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كتاب النشاط BTS WorkBook المسار المتقدم

موقع المناهج ← المناهج الإماراتية ← الصف العاشر ← لغة انجليزية ← الفصل الثاني ← ملفات متنوعة ← الملف

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المزيد من مادة
لغة انجليزية:

التواصل الاجتماعي بحسب الصف العاشر



صفحة المناهج
الإماراتية على
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الثاني

الدليل الإرشادي (الهيكل الوزاري) للقواعد المقررة في الامتحان النهائي المسار المتقدم

1

خطة ومواصفات الامتحان النهائي المسار العام 6.2 Level

2

خطة ومواصفات الامتحان النهائي المسار المتقدم 8.1 - 7.1 Level

3

الخطة الفصلية للمقرر المسار المتقدم للعام 2024-2025

4

الخطة الفصلية للمقرر المسار العام للعام 2024-2025

5



UNITED ARAB EMIRATES
MINISTRY OF EDUCATION

2023-2024

Bridge to Success 11

Workbook

Almanahj.com/aa
2025
2024
المناهج

Sheikh Zayed Bridge, UAE



Grades

10

Advanced

11

General

Bridge to Success

English Language

Book 11 Workbook

Grade 10 Advanced

Grade 11 General

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Workbook

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Welcome to *Bridge to Success*

Bridge to Success is a twelve-grade course for learners of English as a second language (ESL). The twelve grades range from the beginning of cycle 1 to the end of cycle 3.

Bridge to Success 11 consists of twelve thematic units of study, which include a range of activities, text types and objectives, split over three terms.

The materials reflect the following principles:

- **An Emirati focus, with an international perspective.** Specifically developed for young learners throughout the United Arab Emirates, the themes, situations and literature covered by *Bridge to Success* strive to reflect the Emirati context and encourage learners' curiosity about the wider world. This fosters respect and interest in other cultures and leads to awareness of global citizenship.
- **An enquiry-based, language-rich approach to learning.** *Bridge to Success* engages children as active, creative learners. As learners participate in a wide variety of curriculum-based activities, they simultaneously acquire content knowledge, develop critical thinking skills and practise English language and literacy. The materials incorporate a 'learning to learn' approach, helping children acquire skills and strategies that will help them approach new learning situations with confidence.

- **English for educational success.** To meet the challenges of the future, children need to develop facility with both conversational and academic English. From the earliest stage, *Bridge to Success* addresses both these competencies. *Bridge to Success* presents authentic listening and reading texts, writing tasks, and end-of-unit projects similar to those learners might encounter in English-medium and international schools.

This Workbook provides additional support, reinforcement and practice of the Coursebook. Comprehensive support for teachers is provided in the Teacher's Guide.

The following icons are used in this Workbook:

- 1 pre-recorded listening activity

We hope that you and your learners will enjoy using these materials as much as we enjoyed developing them for you.

The *Bridge to Success* team



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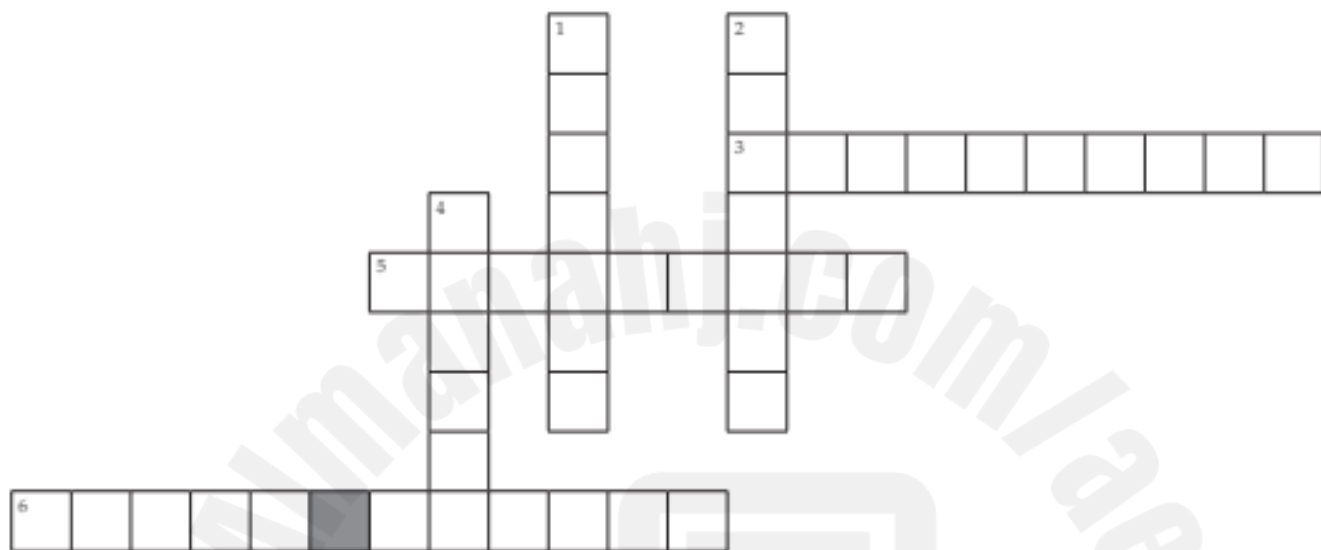
	Reading/Topic	Listening/Speaking	Use of English	Vocabulary	Writing
Unit 5 Calling Planet Earth Pages 52–63	Space exploration Geographical features Animals, wildlife and conservation Plants and trees Nature and the environment	Listening: Listen to an interview Listen to a documentary Listen to a conversation Listen to a presentation Speaking: Discuss the UAE space agency Prepare a documentary Guess categories Make a presentation	Present perfect with <i>for</i> and <i>since</i> Countable and uncountable nouns Quantifiers with uncountable nouns Prepositions with verbs describing geography Expressions of opinions; giving examples Indefinite pronouns <i>it</i> as an object with <i>make for</i> referencing; adjective + noun collocations	Space exploration Geography Animals	Describe the geography of a country Write a blog about animal conservation Write a summary about plants and trees Write about renewable energy Complete a summary
Unit 6 Fitness for life Pages 64–75	Health and wellness Looking after health Food and health Healthcare systems Technology and fitness Stem cell therapy Medicine and health Health issues in the UAE	Listening: Listen to an interview Listen to a talk about healthy food Listen to a conversation Listen for gist Speaking: Discussion about health Discuss sports in the UAE Discuss sleeping habits Giving advice	Defining and non-defining relative clauses Present and past passive Verbs that change meaning with gerunds and infinitives <i>its</i> as a possessive determiner; Expressions for giving advice Compound adjectives; expressions to describe chances and possibilities in the future Expressions to highlight key information	Health Wellness Healthcare	Give advice on restaurants and dishes to eat Write about the advantages and disadvantages of taking medication
Unit 7 21st century citizens Pages 76–87	Ambition at work Starting your own business Our online image 21st century skills CVs and recruitment Unusual jobs	Listening: Listen to a discussion about jobs Listen for information Listen to identify job types from their descriptions Speaking: Discuss what you can do to have a successful career Identify modals to use in particular situations Discuss ideas for a start-up business Take part in a debate Discuss social networking sites Make a presentation Discuss the pros and cons of a job	Modal verbs Present simple and present continuous Phrases of agreement and disagreement Second conditional	Job types Social networking sites Skills	Identify verbs Tips for using social networking sites Making a positive and negative argument Using adverbs New skills Complete a CV Write a business plan



Calling Planet Earth

Lessons 1–2 What's out there?

