

AFGHAN BASIC
COMPETENCY
(ABC)
MATERIALS

Pashto Language
Grade 2

English translation of
reading texts and
exercises

Pashto Grade Two Language

Lesson 1

Religion

The Holy Quran

The Quran is God's book that descended in parts upon Mohammad through Gabriel. It consists of 30 chapters and 114 sections. It is the guide and the Holy book of all Muslims. All Muslims are obliged to take notice of it and act upon it.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) Holy
- b) through
- c) guide
- d) descend

Alternative meanings

2. What is the text about?

- a) Some information about the Holy Quran
- b) Recitation of the Holy Quran
- c) Translation of the Holy Quran

3. Choose the correct answer for the question.

- 1) On which prophet did the Holy Quran descend?
a) Moses b) Mohammad c) Jesus
- 2) Through whom did the Holy Quran descend on Mohammad?
a) Israel b) Michael c) Gabriel
- 3) Which of the following words means it is your duty to live according to the Holy Quran?
a) Farz b) Sunnat c) Wajib

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

Book Holy Mohammad Gabriel

- a) This book is the ____ book of all Muslims.
- b) The Holy Quran was given by God through the angel _____.
- c) The Holy Quran descended on _____.
- d) The Holy Quran is the _____ of Almighty God.

5. Choose the correct word and write it in the space. (Alternative spellings)

- a) The Holy Quran is the Holy book of all _____. (Muslims)
- b) The Holy Quran is the _____ of God. (book)
- c) The Holy Quran _____ upon Mohammad. (descended)

A Short Look at the Prophet Mohammad

Mohammad is our beloved prophet. He is son of Abdullah and grandson of Abdul Mutalib. Arabs used to bury their baby girls alive before he became prophet. Giving birth to daughters was regarded as embarrassing, disgraceful and seemed a great shame. When he became prophet he confronted this violent and brutal act and stopped the people from doing this. He had great affection for children and was teaching his disciples to follow in his footsteps. Once, he said “anyone who doesn’t show love and kindness for children or respect their elders is not my follower”. So, we must obey him and follow his directions and teachings.

Exercises

1. Match the words with the correct meaning from the box.

- a) sweet
- b) prophet
- c) confront
- d) bury
- e) follow

Alternative meanings

2. Which sentence shows the main idea of the text?

- a) Mohammad is the prophet of God.
- b) We should follow his directions.
- c) Arabs used to bury girl babies alive.

3. Choose the correct answer for the question.

- 1) Who was Mohammad the son of?
a) Abdul Mutalib b) Abdullah c) Abu Talib
- 2) What did the Arabs do with baby girls before Mohammad’s Prophecy?
a) Sent them to school. b) Buried them alive. c) Kept them out of the house.
- 3) How did the prophet treat children?
a) He didn’t speak to them. b) He loved children. c) He kept them off the streets.

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

- a) We should follow him.
- b) Mohammad is our prophet.
- c) Arabs used to bury their daughters alive before his Prophecy.
- d) Mohammad stopped people burying their daughters alive.

5. Choose the correct word and write it in the space. (Alternative spellings)

- a) Mohammad is our _____. (prophet)
- b) Arabs used to bury baby _____ alive. (girls)
- c) His father’s name _____ Abdullah. (is)

Role of Personal Hygiene

Cleanliness is the gateway to health, and is necessary to everyone. To keep our bodies clean we should always remember these things:

1. We should wash our hands with soap as we leave the toilet.
2. We should wash our hands before and after meals.
3. We should keep our clothes and body clean, as that keeps us free from diseases.
4. We should wash our hands before and after cooking.

Exercises

1. Match the words with the correct meaning from the box.

- a) worthy
- b) care
- c) illness

Alternative meanings

2. What is the text about?

- a) The environment
- b) Unclean food
- c) Cleanliness

3. Choose the correct answer for the question.

- 1) What should you do after going to the toilet?
a) Eat your food. b) Wash your hands with soap. c) Put on your clothes.
- 2) What should you wash your hands with?
a) Salty water. b) Soap and water. c) Just water.
- 3) What is the importance of personal hygiene?
a) It is good for children’s health. b) Children look good. c) Children grow well. d) All of these are true .

4. Choose the correct words from the box and write them in the spaces.

soap	cleanliness	illness	hands
Alternative spellings of above words			

- a) After going to the toilet we should wash our hands with _____.
- b) We should wash our _____ before eating food.
- c) Keeping our bodies clean protects us from _____.
- d) Everyone needs personal _____.

The Spring Season

Spring is the first season of the year. In this season, the weather is very nice and pleasant, a variety of flowers grow, nightingales go to the gardens and sing sweetly, birds start making nests, shepherds graze their flocks in the grazing lands, farmers work in their gardens and lands, students go to schools, and every one is absorbed in work.

Exercises

1. Match the words with the correct meanings from the box .

- a) first
- b) nest
- c) various
- d) absorbed

Alternative meanings

2. What is the text about?

- a) Winter
- b) Flowers
- c) Spring

3. Choose the correct answer for the question.

- 1) Which season of the year is Spring?
 - a) The second
 - b) The first
 - c) The third
- 2) What is the weather like in Spring?
 - a) Very cold.
 - b) Warm.
 - c) Good and mild.
- 3) What do the birds do in spring?
 - a) Go to cold areas.
 - b) Make nests.
 - c) They don't make nests.
- 4) What do students do in spring?
 - a) They work
 - b) They study
 - c) They play

4. Write a few sentences following the text.

What changes are taking place around your village in the spring?

Plants and flowers grow green. Students go to school and farmers work on their farms and gardens.

5. Choose the correct word and write it in the space. (Alternative spellings)

- a) Spring is the first _____ of the year. (season)
- b) The weather is good in _____. (Spring)
- d) Birds make _____ in Spring. (nests)

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

herds	work	nests	first	gardens	weather	flowers
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- a) Spring is the _____ season of the year.
- b) In this season the _____ is pleasant.
- c) Everyone is engaged in his _____.

- d) Colourful _____ grow in the spring.
- e) Nightingales go to the _____.
- f) Birds make _____.
- g) Shepherds graze their _____.

7. Choose the correct plural from the box and write beside the word.

- a) nightingale
- b) farmer
- c) herd
- d) garden
- e) season

plural forms

Lesson 5

Culture

Grandfather's Advice to his Grandson, a Poem

Oh, my beloved and beautiful son!
 Oh, my young and brave son!
 I advise you.
 I request you.
 Serve your country!
 Protect your country!

I was young and had prosperity too.
 I had every thing.
 I had pride.
 I had many works and responsibilities.
 I have defended the country.
 I have brought you up.
 Now I give it to you.
 And submit it to you.
 Always serve the country.
 Always protect the country.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) small
- b) handsome
- c) hero
- d) young adult
- e) recommendation

Alternative meanings

2. What is the poem about?

- a) Love
- b) Patriotism
- c) Honesty

3. Here are some characteristics of good children? Add some more sentences.

- a) They serve their parents.
- b) They respect their elders.
- c) They recognise the rights of their neighbours.
- d) They help needy people.
- e) _____
- f) _____
- g) _____

4. Choose the correct word and write it in the space. (Alternative spellings)

- a) He is _____. (brave)
- b) Father _____ children (advises)
- c) I _____ my parents. (respect)
- d) He _____ his old mother (serves)

Lesson 6

Science

The Circulatory System of the Body

The heart is an organ of the body, located in the chest. It receives the unclean blood from all parts of the body and sends it to the lungs for filtration. As it receives back the filtered blood, it pumps it throughout the body. The heart is like a machine that works in the body without stopping. In every beat, it propels blood through vessels of the body. Normally, it beats 70-80 times per minute, and this is called the heartbeat.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) beat
- b) always
- c) inside
- d) organ

Alternative meanings

2. What is the main idea of the text?

- a) The respiratory system
- b) The blood circulation
- c) The digestive system

3. Choose the correct answer for the question.

- 1) The heart is an _____ of the body.
a) organ b) bone c) vessel
- 2) The heart sends the blood to _____ for cleaning.
a) lungs b) intestines c) liver
- 3) The heart acts like a _____.
a) pipe b) pump c) pot

4. Choose the correct words from the box and write them in the spaces.

pump	inside	lungs	heart
Alternative spellings of above words			

- The heart is an organ of the body that lies _____ the chest.
 - The heart is like a _____ that is always working in the body.
 - Every time the _____ beats it pumps blood to all parts of the body.
 - The heart sends blood to the _____ for cleaning.
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Lesson 7

Science

Vegetables

Vegetables provide vitamins, iron and other nutrients. They help in making our defence system strong. Without these our body cannot fight infections. Vegetables are useful for our body. Carrots, which have yellow colour, are useful for eyes. Lettuce and other dark green leafy vegetables provide iron that makes our blood strong.

