

Staying healthy

Objectives: الأهداف العامة للوحدة

Reading

A poster about how to perform first aid.

Writing

A persuasive email to a friend.

Listening

A news report about medical support for athletes, An explanation of the immune system.

Speaking

Discussion Speaking Suggesting solutions to problems, Persuading

Language

must have to

Life skills

Resilience

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Definitions

infection	إلتهاب / عدوى	➤ A disease caused by a virus or bacteria.
perform	يؤدي	➤ This word means the same as do an action.
breathe	يتنفس	➤ taking air in and out of your body.
react	أبدى رد فعل	➤ Do something because something else has been done.
CPR	التنفس الصناعي (الإنعاش القلبي الرئوي)	➤ (cardiopulmonary resuscitation) something you do to help someone take air in and out of their body.
severe	شديد / حاد / عنيف	➤ This word describes an illness or injury that is very serious.
respond	يجيب / يرد	➤ doing something when someone talks to you.
technique	أسلوب / تقنية / طريقة	➤ A way of doing something with a skill.
Emergency services	خدمات الطوارئ	➤ basic medical help given quickly.
boost	يقوي / يعزز	➤ help someone or something to improve or get better
cell	خلية	➤ the smallest separate part of a plant or animal.
immune system	الجهاز المناعي	➤ a way that your body protects you from disease.
organ	عضو	➤ a part of your body that performs a job, e.g. the brain or heart.
virus	فيروس	➤ a very small living thing that causes disease

(1) Key Vocabulary المفردات الرئيسية

perform	يؤدي	respond	يجيب / يرد
performance	الأداء	boost	يقوي / يعزز
infect	يصيب	cell	خلية
infected	مصاب / معدى	organ	عضو
infectious	معدى	virus	فيروس
infection	عدوى / إصابة	severe	شديد / حاد / عنيف
react	أبدى رد فعل / يتصرف	severely	بشدة
Emergency services	الطوارئ	immune system	الجهاز المناعي
services	خدمات	health	صحة
bleed	ينزف	healthy	صحي
Athletic Heart Centre (AHC)	مركز القلب الرياضي	CPR(cardiopulmonary resuscitation)	التنفس الصناعي (الإنعاش القلبي الرئوي)

(2)

Important Vocabulary مفردات هامة

grow	يَنمو
growth	نمو / إزدهار
growing	متزايد
injure	يُؤذي
injured	مُصاب
injury	إصابة / أذى
cough	كحة / سعال / يكح
bacteria	بكتيريا
bacterium	بكتيريا / ميكروب
bacterial	بكتيري
medical	طبي
stay	يبقى / يظل
strong	قوي
strength	قوة
breath	النفس
breathe	يَتَنَفَّس
breathe in	يَسْتَنشِق
breathe out	يَزْفِر
breathing	تَنَفُّس
bleed	ينزف
bleeding	نزيف
diet	غذاء خاص / نظام غذائي

separate	مُنْفَصِل
collaborate (v)	تَعَاوَن
collaboration (n)	تَعَاوُن / إِسْهَام / تَصَاوُف
resilience	مُرُونَة / لِيُونَة
suggest	يَقْتَرِح
suggestion	اِقْتِرَاح
prohibit	يَمْنَع
prohibition	مَنْع / تَحْرِيم
express	يُعْبِر
expression	تَعْبِير
immediate	فَوْرِي / عاجل
immediately	حالا / فورا
danger	خَطَر
dangerous	خَطِير
dangerously	بشكل خطير
regular	مُنْتَظَم
regularly	بانتظام
regularity	انتظام
describe	يَصِف
description	وَصْف
cardiopulmonary	قَلْبِي رَنَوِي
resuscitation	إِنْعَاش

(3)

Extra Vocabulary مفردات إضافية

explain	يُشْرَح
explanation	شَرْح / تَفْسِير
skill	مَهارة / إتقان
skilled	ماهر / بارع
skillful	ماهر / بارع

touch	يلمس
reply	يُجِيب / يَرَد
shoulder	كَتِف
shout	يَصيح / يَصْرُخ
normal	عادي / طَبِيعِي

Unit (1): Staying healthy

expert	خَبِير
sound	يبْدو
perfect	تَامَ / مِثَالِي / سَلِيم / مُتَقَن
serious	جَادَ / خَطِير
seriousness	خَطُورَة / أَهْمِيَة
ill	مَرِيض
illness	مَرَض
same	نَفْس الشَيْئ
disease	مَرَض
else	آخَر
cause	يُسَبِّب / سَبَب
pump	يَضخ
improve	يُحَسِّن / يَتَحَسَّن
quick	سَرِيع
quickly	بِسْرَعَة
instructions	تَعْلِيمَات
trophy	كَاس
sudden	مَفَاجِئ / فَجَائِي
death	مَوْت
responsible	مَسْؤُول
responsibility	مَسْؤُولِيَة
obligate	أَلْزَم
obligation	أَلْزَام / التَّرَام
encourage	يَشْجَع
persuade	مُقْنِع
persuasive	مُقْنِع
persuasion	إِقْنَاع
lungs	رَتْنِين
brain	مَخ
muscles	عَضَلَات
brilliant	ذَكِي / مَتَالِق / لَامِع
champion	بَطْل
fantastic	رَائِع
living things	كَائِنَات حَيَة