- 1 Look at the clues and complete the crossword. Two words are separated by ■



Across

- 3 people trained to travel to space
 5 an artificial body placed around a planet, usually to collect information or for communication
 6 the part of the universe near the sun including the sun, eight planets and their moons

Down

- 1 Earth, Mars, Neptune and Jupiter are all examples of this word
 2 the power that attracts bodies to the centre of the earth
 4 the collection of billions of stars together that includes the solar system

- 2 Put these words in order from smallest to largest.

planet

galaxy

solar system

3 Practise saying these words with your partner.

galaxy astronaut satellite gravity solar system planets

With your partner, underline the stressed syllable in each word.

4 Complete the paragraph with a word from the box.

galaxy gravity solar system planets satellites astronauts

There are eight ¹ _____ in the ² _____. These are all part of the ³ _____ that contains billions of stars, systems and lots of space dust. Not all planets have ⁴ _____ like the Earth, believe it or not – objects float on some other planets. ⁵ _____ travel to space to try to explore the different regions out there and to learn new information. Governments and space programmes send ⁶ _____ to discover new things about the fascinating world of space!

5 Complete the sentences by putting the verbs in the right form and choosing *since* or *for*.

- 1 Reem has _____ (work) in the company (since / for) she graduated.
- 2 He has _____ (live) here (since / for) three months.
- 3 They have _____ (be) in the meeting room (since / for) more than an hour.
- 4 I haven't _____ (see) him (since / for) last March.
- 5 She hasn't _____ (take) a holiday (since / for) two years.

Lessons 3–4 Our beautiful planet

- 1 Complete the table with the words in the box. Can you add some more words of your own?

glacier	beach	rainforest	waterfall	creek	wood	mountain	
swamp	thermal spring	desert	sea	oasis	peninsula	island	
coral reef	fjord	jungle	ocean	waterway	sand dune	volcano	lake

Land	Water
jungle	fjord

- 2 Choose the best synonym for each word.

- several
 - a few
 - a lot
 - some
- peninsula
 - island
 - headland
 - desert
- river
 - waterway
 - lake
 - swamp
- stunning
 - important
 - impressive
 - ordinary
- coastline
 - shore
 - land
 - edge
- tour
 - holiday
 - run
 - walk

3 Write sentences using the correct quantifier. Sometimes more than one answer is possible.

a lot of a piece of a few a bit of
a large amount of lots of plenty of a wealth of

1 The Arabian Desert is the largest sand desert in the world. There is/sand

There is a lot of sand.

2 There was a bit of sunshine this morning. We had/sunshine

3 Al Ain has many date palms. There are/date palms

4 Norway has hundreds of glaciers. There are/glaciers

5 All the guides have been working here for years. They have/experience

6 Listen to the forest ranger. He has/advice

7 This river turtle lays five or six eggs. She lays/eggs

8 Near the coast are hundreds of little islands. There are/islands

4 Read about Italy. Then rewrite the text replacing the highlighted word(s) with a suitable synonym.

Italy is a long, boot-shaped peninsula in the Mediterranean Sea. It has a **stunning** coastline of over 7000 kilometres and some large islands including Sicily, Sardinia and Elba. The **largest** active volcano in Europe, Mount Etna, is in Sicily.

There are **several** mountain ranges in Italy – the Alps in the north and the Apennines which run from north to south through the **whole** country. Between the Alps and the Apennines the River Po flows. The Po is one of the most important **rivers** in the country. Another is the River Tiber which flows through the capital, Rome.

Italy also has **numerous** lakes, most in the north of the country. The biggest is Lake Garda. The scenery is **magnificent** and it is very popular with tourists.

Lessons 5–6 Geography of the world

- 1 Look at the underlined words in the paragraph and replace each one with one of the words from the box.

peaks

climates

inhabitants

forests

cliffs

tropical

Geography is a very interesting subject. By reading about countries, you get to imagine living in different ¹ weather conditions around the world, freezing cold or ² hot and humid. You can also imagine meeting ³ residents of strange and new places. You can go on adventures to faraway new places, like ⁴ jungles. You can even dream about jumping off ⁵ steep rocks into the sea, and reaching high ⁶ mountain tops.

- 2 Practise saying the words in the box with your partner.

climate

peninsula

inhabitants

forests

tropical

Now underline the stressed syllable in each word.



3 Complete the sentences using the words from the box (there is one extra word).

peak	climate	Peninsula	inhabitant	forests
		cliffs	tropical	

- The _____ in deserts is usually dry and hot all year long.
- I would love to take a holiday on an island with _____ weather. I love visiting natural places with lots of trees and plants.
- The Arabian _____ is surrounded by water on three sides.
- The highest mountain _____ in the world is Mount Everest.
- It's sad to see so many _____ disappear. People are cutting down all the trees for making paper and furniture.
- Some people like to dive into the water from high _____. I think it's a very dangerous hobby!

4 Look at the prepositions and choose the correct one for each sentence. There are two that you do not need to use.

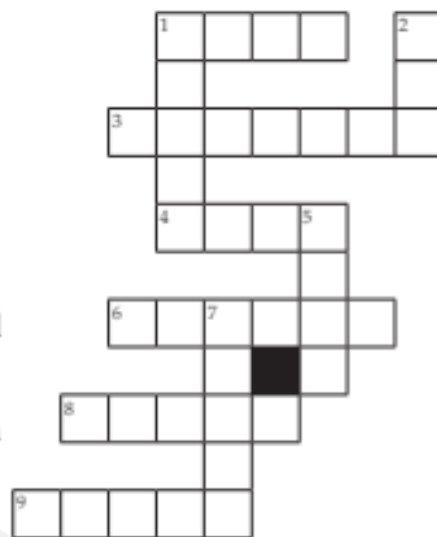
with	by	from	to	along	in	between
------	----	------	----	-------	----	---------

- The city is surrounded _____ mountains.
- The Nile river starts _____ Ethiopia.
- The town stretches _____ the coast.
- The valley lies _____ two hills.
- Jordan has borders _____ Iraq and Saudi Arabia.

