

موقع أFDني التعليمي

الصف الحادي عشر (علمي)

Student book unit **5**

1_ mental

1_ عقلي

1_ relating to the mind

2_ expose

2_ يتعرض

2_ to put someone in a situation where they cannot be protected from sth dangerous

3_ severe

3_ قاسي / صارم

3_ extremely bad/harsh

4_ unethical

4_ غير أخلاقي

4_ morally unacceptable

5_ pandemic

5_ وباء

5_ a disease that spreads throughout a large area

With Hyam

موقع أفدني التعليمي

الصف الحادي عشر (علمي)

Student book unit 5

6_ inhale

6_ يستنشق

6_ Take into the lungs

7_ exhale

7_ يزفر

7_ breathe out

8_ addictive

8_ مدمن

8_ something that you don't want to stop

9_ incidence

9_ مدى / حدوث

9_ the number of times something happens

10_ respiratory

10_ تنفسي

10_ relating to breathing

With Hyam

الصف الحادي عشر (علمي)

Student book unit _5_

11_ reduce

11_ ينقص

11_ to make something smaller or less in size, amount or price

12_ resistant

12_ مقاوم

12_ not damaged or affected by something

13_ adolescent

13_ مراهق/ يافع

13_ a young person, usually between the ages 12 and 18

14_ toxin

14_ مادة سامة

14_ a poisonous substance

With Hyam

Unit 5



Smoking & Health Problems

Listening: Listening for gist

Speaking: Giving advice

Reading: A Bad Habit

Writing: An email about smoking

Vocabulary: Phrasal verbs

Grammar: Past Simple and Present Perfect

Pronunciation: Long vowels

Everyday English: Being a good guest

Preview

Discuss these questions with your partner.

- 1 Is there a smoker in your family? Does he / she suffer from any health problems?
- 2 Why do you think people smoke?
- 3 Does smoking have any effects on non-smokers?
- 4 What are some bad effects of smoking?

Reading

a

Guess the right answer. Search the Internet to help you.

- 1 How many people die in the world due to smoking every year?
a 70,000 b 700,000 c 7,000,000
- 2 What country consumes the highest amount of tobacco?
a Serbia b Syria c New Zealand
- 3 What country has the least smokers?
a The USA b Morocco c India

b Read the following text and answer the questions below.

- 1 What are the various bad effects of smoking?
- 2 Which part of the body is directly affected by smoking?
- 3 Why are smokers largely affected by COVID-19 virus?
- 4 What is passive smoking?
- 5 What is the wrong idea about shisha?

A Bad Habit

Smoking is one of the most serious habits in the world. It is known to be harmful to all age groups, old and young. It affects physical growth and mental development, changes the teen's behaviour, and exposes the person to serious heart and lung diseases in the future. Teen smoking causes severe nicotine addiction faster and greater than people who smoke at an older age. It increases the incidence of heart and lung diseases and the chance of developing lung cancer and other types of cancer.



Smoker's Lung

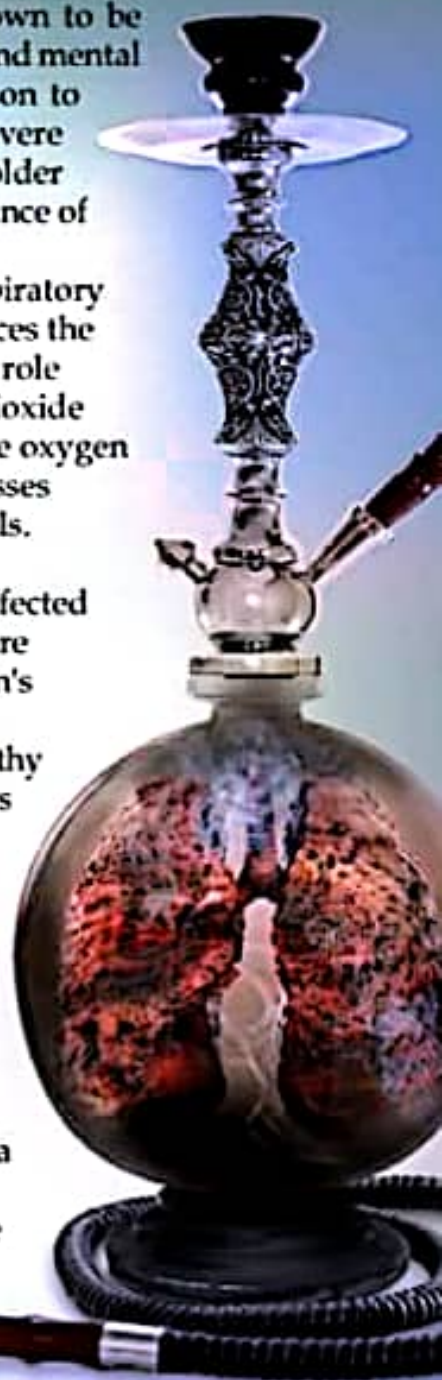
Healthy Lung

Smoking affects the human respiratory system in the first place. It reduces the ability of the lungs to play their role in ridding the body of carbon dioxide and providing the body with the oxygen necessary for the internal processes of building and reproducing cells. Recent studies have shown that smokers are more likely to be affected

by the COVID - 19 pandemic than others. This is because smokers are less resistant to the virus, which mainly targets at an infected person's respiratory system.

