

Before you read

Think, Pair, Square

1  Answer the following questions:

a- What do you know about Alzheimer's disease?

Reading:
Informative Text

It is a type of disease that causes problems with memory, thinking and behavior.

b- Circle the things you think are related to Alzheimer's:

poor memory

infected body

non spreadable

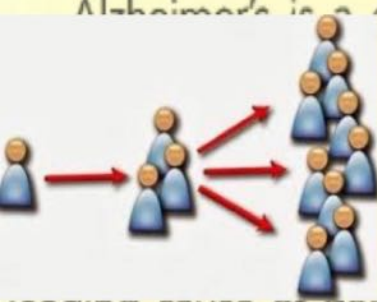
spreadable

disturbed feelings

curable

ALZHEIMER'S DISEASE

Alzheimer's is a disease that causes problems with memory and behaviour. Symptoms gradually and get worse over time, becoming more severe. An early symptom of AD is difficulty remembering information.



As a **contagious** disease, it is **currently** ranked as the sixth leading cause of death in the United States.

Studies indicate that it may rank third, just behind heart disease and cancer, as a leading cause of death for older people.



and behaviour. **Symptoms**

interfere with the ability to remember information.



The disease was first described by a German psychiatrist and pathologist Alois Alzheimer. In 1906, Dr. Alzheimer described changes in the brain tissue of a woman who had died of an unusual mental illness.



alamy stock photo



Alois Alzheimer's patient [Auguste Deter](#) in 1902. Hers was the first described case of what became known as Alzheimer's disease.

People with AD have trouble performing daily activities like driving, cooking, or paying bills. They may ask the same questions over and over, get lost easily, lose things or put **them** in strange places.

67



the brain, it leads to increased **suspensions** about family and friends. They may become worried, angry, or violent during walking. **Eventually**



These include confusion, inability to recognize people they know, behaviour changes and may have difficulty to need full-time care.

This disease is a leading research discovery of AD through a healthy lifestyle.



concerns many of us have as we get older. However, promising research shows it is possible to prevent or delay the symptoms of AD through a healthy lifestyle.

People who engage in **intellectual** activities and challenging their brains through reading, playing, or through regular social interaction. Playing strategy games such as Scrabble or Sudoku also helps maintain a healthy lifestyle, which can reduce the risk of AD.



HOW TO MAINTAIN A



HEALTHY ENVIRONMENT IN OFFICE



Intellectual activities such as playing chess or regular social interaction have been linked to a reduced risk of AD.

67

- 2  Read the article. In groups, use the following graphic organizer to explain the main ideas of the article:

68

Alzheimer's Disease (AD)

General Information

**Problems
with
memory**

Symptoms

**Confusion
about
events**

Preventions

**Maintaining
a healthy
lifestyle**

- 3 Answer the following questions:

68

1 - Write another title for the article?

The Disease of the Century

2 - Find a word in the article that means:

- Show:

indicate

- Finally

eventually

- Spread to others:

contagious



3 - What does the underlined pronoun "them" in the 4th paragraph refer to?

It refers to people.

4 - This article was most likely written to:

a) talk about the case of Auguste Deter.

b) complain about Alzheimer's disease.

c) inform us about Alzheimer's disease.

d) compare Alzheimer's to another disease.

5 - According to the article, the following statements are true except:

a) The symptoms of AD increase by time.

b) AD is the second leading cause of death.

c) Unhealthy lifestyle could develop the symptoms.

d) Patients with AD don't always recognize their relatives.

Before you listen

1  Match the following words with their definitions:

1- antiseptic



3

A treatment to produce immunity against a disease.

2- allergy



4

A substance used for temporary loss of sensation or awareness.

3- vaccination



2


A damaging immune response by the body to a substance like a fur.

4- anaesthetic



1

Substances that prevent the growth of Bacteria.

2  9.1 a. Listen and write the four medical discoveries in the order that students mention them:

antiseptic – allergies – vaccination – anaesthetic – laser – blood groups

1 -

Blood groups.