close	قَرِيب / مُجَاوِر
closer	أَقْرَب
awake	مُسْتَيْقِظ / اسْتَيْقَظ
join	يَنْضَم إِلَى / يَلْتَحِق بِـ
emergency	حَالَة طَارِئَة / طَوَارِئ
floor	أَرْضِيَة
chest	صَدْر
rise up	يَنْهَض / يَقُوم
hurt	يُؤْذِي / يُوْلِم
correct	صَحِيح
immune system	الْجِهَاز الْمَنَاعِي
fight	حَارَبَ / يَقَاوِم
develop	يَطُور / يَتَطَوَّر
educate	يُعَلِّم / يَتَعَلَّم
education	تَعْلِيم
athlete	رِيَاضِي / لَاعِب الْعَاب قَوَى
athletic	رِيَاضِي / قَوَى / نَشِيط
expert	خَبِير
wrap	يُغْلَف / يَلْف / يُغْطِي
tight	مَشْدُود / ضَيِّق / مُحْكَم
come off	يَسْقُط / يَقَع / يَنْفَك
bandage	ضِمَادَة / رِبَاط
examine	يَفْحَص
examination	فَحْص
necessary	ضَرُورِي
hill	تَل
protect	يَحْمِي
protection	حِمَايَة
fast food	الْوَجِبَات السَّرِيعَة
phrase	عِبَارَة / شَبَة جَمَلَة
first-aid kit	أَدَوَات الْإِسْعَافَات الْأَوَّلِيَّة
available	مُتَوَفَّر / مُتَاح
flat	مَسْطَح / مَسْتَوَى
surface	سَطْح

Prepositions

reply to	يُجيب / يرد على	stay at	يقيم في	think about	يفكر في
reply with	يُجيب بـ	a part of	جزء من	interested in	مُهتم بـ
educate about	يُعلم عن (بشأن)	protect from	يحمي من	interesting for	شيق لـ
care about	يُهتم بـ	protect against	يحمي من	look forward to	يتطلع الي
lie on	يرقد على	close to	قريب من	move around	تنتشر في
put on	يرتدى	hear of	يسمع عن	be caused by	تُسبب بواسطه
seem to	يبدو ان	hear from	يتلقى رسالة من	disagree about	لا يوافق بشأن
walk up	يمشى صاعداً لاعلى	a way of / to	طريقة لـ	disagree with	لا يتفق مع

Opposites

resilience	مرونة / ليونة	Rigidity / toughness	صلابة / جُمود
inside	داخل	outside	خارج
available	مُتاح / مُتوفر	unavailable	غير مُتاح
respond	يتجاوب مع	ignore	يتجاهل
top	قمة / اعلى	bottom	قاع / اسفل
quickly	بسرعة	slowly	ببطء
safe	امن	dangerous	خطير
healthy	صحي	unhealthy	غير صحي
tight	مشدود / مُحكم	loose	فواسع / مَفكوك / مُهلهل
breathe in	يَسْتَنشِق	breathe out	يَزْفِر
awake	مُسْتَقِظ / اسْتَيْقَظ	asleep	نائم

Expressions

ask questions	قم بطرح (توجيه) الأسئلة	in difficult situations	في المواقف الصعبة
virus in the body	فيروس في الجسم	There is no need for	ليس هناك حاجة لـ
call for help	أطلب المساعدة	keep our hearts strong	الحفاظ على قلوبنا قوية
make notes on	يدون ملاحظات على	check the area around	تحقق من المنطقة المحيطة
stay up late	يسهر حتى وقت متأخر	at the end of	في نهاية
react quickly	يُبدى رد فعل سريع	do first aid	القيام بالإسعافات الأولية
stay calm	أهدأ / حافظ على الهدوء	don't hurt yourself	لا تؤذي نفسك
press down on	اضغط لأسفل على	in the correct way	بالطريقة الصحيحة