Smoking is harmful and financially expensive. It is completely unhealthy and unethical behaviour. People should stay away from smokers completely, so that they do not fall into the trap of indirect smoking, which is inhaling the smell of smoke from cigarettes and exhaling smokers. Passive smoking is an explicit danger to the health of the individual, especially children and adolescents.

Smoking shisha is not safer than smoking cigarettes. Many people think that drawing tobacco smoke through water makes shisha less harmful than cigarettes, but that's not true. Shisha is addictive since it usually uses tobacco which has nicotine. Like cigarettes, shisha contains a lot of toxins, which put shisha smokers at risk of developing heart and circulatory diseases, cancers, nicotine addiction, and other health effects.



1_ It affects physical growth and mental develop, changes the teen's behavior.

يؤثر على النمو البدني والنمو العقلي وبغير من سلوك المراهق

2_ The human respiratory system.

جهاز التنفس للإنسان

3_ Because smokers are less resistant to the virus which mainly targets at an infected person's respiratory system.

لان المدخنين أقل مقاومة للفيروس، الذي يستهدف بشكل أساسي الجهاز التنفسي للشخص المصاب

4_ Passive smoking is inhaling the smell of the smoke from cigarettes and exhaling smokers.

التدخين السلبي هو استنشاق رائحة دخان السجائر و دخان/زفير المدخنين

5_ Many people think that drawing tobacco smoke through water makes shisha less harmful than cigarettes.

يعتقد الكثير من الناس ان استنشاق دخان التبغ من خلال الماء، يجعل الشيشة أقل ضرراً من السجائر

موقع أفدني التعليمي

Hyam Hamid

c Match each word with its correct meaning. Compare your answers with your partner.

- | | |
|-------------|--|
| 1 mental | a extremely bad / harsh |
| 2 expose | b take into the lungs |
| 3 severe | c relating to the mind |
| 4 unethical | d habit-forming / something you don't want to stop |
| 5 pandemic | e breathe out |
| 6 inhale | f to put someone in a situation where they cannot be protected from sth dangerous. |
| 7 exhale | g a disease that spreads throughout a large area |
| 8 addictive | h morally unacceptable |

d Complete the sentences 1-6 with words from the article.

- 1 Smoking is one of the most habits in society.
- 2 The system is the most affected by smoking and COVID -19.
- 3 The more you keep your health, the more against illnesses you will become.
- 4 Bad habits like smoking and alcoholism are expensive.
- 5 Alcoholism and smoking are unhealthy and
- 6 Leading a lifestyle is your own responsibility as a young person.

Vocabulary Phrasal Verbs

a Match the underlined verbs in these sentences with the correct meanings a-f below.

- 1 He is very sad because his mother passed away last year.
- 2 Last Friday was scorching hot. People everywhere were passing out from the heat.
- 3 My grandmother has come round after the operation and she is better now.
- 4 I'm trying to fight off a bad cold I caught last week.
- 5 I feel I need some rest. I think I'm coming down with flu.
- 6 The baby may be sick; she has thrown up her dinner.

Meanings:

- | | | |
|---------------------|------------------------|--------------------|
| a resist an illness | b losing consciousness | c becoming sick |
| d vomited | e died | f become conscious |

1_ mental عقلي → relating to the mind

2_ expose يتعرض → To put someone in a situation where they can't be protected from sth dangerous.

3_ severe قاس → extremely bad/harsh

4_ unethical لا اخلافي → mortally unacceptable

5_ pandemic وباء → a disease that spreads throughout a large area.

6_ inhale يستنشق → Take into the lungs.

7_ exhale يطلق زفير → breathe out

8_ addictive الإدمان → habit forming

موقع أفدني التعليمي

1_ Smoking is one of the most **serious** habits in society.

يعتبر التدخين من **أخطر** العادات في المجتمع

2_ The **respiratory** system is the most affected by smoking and COVID 19

الجهاز **التنفسي** هو الأكثر تضرراً من التدخين وكوفيد 19

3_ The more you **keep** your health, the more **resistant** against illnesses you will become.

كلما حافظت على صحتك أكثر، ستصبح أكثر **مقاومة** للأمراض

4_ Bad habits like smoking and alcoholism are **financially** expensive.

العادات السيئة مثل التدخين و إدمان الكحول مكلفة من **الناحية المادية**

5_ Alcoholism and smoking are **unhealthy** and **unethical**

إدمان الكحول والتدخين غير **صحيين** و **غير أخلاقيين**

6_ Leading a **healthy** lifestyle is your own personality as a young person.