2 -

Antiseptic

3 -

Vaccination

4 -

Anaesthetic

Remember

"We were given two ears but only one mouth, because listening is twice as hard as talking."



9.1 b. Listen again and note the reasons why the medical discoveries are important:

medical discovery

why it is important

Blood groups

Blood saves thousands of lives every day.

Antiseptic

Antiseptic kills bacteria.

Vaccination

Vaccination fight dangerous diseases.

Anaesthetic

Anaesthetic prevents pain during surgery.

Post listening

3  **In groups, discuss the following:**

- 1 - Which is the most important medical discovery, and why?
- 2 - What medical invention do you still hope for?

1- It is the blood groups because it saves a lot of lives every day.

2- I hope for a cure for cancer.

Pronunciation Word stress

1



9.2 a. Listen to these words. Underline the stressed syllables:

blood groups

X-rays

aspirin

vitamins

vaccination

anaesthetic

antiseptic

antibiotic

DNA



9.2 b. Listen again and repeat the words.

Grammar Reported Speech

When we report someone's direct speech, we need to change the tense form of the verb and remove the quotation marks.

Here is an example of reported speech:

"I need to see the X-ray of the patient."

Reported speech → The doctor said that he needed to see the X-ray of the patient.



"It's going to be ready in a minute."

Reported speech → The nurse said that it was going to be ready in a minute.

1 Let's try it. Rewrite the following statements as reported speech: 70

1- Nurse: "The bandage will heal your sprained ankle."

The nurse said that **the bandage would heal my sprained ankle.**



2- Patient: "I started taking this medicine two days ago."

The patient said **that he had started taking that medicine two days before.**



3- Doctor: "I have prescribed an antibiotic for your throat infection."

The doctor said that he had prescribed an antibiotic for my throat infection.



4- Pharmacist: "This painkiller can reduce your headaches and toothaches."

The pharmacist said that that painkiller could reduce my headaches and toothaches.



2 Work in pairs. Imagine that you are in the doctor's clinic: 70

- Complete the following dialogue

Doctor: Hello. What's **the problem with you** ?

You: I've got this terrible **pain**

Doctor: How long have you had it?

You: **I have had it for many hours.**

Doctor: **How do you feel now** ?


You: I feel **so tired with much pain.**

Doctor: Let me have a look. Yes, I think you've got **a headache**. I'll give you some **painkillers**. Here's the prescription. And you should **take it regularly.**

You: **Thank you so much, doctor.**



- Report to your friend what happened between you and the doctor

- 1  "Prevention is better than cure" "An apple a day keeps the doctor away"

These are proverbs which call for protecting ourselves from possible illnesses.

- a. In groups, discuss how unhealthy habits lead to illness and frequent visits to doctors, whereas healthy habits and precautionary measures keep you healthy and well.

The following pictures may help you:



b. Write down your notes and add more healthy habits:

Washing hand before eating food.

Having more fruits.

Visiting the doctor regularly.

Eating healthy meals.

Practicing sports.

2 In groups, write a report of two paragraphs about how to live a long healthy life. Start your writing by filling in the following diagram, then use the ideas in the diagram to write your report in your notebook.

72

Living a healthy life

Habits to avoid

- eating fast food
- sharing personal gadgets
- smoking
- drinking fizzy drinks
- staying up late

Precautions to take

- getting vaccinated
- taking vitamins
- washing hands
- eating healthy food
- visiting the doctor regularly

Checklist:


- ☒ Did I include a topic sentence stating my main idea?
- ☒ Did I add supporting details to develop the topic sentence?
- ☒ Did I end with a strong concluding sentence?
- ☒ Did I edit my writing?

Before you read

Reading: Expository

- 1  In pairs, look at the pictures and name them, then discuss the following questions.



- 
- 1 - Are these animals clever?
2 - Can they help people? How?
3 - What do you know about their nature?