Unit (1): Staying healthy

get a cold or a cough	يصاب ببرد أو كحة	have severe injuries	لديه إصابات خطيرة
take a first aid course	ياخذ دورة إسعافات الأولية	seem to be very ill	يبدو أنه مريضاً جداً
how to do first aid	كيفية القيام بالإسعافات الأولية	on a flat surface	على سطح مستو
how to stay calm	كيفية البقاء هادئاً	move closer to	اقترب أكثر من
two-day course	دورة لمدة يومين	on the centre of	على وسط
follow the instructions	يتبع التعليمات	on top of	أعلى / على رأس
Athletic Heart Centre (AHC)	مركز القلب الرياضي	give (someone) an infection	يُصيب شخص بعدوي
CPR (cardiopulmonary resuscitation)	الإنعاش القلبي الرئوي	signs of injury or infection	علامات الإصابة أو العدوى
get enough sleep	يحصل على ما يكفي من النوم	Place your hand on	ضع يدك على
Always call the emergency services	اتصل دائماً بخدمات الطوارئ	lock your fingers together	إقفل (اشبك) أصابعك معا
laying on their back	مُستلقى على ظهره	keep your hands on	إبقى يديك على

Language Notes

persuade (You persuade someone to do something.)	يقتنع (شخص بعمل شيء) : أي ينصحه أو يجعل الحدث أو الشيء يلاقى إعجابه	➤	<ul style="list-style-type: none"> Do you think you can persuade him to lend us the money? He did finally come with us, although it took a long time to persuade him.
convince (You convince someone of something.)	يقتنع شخص بصحة بشيء من خلال تقديم الحقائق ، والمنطق ، والحجج ، وما إلى ذلك "للتغلب علي المعتقدات السابقة." متعلق باستخدام العقل	➤	<ul style="list-style-type: none"> You don't have to convince me you're the right person for the job. It would be difficult to convince him to change his belief .
spend (time or something) + V+ing / اسم	يَقْضِي (وَقْتًا) / يَصْرِفُ / يَنْفِقُ	➤	<ul style="list-style-type: none"> + I spent an hour at the station waiting for the train. + They spent about 6000 pounds just rebuilding the front porch.
spend (money) on + V+ ing	يَصْرِفُ / يَنْفِقُ على	➤	<ul style="list-style-type: none"> + I don't spend much on clothes. + It is worth spending money on advertising.

hear	يسمع صوت تلتقطه الأذن (دون أن يبذل مجهود) و غالبا ما تستخدم مع can / could	➤	I heard a strange sound.
		➤	I could hear a strange sound.
	على الرغم من انه من أفعال الحواس و لا يستخدم ف ألازمه المستمرة إلا انه أحيانا يجوز استخدامه في لغة الحديث عن خبر منتشر و تناقله الناس	➤	I've been hearing some nice things about you.
hear of / about	يسمع عن شخص أو شيء	➤	She disappeared and we didn't hear of her again.
hear from	يتلقى رسالة من	➤	Since he travelled to Denmark, I haven't heard from him.

flat a flat roof a flat screen	مُسَطَّح (على مستو واحد ، دون أي حفر أو مناطق مرتفعة أو منحنيات أو مطبات)	➤	• Before you lay the tiles بلاط, make sure that the ground is completely flat .
level	مسطح (مستوى) بمعنى غير مائل في أي اتجاه	➤	• After four hours coming down the mountain, I was glad to be back on level ground

alive	حَيّ / على قيد الحياة (تُستخدم فقط بعد الاسم)	➤	Are your grandparents still alive ?
		➤	He kept the little cat alive by feeding it warm milk.
living	حيّ / على قيد الحياة (تُستخدم قبل الاسم)	➤	Does she have any living relatives?

rule	قاعدة (تعليمات تحدد المسموح به و غير المسموح به في لعبه أو مدرسة أو شركة مثلا)	➤	He disobeyed the school rules .
		➤	There are exceptions to every rule .
law	قانون (قاعدة رسمية) يتحتم على كل شخص في الدولة إن يطيعه .	➤	It is against the law to carry a weapon.

Unit (1): Staying healthy

examine	يفحص / يلقي نظرة كلية على شي بعناية ، بغرض معرفة المزيد عنه (بحثا عن عيب - مشكلة)	➤	The police will have to examine the weapon for fingerprints. Experts who examined the painting believe it is genuine.
check	ينظر على شي بعناية و كليا يتأكد من صحة شي أو من حقيقة شي أو من أن حالة هذا الشيء جيدة و يعمل جيذا أم لا أو من مدى أمان هذا الشيء	➤	+ A first rule in solving any mystery is to check the facts. + I'll just check the water level in the battery. + The immigration officer checked their passports. + We need to check the building for structural damage.

hunt	يصطاد : يطارد و يحاول أن يمسك أو يقتل) (حيوانات أو طيور)		Cats like to hunt mice and birds.
catch	يطارد عن قرب	➤	They were happy because they had caught a lot of fish that day.

hero	▪ بطل (محارب بارز - تاريخي - في فيلم - مسرحية - شخص محبوب لإنجازاته)	➤	He became a national hero for his part in the revolution.
champion	▪ بطل (رياضي - المدافع عن شخصية أو قضية - مقاتل)	➤	She is the world champion for the third year in succession.

