

AFGHAN BASIC
COMPETENCY
(ABC)
MATERIALS

Pashto Language
Grade 3

English translation of
reading texts and
exercises

Pashto Grade Three Language

Lesson 1

Religion

The Holy Quran

It is the book of God revealed to the prophet Mohammad for the guidance of Muslims. It contains 6666 verses and 114 sections. It is written in the Arabic Language. He became a prophet in the cave of Hura, at the age of 40, as the following verses of the Quran descended upon him:

“Read by the name of your creator.”

This is the first section of the Quran that descended upon Mohammad. The Holy Quran descended in parts and in different situations and times in the course of 23 years.

Its recitation requires some special observances as follows:

The reader should be clean and have made the ritual washing. While reading, he should sit facing the direction of God’s house (Kaba).

Exercises

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

- a) guidance
- b) recite
- c) read
- d) respect

Pairs of alternative meanings

2. What is the main idea of the text?

- a) The book of the sky
- b) Understanding the Holy Quran
- c) Recitation

3. Write ‘yes’ for the correct sentences and ‘no’ for the incorrect sentences.

- a) The Quran has 6666 verses.
- b) The Quran is in Arabic.
- c) ‘Iqra’ is the first section that Mohammad received.
- d) The Quran descended to Mohammad over 25yrs

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

Quran	Hura	Arabic	descended	guidance	prophecy
-------	------	--------	-----------	----------	----------

The _____ is God’s book that _____ to Mohammad for the _____ of Muslims. The Quran is in _____. At the age of 40 in the cave of _____ Gabriel brought him the first verses of _____.

Lesson 2

Religion

The Prophet Mohammad

The name of the father of Mohammad, the greatest prophet of Islam, was Abdullah and his mother's name was Bibi Amina. He was born in Mecca on 12th Rabi-ul-awal corresponding 571 A.D. His father had died before he was born. When he reached the age of 6 his mother also passed away. After his mother's death, his grandfather Abdul Mutalib looked him after. His grandfather loved him very much and was very kind to him. He was endowed with noble characteristics from his early childhood. He was kind, honest, polite, and good intentioned. He always spoke truth. His words matched his deeds. He was given the title of "Amin" trustee or trustworthy. He married Bibi Khadija at the age of 25, and became prophet at the age of 40 and died at 63.

He loved children very much. While praying if he heard any child crying he quickly finished with his prayers and hurried to the crying child to see what was wrong. According to the verse "Do not get angry with an orphan" he paid a special attention to the orphan children. Also according to the verse "The women are your wearing clothes and you are their clothes" he has advised his disciples to observe rights of women.

Exercises

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

- a) great
- b) demise
- c) honest
- d) trust-keeper
- e) prophecy

Pairs of alternative meanings

2. What is the main idea of the text?

- a) The prophetic mission of Mohammad
- b) The life of Mohammad
- c) The Jihad of Mohammad

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

- a) Mohammad was born in Mecca.
- b) His father died when Mohammad was 6.
- c) Mohammad died at 64.
- d) Mohammad loved children very much.

4. Use the given punctuation marks in the paragraph.

“ ” : .

God has said__ __ Do not get angry with an orphan__ __

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

Amin	Honest	well-meaning	characteristics	kind	childhood
------	--------	--------------	-----------------	------	-----------

Mohammad had good _____ from his _____. He was very _____, polite, _____ and _____. He was called _____ (trust-keeper).

Lesson 3

Geography

Afghanistan

Our beloved country Afghanistan is located in the heart of Asia. Different tribes live there. They speak different languages, such as Pashto, Dari, Uzbeki, Turkmeni, Balochi, Pashai, and others.

For the last few years, it has been divided into 29 provinces, with an estimated population of 20 millions.

It is a mountainous country with the following important and famous mountains: Mount Hindokush, Mount BaBa, Mount Firoz, Black Mount, White Mount, and the Seloman mountains.

The rivers that arise in these mountains are: Amu River (the river Oxus), Ailmard river, Kabul river, Kunar river, Kunduz river, Harrirod river, and others. They are used for irrigation and hydroelectric power stations.

In the above-mentioned mountains there are many important mines, such as iron mines, coal mines, gold mines, silver mines, natural gas, petroleum, and mines of precious stones, such as Lapis Lazuli, Emerald, Ruby, marble, and others. The agricultural products of Afghanistan are: Wheat, corn, rice, cotton, beet-roots, potato, variety of vegetables, fresh and dry fruits.

It is worth mentioning that Afghanistan has a place in the textile industry. It manufactures various expensive and high quality fabrics mainly from sheep's wool. Hazarajat, Herat, and all of the northern provinces make carpets, rugs, and many other expensive and high quality textiles.

Exercises

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

- a) continent
- b) people
- c) products
- d) industrial products
- e) textiles

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Geography of Afghanistan
- b) Products of Afghanistan
- c) Mountains and rivers of Afghanistan

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

- a) Afghanistan is a mountainous country
- b) Afghanistan is divided into 25 provinces.
- c) Amu (Oxus) and Hilmand are the largest rivers of Afghanistan.

- d) There are many ores found in Afghanistan.
- e) There is oil and gas in Afghanistan.
- f) There are precious stones in Afghanistan

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

ores	precious	gold	ruby	marble	gas	Lapis lazuli
------	----------	------	------	--------	-----	--------------

There are important _____ in Afghanistan. They are: iron, coal, _____, silver, oil, _____ and _____ stones such as emerald, _____, _____ and _____.

Lesson 4

Life Skills

Unity

An old man who was dying called all his sons and gave them a bundle of small sticks, bound together by a rope, and told them to break them. Each son, in turn, tried to break the bundle of sticks, but in vain. The dying old man took back the bundle of stick and separated them. He broke a stick and said to his sons: If you are united you will never be defeated or broken. But, if differences and disagreements grow and develop among you tearing apart your unity you will be broken and destroyed like the sticks.

Exercises

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

- a) unity
- b) dying
- c) agreement

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Unity and agreement
- b) Division
- c) Bravery

3. Choose the appropriate word to fill the spaces.

- a) The old man was _____ (2 choices)
- b) He called his _____ (2 choices)
- c) He picked up a _____ (2 choices)

4. *Missing word exercise on verb forms that do not translate effectively*

5. Use the given punctuation marks in the paragraph.

“ ” .

They couldn't break the bundle of sticks __ He said to his sons: __ If you have unity, you will never be broken.__ __

Our Environment

We live on the earth and it is our world. There are many things in our environment or world, such as soil, rocks, stones, water, trees, bushes, forests, grains, fruits, animals, and many other things. We take air from our environment and breathe it. Trees are very important for keeping the air clean. Trees also play a role in prevention of floods. We use trees for making a fire or burning and many other things such as house furniture, doors, Windows, tables, chairs, and others. Furthermore, they give us fruits. We should make good use of trees and avoid cutting them needlessly. If on the basis of some needs and necessities a tree is uprooted another tree should be planted in its place. Likewise, in spring we should plant some new trees in suitable places. Trees purify the air from dust.

