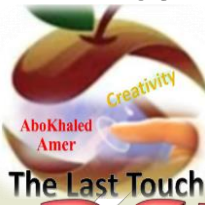


IN THE NAME OF ALLAH MOST GRACIOUS MOST MERCIFUL

2022 م

1444 هـ



The Last Touch

SUPER GOAL 3.1

3rd stage

First Term



الصف الثالث المتوسط / الفصل الأول

من أجلكم أنتم كان كل هذا الجهد والعطاء،

SUPER GOAL 5 KSA Edition

With the concept of
The Teacher of Generations
Best of Luck
for You All

مدارس الإنجاز الأهلية



تربية تصنع الحياة



Unit 1

Lifestyle نظام الحياة
 activity نشاط
 every day كل يوم
 twice مرتان
 check يفحص / يشيك على
 what ما / ماذا
 which أي
 why لماذا
 people ناس
 really حقاً
 into=like يحب
 fitness اللياقة البدنية
 work out=exercise يتمرن
 gym نادي رياضي/ الجيم
 regularly بانتظام
 run يجري
 frequently كثيراً
 week أسبوع
 from time to time من وقت لآخر
 rock climbing تسلق الصخور
 health صحة
 fanatic محب / مشجع
 normally طبيعياً
 vegetarian نباتي
 hardly بالكاد / بالعافية=not
 never لا أبداً
 herbal tea شاي عشبي أخضر
 sometimes أحياناً
 hate يكره
 type نوع
 physical بدني / جسدي
 enjoy يستمتع
 challenging تحدي / صعب
 puzzle لغز
 spend يقضي / ينفق
 free time وقت الفراغ
 video games بلاي ستيشن
 solve يحل
 magazine مجلة
 addict مدمن
 seldom نادراً
 less than أقل من
 hour ساعة
 chat online ي دردش على النت
 often غالباً
 cell phone جوال
 message رسالة

Unit 1

shopping تسوق
 when عندما
 walk يمشي
 department store متجر
 mall مول / سوق كبير
 always دائماً
 something شيء ما
 money مال / فلوس
 happy سعيد
 work hard يعمل بجد
 take work home يأخذ شغله
 office مكتب
 rarely نادراً
 vacation اجازة
 devoted to مخلص لـ
 job وظيفة
 profile نموذج
 How many كم عدد
 How long كم مدة
 How often كم مرة
 How much time كم كمية وقت
 generally عموماً
 now and then من وقت لآخر
 occasionally في المناسبات
 poor background عائلة فقيرة
 fashionable clothes ملابس موضة
 help those in need يساعد المحتاجين
 media follow متابعة الاعلام
 shower دش
 internet الانترنت
 friend صديق
 homework واجب منزلي
 except ماعداً
 weekend عطلة نهاية الأسبوع
 smartphone هاتف ذكي
 wherever حيثما
 Everywhere في كل مكان
 access وصول / يصل الى
 exercise freak محب للتمرين
 turn_off لا يعجبه
 Anyway, على كل حال
 You see, وكما ترى
 someone شخص ما
 interest اهتمام
 introduce يقدم
 change topic يغير الموضوع
 explanation تفسير
 word جملة phrase كلمة

The Last Touch

obsession هوس / حب شديد
 negative سلبي
 positive ايجابي
 ring tone نغمة الجوال
 in public على الملأ / أمام الناس
 send يرسل
 signal يشير الى / اشارة
 normal طبيعي
 communication اتصال/تواصل
 teenager مراهق
 craze جنون
 unhappiness عدم السعادة
 anxiety القلق
 definitely بالتأكيد
 part of جزء من
 youth culture ثقافة الشباب
 95 percent %95
 grade صف دراسي
 average متوسط
 the same نفس
 majority الأغلبية
 receive يتسلم / يتلقى
 irritated غاضب / قلقان
 respond to يستجيب / يرد
 quickly بسرعة
 reliance اعتماد
 problem مشكلة
 according to حسب/ طبقاً لـ
 survey بحث/ استقصاء/ احصاء
 two-thirds ثلثان
 measure يقيس
 depression احباط
 depressed محبط
 compare يقارن
 severe شديد / قاسي
 frequent user مستخدم متكرر
 require يحتاج
 medical help مساعدة طبية
 researcher باحث
 social status وضع اجتماعي
 because of بسبب
 feel popular يشعر بالأهمية
 extension امتداد
 What do you think? ما رأيك?

للأذكىاء فقط For Smart



Arthur

- likes **fitness**.
- works out** at the gym.
- runs**.
- plays tennis**.
- goes **rock climbing**.