Lessons 7–8 **The animal kingdom**

- 1** Using the clues below, complete the crossword with animal body parts from the listening. Use the words in the box to help you.

talons	teeth	wings	hoof	fins	tail
	feather	horns	fur	lungs	

**Down**

- Hard white objects in the mouth used for eating and chewing food
- Soft thick hair that grows on the body of many mammals
- Small flat organs that stick out of the body which are used to swim
- Two internal organs used for breathing

Across

- A long body part that grows at the end of the animal's body and is used for balance
- A long hard stem with very light, soft hairs on either side that covers the body of birds
- The hard covering on the front of an animal's foot
- The hooked claws on the feet of a bird of prey
- Hard pointed growths on the top of the animal's head
- Two limbs on a bird's body used for flying

- 2** Read the sentences taken from the audioscript of track 17 below and underline the ways the speaker gives examples. The first one has been done for you.

- But did you know that in the Arabian Gulf we have a rich mixture of whale species, such as the Blue Whale ...
- This makes whales easy to spot, especially as you can hear the sound of a whale blowing before you see it break the surface.
- ... there are some incredible moments; for example, seeing their huge fins and those massive teeth.
- ... it can adapt to the harsh climate – for instance, it can go without water for days ...
- Read through the whole audioscript and find the four words that collocate with the word example.

'some _____ examples' (speaker 1)

'other _____ examples' (speaker 1)

'A _____ example' (speaker 2)

'An _____ example' (speaker 3)

3 Each of the sentences below contains common errors when giving examples. Correct them.

- 1 There are numerous examples such of the Humpback Whale and the Fin Whale in Emirati waters.
- 2 A example notable of the success of the falcon hospital is the growing numbers of birds they treat each year.
- 3 Some species of wildlife are hunted for their horns and fur, for instances the oryx and the leopard.
- 4 Tourists come to the UAE to see the wildlife in its natural habitat, expecially the Arabian Oryx.

4 In each of the following pairs, one sentence is a general statement and the other is an example. Write (G) for General Statement or (E) for Example next to each sentence.

- 1 **a** Whales are intelligent mammals. _____
b They can communicate to each other through sounds that travel through the water. _____
- 2 **a** Falcons receive a level of care and attention normally reserved for family members. _____
b Falcons are revered birds in the Emirates. _____
- 3 **a** The Oryx has increased in numbers over the last 15 years. _____
b Conservationists at Sir Bani Yas Island have reintroduced the Oryx to the wild. _____

Rewrite the sentences in your notebook linking each pair of sentences together.

Whales are intelligent mammals; for example, they can communicate to each other through sounds that travel through the water.

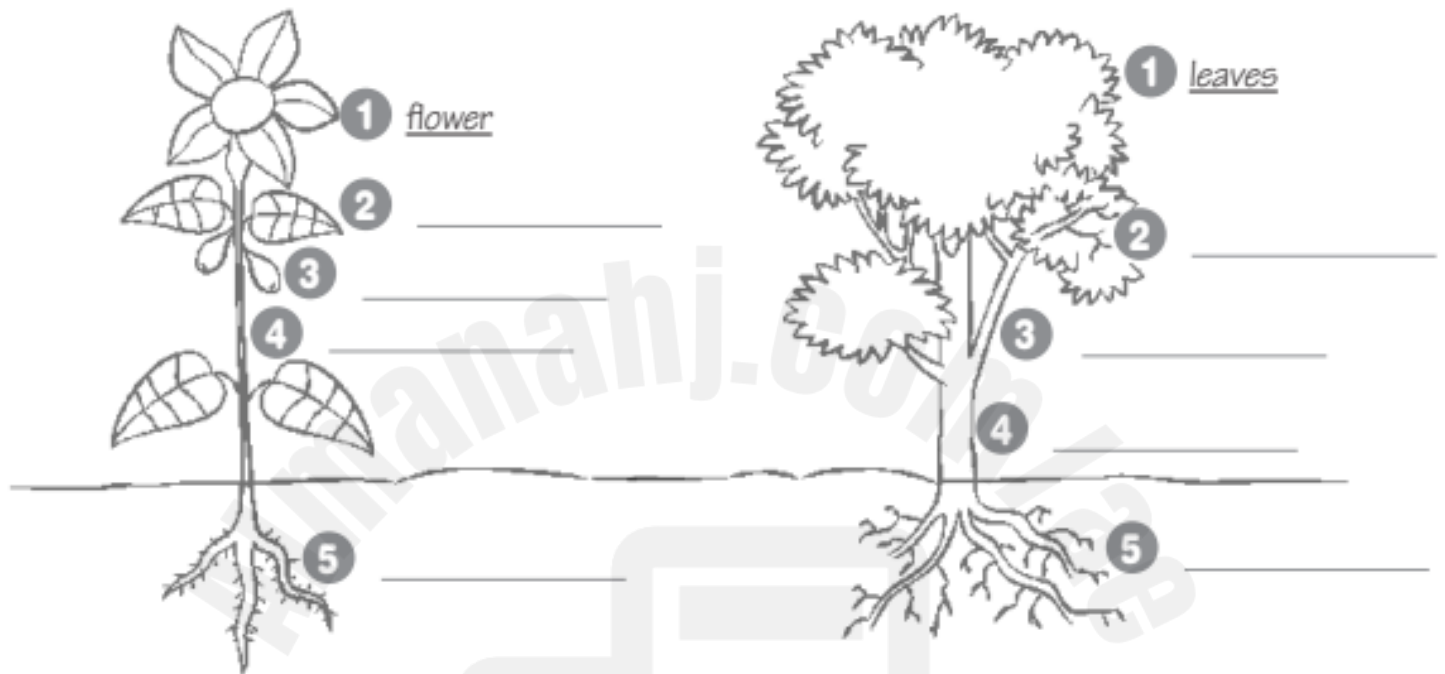
5 Match the multiword verbs below with their meaning.

- | | |
|--|--|
| 1 To get close (speaker 1) | a to feel a connection |
| 2 To be hunted to extinction (speaker 2) | b to have a sense of completion |
| 3 To roam free (speaker 2) | c the entire species is killed |
| 4 To spring to mind (speaker 2) | d to be near something |
| 5 To come full circle (speaker 3) | e to walk where you want |
| 6 To create a bond (speaker 3) | f to have an idea |

Lessons 9–10 **Plant life**

1 Label the two diagrams with the words in the box. One word can be used twice.

twig leaf fruit branch root flower trunk stem leaves



2 Choose the correct pronoun for answers 1 to 6.

People have recognised the importance of plants in medicine for a long time. ¹ **Many / Either** have very specific uses, for example the seeds of garat (*Acacia nilotica*) are used to help heal burns, and the desert squash and the senna plant have been used in traditional medicine for years. ² **Many / Both** are still used regularly today by people who believe this type of medicine is safer and healthier than modern medicine.

A popular remedy for toothache is ginger or clove. ³ **Several / Either** will help for a short time, although a visit to the dentist is usually necessary if the pain is very bad.