Exercises

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

- a) world
- b) things
- c) respiration

Pairs of
alternative
meanings

2. What is the main idea of the text?

- a) The world
- b) The environment
- c) The forest

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

- a) We take air from the environment to breathe.
- b) Trees do not clean air and prevent dust.
- c) People make tables and chairs from wood.

4. Choose the appropriate word to fill the spaces.

- a) This is a _____ (tree, trees)
- b) These are _____ (tree, trees)
- c) These are _____ (forest, forests)

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

Air	always	Tree	fruit
-----	--------	------	-------

- a) Trees give _____ and clean the _____.
- b) When a _____ is cut a new one should be planted.
- c) We should _____ plant trees.

6. Use the given punctuation marks in the paragraph.

. ,

There are rocks__ stones__ water__ bushes and trees__ Trees are very useful__ Many benefits can be gained from their wood__

Cleaning Teeth

Teeth act like a mill in the human body. Whenever we eat something we break and chew it with our teeth. Some teeth are for cutting and some others for grinding. If we don't have teeth we will eat with great difficulty. It is very important to keep our teeth clean. To keep our teeth dean we should brush them in the morning, at noon, and before going to bed at night. We should not crack almond or apricot stones or other hard things with our teeth. Sweet things also affect the teeth adversely. If we do not keep them clean and do not wash them they will quickly decay and be destroyed. Sometimes the teeth get black leading you to experience pain. Once our teeth become decayed we won't be able to eat. It is not unusual to get stomachache as a result of improper and insufficient chewing of our food. If our teeth are clean we will never suffer from diseases and there will be no need for taking medications, our teeth will remain white, and our mouth will not give out a bad smell.

Exercises

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

- a) body
- b) food
- c) clean

Pairs of alternative meanings

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

- a) never
- b) white
- c) difficult
- d) healthy

Selection of opposites

3. What is the main idea of the text?

- a) Eating food
- b) Cleaning teeth
- c) Eating hard things

4. Choose the correct spelling of the word.

- a) Teeth act like a _____. (mill, 2 spelling choices)
- b) We should keep our _____ clean. (teeth, 2 spelling choices)
- c) If you do not _____ the teeth they become black. (clean, 2 spelling choices)

5. *Missing word exercise on verb forms that do not translate effectively*

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

hard	mill	clean
------	------	-------

- a) Teeth act like a _____.
- b) We should keep our teeth _____.
- c) We should not break _____ things with our teeth.

The Story of a Tree

There was a tree that was a few years older than a child. It was planted by the child's grandfather. In early childhood the child played under the shade of this tree, but when he was old enough to climb on the tree, he cut the small dried and dead branches for burning. But, as he grew to be a man, he cut the bigger branches for building a house and no more branches of the tree were left only a stump the size of his hand

When the child was older he went to that tree again saying: Give me some wood! The tree replied: When you were a child you used to sit and play under my shade, but as you reached adolescence you cut my smaller branches for burning, and by the time you become a man you cut all my branches to make your home. You should have planted another tree in my place, but you didn't think about it. Now I can't offer you wood anymore, come and sit on my stump and take a rest.

Exercises

1. Match the correct synonyms from the box.

- a) big
- b) cut
- c) burn
- d) small

Selection of synonyms

2. What is the main idea of the text?

- a) Do not cut trees
- b) Protect trees
- c) Plant trees

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

- a) Trees should not be cut
- b) Trees should be cut.
- c) Trees should be planted.
- d) Trees should be protected.

4. Choose the appropriate word to fill the spaces.

- a) This is a _____ (tree, trees)
- b) These are _____ (tree, trees)
- c) This is a _____ (child, children)
- d) These are _____ (Child, children)

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

fruit	wood	tree	shade
-------	------	------	-------

The _____ said to the child, "You get benefit from my _____. You sit in my _____ and eat my _____".

Fish

Fish are marine animals and are of different types. In bigger rivers fish are found in abundance. People like their flesh, which is good for health. Some are big and some small. Some fishes can jump as well. They have different colours, some white, some black, some red, and some multi-coloured. The people of our beloved country, Afghanistan, catch fish with nets and by other means and sell them in the markets. Nowadays, people make pools for farming and breeding fish. Fish rearing has benefits to both health and economy, and special attention should be paid to it. Some people, in ignorance, catch fish by using poisonous materials and other improper methods. These improper methods cause death and destruction of young fish and eggs. This is important, as our country has limited places for fish. The flesh of fish is very good for keeping the body fit. It is rich in vitamin A and Iodine. These two substances are very important and good for children's healthy growth. Iodine prevents the development of goitre and Vitamin A is good for physical and mental health.

1. Match the correct synonyms from the box.

- a) fish
- b) country
- c) method
- d) sea

Selection of synonyms

2. What is the main idea of the text?

- a) About health
- b) About fish
- c) About people

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

- a) Some fish jump.
- b) Fish flesh is good for some illnesses.
- c) Fish flesh contains vitamin A.

4. Choose the appropriate word to fill the spaces.

- a) These _____ fish (is, are)
- b) This fish _____ white (his, is)
- c) These _____ pools. (are, or)

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

fish	health	colours	iodine	Vitamin A	prevent
------	--------	---------	--------	-----------	---------

There are many types of _____. Fish have different _____. Fish flesh is good for _____. Fish flesh contains _____ and _____, which _____ diseases.

Games

Our children play different games most of which are traditional games. They are games with toy cars, hide and seek, fighting with one hand and one leg, wrestling, slingshot targets, odd and even, the bride making game, swinging and many more. Physical games are very useful for the body of the child and keeping the child awake and active. Games that involve thinking motivate the child to learn things and know his place and role in society. We take here the bride making game as an example: This game is usually played by girls, but some times they let small boys participate in this game. They make a small house under a shade, spread over small rugs and cushions, put pillows on the sides and sit their dolls there. They also place the other playthings in suitable places. The girls divide themselves into two groups and act the coming and going between two families. They call for a doll from one another and hold a wedding and even the 7th day of the bride. This is a good game for children making them prepare for family life and know their role in the society.

Exercises

1. Match the correct antonyms from the box.

- a) youths
- b) sit
- c) little
- d) awake

Selection of opposites

2. What is the main idea of the text?

- a) Afghani games
- b) Games
- c) Playing with dolls

3. Write ‘yes’ for the correct sentences and ‘no’ for the incorrect sentences.

- a) Playing with dolls is girl’s game.
- b) Akubaku is a boys’ game.
- c) The games mentioned above are girls’ games.

4. Use the given punctuation marks in the paragraph.

: . , ?

Our children play different games__ These games are__ car driving__ hide and seek__ one leg and hand fighting__ wrestling__ tambourine playing and so on__ Which game do you like__

5. *Missing word exercise on verb forms that do not translate effectively*

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

small house	dolls	cushions	rugs
-------------	-------	----------	------

Playing with _____, the girls make a _____ and spread out _____ and _____.

Lesson 10

Culture

Our Traditions

The traditions and customs of the people all over our country are alike. Here we discuss the wedding party customs and making furniture for the bride. Based on geographical locations and seasons people enjoy the wedding party differently. Men and women celebrate it separately. Men enjoy throwing lances, throwing stones, wrestling, targeting marks, riding horses, and many other activities.