breathe	يتنفس	➤	Trees help the earth to breathe .
breathe in = inhale breathe out=exhale	يشهق / يستنشق يزفر	➤	Plants breathe in carbon dioxide and breathe out oxygen.
breath	النفس	➤	* I can smell alcohol on your breath .
breathing	التنفس	➤	People die if their breath (breathing) stops.
breeze	النسيم	➤	The breeze made her hair move gently.

the same as	مشابه تماماً (كلياً)	➤	Your bedroom is the same as mine.
	تشابه كلي (نفس الشيء بالظبط)	➤	Your bedroom and mine are the same .
similar to	مشابه جزئياً	➤	Your car is similar to mine except for the colour. My camera and my sister's are similar .

look forward to + <u>اسم/ing</u>	يتطلع إلى	➤	+ I look forward to meeting my school friends again. + I look forward to the next summer holiday .
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perform	يؤدي - يمثل (دور / وظيفة)	➤	What skills do you need to perform this task? مهمة
		➤	The children sing and perform the actions to nursery songs.
form	يُشكل (يكون) - يتشكل (يتكون)	➤	Fossil fuels الوقود الحفري have been formed underground for millions of years.

disease	مرض محدد (مُعدي)	➤	Cancer is a very serious disease that kills people.
illness	حالة مرضية - علة	➤	I couldn't go to school because of my illness .
epidemic	وباء	➤	Germs are the cause of many epidemics . Illiteracy الأمية is a social epidemic .

infect	يُعدي / يصيب	➤	It is not possible to infect another person through kissing.
infection	عَدْوَى	➤	<i>Sneezing العطس is the most common way of spreading an infection.</i>
infectious	مُعدي	➤	Doctors say that the disease is most infectious in the first twenty-four hours.
infected	مُلَوَّث	➤	The wound from the dog bite had become infected.

❖ HOW TO PERFORM FIRST AID

- ❖ (1) If you find an ill or injured person, you must **check** the area **around** him/her first to **make sure** it isn't dangerous. Then move **closer to** the person and look carefully at them. Do they **seem to** be very ill? Do they have **severe** injuries?
- ❖ (2) If the person is **awake** but not **bleeding**, you have to ask them how they feel and what happened. **Check** their body for signs of injury or **infection**. You don't have to touch the person's body to do this.
- ❖ (3) If the person doesn't reply, touch their shoulder or their foot and shout to see if they **react**, and remember to check for normal **breathing**,
- ❖ (4) If the person isn't breathing, someone must call the **emergency services** immediately. If you know how to perform CPR, you have to do this to help the person start breathing again. However,
- ❖ (5) you mustn't do **CPR** unless the person is **lying on** their back on a flat surface such as the floor.
- ❖ (6) **Place** your hand on the centre of the person's chest. **Put** your other hand on top of the first hand and **lock** your fingers together. **Make sure** that your shoulders are above your hands.
- ❖ (7) You don't have to **press down on** the person's chest very much - only five to six centimetres. Keep your hands on their chest and allow it to rise up again. You have to do this 100 to 120 times a minute **until** the person starts breathing again.



❖ كيفية إجراء الإسعافات الأولية:



- ❖ (1) إذا وجدت مريضا أو مصابا، يجب عليك أولا استكشاف المنطقة المحيطة به / بها للتأكد من أنها ليست خطيرة. ثم اقترب من الشخص وأنظر إليه بعناية. هل يبدو أنه مريض جدا؟ هل لديه إصابات خطيرة؟
- ❖ (2) إذا كان الشخص مستيقظا ولكن لا يinzف، عليك أن تسأله كيف يشعر وماذا حدث. قم بفحص جسمه لمعرفة علامات الإصابة أو العدوى. ليس من الضروري أن تلمس جسد ذلك الشخص للقيام بذلك.
- ❖ (4) إذا لم يرد الشخص ، المس كتفه أو قدمه وأصرخ لمعرفة ما إذا كان سيقوم برد فعل ام لا ، وتذكر ان تتأكد اذا ما كان يتنفس بشكل طبيعي ام لا .
- ❖ (5) إذا كان هذا الشخص لا يتنفس، يجب ان يقوم احدهم بالاتصال يتصل بخدمات الطوارئ على الفور. إذا كنت تعرف كيفية إجراء الإنعاش القلبي الرئوي، عليك أن تفعل ذلك لمساعدة الشخص على بدء التنفس مرة أخرى. لكن
- ❖ (6) يجب أن لا تفعل الإنعاش القلبي الرئوي إلا إذا كان الشخص مستلقيا على ظهره على سطح مستو مثل الأرض . ضع إحدى يديك على منتصف صدر الشخص . ضع يدك الأخرى فوق اليد الأولى وأفضل أصابعك معا. تأكد من أن (مستوى) كتفيك فوق يديك.
- ❖ (7) ليس من الداعي ان تضغط على صدر الشخص لاسفل بشدة — فقط من خمسة إلى ستة سنتيمترات. إبقى يديك على صدره و ارفعها مرة أخرى. عليك أن تقوم بهذا الفعل من 100 إلى 120 مرة في الدقيقة حتى يبدأ الشخص في التنفس مرة أخرى.