Plants can also be used to make colour dyes. Henna and indigo are probably the most well-known – henna to decorate hands and feet, and indigo, traditionally used to colour blue jeans. Both plants are found in hot countries as ⁴ **each / neither** will grow in cold conditions. Henna leaves can also be used to help headaches. ⁵ **Several / Each** are wrapped in a cloth and put onto the forehead to ease the pain.

Plants play an important role in our lives. ⁶ **Each / Neither** has a purpose and they must all be protected.

3 ^{21st} Read the text and complete the notes.

Good and bad news for plants in the UAE!

Many scientists believe that the Middle East will have less and less rain in the future, which could be bad news for the local ecosystem. Plants need water to survive and animals and people need plants.

Yet there may be no need to worry. Researchers have discovered that plants in the Middle East are extremely tough and will be able to cope with climate change in the future. The researchers have found that some plants have survived without water for more than seven years, and that plants in arid regions are not as sensitive to climate change as we thought. One possible reason is that these plants have never had regular amounts of rain, so are able to adjust to even less annual rainfall.

The bad news for plants is grazing, or overgrazing, by camels and goats. There are now so many camels and goats that many shrubs, even ones with thorns, are disappearing. In fact, it seems that only annual plants can survive the grazing, as long as the seeds aren't all eaten.

'Fencing off land to stop the camels is not the best solution,' according to David Gallacher, assistant professor at Zayed University. The solution he believes could be having more nature reserves like the ones we already have for oryx and gazelles.

Future for plants in UAE – ¹ good and bad

Plants very ² _____

Plants live for ³ _____ or more with no rain

⁴ _____ is problem

Too many ⁵ _____

⁶ _____ disappearing. Only ⁷ _____ survive

Possible solution: ⁸ _____

4 Use your completed notes to write a summary of the article.

5 In groups, research one of these topics. Then present your ideas to the class.

- plants found in or near the sea
- plants used for medicine
- plants which have disappeared or will disappear soon.

Lessons 11–12 **Our precious resources**

1 Find these words from the text (the number in brackets is the paragraph number).

Y	F	D	H	N	R	R	N	S	G	L	H	V	L	N
P	O	M	C	I	X	O	T	E	A	M	F	C	U	Q
P	S	C	Q	B	Y	N	O	A	Z	G	P	O	Y	K
D	V	S	Y	J	Y	T	Z	I	Y	B	S	K	B	Y
Y	I	U	M	J	H	I	I	O	G	E	I	K	I	K
X	X	I	E	E	T	K	E	Q	O	I	U	P	X	F
G	I	T	R	Z	L	Q	I	N	X	Z	B	G	V	D
A	D	M	C	Y	U	H	A	X	G	P	E	S	X	N
C	A	O	D	D	L	C	T	J	F	D	Z	V	R	P
L	A	I	Y	X	L	R	U	N	O	U	T	G	P	L
L	U	Y	U	O	I	W	Q	F	V	M	U	W	W	L
R	D	N	V	P	G	O	Z	Z	X	F	K	C	W	U
O	H	N	L	G	I	A	N	T	S	I	Z	E	B	R
D	R	N	B	V	J	I	V	G	I	L	U	O	X	H
Q	X	K	P	M	H	O	T	T	U	D	S	V	G	B

coal (1)
run out (1)
geothermal (3)
giant-size (3)
volcanoes (3)
toxic (4)

Look at the words from the text and match them with the correct meaning.

- 1 a black or brown rock found in nature and used to create energy
- 2 very big
- 3 mountains that have hot rock pieces inside them
- 4 harmful or containing poison
- 5 finish and be used up
- 6 coming from the internal heat of the earth

2 Look at the sentences that contain the words and find their parts of speech.

n = noun

v = verb

adj = adjective

adv = adverb

- 1 coal (1)
- 2 run out (1)
- 3 geothermal (3)
- 4 giant-size (3)
- 5 volcanoes (3)
- 6 toxic (4)

3 Use the words from the box to complete the sentences. (There is one extra word that you do not need to use.)

toxic volcano coal run out geothermal giant-size

- 1 Some cleaning supplies used in factories can be _____ if you smell them! You shouldn't use them at home.
- 2 We're going to _____ of soap, we only have a little left.
- 3 Mount Kilimanjaro is actually a sleeping _____; that's why lots of people can climb it today.
- 4 _____ energy also produces hot water springs coming from inside the earth.
- 5 When I visited a forest last year on holiday, I saw a _____ tree – it was over 70 metres high.

4 Look at the sentences and underline the parts of the sentences that you can replace with *it*.

- 1 Travelling abroad was difficult and expensive in the 1950s, but nowadays, there are more airlines and better technology, which makes travelling abroad much cheaper.
- 2 Some schools teach their students about astronomy, which makes astronomy a much more familiar topic for our children.
- 3 Every time I travel by boat or ship, I get very sick, which makes sea travel impossible for me.
- 4 When trying to expand their businesses, there are now new laws about how many factories a company can open. This makes expanding businesses very challenging.

Lessons 1–2 Health and wellness in the UAE

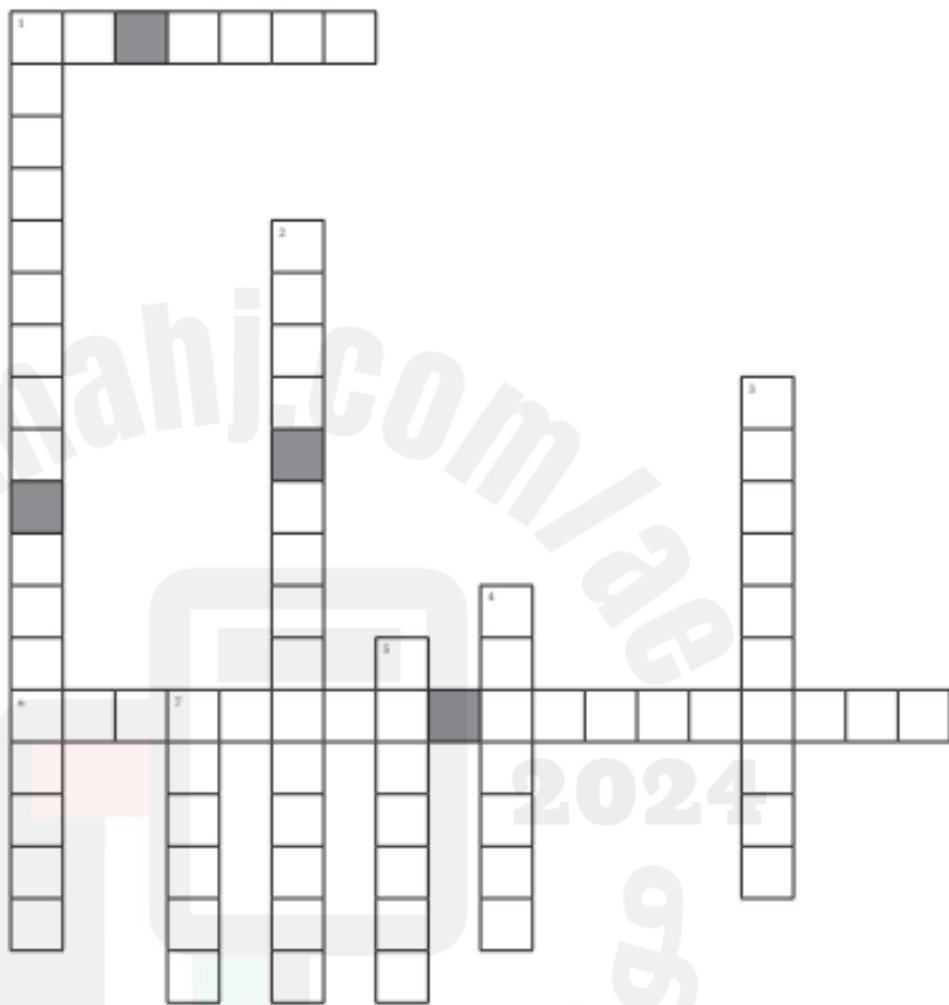
- 1** Look at the clues and complete the crossword puzzle. Two words are separated by ■