Women and girls sing songs, play tambourine, and do the local dancing. The bride and bridegroom have a special status on this day. People make the best clothes for the groom. They make expensive clothes for the bride as well, and give other necessary things such as a kohl-sac, sewing machine, and mirror. The groom is taken to the bride's house with great honour and the bride then is then carried to the groom's house, usually on horse, camel or in a sedan chair. On the 3rd day after wedding the bride's family take her a good meal. On the 6th or 7th day the bride is taken back to her previous home where she spends 2,3 nights with her parents. The traditions of our people are based in history and of great importance. Therefore we should respect and keep them alive.

Exercises

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

- a) customs
- b) stone
- c) dance

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Comparison of customs
- b) Customs and traditions
- c) Customs of Afghanistan

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

- a) They make nice, expensive clothes for the bride.
- b) They do their best not to take her on foot..
- c) The customs of our people and country have historical roots.

4. *Missing word exercise on verb forms that do not translate effectively.*

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

kohl	necessary	wedding	place	particular	bridegroom
------	-----------	---------	-------	------------	------------

On the _____ day the bride and _____ have a _____. They prepare beautiful and _____ furniture for the bride. They also give her a bag of _____.

Lesson 11

Science

Poultry

Hens constitute a major source of human food. Both the eggs and meat of hens keep our bodies strong. Eggs help the formation of bones and meat helps strengthen our muscles. People keep some hens in villages and make use of their meat and eggs. In villages people sit the hens on

eggs to hatch them. They also have farms where they breed different and large numbers of hens. In winter hens need light and warm houses. Nowadays incubators are used to produce chicks from eggs. The hens are given good meals and vaccinations. They also keep the hen's house clean.

We should pay attention to poultry.

Exercises

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

- a) power
- b) physical
- c) keeping
- d) big

Pairs of alternative meanings

2. What is the main idea of the text?

- a) The benefit of keeping hens
- b) Poultry
- c) Types of hens and their food

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

- a) Hens are an important source of food for people.
- b) A small number of hens are kept in villages.
- c) Hens need light and heat in winter.
- d) The hen houses should be kept clean.

4. *Missing word exercise on verb forms that do not translate effectively*

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

Bone	Eggs	Meat	physical	strong
------	------	------	----------	--------

The _____ and meat of hens are foods that make us _____. They play an important role in _____ formation and _____ development.

Lesson 12

Health

Clean Water

Water is regarded as very important and vital for all living things. No water - no life. Many diseases develop as a result of drinking unclean water. We should always use clean water. Clean water comes from deep wells, springs, and covered house wells. We are obliged to make good use of water and keep our environment clean. In houses the pots used for keeping water should be clean and covered. Drinking unclean water results in dysentery. Many children die of this disease in our country.

We should use clean water. We should always remember that all springs and wells should be away from the toilet. Furthermore, water should be boiled to make it clean. We should use chlorine in wells. Chlorine is accessible easily.

Exercises

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

- a) illness
- b) make use of
- c) much

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Water
- b) Drinking water
- c) The importance of water an the source of drinking water

3. Write ‘yes’ for the correct sentences and ‘no’ for the incorrect sentences.

- a) Water is an important thing for all living creatures.
- b) Drinking unclean water causes dysentery.
- c) We should use chlorine in wells.

4. *Missing word exercise on verb forms that do not translate effectively*

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

chlorine	method	wells	Clean	boil
----------	--------	-------	-------	------

We should use _____ in _____. There is one more _____ and that is to _____ water.
_____ water is good for health.

Lesson 13

Health

Smoking is Bad for Health

Smoking is bad for health in general, but for the lungs and heart in particular. Smokers usually develop lung and heart disease after a period of time. It is not a good habit. Smokers are often coughing.

It causes economic problems too for we burn money through it. Smoking is not only dangerous and harmful for the smokers but also for those around them. Because, the smoke that comes out of the smoker’s mouth is as dangerous as the smoke coming out of the cigarette itself.

Unfortunately, some women also smoke. If a pregnant woman smokes it might severely affect her child and can lead to disability.

Exercises

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

- a) harm
- b) detriment
- c) child

Pairs of alternative meanings

2. What is the main idea of the text?
 - a) Smoking
 - b) The dangers of smoking
 - c) Lung and heart diseases

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - a) Smoking harms people.
 - b) Smoking is dangerous for heart and lungs.
 - c) Smoking harms your economy.

4. Choose the correct word and write it in the space.
 - a) Smoking is _____ for _____. (dangerous – 2 alternative spellings) (lungs – 2 alternative spellings)
 - b) Smoking also is _____ (harmful - 2 alternative spellings)
 - c) It _____ _____. (burns - 2 alternative spellings) (money - 2 alternative spellings)

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

Unfortunately	economy	Smoking	health
---------------	---------	---------	--------

_____ harms both _____ and _____. _____ some women smoke as well.

Lesson 14

Life Skills

A Forest Fire

There was a forest where a variety of animals lived. One day a fire broke out there, causing the animals to flee one by one. At the same time the ants were marching forward toward the forest. An elephant asked an ant: Why aren't you running away?

The ant replied: No! We want to put out the fire. The elephant, surprised by what it heard from the ant, stopped the animals that were escaping and told them: We should put the fire out!

All the animals agreed and the elephant brought water to pour on the fire and put it out. All the animals, feeling pleased with elephant, brought him the giraffe and rhinoceros as presents, but the elephant refused to accept them. Instead, the elephant called all the animals together and lifted up an ant on its trunk and told the animals that the presents are the right of ants so take the presents to the ant's house.

From then on, all the animals respected the ants. Dear students: Taking a decisive and a strong decision paves your way to facing and overcoming all challenges.

Exercises

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

a) beast b) jump c) river	Pairs of alternative meanings
---------------------------------	-------------------------------------

2. What is the main idea of the text?
 - a) Work
 - b) Strong determination
 - c) Unity

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - a) The elephant put out the fire.
 - b) The ants extinguished the fire.
 - c) The elephant deserved the gift.
 - d) The gift went to the ants.

4. Choose the appropriate word to fill the spaces.
 - a) This is an _____. (ant/ants)
 - b) These are _____. (ant/ants)
 - c) This is an _____. (animal/animals)
 - d) These are _____. (animal/animals)

5. Put the sentences in order according to the text.
 - a) All animals were pleased with elephant.
 - b) All agreed with elephant and together brought the water from river.
 - c) The elephant called upon all forest animals to assemble and listen to him.
 - d) Ants rushed towards the forest.

Lesson 15

Life Skills

Education

Can you guess what I am? My initial letter is taken from the word teaching. My second and 3rd letters are -- My 4th letter is the initial letter of the word pride. My 5th letter is a member of the vowel group. My 6th letter is -- that is the opening letter of the alphabet. In my names, the letter that comes after -- is already repeated 3 times. Find them! The next letter is -- which is the beginning letter of the word mercy. My next letter comes after -- and my last two letters are the same as the 4th and 5th letters. Now if you put all the above letters together you might read me as Education (Swwnh aw Rwznh) and I am very useful. It is compulsory for you to have me. I promise that if you do I will release you from many trouble and unhappiness. You will find a remedy for your pain, and I will give you prosperity honour and prominence. If you work hard you will find me very easy. Please remember not to forget me at all. Finally, if you have learnt my name, can you say how many letters are in it?