Exercises on Vocabulary and Notes

1. Choose the correct answer from a, b, c or d:

1. The rate of is highest in the north-west of the country.
a. infection b. infected c. infectious d. infect
2. She an important role in our organization.
a. performance b. performing c. performances d. performs
3. The air was so cold we could hardly
a. breathe b. breath c. breathing d. breeze
4. You never know how he is going to
a. react b. reaction c. bleeding d. performance
5. infection of the wound may occur.
a. Emergency b. bacterium c. immediately d. Bacterial
6. The fire has caused damage to the building.
a. danger b. regular c. bacterial d. severe
7. I asked him his name, but he didn't
a. bleed b. respond c. describe d. express
8. Teachers learn various for dealing with problem students.
a. damages b. techniques c. shouts d. muscles
9. Do you know what volcanoes to happen?
a. reasons b. results c. causes d. makes
10. Smoking can seriously damage your
a. well b. healthy c. health d. sane
11. The emergency are struggling to cope with the number of call-outs.
a. services b. servant c. causes d. car
12. We can no longer have confidence in the quality of the air we
a. breath b. breeze c. breathe d. breathing
13. We need a big win to our confidence.
a. boost b. obligate c. wrap d. post
14. Environmental groups want a total on the dumping of nuclear waste.
a. cultivation b. prohibition c. proportion d. promotion
15. Air has reached dangerous levels in some cities.
a. pollution b. population c. expression d. evacuation
16. system is the system in your body that produces substances to help it fight against infection and disease
a. Immune b. Legal c. Local d. Conditioning
17. She is 85 and still in very good
a. filthy b. wealthy c. healthy d. health

18. The results that we saw did not show the presence of any forms of
a. emergency b. bedding c. bacteria d. blanket
19. We do not know if his body were removed from him.
a. organs b. cell c. oranges d. temperature
20. I must have caught a on holiday. I feel sick.
a. virus b. organ c. cell d. fish
21. He walked away suffering from nothing more than pride.
a. injuries b. injury c. injure d. injured
22. Protesters threw stones at police, who with rubber bullets رصاص مطاطي .
a. amended b. responded c. mended d. intended
23. I asked her whether she was married or not ,She answered almost
a. immediately b. emergency c. regularly d. prohibit
24. I can't think of any possible for his absence.
a. evacuation b. application c. expression d. explanation
25. I don't pretend to be an on the subject .
a. exert b. expect c. intelligent d. expert
26. My brother and I always had rooms .
a. despair b. separate c. desperate d. aspirate
27. She is looking for a job to home.
a. causer b. closer c. cluster d. exposer
28. He lies at night worrying about his job.
a. awake b. week c. awash d. award
29. He was from a gash جرح بليغ on his head.
a. bleeding b. breeding c. breeder d. breathing
30. She pulled her knees to her chest, and hugged them
a. fight b. tight c. height d. light
31. The body often to stress by becoming ill.
a. responds b. calls c. answers d. asks
32. My chest felt painful, and I was uncontrollably.
a. covering b. coughing c. weaving d. raffling
33. In 19th century England, diseases were the principal cause of death.
a. intelligent b. infectious c. cautious d. marvelous
34. The children are to each other in age.
a. close b. clause c. open d. forward
35. Nobody can be an at everything.
a. exert b. expect c. intelligent d. expert
36. It is not yet known whether these chemicals are to humans.
a. bleeding b. prohibition c. courageous d. dangerous
37. The book opens with an of why some drugs are banned.
a. evacuation b. application c. expression d. explanation

Unit (1): Staying healthy

38. There's a going around the office.
a. infection b. virus c. bacterial d. illness
39. The movie helped her screen career.
a. boost b. cost c. bleed d. fight
40. You must leave immediately. You're in great here.
a. dangerous b. danger c. safe d. safety
41. The public was not aware of the from nuclear tests in Korea.
a. endanger b. endangered c. dangerous d. danger
42. It's illegal غير قانوني to use the fire alarm except in case of
a. fluency b. allergy c. frequency d. emergency
43. We were told to stay as help was on the way.
a. column b. claim c. calm d. cattle
44. I tried to stay calm and just him.
a. climb b. danger c. ignore d. harmful
45. Her has improved a lot over the past season.
a. technique b. emergency c. cause d. performances
46. The victim suffered brain damage.
a. severe b. fantastic c. regular d. skillful
47. Local residents سكان have angrily to the news.
a. bled b. prohibited c. reacted d. injured
48. Sneezing is the most common way spreading an infection.
a. to b. of c. about d. by
49. My friend was given by a medical doctor, who I'm convinced saved his life .
a. CPR b. BCE c. DVD d. USA
50. Do you think you can him to lend us the money?
a. make b. let c. kill d. Persuade
51. The bullet hit him in the and killed him.
a. chest b. thumb c. toe d. chess
52. She is the world for the third year in succession.
a. war b. health c. chameleon d. champion
53. A is a prize, for example a silver cup, that is given to the winner of a competition or race.
a. trophy b. trophic c. tropic d. trope
54. We put some ointment مرهم and a on his knee.
a. handbag b. bandy c. shit d. bandage
55. When I tried to lift the jug, the handle in my hand.
a. came up with b. came off c. came across d. came on
56. She was wearing a pair of jeans.
a. diet b. fight c. sight d. tight
57. On long flights, wear clothing and comfortable shoes.
a. lost b. louse c. loon d. loose

