

nuclear (Adj) نواة
 nuclear Family: عائلة نواة / أسرة
 extended Family: عائلة ممتدة / أسرة ممتدة
 divorce (V/N) → divorced (Adj) الطلاق / مطلق
 marry (V) → married (Adj) marriage (N) تزوج / متزوج / زواج
 supportive (Adj) = helpful
 support (V/N) ساعد / يساعد
 fight (V/N) = quarrel: يتخاصم / يخاصم
 wise (Adj) → wisdom (N) حكمة
 mature (Adj) → maturity (N) النضج
 miserable = تقيس، حزبي
 sad = wretched = unhappy
 widow (n.p/fem) أرمل
 widower (n.p/mas) أرمل
 orphan (n.p) يتيم
 orphanage (n) مَيْتَم
 afford (V) قادر على شراء
 affordable (Adj)
 easy-going: سهل التعامل
 Fairy tale: حروفه
 magic (N) سحر
 charm (V/N)
 see eye to eye: يتفق مع
 = agree with
 → agreement (N): اتفاقيه
 sibling: أشقاء
 brother sister

Vocabulary

Module 1:
Family relationships

open-minded: متفتح
 lenient = tolerant: متساهل
 → leniency (N) = tolerance
 severe = strict: صارم / حازم
 authoritarian (Adj): متسلط
 → authority (N) سلطة
 reliable (Adj): يمكن الاعتماد عليه
 rely on (V) = depend on =
 lean on: يعتمد على
 generation gap: حراع الأجيال
 disobedient (Adj): عتبان
 → disobey (V) ≠ obey
 disobedience (N) ≠ obedience
 emotional (Adj): عاطفي
 emotion (N): عاطفة
 is composed of: يتكون من
 include
 consist in
 supply = provide يوفر
 = offer
 fulfill (V) يحقق / ينجز
 stress (V/N)
 → stressed (Adj)
 → stressful (Adj)

healthy relationship
 Toxic ≠ relationship: علاقة سامة
 harmony (N): تناغم
 harmonious
 conflict (N/V): حراع
 → conflictual
 respect ≠ disrespect
 affection (N): حنان
 = tenderness
 affectionate (Adj) = tender
 understanding (Adj): متفهم
 → understand (V)
 Trust issues: مسائل ثقة
 adopt (V): يتبني
 → adoption (N) → adoptive (Adj)
 adoptive family: عائلة تبني
 bear (V) = stand: يتحمل
 can't bear = can't stand = unbearable: لا يتحمل
 on the mole: فوق قتل دانه

Lesson 3: Generation Gap

understanding ≠ misunderstanding
 approval = agreement
 → approve (V) = agree
 ≠ disapprove = disagree

Q:ime

- Complain (v) about: يتكلم عن
- complaint (n) = شكوى
- gap: فراغ - فجوة
- generation gap: جوارح الإختلاف
- shy (Adj) = ashamed خجول
- shyness (n) = Shame
- obey the rules = Follow the rules
- ≠ break the rules = disobey
- stubborn = obstinate عييد
- dog = pig-headed
- embarrassed (Adj) مخرج
- embarrass (v) = يُخرج
- worried (about) = مزعج من
- worry (v)
- argument (n) = جدال ، نقاش
- argue (v) with s. one about
- st. thing حول
- conservative (Adj) = محافظ
- old-fashioned = narrow-minded
- ≠ open-minded = متفتح
- overprotective (Adj) = شديد الحماية
- suffix: too much = excess
- sneak out (v) تسلل
- academic performance (n)
- النتائج الدراسية
- instead of = rather than عوضاً عن
- pay attention to = ينتبه الى
- all the way: دائماً - على مدار المسافة

- adopt a straight face
- be serious = never smile
- scold = reprimand (v) توبخ
- attitude
- behavior (n) = سلوك
- behave (v) ≠ misbehave
- misbehaviour = misconduct سوء سلوك
- ≠ well-behaved = well-mannered
- naughty
- grown-up (n-p) ناضج
- grow-up (v) = ينضج
- awful (Adj) = very bad
- arrogant (Adj) ≠ modest
- warm-hearted: لطيف
- kind = nice = affectionate
- ≠ cold-hearted = cruel قاسي
- well-lit (Adj)
- short-sighted
- generous ≠ mean
- generosity (n) ≠ meanness
- selfish = egoist
- selfishness = egotism
- lonely (Adj)
- loneliness (n)

- aggressive (v) = violent عنيف
- aggression (n) = violence
- close-knit family: مترابط
- dysfunctional = مشكلة
- resort to
- turn to } يلجأ الى
- comfort (v) } يواسي - يطمئن
- reassure
- Keep s. one company يرافقه
- strike new friendship يكوّن صداقة
- be proud of = فخور
- pride (n) الفخر الإفتزاز
- upset (v/Adj) = يزعج
- heart-broken = مضطرب للفراد
- secure (v/Adj) = safe آمن
- ≠ insecure = unsafe
- get on (well) with s. one يتفق
- get along with s. one
- ≠ Fall out with s. one يخالف
- look up to s. one يعجبني
- look down on s. one = despise يهتور
- monotonous = mundane رتيب
- dull = boring = مممل
- overburdened = ممتلئ
- exhausted = very tired
- weird (Adj) = awkward غريب
- = odd = strange
- worthwhile = deserve "جدير"
- ment