Exercises

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

<ol style="list-style-type: none"> a) speech b) mercy c) time 	Pairs of alternative meanings
--	-------------------------------------

2. What is the main idea of the text?
 - a) Recognition of letters
 - b) Education
 - c) Identification of the spelling of education

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
- Education is a good thing.
 - Education is compulsory.
 - Education means getting rid of evils.
 - The word education is made up of 10 letters.

4. Use the given punctuation marks in the paragraph.

() . !

Recognise me __ My first letter is taken from Khuana __ My second letter is __waw__ and so is my third letter__

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

compulsory	promise	evils	miseries	useful	education
------------	---------	-------	----------	--------	-----------

I am _____ and very _____ to you. I am _____ for you and must not be forgotten. I _____ you that if you do not forget about me I will protect you from _____ and _____.

Lesson 16

Science

The Honeybee

Honeybees are very useful and beneficial insects. They live in a well-organized community. People rear them in hives. Some people make a clay-house for them in the higher parts of their house walls. Approximately 40,000 bees live in each hive. They produce more honey in warm areas where there are a lot of flowers and other blooming bushes. In every hive there is one queen. Some of them are guards and some others are working bees. The chief duty of the queen is laying eggs to reproduce its kind. A few bees are always at the home to guard it and the rest go about collecting foodstuffs from the flowers that is necessary in order to produce honey. The other duty of these working bees is making the home, as well. The bees have a waxy substance that they use for making a home for themselves. Honey is also the food of the young bees. Honeybees are also reared in our beloved country Afghanistan. Honey is useful for health because it is good for our bodies

Exercises

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

- honey
- warm
- country

Pairs of alternative meanings

2. What is the main idea of the text?
- Wasp
 - Honey bee
 - Flies

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
- There is one queen in each hive of honeybees.
 - The duty of the queen is to lay eggs.
 - The working bees build the nest.
 - Honey is good for health.
4. *Missing word exercise on masculine and feminine forms that do not translate effectively.*
5. Choose the correct words from the box and write them in the spaces.

bee	insect	hive	Queen	female	workers	guards
-----	--------	------	-------	--------	---------	--------

The honey _____ is a useful _____. In every _____ there is a _____ which is the _____, the rest are _____ and _____.

Lesson 17

Life Skills

The Caged Bird

Ajmal got a beautiful bird and put it in a golden cage. He loved and cared for it very much. One day he said to his father, "Father have you seen my bird? Look at its beautiful cage. I give it water and seeds every day." His father said, "Son, you really do take good care of it, but please listen to this story. There was once a boy who had a bird and cared for it as much as you care for yours. He had also put it in a golden cage but it was always trying to get free. One day a free bird came and said what a luxurious life the bird was living in its golden cage. He thought it must be very happy. The caged bird told the free bird that it was not very happy in spite of its luxurious life, because it could not fly and go where it liked. It said that the golden cage stopped it from going wherever it wanted to. The bird hated its cage". When Ajmal heard this story he said to his father, "I think my bird is not happy in this cage and I guess it hates this cage as well." His father said to him, "My son, you are right. All birds wish to be free, fly wherever they like and find water and seeds for themselves." Ajmal set his bird free saying to it "Go and live wherever you like." The bird flew away and joined the other birds. After releasing the bird Ajmal went and told his father, "Father I set my bird free." His father said, "Son that is great. Tomorrow is the 6th day of Jawza. We got our independence on that day and we should wish it for others too. We got our independence from the British. For a long time we lived in fear of British attacks and finally on the 6th Jawza 1298 (Solar Year). We were liberated from the British after many wars of independence. We should preserve it forever."

Exercises

1. Match the correct synonyms from the box.

- beautiful
- protect
- freedom
- golden

Selection of synonyms

2. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
- The cage bird was happy.
 - Ajmal loved the bird.
 - A free and independent life is good.
 - The bird was unhappy in the cage.

3. *Missing word exercise on masculine and feminine forms that do not translate effectively*

4. Use the given punctuation marks in the paragraph.

. ! ?

Father __ “You have seen my bird__ What a beautiful cage I have put the bird in_”

Son __ “You really take good care of your bird but listen to the story I am going to tell you__”

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

a	golden	bird	care	dear
---	--------	------	------	------

Ajmal found _____ beautiful _____ and put it in a _____ cage. Ajmal took good _____ of his bird and it was _____ to him.

Lesson 18

Life Skills

A Forest Man

Once upon a time people of different occupations lived in a village. Some were farmers, some cotton carders, and some were weavers. A hunter also lived there. There was a forest around the village. The hunter used to go to the forest to hunt every day. One day he caught a wild man from the forest and brought him home. Everyone in the village learned about it and the people were visiting this forest man. Group after group came. The hunter, getting tired of all these comings and goings set the forest man free. As he reached the forest the other wild men crowded around him asking about the way of life of the village people. The forest man answered: I found them mad and foolish. They called each other Baba, Dada, Lala, Adi and so on. Their men and women know everything but they pass the time chatting uselessly. Because of idleness they were making castles in the air all their lives. One earns and a hundred eat.

Exercises

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

- a) time
- b) in groups
- c) useless

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Idleness and laziness
- b) Work and life
- c) Foolishness

3. Write ‘yes’ for the correct sentences and ‘no’ for the incorrect sentences.

- a) The hunter caught a man in the forest and brought him home.
- b) The people of the village came to see the forest man.
- c) The hunter was bored and set the forest man free.
- d) The forest man went to the forest.
- e) The forest man said: “One works and one hundred eat.”

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

came and went	in groups	bored	released	around
---------------	-----------	-------	----------	--------

The people of the village _____ to see the forest man. He was _____ and they _____ the forest man. When the forest man got into forest, the other forest men gathered _____ him.

Lesson 19

Health

Health

To remain healthy we should remember to:

- Wash fruit and vegetables with clean water
- Drink clean water
- Keep food pots and dishes clean
- Cut nails
- Keep clothes clean
- Keep the house and yard clean
- Do not throw rubbish away carelessly everywhere
- Try to keep flies away
- Put bedclothes out in the sun

There are some small living things that can be seen with a microscope but not with our eyes. These tiny living things are called germs. They exist everywhere, in the air, water, in dirty places and on dirty fruit and vegetables. Cleanliness keeps us safe from these microbes. For example, people who eat with dirty hands get diarrhoea and those who eat dirty fruit and vegetables get diarrhoea as well. A sick person cannot do anything so everyone should know the value of good health.

Exercises

1. Match the correct synonyms from the box.

- a) healthy
- b) small
- c) diarrhoea
- d) clean

Selection of synonyms

2. What is the main idea of the text?

- a) Cleanliness
- b) Health
- c) Illness

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

- a) Fruits and vegetables should be washed.
- b) We should wash our hands before meals.
- c) There are germs in air, water and ground.
- d) Germs cause a variety of illnesses.

