

AFGHAN BASIC  
COMPETENCY  
(ABC)  
MATERIALS

Dari Language  
Grade 4

*English translation of  
reading texts and  
exercises*

# Dari Grade 4 Language

## Lesson 1

## Religion

### In the name of God

Thanks to God.  
He gave us the power of speech.  
He created the deserts and rivers.  
He joins people in love.  
He gave beauty to flowers.  
He brings down the snow and the rain.  
He created the shining sun and the moon.  
He gave us a book and message.  
He named us mankind.  
We should appreciate and thank Him.

### Exercises

1. Choose the correct meanings.
  - a) shining: (3 alternative meanings)
  - b) grant: (3 alternative meanings)
  - c) book: (3 alternative meanings)
  - d) message: (3 alternative meanings)
  - e) gift: (3 alternative meanings)
  - f) blessing: (3 alternative meanings)
2. What things has God created?
  - a) all things
  - b) only land and mountains
  - c) only rivers and plains
3. Choose the correct word to fill the spaces.
  - a) God has created the sun and \_\_\_\_\_. (moon – alternative spellings)
  - b) We should all know the value of God's \_\_\_\_\_. (gift – alternative spellings)
  - c) God has \_\_\_\_\_ us a tongue. (granted – alternative spellings)
  - d) God has made the \_\_\_\_\_ of the flowers beautiful. (faces – alternative spellings)
4. Choose the correct meanings of the verses from the box then make a paragraph with them.
  - a) I thank the Lord of the world,
  - b) Who created plains and rivers,
  - c) Who made the faces of the flowers beautiful,
  - d) We should all know the value of his gifts.

Alternative verse meanings.

## Lesson 2

## Religion

### Mohammad the Prophet of God

God created man from the soil and gave him a soul and life. God granted man wisdom and sight so that he could work. God has sent many prophets for the guidance of mankind so that they could find the right path and tell right from wrong. Then they do the right things and avoid wrongdoings.

Mohammad son of Abdullah, grandson of Abdul Mutalib, head of the Bani Hashim clan, was born in Mecca in the year 571AD. His mother's name was Amina. His parents died during his childhood. His grandfather brought him up after the death of his parents. Mohammad married Khadija at the age of 25 and became a prophet at 40. The first woman to embrace Islam was Khadija and the first child to accept Islam was Ali. The people of Saudi Arabia converted to Islam slowly and other nations also accepted it with the passage of time. Now there are large numbers of Muslims in the world. All the laws and orders that God sent to mankind through His prophet are present in the Quran. The Quran is the Muslims' book sent from God for their guidance.

### Exercises

1. Select the correct meaning from the box and write it beside the word.
  - a) created
  - b) marry
  - c) selected

Alternative meanings
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2. Who from the following was the prophet of the Muslims. Select the correct answer.
  - a) Ali
  - b) Mohammad
  - c) Abu Bakr
3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
  - a) Mohammad was married at 30 years of age.
  - b) God has sent many prophets to guide people.
  - c) Mohammad was chosen by God as a prophet at the age of 40.
  - d) The first lady who embraced Islam was Bibi Aisha.
4. *An exercise on syllable structure which does not translate effectively into English*
5. Choose the correct word to fill the spaces.
  - a) The Quran is the \_\_\_\_ holy book. (Muslim – alternate spellings)
  - b) God created man from the earth and gave him a \_\_\_\_\_. (soul – alternative spellings)
  - c) God gave mankind \_\_\_\_\_ for work. (wisdom – alternative spellings)
  - a) Mohammad was \_\_\_\_ in Mecca. (born – alternate spellings)
6. Choose the appropriate words and write them in the spaces and then make a paragraph..

died	was	sent	undertaken
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  - a) Mohammad's father's name \_\_\_\_ Abdullah and his mother's Amina.
  - b) Mohammad's parents \_\_\_\_\_ when he was a child.
  - c) His guardianship was \_\_\_\_\_ by his uncle Abo Talib and his grandfather Abdullah Mutalib.
  - d) All things that God has \_\_\_\_\_ by his prophet are present in the Holy Quran.

**The Wheat Speaks, a Poem**

A powerful wind blew and made me grow old.  
 The farmer cut my head from my body with a sickle.  
 I wore grass not clothes.  
 Suddenly I was tramped upon by oxen and finally winnowed in autumn.  
 I was restricted and confined in sacks, and occasionally  
 I was shaken by sieves.  
 The millstone spins and spins on me until it makes my dust rise in the air.  
 I was kneaded during dough making.  
 I was left to rise. Then I was put in the oven and came out as bread.

**Exercises**

1. Choose the correct meanings.
  - a) powerful: (3 alternative meanings)
  - b) confined (3 alternative meanings)
  - c) table cloth: (3 alternative meanings)
  - d) bag: (3 alternative meanings)
  
2. What is the text about?
  - a) Maize
  - b) Barley
  - c) Wheat
  
3. Write the stages that the wheat passes through from the time it is reaped until it becomes bread.
 

a)	b)	c)
d)	e)	f)
  
4. Choose meanings from the box for the verses below
  - a) Youth passed and old age arrived
  - b) I was kneaded while the dough was made
  - c) The farmer cut my head from my body with a sickle
  - d) Sometimes I was shaken in the sieve

Four lines with alternative meanings for the above.

**Abu Muslim Khurasani and the Innocent Man**

Abu Muslim imprisoned an innocent man. At midnight he dreamed the man was innocent. He released him from prison, on the spot, there at midnight and apologised to him saying, “Ask something of me.” The man said, “Oh Amir! I have a God who made you get out of your warm bed at midnight to set me free. Having such a God is it suitable for me to demand something of others?” Abu Muslim burst into tears.

## Exercises

- Choose the correct meanings.
  - prison: (3 alternative meanings)
  - ruler: (3 alternative meanings)
  - seek: (3 alternative meanings)
- Choose the correct answer for the question.

Why did Abu Muslim set the prisoner free?

  - Because he was innocent
  - Because he was rich
  - Because he was powerful
- Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
  - Abu Muslim imprisoned a guilty person.
  - Abu Muslim apologised to that man.
  - Abu Muslim burst into tears on hearing the man's reply.
- Choose the appropriate words and write them in the spaces.

suffers	hasn't	applied	doesn't love	avoid	try
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The term innocent is \_\_\_\_\_ to a person who \_\_\_\_\_ done anything wrong. Everyone should \_\_\_\_\_ to \_\_\_\_\_ wrongdoing. God, the almighty \_\_\_\_\_ a sinful person. A guilty person \_\_\_\_\_ God's punishment. In both worlds.

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## Lesson 5

## Life skills

### Traffic Lights

Khalida and Khaliq came to the city with their grandfather. As they arrived in the city they saw the traffic lights. Khaliq asked his grandfather, "Why are they in the city but not in the villages?" His grandfather answered him: "In cities there are many, bikes, motorbikes, and vehicles coming and going. They should observe the traffic regulations. Part of the road is marked out for people and animals."

Khalida and Khaliq in the car with their grandfather arrived in a place that was very crowded. Their grandfather said, "It is a crossroad." Khalida asked, "What is a crossroad? Why is it called that?" Her grandfather answered, "It is the place where four roads from four directions meet and cross each other. That is why it is called a crossroad. "Then their eyes were caught by the traffic lights. Each one has a separate meaning. When the red light comes on the cars on that road should stop, giving a chance for pedestrians to cross the road, and cars from the other side start moving forward. When the yellow light is on cars should get ready to move again. When the green light is on cars can move forward and pedestrians should wait again.

They continued their journey in the city. Khaliq's eyes were caught by a place where 10-12 cars had parked. He asked his grandfather, "Why are they here?" His grandfather said, "It is a car park. The sign P you can see stands for parking. People can park their cars where there is the sign."

## Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) mark
- b) village
- c) coming and going
- d) put
- e) station
- f) parking

Alternative meanings
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2. When should we cross the road? Choose the correct answer for the question.

- a) When the green light is on
- b) When the yellow light is on
- c) When the red light is on

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.

- a) Everyone needs to abide by the traffic rules.
- b) There is not so much coming and going of bikes, motor bikes, horse carriages and cars in the city.
- c) They saw traffic signs in the city
- d) As soon as the yellow light appears we should get ready to move on.

4. Choose the appropriate words and write them in the spaces.

stop	on	is	get ready	go	yellow
------	----	----	-----------	----	--------

Traffic lights \_\_\_\_\_ in three colours. When the red light is \_\_\_\_\_ it means that cars should \_\_\_\_\_. When the light turns \_\_\_\_\_ it means that cars should \_\_\_\_\_ to go and on the appearance of the green light they should \_\_\_\_\_ on.

## Lesson 6

## Culture

### Mother, a Poem

It is said that when I was born my mother taught me how to take her breast in my mouth.

She sat awake all night long and taught me how to sleep.

She put words in my mouth to teach me how to talk.

She held my hands enabling me to walk on my feet.

My life has come from her life. As long as I am alive I love her.

Mothers bring us up. We should respect them.

These are the mothers who stay up late at nights and endure hardships until we are grown up.

Mothers read stories and sing songs for their children so that they grow up educated.

## Exercises

1. Choose the correct meanings.
  - a) teach: (3 alternative meanings)
  - b) sleep: (3 alternative meanings)
  - c) manner: (3 alternative meanings)
  - d) all types: (3 alternative meanings)
2. Who is this poem about?
  - a) Father
  - b) Mother
  - c) Parents
3. Write in order the things that mother teaches us from birth to being grown up.
  - a)
  - b)
  - c)
  - d)
4. Choose the appropriate words and write them in the spaces.

homeland	words	lessons	other	hearts	children
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\_\_\_\_\_ is a beloved and respected person. If we search all \_\_\_\_\_ to find the best one it would be 'Mother'. Kind mothers raise their \_\_\_\_\_ and teach them \_\_\_\_\_ on how to worship God and love their \_\_\_\_\_. So we should respect and love them from the bottom of our \_\_\_\_\_.

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## Lesson 7

## Life skills

### Two Friends

There were two friends. As one of them reached a high position and became wealthy he lost himself and forgot his friend. One day the poor man went to see his wealthy friend but his wealthy friend pretended that he didn't know him and said, "I didn't recognise you! Can you tell me why you are here and what you want?" The poor friend said, "I was your friend when you were poor and as I had heard that you had become blind I came here to see how you were feeling!"

## Exercises

1. Choose the correct meanings.
  - a) position: (3 alternative meanings)
  - b) denied: (3 alternative meanings)
  - c) visit: (3 alternative meanings)
  - d) rich: (3 alternative meanings)
  - e) days: (3 alternative meanings)
2. What is the text about?
  - a) Parents
  - b) Spring and summer
  - c) Two friends

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
    - a) One day the rich man went to see his poor friend.
    - b) The poor man said, "I was your friend when you were poor."
    - c) When the rich man reached a high position he forgot his poor friend.
  4. Make sentences from these jumbled words.
    - a) you, friend, was poor, when, I your, were
    - b) one, man, day, the, friend, rich, poor, his, to, went, see.
    - c) friends, were, people, two.
  5. Put the sentences above in order according to the text.
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## Lesson 8

## Story

### A Story

Khatim Tai was asked, "Have you ever seen or heard of a man more proud than yourself?" He said that one day he had slaughtered some camels for the Arab rulers. He had gone to the desert for some work where he saw a wood collector and asked him "Why don't you go to Khatim's party where many other people have gone?" The wood collector said, "If you eat what you earn by your own hands there is no need to be grateful to Khatim." He found this person more proud than himself.

