1

Task 1:

What do you notice when you meet someone for the first time?

I notice their dress, behaviour and voice.

How important do you think first impressions are? Why?

First impression is very important because it is the last impression.

Do you think your first impression is accurate? Why or why not?

No, not always. I met my friend the first time and though she was not friendly, but now she is my best friend.

What are some ways a person can give a good impression?

You should greet, smile and talk to her nicely.



1. In this picture, I can see three people.
2. They are in an office.
3. They have dressed up formal.
4. I think two of them are interviewing the third man.
5. They are looking at each other.
6. Their face expressions show that they don't like the man.
7. I think he has not left a good first impression on them.

There are different ways to leave a good first impression. First, you should greet and smile. Second, dress up well. Third, be neat and clean. Nobody likes to talk to a dirty person. Finally, keep an eye contact. It will show that you are paying attention.

What are some ways a person can give a bad impression?

By his bad behavior, for example, not talking, not greeting and not smiling.

Have you ever formed a first impression of someone that was wrong? Explain.

No, I try to behave myself.

What are some ways a person can give a good impression?

There are different ways to leave a good first impression. First, you should greet and smile. Second, dress up well. Third, be neat and clean. Nobody likes to talk to a dirty person. Finally, keep an eye contact. It will show that you are paying attention.

Tell a story about meeting someone for the first time . Describe what he or she did, and what did you notice?

- I met my friend on my first day of university.
- She was not talking much , so I thought she wasn't friendly, but later, I realized that she was very friendly.

In what kinds of situations do you think first impressions are accurate?

I think when you don't plan to make an impression on anyone, for example, in the markets.

In which situations first impressions are really important?

In job interviews, first day at work, school etc.

Who was your most effective teacher as a child ? What impresses you about him and her?

- My best teacher was Ms. Amna .
- She was very effective because she was kind and supportive.

Have you ever made a bad first impression on someone else? What did you do?

No, I always try to behave.

Unit 2

Task 1:

What's more important, taste or nutrition?

I think both are important because we like tasty food and we want to be healthy too.

How important is food in your life ? Do you eat to live or live to eat?

- It's very important to keep me going
- .I want to be happy and healthy at the same time.
- No, I don't live to eat.
- I eat enough to live and be happy.

Do you agree that if something tastes great, it's probably bad for you ?

It can be true because most junk food is delicious and most healthy foods like vegetables and salads are not popular.

Do you think people worry too much about nutrition? Why or why not?

People worry about taste more because it makes them happy.

Do you agree that "you are what you eat"?

Yes I agree because food affects our moods and personality.

Think about your diet. How does what you eat affect you ? For example, does it make you feel tired or awake, nervous or happy?

Food affects our moods and personality.

What skill do you think a food taster needs to have ? Do you think this job requires training?

I think he should be a super taster and know different kinds of foods.

What kinds of food do you think a food taster might taste?

He might taste food like ice cream, coffee, cheese and chocolate.

In what ways can what we eat affect our health and well-being ? How healthy is your diet and lifestyle?

Food affects our moods and personality. For example, coffee keeps me awake and too much sugar is unhealthy for me.

Who is most responsible for making sure we make the right food choices, the government, parents, teachers or ourselves ? How can people who eat unhealthy food be encouraged to change their habits?

1. In my opinion, it's me who is responsible for the food I eat.
2. We are adults.
3. We should know what is right and what is wrong.
4. So, we should make the right choice in food.
5. We can encourage them by sharing healthy food recipes and articles.

Task 2:



Picture 1:

- In this picture, I can see a lot of healthy food like fruits and vegetables.
- There is milk and yoghurt too.
- There are also some grains and green vegetables.
- All this food is healthy, nutritious and delicious.

In my opinion, we should always make the right choice of food if we want to live a healthy life. We should eat more fibers and less carbs. A lot of food that we eat

affects our moods and personality. For example, coffee keeps me awake and too much sugar is unhealthy for me. People in my family and friends don't worry about nutrition, they worry about the taste because it makes them happy. I think it's not a healthy life style. We must follow a healthy diet plan which includes all kinds of food like fruit, vegetables, grains and a little amount of carbs like bread and rice.