Across

- 1** exposed to harm or danger (2 words)
6 a school subject that includes exercise (2 words)

Down

- 1** a series of activities e.g. to help people stop smoking (2 words)
2 the average period that a person is expected to live (2 words)
3 the action of stopping something before it happens
4 the condition of being overweight
5 A disease or virus, e.g. the flu.
7 to test for a disease or illness



- 2** Practise saying these words with your partner.

at risk	illness	awareness campaign
obesity	life expectancy	prevention

With your partner, underline the stressed syllable or word in each word/phrase.

3 Complete the paragraph with a word from the box. There are some extra words.

at risk	illness	awareness campaign	obesity
life expectancy	screen	prevention	physical education

Children today are not exercising as they did in the past; they spend hours watching TV or playing video games. This leads to weight-gain and puts children ¹ _____ of ² _____, because they're not burning the calories they take in. We need to change this quickly through ³ _____; we should not wait till the problem starts and then try to fix it. Starting an ⁴ _____ is useful, however it's not enough. If a child seems unhealthy, they should undergo a health ⁵ _____. If we don't promote healthy habits, the ⁶ _____ of the population could drop.

4 Add the correct relative pronoun in each sentence.

who	where	which	when
-----	-------	-------	------

- I met a woman _____ can speak six languages.
- The hospital near my house, _____ my sister works, is very good.
- Call me after eight, _____ I finish my meeting.
- The room _____ has the medication is usually very cold.
- What's the name of the new teacher _____ teaches 4th grade?
- Have you seen the keys _____ were on the table?
- The first school I ever went to, _____ I met my best friends, is still there.

5 Join the sentences by creating relative clauses using relative pronouns.

- I have a friend. She lives in Oman.

- The bus hit a tree. It was going very fast.

- My mother has a PhD in Computer Science. She started her own company.

- This is the hospital. I was born here.

- This is the shop. It is selling things at half price.

- They broke the printer. The printer belonged to our office.

Lessons 3–4 Health comes first

1 Match the words from the article to their definitions.

Nouns		
treatment	sauna	meditation
nutritionist	spring	

Adjectives	
attractive	affordable
healing	motivated

- 1 _____ a professional who gives people advice about food.
- 2 _____ something that can make pain go away or an injury get better.
- 3 _____ a room filled with very hot steam where people can sit.
- 4 _____ something that seems pleasing and interesting.
- 5 _____ the use of medicine or other techniques to make a person feel better.
- 6 _____ a place where water flows out from the ground.
- 7 _____ someone who really wants to do something and doesn't give up.
- 8 _____ something that's not expensive.
- 9 _____ a relaxing activity in which people focus their attention on one thing.



2 Change these sentences into the active or passive voice.

- 1 They hired my brother as a nutritionist.
My brother was hired as a nutritionist.

- 2 The visitors rented bicycles at the resort.

- 3 The spa is visited by hundreds of people every week.

- 4 They booked a spa holiday.

- 5 Children are not allowed in this health resort.

3 Complete the text using the words in the box.

injury sauna **spa** muscle one-day staff health spring facilities

Last week was my first time visiting a ¹ spa and I was quite nervous. I didn't know what to expect. It was a ² _____ visit and when my mum and I arrived at the reception, we had to complete a ³ _____ questionnaire. You know, things like whether I had ⁴ _____ or bone problems, if I had recently had an ⁵ _____, that type of thing. After that, we went into the changing rooms where we were given a robe. A member of ⁶ _____ then showed us around the spa ⁷ _____. The first thing I did was go into the ⁸ _____. I only stayed a few minutes because it was just too hot for me. After that, I spent some time in the pool. The water came from a natural ⁹ _____ and it was lovely and warm. Before we left, we had some tea in the sitting area. I was so relaxed when I got home and didn't feel like doing anything! Hope I can go again soon.




4 Write a description of a relaxing place in the UAE that you discussed with your partner.
Write at least three paragraphs.

Think about:

- a strong heading
- a topic sentence for each paragraph
- using the passive voice.

Lessons 5–6 A healthy eating journey

1 Match the words with their meanings or pictures.

1 syrup	a the parts of the body that fight diseases and illness
2 pastry	b the parts of the body that take the useful parts of the food we eat and get rid of the parts that aren't needed
3 chickpeas	c 
4 cardamom	d the parts of food that help muscles grow
5 ginger	e a deep dish used to eat soup
6 bowl	f a thick and usually sweet liquid
7 protein	g 
8 digestive system	h a mix of flour, water and oil used for making pies, pastries and desserts
9 immune system	i 

2 Practise saying the words in the box with your partner.

immune	digestive	cardamom	ginger
protein	chickpeas	pastry	syrup

Now underline the stressed syllables with your partner.

3 Complete the sentences using the words from the box.

immune system	digestive system	cardamom	ginger
protein	chickpeas	pastries	syrup
			bowl

- Chinese and Japanese dishes usually contain a lot of _____.
- Hummus is made from _____.
- You can have soup or cereal in a _____.
- Rgag is usually covered with date _____.
- Arabic coffee has a mix of spices including _____.
- Beans and meat have a lot of _____ in them.
- You need to have a strong _____ or else you'll get ill very often.
- Eating a lot of fruit and vegetables helps improve your _____ because of the liquids and fibres in them.
- I love having _____ for breakfast, filled with jam.

4 Put the verbs in brackets in the correct form depending on the meaning of the sentences.

For example: Forgot *to deliver* OR Forgot *delivering*

- She forgot (read) _____ the book when she was a child, although she had read it so many times.
- I forgot (close) _____ the door before leaving my house – I came back and found a cat inside.
- I stopped (smoke) _____ after I found out how unhealthy it was.
- I was very thirsty during the basketball match, so I stopped (drink) _____ some water.
- I tried (eat) _____ raw fish for the first time last week and I loved it!
- Do you even remember (buy) _____ this bag?
- Does she remember (walk) _____ in her sleep?
- I'm very proud of myself. I actually remembered (buy) _____ all the items on the shopping list! Something I can never do!