- breadwinner (n.p) ^{الخباز} الخباز
- stand on his feet: ^{دعّم} دعمه
- rebel (v/n.p) = revolt against ^{تصوّت} = vote against
- rebellion = revolution ^{ثورة}
- Family unit breaks up ^{وحدة العائلة تنفك}
- bridge the gap: ^{يصلج الفجوة} يصلج الفجوة
- Poster = ^{لصق} لصق
- encourage ^{تشجيع}
- interfere in = intermeddle in: ^{يتدخل} يتدخل

Lesson 4: Pocket money

- allowance: ^{مصرف} مصرف
- pocket money
- money does not grow on trees ^{المال لا ينمو في الشجر}
- It is hard-earned ^{ذميا}
- get along on a shoestring ^{تصيق على}
- tight budget ^{ميزانية ضيقة}
- beyond one's means: ^{أبعد من إمكانيات}
- can't afford ^{لا يستطيع}
- unaffordable ^{لا يمكنه}
- earn/make a living: ^{يعتق} يعتق
- generous ≠ stingy
- mean { tight-fisted } ^{متردد}
- { cheapskate }
- { penny pincher }
- Money burned a hole in his pocket: ^{يستهلك} want to spend as soon as he gets

- squander = waste = overspend ^{تهدر}
- Flee (v) = escape ^{يتفرق}
- = run away
- buy needless things: useless
- cover their expenses: ^{تغطي} تغطي
- raise ^{يزيد}
- increase } يزيد
- decrease (v) = reduce ^{يقلل}
- piggy bank ^{صندوق}
- money jar ^{صندوق}
- save (v) ^{يوفر} ≠ waste
- saving (n) ≠ spend
- purchase (v/n) = buy
- addiction (n) ^{إدمان}
- addicted (Adj) to = hooked on ^{إدمان}
- shopaholic: ^{معتاد شراء}
- Thrifty (Adj) = Frugal ^{مقتصد}
- Trivial ^{تافه} ≠ important
- get rid of = discard ^{يتخلص}

- ~~Education~~
- injure: ^{يخرج / يصب}
 - injured (Adj) ^{مصاب / مجروح}
 - injury (n) ^{إصابة - جرح}
 - hurt (v/Adj) ^{يخرج / مجروح}
 - Trip (v) ^{يتعثر}

Lesson 5: Safety at home

- Own (v) = ^{يملك}
- owner (n.p) = المالك
- ownership (g.n) = الملكية
- supervise (v) = يراقب
- supervision (n)
- occur (v) = happen = يقع
- take place
- occurrence (n) = happening
- = حدث = وقوع
- bite (v/n) ^{عصبة}
- infected (Adj) ^{مصاب}
- infect (v) → infection (n)
- disease: ^{مرض}
- hazard (n) = risk = danger
- hazardous = dangerous =
- risky (Adj) ^{خطير}
- Isolation (n): ^{عزل}
- isolate (v) → isolated (Adj)
- prevent... From: ^{يمنع من}
- prevention (n) ^{وقاية}
- Treat (v) = يعالج
- treatment (n)
- Interaction: ^{تفاعل مع}
- interact (v) with ^{يتفاعل}
- beware of: ^{يكون حذرا}
- be careful
- be cautious } ^{تحتار}
- burn (v)

Module 2 Education

Lesson 1: School memories

- Erase (v) = يمسح
- eraser
- Cheat (v): يفتش → cheater
- cheating (v.n)
- Fail (v): يفشل → Failure (n/p)
- g.n) فشل / الفشل ≠ succeed (v)
- success (n) - successful (Adj)
- memorize (v) = learn by heart
- ذاكر → memory (n)
- revise (v) = review (v/n)
- revision (n)
- proud of (Adj) فخور
- pride (n): الإعتزاز / العز
- notice (v/n) = remark يلاحظ
- noticeable (Adj) = remarkable ملحوظ
- recall = remember = يتذكر
- = recollect (v)
- ≠ forget (v)
- Treasure (v/n)
- value (v/n) ثمن / تقدير
- valuable (Adj): ثمين
- Engraved in my memory / heart
- مغروس في ذاكرتي / قلبي

- = Etched on my mind / heart
- = memorable
- unforgettable } لا ينسى day
- sit for an exam } يجز الإمتبار
- = Take an exam
- pass an exam / test: ينجح
- concentration = Focus on يركز
- low grades } نتائج سيئة
- = poor results
- lie to s. one : يكتب عليه
- Lying (v) → liar (n/p)
- overcome my weakness
- يتجاوز حوائثه / نقاط ضعفه
- weakness (n) → weak (Adj) → weaken (v)
- ≠ strength → strong (Adj) → strengthen (v)
- honest (Adj) → honesty (n)
- = sincere → sincerity (n) حراجه
- ≠ dishonest
- switch (v) = change
- Fair = just = عادل
- ≠ unfair = unjust (Adj) غير عادل
- ↳ injustice (n)
- steal (v)
- Thief (n/p) → theft (n) سرقة

Lesson 2: School rules

- instead of
- rather than } عوضا عن
- obey = follow = respect the rules
- ≠ break = disobey خرق