Dolphins



Ants



Parrots



Monkeys

- 1 - Are these animals clever?
- 2 - Can they help people? How?
- 3 - What do you know about their nature?

1- Yes, these animals are clever.

2- They serve as companion animals.

3- They live in the jungle.

2



Read the following text and match the main ideas with the right paragraph

74

- Ants cooperate and exhibit teamwork
- Ants teach and co
- Ants are intelligent

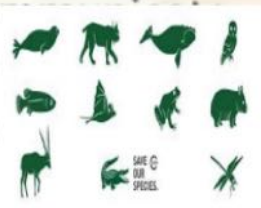
B

C

A

A

Ants, small and unnc creatures.



Ants are the most organized **species** on Earth. They have **thrived** for millions of years on every continent and in every environment, except for Antarctica. Ants can be found in **scorching** deserts, **supreme** form of intelligence and **perseverance**, building cities, accomplishing tasks through a highly efficient system. Unfortunately, their advanced knowledge is often overlooked.

Supreme
QUALITY

B

To a great extent, ants cooperate with each other to perform their functions. They are highly organized and work well together. Ants are able to cut down trees through **collective** effort. They are the skillful workers who built the pyramids by moving **giant** blocks.



Ants **demonstrated** their intelligence by working together to find food. In this way, they are advanced species that share our community-planning methods. When we learn more about them, we will develop an even greater respect for them.



Ants share their knowledge to one another and teach each other. This is known as 'tandem running' in which one ant leads the way and the other follows. They are better than they would have on their own.



3 Read the text and answer the following questions.

75

1. Where can we find ants?

Ants can be found in deserts, forests and cities.

2. What does ants' cooperation exhibit?

It exhibits that they are highly organized and work well in groups.

3. Ants use a technique called «tandem running». Why do they use it?

They use it to locate food faster.



4 Read the text, and then state whether these sentences are facts (F) or opinions (O).

75

1. Ants can pass on knowledge from one ant to another.

F

2. Ants share our community-planning methods.

F

3. People attribute ants' behaviours to blind instinct.

O



5 Suggest a moral lesson you have learned from the passage.

Ants teach us to be cooperative.



6 Find words in the text that mean the following:

1. Something unusually large or powerful

giant

2. Very great or the greatest

supreme

3. Showing determination in doing something despite difficulty

perseverance

4. Showing the truth by giving proof or evidence

demonstrate

7



Complete the chart with different forms of words. You may use your dictionary.

	Verb	Noun	Adjective	Adverb
1	doubt	doubt	doubtful	doubtfully
2	demonstrate	demonstration	demonstrative	demonstratively
3	collect	collection	collective	collectively
4	communicate	communication	communicative	communicatively

Listening

68

Before you listen

1



Pre- listening:

Discuss the following questions:

- 1-What is the name of the animal in this picture?
- 2-What do you know about it?



1- It is the squirrel.

2- It is a clever animals.

2 A- Listen to the story and take notes about the following:

• Location (place)

A forest

• Characters

The squirrel and the owl

• The problem

The squirrel is afraid of the owl.

• The solution

The squirrel collects its food in the middle of the day.

Remember

When you take notes, don't write everything you hear. Think about

- why am I taking notes?
- the information you need
- why you need it.

This will lead you to the important ideas to write down.

3 B - Fill in the blanks with suitable words from the list. Then again to check your answers.

(frightened - sensed - upset - autumn - daylight)

A clever squirrel was collecting nuts in the forest. At that moment, the squirrel **sensed** danger. "Oh no, there is an owl over there," he thought. The squirrel got **frightened** and hid in the forest. The owl slowly moved towards him. "But it's too sunny for me to catch it," the owl closed his eyes again. The squirrel **gave up** and hid in a hole. "I can't just **give up**," the squirrel said. Suddenly, it **came up with** an idea. "I've got it! The owl can't see in the **daylight**." So, the squirrel went back to pick the nuts every day in the middle of the day. Every night the owl got **upset**. "That little squirrel is taking all my nuts next time." It wasn't long before the squirrel had gathered plenty of nuts. "This is enough for the winter," he said to himself. So, what happened to the owl? "The squirrel has picked all the nuts! I guess I'll just have to catch him next **autumn**," said the owl. Then he slept.