4. Choose the correctly spelled word to fill the spaces.
- a) Tiny things are called _____. (germs – alternative spellings)
 - b) These tiny things can be seen through _____. (microscope - alternative spellings)
 - c) We should _____ ourselves from germs. (protect – alternative spellings)

5. *Missing word exercise on verb forms that do not translate effectively.*

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

diarrhoea	wash	fruit	vegetables	hands
-----------	------	-------	------------	-------

Whenever you want to eat cleanly ____ your _____. Washing _____ and _____ prevents _____.

Lesson 20

Life Skills

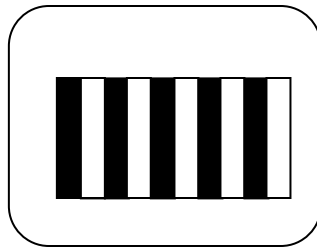
Be Careful

When you go to the city you will see many vehicles coming and going here and there. We should not walk on the roads because it is dangerous. If you do that you may get run over by a vehicle. Be careful while crossing the road. Some signs are placed on both sides of the road. They are often called traffic signs, which are guides for vehicle drivers and pedestrians. Their purpose is to prevent traffic accidents.

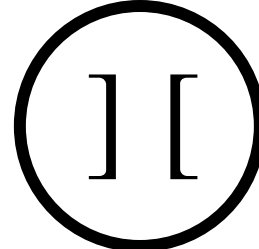
Some of the signs are like the following:



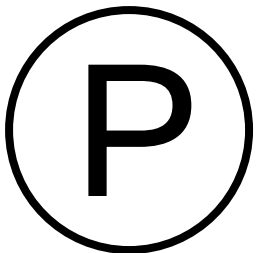
Take Care



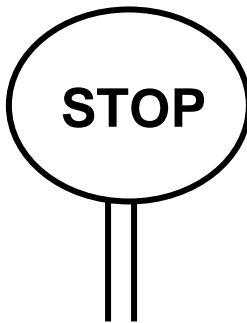
Crossing Place



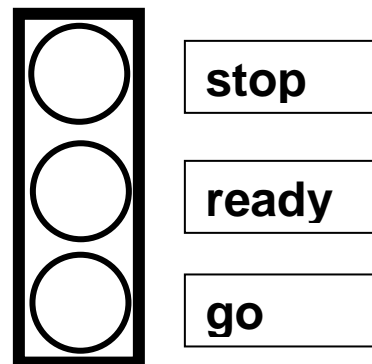
Bridge



Parking Place



Bus Stop



Traffic Lights

Every driver and pedestrian is required to respect and observe the traffic regulations while coming and going in the city.

Exercises

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

- a) care
- b) specific
- c) respect

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Traffic rules
- b) Traffic signs
- c) Taking care

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

- a) Crossing road is dangerous.
- b) Recognition of traffic signs is necessary.
- c) Traffic rules should be respected.

4. Choose the appropriate word to fill the spaces.

- a) This is a _____. (mark/marks)
- b) These are _____. (mark/marks)
- c) This is a _____. (man/men)
- d) These are _____. (man/men)

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

signs	traffic	particular	driver	road
-------	---------	------------	--------	------

On both sides of the _____ some _____ are posted. These are called _____ signs. Each of them has a purpose and each one is a _____ guide for the _____.

Lesson 21

Life Skills

Use of Tongue

Once upon a time a king asked his cook to prepare a meal for that evening. The cook went to the market and got a lamb's tongue and cooked it. The king enjoyed the meal a lot. On the following day the king asked the cook to prepare a bad meal for that evening. The cook again cooked a lamb's tongue. After the meal the king asked the cook why he had prepared the tongue in both ways. The cook said: If you speak agreeably and use the tongue in civil ways it is sweet and tasty. If you do not speak agreeably and use it in uncivil ways it is bad and nasty. As a poet says: If you keep your tongue saying good words it becomes a habit forever but if you have an insulting tongue both relatives and strangers will blacken your face.

Exercises

1. Choose the correct meanings.

- a) cook: (3 alternative meanings)
- b) evening: (3 alternative meanings)
- c) taste: (3 alternative meanings)

2. What is the main idea of the text?
 - a) Having a civil tongue
 - b) Taste
 - c) Food

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - a) We should give our tongue the habit of saying nice things.
 - b) A civil tongued person has many friends.
 - c) Uncivil tongued people have no friends.

4. Use the given punctuation marks in the paragraph.

“	”	,	:	.
---	---	---	---	---

The cook said __ __ It is the same tongue if you use it in a good way and nicely__ the tongue is sweet but if you use it in an uncivil way it becomes bad__ __

6. *Missing word exercise on masculine and feminine forms that do not translate effectively.*

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

civil	use	cook	tongue	sweet	speak
-------	-----	------	--------	-------	-------

The _____ said, “It is the same tongue if we _____ nicely and say _____ words and _____ it in a _____ way the _____ is sweet.”

Lesson 22

Culture

Celebrations in our Country

Like other places in the world our country has some particular days on which they feel happy and have a lot of fun. They are the Eid Festivals, the first day of the solar New Year, and National Independence Day. There are two Eid Festivals, small and large. The former comes after Ramadan (the tenth month of the lunar year) and the latter comes 70 days after the former (small Eid). On the small Eid everyone makes new clothes for themselves. At large Eid some also make new clothes. Those who are well off slaughter a small animal such as a goat or sheep. Some families get together and share a big animal like a cow, ox, calf, or camel. The meat of the slaughtered animal is distributed to relatives and neighbours. The people congratulate each other on this occasion. There is coming and going between relatives for congratulations and youngsters visit elders. The first day of the solar New Year is also celebrated. On this day the people celebrate the fine and pleasant season. People focus on planting new trees. They eat seven fruits and ‘Samanak’ (a special meal, prepared on this day) is common in some places.

Exercises

1. Choose the correct meanings.
 - a) ability: (3 alternative meanings)
 - b) Samanak: (3 alternative meanings)
 - c) New Year’s day: (3 alternative meanings)

2. What is the main idea of the text?
 - a) Eids and celebrations
 - b) The way Eids and festivals are celebrated
 - c) Celebrations
3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - a) People prepare new clothes for Eid festivals.
 - b) People slaughter sheep.
 - c) On New Year's Day people plant new trees.
4. Use the given punctuation marks in the paragraph.

· ,

These days are festivals __ Eid__ New Year's Day and the National Independence Day__ There are two Eids __ one is small and the other is big __

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

Independence	New Day	fixed	world	like	celebration	National
--------------	---------	-------	-------	------	-------------	----------

Our people _____ the rest of the people of the _____ have _____ days for _____ during the year. These are the Eid days, _____ or the New Year day, and the _____ day.

Lesson 23

Life Skills

Landmines

The mine is the hidden enemy of mankind and, unfortunately, there are many of them in our county. They were laid during the wars. They are basically of two types – anti-personnel and anti-tank or anti-vehicle. A large number of our people have become disabled or killed by the landmines. In some places they are scattered around on the ground and when children see them they think they are toys, touch them and they explode causing disability to some extent. Some of the places where there are large numbers of mines have been marked by de-mining agencies. Everyone needs to look out for these red coloured markers. If someone comes across a mine they should quickly inform the de-mining agencies about it. Also if someone finds a mine he should mark it and leave the area by exactly the same path as he came. Mines should not be struck by stones or picked up by unskilled hands.