- oblige (v) → obligation (n)
- obligatory
- mandatory } اجباري
- compulsory } قسري
- ≠ optional = اختياري
- To opt (v) → option (n)
- ↳ choice
- shout = scream = yell at يصيح
- ≠ whisper (v/n) : سريعا
- prohibit (v) = forbid = ban
- prohibition (n) منع
- prohibited = forbidden (Adj)
- = banned ممنوع
- punish (v): يعاقب ≠ reward (v/n) يكافئ
- ↳ punishment (n)
- excellent
- good } at s. thing
- bad
- I'm going to
- I intend to } future intention
- I'm thinking of
- Intend (v) → intention (n)
- دخول

Lesson 3: First day at school

- day dreaming متروك السيف
- unless اذ لم
- earthquake زلزال

Fall asleep ^{نام}
 → sleep (v/n) → asleep (Adj)
 wake up → awake (Adj)
 achieve = accomplish (v) ^{يحقق}
 → achievement = accomplishment
 improve (v) = ^{يحسن}
 → improvement (n)
 study (v/n) ^{يدرس / يدرّس}
 → student (n/p)
 studious (Adj) = hard-working
 Fond of = ^{مولوع}
 good at ≠ bad at
 excellent at ≠ terrible at
 keep + gerund = carry on ^{واصل}
 keep studying = continue
 until you achieve your life goal
 school report = ^{تقرير مدرسي / bulletin}
 attend classes = ^{حضر}
 miss = ^{يغيب}
 qualification (n) ^{مؤهلات / دبلومات}
 → quality (v)
 graduate (v/n/p) = ^{يتخرج}
 → graduation = ^{التخرج}
 degree (n) = diploma = ^{شهادة}
 certificate

make fun of s.o.
 mock = laugh at } ^{يتعزّر}
 cruel = heartless
 = pitiless = merciless } ^{قاسي}
 selfish = egoist ^{أناني}
 selfishness (n) } ^{الأنانية}
 egoism
 aggressor ^{المعتدي}
 ≠ victim ^{الضحية}
 bully (v) = ^{يتنمر على}
 bully (n/p) ^{المتنمر}
 → bullying (g/n) ^{ضحية التنمر}
 → bullied (n/p)
 Threaten (v) = menace ^{تهدّد}
 → Threat (n) } ^{تهديد}
 menace
 neglect (v/n) } ^{يتجاهل}
 ignore (v)
 despise
 look down } ^{يحتقر}
 minimize (v) ^{يقلل من شأنه}
 racism (gn) = ^{العنصرية}
 → racist (np)
 Silly = stupid ^{سيف}
 → silliness (n)
 insult (v/n) } ^{يشتتم}
 call names
 rumours = ^{إشاعات}
 spread rumour ^{ينشر الإشاعة}

hit (v) = ^{يضرب}
 beat = ^{يضرب / يهزم}
 punch = ^{يكلم}
 Kick = ^{يكلم}
 Tease (v) = ^{يضايق}
 → Teasing
 Take things by force =
 Step (v) = ^{يتخطى / يتجاوز}
 Taunt (v) = ^{يستفز / يهزأ}
 Taunting (n)
 self-confidence ^{الثقة بالنفس}
 self-esteem ^{تقدير الذات}
 naughty (Adj) ^{مشاكس}
 well-behaved } ^{مطرب}
 well-mannered }
 ≠ ill-bred (Adj) ^{سعي التشبّه}
 honest = sincere = ^{صادق}
 → honesty = sincerity (n)
 tough = strong (Adj) ^{صعب}
 sensitive (Adj) = ^{حساس}
 ≠ insensitive (Adj)
 depressed = ^{محبط}
 = sad
 suicide (v/n) ^{يقتل نفسه}
 commit suicide ^{يقتل نفسه}
 Tackle (v) ^{يتعامل}
 deal with = handle ^{تواجه}
 afraid (Adj) ^{خائف}
 terrified ^{مزعزوع}

