

Worksheet

Name :

Subject:

U 6 Lesson 4A

Class: 12th grade

Date:

LESSON 4A – Listening and Vocabulary

A. Vocabulary Support

1. Vocabulary Table (English – Arabic – Synonym)

Word	Arabic Meaning	Synonym
exposure	التعرّض	contact
filter	مرشّح	purifier
infection	عدوى	illness
mineral	معدن	nutrient
nourish	يُغذّي	feed
sufficient	كافٍ	enough
thrive	يزدهر / ينمو جيداً	flourish

2. Core Vocabulary from Exercise 1

Word	Part of Speech	Meaning (Simple English)	Arabic Meaning
exposure	noun	being without protection from something harmful	التعرّض
filter	noun	something that removes dirt or harmful things	مرشّح
infection	noun	illness caused by bacteria or a virus	عدوى
mineral	noun	natural substance in the earth that is good for health	معدن
nourish	verb	to give what is needed to grow and be healthy	يُغذّي
sufficient	adjective	enough for a need or situation	كافٍ
thrive	verb	to grow well and be successful	يزدهر / ينمو جيداً

3. Key Listening Vocabulary (Dead Sea)

Word / Phrase	Meaning (Simple English)	Arabic Meaning
Dead Sea	a salty lake between Jordan and Palestine	البحر الميت

Word / Phrase	Meaning (Simple English)	Arabic Meaning
salt minerals	natural salts found in water	معادن ملحية
natural life	plants and animals	الحياة الطبيعية
lowest place	place below sea level	أخفض مكان
atmosphere	the air around a place	الغلاف الجوي
sun's rays	sunlight	أشعة الشمس
protection	something that keeps you safe	حماية
sun cream	cream used to protect skin from the sun	واقي شمس
saltiness	high amount of salt	نسبة الملوحة
float	stay on top of water	يطفو
mud	thick wet earth	طين
skin	the outside part of the body	الجلد
benefits	good effects	فوائد

4. Useful Academic & Speaking Vocabulary

Word	Meaning	Arabic
health	being physically and mentally well	الصحة
relaxation	feeling calm and rested	الاسترخاء
tourism	traveling for pleasure	السياحة
environment	natural surroundings	البيئة
positive	good or helpful	إيجابي
negative	bad or harmful	سلبي
encourage	support or promote	يشجع

B. Vocabulary Practice

2. Multiple Choice Questions

Choose the correct answer.

Exercise 1: Definitions

1. A substance that is naturally present in the Earth and is important for health
 - a) infection
 - b) mineral
 - c) filter
 - d) exposure
2. Be healthy, successful, or growing in a particular situation
 - a) nourish
 - b) sufficient
 - c) thrive
 - d) filter
3. Bacteria or a virus in a particular part of the body
 - a) mineral
 - b) infection
 - c) exposure
 - d) thrive
4. Being enough for a particular situation
 - a) sufficient
 - b) nourish
 - c) mineral
 - d) filter
5. A situation where there is no protection from something harmful
 - a) infection
 - b) filter
 - c) exposure
 - d) thrive
6. Something which removes harmful or unpleasant elements from air or water
 - a) mineral
 - b) filter
 - c) nourish
 - d) sufficient
7. Give a plant, animal, or human what it needs to be healthy and survive
 - a) thrive
 - b) nourish
 - c) exposure
 - d) infection

3. Exercise 2: Word Categories

Choose the correct category for each word.

1. **Mineral** is a:

- a) Verb
- b) Adjective
- c) Noun

2. **Sufficient** is a:

- a) Noun
- b) Verb
- c) Adjective

3. **Nourish** is a:

- a) Verb
- b) Noun
- c) Adjective

4. Exercise 3: Complete the Sentences

Choose the correct answer.

1. My daughters are both really _____ at university.

- a) sufficient
- b) thriving
- c) filtered
- d) exposed

2. Whenever I get a throat _____, I use salt dissolved in water.

- a) mineral
- b) exposure
- c) infection
- d) filter

3. This kettle has a special _____ to clean the water.

- a) infection
- b) mineral
- c) filter
- d) nourish

4. One litre of water is _____ for hiking.

- a) exposure
- b) sufficient
- c) thrive
- d) infection

5. Lotion _____ my skin and keeps it healthy.

- a) filters
- b) nourishes
- c) exposes
- d) infects

6. The water is full of _____.

- a) infections
- b) filters
- c) minerals
- d) exposures

7. A hat protects you from too much _____ to the sun.

- thrive
- exposure
- nourish
- sufficient

C. Speaking

5 Speaking Preparation Questions

1. Where can you get an infection?
 - In clean water only
 - In hospitals or crowded places
 - On healthy skin
 - In fresh air
2. In what situations do people usually thrive?
 - Stressful environments
 - Unsafe conditions
 - Supportive environments
 - Polluted areas
3. How much food is sufficient in a day?
 - No food
 - Too much food
 - Enough to stay healthy
 - Only snacks

D. Listening: The Dead Sea (6.5)

6. Exercise 5: Numbers

What do the numbers refer to?

1. **9.6** refers to:
 - Water temperature
 - Salt percentage
 - Depth in meters
 - Air pressure
2. **439** refers to:
 - Distance from the sea
 - Height above sea level
 - Depth below sea level
 - Age of the Dead Sea
3. **10–15** refers to:
 - Years
 - Minutes recommended in water
 - Kilometers
 - Degrees

7.Exercise 6: Complete the Notes

1. Natural life _____ in the Dead Sea.
 - a) survives
 - b) thrives
 - c) cannot survive
 - d) grows slowly
2. The air benefits because it's not close to any _____.
 - a) factories
 - b) oceans
 - c) deserts
 - d) mountains
3. The Dead Sea is the _____ place on Earth.
 - a) driest
 - b) coldest
 - c) lowest
 - d) highest
4. You still need sun cream for _____.
 - a) protection
 - b) swimming
 - c) minerals
 - d) infection
5. _____ Dead Sea salt is good for the skin.
 - a) Heated
 - b) Clean
 - c) Filtered
 - d) When used correctly
6. The best way to swim is _____.
 - a) on your stomach
 - b) face down
 - c) on your back
 - d) underwater
7. After using Dead Sea mud, your skin feels _____.
 - a) dry
 - b) irritated
 - c) smooth
 - d) infected

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E. Answer Key

Vocabulary Definitions

1 b | 2 c | 3 b | 4 a | 5 c | 6 b | 7 b

Word Categories

1 c | 2 c | 3 a

Sentence Completion

1 b | 2 c | 3 c | 4 b | 5 b | 6 c | 7 b

Speaking (Suggested Answers)

1 b | 2 c | 3 c

Listening – Numbers

1 b | 2 c | 3 b

Listening – Notes

1 c | 2 a | 3 c | 4 a | 5 d | 6 c | 7 c

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