Exercises

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

- a) enemy
- b) hidden
- c) separate
- d) luckily

Selection of opposites

2. What is the main idea of the text?
 - a) Landmines and their dangers
 - b) Disabled people
 - c) Protecting oneself from landmines.

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - a) Landmine is the hidden enemy of people.
 - b) Landmines are of different types.
 - c) Landmines should be struck with stones.
 - d) If you see a landmine pick it up.

4. Choose the appropriate word to fill the spaces.
 - a) This is a _____. (mine, mines)
 - b) These are _____. (mine, mines)
 - c) _____ are a hidden enemy of people. (Mine, Mines)

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

hidden	country	laid	anti-	types	Landmines
--------	---------	------	-------	-------	-----------

_____ are a _____ enemy of people. Unfortunately, there are many mines in our _____. These mines have been _____ during wars. Mines are of different _____. Some of them are _____ tank mines and some are anti personnel.

Lesson 24

Culture

What am I?

I never get upset. I am silent but speak only to those who respect me and know my value. I am available everywhere. My friends are always looking for me and some of them even buy me. I give them profit and information without payment. I am a good friend. I fight with no one. I never sleep or take a rest. I never die. If you don't leave me I will not leave you either. Now guess who I am.

My name is book.

Exercises

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

- a) free (of charge)
- b) rest
- c) value

Pairs of alternative meanings

2. What is the main idea of the text?
 - a) The value of books
 - b) Recognising books
 - c) Reading books

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
- Book is a good friend.
 - Book dies.
 - The book talks.

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

value	upset	friends	silent
-------	-------	---------	--------

I do not get _____ easily. I am _____ but speak only to those _____ who know my _____.

Lesson 25

Health

Skin Diseases

Human skin is very delicate. Skin diseases result from not keeping clean. There are many different skin problems such as itching, boils, wounds, rashes and lice. Some of them are contagious. To avoid contracting skin diseases we should keep ourselves clean. It is important to use soap when we wash ourselves especially after going to the toilet and before we eat. Put bedding and clothes out in the sunlight this is very good for preventing lice. If we contract skin diseases we should see a doctor and follow his advice.

Exercises

- Choose the correct meanings from the alternatives in the box and write them beside the words.
 - itching (3 alternative meanings)
 - allergy (3 alternative meanings)
 - contagious (3 alternative meanings)
 - medicine (3 alternative meanings)
- What is the main idea of the text?
 - Skin diseases
 - Protecting oneself from illnesses
 - Protecting oneself from skin diseases
- Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - Some skin diseases are communicable.
 - We should keep ourselves clean to prevent skin diseases.
 - If we get skin diseases we should go to the doctor.

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

Allergy	know	thing	immediately	prevent	avoid	to
---------	------	-------	-------------	---------	-------	----

_____ can be caused by food, drink, air, clothing, and other things. The best way for a person to _____ allergy is to _____ the _____ he is sensitive _____. He should _____ that thing.

Lesson 26

Life Skills

Respect Me Please

You learn everything from me but you do not pay me any attention. I serve the whole of society. I teach everyone something in the proper time and place. Society honours me. It does not matter whether you respect me or not but you see that I am your servant. Call me whenever there is something I can do for you. Although like you I am a living creature, yet I burn and give you light like a candle. I want you to recognize me and not forget the services I do for you. I am your servant and your teacher.

Exercises

1. Choose the correct meanings.
 - a) Care (3 alternative meanings)
 - b) People (3 alternative meanings)
 - c) Respect (3 alternative meanings)
 - d) Servant (3 alternative meanings)
2. What is the main idea of the text?
 - a) About the position of the teacher
 - b) About the teaching of the teacher
 - c) About the teacher
3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - a) Respecting of teacher is necessary.
 - b) Teacher is the servant of the community.
 - c) The community should respect the teacher.
4. Choose the appropriate word to fill the spaces.
 - a) This _____ a teacher. (are, is)
 - b) These _____ teachers. (is, are)
 - c) This _____ a servant. (are, is)
5. Choose the correct words from the box and write them in the spaces

servant	service	candle	light	teacher
---------	---------	--------	-------	---------

I burn like a _____ and produce _____ for others. I say that you should first recognise me and then remember my _____. I am your _____ and _____.

Lesson 27

Life skills

Dangers of Narcotics

Narcotics carry many risks. The use of tobacco and other narcotics causes diseases of the heart, lungs, and brain. They also ruin the economy. Once you are addicted to them you can hardly stop. Narcotics users have no respect in society. All people look down on them. They can become isolated from their families and society because their minds are disturbed. They also feel restricted in their environment and move restlessly from one place to another. Narcotics cause disabilities and even death because the users lose appetite, do not eat enough

and become thin and weak. They lose touch with reality and do not recognize dangers. A good society and family should be free from narcotic abuse. A good man avoids narcotics and does not abuse them. He advises others to do the same.

Exercises

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

- a) harm (3 alternative meanings)
- b) use (3 alternative meanings)
- c) powder (3 alternative meanings)
- d) comprehend (3 alternative meanings)

2. What is the main idea of the text?

- a) The dangers of narcotics
- b) Narcotics
- c) Illnesses

3. Write ‘yes’ for the correct sentences and ‘no’ for the incorrect sentences.

- a) Narcotics cause disabilities and death.
- b) Narcotics addicted people have a good appetite.
- c) Narcotic addicted people can realise the real life.
- d) Using narcotics is good.

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

stimulants	use	tobacco	dangers	Narcotics	nervous system	bone	economy
------------	-----	---------	---------	-----------	----------------	------	---------

_____ present many _____. The _____ of _____ and other _____ cause heart, _____, lung and _____ diseases. In to addition to illness, narcotics waste money and also harm the _____

Lesson 28

Life skills

What Am I?

All people know me but they do not realize how quickly I am passing. Once I pass I never return. No one respects me and they are careless about me. I wonder at them that in the course of my passing people become adult and even in adulthood still do not notice me until their beards grow white. I give you friendly advice to please recognize my value and do not waste me or someday you will be sorry. I am very valuable and people call me gold. Can you say what my name is? My name is time.

Exercises

1. Match the correct synonyms from the box.

- a) value
- b) forget
- c) free (of charge)
- d) expensive

Selection of synonyms

2. What is the main idea of the text?
 - a) The value of time
 - b) The passage of time
 - c) The speed of time

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - a) Time is valuable.
 - b) Once time passes it doesn't come back.
 - c) It is nice to be careless with time.

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

value	regret	expensive	gold	freely
-------	--------	-----------	------	--------

Know my _____ and don't give me away _____ because you may _____.
 I am very _____ and people call me _____.