Lessons 7–8 **Technology and fitness**

- 1 Choose one of the fitness gadgets below.
Write a paragraph explaining how it works and why you find it useful (or not).

- fitness leggings
- heart monitor
- fitness headphones
- smart scale
- running/cycling phone app



- 2 What do you think is the difference between *its* and *it's*? Underline the six examples of *its* in the audioscript. Put a circle around the six examples of *it's* in the audio-script.

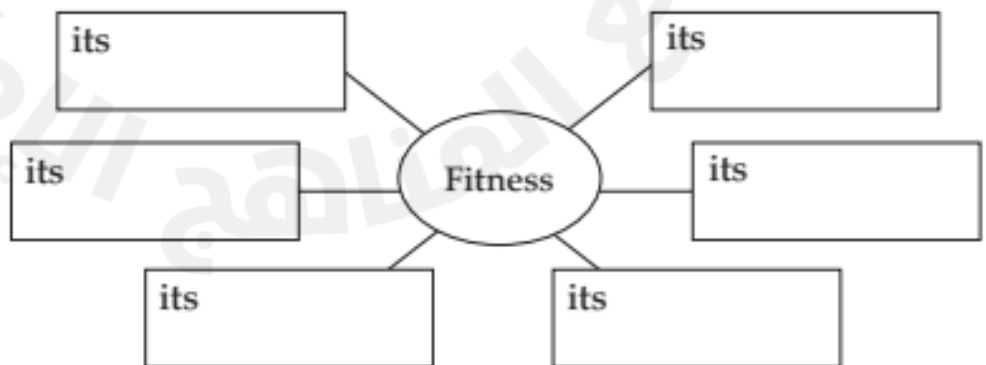
Its is used to show possession:

true false

In this script, *it's* is an abbreviation for: *it* and *is* *has*

For each underlined example of *its*, find the noun it refers to.

Complete the spidergram to show how *its* connects fitness to technology.



3 Choose the correct option between *its* and *it's* in each sentence.

- 1 The dog picked up **its / it's** bone and ran away.
- 2 How beautiful, **its / it's** a full moon tonight.
- 3 OK, finish the report and email it to me when **its / it's** ready.
- 4 I dropped my smartphone and broke **its / it's** screen.
- 5 The company awarded **its / it's** senior manager a big bonus.
- 6 My smart watch seems slow today – I'm not sure why **its / it's** not working very well.
- 7 The university is very proud of **its / it's** reputation for excellence in research.
- 8 The UAE is increasingly popular with tourists and **its / it's** investing heavily in the eco-tourism market.

4 Correct the mistakes with the possessive determiner.

- 1 The body repairs my its cells during sleep.
- 2 When you stand on the scales, its weight appears on the screen.
- 3 Professor Morris joined Harvard Medical School at 26, becoming it's youngest professor.
- 4 Every fitness fan has got its opinion about which is the best fitness gadget.
- 5 We all have gadgets in its home that we no longer use.
- 6 As you move wearing the heart monitor, it's batteries get charged.

Choose the best option in each sentence to make the rules about *its* as a possessive determiner.

- a Possessive determiners are used/not used with other determiners.
- b *Its* is used to refer to inanimate objects/people.
- c *Its* and *It's* are the same/different in meaning.
- d We can/can't use *its* to refer to people.

Lessons 9–10 Science and medicine

1 Complete the sentences with a word from the box. There are two words you do not need.

treatment	cells	genetic	disease	laboratory
stem	cure	hereditary	life-threatening	
	transfusion	donor	experiment	

- Some people suffer from a *genetic* illness they get from their parents or grandparents.
- The human body is made of billions of tiny _____.
- I'm a blood _____. Every three months I give blood at our local hospital.
- Nadia is a scientist. She works in a _____ every day.
- My grandmother says that the best _____ for the flu is to drink hot lemon and honey.
- Another word for an illness is a _____.
- Eye colour is _____. My grandparents both have blue eyes, their children all had blue eyes and I have blue eyes too.
- My aunt broke her leg and had to go to hospital for _____.
- There aren't as many _____ illnesses nowadays. Modern medicine is so good that fewer people die.
- He had a bad accident and had to have a blood _____.

2 Match the compound adjectives in the centre with the appropriate nouns. You can use the adjectives more than once.

technology
medicine
plan
organisation
illness
drugs
design
equipment

state-of-the-art
forward-thinking
up-to-date
cutting-edge
life-threatening
cell-based
far-fetched

idea
laboratory
research
scientist
disease
therapy
situation
treatment

3 Put the linking words in the box under each heading. Then add more words of your own.

to conclude for example next in comparison such as
 then nevertheless besides for this reason also

Contrast	Add extra information	Give an example	Conclusion	To show the next step
<i>however</i>	<i>in addition</i>	<i>for instance</i>	<i>to sum up</i>	<i>firstly</i>

4 Read the essay question again and write your essay.

Medical research is very expensive and not a good way to spend money. Discuss.

Lessons 11–12 **Doctor, doctor**

1 Match the words with the meanings below.



- a** available to buy from the pharmacy without a doctor's advice _____
- b** painful or aching _____
- c** medication in the form of small solid shapes _____
- d** a homemade solution for an illness _____
- e** a disease that lasts longer than three months _____
- f** tell a patient to use a medication _____
- g** small living things that cause diseases _____
- h** a liquid used to kill germs _____
- i** the amount of energy you can get from food _____

- 2 Find these words in the text on page 172 of the Coursebook. Then tick the correct column in the table.

	noun	adjective	verb	adverb
calories				
disinfectant				
germs				
pills				
sore				
remedy				
prescribe				

- 3 Complete the sentences using the words in the box. (There is one extra word that you don't need to use.)

calories sore chronic disease remedy germs prescribe pills over-the-counter

- It's better to eat an apple than a chocolate bar – it is healthier and has fewer _____.
- I know the best home _____ for a bad cough: drink ginger tea!
- She hurt herself while running at the gym last week. Her body is still _____.
- It's dangerous to leave _____ near children. They might think they're sweets.
- Some countries don't allow the sale of _____ medication for children.
- Doctors shouldn't _____ too much medication for children younger than two years.
- You need to cover your mouth when you sneeze, or else all the _____ will spread.

- 4 Complete the sentences using *bound to*, *more likely to* or *less likely to*.

- If you keep eating fried foods and lots of dessert every day, you are _____ gain weight.
- If you exercise regularly for a short period of time, you are _____ get tired from regular daily activities.
- I can't believe she jumped into the swimming pool in the middle of winter! She's _____ get sick!
- If you take medication every time you feel ill, you will be _____ have a weak immune system.
- Children are very good at learning on their own. If they are around people speaking another language for some time, they are _____ learn it.