Exercises

1. Use the appropriate colour names to fill the spaces.

green	yellow	red	white
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- The colour of carrots is _____.
 - The colour of lettuce is _____.
 - The colour of tomatoes is _____.
2. Which sentence shows the main idea of the text?
- Eating vegetables helps the body to develop.
 - Vegetables are very good for the body.
 - Vegetables are grown in the earth.
3. Choose the correct answer for the question.
- How do vegetables affect our body?
 - They are useful.
 - They are harmful.
 - They are not necessary.
 - What do carrots do for our bodies?
 - Purify the blood.
 - Keep eyes healthy.
 - Clean the skin.
 - What does lettuce do for our bodies?
 - Keeps the body well.
 - Fattens the body.
 - Cleans the blood.
4. Choose the correct words from the box and write them in the spaces.

useful	Blood	skin	eyes	green
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Vegetables are _____ for our bodies. Carrots are good for _____. Tomatoes are red in colour and keep our _____ healthy. Lettuce is _____ and purifies the _____.

Lesson 8

Culture

Some Common Pashto Proverbs

- Even if it is your father's mill, take your turn to enter it.
- First greet then speak
- A liar's memory is a poor memory
- As you sow so you reap
- Whatever you earn by your own hands is more valuable.
- The tongue both builds and destroys
- An unbalanced load does not reach its destination.
- Your actions are the companions of your journey.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) companion
- b) liar
- c) speech
- d) hello

Alternative
meanings

2. What is the text about?

- a) People's occupations
- b) People's behaviour and culture
- c) People's skills

3. Choose the correct antonyms from the box and write beside the words.

- a) imbalance
- b) lie
- c) cultivate
- d) after

Selection
of
opposites

4. Find the correct word to complete the proverb

- 1) your actions are the _____ of your journey.
a) companion b) enemy c) watchman
- 2) First greet then _____.
a) speak b) go c) laugh
- 3) Your tongue both builds and _____.
a) destroys b) sweetens c) injures

Lesson 9

Science

Fish

There are different kinds of fish in the world. So far, around 30,000 types have been recognized. Some of them live in fresh waters and some in oceans. Some of them are small and some of them large.

The largest fish is called a whale shark and surprises its viewers by its huge body. It lives in the northern cold waters

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) fish
- b) recognised
- c) all kinds
- d) whale shark
- e) amaze

Alternative meanings

2. What is the text about?

- a) Information about fish
- b) Catching fish
- c) The life of fish

3. Choose the correct answer for the question.

- 1) How many types of fish have been recognised so far?
a) one hundred thousand b) thirty thousand c) two thousand
- 2) What is the largest fish called?
a) Whale shark. b) Dish fish. c) Sac fish.
- 3) Where do fish live?
a) In all types of water.
b) In one type of water.
c) On dry land.

4. Choose the correct words from the box and write them in the spaces.

whale shark	water	live	large	nutritious
Alternative spellings of above words				

- a) Fish _____ in water.
- b) Some fish live in fresh _____.
- c) The flesh of fish is very _____.
- d) The largest fish is called a _____.
- e) The Whale shark is very _____.

Lesson 10

Health

Malaria

Malaria is a dangerous disease caused by mosquito bite. The mosquito lays eggs in dirty pools, forests, dunghills and in farming lands. To prevent it we should:

- Use mosquito nets
- Drain dirty pools and refill them with fresh water.
- Destroy dunghills.

If any one is suffering from Malaria we should take him to the doctor.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) drug
- b) immediately
- c) rotten
- d) type
- e) egg

Alternative meanings

2. What is the text about?

- a) Take sick people to the doctor immediately.
- b) Drain stagnant pools.
- c) Recognition and prevention of Malaria.

3. Choose the correct answer for the question.

- 1) Where Malaria come from?
a) mosquito bites b) drinking dirty water c) the forest
- 2) How do we prevent Malaria?
a) destroy forests. b) drain stagnant pools c) keep sick people at home
- 3) What do we do if someone has Malaria?
a) take them to the doctor b) remove nets from windows c) kill the mosquitoes

4. Choose the correct words from the box and write them in the spaces.

use	destroy	bury	eggs
Alternative spellings of above words			

To prevent Malaria _____ the stagnant pools. _____ mosquito nets. _____ the refuse. Where the mosquitoes lay their _____ destroy them by putting oil in the pools.

Lesson 11

History

Imam-I-Azam

Imam-I-Azam whose real name is Noman was a good Muslim and a well – known scholar. He was an honest person. About his honesty it is said that once his business partner sold someone a piece of cloth that had a fault in it. Imam-I-Azam asked him, “Did you show the fault to the customer?” He said, “No”. Then Imam-I-Azim told him to go and show the customer the fault in the cloth and refund his money. We are his disciples and we must copy all of his ways.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) Noman
- b) honesty
- c) business
- d) defect
- e) follow

Alternative
meanings

2. Choose the correct plural from the box and write beside the word.

- a) leader
- b) Muslim
- c) day
- d) scarf
- e) religion

Plural forms

3. What is the text about?

- a) The leadership and Justice of Imam-e Azam
- b) The trade of Imam-e-Azam
- c) The friendship of Imam-e-Azam

4. Choose the correct answer for the question.

- 1) What was the real name of Imam-e-Azam?
a) Ehsan b) Noman c) Saddiq
- 2) What had Imam-e-Azam's business partner done?
a) Sold a perfect scarf. b) Sold a defective scarf. c) Pointed out the defect to the customer.
- 3) What did Imam-e-Azam say to his partner about the piece of cloth?
a) Go and show the defect to the customer. b) Refund his money. c) Both of these.

Lesson 12

Science

Water Sources

God has granted us a valuable treasure named water. Life without it is impossible. It is very useful for trees, bushes, and so on. There are wells in some houses and villages, and people get their drinking water from wells. The drinking water is safe in wells, which have been chlorinated and the wells should be kept covered. The well should be away from latrines.

A spring is another source of water safe for drinking and its water is very sweet and tasteful.

Springs come in to being as a result of snow and rain, and they get together to make the rivers which have plenty of water.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) benefit
- b) clean
- c) well
- d) wealth
- e) drink

Alternative meanings

2. What is the main idea of the text?

- a) River water is good for drinking.
- b) It is a suitable source of water.
- c) Water comes from the mountains and rain.

3. Choose the correct answer for the question.

- 1) Where does water come from?
a) The river b) The sky c) The land
- 2) Which has clean drinking water?
a) The river. b) A well next to the toilet. c) A chlorinated well at a distance from the toilet.
- 3) What is formed by the joining of several streams?
a) a well b) a pool c) a river

4. Choose the correct words from the box and write them in the spaces.

life	gift	good	rain
Alternative spellings of above words			

Having _____ without water is impossible. Water comes from _____. Water is _____ for trees, bushes and farms. Water is a great _____ from God.

Lesson 13

Culture

The Eid Day

Every body is happy on Eid day. Children wear new cloths and dye their hands red with henna. The elder men go to large Mosques to say the Eid prayers while the women are busy preparing meals in their homes. People go with their children to their relative's houses to congratulate them on the Eid.

The relatives give the children money, sweets, fruits, and other gifts. In every house, there is joy, pleasure, and refreshments. In first Eid or Eid Fitr every adult is obliged to give some money to the poor.

Exercises

Choose the correct meanings from the box and write them beside the words.

- a) clothes
- b) food
- c) Sirsaya
- d) young

Alternative meanings

2. What is the text about?
 - a) Happiness
 - b) The Eid prayer
 - c) Reddening of hands

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - a) At 'little' Eid Sirsaya is given to rich people.
 - b) Children redden their hands on Eid night.
 - c) People are not happy at Eid.
 - d) People go with their children to their friend's houses.

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

houses	friends	mosques	hands
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- a) On Eid days children are happy and redden their _____.
 - b) People go to their friends _____ for Eid Greetings.
 - c) Children go to their _____ houses and are given money.
 - d) Elders go to the _____ to say the Eid prayers.
5. Choose the correct words from the box and write them in the spaces.

money	food	clothes	people
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On Eid day _____ wear new clothes. Poor people do not have new clothes. They should be helped to buy new _____. On this day poor people don't have good food and they should be helped to have a good _____. Poor people don't have money so they should be given some _____.