Refaa

- health food fanatic**.
- vegetarian**.
- never eats meat**.
- never drinks coffee**.
- drinks **herbal tea**(6)



John

- hates exercise**.
- enjoys puzzles**.
- plays video games**.



Josh

- internet addict**.
- chats online**.
- checks messages**.



Noura

- loves shopping**.
- spends a lot of money**.
- Shopping makes her happy**.



Martin

- devoted employee**.
- works hard**.
- takes work home**.
- rarely takes vacation**

thumb اصبع الإبهام download ينزل/يحمل overdo يعمل شيء بكثرة get a haircut يقص شعره proud فخور

Check Your Lifestyle

Arthur is really into fitness. He works out at the gym regularly. He runs frequently, and he plays tennis twice a week. From time to time, Arthur goes rock climbing.

Refaa is a health food fanatic. She normally eats vegetarian meals. She hardly ever eats meat. She never drinks coffee, but she loves herbal tea. Sometimes she drinks six cups a day.

John hates any type of physical exercise. He enjoys challenging puzzles like sudoku. He spends most of his free time playing video games or solving puzzles in magazines.

Josh is an Internet addict. He seldom spends less than three hours a day on the computer. While he's chatting online, he often checks his cell phone for text messages.

Nora loves shopping. When she walks into a department store or a mall, she always buys something. She spends a lot of money. But she says shopping makes her happy.

Martin works very hard. He always takes work home from the office, and he rarely takes a vacation. He's really devoted to his job.

Write: devoted employee – exercise freak – internet addict – vegetarian – shopping lover

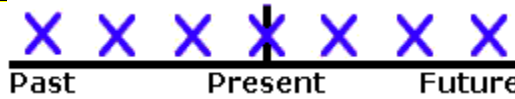


Supply the missing letters:

- life__tyle
- fitn__ss
- heal__h
- her__al
- c__ffee
- m__at
- p__zzle
- spe__d
- add__ct
- compu__er
- messag__
- w__rk

Grammar

Simple Present Tense زمن المضارع البسيط



(1) التكوين:

يتكون من مصدر الفعل ويضاف له (s) مع he, she, it
 I, you, they, we Play He, she, it Plays
 * الأفعال التي تنتهي بـ (o,x,s,ch,sh) نضيف لها (es) مع he, she, it
 go goes fix fixes cross crosses watch watches fish fishes
 * الأفعال التي تنتهي بـ (y) يسبقها حرف ساكن تقلب الى (ies)
 carry carries reply replies
 play plays enjoy enjoys obey obeys لاحظ:

(2) الاستخدام:

1- للتعبير عن العادة.
 2) للتعبير عن حقيقة.
 3) للتعبير عن أنشطة ومواقف ثابتة لفترة طويلة
habit: - I get up at 7 o'clock.
fact:- Water evaporates at 100 degrees. - The earth goes round the sun.
routine:- He lives in Paris.

(3) الكلمات الدالة عليه Key Markers

أحيانا sometimes مازال still غالباً often عموماً generally باستمرار frequently دائما always
 من قبل ever بالكاد hardly نادرا seldom نادرا scarcely نادرا rarely لا أبدا never
 (4) يأتي المضارع البسيط مع الروابط الآتية بشرط أن يكون الفعل الآخر في المستقبل:

After / as soon as / at the moment / till / until / when + (مستقبل)
 - After he comes, I will leave. - They will go out as soon as they ask their father.

(5) يأتي مع جداول المواعيد:

- The first lesson starts at 7 o'clock.
لاحظ أن: هذه الكلمات تأتي قبل الفعل الأساسي وبعد to be
 - She always, sometimes, often visits her daughter on Monday.
 أما (every, at night, in the morning), فتأتي في نهاية الجملة أو في بدايتها
 - She visits her daughter every week. - Every week, she visits her daughter

Adverbs/Expressions of Frequency

100% of the time always, all the time
 50%–99% usually, generally, normally, frequently, often, regularly
 20%–49% sometimes, occasionally, from time to time
 1%–19% once in a while, now and then, hardly ever, seldom, rarely
 0% never

- come before the verb تأتي قبل الفعل الأساسي I rarely eat junk food. He often checks his email.
- come after the verb be تأتي بعد فعل يكون He is always on time. They are usually happy.
- all the time, now and then, once in a while, twice a week, once a month: come at the end. تأتي في نهاية الجملة
 I surf on the Internet once in a while. Ben gets a haircut now and then.
- From time to time, Sometimes: come at the beginning. تأتي في بداية الجملة
From time to time, he brings work to do at home. Sometimes Hameed works late.