Lessons 1–2 Today's entrepreneurs

1 Complete the texts below with words from the box.

ambitious part-time experience career prospects
work placement retire field

- 1 My name is Maitha, I'm 23 years old and I'm in my last year of college. I'm studying Health Science because I like helping people and I hope to work in a hospital in the future. Before I graduate, I'm going to spend a month on a ¹ _____ at Al Maktoom Clinic so I can get some ² _____. This is important if I want to improve my chances to find a good job in my ³ _____ and increase my ⁴ _____.
- 2 I'm Mohamed and I'm 55. I've worked hard all my life so now it's time to ⁵ _____. I've always enjoyed what I've done. When I was at university, I worked and studied at the same time. It was only a ⁶ _____ job because I needed time to attend classes and prepare for my exams. But I knew what I wanted from the start and I was very ⁷ _____.

2 Now choose three words and make sentences of your own.

- 1 _____
- 2 _____
- 3 _____

3 Rearrange these words to make questions. Then decide the function of each question.

1 help / you / me / to / Would / do / that / like / you / ?

2 kindly / telephone number / your / me / you / Could / give / ?

3 you / successful / have / must / hard / career / if / want / You / to / a / work

4 could / done / professionally / I've / I / all

5 but / three / I / enough / speak / doesn't / be / languages / that / to / seem / can

6 because / I / to / when / I / a / I / for / couldn't / had / student / study / my / work / was / exams

4 Complete the text below with an appropriate modal verb.

My name is Ali. Before this year, I¹ _____ (not) buy many things because I did not have a job. But now that I have finished college and have a job, I² _____ finally buy a car. It wasn't easy to find a job because I didn't have any experience, but I³ _____ work until now because I had to study! One day I was feeling very sad, so my father said, "4 _____ you like me to help you find work?" He added, "I know someone who is looking for young graduates to work in his company. I⁵ _____ guarantee you will get the job, but I can introduce you to him." So I went to see his friend, Mr Salem, and the first thing he asked me was what software I⁶ _____ use. Fortunately, I love computers and I⁷ _____ do lots of things with different programmes, so I said that I⁸ _____ I show him. Mr Salem was very impressed and said, "9 _____ you start working with us today?" and that was it! I know it's not always so easy, but you¹⁰ _____ (not) get discouraged. Use your network of friends and family; you never know who might be able to help you!

Lessons 3–4 Start-ups

- 1 The words below are from the text on Coursebook page 176. Match them to the correct definition.

feature community founder innovator device valuable face-to-face

- 1 a group of people living in one particular area or people connected by common interests or nationality _____
- 2 an object, usually technological, which is used for a particular function _____
- 3 describes an object that is worth a lot _____
- 4 a way of communicating where you can see the person you are speaking to _____
- 5 a person who starts a business _____
- 6 a person who has original ideas _____
- 7 a characteristic or function _____

- 2 Now complete this text using five of the words above.

So you want to have a start-up of your own? For example, there are lots of apps on our ¹_____ today, but there's always room for a great idea! It's obviously important to be creative and think outside the box like a true ²_____, but it's just as important to consider the real world around you, even your local ³_____. You'll probably find that there is something missing which could make life easier or better for everyone. The important thing is to let everyone know about your idea, and that doesn't mean knocking on everyone's door for a ⁴_____ presentation. You can use social media and, if your idea is good, soon your start-up will become a ⁵_____ part of everyone's life.

3 Complete these sentences with either the present simple or the present continuous.

- 1 We normally _____ (hold) our meetings every Monday, but this week we _____ (have) it on Tuesday.
- 2 Although people usually _____ (think) start-ups are only for experienced business people, my teenage cousin _____ (launch) a start-up of his own this month.
- 3 My sister _____ (work) for a student magazine. At the moment, she _____ (write) about start-ups in the UAE.
- 4 The founder of KinTrans _____ (want) to help people with hearing difficulties, and he _____ (do) that by making his device even better this year.
- 5 Many young people _____ (look for) work nowadays so they _____ (need) an app like InternsME.

4 Complete the ad below with either the present simple or the present continuous form of the verbs in the box.

Join our start-up!

We are¹ (be) an exciting new start-up. We _____² (offer) our users independent reviews of the best restaurants in Dubai and the Northern Emirates. We _____³ (look) young people who can try the new places to eat and tell us about them. We currently _____⁴ (have) five reviewers but we _____⁵ (grow) fast so we _____⁶ (need) to find more people to join us. How about you?

Lessons 5–6 Our online image

1 Look at the text on Coursebook page 178. Can you find the words to match the definitions?

- 1 j_____ someone looking for work
- 2 e_____ someone who offers a job
- 3 r_____ to turn down
- 4 b_____ the way you act
- 5 i_____ the way you show yourself or others see you
- 6 p_____ the opposite of private
- 7 p_____ to advertise or try to sell
- 8 s_____ n_____ s_____ a website or app through which people can communicate

2 Now summarise the article you read on Coursebook page 178 using the vocabulary above.



3 Match each sentence to the meaning expressed by the underlined modals in italics.

- | | |
|--|------------------------|
| 1 Jobseekers <i>should</i> be careful with their online posts. | a It is not necessary. |
| 2 You <i>have to</i> show a positive image of yourself. | b It is a good idea. |
| 3 You <i>mustn't</i> use bad language in public messages. | c It is necessary. |
| 4 You <i>don't have to</i> make all your posts public. | d It is not allowed. |

4 Rewrite these sentences using an appropriate modal to replace the underlined words.

- 1 If you want your image to be positive, it is necessary to choose what you post carefully.
If you want your image to be positive, _____.
- 2 It is a good idea to ask a friend what they think of your online image.
You _____.
- 3 One of the good things about online networking sites is that it is not necessary to make all your posts public.
One of the good things about online networking sites is that _____.
- 4 It is not necessary for employers to check jobseekers' social media pages, but many do.
Employers _____.
- 5 If your site is public, don't post silly pictures.
If your site is public, you _____.

Lessons 7–8 It's all in the skills

1 Look at the situations below. Which skill does each person demonstrate? Choose the correct skill from Coursebook page 180.

1 Amer works hard at his job, and often works late to get the job done. The problem is, he keeps missing deadlines. So he thinks about what he does each day and he also asks a colleague for help. He starts to see some solutions. For example, he makes a template to write reports rather than start from scratch every time; he reads and deals with important emails first; he organises his tasks and sets himself time limits.

2 Every month Mouna is responsible for presenting a sales report to her colleagues, but they don't seem very interested in her work. So, she decides to present the information in new ways. She turns one of her presentations into a quiz. For another presentation, she uses movie-making software and presents the statistics in a video.

3 Hana is head of the sales department and they often have new staff join the team. It's important for salespeople to be friendly and cheerful with clients so Hana makes sure she always has a face to face meeting with new employees to make them feel at home. She asks them how they're settling in their new job and listens to any questions or concerns they might have so she can see things from their point of view.