Expressing necessity and lack of necessity التعبير عن الضرورة وعدم الضرورة

المصدر + **must** = *It is necessary for* + **مفعول** + **to** + **مصدر** = *It's a must* + **to** + **مصدر**

❖ استخدم **must** لما تحب تقدم نصيحة قوية لشخص .

You **must** give up smoking .

❖ استخدم **must** لما توجه دعوة مؤدبة (عزومة) قوية فيها عشم لشخص . زي مثلا (على الطلاق لتتغدى معايا) .

You **must** come and have lunch with me.

You **must** try some of this chocolate cake. It's delicious.

❖ استخدم **must** لما تحب تعبر عن الضرورة (قاعدة أو قانون أو أمر مباشر)

Athletes **must** get a special heart examination.

We **must** follow traffic rules.

I **must** come to work early.

❖ استخدم **must** لما تحب تعبر عن إلزام شخصي . تابع من نفسك لان عندك دم . مش لان فى حد ضاغط عليك .

I **must** study hard this year to fulfill my dream .

❖ استخدم **must** لما تحب تفكر نفسك بحاجة مفروض انك تعملها و متنسهاش.

I **must** phone my dad. It's his birthday today.

المصدر + **have to / has to**

❖ استخدم **have to / has to** لما تحب تتكلم عن إلزام خارجي (مالکش فيه اى اختيار) زي الالتزام بقوانين وقواعد.

We have to follow the traffic rules.

You have to apply for the job before deadline.

MUST and HAVE TO

ياترى ايه الفرق بينهم ؟

هما الاتنين بنستخدمهم لما نحب نعبر عن الالزام او المسئولية او الضرورة .
و على الرغم من اننا ممكن عادى بصفة عامة اننا نستبدل **must** بـ **have to** فى زمن المضارع لكن دا مايمنعش ان
احيانا بيكون فى فرق صغن بينهم فى المعنى او فى الاستخدام . نشوف مثلا المثالين دول :

- I **must** write a letter to John.
- I **have to** write a letter to John.

المثال الاول باستخدام **must** هنلاقى ان احنا عموما بنستخدمها لما يكون الشخص المتحدث هو اللي شايف و قرر من نفسه ان الشئ دا ضرورى او ان فى احتياج لعمل الحاجة دي . بمعنى (انا اللي قررت ان انا محتاج اكتب جواب ل جون . مافيش حد تاتى قالى اعمل كدا . انا اللي شايف ان دا ضرورى .

لكن المثال التانى باستخدام **have to** هنلاقى اننا بنستخدمها لما يكون فى شخص تانى غير الشخص المتكلم هو اللي اخذ القرار دا . مش انا اللي قررت اكتب الجواب من نفسى . حد تاتى قالى اكتب جواب . حد تاتى هو اللي قالى ان دا ضرورى انى اعمل كدا . فى ظروف خارجية خلت الالزام دا ضرورى .

Unit (1): Staying healthy

نشوف مع بعض كام مثال تانيين .

- I **must** book a hotel for my trip next week.

هنا انا بفكر نفسى ان من الضرورى انى اعمل كدا. انا اللي قررت و حكمت ان دا ضرورى .

- We **have to** wear a uniform at work.

هنا هنلاقى ان المدير بتاعنا مثلا هو اللي اجبرنا ان احنا نلبس يونيفورم. هو اللي قرر ان دا ضرورى . مش انا اللي قررت من نفسى .

نقارن المثالين دول :

- The Teacher says: You **must** complete the essay by Friday
- The Student says: We **have to** complete the essay by Friday.

المثال الاول هنلاقى ان المعلم استخدم **must** لان هو اللي قام بتكليف او الزم الطلاب انهم يكملوا المقال .
المثال الثانى هنلاقى ان الطلاب مش هما اصحاب القرار لكن فى حد تانى (المعلم) هو اللي قرر الشيء اللي احنا فى احتياج لعمله.

لاحظ المثالين دول :

- Mona can't come because she **has to** work tomorrow.

هنا فى الزام على (منى) انها تنجز وتكمل التزاماتها فى الشغل .

- Susan and Steve **have to** pay their rent every Friday.