Lesson 14

Life Skills

Life in the Mountains

Some people live in mountainous areas and eat maize, fruits, and vegetables. They keep sheep and goats which give them milk, cheese, oil, and wool. They take these products to the bazaar and sell them and buy other things such as clothes, dishes, tea, sugar, salt etc. They also buy toys and playthings for their children.

Exercises

1. Choose the correct plural from the box and write beside the word.
 - a) fruit
 - b) cow
 - c) animal
 - d) mountain
 - e) sheep

Plural forms

2. What is the text about?
 - a) Life in the cities
 - b) Life in the villages
 - c) Life in the mountains

3. Choose the correct answer for the question.
- 1) What to mountain people cultivate?
 - a) flowers
 - b) maize, fruit and vegetables
 - c) fruitless trees
 - 2) Which animals do they keep?
 - a) camels
 - b) elephants
 - c) cows, sheep and goats
 - 3) What do they produce?
 - a) cheese, butter and oil
 - b) syrup
 - c) sugar and salt
 - 4) What do they buy from the city?
 - a) cheese and oil
 - b) sugar, salt, dishes and clothes
 - c) wool

4. Choose the correct words from the box and write them in the spaces.

wilderness	horses	kurut	camels	market	flour
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Some people live in the _____. They keep flocks of goats and _____. They produce yoghurt, milk, wool and _____. They travel from one place to another on _____ and donkeys. They sell the wool, kurut and oil in _____ and there they buy maize and wheat _____.

Lesson 15

Culture

Doli (Wedding Carriage)

Today there is a wedding party in our village. A rich meal containing bread, rice, fruit, and chickens is being prepared for the people, and they bring flowers and gifts for the bridegroom. They sing, dance, play music and enjoy themselves. After the meal they go in procession (vora) to the bride's home and bring her to the bridegroom's house in a special carriage (Doli).

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) village
- b) vora
- c) Doli
- d) enthusiasm

Alternative meanings

2. What is the text about?
- a) Eating rice and fruit
 - b) Wedding rules and customs
 - c) Bringing flowerers
3. Choose the correct answer for the question.
- 1) Where has the bridegroom arranged the meal?
 - a) in the brides house
 - b) in the mosque
 - c) in front of the village
 - 2) What did people bring to the bridegroom?
 - a) flowers
 - b) money
 - c) fruit
 - 3) When did the vora leave to fetch the bride?
 - a) before the meal
 - b) the next day
 - c) after the meal

- 4) What was brought in the Doli?
 a) the bride b) the bridegroom c) the bride's mother

4. Choose the correct words from the box and write them in the spaces.

meal	wedding	flowers	Doli	vora	tambourine
Alternative spellings of above words					

Today there is a _____ in our villag. A _____ has been arranged for people in front of the village. People bring _____ to the bridegroom. People play the _____ happily. After the meal _____ go to bring the bride. _____ is brought to the village with enthusiasm.

Lesson 16

Science

How the Ants Find Sugar

Ants are always in search of food. Some of them go into houses to find some food. They are very fond of sugar. When an ant finds sugar, it carries some in to its home and leaves a few grains of sugar on the path so that the other ants can smell it and find the sugar.

Exercises

1. Choose the correct meanings from the box and write them beside the words

- a) search
 b) nest
 c) food
 d) love

Alternative meanings

2. Choose the correct plural from the box and write beside the word.

- a) ant
 b) house
 c) nest
 d) grain

Plural forms

3. What is the text about?

- a) The work of ants.
 b) Ants guide each other to the food
 c) Ants' work individually

4. Choose the correct answer for the question.

- 1) Where do ants go to find sugar?
 a) the mountains b) the wilderness c) houses
 2) What do ants like?
 a) salt. b) sugar. c) pepper.
 3) How do ants guide each other?
 a) draw lines b) leave some grains c) sprinkle water

The Cow, a Poem

The cow is dear to us.

Every one loves it, because it produces milk, yoghurt, cheese, and other products.

Keep the cow always full, if it is young or old, it gives good milk and people enjoy the milk, and there are many benefits in keeping a cow.

Exercises

1 Match the words with the correct meanings from the box

- a) dear
- b) butter
- c) full
- d) small
- e) taste
- f) benefit

Alternative meanings

2. What is the text about?

- a) Information about the benefits of cows
- b) Cows give us only milk
- c) Cows give us only yoghurt

3. Choose the correct answer for the question.

- 1) What is dear to us?
a) goat b) sheep c) cow
- 2) Why do we rear cows?
a) to give us milk b) to give us fruit c) they don't give milk
- 3) How should we keep our cows?
a) hungry b) full c) thirsty
- 4) What is most important about keeping a cow?
a) its disadvantages b) its advantages c) neither

4. Choose the correct words from the box and write them in the spaces.

dear	milk	yoghurt	meat	skin
Alternative spellings of above words				

- a) The cow is very _____ to us.
- b) The cow gives us _____.
- c) The cow gives us _____.
- d) We eat the _____ of the cow.
- e) We use the cow's _____.

Some Useful Words

- Respect these three things: Parents, law, and teacher
- Obtain these three things: Knowledge, manner, and prosperity
- Avoid these three things: Backbiting, lying, and sneaking
- Hope for these three things: Patience, mercy, and sympathy

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) respect
- b) teacher
- c) honour
- d) informing
- e) patience

Alternative meanings

2. What is the text about?

- a) Useful words
- b) Do good and avoid evil
- c) Nonsense words

3. Choose the correct answer for the question.

- 1) Which three things should we respect?
 - a) parents b) people in the markets c) parents, law and teachers
- 2) Which three things should we acquire?
 - a) health, strength, power b) knowledge, manners, honour c) success, status, wealth.
- 3) Which three things should we avoid?
 - a) lies, flattery, friendship b) theft, bribery, trade c) lies, informing, backbiting
- 4) Which three things should we wish for?
 - a) oppression, kingdom, power b) bad intentions, success, superiority c) mercy, humility, patience

3. Choose the correct words from the box and write them in the spaces.

backbiting	teachers	humility	honour
Alternative spellings of above words			

- a) Respect parents, law and _____.
- b) Avoid informing, lies and _____.
- c) Acquire knowledge, manners and _____.
- d) Wish for mercy, patience and _____.

Plants

Plants are living things that grow like you. Plants have roots through which they get their nutritional requirements. They have a stem to which the branches are attached. The branches have flowers and leaves. Plants breathe through their leaves. Some plants have beautiful flowers. The flowers have seeds. Some of them have only one seed and some others have many seeds.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) roots
- b) nutrients
- c) trunk
- d) hard
- e) branches

Alternative meanings

2. What is the main idea of the text?

- a) Information about plants
- b) Plants only grow in forests
- c) Plants are useful

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

- a) All plants are alive.
- b) Roots have flowers
- c) The stems of all plants are hard.
- d) Plants have seeds

4. Choose the correct words from the box and write them in the spaces.

branches	roots	stems	flowers	seeds
Alternative spellings of above words				

- a) The stem has _____.
- b) Roots keep the plants' _____ upright.
- c) Plants have _____ that hold them firmly.
- d) Branches have leaves and _____.
- e) Flowers have _____.

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

- a) A stem has branches.
- b) Roots keep the plant upright.
- c) There are seeds in the flower.
- d) Plants have roots that keep them firm
- e) There are leaves and flowers on the branches.

Lesson 20**History****Abo Bakr**

After the death of the prophet Mohammad the Muslims got together and appointed Abo Bakr as their caliph. Among the elder men he was the first man to convert to Islam. He has done many services for the cause of Islam and Muslims. It is said that in Medina city there was a blind woman who could not do her work, and Abo Bakr did her work for her and finished before sunrise. He died after serving a term of two years and six months as caliph.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) appointed
- b) died
- c) caliph
- d) clean
- e) clear
- f) honest

Alternative meanings

2. What is the main idea of the text?

- a) The lifetime of the prophet Mohammad
- b) The lifetime of all Muslims
- c) The lifetime of Abo Bakr

3. Choose the correct answer for the question.

1) Who was selected as caliph after the death of Mohammad?

- a) Usman b) Abo Bakr c) Ali

2) When did Abo Bakr die?

- a) two years after becoming caliph.
- b) two years and six months after becoming caliph.
- c) three years after becoming caliph.

4. Choose the correct antonyms from the box and write beside the words.

- a) elders
- b) woman
- c) after
- d) first
- e) death

Selection of opposites

Lesson 21**Health****Fever and Children**

Fever is very dangerous for young children and the following points should always be remembered if the child has fever:

- For older children we should keep the head, forehead, feet, and hands wet and cold by cool applying wet cloths.