### Exercises

1. Choose the correct meanings.
  - a) table cloth: (3 alternative meanings)
  - b) have gathered: (3 alternative meanings)
  - c) crowd: (3 alternative meanings)
2. Choose the correct answer for the question.  
Who did Khatim Tai find more proud than himself?
  - a) A farmer
  - b) A carpenter
  - c) A wood collector
3. Choose the correct answer for the question.  
What was Khatim Tai?
  - a) Generous
  - b) A wrestler
  - c) A king
4. Choose the appropriate words and write them in the spaces.

replied	depend	go	found	asked	eats	gathered
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I \_\_\_\_\_ him, "Why don't you \_\_\_\_\_ to Khatim Tai's party where a big crowd have \_\_\_\_\_ around his table cloth. The man \_\_\_\_\_ to me, "Whoever \_\_\_\_\_ as a result of the work of his own hands will not \_\_\_\_\_ on Khatim Tai. I \_\_\_\_\_ him to be more proud than myself.



### Knowledge and the Teacher

Knowledge is a jewel of life. Abu Ali Sena acquired knowledge and became educated. He learned much of the knowledge of that time as a youth. At the age of 18 he qualified as a competent physician. Knowledge shines like a light, making heart and mind bright and shows the way to success. Knowledge rescues people from disappointments and wrongdoings. Acquiring knowledge has a reward before God. We should gain knowledge to keep away from the darkness of ignorance. Knowledge is the key to all treasures. Knowledge is a remedy for all problems. Do you know who gives knowledge to people? Yes he is the teacher! In addition he teaches us to have good manners and behaviour. Like our parents, he is very kind to us. Educated people invent things or find out about places. All this is due to teachers. Therefore we should respect them and listen to them. If we don't understand lessons we should ask him to repeat them and not leave anything that we have not understood. A poet says about teachers: Jesus brought a dead person back to life but the teacher brings a dead nation back to life

#### Exercises

1. Choose the correct meanings.
  - a) jewel: (3 alternative meanings)
  - b) attempt: (3 alternative meanings)
  - c) ignorance: (3 alternative meanings)
  - d) treasure: (3 alternative meanings)
  - e) invention: (3 alternative meanings)
  - d) Christ: (3 alternative meanings)
  - e) resurrect: (3 alternative meanings)
  
2. What is the text about?
  - a) Garden and gardener
  - b) Shepherd and flock
  - c) Knowledge and teacher
  
3. Which verses are about knowledge?
  - a) If Jesus Christ brought a dead person back to life, a teacher can give life to a nation
  - b) Knowledge is the key to all treasures  
Knowledge is the remedy for all problems
  
4. Choose the appropriate words and write them in the spaces then mak a paragraph from the sentences.
 

eliminate	honoured	lamp	lights
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  - a) Knowledge is like a \_\_\_\_\_.
  - b) Knowledge \_\_\_\_\_ the hearts and minds of \_\_\_\_\_.
  - c) We \_\_\_\_\_ darkness and ignorance through knowledge.
  - d) Men of knowledge are \_\_\_\_\_ everywhere.
  
5. Make sentences from these jumbled words.
  - a) is, life, ornament, knowledge, the, of
  - b) like, kind, teacher, parents, is, to, us
  - c) is, knowledge, a, like, light

6. Put the sentences above in order according to the text.

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## Lesson 10

## Story

### A Clever Crow

A thirsty crow found a container with some water. As he approached the container he saw that the amount of water was so small that he could not reach it with his beak. He tried and tried but couldn't get a drink. Suddenly he had an idea. He picked up small stones in his beak and dropped them into the container until the water level came up higher. He drank and so survived. Necessity is the mother of invention.

### Exercises

1. Choose the correct meanings.
  - a) a clay jug: (3 alternative meanings)
  - b) need: (3 alternative meanings)
  - c) survive: (3 alternative meanings)
  - d) invent: (3 alternative meanings)
2. How did the crow save itself from thirst
  - a) by putting its beak in the jug
  - b) by putting stones in the jug
  - c) by overturning the jug
3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
  - a) The crow picked up stones and dropped them in the jug.
  - b) The water level rose as the stones were dropped in.
  - c) The crow could not save itself from dying of thirst.
4. Choose the appropriate words and write them in the spaces.

water	jug	death	stones	wise
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The crow picked up the \_\_\_\_\_ with his beak and dropped them in the \_\_\_\_\_. It wasn't long before the \_\_\_\_\_ rose enabling the \_\_\_\_\_ crow to drink from it and save itself from \_\_\_\_\_.

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## Lesson 11

## Health

### Harmful Insects

There are many types of insects in the world. You might have seen some of them, such as mosquitoes, flies, lice, grasshopper and wasp. Some are harmful and some are useful. Fleas, lice, mosquitoes, flies, locusts, ticks and wasps are harmful insects. Some of these insects get together in large numbers and lay eggs. They emerge as a large army that passes through villages and cities. This dangerous army eats up any grass on the way and causes great damage to crops. Another type of harmful insect is lice. They are usually found in houses that are dirty and where no sunlight can get in. These dangerous insects are found in hair and in clothes. If one member of the family has them they pass to the rest. They lay large numbers of eggs. The colour of hair lice is black and the colour of clothes lice is brown and yellow. They are very dangerous insects.

They feed on human blood and that is how they carry different diseases from one person to another.

To avoid them we should keep our clothes and bodies clean. Boys with hair lice should have their hair cut and washed with anti-lice shampoo. Girls that have hair lice should wash their hair with anti lice shampoo and comb it with a narrow toothed comb.

To keep away lice we should keep our house, clothes and working place clean. We should wash clothes and bedclothes and air them in the sun. If our house faces the sun we should let it get into the house. In this way we can avoid them.

### Exercises

1. Choose the correct meanings.
  - a) useful: (3 alternative meanings)
  - b) harmful: (3 alternative meanings)
  - c) damage: (3 alternative meanings)
  - d) cleanliness: (3 alternative meanings)
  - e) limitless: (3 alternative meanings)
  - f) various: (3 alternative meanings)
  
2. What is the text about?
  - a) Harmful insects
  - b) Agriculture
  - c) Keeping animals
  
3. Locusts belong to a \_\_\_\_\_ of insects.
  - a) useful    b) harmful    c) none
  
4. What does a louse use as food?
  - a) people's blood    b) people's flesh    c) people's hair
  
5. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
  - a) Locusts are harmful insects.
  - b) Farmers are not adversely affected by invasions of locusts.
  - c) Locusts lay eggs in groups.
  
6. Choose the correct answer from the box

1. Wash hair every day with anti-lice shampoo and comb with a narrow toothed comb.
2. Wash our bodies frequently and expose clothes to the sun.
3. cut their hair very short and use anti-lice shampoo frequently.

7. Choose the appropriate words and write them in the spaces.

food	blood	dangerous	person	different
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A louse is harmful and \_\_\_\_\_ insect. Lice use people's \_\_\_\_\_ as \_\_\_\_\_. That is how they pass \_\_\_\_\_ diseases from \_\_\_\_\_ to person

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## Lesson 12

## Culture

### New Year's Day

The first day of the year is called New Year's Day. When spring arrives, deserts and mountains wear their green clothes. Our people celebrate this day. It is an old celebration day of our people that has descended to us from long ago.

On this day the boys and girls go to the green flowery wild places and sing spring songs. Farmers take their milk cows and plough animals for exhibitions and plough some of their lands with these plough animals. The New Year Day celebration is also called "Red Flower Picnic" because in this season the deserts and mountains of our country are full of flowers especially red ones. The sight of these flowers lasts for weeks.

On this day many of our people go to Mazar-I-Sharif to attend the ceremony of raising the flag on the tomb of Hazrat Ali. During its raising, thousands of hearts beat in the hope of starting a better year. Our people clean their houses before the arrival of New Year's Day and make preparations for the ceremonies. On this day they decorate their tablecloths with seven fruits and seven foods that begin with S. We love this National Ceremony and celebrate it every year and pray God for the successful progress of our country.

### Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) New Year day
- b) celebrate
- c) raise
- d) flag
- e) success

Alternative meanings
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2. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.

- a) The first day of the new year is New Year day
- b) On New Year day girls and boys go to the green and flowery wild places.
- c) Our people do not clean the houses ready for the arrival of New Year day.

3. Choose the appropriate words and write them in the spaces.

go	hold	called
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- a) The New Year festival is also \_\_\_\_\_ the red flower picnic.
- b) On New Year day many of us \_\_\_\_\_ to Mazar-e Saharif.
- c) We \_\_\_\_\_ the New Year day celebrations every year.

4. Put the following sentences in order.
  - a) People attend the ceremony of raising the flag.
  - b) Our people celebrate the first day of the year.
  - c) New Year day is a very old festival of our people.

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## Lesson 13

## History

### The Inventor of the Electric Lamp

Have you ever seen an electric light? Do you know that nowadays much of our work is done by electricity? Electric light which makes our dark night look like day and makes life easy for the people was invented by an American Thomas Edison. He was born in 1847. He entered school at the age of seven but his mother quickly found out that it was possible to give him a better education at home and took him out of school. At home he both studied and grew vegetables on the small piece of land behind his house. He got money from selling his vegetables. He studied his lessons and also conducted scientific experiments. Day by day he extended his experiments and to gain more information he travelled to different cities. For some time he was a reporter for a news bulletin, but later he published newspapers himself. At this time he was fifteen years old. He was a hardworking person. He invented many things but the most important one is the electric light. With this invention he turned the dark night into a bright day. His successes were because of his hard work. He died in 1931, while the world was alight from the lamp of his invention.

### Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) inventor
- b) invention
- c) release
- d) continuous

Alternative meanings
----------------------

2. What is the text about?

- a) Machines
- b) Electricity
- c) Telephones

3. Who invented electricity?

- a) Edison   b) Victor Hugo   c) Wilbur Wright

4. What was Edison at age 15?

- a) reporter   b) student   c) teacher

5. *An exercise on syllable structure which does not translate effectively into English.*

6. Choose the correct word to fill the spaces.

- a) Edison was a \_\_\_\_\_ person (hard-working – alternative spellings)
- b) He made many \_\_\_\_\_. (inventions – alternative spellings)
- c) With his invention of electricity he made the \_\_\_\_\_ night like day for people. (dark – alternative spellings)

7. *Missing word exercise on verb forms that do not translate effectively.*
  8. Make sentences from these jumbled words.
    - a) Correspondent, sometime, for, a, Edison, newspaper, was
    - b) Dark, lights, like, night, day electricity
    - c) Invention, was, Edison's light, electric, important, the
  9. Put the sentences above in order
- 

## Lesson 14

## Education

### Book

I am a book. Stories, poems and good things are written on my pages. Whoever reads me learns many things. I provide you with information on nations, people and the history of educated, hard-working people. I talk to you about sky, earth, rivers, forests, mountains and other things and increase your knowledge. Some people call me a lamp. As the lamp makes the room light I also make the eyes of the illiterate bright so that they can read and write.