Questions with: How often / How much / How long

- Q: How often do you use your cell phone? A: I use it 20 times a day.
- Q: How much time do you spend in the shower? A: I spend about 5 minutes.
- Q: How long do you spend on your homework? A: I spend about 2 hours every night.

ملخص Simple Present

(1) المضارع البسيط يعبر عن:



I wake up every day at 6 am.

يعبر عن عادة/روتين habit/routine مثل:



The sun rises in the east.

يعبر عن حقيقة fact مثل:

- * Subject + Verb (s) + Object.
- * Subject + am/is/are + Predicate.

They play chess.
He is a doctor.



(2) تكوينه:

- * Do/Does + Subject + Verb + Object?
- * Am/Is/Are + Subject + Predicate?

Do they play chess?
Is he a doctor?



(3) سؤاله:

- * Subject + don't/doesn't + Verb + Object.
- * Subject + am/is/are + not + Predicate.

They don't play chess.
He is not a doctor.



(4) نفيه:

لا تنسى ان الفعل مع الفاعل المفرد يضاف له s, es, ies

She plays with her mom.

He doesn't talk very much.

Does Ali play tennis?

الإثبات I play video games.



We want to make a deal.

They like coffee.

الاثبات I am a teacher.



He runs fast.



My cat sleeps a lot.

النفي I don't eat a lot of food.



He doesn't dance on a stage.

You aren't a fast reader.

She doesn't sell her ring.



Ali has a nice car. Ali doesn't have a nice car. Does Ali have a nice car?

Fill in with the adverbs of frequency: rarely – always – sometimes – never -usually

Correct the verbs:

1. My wife always (cook) in the evening.
2. He generally (sing) in English.
3. Careless student never (study) hard.
4. This story is about a man who (go) to live abroad.
5. After she (do) her homework, she will go to make shopping.
6. My father (be) a teacher.
7. Unless he (invite) us, we will not visit him.
8. The sun (give) us heat and light.
9. Rubber (be) a flexible material which (bend) easily.
10. If he (play) well, he will win.

100 %	
95 %	
45 %	
15 %	
0 %	

Put the verbs between brackets in the correct form:

1. Ali ----- football. (like)
2. Aisha ----- school. (not like)
3. The dog and the cat ----- in the garden. (sleep)
4. Where -----? (you / live)
5. ----- English well ? (you / speak)
6. The sun ----- in the East. (rise)
7. Ahmed and Ali ----- in Casablanca. (not live)
8. When ----- ? (Ali /get up)
9. They ----- five times a day. (pray)
10. I usually ----- rice for lunch. (have)

Write questions for the answers. Use How often, How much, How long.

a. -----?

I normally spend two hours on my homework every day.

b. -----?

They usually go grocery shopping twice a week.

c. -----?

She seldom gets her hair cut. That's why it's so long.

Choose the correct answer:

1. (Do – Does – Is) you usually drink coffee?
- 2- (Do – Does – Is) he often walk to school?
- 3- She (drink – drinking – drinks) coffee now and then.
- 4- I rarely (eat – eats – eating) junk food.
- 5- How (old – often – many) do you use your cell phone?
- 6- (Who – Why – How) long does she spend here?
- 7- How (often – long – much) time do you spend in the shower?
- 8- I (ever – never – don't never) watch TV on the weekend.
- 9- We (aren't – don't – doesn't) go to school on Fridays.
- 10- Nora (doesn't – don't – isn't) like watching silly movies.
- 11- " All the time" is the same meaning as (usually – often – always).
- 12- " From time to time " is the same meaning as (usually – sometimes – always)

Put suitable word in correct meaning

exercise freak vegetarian addict

1- Martin is an internet ----- he spends on it all the time.



2- He always likes going to the gym he is an -----.



Match a term in Column 1 with a description in Column 2.

<i>Column 1</i>	<i>Column 2</i>
1. Ann is addicted to shopping. ---	A. She never eats meat.
2. Barbara is a vegetarian. ---	B. She rarely sleeps late.
3. Jen doesn't like to sleep. ---	C. He is online 5 hours a day.
4. Jon is an Internet addict. ---	D. He usually works 7 days a week.
5. Steve likes to work out. ---	E. She shops all the time.
6. Max is a workaholic. ---	F. He frequently goes to the gym.

Conversation



Majid: How often do you go to the gym?

Omar: I work out every day, except weekends. I'm a bit of an **exercise freak**.

Majid: **Exercise turns me off**.