Lesson 4: School violence

aggressor (n) = ^{العنف}
 aggressive (adj) = ^{عنيف}

humiliate (v) يُذِلُّ، يُهين
 humiliation (n) اهانة
 suffer in silence

يَتَأَلَمُ فِي صَمْتٍ
 yell at (v) = scream at
 = shout at

Target (v/n/p) يستهدف
 cold-hearted
 ruthless = cruel

offend (v) يهين
 offender (n/p) الجاني - المذنب
 perpetrator

offence (n) إساءة
 weak (Adj) ضعيف
 powerless

upset (v/Adj) يزعج
 irritated (Adj) يزعج

To pick on s.o. يستغري
 أحدهم بالمرءة

pollution (n) التلوث
 pollutant (n) ملوثات
 affect = impact = يؤثر

effect (n)
 preserve = safeguard
 = protect (v) يحافظ

pressure ضغط
 damage (v/n) ضرر
 harm (v/n) يؤذي

harmful (Adj) ≠ harmless
 pure air ≠ poor air quality
 air quality = جودة الهواء

poisonous سام
 toxic سام
 To be green
 To go

To be eco-friendly للبيئة
 smog
 smoke + fog
 حباب تلوث

release (v/n)
 eject (v) → ejection
 skin rash: طفح حبيبي

ache (n) = pain = ألم
 renown (v/Adj)
 well-known = famous مشهور

garbage = rubbish
 = trash = litter فضلات
 inflammable = قابل للإشتعال

risky (Adj) خطير
 dangerous
 burn (v/n) حرق

ozone layer: طبقة الأوزون
 weakness (n) ضعف
 strength (n) قوة

deafness (n) صمم
 deaf (Adj) أحم
 exposure (n) التعرض

overcrowded
 overpopulated
 breathe (v) يتنفس

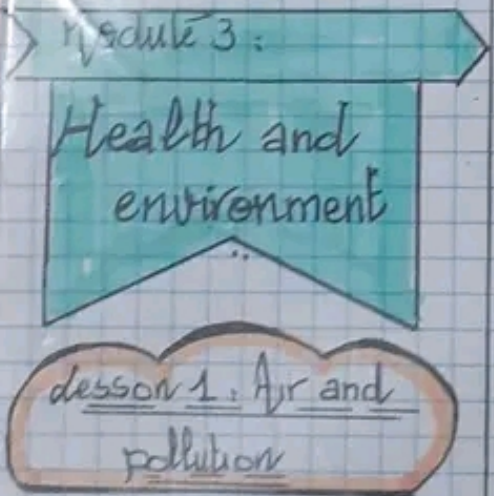
breath (n) التنفس
 breathing problem
 respiratory disease: مشاكل تنفسية

asthma: الربو
 waste (v/n): فضلات
 globe = world: العالم

global warming: ارتفاع حرارة
 deforestation
 logging قطع الغابات

cutting down trees
 species: الأنواع
 endangered
 threatened

extinction (n) الانقراض
 extinct (Adj) منقرض
 landfill (n) مصب فضلات



environment (n) البيئة
 environmental (Adj)
 environmentalist (n/p)
 pollute (v) يلوث

Lesson 2. Smoking and Health

- spill (V/N) انسكاب / تسرب
 - oil spill (N) انسكاب النفط
 - climate change تغير مناخي
 - acid rain المطر الحمضي / الملوث
 - domestic garbage: النفايات المنزلية
 - Prolonged exposure التعرض المطول
 - sleeplessness (N) الأرق
 - smoke (V/N) الدخان
 - smoker (N) مدخن
 - get rid of / discard / throw يتخلص / يرمي
 - a nasty habit / bad
 - hazardous / dangerous / risky خطير
 - addiction (N) إدمان
 - addicted to عاقبة عليه
 - addictive (Ad) يسبب الإدمان
 - lung cancer سرطان الرئة
 - throat العنق
 - substances مواد
 - toxic substances مواد سامة
 - pesticides مبيدات
 - dump (V) يرمي
 - inhale (V) يستنشق
 - exhale (V)

- passive smoker / smoking التدخين / السليبي
 - prohibited / banned محظور / ممنوع
 - prohibit (V) : ban
 - give up / quit / stop
 - nag (V) يتذمر
 - criticize (V) ينتقد
 - criticism (N)
 - indifferent (Ad) لا مبال / لا اهتمام
 - indifference (N)
 - smoker ≠ non-smoker
 - smoking ≠ non-smoking
 - keep on / carry on يواصل
 - physical (Ad) جسدي
 - mental (Ad) ذهني
 - sewage (N) (مخاري) المخارج
 - Factories المصانع
 - contamination / infection التلوث / العدوى
 - cut down / cut back / reduce يُنقص
 - hunt (V) : يحطاد
 - hunting (N) : hunter الحيوان

- Heavy smoker مدخن شرس
 - damage (V/N) ضرر
 - Fatal disease أمراض قاتلة
 - chronic disease مرض مزمن
 - heart attack أزمة قلبية
 - stroke (N) جلطة
 - high blood pressure ضغط دم مرتفع
 - tooth decay تسوس أسنان
 - stained, teeth / coloured أسنان متقعة
 - exercise (V/N) تمارين / الرياضة
 - practise sport
 - athletic performance الأداء الرياضي
 - reduced (Ad) منخفض
 - Flu (N) الإنفلونزا
 - heartbeat ضربات القلب
 - blood circulation دورة الدم
 - light up (V) : lighter (N) يُشعل سيجارة / القلعة
 - aware of / conscious واعي
 - awareness (N) الوعي
 - consciousness (N) الوعي
 - raise awareness يُوعي
 - aware

- awareness campaign / حملة توعوية / توعوية
- contribute to / يساهم
- participate in / يشارك
- participation = contribution
- nervous (Adj) = stressed
- nerves = الأعصاب
- signs of / أعراض
- symptoms of / أعراض
- awkward (Adj) / عريب
- weird / عريب
- strange / عريب
- resist (N) = مقاومة
- resistance
- strong-willed (Adj)
- strong will / إرادة قوية
- determination (N) / إصرار
- achieve aim / يبلغ الهدف
- attain goal / يبلغ الهدف
- shorten = reduce (V) / يخفض
- lengthen (V) / يطول
- puff (V/N) / ينفث البخار

Lesson 3: pollution a threat to our environment

- Threaten (V) / يهدد
- endanger / يهدد
- Threat (N) / خطر
- danger / خطر
- hazard / خطر

- destroy (V) / يدمر
- destruct (N) / دمار
- destructive (Adj) / مدمر
- landfill (N) / مكبات
- discharge / يتخلص من
- throw away / يتخلص من
- collect (V) / يجمع
- pick up / يجمع
- gather (V) / يجمع
- ruin (V/N) / يدمر - دمار
- release / انبعاث
- ejection / انبعاث
- emission / انبعاث
- emit (V) / انبعاث
- sight loss / فقدان البصر
- blindness / فقدان البصر
- hearing loss / فقدان السمع
- deafness / فقدان السمع
- sensitivity to / حساسية
- sensitive (Adj) / حساس
- exaggerate (V) / يبالغ
- vanish / يختفي
- fade away / يختفي
- disappear / يختفي
- reuse (V/N) / إعادة استعمال
- recycle (V) / إعادة تدوير
- organic food / طعام عضوي
- join (V) / يلتحق
- carpooling / مشاركة الرحلة
- share car journey / مشاركة الرحلة