#### Poem - I am your best friend

I am your best friend,  
 I am the gift that you love best.  
 My every page is yours and I am your companion by day, night and year.  
 I take you on long journeys and talk about home and deserts  
 I tell you stories about giants and fairies so that you get to know right and wrong.  
 What is my beautiful name? Book  
 Who is your faithful friend? Book

### Exercises

1. Select the correct meaning from the box and write it beside the word.
 

Alternative meanings
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    - a) gift
    - b) sympathetic
    - c) door
    - d) aware
  2. Who is our best friend?
    - a) book   b) chair   c) notebook
  3. *Missing word exercise on verb forms that do not translate effectively.*
  4. Choose the appropriate words and write them in the spaces.
 

friend	lamp	illiterate
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    - a) Some people call me a \_\_\_\_\_.
    - b) I light the eyes of the \_\_\_\_\_.
    - c) I am your best\_\_\_\_\_.
-

**Skin diseases**

Sodaba, Sarwar, Samia, and Salim, were sitting together. Salim said, “My sister has got a skin disease and we are all worried about it.” Sodaba, a student in grade six said, “I will give you the information I got from school and my teacher about skin diseases. He said they can affect children and adults as well. There are a variety of skin problems such as itching, boils, wounds, rashes and lice. Some of them are contagious.” Salim asked Sodaba, “Where do children get these skin diseases from and how can we avoid them?” Sodaba said, “To avoid skin diseases the following points should be observed

- Don’t touch dirty things and wash hands before meals and after using the toilet
- In hot weather wash with soap at least once a day
- After taking a bath we should change our clothes
- Put bedding and clothes out into the sunlight. This is very good for preventing lice.”

Salim asked, “If someone is suffering from skin disease how is it treated?” Sodaba answered, “First keep the affected parts clean and if there is no improvement we should see the doctor and follow his advice.” Salim thanked Sodaba for the useful information she had given.

**Exercises**

1. Choose the correct meanings.

- a) emotional: (3 alternative meanings)
- b) dirt: (3 alternative meanings)
- c) skin: (3 alternative meanings)
- d) instruction: (3 alternative meanings)
- e) useful: (3 alternative meanings)

2. What is the text about?

- a) tropical sore
- b) measles and boils
- c) skin disease

3. How to prevent boils?

- a) Do not touch unclean things
- b) Wash our body after a long time in summer
- c) Keep ourselves clean

4. Choose the appropriate words and write them in the spaces.

hands	soap	water	dirty
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- a) We should not touch \_\_\_\_\_ things.
- b) We should wash our \_\_\_\_\_ thoroughly before eating.
- c) We should wash our body with \_\_\_\_ and \_\_\_\_ once a day.

5. Choose the appropriate words and write them in the spaces.

young	dirty	clean	hands
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Those who keep themselves \_\_\_\_\_ rarely develop skin diseases and boils. Touching \_\_\_\_\_ things leads \_\_\_\_\_ children to develop a variety of skin diseases, such as boils. We need to wash our \_\_\_\_\_ thoroughly.

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## Lesson 16

## Culture

### Heart's Grief

Once upon a time Wealth, Honour and Knowledge were talking. After a lengthy discussion Knowledge said "If you need me when I have gone I will be with scholars and educated people." Wealth said proudly, "If you need me I am safe in the pocket of rich people." Honour gave a sigh and remained silent. Wealth and Knowledge asked him, "Why don't you say how you can be found." Honour answered, "Alas if I am lost I will not return."

### Exercises

1. Choose the correct meanings.

- a) honour: (3 alternative meanings)
- b) rich: (3 alternative meanings)
- c) wealth: (3 alternative meanings)
- d) safe: (3 alternative meanings)
- e) arrogantly: (3 alternative meanings)
- f) scholars: (3 alternative meanings)

2. What is the text about?

- a) Scholars
- b) Riches
- c) Knowledge, wealth, honour

3. Choose the correct phrase to complete the statement. If honour is lost:

- a) it comes back
- b) it doesn't come back.
- c) it comes and goes back

4. Which do people most need

- a) knowledge   b) wealth   c) a job

5. Choose the appropriate words and write them in the spaces.

honour	knowledge	wealth
--------	-----------	--------

- a) \_\_\_\_\_ dwells in the safes of rich men.
  - b) \_\_\_\_\_ is found with scholars.
  - c) \_\_\_\_\_ stays with affectionate and honest people.
-



## Lesson 17

## Health

### Mother's Milk is the Perfect Food

Zeba was telling Zehra the following story. My mother and I went to the clinic yesterday to get my brother vaccinated. The doctor was talking about Mother and Child. I liked the things he said and went closer to hear him better. The doctor said, "Breast-feeding is the best way to feed children from birth until the 6<sup>th</sup> month. A breast-fed baby never needs other food or drink. Breast feeding gives immunization against diseases. Breast-feeding helps to calm the child in cases of fright, horror, coughing and diarrhoea." Then Zehra said, "thanks a lot Zeba. Now I will go home and pass on your information to my mother, because Asif, my brother, is still breast-fed and she should understand all this."

### Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) perfect
- b) immunity
- c) acquire
- d) terror

Alternative meanings
----------------------

2. What is the text about?

- a) Feeding with cow's milk
- b) Feeding with mother's milk
- c) Feeding with dried milk

3. What milk should children be fed with?

- a) cow's milk    b) powdered milk    c) mother's milk

4. Choose the correct word to fill the spaces.

- a) Feeding the \_\_\_\_\_ with powdered milk weakens him (child – alternative spellings)
- b) Dried milk is not so good \_\_\_\_\_ mother's milk. (as – alternative spellings)
- c) Drinking mother's milk \_\_\_\_\_ the child healthy. (keeps– alternative spellings)

5. *An exercise on syllable structure which does not translate effectively into English*

6. Choose the correct word to fill the spaces.

- a) Mother's milk helps a \_\_\_\_\_ to grow and be healthy. (child/children)
- b) Mother's milk is the only perfect food for \_\_\_\_\_. (child/children)
- c) Mother's milk keeps the \_\_\_\_\_ healthy. (child/children)
- d) Mothers should not feed their young babies on milk from \_\_\_\_\_. (cow/ cows)
- e) Dried milk and cow's milk is not so good as the milk from \_\_\_\_\_. (mother/mothers)

## Lesson 18

## History

### Telling the Time and the First Clock in Afghanistan

At the beginning of the lesson the teacher told the students, "As I promised yesterday, I am going to talk about inventions that bring benefits, facilities and comforts for mankind. Now I want to choose an invention for discussion." The students after talking to each other said, "If you will tell

us about how people told the time before the invention of the clock and about the first clock in Afghanistan we will be very pleased.”

The teacher answered, “Before the invention of the clock people used to tell the time by the sun’s shadow on the ground.” Jala Din said, “How?” The teacher answered, “Before the invention of the clock people would put their hat or a pot on the ground out in the sun. If the hat’s shadow was towards the west then people knew it was before noon. If the shadow was long it indicated morning. If the shadow was getting short then noon was approaching. If there was no shadow it was noon. If the shadow lengthened towards the east then evening was approaching.” Timur, a student asked, “When was the first clock brought into Afghanistan?” The teacher said, “It has a long history, almost a century. It is fixed to the minaret of the palace. It is known as the “chiming clock” and was imported from London.” At the end students thanked their teacher for providing them with such useful information.

### Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) invention
- b) profit
- c) facility
- d) ray
- e) long
- f) sunset
- g) minaret
- h) palace

Alternative meanings
----------------------

2. This lesson shows that in the past:

- a) People told the time from the sun’s shadow on the ground before the invention of the watch.
- b) People told the time from the passing of the clouds before the invention of the watch.
- c) People told the time from a clock.

3. Choose the appropriate words and write them in the spaces.

century	palace	clock	London	minaret	chiming
---------	--------	-------	--------	---------	---------

The first \_\_\_\_\_ was brought to Afghanistan almost a \_\_\_\_\_ ago. This clock is fixed to the high \_\_\_\_\_ of the \_\_\_\_\_. It is called a \_\_\_\_\_ clock and was brought from \_\_\_\_\_.

4. Put the following sentences in order according to the text.

- a) Before the invention of clocks they told the time by the sun’s shadow on the ground.
- b) The first clock in Afghanistan is fixed to the high minaret of the palace and is known as a chiming clock.
- c) The clock was brought to Afghanistan a century ago.

**Honey Bees**

You know that some insects are useful and some are harmful. Some insects are useful to humans for example the honeybee. Honeybees have a well-organised life and they have a long lifespan. They have their own community. They have a queen whose job is to lay eggs. Her lifespan is from 1 - 2 years. The rest are the workers numbering to thousands. Some of them are guards and so on, doing a specific job to maintain their communal life. Two things are important in their lives: One is duty and the second is carrying out their established tasks. The workers are assigned to keep the hives clean and nurse the newly hatched bees. As the small bees grow up they fly out of the hives and make honey from the nectar of the flowers. The male bee has a short lifespan. His only job is to mate with the queen. Honey is a beneficial and energy giving food that the bees produce for us. From this lesson we learn that bees are useful for humans.

**Exercises**

1. Choose the correct meanings.
    - a) as: (3 alternative meanings)
    - b) guard: (3 alternative meanings)
    - c) situation: (3 alternative meanings)
    - d) crowd: (3 alternative meanings)
    - e) specific: (3 alternative meanings)
    - f) newborn: (3 alternative meanings)
  
  2. What is the text about?
    - a) The life of ants
    - b) The life of bees
    - c) The life of reptiles
  
  3. The honey bee is \_\_\_\_\_ to us (Select the correct word)
    - a) useful      b) harmful      c) neither useful nor harmful
  
  4. How does the Honey bee live? (Select the correct answer)
    - a) Each bee lives alone.
    - b) The bees live together as a community.
    - c) The bees live in pairs.
  
  5. Choose the correct word to fill the spaces.
    - a) Honey bees live an \_\_\_\_\_ life (organised – alternative spellings)
    - b) Honey bees have a long \_\_\_\_\_ span. (life – alternative spellings)
    - c) The worker bees are \_\_\_\_\_ for cleaning the hive. (responsible – alternative spellings)
    - d) People benefit from useful. (insects – alternative spellings)
  
  6. *Missing word exercise using word forms that do not translate effectively.*
-

**Teacher Knows the Mischievous and Thoughtless Students**

One day a teacher said to his students, “Dear students! Look at your books and not at other things. If you see someone who is not looking at his lesson please tell me.” For a few minutes all the students were absorbed in their work and did not look at other things. The class was filled with silence. Suddenly Farid said loudly, “Teacher Hamid is not working. He is looking here and there.”

The teacher said, “Oh you naughty student. Stand up! I told you all not to lift your heads from your books. How did you find out that Hamid was not studying? Obviously you yourself were not studying but looking here and there. If your eyes had been on your book you would not have seen Hamid.” Farid was embarrassed and decided to follow his teacher’s advice to avoid any more shame.

**Exercises**

- Choose the correct meanings.
  - learned: (3 alternative meanings)
  - busy: (3 alternative meanings)
  - information: (3 alternative meanings)
  - decision: (3 alternative meanings)
  - cause: (3 alternative meanings)
- What does a thoughtless student do? Select the correct phrase to answer the question.
  - pay attention to his studies
  - not care about his studies
  - be kind to his father
- How should a student behave? Select the correct word.
  - thoughtlessly
  - studiously
  - indifferently.
- Choose the appropriate words and write them in the spaces then make a paragraph from the sentences.
 

everything	friend	lonely	reads
------------	--------	--------	-------

  - I am your best \_\_\_\_\_.
  - I keep you from feeling \_\_\_\_\_.
  - Whoever \_\_\_\_\_ me will learn a lot of things
  - I speak to you about all places and \_\_\_\_\_.
- Make sentences from these jumbled words then put them in order according to the text..
  - knows, a, the, student, teacher, thoughtless
  - for, all, a, few, students, the, absorbed, were, minutes
  - not, heads, books, do, raise, from, your
  - is, Hamid, reading, not
- Put the sentences above in order.