2 Choose one of the skills. Write a situation below which describes someone demonstrating this skill.

thinking outside the box

working collaboratively

handling challenges or difficulties

getting a better understanding of a situation

being original and innovative

thinking ahead

getting the best out of something/someone

- 3 Read the email below from someone who needs help improving their skills. Write a reply advising them to update their skills set. Remember to include the skills that they need and how they can achieve them.

To

From

Subject

Hi there!

I'm doing some voluntary work in a charity shop to get some work experience before I go to college, but it's not going very well. First of all, I'm struggling to get on well with my team. We're supposed to work together, but some of the other volunteers are so slow and do things all wrong that I get frustrated. It's easier to just do it myself, but they get upset about this and doing everything is making me really tired! I prefer to help sort out the donations that we receive rather than serving customers. I did this task once and a customer was incredibly rude to me that I almost started crying. Now I avoid it completely by making myself busy with tasks in the back room. Each week, one volunteer has to take on the role of team leader. So far, I've made up an excuse not to be team leader because I'm terrified of having to talk to all the other volunteers at the beginning of each day and I'm worried about having so much responsibility.

I really don't want to give up this work, but I feel like that is the only option.

To

From

Subject

Lessons 9–10 You're hired!

1 Look at the article on page 182 in the Coursebook. Find a word for each definition.

- 1 A font style used to make letters stand out. _____
- 2 Not very long ago. _____
- 3 The way a document is organised on a page. _____
- 4 The title of each section of a CV. _____
- 5 Using too many words. _____
- 6 A selected number of people who are considered for a job. _____
- 7 When you describe something or someone with less value than they are worth. _____

2 Now write sentences of your own using three of the words above.

- 1 _____

- 2 _____

- 3 _____

3 Write the correct CV heading for each item.

- 1 _____ 2011: IELTS Certificate (Academic) – Band 8.
- 2 _____ Organised 'Diabetes Awareness Week' at my school.
- 3 _____ Excellent Urdu and some Hindi.
- 4 _____ Reading and sports.
- 5 _____ ahabtoor@newmail.com

4 Read Aisha's email and help her write her CV.

From: ahabtoor@newmail.com

To: info@careershelp.co

Subject: CV help

Hi,

My name's Aisha Habtoor and I want to write my CV but I don't know how! I live in Ras Al Khaimah with my parents and 3 brothers. I'm in Grade 11 at Fatma High School and I love travelling. I even learned some Chinese so I can visit China one day! I'm very good at school and last year I won a poetry competition. I'm also a very good swimmer and last summer I taught young girls how to swim at our local sports club. It was just volunteer work but it was a great experience.

So, can you help me write my CV?

Thanks a million!

Aisha

Aisha Habtoor

Personal details _____

Education _____ 2025 _____ 2024

Experience _____

Achievements _____

Skills _____

Interests _____

Referees _____

- 5 Try writing your own CV!
Use the layout and headings above to help you.

Writing tip

CVs are different from essays. For example, you can use bullets and short phrases with no subject. For example:

Hobbies and Interests

Like Reading about web and graphic design

Lessons 11–12 Unusual 21st century jobs



- 1 Look at the article on Coursebook pages 184 and 185 about unusual jobs. What do the words below mean?
- | | | | |
|---------------------|--------------------------------|--------------------------|--------------------------------|
| 1 options | a choices | b salaries | c places |
| 2 conventional | a well-paid | b unusual | c normal |
| 3 accessories | a handbags, scarves and hats | b make-up and perfume | c food and drink |
| 4 demanding | a offering a service | b asking many questions | c expecting high standards |
| 5 fashion-conscious | a you don't care about fashion | b you care about fashion | c you don't know about fashion |
| 6 criteria | a diplomas | b interviews | c requirements |
| 7 reliable | a intelligent | b artistic | c dependable |
| 8 one-off | a ialways | b sometimes | c a single time |
| 9 voluntary | a unpaid | b paid | c difficult |
| 10 rates | a payments | b gifts | c references |

2 Change the verbs below to write sentences in the second conditional.

- 1 If I _____ (can) choose, I _____ (work) as a perfume tester.
- 2 You _____ (meet) some very important people if you _____ (get) a job as a personal shopper.
- 3 I don't think you _____ (earn) much money as a storyteller, but you _____ (make) children happy!
- 4 You _____ (can/not) tell people about your job if you _____ (be) a mystery shopper.
- 5 I _____ (have) fun if I _____ (do) voice-overs; plus I _____ (get) to watch films before everyone else.

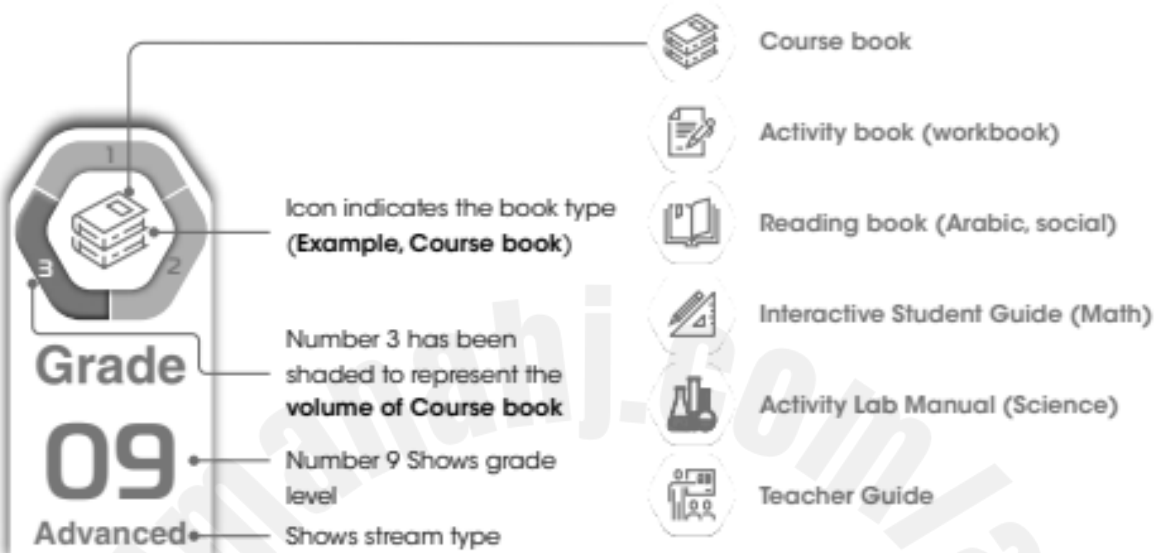
3 Write a description of an unusual job. You can use the pictures below to help you or think of a job yourself. Mention the pros and cons of the job, but not what you actually have to do or the name of the job. Can your friends guess the job?

In this job, you would be outdoors and surrounded by nature. You could smell the flowers and grass, especially when it's freshly cut. However, it could get hot in summer and the mosquitoes could be nasty!



Cover label guide

Cycle 03 Color



2025

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