Omar: **Anyway**, what are you doing now?

Majid: I'm checking my email.

Omar: How much time do you spend on the Internet?

Majid: A lot. I take my smartphone with me wherever I go. My friends say that my smartphone is really my best friend. **You see**, I can access the Internet almost everywhere.

Real Talk

exercise freak محب للتمرين = someone who exercises a lot
turn (someone) off لا يعجبني = does not interest at all
Anyway على كل حال = a word to introduce a change in topic
You see وكما ترى = a phrase to introduce an explanation

Match the real Talk:

- | | |
|-------------------|--|
| 1. exercise freak | a. a phrase to introduce an explanation |
| 2. turn (him) off | b. a word to introduce a change in topic |
| 3. Anyway | c. does not interest at all |
| 4. You see | d. someone who exercises a lot |

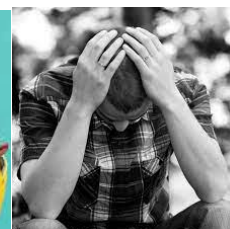
CELLPHONE OBSESSION: Negative or Positive

- * Cellphones are everywhere for talking or sending messages.
- * For some teenagers, cellphones are sign of unhappiness and anxiety.
- * 95% of American teens have cellphones.
- * Students spend the same amount of time on cellphones and homework.
- * The majority of cell phone usage is for text messages.
- * Heavy reliance on a cell phone can become a problem & obsession.
- * Two-thirds of the students who use their cell phones because they are unhappy or bored.
- * Communicating via cell phone makes the 'addicts' feel popular.
- * Cell phones are tools for keeping in touch.
- * A lot of cell phone use shows that a person is popular and has a lot of friends.



Write the correct number under the picture:

1. cellphone 2. message 3. depressed 4. student 4. homework 5. addict



- () () () () () ()

Sub-Grammar

Unit 1

كلاّ منهما Both of them

كلهم All of them

لاّ أحد منهم None of them

+ جمع

Both of them are happy.
Both of them play football.

All of them are fast.
All of them work hard.

None of them are fat.
None of them sleep early.

لاّ أحد منهما Neither of them

+ مفرد

Neither of them is a teacher.
Neither of them helps me.

They **are both** happy.
They **can all** swim.

We **both run** fast.
We **all study** English.

Choose the correct answer:

- Both of (him – her – them) are teachers.
- Both (of – off – on) them teach science.
- All of them (are – was – is) teachers.
- All of them (teach – teaches – teaching) science.
- They (is – was – are) both teachers.
- They can all (speak – speaks – speaking) English.
- We (both – neither) teach science.
- We are (neither – all) having fun.
- Neither of them (are – is – were) a math teacher.
- Neither of them (teaches – teach – teaching) math.
- None of them (was – is – are) math teachers.
- None of (her – him – them) teach math.
- Are they both science (teachers – teacher)?
- Can (he – she – they) all speak English?
- (Is – Does – Do) you both teach science?
- (Are – Is – Was) you all having fun?

Read the comprehension then answer the questions:

Martin works very hard. He always takes work home from the office, and he rarely takes a vacation. He's really devoted to his job.

- How often does Martin go on vacation?
- What does Martin take from the office?
- Martin works very (hardly – hard – hardness)
- Martin is really devoted to his (vacation – home – job)

Read the text and answer the questions. Internet Addiction Disorder

Most people like to use the Internet. They use it to check email, chat with friends, shop, and find information. But some people use the Internet too much. They become addicted to it. They spend so much time online that they don't do their homework and chores, and they stop spending time with others.

Answer these questions about your online habits.

- Do you have more friends in real life or online?
- How many hours a day do you spend online?
- How do you feel when you can't connect to the Internet?
- Do you spend so much time online that you don't do your work or school work?
- Do you lose sleep because you are on the Internet late at night?
- Do your friends and family complain about the amount of time you spend online?

Answer the following questions:

- What two activities do you hardly ever do?
- What activities do you think you overdo?

Read the following conversation, then answer the questions:

Majid: How often do you go to the gym?

Omar: I work out every day, except weekends. I'm a bit of an exercise freak.

Majid: Exercise turns me off.

Omar: How much time do you spend on the Internet?

Majid: A lot. I take my smartphone with me wherever I go. My friends say that my smartphone is really my best friend. You see, I can access the Internet almost everywhere.

- a. Does Omar exercise a lot?
- b. Does exercise turn Majid off?
- c. Does Majid spend a lot of time on the Internet?