### Memories of a Child Carpet-weaver

For as long as I can remember, I have found myself behind a weaving frame with multi-coloured threads. Everyday I sit weaving carpets from morning to night on a frame that has no back support. I can hear the voices of children of my age outside the carpet-weaving house. I say to myself that they must have a good life and kind parents. From their voices I think that they go to school in the morning and return at noon. Their voices also suggest that they play every day as well as going to school. These voices tell me that the children of my age will become educated people one day. I wish they would let me go to school. I wish they would let me play. I wish they would let me become educated. Yes! Here I see only a few individuals like myself, the carpet weaving frame, colourful threads and some tired men who can't know how we feel. That is our daily life. I wish there was someone who understood our feelings and desires and could pass them on to the people concerned.

#### Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) in addition
- b) aware
- c) hatred

Alternative meanings
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2. Whose memory is the text about? (Select the correct answer.)

- a) A carpet weaver
- b) A student
- c) An intelligent child

3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.

- a) The carpet weaver wanted to go to school.
- b) The carpet weaver didn't want to go to school.
- c) The carpet weaver was tired of his work.
- d) The carpet weaver was happy in his work

4. *An exercise on syllable structure which does not translate effectively into English*

5. Choose the appropriate words and write them in the spaces.

threads	age	attend	houses
---------	-----	--------	--------

- a) I guess they live in fancy \_\_\_\_\_.
- b) My fingers run like a machine among the \_\_\_\_\_.
- c) I wish I were allowed to \_\_\_\_\_ school.
- d) I hear the voices of children of my \_\_\_\_\_.

### Mother Tongue

Mother tongue is the first thing that a child learns from her/his mother and communicates through it with the rest of the family. We can talk to our parents and others and understand them through our mother tongue. Language helps us to learn many things from school, teachers and classmates. Dari is one of the languages that are written from right to left. This language has 32 letters. Letters are symbols or marks that can make words. Whatever we write in Dari never uses more than the 32 letters. Out of the total of these 32 letters four\* of them are pure Dari letters.

Eight\* of the letters are pure Arabic and the other 20 letters are common to all the languages which are written from right to left. The Dari language has a brilliant past and background. Much prose and many poems have been written by famous people such as Rodaki, Dagigi Balkhi, Nasir Khisrow and others. This is the official language of Afghanistan, Iran and Tajikistan. We have to learn our mother tongue and give service to our country and culture.

- *The appropriate letters are listed in the Dari text.*

### Exercises

1. Choose the correct meanings.
  - a) mark: (3 alternative meanings)
  - b) common: (3 alternative meanings)
  - c) shining: (3 alternative meanings)
  - d) poems: (3 alternative meanings)
  - e) length: (3 alternative meanings)
  - f) culture: (3 alternative meanings)
2. What is the text about?
  - a) The French language
  - b) Mother Tongue
  - c) Homeland
3. The Persian alphabet is comprised of how many letters?
  - a) 32
  - b) 8
  - c) 4
4. Choose the correct word to fill the spaces.
  - a) We communicate with others \_\_\_\_\_ our mother tongue. (through – alternative spellings)
  - b) The Persian language has 32 \_\_\_\_\_. (letters – alternative spellings)
  - c) The Persian language has a shining \_\_\_\_\_. (past – alternative spellings)
  - d) Four letters are \_\_\_\_\_ to the Persian language. (specific – alternative spellings)
5. Put the following sentences in order according to the text.
  - a) The Persian language is accepted as the official language of Afghanistan, Iran and Tajikistan.
  - b) The first thing a child learns from mother is mother tongue.
  - c) Persian is one of the languages written from right to left.

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## Lesson 23

## Geography

### What is a mountain?

It is higher ground that rises to a height of above 100 metres above the surrounding land. The highest point of a mountain is called the peak. It snows on high mountains and is very cold. A mountain is formed of rock and stones. Self sown flowers grow in cracks and holes in the rocks. Wild animals live in mountains. Deer and mountain goats also live in the mountains. In most parts of our country people take their animals to the mountains in summer, to graze and stay there until the summer is over. Rivers that begin in the mountains are used for irrigation. In some places they build dams for electricity generation and other purposes.

## Exercises

1. Select the correct meaning from the box and write it beside the word.
    - a) prominent
    - b) height
    - c) peak
    - d) crack

Alternative meanings
----------------------
  2. What is the text about?
    - a) Rivers
    - b) Mountains
    - c) Hills
  3. Write T(true) for the correct sentences and F (false) for the incorrect sentences.
    - a) Our country has some very famous high mountains.
    - b) The rivers that start in the mountains give rise to growth and agriculture in villages and cities.
    - c) It doesn't snow on the very high mountains and the air is not cold.
    - d) Wild animals do not live on the mountains.
  4. *An exercise on syllable structure which does not translate effectively into English*
  5. Choose the correct word to fill the spaces.
    - a) Mountains are made of large and small \_\_\_\_\_. (rocks – alternative spellings)
    - b) During \_\_\_\_ in most parts of our country people go with their animals to the mountain foothills. \_\_\_\_\_. (summer – alternative spellings)
    - c) Afghanistan is a \_\_\_\_\_ and mountainous country. (green – alternative spellings)
- 

## Lesson 24

## History

### Aisha Durrani

Aisha Afghan also known as Aisha Durrani is regarded as one of the famous women of Afghanistan. She lived in Kabul during the reign of Timur Shah. Her father's name was Yaqoob Ali Khan. Her father, although engaged in military affairs, loved knowledge and education. He started teaching his daughter from her early childhood. He taught her the common knowledge of the time such as grammar and the literary works of poets and writers. Aisha became scholarly, wise and well mannered. In addition to acquiring religious knowledge and literature she was also a good poet. She started writing poetry at the age of 20. The following is from one of the poems she wrote:

“I saw the dawn in the evening prayer time, stained with blood as if it had killed the sun.”

## Exercises

1. Choose the correct meanings.
  - a) noted: (3 alternative meanings)
  - b) during: (3 alternative meanings)
  - c) knowledge: (3 alternative meanings)
  - d) common: (3 alternative meanings)
  - e) educated: (3 alternative meanings)
  - f) planning: (3 alternative meanings)

2. What other knowledge did Aisha Durrani have in addition to religious, literary and scientific?  
Select the correct answer.  
a) tailoring    b) poetry    c) embroidery
3. Write T(true) for the correct sentences and F (false) for the incorrect sentences.  
a) In addition to learning religious and literary knowledge, Aisha Durrani was a great poet.  
b) Aisha Durani lived in the city of Mazar during the reign of Timur Shah.  
c) Aisha Durrani is regarded as a famous and respected woman of our country.  
d) She started to write poetry at the age of ten.
4. Choose the correct word to fill the spaces.  
a) Aisha was being \_\_\_\_\_ from her childhood. (educated – alternative spellings)  
b) Her father was a person who loved \_\_\_\_\_. (knowledge – alternative spellings)  
c) Aisha was a \_\_\_\_\_ wise and well-mannered woman. (scholarly – alternative spellings)
- 

## Lesson 25

## Life Skills

### Rights of the Child

One day we heard music from a long way away. My mother, Zakia my sister and I went out of our house toward the music to see what was going on. When we arrived we saw a lot of children gathered there with their parents. We saw the children who were reading poems and essays that they had composed about children. I wondered what all this happiness was for? So I asked my mother and she answered: Children should have a good and healthy life and their rights should be maintained. They should be brought up in a healthy environment. All children whether rich or poor should be educated. UNICEF has asked leaders of the developed and developing countries to pay attention to and preserve the incontestable rights of children. It is a request for all nations to open a new world to children and preserve their International Rights. At the end my mother said, “This gathering is held for children and their rights.’

### Exercises

1. Choose the correct meanings.
- a) parents: (3 alternative meanings)
  - b) children: (3 alternative meanings)
  - c) protected: (3 alternative meanings)
  - d) environment: (3 alternative meanings)
  - e) rich: (3 alternative meanings)
  - g) undeniable right: (3 alternative meanings)
  - h) maintain: (3 alternative meanings)
2. What is the text about?
- a) Basic education for women
  - b) Health, food and education of children
  - c) Progress of activities



3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
    - a) All children should be raised in a healthy environment.
    - b) We should not maintain the global rights of children.
    - c) All children, boys, girls, rich and poor should be properly educated.
    - d) The children should have a complete and healthy life.
  4. *An exercise on syllable structure which does not translate effectively into English.*
  5. Choose the correct word to fill the spaces.
    - a) \_\_\_\_\_ should be properly educated. (Children – alternative spellings)
    - b) \_\_\_\_\_ children are tomorrow’s future. (Today’s – alternative spellings)
    - c) The future of the \_\_\_\_\_ is in the hand’s of today’s children. (country – alternative spellings)
- 

## Lesson 26

## Health

### Who am I?

People know my name. You should know my name as well. First I will introduce my family to you and describe the things I do. Then you will know who I am. The names of my brothers are chocolate, ice cream and chewing gum. If we had tongues we would tell you to eat us less and eat apples, banana and other fruit. Eating fruit makes you healthy. If you eat me or my brothers in large quantities you will develop toothache and need to go to the dentist. Now what is my name?

### Exercises

1. Choose the correct meanings.
  - a) introduction: (3 alternative meanings)
  - b) suffer: (3 alternative meanings)
  - c) members: (3 alternative meanings)
2. What is the text about?
  - a) crops
  - b) fruit
  - c) sweets
3. Too many sweets \_\_\_\_\_ our teeth. Select the correct word to fill the space.
  - a) whiten
  - b) destroy
  - c) enlarge
4. Choose the correct word to fill the spaces.
  - a) The \_\_\_\_\_ is a useful fruit. (apple – alternative spellings)
  - b) Eating fruit makes you \_\_\_\_\_. (healthy – alternative spellings)
  - c) \_\_\_\_\_ develops from eating sweets. (Toothache – alternative spellings)

5. Choose the appropriate words and write them in the spaces.

well	lots	few
------	------	-----

- a) Eating \_\_\_\_\_ of sweets damages our teeth.
- b) We should eat \_\_\_\_\_ sweets.
- c) We should brush our teeth \_\_\_\_\_ after eating sweets.

6. Write a paragraph using the above sentences.

## Lesson 27

## Life Skills

### My Grandfather and I

My grandfather took me to the children's park to play there for a while. There was a swing and seesaw and many other playthings. I played a lot. After a while I wanted to play on the seesaw but there was no one to sit on the other end. My grandfather felt sorry for me and said, "Come on son! Let's sit on the see-saw together." I was very happy. I sat on one end and grandfather sat on the other and we started to play. Sometimes I went up and my grandfather went down and vice-versa. Suddenly the park attendant appeared and looked irritably at us. My grandfather seeing the attendant's face took off his hat and covered his moustaches. The attendant came close and said: Don't you see the sign saying "For children only?" My grandfather was embarrassed. I felt sorry for him and said Grandfather this is a children's Park, let's leave.

### Exercises

1. Choose the correct meanings.
  - a) park: (3 alternative meanings)
  - b) guard: (3 alternative meanings)
  - c) little: (3 alternative meanings)
2. Who was playing with his grandfather on the see-saw? Select the correct answer.
  - a) He and his grandfather.
  - b) My grandfather and I.
  - c) They and their grandfather.
3. Choose the correct word to fill the spaces.
  - a) The grandfather was very \_\_\_\_\_ to his grandson. (kind – alternative spellings)
  - b) The grandfather and his grandson went to the park for an \_\_\_\_\_ (outing – alternative spellings)
  - c) There were many \_\_\_\_\_ for playing on to be seen there.. (things – alternative spellings)
4. Choose the appropriate words and write them in the spaces.

asked	seen	took	play	was
-------	------	------	------	-----

- a) The grandfather \_\_\_\_\_ his grandson to the park for an outing.
- b) Many playthings could be \_\_\_\_\_ in the park.
- c) There \_\_\_\_\_ a see saw in the park..
- d) The grandson \_\_\_\_\_ his grandfather to \_\_\_\_\_ with him.