- A good meal should be given
- Lots of fluids be given
- Breast-feeding
- Milk, other things that are rich in juice be given
- The child should be bathed in cold water and covered with light cloths.

Fever among children less than 2 months is very dangerous they should be taken to a doctor immediately.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) meal
- b) cold
- c) large
- d) much

Alternative meanings

2. What is the main idea of the text?

- a) How to treat a child with fever
- b) Giving a meal
- c) Observing cleanliness

3. Choose the correct answer for the question.

- 1) Which parts of the body should be covered by wet cloths during a fever?
 - a) head and forehead
 - b) neck, hands and feet
 - c) both are correct
- 2) What else should be given to the child besides milk?
 - a) salt water
 - b) liquids
 - c) food rich in oil
- 3) How can we keep the child cool?
 - a) Put on wool clothes
 - b) put on soft clothes
 - c) bathe in cold water

4. Choose the correct words from the box and write them in the spaces.

hot	water	cool	doctor
Alternative spellings of above words			

- a) The body is _____ while in a fever.
- b) Body heat can be cooled by _____.
- c) Bathe the child to _____ him.
- d) If the fever is severe take the child to the _____.

Lesson 22

Life Skills

Wheat Cultivation

Shafiqa asked her father, “How is the wheat cultivated”? Her father answered, “My girl! First the farmland is irrigated, then ploughed and black manure put on it. Then seeds are sprinkled over the ground. When the seeds start budding it is watered several times. As the land becomes green we remove the wild grass, and put white manure on it. When it ripens we reap it.”

Shafiq asked him again, “How is the bread prepared”? He answered, “ first we clean it, then take it to the mill to grind it in to flour then we make dough by mixing flour and water and bake bread in the oven.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) how
- b) plough
- c) weed
- d) manure

Alternative meanings

2. What is the main idea of the text?

- a) About Shafiq
- b) About growing wheat and baking bread
- c) About Shafiq’s father.

3. Choose the correct answer for the question.

- 1) What did Shafiq ask her father?
 - a) How is wheat grown? b) How is wheat made? c) Where is wheat grown?
- 2) When should we weed the crop?
 - a) after irrigation b) after ploughing c) after the wheat becomes green
- 3) When do we plough the land for wheat cultivation?
 - a) when it is dry b) when it is wet c) when the ground is saturated

4. Choose the correct words from the box and write them in the spaces.

wheat	mill	father	flour	oven
Alternative spellings of above words				

Shafiq asked her _____, “Dear father! How is bread made from _____?” Her father said, first we clean the wheat and then we take it to the _____ to make it into _____ and then we bake bread from it in the _____.

Lesson 23

Geography

Afghanistan

Afghanistan is our country. There are large rivers and mountains. The rivers originate from mountain water, and are used for irrigation of gardens and farmlands. There are different plants such as flowers, fruits, and so on, grown in the garden. The common fruits grown in these gardens are pomegranates, grapes, oranges, melons, watermelons, and many others. The farmlands produce crops such as wheat, maize, rice, and many more.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) farm
- b) products
- c) country
- d) big
- e) river
- f) colourful

Alternative meanings

2. What is the main idea of the text?

- a) Recognition of the mountains of Afghanistan
- b) Recognition of the rivers of Afghanistan
- c) Afghanistan's rich nature

3. Answer the questions correctly with 'yes' or 'no'.

- a) Is Afghanistan our country?
- b) Are there large rivers in Afghanistan ?
- c) Is there a variety of fruits and flowers in Afghanistan?
- d) Is Afghanistan a mountainous country?

4. Choose the correct words from the box and write them in the spaces.

gardens	fruits	rivers	agricultural lands	mountains
---------	--------	--------	--------------------	-----------

- a) Afghanistan has beautiful _____.
- b) Afghanistan has various _____.
- c) Afghanistan has large _____.
- d) Afghanistan has _____.
- e) Our country has high _____.

5. Choose the correct words from the box and write them in the spaces.

forests	our	mountains	various plants
---------	-----	-----------	----------------

Afghanistan is _____ country. There are _____ and rivers in Afghanistan. _____ are found in the mountains. There are _____ and fruit in the gardens.

Lesson 24

Life Skills

Landmines

Landmines are dangerous explosive weapons that either kill or disable a person. They have been designed in different shapes like a clock, pen, radio, and many more. There are numerous land mines scattered throughout our country. They are usually found on roads, paths, bridges, or in tunnels, forests, streams, springs, wells, and deserts. We should take care not to step on them since they explode and cause either death or disability. To avoid these hidden enemies we should mark the mined lands with red signs that indicate danger and be sure we do not walk in the red-marked areas.

Exercises

1. What is the main idea of the text?
 - a) About people
 - b) We should not walk in places suspected of having land mines
 - c) People make mines

2. Choose the correct answer for the question.
 - 1) Where are landmines found?
 - a) on roads
 - b) in forests
 - c) in both places
 - 2) How can we protect ourselves from landmines?
 - a) take the mines out.
 - b) bury the mines.
 - c) don't walk in places where mines might be found
 - 3) Why are landmines made?
 - a) to kill and disable people
 - b) to help people
 - c) so that people can protect themselves from them.

3. Choose the correct words from the box and write them in the spaces.

people	clocks	roads	landmines
--------	--------	-------	-----------

- a) Mines can be in the shape of pens, _____ and radios.
 - b) Mines can be in the open ground, on paths and on _____.
 - c) Landmines can kill or disable _____.
 - d) There are many _____ in Afghanistan.
4. Make and write a paragraph using the sentences above.

Lesson 25

Story

A Lost Donkey

A man had lost his donkey and the people were consoling him telling him not to feel upset since he can get another someday. The man said, "I am very thankful and pleased that I was not on the donkey, otherwise I would have got lost, too". When they heard this, the people burst into laughter, which made the man, get angry. He said, "I am very sad for about the loss of my donkey and you unjust people in stead of consoling me are laughing at me. I pray to God that you are on your donkeys, and your donkeys get lost and you get lost, too."

Exercises

Choose the correct meanings from the box and write them beside the words.

- b) God
- c) condolence
- d) justice
- e) sad
- f) thank
- g) on the back (of an animal)

Alternative meanings

2. What is the main idea of the text?
 - a) People should respect and help each other
 - b) People consoled the man who had lost his donkey
 - c) People were laughing and the man said it wasn't fair.

3. Choose the correct answer for the question.
 - 1) Who did the people console?
 - a) The man who had sold his donkey
 - b) The man who had lost his donkey
 - c) The man who went to the market
 - 2) How did the man feel when he lost his donkey?
 - a) happy
 - b) unhappy
 - c) laughing
 - 3) What did the man say when the people laughed?
 - a) I am very happy
 - b) I am very sad
 - c) I am seriously ill

4. Put the following sentences in order according to the text.
 - a) People were consoling him saying "Never mind, don't be sad"
 - b) A man had lost his donkey
 - c) "If you are alive you will find another donkey".
 - d) "I am sad and you are laughing, this is not fair".
 - e) "If I were on the donkey I would be lost too".

Lesson 26

Health

The Ear

The ear is an important organ of our body. We hear people through our ears. The outer portion takes the voice and passes it to the ear canal. From there it goes to the brain. In the ear canal there is a viscous substance that protects our ear against dangers. A membrane closes the inner end of the ear canal, which plays an important role in hearing process. Any injury causing rupture of the membrane leads to loss of hearing that is called deafness. Therefore we should not insert sharp-pointed objects into our ears, which might result in tearing of the membranes. We should keep our ears clean, and if anyone has earache he should cover his ear to keep it warm and go to the doctor.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

<ol style="list-style-type: none"> a) deaf b) part c) protect 	Alternative meanings
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2. What is the main idea of the text?
 - a) Information about the body
 - b) Information about the ear
 - c) Information about ear membrane

3. Choose the correct answer for the question.
- 1) What is the ear?
 - a) A part of the body
 - b) a part of the leg
 - c) not part of the body
 - 2) What do we hear from people with our ears?
 - a) speech.
 - b) crying
 - c) both
 - 3) Why do we care for our ears?
 - a) To keep the ear healthy
 - b) to avoid earache
 - c) so that we can hear words
4. Select the correct word and write it in the space.
- a) The ear is an _____ part of the body. (ear – 2 alternative spellings)
 - b) We hear people’s _____ with our ears. (speech – 2 alternative spellings)
 - c) It is very important to _____ our ears clean. (important – 2 alternative spellings)

Lesson 27

Science

Who Am I?