هما الاتنين فى الزام (حاجة مفروضة) عليهم انهم يدفعوا الايجار فى اليوم دا .
فى المثالين اللي فوق ماينفعش نستخدم **must** لاننا بنتكلم على الزام مفروض من شخص تانى غير الشخص المتكلم نفسه.

مع **have to** تحس انك بنتكلم عن ضرورة او الزام عام (واجب عليك)
لكن مع **must** تحس انها اساسا بتعبر عن التزامات مُحدد .

I **have to** wear a uniform to work.

I **must** tell you something.

بالنسبة لصيغة الاستفهام :

لما نحب نوجه أسئلة هنلاقى ان احنا بنستخدم **Have to** بدل **must** . ودا لسببين :
الاول أن **must** رسمية جدا زيادة عن اللزوم .

- When **do you have to** finish the report?

فى الغالب مش هاتسمع حد بيقول بشكل شائع .

“When **must** you finish the report?”

لانها مش مالوفة او نادرة فى استخدامها . لكن مع ذلك ممكن تسمعها فى الانجليزى البريطانى تحديداً. زى مثلا :

- **Must** you leave right now?

لكن طبعا اللي شائعة اكثر فى لغة الحديث العامة اليومية هي **have to**

- Do you **have to** leave right now?

التانى : انها بتوحى بنوع من الانتقاد . بمعنى (هو انت يعنى لازم تعمل كذا كل مرة ؟)

Must you keep playing that terrible music?

Why **must** you mispronounce my name every time?

نستخدم must اساساً فى زمن المضارع واحيانا نستخدم للتعبير عن الضرورة او الالتزام المستقبل .

- I **must** leave work early tomorrow.
- We **must** (need to) buy another ticket.

لكن دا مايمنعش ان **will have to** اكثر شيوعا منها

- I **will have to** leave work early tomorrow.

had to

لما نحب نعبر عن الضرورة في الماضي نستخدم

- I had to pay my speeding ticket yesterday.
- When she got home, she had to cook dinner before everyone arrived.
- We had to buy another ticket yesterday.

lack of Necessity

نقص (عدم) الضرورة

don't / doesn't have to
needn't
do't / doesn't need to

+ مصدر

It isn't necessary for ^{مصدر} to ^{مفعول}

It's unnecessary for ^{مصدر} to ^{مفعول}

+ مصدر

- ❖ You don't have to work on Fridays. ليس مضطر أن
- ❖ Samy doesn't need to do the shopping as his mother has done it.
- ❖ You needn't (don't have to) buy bread = It isn't necessary to buy bread.

عدم وجود ضرورة في الماضي

didn't have to + المصدر

- ❖ I didn't have to buy bread as my wife bought. (It was not necessary for me to buy)
- ❖ (So I didn't buy bread.)

needn't have to + P.P

- ❖ I needn't have bought more bread. We already have a lot.
- ❖ (But I bought bread.)

prohibition

التعبير عن التحريم

❖ علشان تعبر عن حاجة ممنوعة أو محرمة أو غير مسموح بيها أو ضد القانون أستخدم حاجة من الصيغ دي:

mustn't =
be forbidden
be prohibited
be against the law
be not allowed to
be illegal to

You mustn't park your car here. It's (illegal / prohibited / not allowed / forbidden).
= You are not allowed to park here.
= You can't park here unless you have a licence.
You mustn't use your mobile while you are driving.

Exercises on Vocabulary and Notes

1. Choose the correct answer from a, b, c or d:

1. At a restaurant you pay the bill but you don't have to eat everything.
a. have to b. don't have to c. must to d. shouldn't
2. She come to the dentist's with me. I can go alone.
a. doesn't have to b. must c. needn't to d. mustn't
3. We be quiet in the library.
a. have to b. can c. mustn't d. don't have to
4. You shout. I can hear you.
a. must b. don't have to c. needn't to d. can
5. My wife go to work today. It's a holiday.
a. must b. doesn't have to c. need to d. mustn't
6. Nowadays in Spain pupils learn Latin at school.
a. filthy b. don't have to c. healthy d. health
7. Doctors sometimes work at the weekend.
a. must b. had to c. have to d. should
8. You forget his birthday again.
a. must b. don't have to c. mustn't d. should
9. Every player in a football team have a number.
a. have to b. mustn't c. has to d. should
10. You take food in your room. It's not allowed.
a. needn't to b. doesn't have to c. mustn't d. must
11. You use the elevators in case of fire. It's too dangerous.
a. needn't to b. must c. should d. mustn't
12. I wear glasses because I can't see very well.
a. should b. mustn't c. don't have to d. have to
13. You read this book. It's really good.
a. mustn't b. have to c. can't d. must
14. You go shopping today. We don't need anything.
a. have to b. must c. needn't to d. don't have
15. You use a mobile phone in class.
a. mustn't b. don't have to c. shouldn't d. must
16. We feed the animals. It's forbidden.
a. mustn't b. don't have to c. shouldn't d. must
17. We book the tickets before it's too late.
a. mustn't b. don't have to c. shouldn't d. must
18. In Spain, teachers work on Saturdays.
a. don't have to b. doesn't have to c. needn't to d. has to