5. Write a paragraph using the above sentences.

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**Lesson 28**

**Culture**

**Poem - Spring and the Farmer**

During spring, flowers smile in gardens.  
The farmer works hard and ploughs the fields?  
He wears wooden sandals and binds his waist with his turban.  
He ploughs the land and levels it.  
He gives the land manure.  
He grows wheat, barley and maize.  
He serves the people. He is never free.  
You clever child! Shake yourself.  
In springtime young and old should work.  
Attend your school with happiness and pleasure.

**Exercises**

1. Select the correct meaning from the box and write it beside the word.

- a) when
- b) yoke
- c) plough
- d) wooden sandals
- e) turban
- f) manure

Alternative meanings
----------------------

2. What does the farmer do in the spring?

- a) Go for outings
- b) Agricultural activities
- c) Visit friends homes

3. Choose the correct answer from the box .

- a) What do farmers do in spring? \_\_\_\_
- b) What are the names that of the tools that farmers work with? \_\_\_\_
- c) What should we do in the spring? \_\_\_\_

- |                                                                                                                                                                                                                                                                        |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>1. In spring, farmers plough their lands and cultivate wheat, barley and corn.</li><li>2. We should work and go to school in the spring.</li><li>3. Yoke, plough, leveller and spade are tools that farmers work with.</li></ul> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

4. Write a paragraph using the above.

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**The boy who saved his Father.**

One winter's day, Amir Mohammad was telling this story to people in front of the village mosque: My son, Yar Mohammad and I went to a mountain to fetch some firewood. There was once a military post there. While we were gathering wood Yar Mohammad suddenly shouted, "Mine! Mine! Father don't move there is a mine."

Amir Mohammad went on: I wondered how to get away from there but my son guided me, "Father! Don't be nervous but leave the area by following your footprints". I did as he said and was saved from the danger of the mine. One of the listeners said, "How did Yar Mohammad know that there were mines?" Amir Mohammad answered "He had learned this on a mine awareness course. He was taught that there are red markings wherever there are mines." Amir Mohammad went on, "Yar Mohammad says that you should never touch unfamiliar objects, and be careful not to hit mines with stones, because it is dangerous. Also never go into places that were once military posts. If you see anything you are not sure of inform the nearest police post and de-mining group." After getting this information the villagers sent their children to the mine awareness course.

**Exercises**

1. Choose the correct meanings.
  - a) follow: (3 alternative meanings)
  - b) rescue: (3 alternative meanings)
  - c) convene: (3 alternative meanings)
  - d) unexploded: (3 alternative meanings)
  - e) suspicious: (3 alternative meanings)
  - i) authorities: (3 alternative meanings)
  
2. What is the text about?
  - a) Recognition of landmines and minefields
  - b) Courses on mine clearance
  - c) Mine awareness
  
3. What is the significance of red markings?
  - a) To show the existence of landmines on the marked area
  - b) To show that de-mining groups work there.
  - c) To show that these places are not dangerous.
  
2. What do we do when we see something suspicious?
  - a) Pick it up
  - b) Inform the nearest de-mining group.
  - c) Play with it.

5. Choose the appropriate words and write them in the spaces.

where	landmines	group	things	places
-------	-----------	-------	--------	--------

- \_\_\_\_\_ are our enemies.
- \_\_\_\_\_ there are landmines are marked in red..
- Whenever we see unusual and suspicious \_\_\_\_\_ we should not touch them.
- As soon as we see unusual or suspicious things we should inform the de-mining \_\_\_\_\_ about them.

6. Write a paragraph using the above sentences.

---

### Lesson 30

### Story

#### A story

A hunter spent most of his time in hunting. He supported his family in this way. One day he went hunting and as he looked for prey he saw a fox leaning against a tree. When the fox saw the hunter he tried to escape. As he ran he saw a farmer threshing his wheat. The fox hid in the wheat and asked the farmer not to tell the hunter about her. Before long the hunter arrived and asked about the fox. The two faced farmer said loudly "I haven't seen any body", but he pointed with his finger to the wheat. The hunter, in a hurry, did not notice and quickly left. The fox's heart was beating because of the farmer's hypocrisy. As she saw the hunter in the distance, she started to go away without paying any attention to the farmer. The farmer called out to her, "Oh you are ungrateful! Why don't you thank me for helping you?" The fox answered, "If your tongue matched your finger then I would have been grateful."

#### Exercises

1. Select the correct meaning from the box and write it beside the word.

- hunters
- thresh
- denial

Alternative meanings
----------------------

2. What is the text about?

- To be honest
- To Lie
- To be two-faced

3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.

- The hunter was a two-faced person.
- The farmer was a two-faced person.
- The fox was a two-faced creature.
- The hunter was the fox's enemy

4. *An exercise on syllable structure which does not translate effectively into English*

5. Choose the correct word to fill the spaces.

- a) It was not long before the \_\_\_\_\_ arrived and asked the farmer about the fox. (hunter, hunters)
- b) Seeing the hunter the terrified \_\_\_\_\_ started to run. (fox, foxes)
- c) The fox took refuge with the \_\_\_\_\_ immediately (farmer, farmers)

## Lesson 31

## History

### The Darul Aman Palace

This is a great palace that was built in the reign of Amanullah after the independence of Afghanistan. It was built on a hill in a place known as Char Dihi, south of Kabul. Dutch engineers and Afghan workers built it with the intention of making it the capital city. Some ministries were stationed there for some time. It is a three-storey building. It was built from blocks of stone, cement and metal. It was located in the middle of a beautiful garden, which had been unequalled in its time. Unfortunately it has been destroyed in the recent wars.

### Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) palace
- b) peaceful house
- c) building
- d) glory
- e) return
- f) independence
- g) new
- h) parallel
- i) ruined

Alternative meanings
----------------------

2. In which King's reign was the Darul-Aman made? Select the correct answer.

- a) Amir Abdul Rehman Khan
- b) Amir Habibullah Khan
- c) Amir Amanullah Khan

3. What is the condition of the Darul-Aman now?

- a) It is fine
- b) It is in ruins
- c) It is as it was before

4. Choose the correct word to fill the spaces.

- a) The great and glorious darul-Aman \_\_\_\_\_ has 3 storeys. (building – alternative spellings)
- b) Stone blocks cement and iron were used in \_\_\_\_\_ this palace. (building – alternative spellings)
- c) The \_\_\_\_\_ is in the middle of a beautiful garden. (palace – alternative spellings)

5. Choose the appropriate words and write them in the spaces. Make a paragraph from the sentences.

beautiful	ruin	glorious	beauty
-----------	------	----------	--------

- The Darul-Aman palace is a \_\_\_\_\_ building.
- The palace stands in the middle of a \_\_\_\_\_ garden.
- Once the \_\_\_\_\_ of this garden had no parallel.
- The Darul-Aman palace has become a \_\_\_\_\_.

6. Make a paragraph from the sentences above.
- 

## Lesson 32

## Science

### Ruling the Earth

Millions of years ago the earth was very warm. There was no winter or snow and warm rain fell everywhere. Rivers and oceans were warm too. In the hot climate a type of huge animal known as “Dinosaur” lived there. They lived on the earth for a long time. There was no human life in those days, which is why no one has ever seen a dinosaur.

Then how do we know about them? We know them by their bones, which can still be seen. After years of research it was found out that some of the dinosaurs lived in water and some on land. Some fed on grasses and some on other small creatures. Dinosaurs were large animals. Some of them were as big as large vehicles and aeroplanes. They had long tails and necks. The biggest one is known as Tyrannosaurus which was 3 times as large a house. They had teeth as long as the arms of humans. Dinosaurs ruled the earth for millions of years. They finally all died and no one knows why. After their disappearance no animals like them appeared on the earth.

### Exercises

- Choose the correct meanings.
  - parts: (3 alternative meanings)
  - tri-: (3 alternative meanings)
  - ruler: (3 alternative meanings)
  - reason: (3 alternative meanings)
- What is the text about?
  - Humans
  - Animals
  - Dinosaurs
- What kind of animals were dinosaurs?
  - huge
  - small
  - neither
- When did dinosaurs live on the earth?
  - Hundreds of years ago
  - Thousands of years ago
  - Millions of years ago

5. Write T (true) for the correct sentences and F (false) for the incorrect sentences.

- a) Some dinosaurs ate grass and some ate small animals.
- b) The largest dinosaurs were called Tyrannosaurs.
- c) People recognise dinosaurs from their skeletons.
- d) We recognise dinosaurs from their skeletons.

6. Choose the appropriate words and write them in the spaces. Make a paragraph from the sentences.

knows	disappeared	died	were	ruled
-------	-------------	------	------	-------

- a) Dinosaurs \_\_\_\_\_ the earth for millions of years.
- b) After millions of years dinosaurs \_\_\_\_\_ and \_\_\_\_\_.
- c) No-one \_\_\_\_\_ the reason for their death and disappearance..
- d) In that time there \_\_\_\_\_ no people on the earth.

7. Make a paragraph from the sentences above

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### Lesson 33

### Life Skills

#### The Red Cross

About a century ago, a bloody war took place in Italy. Henry Dunan, a Swiss writer, wrote a book about this war. He explained the conditions of the wounded people in his book and proposed the formation of a group that could take care of war victims. Based on this proposal a group was formed in Switzerland with a view to helping the victims of war. The group gradually spread throughout Europe and after a while the International Committee of the Red Cross was formed. ICRC is a donor agency and wrote its charters and principles in 1863 and its logo is a white paper or cloth with the red cross mark in the middle. This was taken from the flag of Switzerland which is a neutral country. It was agreed that wherever that flag is raised the area should not come under attack and the people carrying it should walk freely among the war victims. The activities of the Red Cross are not confined to the wounded and prisoners of war. They also help the victims of floods, earthquakes, fires and other disasters. The Red Cross also work to maintain peace. They help political prisoners, arrange exchange of prisoners of war and give medical aid to poor countries. In Islamic countries this agency is known as the Red Crescent.

#### Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) beloved
- b) condition
- c) explanation
- d) damage
- e) charter
- f) aggression
- g) assistance

Alternative meanings
----------------------



2. What are Red Cross activities aimed at?
  - a) Only helping war wounded people
  - b) Only helping earthquake victims
  - c) Helping the wounded, prisoners of war and victims of flood and earthquake.
  
3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
  - a) Henry Dunan was a Swiss writer.
  - b) The Red Cross is not an international charitable organisation.
  - c) The activities of the Red Cross are aimed solely at helping the wounded and prisoners of war.
  - d) In Islamic countries this society is called the Red Crescent.
  
4. Choose the correct word to fill the spaces.
  - a) The rescue team came into being for the first time in \_\_\_\_\_. (Switzerland – alternative spellings)
  - b) + is the symbol of the Red \_\_\_\_\_. (Cross – alternative spellings)
  - c) This agency helps victims of earthquake, \_\_\_\_\_ and fire. (flood – alternative spellings)
  
5. Choose the appropriate words and write them in the spaces, then write a paragraph.

wrote	saw	upset	riding	decided	formation	helped
-------	-----	-------	--------	---------	-----------	--------

- a) One day Henry Dunan was \_\_\_\_\_ on horseback.
- b) He \_\_\_\_\_ the conditions of the wounded and prisoners of war.
- c) He was very \_\_\_\_\_ and \_\_\_\_\_ them.
- d) He \_\_\_\_\_ a book on war.
- e) Henry Dunan \_\_\_\_\_ to form a rescue team to help the wounded and prisoners of war all over the world.
- f) This led to the \_\_\_\_\_ of the International Committee of the Red Cross.