إن اتباع أسلوب حياة **صحي** هو مسؤوليتك كشاب

Vocabulary

Phrasal verbs /a

- 1_ passed away **e** → توفي
- 2_ passing out **b** → يفقد الوعي
- 3_ come round **f** → يصبو
- 4_ fight off **a** → يقاوم
- 5_ come down **c** → أصيب
- 6_ thrown up **d** → تقيئ

Vocabulary

Stages of life /b

- 1_ birth → الولادة
- 2_ childhood → الطفولة
- 3_ adolescence → المراهقة
- 4_ middle age → منتصف العمر
- 5_ retirement → التقاعد
- 6_ death → الموت

موقع أفدني التعليمي

Stages of life

b Label the pictures with the correct words.

middle age *death* *birth*
childhood *retirement* *adolescence*



Pronunciation

Long Vowels /ɑ:/, /ɜ:/, /i:/, /ɔ:/ and /u:/

a **RS.1** Listen to the words and practise them.

/ɑ:/	/ɜ:/	/i:/	/ɔ:/	/u:/
card	bird	sheep	horse	zoo
dark	purse	lead	bore	shoes
are	word	been	short	blue
park	burn	read	bored	do
laugh	girl	wheat	shore	pool

b **RS.2** Listen and circle the long vowel you hear in each word.

- | | | | |
|-----------|------|------|------|
| 1 soup | /ɑ:/ | /i:/ | /u:/ |
| 2 key | /i:/ | /ɔ:/ | /u:/ |
| 3 school | /u:/ | /ɜ:/ | /ɔ:/ |
| 4 sardine | /ɜ:/ | /i:/ | /u:/ |
| 5 me | /u:/ | /ɔ:/ | /i:/ |
| 6 door | /i:/ | /ɔ:/ | /ɑ:/ |

Grammar

Past Simple and Present Perfect

a Tamer and his mother are having an argument about money. Read what his mother says and complete the dialogue with Tamer's answers from the box below. Then Try to guess his last answer.

- I've had it for at least two years. May be longer.
- It's old.
- No. What is it?
- Yes, I've just bought it.
- I can't.

Pronunciation

A stylized green logo consisting of the letters 'i', 'C', and 'O' in a serif font. The 'i' has a dot above it. The 'C' and 'O' are larger and positioned to the right of the 'i'. The logo is partially overlaid by the word 'Pronunciation'.

Mother: Is that a new mobile?

1 Tamer: Yes, I've just bought it.

Mother: What's wrong with your old mobile?

Tamer: 1

Mother: Old? How long have you had it? A year?

Tamer: 2

Mother: Three years? I'm sure we bought it last year. Look. We can't afford buying a new mobile.

Mother: Have you seen this?

Tamer: 3

Mother: The electricity bill. It arrived this morning. And we haven't paid the phone bill yet. Take it back to the shop and get your money back.

Tamer: 4

Mother: Why not?

Tamer: Because 5



In pairs, read the dialogue again and underline five examples of the *Present Perfect* and two examples of the *Past Simple*. Then answer the questions.

Which form of the verb do we use for....?

- 1 a completed action in the past
- 2 things which started in the past and are true now
- 3 recent actions when we don't say exactly when
- 4 recent actions when we say exactly when



One sentence in each pair is wrong. Correct it by replacing the *Past Simple* with the *Present Perfect* of the *italicised* verb.

- 1 a Remember that after you *signed* the contract, you won't be able to change your mind.
b Hazard's injury only became apparent after he *signed* to play for Real Madrid.
- 2 a As soon as I *finished* college, I want to travel around Australia.
b I didn't have time to check the essay. I handed it in as soon as I *finished* it.
- 3 a By the time Ilham *got* to work, the meeting had finished.
b I'll probably have finished breakfast by the time the children *got up*.
- 4 a I recognised her the moment I *heard* her laugh.
b I'll tell you what time we're coming the moment I *heard* from Amal.



Here are some extracts from a television news report. Choose the more appropriate tense - *Present Perfect* or *Past Simple* - for the verbs in brackets.

- 1 When President Al-Assad *arrived* (arrive) in Algeria this evening, it was the first time he (visit) Africa after his election in May.
- 2 The Main Hospital in Wuhan (close) to new patients after more cases of COVID-19. Three elderly patients (die) last week in the epidemic.
- 3 The rate of unemployment (drop) to 4.8%. It's the first time in nearly eight years that the rate (fall) below 5%.
- 4 Nearly 500 laptops were sold. A representative of the company (say) that there had been an increase in the demand for the new production.

Grammar

a

1_ It's old

2_ I've had it for at least two years.
Maybe longer.

3_ No, what is it?

4_ I can't

5_ I had used it

Grammar

b

1_ past simple → اعمال مكتملة في الماضي

2_ present perfect → اعمال بدأت في

الماضي وهي حقيقة الآن

3_ present perfect → لا يحدد متى تم العمل

4_ past simple → نعرف بالضبط متى تم العمل

موقع أفدني التعليمي

1_ Remember that, after you have signed the contract, you won't be able to change your mind.

2_ As soon as, I have finished college, I want to travel around Australia.

3_ I'll probably have finished breakfast by the time the children have got up.

4_ I'll tell you what time we're coming the moment I have heard from Amal

1_ visited

2_ was closed _ died

3_ dropped _ has fallen

4_ said

موقع أفدني التعليمي



أفدني *Afadni*