Lesson 29

Life skills

Honesty

What is it that gives you dignity and credibility with people? It is telling the truth and avoiding lies. As the saying goes: "Every raw thing will one day ripen but a raw man will never ripen". Here the metaphorical word "raw" is standing for lying and becoming known as a liar. Once you are known as a liar, from then on even if you speak the truth no one will ever trust and believe you. A pearl has water and if that water is lost it becomes priceless and invaluable. Speech is also like a pearl, if it is a lie it loses its value. If a liar appears to be a good friend of someone no one will ever believe or trust him, that is why a liar cannot find a friend. People believe it is time to get up when the cock crows, but they do not believe the oaths of a liar. So we can conclude that a liar has no importance in society. A lie is discovered quite quickly and in this regard there is a proverb that says: "A lie has a short life". If you want to be successful, gain high position, and have people trust you, you should make a habit of telling the truth.

1. Match the correct antonyms from the box.

honesty
 cock
 awake
 raw

Selection of opposites

2. What is the main idea of the text?
 - a) Telling lies
 - b) Talkativeness
 - c) Advantage of telling the truth

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - a) No-one believes the promises of liars.
 - b) We should get into the habit of telling the truth.
 - c) A liar has many friends.
 - d) Telling the truth protects your credibility.

4. Choose the appropriate word to fill the spaces.
- The credibility of a person is dependent on _____. (honesty – alternative spellings)
 - The _____ of ‘raw’ man is lie telling. (meaning – alternative spellings)
 - That is the _____ that a liar has no friends. (reason – alternative spellings)

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

Honesty	water	raw	credibility	personality	habit
---------	-------	-----	-------------	-------------	-------

_____ is something that protects your _____ and _____ in the sight of people. All _____ things ripen but a raw man never ripens. A pearl has a _____ if it escapes, it is priceless, so we need to get into the _____ of telling the truth.

Lesson 30

Health

Diarrhoea

Diarrhoea is a dangerous disease. Three million children die each year from diarrhoea. The major causes of the disease are the neglect of hygiene, drinking dirty water and bottle-feeding babies. To prevent this illness the following points should be observed:

- Breastfeed the child
- Wash hands before eating
- Cover toilets
- Wash fruit and vegetables before eating them

If a child gets diarrhoea keep the following guidelines in mind.

- Give the child plenty of clean water
- Give ORS solution. If this solution is not available then dissolve one pinch of salt, one fist of sugar into one litre of clean water and give it to the child as long as he demands and is thirsty.
- The sick child needs food
- If the child is breast feeding give mother’s milk

If diarrhoea does not get treated with ORS and persists for more than two weeks or if there is blood in the stool seek assistance from health workers.

Exercises

- Choose the correct meanings from the alternatives in the box and write them beside the words.
 - diarrhea (3 alternative meanings)
 - medicine (3 alternative meanings)
 - solution (3 alternative meanings)
- What is the main idea of the text?
 - Diarrhoea
 - Constipation
 - Abdominal and intestinal pain.

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
- Diarrhoea results from unclean food and water.
 - Diarrhoea patients should be given a lot of water.
 - Diarrhoea patient should be given ORS.
 - Water should be boiled before being drunk.
4. Choose the correctly spelled word to fill the spaces.
- This _____ is curable. (illness – alternative spellings)
 - The patient is given ORS _____. (Solution – alternative spellings)
 - The patient should use a _____ solution. (Prepared – alternative spellings)
5. Choose the appropriate word to fill the spaces.
- This water is _____. (clean singular and plural form)
 - This is a _____ (fly, flies)
 - There are _____. (flies, fly)
6. Choose the correct words from the box and write them in the spaces.

boiled	patient	solution	O.R.S
--------	---------	----------	-------

Water should be _____ well and cooled and then used for making the _____.
 The _____ solution should be given to the _____ from time to time.

Lesson 31

Life skills

Peace

One day Peace and War met each other. They hadn't seen each other for a long time. Peace asked War: Where have you come from? War answered: I have come from the land of bad luck, worry and ruin where there are no traces of your footprints. War asked Peace: Where have you come from? Peace answered: From the city of security, happiness and good luck where they regard me as their friend and you as their enemy. War was hurt by Peace's statement. Peace suggested to War that they should go together to the cities and see the results of their actions. War agreed and they started walking. When they reached a city War showed Peace the school and Hospital that had been demolished in the war. Peace laughed at War who became angry and asked peace to show him his results. Peace, there and then, showed him a beautiful school where students were singing the Peace song. War had no song to be sung. Up to now War had been angry but finally he gave in and said to Peace: I realize that you have many friends and I have many enemies. Peace again showed War a paved road with many vehicles coming and going and people who were happy and comfortable. Peace asked war to pay a visit to the city. When they arrived people, horrified by the sight of War's face stained with the blood of human beings, ran here and there. Peace, dressed in clean white clothes was embraced by everyone. On the other hand as people saw War's blood stained face approaching they picked up wooden sticks and drove him out of the city. Peace was happy and loved everywhere. People sang the Peace song.

Exercises

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

- a) peace
- b) luck
- c) enemy
- d) bad
- e) sad

Selection of opposites

2. What is the main idea of the text?

- a) Good actions
- b) Bad actions
- c) The importance of peace

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

- a) Peace results in misfortune and destruction.
- b) War results in misfortune and destruction.
- c) Peace brings security and happiness.

4. Choose the appropriate word to fill the spaces.

- a) This is a _____. (city, cities)
- b) That _____ is happy. (girl, girls)
- c) This is a _____. (house, houses)

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

good luck	enemies	misfortune	security	time	peace	destruction
-----------	---------	------------	----------	------	-------	-------------

Once _____ and war faced each other. These two _____ had not seen each other for a long _____. War said, I have come from the city of _____, worries and _____. Peace replied, I have come from the city of _____ happiness and _____.

Lesson 32

Life skills

A Red Hen

One day a beautiful red hen said, "Look! I have some wheat seeds. Who is going to help me cultivate them?" The duck said: I can't. The cat said: I can't either. The dog said: It is nothing to do with me. Cultivate them yourself. The red hen said: Ok it doesn't matter. I'll do it myself. As the reaping time arrived the hen said: Who is going to help me reap it? The dog said: I am feeling sleepy.

The duck said: I don't know how to reap. The cat said: neither do I. The red hen said: Never mind. I'll do it myself. On the following day she called for help to thresh the wheat, but nobody came. The duck said: That is none of my business. The dog said: I am tired. The cat said I have other things to do.

So, the red hen did it by herself and also winnowed it. When it was time to take the wheat to the mill the red hen said: Who will help me to carry it? The dog said I am hungry. The cat said: I am sick. The duck said: I am going somewhere. The red hen said: Never mind I will take it by myself. The red Hen called again: Who is going to help me bake the bread. The cat said:

What! Do it yourself. The duck said I wish I knew how to bake. The dog said: I have some work to do. Some time later the red hen called: who is going to share my bread. The duck said: I will share your food. The dog said: I am hungry. The cat said: I want to share your food too. The red hen said: Let's look at the accounts. You didn't help me with the cultivation, you left me to reap alone, and you didn't share in the threshing. How tired I was carrying the wheat to the mill, and you did not help in the baking either. So you have no right to share my bread. The red hen ate it alone. Never hope for things that you haven't taken a step for. Now that I have done everything alone I will eat it alone as well. As the poet says: No comfort without pain. Work to get comfort.