## Lesson 34

## History

### Let's get to know Ghazni

Ghazni is an old and ancient city to the south west of Kabul. The city of Ghazni was located on a hill and was surrounded by high walls. The Ghazni castle or fort has military and defensive importance. It has gates on three sides. Recently Ghazni city has grown. It is famous for its goldsmiths, coppersmiths and the coats and waistcoats that are made from animal skins. People of different clans live in Ghazni. The residents of Jaghto, Jaghori, Malistan, Qarabagh and Nahor districts are Hazara. The residents of the Khaja Omari district are mostly Biates. Most of the residents of Muqur are Pathans, but a few Pathans also live in Qarabagh. Most of the residents of Ghazni city are Tajiks. The main occupation of Ghazni people is farming. The agricultural products of Ghazni are barley, maize, beans, wheat, chickpeas, potatoes etc. The meat from Ghazni is very famous especially the roast and the fried meat. There is little rain in Ghazni, it is a dry region but it snows a lot in winter. They keep their homes warm with wood fires. From long ago to the present, Ghazni was the capital of famous kings, a centre of culture and cradle of many scholars and intellectuals.

## Exercises

1. Choose the correct meanings.
  - a) ancient: (3 alternative meanings)
  - b) fort: (3 alternative meanings)
  - c) military: (3 alternative meanings)
  - d) occupation: (3 alternative meanings)
  - e) taste: (3 alternative meanings)
  - f) history: (3 alternative meanings)
  - g) scholars: (3 alternative meanings)
2. Which crafts are famous in Ghazni?
  - a) pottery, black smith work, carpentry
  - b) posteen making, coppersmith work, goldsmith work
  - c) cooking, house building, drawing
3. Which people live in Ghazni
  - a) Pashtuns
  - b) Biates
  - c) Pashtuns, Hazaras, Biates and Tajiks.
4. Choose the correct word to fill the spaces.
  - a) Ghazni is an \_\_\_\_\_ city located southwest of Kabul (ancient – alternative spellings)
  - b) The \_\_\_\_\_ of posteen making, goldsmiths and coppersmiths are very famous. (crafts – alternative spellings)
  - c) Ghazni is a dry region with \_\_\_\_\_ rain. (little – alternative spellings)
  - d) The meat from Ghazni is very \_\_\_\_\_. (famous – alternative spellings)
5. Choose the appropriate words and write them in the spaces then write a paragraph.

cold	different	ancient	great
------	-----------	---------	-------

  - a) Ghazni is an \_\_\_\_\_ city of our country located to the southwest of Kabul.
  - b) Many \_\_\_\_\_poets and writers were educated in Ghazni..
  - c) Ghazni has a dry summer and a very \_\_\_\_\_ winter.
  - d) People from \_\_\_\_\_ ethnic groups live in Ghazni.

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## Lesson 35

## Science

### Forests

Forests have many uses and benefits for humans. They keep the air fresh. Where there are forests there is less damage from cyclones and storms. If we look at early photographs the mountains of Kunar, Paktia, Nangahar and other provinces we can see that there were many forests in our country. Now these beautiful forests have gone and the green views turned to yellow. It will help our economy if we make good use of our forests. Many fruits are available in our country forests such as nuts from pine etc. People gather these and sell them in the markets. Some get firewood and charcoal from the forest trees. We should not cut young trees for firewood and charcoal. If we cut a tree down we should plant a new one in its place.

## Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) ancient
- b) change
- c) cut

Alternative meanings
-------------------------

2. Select the correct answer. For the development of our country:

- a) mountains are very useful
- b) forests are very useful
- c) plains are very useful

3. What are found in abundance in our forests

- a) fruitful trees
- b) bushes
- c) fruitless trees

4. Choose the appropriate words and write them in the spaces then write a paragraph

purify	are	prevent	care	produce
--------	-----	---------	------	---------

Wherever there \_\_\_\_\_ forests they \_\_\_\_\_ many benefits. Forests \_\_\_\_\_ the air. They \_\_\_\_\_ floods and storms. We should take good \_\_\_\_\_ of our country's forests.

5. Organise the following words into sentences.

- a) cut, If, a, we, tree, we, a, plant, new, in, one, its place, should.
- b) many, forest, trees, There, in, are, the
- c) not, We, trees, cut, should, for, firewood.

6. Put the sentences above in order according to the text.

## Lesson 36

## Science

### Do You Know me?

I am yoghurt. People make me from the milk of cow, sheep, and goat. You can find me anywhere.

I am very good for you. I keep your skin clear and soft. I give you strength and energy. I am good for your bones. I am familiar to all. Whoever eats me will have a longer life. I want to tell you one other thing. My original type is available in the villages because village animals eat naturally grown plants and grasses. Another type is made from powdered milk which doesn't have the natural taste. I give many benefits to those who use me everyday. If you don't believe me just try me for a few days then you will find out how useful I am to you.

### Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) skin
- b) clear
- c) useful
- d) energy
- e) plants
- f) kinds

Alternative meanings
-------------------------

2. Choose the appropriate words and write them in the spaces then write a paragraph..

energy	useful	clear	health	strength
--------	--------	-------	--------	----------

- a) Yoghurt is a very \_\_\_\_\_ type of food.
- b) Eating yoghurt keeps the skin \_\_\_\_\_.
- c) Eating yoghurt gives us \_\_\_\_\_ and \_\_\_\_\_.
- d) We should always eat yoghurt for our \_\_\_\_\_.

3. Make a paragraph from the above sentences

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### Lesson 37

### Science

#### Vitamins

Surya told Samina: It is three days since our classmate Sema came to school, why is this? Samina answered: Sema is our neighbour. She has lost her mother and lives with her paternal uncle. They have very little money and they can't afford to eat good foods. That is why they are weak. Surya said: My father is a doctor. He always explains that with a small amount of money you can get vitamin rich foods. If Sema's family use these cheap but useful foods surely they will develop resistance to diseases and become strong. Samina asked: What are vitamins? What foods contain vitamins? Surya answered: vitamins are substances that our bodies need. There are many types and they are available in different foods. Vitamin A is found in abundance in vegetables, cereals, and milk products. It is good for our bodies especially the nervous system. Vitamin C is found in oranges, lemons etc and is good for our skins and teeth. Vitamin D, which is good for our bones, comes free from sunlight. At the end Samina thanked Surya for the information she had given.

### Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) various
- b) cereals
- c) dairy products
- d) ray

Alternative meanings
-------------------------

2. What is the text about?

- a) proteins
- b) carbohydrates
- c) vitamins

3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
- Vitamin A is found in vegetables, eggs, liver, cheese, and butter.
  - Vitamin C is harmful to our teeth.
  - Vitamin D which benefits our bones is found in the sun's rays..
  - Lemons, oranges and pomegranates don't contain vitamins.
  - Vitamin B is not found in meats, cereals and dairy products.
4. Choose the correct word to fill the spaces.
- You can get very \_\_\_\_\_ food with a small amount of money (nutritious– alternative spellings)
  - Vitamins are substances that or bodies \_\_\_\_\_. (need – alternative spellings)
  - There are a variety of vitamins in our daily \_\_\_\_\_. (food – alternative spellings)
  - There are \_\_\_\_\_ types of vitamins. (different – alternative spellings)
- 

## Lesson 38

## Life Skills

### A Blind Man Carrying a Torch.

One night a blind man was going somewhere with a basket on his head and a torch in his hand. A stupid person came to him and said: Oh foolish one! Night and day are one to you. Light and dark are the same to your eyes, so what is the use of this torch? The blind man laughed and said: I am not carrying the torch for myself but so that careless and foolish people like you don't bump into me and break my basket.

### Exercises

- Choose the correct meanings.
  - blind: (3 alternative meanings)
  - water jug: (3 alternative meanings)
  - shoulder: (3 alternative meanings)
  - foolish: (3 alternative meanings)
  - alike: (3 alternative meanings)
  - for: (3 alternative meanings)
  - careless: (3 alternative meanings)
  - foolish: (3 alternative meanings)
- Why was the blind man carrying a torch on that dark night?
  - So that he would not break the container himself.
  - So that others should not break the container.
  - So that foolish people would not break the container.
- What are the days and nights like to blind people?
  - Days are bright and nights are dark.
  - Days and nights are alike.
  - Nights are bright and days are dark.

4. Choose the appropriate words and write them in the spaces then make a paragraph.

are	help	need	is	Can't
-----	------	------	----	-------

- a) We should \_\_\_\_\_ blind people.
- b) Those who \_\_\_\_\_ blind, \_\_\_\_\_ see anywhere..
- c) Day or night it \_\_\_\_\_ alike to blind people.
- d) Blind people \_\_\_\_\_ the help of every individual in society.

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## Lesson 39

## Religion

### A Beautiful Flower and a Wise Butterfly

A beautiful flower had grown in a corner of a green wilderness. It was so beautiful that people liked to sit beside and look at it over and over again. So beautiful they liked to be beside it for ages. In addition to its beauty it had a lovely smell. It filled all the neighbourhood with its pleasant smell. The flower wondered to itself who might have given it this beauty. It thought a lot about the question but could find no answer. Finally it asked the earth, "Did you give me this beauty and superb smell?" The earth proudly answered, "Yes I gave you all that." The flower asked, "How?" The earth answered, "I brought you up in my soil and gave you this beauty." The flower said, "Thank you but you did not give me all this by yourself." The cloud above, hearing their talk said, "Oh beautiful flower you should thank me for I gave you all this with my rain." The flower answered, "I don't think so because you cannot make a bad-smelling flower smell good." At that the cloud remained silent. The Sun sitting in a corner of the sky said, "Oh beautiful and sweet smelling flower I gave you these superb qualities through my sunlight!" The flower said, "I don't think so because sometimes I shrivel up from your heat." The sun realised this was true and did not say anymore. The flower remained silent as it realised that none of them had given it its qualities. Meanwhile a butterfly came and sat on the beautiful face of the flower. The flower asked it, "Do you know who has given me so much beauty?" The Butterfly said, "Yes! God has given you all this. He has created the world. We should thank and worship Him." The beautiful flower thanked the butterfly for giving the right answer to its questions.

### Exercises

1. Choose the correct meanings.

- a) limit: (3 alternative meanings)
- b) with: (3 alternative meanings)
- c) ugly: (3 alternative meanings)
- d) silent: (3 alternative meanings)
- e) strength: (3 alternative meanings)
- j) green: (3 alternative meanings)
- k) happy: (3 alternative meanings)
- l) aim: (3 alternative meanings)

2. Who gave beauty to the flower?

- a) God            b) the earth    c) the sun

3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
- The earth has made all the flowers beautiful.
  - God is the creator of earth, sun and cloud.
  - Almighty God has created all things for a purpose.
  - The earth can raise beautiful flowers by itself.
4. Choose the correct word to fill the spaces.
- The flower said, “You have not given me all this \_\_\_\_.” (beauty – alternative spellings)
  - The flower said, “Sometimes I \_\_\_\_ withered by your heat.” (feel – alternative spellings)
  - The earth said, “I have raised you in \_\_\_\_ soil.” (my – alternative spellings)
  - The cloud told the flower, “You should \_\_\_\_ me.” (thank – alternative spellings)
5. Choose the appropriate words and write them in the spaces then make a paragraph.
- |          |         |        |       |            |
|----------|---------|--------|-------|------------|
| wondered | thought | flower | earth | wilderness |
|----------|---------|--------|-------|------------|
- There was a flower growing on the green \_\_\_\_.
  - The \_\_\_\_ was immeasurably beautiful.
  - The beautiful flower \_\_\_\_ to itself who had given her such beauty.
  - She thought a lot but found no answer to her question.
  - The flower asked the \_\_\_\_ who had given her such beauty.
6. Make a paragraph from the sentences above.