- sink (V) / وانحدر / كرتبة
- sinking (Adj) / كرتبة
- biological / بيولوجي
- organic / عضوي
- without fertilizer / بدون أسمدة
- pesticides / مبيدات
- radiation / الإشعاعات

Lesson 4: Save the Earth

- oil spill / تسرب النفط
- pesticides / مبيدات حشرية
- toxic / سام
- harmful (Adj) / مضر
- harm (V/N) / يضر / الضرر
- domestic wastes / النفايات المنزلية
- hazardous / خطير
- dangerous / خطير
- campaign against / يقوم بحملات توعوية
- for / يقوم بحملات توعوية
- collect / يجمع
- pick up / يجمع
- gather / يجمع
- ruin (V) / يدمر
- destroy / يدمر
- damage / يدمر
- To dump / يصب النفايات
- waste / garbage

Module 4: det Services

Lesson 1: At the airport

- **dumpster** مصب فضلات
- **discharge (V/N)** انبعاث
- **emission (N)** انبعاث
↳ **emit (V)**
- **release**
- **discharged (Adj) = emitted**
- **released** منعت
- **toxic** سام
- **poisonous** سام
- **log** قطع الأشجار
- **cut down** قطع الأشجار
- **hearing loss = : imblness (N)** ضعف السمع
↳ **dumb (Adj)**
- **sight loss = blindness (N)** ضعف البصر
↳ **blind (Adj)**
- **expose ... to** التعرض
↳ **exposure (N)**
- **contribute ... to** يساهم في
- **participate ... in** يساهم في
- **impact (V/N)** يؤثر
- **affect (V)** يؤثر
↳ **effect (N)**
- **influenza**
- **contaminated** ملوث
- **infected (Food/Fruit)** ملوث
- **contaminate (V) → contamination**
- **infect → infection (N)**
- **aware** واعي
- **conscious** واعي
- ↳ **awareness (N) = consciousness**
- **vanish** يختفي
- **fade away** يختفي

- **hunter (n.p)** صياد
↳ **hunt (V/N)**
- **regret (V/N)** يندم
- ↳ **regretful (Adj)** نادم
- **offend (V)** يفتدي عليه / يظلم
- ↳ **offender (n.p)** مُعتدي
- ↳ **offence (N)** اعتداء / إهانة
- **extinction (N) = الإقراض**
- ↳ **extinct (Adj)**
- ↳ **extinguish (V)** يطفى
- **wildlife** الحيوانات البرية
- **conservation** حماية
- **reserve** محمية
- **habitat** موطن الحيوانات
- **species**
- **reforestation**
- **Tree logging**
- **Cutting down trees**
- **reduce** R
- **reuse** R
- **recycle** R
- **organic food** طعام بيولوجي
- **junk food**
- **unhealthy food**
- **whole grain** قمح كامل
- **litter bins** سلة المهملات
↳ **baskets**
- **Fine (N/V)** غرامة مالية
- ↳ **Fined (Adj)**
- **preserve** يحفظ
- **save = safeguard** يحمي

- **Check in** : تسجيل
- **check out** : مغادرة
- **check in counter** : مكتب التسجيل
↳ **desk** : الكشك
- **flight (N)** رحلة
- **Fly (V) → Flaw (sp) → flown (pp)**
- **flight attendant** مضيف
- **steward / stewardess** خيوان
- **aisle seat**
- **window**
- **luggage = baggage**
- **suitcase (N)** حقيبة
- **boarding pass** تصريح صعود
- **customs** ديوانة
- **custom officer** عون ديوانة
- **Fasten seat belt** يثبت
- **gate (N)** بوابة عبور
- **passenger** مسافر
- **traveller** مسافر
- **announcement** إعلان
- ↳ **announce (V)**
- **crew** طاقم الرحلة
- **board the plane** يصعد
- **on board** على متن

• trolley (n) عربات / عربة
تفجرات

• cockpit :

• lounge : الردهد

• departure lounge

• plane takeoff | تقلاع
| ≠ |
land | تنزل

• runway : مدرج الإقلاع

• duty-free : مصفاة الضرائب

Internet Shopping Lesson 2

• Addiction to الإدمان
↳ addict (np) | عديف
↳ addicted to |
↳ addictive (Adj) | يسبب الإدمان

• consume (v) = use | استهلك

• consumer = user | المستهلك / مستخدم

• consumption = use | الاستهلاك

• bill (n) : فاتورة

↳ pay the bill

• book (v) = reserve حجز

=
booking (n) = reservation

Word Derivations / Building

Verb	Noun	Adjectives	Adverbs
save	safety (sûreté) / saving (épargne)	saved	safely
collect	collection	collected / collective	collectively
waste	waste	wasted / wasteful	wastefully
spend	spending	spent	x x
lose	loss	lost	x x
stress	stress	stressed / stressful	stressfully
x x	self / selfishness	selfish ≠ selfless	selfishly ≠ selflessly
x x	egoism	egoist	x x
	altruism	altruistic	altruistically
	modesty	modest	modestly
	humility	humble } ego	humbly
	arrogance (orgueil)	arrogant	arrogantly
quarrel (with one)	quarrel	quarrelsome	x x
trouble	trouble	troublesome	x x
mess	mess	messy	x x
box	boxing	boxed / boxing	boxingly
support	support	supportive	x x