I love beautiful and scented flowers. I have a house that I have made from wax. I suck nectar and harm nobody. You should love me, because I produce honey for you and we live and work together. My name has been mentioned in section 16 of the Holy Quran. Now guess who I am.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) beautiful
- b) nectar
- c) unity
- d) appreciate
- e) honey
- f) mention

Alternative meanings

2. What is the main idea of the text?
- a) The benefits of honeybees
 - b) The benefits of wasps
 - c) The benefits of flies
3. Choose the correct answer for the question.
- 1) What do honeybees like?
 - a) trees
 - b) beautiful, sweet smelling flowers
 - c) vegetables
 - 2) What do honeybees make their homes from?
 - a) flowers
 - b) leaves
 - c) wax
 - 3) What do honey bees produce for you?
 - a) wax
 - b) honey
 - c) both are correct
 - 4) What does I refer to in the text?
 - a) an ant
 - b) a fly
 - c) a honeybee

4. Choose the correct words from the box and write them in the spaces.

tasty	skin	digestion	make	mix
Alternative spellings of above words				

Honey is very _____ and good for the body. Eating honey keeps _____ healthy and helps _____. People _____ it with milk and eat it. Some people _____ medicine from it.

Lesson 28

Culture

Education

Knowledge gives mankind sight and vision. Every one is required to acquire it. Being without knowledge is like being blind. The progress of the world today is due to the blessings of knowledge. An educated person is highly respected and honoured in his society, which benefits from him.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) education
- b) vision
- c) honour
- d) benefit
- e) lamp

Alternative meanings

2. What is the text about?

- a) Education is light
- b) Society
- c) Ignorance

3. Choose the correct words to complete the statement.

- 1) The light of education makes people -
a) able to see b) reconciled? c) divided
- 2) People should -
a) acquire the light of education b) not acquire the light of education c) gain education then lose it
- 3) A scholar is _____ in society
a) respected b) hated c) neither

4. Choose the correct antonyms from the box and write beside the words.

- a) light
- b) able to see
- c) profit
- d) honour

Selection of opposites

The Sun and Wind

Once, the sun and wind had a conversation. The wind said, "I am stronger than you". The sun said, "No. I am stronger". The wind said, "Let's have a competition to show who is the stronger person". The sun said, "How"? The wind said, "Look at that man! I will take off his coat". The wind started to blow stronger and stronger, but the man took just hold of his coat. The sun laughed and said, "Now, it is my turn". The sun started to get hotter and hotter until the man took off his coat. The sun said, "I not only won the competition but pleased the man too".

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) game
- b) strong
- c) coat
- d) win
- e) firm

Alternative meanings

2. What is the main idea of the text?

- a) Force is not the best way to make things happen
- b) A competition between the wind and the sun
- c) The wind won the competition

3. Choose the correct answer for the question.

- 1) Who won the competition, according to the text?
 - a) the sun b) the sun and wind c) the wind
- 2) What did the wind do?
 - a) pleased the man b) displeased the man c) blew strongly
- 3) What did the sun do?
 - a) warmed the man b) cooled the man c) made the man angry
- 4) Why did the man take his coat off?
 - a) because the wind was blowing
 - b) because he became hot
 - c) because he became cold

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

- a) The wind said, "Look at that man. I will make him take off his coat."
- b) The sun and wind were talking to each other.
- c) "I won the competition" said the sun, "And pleased the man as well."
- d) The wind blew strongly and the man held on tightly to his coat.
- e) The sun warmed the man and he took it off himself

Lesson 30

History

Syed Jamaludin Afghan

He was born in Kunar province, Afghanistan in the lunar year 1254. He was a noted scholar of our country. In the reign of Shir Ali Khan, he was Prime Minister, and gave the king advice on how to develop the country. He worked for the unity of Muslims and has written many books and magazines for the awakening of Muslims.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) born
- b) country
- c) famous
- d) unity

Alternative meanings

2. What is the main idea of the text?

- a) A famous scholar's great deeds
- b) Afghanistan
- c) Writing books

3. Complete the following:

- 1) Sayed Jamaluddin was born:
 - a) in Nangahar province of Afghanistan
 - b) in Laghman province of Afghanistan
 - c) in Kunar province of Afghanistan
- 2) Sayed Jamaluddin was born in:
 - a) Lunar year 1254.
 - b) Solar year 1254
 - c) 1354 AD
- 3) Sayed Jamaluddin was prime minister for which king?
 - a) Amir Amanullah
 - b) Zahir Shah
 - c) Amir Sher Ali Khan

4. Choose the correct words from the box and write them in the spaces.

person	country	advice	unity
Alternative spellings of above words			

Sayed Jamaluddin was an educated _____ of our _____. He gave _____ to Amir Shir Ali Khan for the development of the _____. He has done a lot for the _____ of Muslims.

Lesson 31

Culture

Respecting Mothers

Women must be respected since they are Mothers. They bring up great men. It is said that with one hand they rock the cradle and with the other the world. Mothers take good care of their children and everyone must obey and respect them.

Exercises

1. Match the words with the correct meanings from the box .

- a) praise
- b) raise
- c) honour
- d) shake
- e) big

Alternative meanings

2. What is the main idea of the text?

- a) The good personality of women and respect for mother
- b) Mother’s hard work
- c) The deeds of mother

3. Choose the correct answer for the question.

- 1) Mother rocks the cradle with one hand, what does she do with the other?
a) shakes the cradle? b) shakes the world? c) shakes the family?
- 2) How should children treat their mothers?
a) respect her b) obey her c) both
- 3) Who does mother raise in her arms?
a) children b) elders c) great people

4. Choose the correct words from the box and write them in the spaces.

cares	food	clothes	world	mothers	help
-------	------	---------	-------	---------	------

At home mother _____ for the children. Mother prepares _____ for the children. Mother washes the children’s _____. With one hand she rocks he cradle and with the other rules the _____. We should respect our _____ and _____ her with the house work.

Lesson 32

Culture

Our Village Carpenter

Our village carpenter is very useful to us. He makes whatever the people need such as chairs, doors, tables, cupboards, windows and etc from wood. The villagers respect him very much.

Exercises

1. Choose the correct plural from the box and write beside the word.

- a) door
- b) bed
- c) table
- d) frame
- e) house

Plural forms

2. What is the main idea of the text?
 - a) People respect the carpenter's work
 - b) The carpenter makes doors
 - c) The carpenter does nothing

3. Choose the correct answer for the question.
 - 1) What does the village carpenter do?
 - a) fights b) works for people c) talks to people
 - 2) What does the carpenter use to make the things people need?
 - a) wood b) iron c) stone
 - 3) What home furniture does he make?
 - a) tables b) beds c) both

4. Choose the correct words from the box and write them in the spaces.

carpenter	used	houses	people
-----------	------	--------	--------

- a) Our village _____ is always needed by people.
- b) He uses wood to make the things that _____ need
- c) He makes frames, shelves and windows for _____.
- d) He also makes tables and beds that are _____ in the home.

Lesson 33

Culture

Desires, a Poem

Students should attend school on time.
 Welcome to the school you Afghans.
 Attend your lessons on time.
 I request you not to neglect your lessons.
 Ignorance is very bad.
 Oh! Butterflies of knowledge! Listen to me.
 You are the hope of your countrymen.
 Study your lessons with eagerness.
 Study hard not to fail the test.
 Attend your lessons on time.

Exercises

1. Choose the correct meanings from the box and write them beside the words.
 - a) beg
 - b) negligence
 - c) ignorant
 - d) wiseman
 - e) strive

Alternative meanings

2. Choose the correct singular from the box and write beside the word.

- a) wise men
- b) Afghans
- c) children
- d) butterflies
- e) flowers
- f) times

Singular forms

3. What is the main idea of the text?

- a) Know the value of time
- b) Waste of time
- c) Hope for the future

4. Explain these statements in simple words.

- a) There are many expectations from you.
- b) Study your lessons with eagerness.
- c) Don't waste your time.

Lesson 34

Life Skills

Crossing the Road Safely

Nazo left her house in a hurry and crossed the road carelessly. There was a cart on the road going too fast to stop, and the child bumped into it, sustaining head and face injuries. Luckily, she was not run over by the cart and her life was saved. So, while trying to cross a road, first look both ways, and then cross. Elders should always help children crossing roads, and we should always follow signs and traffic lights.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) Cart owner
- b) protect
- c) side
- d) heedless

Alternative meanings

2. What is the main idea of the text?

- a) Take care while crossing the road.
- b) Nazo crossed the road.
- c) Driving a cart.