## Lesson 40

## Culture

### Our Country

Oh my country, Afghanistan!  
 You are an ancient land.  
 You look like paradise.  
 May your name last forever.  
 You are the land of my ancestors.  
 You are the land of my heroes.  
 You are a heroic land.  
 You are a famous land.  
 Your name is on the tip of all tongues.  
 Your defence is like steel and concrete.  
 You are my religion.  
 Loving you is my culture.  
 You are my sweet country.  
 You are my pride and honour.  
 I hope you are free and happy.  
 Freedom is good.  
 It is good to work for your future.  
 Bravery is good.

Giving up oppression is good.  
 I hope you are the enemy of injustice and oppression.  
 Shame to your foe.  
 Long live your friend.  
 Have a bright future.  
 Have long lasting greatness.  
 Be happy my homeland.

**Exercises**

1. Select the correct meaning from the box and write it beside the word.

- |              |              |
|--------------|--------------|
| a) homeland  | h) master    |
| b) ancient   | i) honour    |
| c) peaceful  | j) bravery   |
| d) ancestor  | k) lasting   |
| e) fame      | l) fate      |
| f) hero      | m) splendour |
| g) tradition |              |

Alternative meanings

2. What does the above poem describe?

- a) a book                      b) homeland                      c) knowledge

3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.

- a) Afghanistan is my country.  
 b) Afghanistan is not an ancient land.  
 c) We have an obligation to serve our homeland.  
 d) Our country does not have many heroes.

4. Choose the correct word to fill the spaces.

- a) Afghanistan is a \_\_\_\_\_ country. (mountainous – alternative spellings)  
 b) There are different fruits in Afghanistan such as apples, melons and \_\_\_\_\_. (grapes – alternative spellings)  
 c) The ancient names of Afghanistan were Aryana and then \_\_\_\_\_. (Khurasan – alternative spellings)  
 d) Afghanistan has many natural \_\_\_\_\_. (views – alternative spellings)

**Lesson 41**

**Science**

**A Mad Dog**

Noor gul is our village shepherd. He goes to the mountains with his powerful dog to graze the flocks. He loved his dog very much. I heard that the villagers had killed his dog because it became mad. I didn't know about rabies so I asked my uncle a veterinary doctor to explain. My uncle said, "It is a dangerous disease. The disease affects, dogs, cats and some wild animals that live in the mountains and caves. A dog with this disease has the following symptoms:

- Keeps its head down
- Foaming at the mouth
- It's tongue hangs out



When the disease becomes strong the dog attacks everyone including its master. When it bites the virus in the dog's saliva gets into the wound. The disease takes 10 days to develop in humans." I asked him, "Why is its mouth open and dribbling saliva?" He answered, "Because the virus affects its throat and brain. After a few days its throat is obstructed and it is unable to eat. That is why it dribbles." I asked him, "If the dog bites someone does that person go mad as well?" He answered, "Yes, the symptoms of the disease appear within 10 days if people or other animals are bitten by a mad dog. As it progresses the disease becomes incurable." I asked, "How can it be treated?" He said, "First wash the wound with warm water and soap and wrap it in a clean cloth. Then get the patient to hospital for vaccination." Finally my uncle said, "If cats or dogs get the disease they must be killed immediately and buried in a deep grave." I thanked my uncle because I now understood the reason for the killing of Noor Gull's dog.

### Exercises

1. Select the correct meaning from the box and write it beside the word.

- |              |               |
|--------------|---------------|
| a) Body      | g) intensity  |
| b) grudge    | h) mixture    |
| c) dangerous | I) apparently |
| d) suffer    | j) wonder     |
| e) about     | k) diffuse    |
| f) mark      | l) deep       |

Alternative meanings
----------------------

2. Which dogs are dangerous?

- a) pet dogs                      b) herding dogs                      c) mad dogs

3. What will happen if a mad dog bites someone?

- a) The person becomes sick  
 b) The person dies on the spot  
 c) The person becomes mad and dies after some time

4. Choose the correct word to fill the spaces.

- d) Noor Gul is our \_\_\_\_\_ headman (village – alternate spellings)  
 e) He dearly \_\_\_\_\_ his dog. (loved – alternate spellings)  
 f) Noor Gull's dog got \_\_\_\_\_. (rabies – alternative spellings)  
 g) Rabies is a very \_\_\_\_\_ illness. (dangerous – alternative spellings)

5. Choose the appropriate words and write them in the spaces and then make a paragraph..

dribbling	introduces	attacks	reaches	down	is
-----------	------------	---------	---------	------	----

- a) A dog with rabies always keeps its head \_\_\_\_\_.  
 b) Its mouth is open and \_\_\_\_\_ saliva.  
 c) Its tongue \_\_\_\_\_ hanging out.  
 d) When the disease \_\_\_\_\_ a severe stage the dog \_\_\_\_\_ people.  
 e) When the mad dog bites it \_\_\_\_\_ the virus from its saliva into the wound.

6. Make a paragraph from the sentences above.

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### Importance of the Eye

Whenever my eyes itched I rubbed them without thinking about whether my hands were clean or not. My father noticed this and said, “My son! Your eye is an important part of your body. Eyes help us to see colours, read books, write, know dangers and tell right from wrong. Eyes help us to see dangerous animals such as snakes and scorpions and others. We cross roads and bridges with the help of our eyes”. He went on, “You might have noticed how difficult life is for those who have lost their sight. We should thank God for this gift. To keep our eyes safe we should remember the following:

- Never touch eyes with dirty hands
- Never use the towel of a patient with eye disease; it can pass into your own eyes.
- Never look straight at the sun or other powerful lights. This can have a bad effect on our eyes.

Eyes have some protection of their own for example eyebrows prevent sweat from running down into our eyes and eyelashes keep out the dust.” Finally I thanked my father.

### Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) identify
- b) harmful
- c) suffer
- d) pass

Alternative meanings
-------------------------

2. The lesson states that: (Select the correct answer)

- a) The eye is an important part of the body.
- b) We can see good and bad things with our eyes.
- c) We do not have to take good care of our eyes.

3. Choose the correct word to fill the spaces.

- a) We should not \_\_\_\_\_ the same towel as someone with eye problems . (use – alternate spellings)
- b) Because it is likely that his illness will to \_\_\_\_ us. (pass – alternative spellings)
- c) You should take good \_\_\_\_\_ of your eyes. (care – alternative spellings)

4. *Missing word problems on verb forms that do not translate effectively into English.*

5. Put the following sentences in order.

- a) We should wash our hands and face every day.
- b) We should not rub our eyes with dirty hands.
- c) To keep our eyes healthy we should eat mangoes, carrots, apricots etc.
- d) We should not apply eye drops without doctor’s advice.

**The Winter Snow and “Kichry Kurut”**

It was a winter night and snowing heavily. All the trees in the yard were white as if they had put on white clothes. Nasim and Nasima were sitting with their mother around the “sandali”. They asked their mother to tell them a story She wondered what to tell them. After thinking hard she said, “Tonight I will tell you how to cook "Kichry Kurut” so long as you learn how to do it for the next nights.” They said, “That is a good idea!” Mother said “We put the Kurut (dried buttermilk pellets) in the hot water early in the morning. In the afternoon we grind them, add some garlic and leave it in a corner. Then we grind some beef and mix it with black pepper, coriander seeds, garlic and salt. We make balls from this (as large as a walnut) and place them in the liquid from the cooked onions and potatoes. We close the cooking pot and heat it for twenty minutes. Then we get ready to cook “shola” (mixed rice and vetch) First we pour oil in the cooking pot and add some onions. As they turn reddish colour we add some turmeric, black pepper and vetch. After a short time we add rice, sufficient water and salt. We heat it for twenty minutes then we take it out onto a tray and make a hollow in the middle about as large as a yoghurt pot. We put some of the “Kurut” into the hollow and then the meatballs on top of that. We sprinkle spearmint and black pepper over them and then the meal is ready to be served. It is a special meal in winter seasons.” Nasim and Nasima thanked their mother for teaching them this and promised to help her to cook the meal.

**Exercises**

1. Select the correct meaning from the box and write it beside the word.

- a) severity
- b) demand
- c) way
- d) extra

Alternative meanings
----------------------

2. The text states that: (Select the correct answer)

- a) Kichry Kurut is made only of kurut
- b) Kichry Kurut is made of vetch, rice, kurut and meat.
- c) Kichry Kurut is made of walnuts and rice.

3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.

- a) Nasima and Nasim asked their mother to tell them a story.
- b) Their mother told them the story of Sabsi Chalaw.
- c) Kichry Kurut is a delicious winter food.
- d) The people of our country do not like Kichry Kurut.

4. Choose the correct word to fill the spaces.

- b) Nasim and Nasima were sitting under the \_\_\_\_\_ with their mothers. (sandali – alternate spellings)
- c) Their mother told them the \_\_\_\_\_ of Kichry Kurut. (story – alternative spellings)
- d) Kichry Kurut is a delicious \_\_\_\_\_ of our people. (dish – alternative spellings)
- e) In winter the country wears a white snow \_\_\_\_\_. (dress – alternate spellings)

5. Choose the appropriate words and write them in the spaces and then make a paragraph about Kichry Kurut

meat	garlic	dish	kurut
------	--------	------	-------

- To prepare Kichry Kurut we first put the \_\_\_\_\_ in water early in the morning.
- In the afternoon we crush and add some \_\_\_\_\_ and put it on one side.
- We mix together ground \_\_\_\_\_, black pepper, coriander seeds, garlic and salt.
- This is a special winter \_\_\_\_\_.

## Lesson 44

## Religion

### Advice

A man demanded that the prophet Mohammad should give him some advice. The prophet asked him, "If I tell you to do something, will you do it?" The man said, "Yes." The prophet asked again, "If I tell you to do something, will you do it?" The man repeated, "Yes." For the third time the prophet asked, "If I tell you to do something, will you do it?" Once again the man answered, "Yes." Then the prophet said to him, "Whenever you decide to do something first think about its results and effects. If there can possibly be negative consequences then you must change your mind."

### Exercises

1. Select the correct meaning from the box and write it beside the word.

- God
- emphasis
- fate
- destruction
- messenger

Alternative meanings
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2. What is the importance of this lesson? Select the correct answer.

- First we do a task then think about.
- First we think about a task before we do it.
- Neither of these

3. Why did the prophet Mohammad ask the man three times? Select the correct answer.

- Because the man was deaf
- Because the prophet Mohammad did not understand what the man said.
- Because the matter was very important.

4. Choose the appropriate words and write them in the spaces and then make a paragraph..

think	achieve	consider	do	produce
-------	---------	----------	----	---------

- We should \_\_\_\_\_ a task before doing it.
- Whatever we \_\_\_\_\_ deeply about will \_\_\_\_\_ good results.
- If we \_\_\_\_\_ something without thinking it over beforehand we don't \_\_\_\_\_ good results.