Picture 2:

- In this picture, I see a lot of unhealthy food like white bread, sweets like donuts, cakes and biscuits.
- I think it's not healthy.
- It can make you sick.

In my opinion, we should always make the right choice of food if we want to live a healthy life. We should eat more fibers and less carbs. A lot of food that we eat affects our moods and personality. For example, coffee keeps me awake and too much sugar is unhealthy for me. People in my family and friends don't worry about nutrition , they worry about the taste because it makes them happy. I think it's not a healthy life style. We must follow a healthy diet plan which includes all kinds of food like fruit, vegetables, grains and a little amount of carbs like bread and rice.

Picture 3:

1. In this picture, I can see a food taster with different kinds of ice cream.
2. I think she must be a super taster and have a lot of skills to taste and differentiate between different kinds of taste.
3. It's a very difficult job because you have to maintain a healthy lifestyle with this kind of food too.
4. If you consume this kind of food everyday, it can badly affect your health.

In my opinion, we should always make the right choice of food if we want to live a healthy life. We should eat more fibers and less carbs. A lot of food that we eat affects our moods and personality. For example, coffee keeps me awake and too much sugar is unhealthy for me. People in my family and friends don't worry about nutrition , they worry about the taste because it makes them happy. I think it's not

a healthy life style. We must follow a healthy diet plan which includes all kinds of food like fruit, vegetables, grains and a little amount of carbs like bread and rice.

Unit 3 Book 3

Task 1:

Is change good or bad?

I think change is good in many ways. You meet new people and you see new things.

What has been the biggest change in your life recently? How did it affect you?

The biggest change in my life was to come to the university. It was very different and exciting.

Is there anything right now that you would like to change?

Yes, I would like to change my life style. I want to eat healthy food.

Do you think you could change your life completely? Why or why not?

I think I could change my life by changing my life style and eating healthy because that is possible.

How easy do you think it is for someone to change career?

In my opinion, it's not easy. However, sometimes we need to take risks for a better life.

What are the challenges of changing to a completely different kind of job? What are the potential benefits?

The challenges are moving to a new place, a new environment and a new work place. The benefits could be a better pay and more facilities.

Task 2:



Picture 1:

- In this picture, I can see a husband and wife moving to a new place.
- I think it's their new house.
- It's really a big change for me.

There are many advantages and disadvantages of changes. The benefits are that you feel good, it's more exciting and you meet new people. The disadvantages are that you leave your friends and family and neighbors. You miss your old house and old place. **For example, I started university this year and this is a good change for me. I am happy to be here because I am learning a lot. I am more responsible and more experienced. I speak and write better English. I also met new people and have a lot of friends now.**

Picture 2:

- In this picture, I can see two boys.
- They are both brothers.
- I think it's a big change for the big brother because now he has to share his things with his brother.
- It will be a new experience for him and he might not like it.

There are many advantages and disadvantages of changes. The benefits are that you feel good, and it's more exciting to have something different. The bad side can be that you might not like the new settings. **For example, I started university this year and this is a good change for me. I am happy to be here because I am learning a lot.**

I am more responsible and more experienced. I speak and write better English. I also met new people and have a lot of friends now.

Picture 3:

- In this picture, I can see a girl who is thinking of changing her job.
- She is not happy with her present job.

It's not easy to change jobs because you might have to move to a new place and work more. There are many advantages and disadvantages of changes. The benefits are that you feel good, it's more exciting and you meet new people. The disadvantages are that you leave your friends and family and neighbors. You miss your old house and old place. **For example, I started university this year and this is a good change for me. I am happy to be here because I am learning a lot. I am more responsible and more experienced. I speak and write better English. I also met new people and have a lot of friends now.**

Unit 4 Book 3

Task 1:

How can advertisers change our behavior?

They can make us buy the things we don't want.

Extra: For example, If I see an ad of a perfume that I don't want, I still might buy it because I like the ad.