4 Answer the following questions:

76

A) The purpose of the narrator is to:

a. entertain us by telling a story

b. inform us about the forest

c. persuade us to live in the forest

d. show us how to catch a squirrel

B) What lesson have you learned from this story?

We must be careful of our enemies.

c) Suggest a different ending to this story.

The squirrel went to another place to collect his food.

Grammar

CONJUNCTIONS

77

1 Study this table of English conjunctions:

Relation	Linking sentences	Examples
ADDITION	furthermore / in addition / moreover	Octopuses have a good short and long term memory. Furthermore , they have a remarkable ability to learn new skills from the moment they're born.
CONTRAST	however / on the other hand / in contrast	The engineers said that the bridge was safe; however , they were still not prepared to risk crossing.
CAUSE & EFFECT	for this reason / therefore / because of this / as a result	Kuwait lies on the Arabian Gulf; therefore it has got long beaches.

2  Join the following sentences using the suitable conjunction from the list:


(furthermore / therefore / however)

1. Elephants are clever animals. They have been known to learn more than 60 commands.

Elephants are clever animals ;therefore they have been known to learn more than 60 commands.

2. Dogs can react to human body language. They can understand human voice commands.

Dogs can react to human body language. Furthermore, they can understand human voice commands.

3  Work with a partner. Ask and answer the questions below then share your answers with the other groups. These ideas may help you:

hunting / service / rescue animals / understand / eyesight / homing
learning abilities / guide / sending messages / save life

- Which animal do you think is the cleverest? Why?
- What skills and talents do these animals have?
- How can they benefit human beings?



I think that the dog is the cleverest because it can understand people well.

They have learning abilities and can save people's lives.

They help in hunting, guiding and sending messages.



Dogs can understand people and save their lives.



Pigeons can help people in sending messages.



Elephants have learning abilities and help people in many services.

Writing

78

Before you write:

1  **Discuss the following facts about some animals.**



The octopus is a smart animal. It can play games, throw and catch things, and learn shapes and patterns. Octopuses can learn to open pill bottles protected by childproof caps.



Horses are able to recognise body language cues; they can read human facial expressions. They can also remember a person's mood.

Mention other animals you think are intelligent. What do you know about them?

Cats

Falcons

Raccoons

All these animals have skills and learning abilities.

2 If you were to choose an animal pet, which one would you choose and The fact file below might help you.

Genetically speaking, chimpanzees are the most closely related animals to humans. We share nearly 95% of our DNA so they are closer to us than they are to other animals like gorillas. They cannot swim due to the structure of their bodies.



Parrots have an incredible ability to know different human faces and have a high skill for communication. In addition, they can imitate human voices. Besides this, these birds have an excellent memory, which helps them solve difficult problems.



Crows are remarkable birds. They are clever in creating tools; using and saving them for future use. They have many mental abilities including problem-solving, reasoning and even self-awareness. Despite their small brain, they have a good memory.



I would choose the parrot because it is very nice and smart.



Choose an animal and write a report of two paragraphs about it explaining the reasons for your choice and what lessons you can learn from it.

Start by filling in the outline below with your ideas.

Introduction:

Bees are wonderful insects. They live in hives.

Paragraph 1:

Topic sentence:

There are many reasons for choosing bees.

Supporting details:

- Clever insects
- Important for nature
- Useful to people

Paragraph 2:

Topic sentence:

We can learn many lessons from bees.

Supporting details:

- Teach patience
- Learn cooperation
- Inspire teamwork

Conclusion:

In fact, bees are so organized and skillful in their life.