3. Choose the correct answer for the question.

- 1) How did Nazo come out from the house?
a) laughing b) running c) slowly
- 2) What did Nazo bump into?
a) car. b) cart c) bike

4. Choose the correct words from the box and write them in the spaces.

Run over	cart	other side	running
----------	------	------------	---------

- a) Nazo came _____ out from home.
- b) She went carelessly to the _____ of the road.
- c) Nazo bumped into a _____.
- d) It was good that she wasn't _____ by the cart.

Lesson 35

Culture

Father's Advice to his Son, a Poem

A father advises his son
Face the challenges of the world!
My son, love books and pen!
My son, the world looks beautiful due to blessings of knowledge.
Whoever seeks knowledge is the winner.
My son, love books and pen!

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) advice
- b) equal
- c) love
- d) always
- e) engaged

Alternative meanings

2. What is the main idea of the text?

- a) Loving the book and pen.
- b) Acquiring knowledge is a good thing.
- c) Advice to a son
- d) All of these

3. Choose the correct meanings from the box and write them beside the words.

- a) race
- b) love
- c) beautiful
- d) engaged
- e) benefit

Alternative meanings

4. Choose the correct answer for the question.

- 1) What is it good to compete in?
a) learning knowledge b) giving money c) running
- 2) What does a scholar love?
a) money. b) a chair c) book and pen
- 3) How does an uneducated person feel?
a) happy b) faced with grief and pain c) very successful

How Oil Dissolves in Water

Jamila asked Ajmal, “Can you dissolve oil in water”?

Ajmal answered, “Yes, It is very simple”.

Jamila: “How? I dropped two drops of oil in water, take a look and see that they are floating on the surface of water and not dissolved”.

Ajmal: “I will drop some washing powder there and see now that the floating oil drops disappear, and that is why people use soap when washing clothes”.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) how
- a) simple
- b) look
- c) reason
- d) wash

Alternative meanings

2. What is the main idea of the text?

- a) Oil dissolves in water with soap
- b) Oil dissolves in oil
- c) Oil dissolves in clothes

3. Choose the correct answer for the question.

- 1) Jamila asked if oil would dissolve in what?
 - a) cooking oil b) water c) soap
- 2) What did Jamila say to Ajmal?
 - a) oil floats on the water surface. b) oil is dissolved in water c) oil is under the water
- 3) What do people was greasy clothes with?
 - a) oil b) cooking oil c) soap and water

4. Choose the correct words from the box and write them in the spaces.

how	Soap powder	simple	water	dissolve
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Jamila said, “Can you _____ oil in water? Ajmal said, “It is very _____. Jamila said, “How? Look at the two drops I have dripped in the _____. They are floating on the water’s surface.” Ajmal said, “ I drop some _____ into this water containing the oil. Now see _____ oil dissolves in water.”

The Three Friends of Mankind

- Knowledge is always the friend of mankind.
- Wealth is a friend that, if lost, can be regained.

- Honour is a friend that, if lost, can never be found again.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- back
- friend
- every-time
- honour

Alternative meanings

2. What is the main idea of the text?

- Knowledge and honour are good friends of people
- Knowledge and honour are relatives of people
- Knowledge and honour are parents of people

3. Choose the correct answer for the question.

- 1) What kind of friendship does knowledge have with people?
 - If it goes it does not return
 - You can make friends any time
 - If it goes it does come back
- 2) What is it that can return if lost?
 - knowledge.
 - property
 - honour
- 3) What kind of friendship does honour have with people?
 - If it goes it does not return
 - Never goes anywhere
 - If it goes it soon returns

4. Choose the correct words from the box and write them in the spaces.

friend	people	return	friendship	honour
--------	--------	--------	------------	--------

Knowledge is a _____ that you can establish _____ with at any time. Property is a friend of _____ and if lost can be regained but _____ is a friend that if lost does not _____.

Lesson 38

Story

A Traveller

In a winter season a traveller was passing by a village. Suddenly, the village dogs attacked him. When he stretched his hands to grab a stone, they were all frozen tightly to the ground and so he shouted loudly, "What a village! Its dogs have been set free and its stones have been deliberately fixed to the ground". We should not keep dangerous animals so that we do not harm people.

Exercises

1. What is the correct meaning
 - congregate (3 alternative meanings)
 - shouted (3 alternative meanings)
 - fastened (3 alternative meanings)

2. What is the main idea of the joke?
 - a) travelling
 - b) preventing harm and amusing students
 - c) shouting
3. Choose the correct words from the box and write them in the spaces.

through	loose	winter	said	jumped	stone	ground
---------	-------	--------	------	--------	-------	--------

In the _____ a traveller was going _____ a village. The village dogs _____ around him. When he touched the _____ he found it firmly fixed to the _____. The stranger _____ loudly “What kind of village is this where they let the dogs _____ and fix the stones to the ground.

4. Write the sentences using the correct plural form from the box.
 - a) This is a man. These are _____.
 - b) This is an apple. These are _____.
 - c) This is a boy These are _____.
 - d) This is a girl. These are _____.
 - e) This is an almond. These are _____.

Plural forms

Lesson 39

Story

Mouse Helps Lion

Once upon a time, a lion was trapped in a hunter's net and was crying for help. By chance, a little mouse heard him and rushed towards him saying, “I have come to help you”. The lion said, “How can you help me. You are very small”. The mouse answered, “See how I can help you”. She started to cut the net into pieces with her sharp teeth and set the lion free. The lion smiled and said, “you are small but you have done me a big favour”.

Exercises

1. Choose the correct antonyms from the box and write beside the words.
 - a) day
 - b) free
 - c) small
 - d) much
- | |
|------------------------|
| Selection of opposites |
|------------------------|
2. What is the main idea of the text?
 - a) Animals help each other
 - b) Small creatures can help large ones
 - c) The lion helped the mouse
 3. Choose the correct answer for the question.
 - 1) What would have happened to the lion if the mouse had not helped him?
 - a) The lion would have died?
 - b) The hunter would have taken him home?
 - c) The lion would have torn the net?

4. Put the following sentences in the order according to the text.
- a) The lion was set free.
 - b) The lion was walking
 - c) The lion was trapped in the net
 - d) The mouse chewed the net into pieces
 - e) The lion shouted “Help”.
-

Lesson 40

Health

A Balanced Diet

We need to eat different foods, because some foods are good for growth, some foods keep the body fit, and some foods give the body strength. For instance, cereals make the body grow, vegetables such as spinach, carrots, turnip, and others keep the body fit. Likewise, fruits such as grape, apples, pomegranates and others keep the body in good condition. Bread, rice, and potatoes give the body strength. A balanced diet includes all these types of foods.

Exercises

1. Choose the correct meanings from the box and write them beside the words.
- a) power
 - b) proper
 - c) necessary
 - d) various
- | |
|----------------------|
| alternative meanings |
|----------------------|
2. What is the main idea of the text?
- a) Eating vegetables
 - b) Eating meat
 - c) Eating a balanced diet
3. Choose the correct answer for the question.
- 1) What is the benefit from eating meat, beans and chickpeas?
 - a) they protect the body
 - b) they help the body to grow
 - c) they give strength to the body
 - 2) What is the benefit from eating fruit and vegetables?
 - a) they give the body strength
 - b) they keep the body healthy
 - c) they weaken the body
 - 3) What is the benefit from eating bread, potatoes and rice?
 - a) they help the body to grow
 - b) they keep the body healthy
 - c) they give strength to the body
 - 4) What gives a balanced diet?
 - a) foods to help growth
 - b) health giving foods
 - c) foods for growth, health giving foods and foods for strength.

- 5) Why do we need a balanced diet?
- to help us grow
 - to keep us healthy
 - to make us strong
 - all of these
4. An exercise using 'I' or 'we' which does not translate effectively.
5. Group the words from the box under the headings according to their function as foods.

Meat	spinach	bread	chickpeas	carrots	grapes	beans
turnips	pomegranates	rice	apples	potatoes		

Foods for growth
meat

Foods for health
apples

Foods for strength
rice

Lesson 41

Story

The Results of Lying

Once a shepherd was grazing his flock nearby the village. Suddenly, he shouted, "Wolf! Help!" When the people arrived, the shepherd laughed and said, "The wolf went back". On the following day he again shouted for help people arrived, but there was no wolf. The shepherd laughed and the people went back realizing that he was lying. On the 3rd day again he shouted for help, but no one believed him and as a result the flock was killed.

Exercises

- Choose the correct antonyms from the box and write beside the words.