When you watch television, do you usually watch the commercials ? What television ads can you think of right now?

- I only watch the commercials which are good and exciting.
- If they aren't interesting, I don't watch them.
- I can think of Zain and Mobily ads during Ramadhan right now because they are very popular.

How often do you click on internet ads? Do you buy things on the internet?

I don't click on internet ads, but I buy things online like perfumes and dresses.

Why do you think advertisers focus their efforts so much during Ramadhan ? What kinds of products are advertised?

Because during Ramadhan, people watch more TV than usual, companies show more ads on TV during this month.

Do you think there are too many advertisements on TV?

I think yes that's true. Some are good, some are bad and some are boring. However, some ads are really interesting like Zain and Vimto.

Are you influenced by ads ? Would you buy a product because the company associates itself with the principles of Ramadhan?

- Yes, to some extent, I am influenced by ads.
- I buy some things like a new internet package of Zain.
- However, I don't believe if they associate their company with Ramadhan.

Think of a popular ad during Ramadhan. Who is it aimed at? What claims does it make? Do you think it is effective? Why or why not?

- It's the famous Zain ad in Ramadhan.
- They change their ad every Ramadhan.
- It's very popular and effective.
- They use famous people and they aim at the common people.
- However, the claims are not always true.

Integrated advertising combines television and movie theatre ads with print and web ads. Which of these different forms of advertising do you think is the most effective? Why? What balance do you think would be right for the product?

- I think the most effective ad is on TV because most people like to watch TV.
- I think companies should not use too much of social media because people can get bored.

What do you think about ads that might make people angry?

I think they should be banned, for example, smoking cigarettes.

Are there any types of advertising that should not be allowed?

Yes, any ads that hurt people or our religion should be banned.

What do you think of ads that feature famous people? Are they effective?

Yes, they are very effective. Zain uses football players, so it's a popular company.

Task 2:



- **Picture 1:**
- In this picture, I can see an advertisement.
- It's made during Ramadhan.
- It's an ad of McDonalds who is trying to connect itself with the concept of Ramadan.

Many companies do the same like Vimto and Zain. I think it's because people watch TV in Rmadhan a lot. So, it's a good time for the companies to show their ads.

Unit 5 Book 3

Task 1:

What risks are good to take?

I think financial risk

What are some risks that people take? Why do they take them?

People take personal risks to get better jobs.

What kinds of risks are OK to take? What kinds are not? Why or why not?

Personal risks are ok but physical are not because your life can be in danger.

Would you ever take any risk? Why or why not?

Maybe yes or no. It depends on the situation.

Why is it good to take social risks? What are the risks of changing jobs?

It's good because you can develop yourself.

What are two risks a writer might take in order to get his book published?

He might spend all his money on the book or buy all his books himself.

Do you have any dreams or goals that might require you to take risks? What are they? What are some of the risks you might take in order to achieve them?

I want to be a doctor. I might have to go to another city like Jeddah to study, so that will be my risk.

What careers do you think involve a lot of risk? Why?

Researchers and scientists have dangerous jobs sometimes because they work with dangerous things.

What weather problems or natural disasters do we need to learn more about?**What risks are involved in investigating them?**

Maybe sandstorms, rain and earthquakes. It can be risky to know more about them.

What kinds of risks do scientists take today?

They go to dangerous places to do their study.

Why are people willing to try new and perhaps risky technology?

People like new things , so they don't worry about risks.

Why do people take risks in their careers? Is this a good thing? Why or why not?

People take risks to get better jobs. I think it's a good thing because they should improve and develop.

Do you think people are more likely to take risks for professional reasons or in their personal life? Explain.

I think in both. People can take risks to try new things which is exciting for them.

Task 2:



Picture 1:

- In this picture, I can see a man playing dangerous sport.
- He is trying to ride a bike in the air.
- I think it's very dangerous.
- He is taking a physical risk.

People take different kinds of risks . There are many reasons why people take risks. First, they want money and fame. Second, they want to try new things. It gives them excitement. Finally, they like to learn new things.