*** Read the following passage then answer the questions:**

Last week Huda got up. she felt ill then she went back to the bed. Her mother called doctor. He said she had flu. He wrote her a prescription. He advised her not to drink cold water. Her father went to the pharmacy to get the medicine. Her father bought her some nice flowers. On Wednesday her grandmother came in with a big box of chocolate. On next Saturday she can back to school.

*** Answer the following questions:**

- 1- What was the matter with Huda?
- 2- What did her father buy for her?

*** Choose the correct answer:**

- 1- Her grandmother came in with a big box of (medicine \ orange \ chocolate).
- 2- Huda go back to school on (Sunday \ Saturday \ Monday).

*** Put (✓) or (✗):**

- 1- Her father went to the supermarket to get medicine. ()
- 2-The doctor advised her not to drink cold water. ()

Think about your answers. Do you think you spend too much time online? If so, try turning the computer off and spending more time in the real world. It is important to balance the time you spend on the computer with the time you spend enjoying other things in your life.

1. Internet addicts are ____.

- A. sometimes online B. hardly ever online C. online once in a while D. online all the time

2. You should balance the time you spend online with the time ____.

- A. you spend on the phone B. you spend sleeping
- C. you spend on other things in your life D. you spend exercising

3. Internet addicts often ____ because they are online.

- A. make friends B. lose sleep C. do chores D. complain about their families

4. Internet addicts feel ____ when they can't connect to the Internet.

- A. upset B. happy C. surprised D. tired

5. Internet addicts often spend all their time with ____.

- A. real friends B. online friends C. school friends D. work friends

Read the text and answer T / F.

Cell Phone Obsession

Yakkity, yakkity, yak. All around, you hear ring tones of cell phones, and you see people who are talking on the phone in public or sending text messages. This use of cell phones may signal more than normal communication with friends and family. For some teenagers, this craze may be a sign of unhappiness and anxiety.

Cell phones are definitely part of today's youth culture. Sixty percent of U.S. teens have cell phones, and soon over 50 percent of kids ages 8 to 12 will have them, too. Students in grades 7 through 12 spend an average of an hour a day talking on their cell phones. That's about the same amount of time that they devote to homework.

The majority of cell phone usage is for text messages, and heavy users check for replies frequently. The heaviest users check their phones approximately every 10 minutes. They often become irritated when other people don't respond to their messages quickly. Heavy reliance on a cell phone can become a problem—and an obsession

- 1. The text tells more about the negative aspects of cell phones than the positive aspects. ()
- 2. Many young people spend less than a hour a day on a cell phone. ()
- 3. Young people spend an equal amount of time on homework and talking on cell phones. ()
- 4. It is easy for young people to become addicted to cell phones. ()

اختبار الوحدة 1 Test Based on Unit 1

Look at the people and write the description under the picture:

devoted employee – exercise freak – internet addict – vegetarian – shopping lover



Choose correct answer:

- 1- Khalid usually (spend – spending – spends) three hours on internet.
- 2- (Do – Does – Is) Lila ever eats meat?
- 3- Sara goes shopping (now and then – always – sometimes).
- 4- (From time to time – never – always) my sister washes dishes.

Do as shown between brackets:

1. John takes an email on Monday. (Add: always)
2. We / eat / dinner / at a restaurant. (occasionally)
3. Where / do / you / go / on vacation? (usually)
4. do \ How often \ ? \ you \ exercise (Unscramble the question)

Complete the following dialogue:

A: ?
 B: I go to the gym twice a week.
 A: What are you doing now?
 B: Email. ?
 A: I spend a lot of time on the internet
 B: Thanks for asking me.
 A:

Match the idioms with their meanings:

- | | |
|-------------------|--------------------------------|
| 1- exercise freak | a. introduce a change in topic |
| 2- turn him off | b. someone exercises a lot |
| 3- Anyway | c. introduce an explanation |
| 4- You see | d. doesn't interest at all. |

Supply the missing letter:

Lifest_ le herb_ l puz_ le phys_ cal pro_ d addi_ t s_ end
 inte_ net thu_ b any_ ay vegeta_ ian of_ en s_ lve down_ oad

Read then answer (True) or (False):

Cell phones are part of today's culture. Sixty percent of U.S teens have cell phones, and soon over fifty percent of kids age 8 to 12 will have them, too. Students in grades 7 through 12 spend an average of an hour a day talking on their cell phones. That's about the same amount of time that they devote to homework.

- 1) 40% of U.S teens have cell phones. ()
- 2) 70% of kids age 8 to 12 will have cell phones. ()
- 3) Kids spend the same time on both cell phones and homework. ()