Verb			
depress	depression	depressed	
exhaust	exhaustion	exhausted / exhausting	exhaustingly
spoil	spoiling	spoiled	x x
choose	choice	chosen	x x
depend (on)	dependence	dependent ≠ independent	independently
rely (on)	reliance / reliable	reliant	x x
criticize	criticism	criticized / critical	criticably
decide on something	decision	decided	x
hesitate	hesitation	hesitant (متردد)	hesitantly
confide	confidence	confident	confidently
x x	pride	proud	proudly
Complain (about)	Complaint شكوى Complainer (np) متذمر التذمر	complaining	x x
Shame	shame (العار)	ashamed / shameful shy متواضع	
obey	obedience (التسليم)	obedient	
disobey	disobedience عصيان	disobedient	
embarrass	embarrassment	embarrassed متعرج embarrassing متعرج	
worry (about)	worry	worried / worrying متزعج مزعج	
behave	behavior	behaved	
comfort	comfort	behavioral سلوكي comfortable مريح comforting مواسي	

Verbs	Nouns	Adjectives	Verb	Noun	Ads
reassure: يطمئن	reassurance	reassured reassuring: مطمئن bored	x x x	addict (n.p) مدمن addiction... to (عمل) مدمن addicted... to (عمل)	addictive: مدمن addicted... to (عمل)
bore	boredom	boring (عمل)	injure	injury: إصابة	injured
Secure	Security	secure	own	owner (n.p) مالك	owned
save	safety	safe	supervise	supervision: مراقبة	supervised
burden (ثقل) load	burden load	burdened loaded	occur: حدث	occurrence: حدوث	occurring
exhaust	exhaustion	exhausted: متعب exhausting: متعب	infect	infection: (مرض)	infected
interfere (in)	interference	interfering	risk	risk	risky
intervene (in)	intervention: تدخل	intervening	prevent... from	prevention	preventive: وقائي
encourage	encouragement: تشجيع courage: شجاعة	encouraged/ing courageous: شجاع	Treat	Treatment	treated / treatable
afford	affordability القدرية على شراء	affordable	cure	cure	cured / curable
x x x	generosity	generous	heal	healing	healed / healable
x x x	≠ meanness	≠ mean	interact... with	interaction: تفاعل	interactive
use	use	useful ≠ useless	x x x	caution	cautious: حذر
increase ↗ decrease ↘	increase decrease	increasing decreasing	care	care	careful / careless
			Fail ≠ succeed	Failure (g.n/n.p) ≠ success	Failing ≠ successful



Verb	Noun	Adj	Verb	Noun	Adj
memorize	memory	memorable	reward	reward	rewarded/rewarding
recalled	recollection	recalled	punish	punishment	punished
recall	recall	recalled	sleep	sleep	asleep
Treasure	Treasure	valued	awaken	awakening	awake
weaken	weakeness	weary	achieve	achievement	achieved
strengthen	strength	strong	fulfill	fulfillment	fulfilled
honesty	honest	sincere	study	study	studious
hieve	thief (np)	robbed	graduate	graduate/graduation	graduated
rob	robber (np)	robbed	quality	quality	qualified
change	change	robbed	prohibit	prohibit	prohibited
ban	ban	robbed	threaten	threat	threatened
prohibit	prohibition	robbed	menace	menace	menaced
ban	ban	robbed	menace	menace	menaced

نَجْهِنِي

bully	bully (n) / bullying (v)	bulled (v)	poison	poison	poisonous
neglect	neglect (v)	neglected	release	release	released
insult	insult (v)	insulted	eject	eject	ejected
suicide	suicide	suicidal (adj)	emit	emit	emitted
terrify	terror	terrified (adj)	breath	breath	breathed
humiliate	humiliation (n)	humiliating (v)	threaten	threat	threatened
offend	offence (n)	offended (adj)	endanger	danger	endangered
empower	power	empowered (adj)	criticize	critic (n)	criticized
write	write (v)	wrote (v)	reduce	reducer (n)	reduced
pollute	pollution	polluted (v)	contribute	contribution	contributed
impact	impact (v)	impacted (v)	participate	participation	participated
harm	harm (v)	harmed (v)	influence	influence	influenced
preserve	preserve (v)	preserved (v)	combustible	combustion	combustible
			conscious	consciousness	conscious
			aware	awareness	aware
			ethical	ethic (n)	ethical
			critical	critic (n)	critical
			threatened	threat	threatened
			endangered	danger	endangered
			breathed	breath	breathed
			emitted	emit	emitted
			ejected	eject	ejected
			released	release	released
			poisonous	poison	poisonous



x x	<ul style="list-style-type: none"> nerve ^{on my} (m) nervelessness (m) 	<ul style="list-style-type: none"> nervous (موتق)
x x	<ul style="list-style-type: none"> anxiety 	<ul style="list-style-type: none"> anxious
resist (m)	<ul style="list-style-type: none"> resistance 	<ul style="list-style-type: none"> resistant
Shorten	shortness	short
destroy	destruction	<ul style="list-style-type: none"> destroyed (مدمر) destructive (مدمر)
contaminate	contamination	contaminated (ملوث)
extinguish	extinction	extinct
fly	flight	flown
board	on board (مركب)	<ul style="list-style-type: none"> boarded boarding pass (تذكرة الصعود)
consume	<ul style="list-style-type: none"> consumer (مستهلك) consumption (مستهلك) 	consumed
book	booking	booked
reserve	reservation	reserved
Tour	<ul style="list-style-type: none"> Tour (رحلة) Tourist (متردد) Tourism (سياحة) 	Touristic (سياحي)