<ol style="list-style-type: none"> laughed gathered day lie 	Selection of opposites
---	------------------------------
- What is the main idea of the text?
 - The shepherd shouted
 - The wolf ate the flock
 - Lying is a bad thing
- Choose the correct answer for the question.
 - Who was grazing the animals?
 - farmer
 - shepherd
 - gardener
 - What happened when the shepherd shouted?
 - the wolf came
 - the people went away
 - the people gathered
 - What was the result of the shepherds lie?
 - people were happy
 - the people gathered
 - the wolf ate the flock

4. Choose the correct words from the box and write them in the spaces.

flock	wolf	shouted	lied
-------	------	---------	------

On the third day the _____ really came. The shepherd _____ many times but the people didn't come to help because he had _____ before. As a result the wolf ate the _____.

Lesson 42

Culture

The Game Of Clouds

It was springtime and the sky was full of clouds forming different shapes. Sharif, Ahmad and Karima were playing in the playground. Sharif told Karima, "let's play the clouds game". Karima said, "How"? Sharif answered, "First take a look at a cloud, then say what it looks like". Karima said, "That cloud looks like a camel. Look at its hump". Sharif said, "Look! That cloud has got a long tail, it looks like a cat". The young Ahmad said, "That cloud looks like spilt milk". Every child said something about the clouds.

Exercises

1. Match the words with the correct meanings from the box.

- a) like
- b) game
- c) appears

alternative meanings

2. What is the main idea of the text?

- a) Children played a game with camels
- b) Children played a game with clouds
- c) Children played a game with cats

3. Choose the correct answer for the question.

- 1) What element of the sky did the children play with?
a) stars b) moon c) clouds
- 2) What did the cloud look like to Karima?
a) a cat b) a camel c) a horse
- 3) What did the cloud look like to Sharif?
a) a horse b) a camel c) a cat

4. Choose the correct words from the box and write them in the spaces.

cat	game	clouds	milk	camel
-----	------	--------	------	-------

The spring sky was full of _____. Sharif said to Karima, "Let's play a _____." Sharif said, "first look at that cloud it looks like a _____." Karima said, "It looks like a _____." Ahmad said, "It looks like spilled _____."

Lesson 43

Culture

Occupations of People

In every village and city people are engaged in different occupations, and help each other. Some of them defend the country. Doctors and nurses take care of us when we are sick. Farmers provide us with food. Drivers carry people from one place to another. Teachers teach at schools. All children go to school and study their lessons.

Exercises

1. Match the words with the correct meanings from the box and write them beside the words.

- a) various
- b) help
- c) education
- d) protection
- e) security

alternative meanings

2. What is the main idea of the text?

- a) Going to school together
- b) Helping each other
- c) Opposing each other

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

- a) In cities all people do the same things.
- b) Farmer's provide our food.
- c) Doctor's and nurses look after patients.
- d) Police give food to people.
- e) Teachers teach people.

4. *An exercise on possessive pronouns 'mine' and 'ours' that does not translate effectively.*

Lesson 44

Health

Keeping Healthy

To have a healthy body, the following points should be remembered:

- 1. Eating good food helps the body to grow well and remain healthy. A good meal is a combination of meat, rice, bread, fruits and vegetables.
- 2. Also drinking clean water is important for health. Water keeps our body cool, and we use it to wash our body.
- 3. Taking regular exercise strengthens our bones, joints, and muscles. It is also useful for keeping heart and lungs healthy.
- 4. Sleeping for 7-8 hours is necessary in every 24 hours.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) healthy
- b) help
- c) develop
- d) strength
- e) food

alternative meanings

2. What is the main idea of the text?

- a) You only need food for a healthy body
- b) You need good food water, exercise and sleep for a healthy body.
- c) You only need exercise for a healthy body.

3. Choose the correct answer for the question.

- 1) Which of the things below helps to maintain health?
a) good food, water exercise and sleep b) study c) not sleeping
- 2) What does exercise do for your bones, muscles, heart and lungs.
a) strengthens them. b) weakens them c) creates them
- 3) What do water exercise and sleep do for your body?
a) Help it to develop b) prevent development c) help it to run fast

4. Choose the correct words from the box and write them in the spaces.

Help	exercise	helps	healthy
Alternative spellings of above			

- a) Your body needs _____ to be healthy.
- b) _____ strengthens your joints and muscles.
- c) Food _____ the body to develop.
- d) Clean water plays a role in keeping the body _____.

Lesson 45

Health

Preparation of Oral Re-hydration Solution for Diarrhoea

Children often get diarrhoea in which a significant quantity of water is lost. To re-hydrate them we should prepare oral solution, and advise the patients to drink it.

Tips for preparation of the oral solution:

- 1. Boil the water and wait for it to get cold
- 2. Pour 4 large glasses of water in the pot.
- 3. Pour 4 tablespoon of sugar.
- 4. Add one tablespoon of salt.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) to cool
- b) diarrhoea
- c) dissolve
- d) boil
- e) lost

Alternative meanings

2. What is the main idea of the text?
 - a) Re-hydration of fluids lost through diarrhoea
 - b) The benefit of overeating
 - c) Loss of body water

3. Choose the correct answer for the question.
 - 1) What are the ingredients of ORS?
 - a) water b) salt c) water salt and sugar
 - 2) What do diarrhoea patients lose?
 - a) energy b) water c) meat
 - 3) What do they need to regain lost water?
 - a) eat rice and meat b) eat vegetables c) take ORS

4. Choose the correct words from the box and write them in the spaces.

quantity	water	ORS	times
----------	-------	-----	-------

- a) _____ should be taken for diarrhoea.
- b) ORS replaces the lost _____.
- c) The patient should take a sufficient _____ of the ORS.
- d) The solution should be taken several _____ times a day.

Lesson 46

Story

Cat

Once upon a time, an old woman left some meat by the radio and went out. When she returned home a cat had eaten the meat. The woman got angry and picked up the radio, threw it to the ground hard and said, “Death to you that you catch the B.B.C news, but don’t catch the cat”.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) beside
- b) angry
- c) hit
- d) old
- e) may you die

Alternative meanings

2. Choose the correct antonyms from the box and write beside the words.

- a) day
- b) came
- c) female
- d) old
- e) angry

Selection of opposites

3. What is the main idea of the text?
 - a) The cat ate the meat.
 - b) The radio was broken.
 - c) Everything should be done in its own way.
4. Choose the correct answer for the question.
 - 1) Where was the meat when the woman returned?
 - a) In the radio b) in the cupboard c) taken by the cat
 - 2) What did the woman do when she saw the cat had taken the meat?
 - a) Threw the cat on the ground b) threw the radio on the ground c) threw the meat on the ground
 - 3) Where had the old woman left the meat?
 - a) beside the radio b) beside the wall c) on the table

Lesson 47

Health

Clean Food and Drink

Life without eating meals and drinking water is not possible. Drinking clean water and eating clean food are necessary for health. Fruit and vegetables should be washed with salt water before eating. It should also be covered with a piece of cloth to keep away flies and dust. Drinking clean water from taps, springs, or wells is essential for health. To make water clean either boil it or put chlorine in it.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

<ol style="list-style-type: none"> a) health b) food c) well d) chlorine 	Alternative meanings
--	----------------------
2. What is the main idea of the text?
 - a) Maintaining health and growth through clean food and water
 - b) River water is suitable for drinking
 - c) Food should be protected from flies
3. Choose the correct answer to the questions.
 - 1) What is needed for growth and good health in the body?
 - a) Just food b) Just water c) Food and water
 - 2) What should we wash food in before eating?
 - a) boiled water b) salt water c) cold water
 - 3) How would you describe the water from wells, springs or taps for drinking?
 - a) suitable b) unsuitable c) unclean

4. Choose the correct words from the box and write them in the spaces.

covered	flies	water	boiling	chlorine
---------	-------	-------	---------	----------

Food should be _____ to stop _____ settling on it. You should drink _____ from wells, springs or taps. Water is cleaned by _____. Put _____ in drinking water.

Lesson 48

Science

Fruits of the Garden

Karim's garden has become very fruitful, because he and his father together have dug it over several times. They have put manure on it at the proper times. Both small and big trees have produced fruits. Now most of the trees in the garden have become fruitful.

Exercises

1. Choose the correct meanings of the words from the boxes.

a) fruit

b) manure

c) tree

Alternative meanings

Alternative meanings

Alternative meanings

2. What is the main idea of the text?

- a) Karim's garden became fruitful
- b) Karim's land became fruitful
- c) Karim's hard work and the good produce of his garden

3. Choose the correct words to complete the statement.

- 1) Karim's garden has produced fruit because _____.
 - a) He had watered it
 - b) father and son had turned it over several times
 - c) both are correct
- 2) Trees and saplings were _____ on time.
 - a) turned over
 - b) irrigated
 - c) not irrigated
- 3) The fruit from the old trees has _____.
 - a) increased
 - b) decreased
 - c) neither

4. Choose the correct words from the box and write them in the spaces.

turned over	fruits	on time	saplings	irrigated
-------------	--------	---------	----------	-----------

Karim's garden had produced _____ because both father and son had _____ the land several times. They used manure _____. They had _____ trees and _____ on time.