## Water

Water is one of the best, most important and valuable gifts that God has given us. It is available in many forms such as springs, rivers etc. If there was no water, there would be no farming or gardening. People and animals would die of thirst. Life without water is impossible. We should keep water clean. Dirty water is our enemy. Everyone, young or old needs to drink clean water. Dirty water makes us sick. Diseases such as Diarrhoea develop from drinking unclean water. We need to give children cooled, boiled water to drink. We should do our best not to drink dirty water. We should also remember how easily germs get into water sources and contaminate them. We should try to keep water sources clean. These sources of water can be wells, pools or springs. If the water sources are polluted it quickly makes the people of that area ill. Water containers should be kept covered so that the water remains clean. Sometimes water looks clean but it can be dirty. We should build the toilet away from the water source. Another way to make water safe is to mix it with chlorine after talking to the doctor.

## Exercises

- Select the correct meaning from the box and write it beside the word.
 

Alternative meanings
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  - source
  - region
  - cleaning
  - sources
- Which water causes disease according to the lesson above? Select the correct answer.
  - clean water
  - dirty water
  - water from snow and rain
- Write T (true) for the correct sentences and F (false) for the incorrect sentences.
  - If there was no water there would be no agriculture..
  - People and animals won't die of thirst if there is no water.
  - Dirty water is our body's enemy.
  - Boiling is a way of making water clean.
- Choose the correct word to fill the spaces.
  - If you store water in a clay jar you should \_\_\_\_ the opening with a clean cloth. (cover – alternate spellings)
  - Dirt and germs \_\_\_\_ find their way into water and pollute it. (easily – alternative spellings)
  - Dirty water causes a variety of \_\_\_\_\_. (diseases – alternative spellings)
  - Water that looks \_\_\_\_ may contain germs. (clean – alternative spellings)
- Choose the appropriate words and write them in the spaces and then make a paragraph..
 

without	of	be	In	the
---------	----	----	----	-----

  - Water is one \_\_\_\_ God's valuable gifts.
  - Life is not possible \_\_\_\_ water.
  - We should keep \_\_\_\_ waters clean.
  - \_\_ nature different types of water can \_\_\_\_ found.

6. Make a paragraph with the sentences above.

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**Lesson 46**

**Science**

**Do Trees Become Sick?**

A boy was standing close to a tree when he noticed a deep wound on the upper part of its trunk. The boy asked the tree, "How did you get this wound?" The tree answered, "A few years ago a boy like you peeled off part of my bark damaging me. I am happy that this wound has healed now." Surprised, the boy asked, "Do trees also become sick?" The tree answered, "We trees, like you, are living things. We become sick and injured and that results in the drying of my leaves and branches. People don't know that our most sensitive part lies under the bark. If our bark is peeled off we get dried up and die." The surprised boy said, "If you have a message for people, tell me, and I will pass it on to them." The tree said, "We trees are useful to you. Please tell the bad boys not to annoy and disturb us by peeling off our bark."

**Exercises**

1. Select the correct antonyms from the box and write it beside the word.

- a) standing
- b) sick
- c) dry
- d) dead

Selection of opposites
------------------------------

2. What kind of things are trees?

- a) living things      b) dead things      c) neither

3. Which statement about living things is correct?

- a) Sometimes they become unhealthy.
- b) They are always healthy.
- c) They never die.

4. Choose the correct word to fill the spaces.

- a) Cutting the bark of the tree makes it \_\_\_\_\_. (unhealthy – alternate spellings)
- b) The most \_\_\_\_\_ part of the tree is just under its bark.. (sensitive – alternative spellings)
- c) Trees are \_\_\_\_\_ things. (living – alternative spellings)
- d) \_\_\_\_\_ wounds can be seen in the bark of some trees. (deep – alternate spellings)

5. Choose the appropriate words and write them in the spaces and then make a paragraph..

grow	have	are	peel	clean
------	------	-----	------	-------

- a) Trees \_\_\_\_\_ living things.
- b) Trees \_\_\_\_\_ in different types.
- c) Trees \_\_\_\_\_ many uses for us
- d) Trees \_\_\_\_\_ the air.
- e) We should not \_\_\_\_\_ the bark from trees.

6. Make a paragraph from the above sentences.

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**Lesson 47**

**Life Skills**

**Surya's Friends Overseas**

Surya is a student in Grade 4. She is a kind and intelligent student. Day by day the number of her friends is increasing. Not only does Surya have many friends at her school but she has connections with her former classmates who are living in exile too. She often sends letters to them telling about her lessons. Sometimes her overseas friends enclose interesting storybooks when they send their letters to Surya. Surya also sends nice gifts to them. This story illustrates the saying "Good behaviour attracts friends"

**Exercises**

1. Select the correct meaning from the box and write it beside the word.

- a) eye catching
- b) gift
- c) manner
- d) people

Alternative meanings
----------------------

2. Where are Surya's friends?

- a) only outside the country
- b) only inside the country
- c) both in and out of the country

3. Good behaviour causes:

- a) us to gain more friends
- b) us to lose friends
- c) our friends to hate us

4. Write T (true) for the correct sentences and F (false) for the incorrect sentences.

- a) We should behave in a way that increases the number of our friends day by day..
- b) Bad behaviour increases the numbers of our friends
- c) Good behaviour increases the numbers of our friends.
- d) We should not do things that will hurt people.

5. Choose the appropriate words and write them in the spaces and then make a paragraph..

person	friends	behaviour	his	out
--------	---------	-----------	-----	-----

- a) We should show good\_\_\_\_\_.
- b) Whoever shows good behaviour increases the numbers of \_\_\_\_\_ friends day by day.
- c) Nobody likes an ill-mannered \_\_\_\_\_.
- d) We should try to have good friends in and \_\_\_\_\_ of the country.
- e) We should always be kind to our \_\_\_\_\_.

6. Make a paragraph from the sentences above.

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**Stones Tell Stories**

It is said that animals ruled the earth millions of years ago but is there any proof of this statement? The information that we have about these animals comes from fossils. What is a fossil? It is the print or impression of an animal or plant left in stones or hard ground. When we talk about animals we mean both land and marine animals. Most often fossils are found in large flat stones and sometimes in hard ground. Fossils can be skin, tooth, horn, bone or claws of an animal or bird? If a footprint is studied it can show how the animal walked. We need to know about fossils because they tell us about animals that lived millions of years ago.

**Exercises**

1. Select the correct meaning from the box and write it beside the word.

- a) proof
- b) perfect

Alternative  
meanings

2. The lesson states that:

- a) We know about prehistoric animals through their fossils.
- b) We know about prehistoric animals through their voices.
- c) We know about prehistoric animals through their huge bodies.

3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.

- a) Some fossils show the prints of plants and animals left on rocks and hard ground.
- b) Fossils are not found on big flat stones..
- c) It is possible that fossils are the skin, bone, teeth, horns or claws of an animal or bird.
- d) Millions of years ago animals did not live on the earth..

4 Choose the correct word to fill the spaces.

- a) \_\_\_\_ tell stories. (Stones – alternate spellings)
- b) Sometimes fossils can be seen on hard \_\_\_\_\_. (ground – alternative spellings)
- c) Sometimes a fossuil can show an impression of a complete \_\_\_\_\_. (animal – alternative spellings)

**The Last Destination?**

A thief took an old man's staff and turban and ran away. The poor man went to the graveyard and sat there. People said to him, " Oh poor man! The thief ran towards the garden but you are sitting in the graveyard." The poor man said, " Yes I wait for him here. Wherever he may go he will finally come here for this is his last destination."

Poem

I looked at the graveyard  
I saw the grave of poor and rich  
I saw no poor without a shroud  
I saw no rich with more than one



## Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) turban
- b) shoulder
- c) flee
- d) things

Alternative meanings
----------------------

2. The lesson states that the last destination of mankind is:

- a) The home
- b) The graveyard
- c) The city

3. *An exercise matching words according to syllable structure which does not translate effectively into English*

4. Choose the correct word to fill the spaces.

- a) Somebody snatched the old man's \_\_\_\_\_ and the turban from his head and ran away with them. (staff – alternate spellings)
- b) The poor man went to the \_\_\_\_\_ and sat there. (graveyard – alternative spellings)
- c) The poor man said, "I am \_\_\_\_\_ for the thief. (waiting – alternative spellings)

## Lesson 50

## Science

### Germes

Germes are very small living things that cannot be seen with the eyes but can be seen through a microscope. They cause many diseases so we need to know about them and know where they live. Germes are found everywhere especially in dirty and unclean places. In the long term germes cannot survive outside the human body so they try to get into it causing diseases. Sometimes the body can resist and defend itself against them. It depends on the health of the person. People who eat well have strong and healthy bodies that can defend themselves against the germes. Children, old people and those who eat poor food have weak bodily resistance and develop diseases quickly. Therefore in order to have a healthy body, firstly we should keep our environment and ourselves clean, and secondly we should eat good foods.

## Exercises

1. Select the correct meaning from the box and write it beside the word.

- a) attempt
- b) illness
- c) resistance

Alternative meanings
----------------------

2. The lesson says that:

- a) Germes are found everywhere in any environment we live in.
- b) Germes live outside people's bodies.
- c) Germes are very small living things.

3. Choose the correct word to fill the spaces.

- a) Germs \_\_\_\_ a variety of diseases in our body. (cause – alternate spellings)
- b) Germs are found in large numbers where public and personal \_\_\_\_ are not considered important. (hygiene – alternative spellings)
- c) Germs enter our bodies and cause different \_\_\_\_\_. (diseases – alternative spellings)

4. Choose the appropriate words and write them in the spaces and then make a paragraph..

called	seen	keep	try	resist	is
--------	------	------	-----	--------	----

- a) Germs \_\_\_\_ small living things.
- b) Germs can be \_\_\_\_ through an instrument \_\_\_\_ a microscope.
- c) Sometimes our bodies can \_\_\_\_ germs.
- d) To \_\_\_\_ healthy we should, firstly, keep our homes and environment clean and , secondly, \_\_\_\_ to eat good food..

6. Make a paragraph about germs using the sentences above.

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## Lesson 51

## Culture

### Oral Literature

Every Nation of the world has certain proverbs, riddles, verses and tales known as Oral Literature. These have been passed from person to person and from generation to generation up to the present.

Oral literature reflects life's pain, grief, wishes and lessons. We do not know who first told riddles, proverbs and verses. We should know about the oral literature of our people and pass it on to the coming generation. Here we are introducing you to some proverbs. They are meaningful sentences, each of which can be used in a specific situation.

- If you sit beside the moon you will look like the moon but if you sit beside a pot you will be black.
- Brothers have equal rights
- An apple gets its colours from another apple; people from other people.
- A rooted carrot cannot be picked up.
- A man bitten by a snake is afraid of a piece of rope
- The sound of water comes from the rough surface of the stream
- A badly placed load does not reach its destination
- Don't believe what you hear without first seeing.
- Use your own old things because new things of others are expensive
- There is no need to explain the obvious.

There are hundreds of such proverbs for specific situations.

## Exercises

1. Select the correct antonym from the box and write it beside the word.

- a) far
- b) day
- c) sweet
- d) future
- e) old
- f) bent

Selection of opposites
------------------------------

2. The text states that oral literature:

- a) has passed to us from very long ago
- b) has passed to us from ten years ago
- c) has passed to us from a hundred years ago

3. Which of the following are a part of oral literature

- a) days, weeks and years
- b) mountains rivers and forests
- c) stories, proverb, riddles and poems

4. Choose the correct word to fill the spaces.

- a) A person who has been bitten by a snake is afraid of a piece of \_\_\_\_\_. (rope – alternate spellings)
  - b) There is no need to throw light on the \_\_\_\_\_. (obvious – alternative spellings)
  - c) An apple gets its colour from another apple; a \_\_\_\_\_ from another man. (man – alternative spellings)
  - d) Brothers have equal \_\_\_\_\_. (rights – alternate spellings)
-