Verb	Noun	Adj	Verb	Noun	Adj
memorize	memory تذكرة	memorable كريم	reward مكافأة	reward	rewarded/rewarding مكافأ
	memorization تذكرة	memorized تذكرة	punish عاقب	punishment عقاب	punished
* * *	pride	prideful		punisher	
recollect = recall تذكر	recollection تذكر	recollected	Intend يتوهم int (to do) يتوهم	intention القصد / القصد	intended / intentional مخطط / مقصود
Treasure	Treasure	treasured	sleep	sleep	asleep
Value قيمة	Value	valued	wake up	awakening	awake
weaken	weakness	weak	accomplish	accomplishment	accomplished
strengthen	strength	strong	achieve	achievement	achieved
* * *	honesty	honest	Fulfill	Fulfillment تكملة	Fulfilled
	sincerity	sincere	study	study دراسة / درس	studious مجتهد
thieve	thief (np) سارق		student	studying دراسة	
=	thief		graduate	graduate/graduation (np) (np) تخرج	graduated
rob	robber (np) سارق	robbed	quality	qualification مؤهلات	qualified مؤهل
	robbery		ply	ply تدبر	pliable مطواع
oblige	obligation	obliged / obligatory مستحق / واجب	cruelty	cruelty قسوة	cruel
Opp. for	opiate	opiate	Threaten	Threat هدد	threatened
prohibit	prohibition	prohibited forbidden banned	menace	menace	menaced
ban	ban				



Grammar

Tenses

Modals

- can - ability
- can't - inability
- should - advice
- ought to - moral obligation
- must } obligation
- have to }
- mustn't - prohibition
- May/might - possibility
- May - permission

Asking / Giving opinion

- Do you think/believe? Asking about opinion
- I think/believe → giving opinion
- Maybe → uncertainty
- I'm sure } certainly
- I'm certain }

Describing

Sb + look/seem + Adj

She looks gorgeous

He seems excited

h

Expressing appreciation

It's a wonderful / idea
excellent

Ah right

Present Progressive

Sb + To be + gerund (V+ing)

- I am watching
- He is decorating
- They are dancing

→ used to describe an event happening right now (the moment of speaking)

Giving instructions

Verb base form

don't + verb

Exp: turn left

don't jump

↳ things to do

↳ things not to do

Expressing satisfaction

This is exactly what I need/want

Tenses

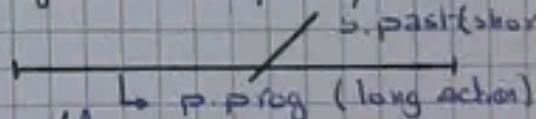
Past progressive

Sb + to be (past) + gerund

→ I was watching

→ They were dancing

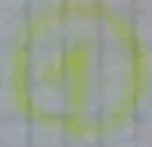
① A long action interrupted by a shorter one



⇒ when / As

② Two simultaneous actions (happening at the same time)

Grammar



Modals

- can → ability
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Describing

- Sb + look/seem + Adj
- She looks gorgeous
- He seems excited

Expressing appreciation

- It's a wonderful idea
- Excellent!
- Alright

Tenses

Present Progressive

- Sb + To be + gerund (v-ing)
- I am watching
- He is decorating
- They are dancing
- used to describe an event happening right now (the moment of speaking)

Giving instructions

- Verb base form - don't + verb
- ↳ turn left
- ↳ things to do
- ↳ don't jump
- ↳ things not to do

Expressing satisfaction

This is exactly what I need/want

Tenses

Past progressive

- Sb + to be (past) + gerund
- I was watching
- They were dancing
- ① A long action interrupted by a shorter one in past (short)
- ↳ I was sitting (long action) when / as she came (short)
- when / as
- ② Two simultaneous actions (happening)

Grammar



Tenses

Modals

- can → ability
- can't → inability
- should → advice
- ought to → moral obligation
- must } obligation
- have to }
- mustn't → prohibition
- May/might → possibility
- May → permission

Present Progressive

Sb + To be + gerund (V-ing)

- I am watching
- He is decorating
- They are dancing

→ used to describe an event happening right now (the moment of speaking)

Giving instructions

Verb base form - don't + verb

Ex: turn left don't jump

↳ things to do ↳ things not to do

Asking / Giving opinion

Do you think/believe → Asking about opinion

I think/believe → giving opinion

Maybe → uncertainty

I'm sure } certainly

I'm certain }

Expressing satisfaction

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Describing

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She looks gorgeous

He seems excited

↳

Tenses

Past progressive

Sb + to be (past) + gerund

- I was watching
- They were dancing

Expressing appreciation

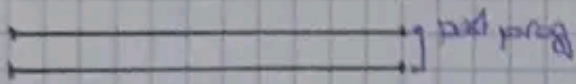
It's a wonderful / idea
an excellent

Alright

- A long action interrupted by a shorter one
 - ↳ p-prog (long action)
 - ↳ s.past (short)

⇒ When / As
- Two simultaneous actions (happening)

at the same time)



→ while

Comparative / Superlative Forms

Comparative Form

1) Short adj + er + than...