Lesson 49

Geography

Means of Transport

Transport facilities have made life much easier. There are different means of transport available nowadays. In villages people use vehicles and animals such as horse, donkey, mule and camel for transportation. They use vehicles for going to cities where different

types of vehicles can be seen. Farmers use these means to carry crops to market and sell them at a reasonable price and buy whatever they need such as manure and seeds, and can easily take them to the villages.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) means
- b) products
- c) farmers
- d) use
- e) by means of

Alternative meanings

2. Choose the correct antonyms from the box and write beside the words.

- a) take
- b) ease
- c) early
- d) life
- e) much

Selection of opposites

3. What is the main idea of the text?

- a) Vehicles have made carrying things easy
- b) The farmers' products
- c) The farmer brings manure and seeds from the market.

4. Choose the correct answer for the question.

- 1) What do village people use to fetch and carry things?
a) horse, donkey or camel b) cow, sheep or goat c) both
- 2) What do city people use to fetch and carry things?
a) cars. b) foot c) animals
- 3) Where do the farmers take their produce to sell it?
a) home b) market c) land

Lesson 50

Life Skills

Our Neighbour

Masood is our neighbour. We have good relations with him and help each other. We share each other's joys and sorrows. There must be co-operation between all people and unity so that the rights of neighbours are preserved.

Exercises

1. Choose the correct word from the box and write them beside the words.

- a) neighbour
- b) happiness
- c) help
- d) love

Alternative meanings and spellings
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2. What is the main idea of the text?
 - a) Speaking with neighbours
 - b) The rights of neighbours
 - c) Social life and good relationships

3. Choose the correct answer for the question.
 - 1) Who should we interact well with?
 - a) our classmates b) our neighbours c) relatives, classmates and neighbours.
 - 2) How should people behave?
 - a) treat each other well b) speak to each other? c) not speak to each other
 - 3) What should people show to each other?
 - a) work b) love c) hatred

4. Choose the correct words from the box and write them in the spaces.

interact	love	happiness	treat
----------	------	-----------	-------

We should _____ our neighbours and share their grief and _____. We should _____ and _____ each other well.

Lesson 51

Science

Fire

You have got a strange friend that always helps you. It cooks your meal, keeps your room warm, and is a good friend to you. It does many things for you but it can become your enemy if you're careless about it. It can burn houses and forests. It can kill you and its name is fire.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

<ol style="list-style-type: none"> a) helper b) warms c) negligence d) destroy e) friend 	Alternative meanings
---	----------------------

2. What is the main idea of the text?
 - a) Fire and its uses
 - b) Fire is our friend
 - c) Fire is our colleague

3. Choose the correct answer for the question.
 - 1) What help does fire give us?
 - a) It makes our clothes b) It warms our house and bakes the bread c) It doesn't bake the bread?

- 2) What happens if we are careless with fire?
 - a) It can burn our home
 - b) It can help us with school activities
 - c) It can help us in our home activities
- 3) When does fire become our enemy?
 - a) when we light the fire
 - b) when we put it out
 - c) when we handle it carelessly
- 4) When does fire become our friend?
 - a) When we make good use of it
 - b) when we handle it carelessly
 - c) when it is not lit.

4. Choose the correct words from the box and write them in the spaces.

bread	friend	kill	carelessly
Alternative spellings of above words			

If you make good use of fire it can become your good _____. We warm our houses with fire and bake our _____ with it. If it is handled _____ it can burn houses, forests and can even _____ people. It can become a big enemy.

Lesson 52

Health

Sleeping Pills

Parwin asked her mother, “Why do you take that pill that is always in your pocket”? Her mother answered, “It is a sleeping pill”? Parwin asked again, “Does it make you sleep”? Her mother said, “That is right. The doctor advised me to take one any time I can’t get to sleep”. Parwin asked again, “Does it have bad effects if taken for a long time”? Her mother answered, “Yes it does.”

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) pill
- b) when
- c) dangerous
- d) addicted
- e) advice

Alternative meanings

2. Choose the correct plural from the box and write beside the word.

- a) pocket
- b) sleeping
- c) danger
- d) mother
- e) doctor

Plural forms

3. What is the main idea of the text?
 - a) Information about taking sleeping pills
 - b) Sleeping pills causing loss of sleep
 - c) Sleeping pills increasing sleep

4. Choose the correct answer for the question.
 - 1) What did Parwin's mother tell her about the pill?
 - a) It is a pain-killing pill. b) It is a sleeping pill c) It is a muscle relaxing pill
 - 2) What did Parwin ask her mother about the pill?
 - a) Is it dangerous to use it frequently? b) Is it not so dangerous to use it frequently? c) Is it very dangerous to use it frequently?
 - 3) What did Parwin's mother say about the sleeping pill?
 - a) It should always be taken b) It should be taken sometimes c) it should be taken on the doctor's advice.

Lesson 53

Science

The Air

Do you want to feel the air? If you do, take a paper bag and blow into it. When it is fully inflated tie its neck with a thread to stop the air escaping. Now hold the bag with one hand and press on it with the other. The bag feels like a pillow, surely, you feel it full of something. Is it full of cotton or sponge? It is neither, but air.

Exercises

1. Choose the correct meanings from the box and write them beside the words.

- a) bag
- b) cotton
- c) blow
- d) surely
- e) swells

Alternative meanings

2. Choose the correct antonyms from the box and write beside the words.

- a) full
- b) obvious
- c) little (amount)
- d) small
- e) closed

Selection of opposites

3. What is the main idea of the text?
 - a) A practical experiment to feel and identify the air
 - b) Making a bag
 - c) Making a pillow

4. Choose the correct answer for the question.
- 1) What do we do to feel air?
 - a) conduct the inflated bag experiment?
 - b) make a small bag from paper?
 - c) fill the bag with cotton?
 - 2) What do we fill the bag with to feel the air?
 - a) soil.
 - b) air
 - c) cotton
 - 3) What does the air filled bag look like when we close it?
 - a) a pillow
 - b) a sponge
 - c) cotton
-

Lesson 54

Science

How Animals Move

All animals walk and move in different ways, for example horses and deer walk on feet. Birds, flies, and wasps use their wings to move from one place to another. Rabbits move by jumping. Fishes move by swimming using their fins. Frogs and locusts jump using their back feet. Worms and snakes move by slithering.

Exercises

1. Choose the correct meanings from the box and write them beside the words.
 - a) move
 - b) run
 - c) jump
 - d) small
 - e) reptiles

Alternative meanings

 2. What is the main idea of the text?
 - a) Movement of animals
 - b) Movement of horses
 - c) Movement of reptiles
 3. Choose the correct answer for the question.
 - 1) What animals run?
 - a) flies
 - b) wasps
 - c) horses and rabbits
 - 2) Which animals fly?
 - a) hens
 - b) sheep
 - c) birds, wasps
 - 3) How do snakes move?
 - a) slide on the ground
 - b) roll along the ground
 - c) jump on the ground
 - 4) How do fish move?
 - a) walk
 - b) swim
 - c) fly
 4. Follow the instructions.
 - a) Write the names of some flying animals
 - b) Write the names of some running animals
 - c) Write the names of some animals that slide on the ground.
-

Water

Have you ever thought about a valuable thing available in abundance on the earth? This is neither gold nor precious stones, and it is free. It has no colour and without it life is impossible. You drink it every day. Now tell me what this is?

Exercises

1. Choose the correct antonyms from the box and write beside the words.

- | | |
|--|------------------------------|
| a) more
b) water
c) life
d) expensive | Selection
of
opposites |
|--|------------------------------|

2. What is the main idea of the text?

- a) Information about gas
- b) Information about gold and precious stones
- c) Information about the importance of water

3. Choose the correct answer for the question.

- 1) What doesn't have any colour?
 - a) fire
 - b) water
 - c) milk
- 2) In what quantity is water found on earth
 - a) in abundance
 - b) it is scarce
 - c) not at all
- 3) Is it possible to live without water?
 - a) yes
 - b) sometimes
 - c) not at all

4. Choose the correct words from the box and write them in the spaces.

life	buy	precious	abundance
------	-----	----------	-----------

- a) Gold is a _____ thing.
- b) There is an _____ of water on earth.
- c) You don't need to _____ water.
- d) Without water _____ is impossible