19. In Britain you drive on the left.
a. has to b. don't have to c. must to d. must
20. In Spain, teachers wear uniforms. It's not necessary.
a. mustn't b. don't have to c. should d. must
21. I was late this morning because I wait a long time for the bus.
a. mustn't b. don't have to c. had to d. must
22. You come with us if you don't want to.
a. mustn't b. don't have to c. shouldn't d. must
23. Shop assistants deal with the public.
a. mustn't b. don't have to c. have to d. shouldn't
24. Sorry, I go now. I don't want to be late.
a. mustn't b. don't have to c. shouldn't d. must
25. Soldiers obey orders.
a. mustn't b. don't have to c. shouldn't d. have to
26. We leave now or we'll miss the plane.
a. mustn't b. don't have to c. shouldn't d. must
27. You cross the road when the red light is showing.
a. mustn't b. don't have to c. shouldn't d. must
28. Students listen to the teacher or they won't understand.
a. mustn't b. don't have to c. shouldn't d. must
29. You remember to take your umbrella. It's going to rain.
a. mustn't b. don't have to c. shouldn't d. must
30. The exams are next week. I work harder.
a. mustn't b. don't have to c. shouldn't d. must
31. You turn on the central heating. It's automatic.
a. mustn't b. don't have to c. shouldn't d. must
32. You cross the roads without looking. It's dangerous.
a. mustn't b. don't have to c. shouldn't d. must
33. At our school we wear a uniform. It's obligatory to wear it.
a. have to b. doesn't have to c. shouldn't d. mustn't
34. You wash your teeth before going to sleep.
a. mustn't b. don't have to c. shouldn't d. must
35. You eat fruit and vegetables to be healthy.
a. mustn't b. don't have to c. shouldn't d. must
36. Shhh! You talk loud in the library.
a. mustn't b. don't have to c. shouldn't d. must
37. Children interrupt when adults are speaking
a. mustn't b. don't have to c. should d. must
38. You go to the doctor because you're very ill
a. mustn't b. don't have to c. shouldn't d. must
39. Jenny, you have asthma. I think you smoke so much.

Unit (1): Staying healthy

- a. **have to** b. **don't have to** c. **shouldn't** d. **must**
40. If you want to be healthy, you do some exercise.
a. **mustn't** b. **don't have to** c. **shouldn't** d. **should**
41. It's very cold. You wear a coat.
a. **mustn't** b. **don't have to** c. **shouldn't** d. **should**
42. I have a party on Saturday. What I wear? My pink or my yellow dress?
a. **mustn't** b. **don't have to** c. **should** d. **must**
43. I drink a hot drink if I have a sore throat?, Yes, you should, but not too hot.
a. **Mustn't** b. **Have to** c. **Should** d. **Shoul'n't**
44. He has a car so he take a bus.
a. **needn't** b. **mustn't** c. **shouldn't** d. **oughtn't**
45. The school bus broke down, so the pupils walk to school.
a. **must** b. **ought to** c. **had to** d. **should**
46. The public observe the rules of traffic
a. **has to** b. **have to** c. **dare** d. **needn't**
47. The mother said to her child, "You can come with me to the shops buy you if you don't want to."
a. **mustn't** b. **haven't** c. **can't** d. **needn't**
48. He said to his guest, "If you don't like the tea, you drink it. I'll bring you orange juice."
a. **must** b. **should** c. **have to** d. **needn't**
49. Riders of motorcycles wear helmets.
a. **may** b. **can't** c. **mustn't** d. **must**
50. You don't need add more salt to this dish.
a. **for** b. **on** c. **to** d. **of**
51. When we were children, we didn't have e-mails so we write letters.
a. **must** b. **had to** c. **have to** d. **has to**
52. You follow the doctor's prescription to get well soon.
a. **may** b. **would** c. **need** d. **have to**
53. You brought such heavy clothes. It's not that cold in Aswan.
a. **mustn't have** b. **can't have** c. **needn't have** d. **ought to have**
54. This is a one-way street. You go that way.
a. **mustn't** b. **needn't** c. **shouldn't** d. **aren't**
55. She already had some green shoes, so she..... new ones to go with her new green dress.
a. **had to buy** b. **needn't buy** c. **needed buy** d. **didn't have to buy**
56. He has plenty of money, he earn his living.
a. **needn't** b. **mustn't** c. **shouldn't** d. **couldn't**
57. It was very kind of her to bring me some flowers, but she have done it.
a. **needn't** b. **doesn't need** c. **healthy** d. **health**
58. You smoke in the theatre because smoking is forbidden.
a. **mustn't** b. **needn't** c. **hadn't to** d. **oughtn't**