→ Short adj → 1 syllable smart → smarter

↳ 2 syllables ending with "y"

Exp. happy - prettier - funnier
happier - prettier - funnier

2) Long adj

more + long adj ... than

Exp. more expensive - more comfortable

Superlative Form

1) The + short adj + est

Exp. The smartest - The tallest

The funniest - The happiest

2) The most + long adj

Exp. The most expensive / The most comfortable

Irregular adjectives

Adjectives	Comparatives	Superlatives
1) Good	better	The best
2) Bad	worse	The worst
3) Many / Much	more	The most
4) Little	less	The least
5) Far	farther	The farthest

Reflexive pronouns

Sb pronouns

Reflexive pronouns

I	→ myself
He	→ himself
She	→ herself
It	→ itself
They	→ themselves
You	→ yourself / yourselves
We	→ ourselves

9.11.11
Grammar

Comparative Form
 short Adj long Adj

Qual	shorter + er	longer + er
Examp	Exp smaller - bigger	more intelligent / more expensive
Excep		
tion		

Numbers

Arabic?	Ordinal?
1	→ First
2	→ Second
3	→ Third
4	→ Fourth
5	→ Fifth

Frequency

- 3 1 - time
- 2 2 - twice
- 3 3 - three times
- 4 4 - four times

Future

Affirmative	Negative	Interrogative
Sb + will + base inf	Sb + won't + base inf	Will + Sb + base inf?
I ↓ will go	I ↓ won't go	Will you go?

Indicators

- next... • ... after
- Tomorrow
- in → Future date (in 2030)

Gerund

- Go → shopping
- Spend time → sleeping / money → drinking
- mind (to) - doing
- start - begin
- continue = pursue - carry on
- end = stop - finish = ~~end~~
- quit = give up

Infinitive

- I want to eat / to go
- refuse to eat / to go
- ~~decide~~ - decide
- more likely
- ask + one
- Tend
- refuse
- oblige
- allow

Writing

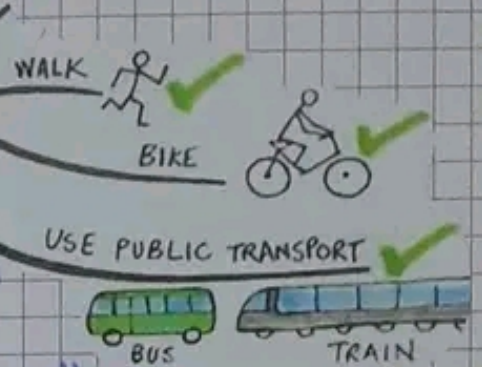
Genre

Module: 3 (Family)

Lesson:

Topic: Solutions to help save the environment

• When you travel for a short distance instead of using the car, you can walk, use the bike or public transport which reduce the amount of fuel use and consequently CO₂ emissions

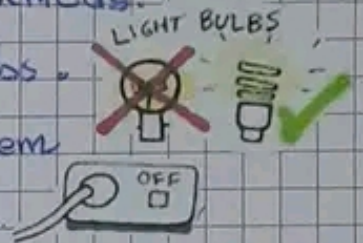


• At home: try to adopt wiser and more energy saving methods.

One of these methods is switching to energy efficient light bulbs.

Also, when not in use turn off your appliances and unplug them.

A further step is using solar panels to cut down on electricity use.



• R R R → Reduce when shopping refuse plastic bags from stores and use a cloth bag instead. Also buy only what you need not whatever you want.

→ Reuse before throwing anything, consider if there is life left in it, which means; think about the possibility of using it in a different way.

→ Recycle: when you buy try to add some recycled items in your shopping list.

• Raise awareness:



try to be an active member and spread awareness about the threats facing our planet and suggest to them some steps they can do to help save the planet.

Also, you can organize planting trees campaigns.

Smoking

Impacts of Smoking

- Health problems: smoking may lead to a variety of illnesses and diseases. The most dangerous risk is heart problems including heart attacks and strokes. Also, smoking can cause different types of cancer including respiratory illnesses.
- Waste of money: Smoking costs a lot of money. The money spent on cigarettes if you multiplied by the number of years, you can see a small fortune lost instead of being spent on something more useful and beneficial.
- Bad Smell and constant cough: Smoking makes everything stink; whether your clothes, your hair and even your breath can smell bad if you smoke. Also you will have a constant cough which may become later a serious respiratory illness.

Solutions: How to quit

- Be determined: because quitting is a tough job, you need to have a strong determination and will power. Think of protecting your family from secondhand smoking and having a healthier body and believe in yourself as it is said: "when there is a will, there is way".
- Keep yourself busy: Keeping yourself busy and having an active lifestyle can reduce the cravings for smoking. When you want to grab a cigarette, consider jogging, going to the gym, even milder activities help such as a walk in the nature or gardening.
- Seek support: Inform your family and friends about your decision. They can encourage you to keep going especially when they are non-smokers. This tough decision becomes easier when you have a support group to lean on.