Exercises

1. Match the correct synonyms from the box.

- a) beautiful
- b) hardworking
- c) comfort
- d) sickle

Selection of synonyms

2. What is the main idea of the text?

- a) Laziness
- b) Working
- c) Unity

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

- a) The red hen cultivated wheat and then reaped it.
- b) The red hen shared the meal with friends.
- c) The red hen finally considered the accounts of all friends.
- d) The red hen ate the meal alone.

4. Use the given punctuation marks in the paragraph.

: . ! ?

The cat said ___ "I can't do that either ___" The dog said ___ "What is that to me ___ Do it yourself ___"

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

worked	expect	taste
--------	--------	-------

Do not _____ to eat and _____ things that you have not _____ for.

Lesson 33

Health

Tuberculosis

This is a dangerous chronic lung disease which is easily transmitted from one person to another. Anyone can catch it especially those who have not been vaccinated and are weak or undernourished. It can be cured and early therapy is vital for prevention and treatment. Anyone who has the following symptoms should see a doctor at once.

- Anyone who coughs for two weeks
- Anyone who has pain with a cough
- Anyone who coughs up sputum (a thick substance from the lungs) that is coloured or contains blood.

Tuberculosis usually starts in the lungs but can affect all parts of the body. Here are some important things to remember if a person has TB:

- When breast-feeding a mother should cover her mouth with a handkerchief.
- This is also a good idea when talking to other people.
- Dispose of the sputum carefully by burning
- Get proper treatment
- Eat healthily

Exercises

1. Choose the correct meanings from the alternatives in the box and write them beside the words.
 - a) Communicable (3 alternative meanings)
 - b) Under nourishment (3 alternative meanings)
 - c) Signs (3 alternative meanings)
 - d) Treatment (3 alternative meanings)
2. What is the main idea of the text?
 - a) Lung diseases
 - b) Heart diseases
 - c) Tuberculosis and its prevention
3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - a) One of the signs of tuberculosis is severe coughing.
 - b) Tuberculosis patients have yellow and greasy skin.
 - c) Tuberculosis is curable.
4. Choose the correct words from the box and write them in the spaces.

sweating	Tuberculosis	night	mild	coughing	signs	morning
----------	--------------	-------	------	----------	-------	---------

_____ has many _____ and symptoms. Prolonged _____ especially in the _____, after waking up. A _____ evening fever and _____ in the _____ time.

Lesson 34

Story

The Farmer and the Minister

One day the king's minister became angry with a poor farmer and sent him away from the village. The king was a good person. When he learned what his minister had done he was very sad but didn't say anything to his minister at that time. A few days later the king invited the minister to a party and had prepared a variety of food for him. As the minister looked at the table he noticed that there was no bread or rice. After the meal the king asked the minister if he had enjoyed the food. The minister answered: Everything was excellent but I couldn't enjoy it because there was no bread or rice. The king said: You still don't understand. You should understand that rice and bread come from the farmers. You drove the farmer out of the village

yet you expect bread and rice. When the king said this the minister felt sorry for what he had done and from then on he loved the farmers. He respected them and kept them happy. Is it possible to live in this world without farmers?

Exercises

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

- a) angry
- b) delicious
- c) educated
- d) affection

Selection of opposites

2. What is the main idea of the text?

- a) The importance of food
- b) The role of farmer in the community
- c) The importance of rice

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

- a) The king became angry with the poor farmer.
- b) The minister gives the king a party.
- c) There was no bread and no rice on the tablecloth.
- e) Minister was sorry for what he had done.

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

sorry	live	possible	world	actions	farmers
-------	------	----------	-------	---------	---------

Because of the king's words, the minister become _____ for his _____ and from then on he loved _____. Is it _____ for us to _____ on this _____ without farmers?

Lesson 35

Life skills

The Universe is like a Mirror, a Poem

The universe is like a mirror.
 The universe is not bad if you are not bad.
 There is nothing wrong in the universe if you are not wrong.
 The universe is like a flowing ocean.
 The universe is like a clean mirror.
 Everyone, beautiful or ugly, can see their
 Face in the universe.
 There is risk to life in the universe.
 The universe is an unfaithful jewel.
 For the faithful it is faithful,
 For the unfaithful it is unfaithful.
 On one side of its face is pain,
 On the other its remedy.
 In some parts you feel poison,
 In some parts sweets.

Exercises

- Choose the correct meanings from the alternatives in the box and write them beside the words.
 - wrong (3 alternative meanings)
 - mirror (3 alternative meanings)
 - pure (3 alternative meanings)
 - ugly (3 alternative meanings)
 - beautiful (3 alternative meanings)
 - jewel (3 alternative meanings)
- What is the main idea of the text?
 - Doing good
 - World is like mirror
 - A bad person
- Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - The world like mirror reflects both good and bad.
 - Poison and Halwa are both sweets.
 - If you do good to some one he should do the same to you.
- Choose the correct words from the box and write them in the spaces.

taste	sweets	poison
-------	--------	--------

In some place feel the _____ of _____. In some place feel the _____ of _____.

Lesson 36

Health

Lice

Lice are harmful insects found on the head or other parts of the body of those people who are careless about them. They suck the blood of humans to stay alive, and cause the following problems:

- Itching of the head or other parts of the body
- Excessive scratching which causes wounds

Infestation can occur at any age and children are very likely to catch lice. Once they appear on children they can easily move on to the rest of the family.

To avoid lice the following measures should be taken:

- Hair should be washed very often
- Hair should be combed every day
- Don't use other peoples combs, hats, clothes etc
- Do not sleep on someone's bed if you see lice there.

Treatment: If you get lice go to the doctor and get his advice about anti lice shampoo which is available nowadays Another way is to shave the heads of both young and old males.

Exercises

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

- a) care
- b) harmful
- c) problem
- d) method
- e) insect

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Louse Types
- b) Protecting self against louse
- c) Louse

3. Write ‘yes’ for the correct sentences and ‘no’ for the incorrect sentences.

- a) Hair should be combed by everybody.
- b) Hair should not be washed frequently.
- c) We should use other people’s combs.

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

methods	shampoo	shaving	specific
---------	---------	---------	----------

If ever lice are found in your head, a _____ has come on to the market. There are other _____ for getting rid of lice as well for example, _____ the head of males.

Lesson 37

Culture

The Rights of Disabled People

The word disabled is applied to people who cannot carry out day-to-day activities that people of that age normally do. Disability comes about as a result of various diseases and accidents, for example landmines disable people and a lack of iodine can cause mental problems in children. There are many types of disability these include movement problems, mental problems, problems with sight, hearing, speaking, and epilepsy. Some people have no feelings in their hands and feet and if you touch them they can’t feel it. These problems are all either diseases or the results of diseases and other unfortunate events. Disabled people are the oppressed class of society and most people are unaware of their rights. They are people like us. If they cannot do one thing they can often do another. They should not be looked down on. They shouldn’t be labelled with bad names like blind, deaf or cripple etc. They should be given education. We should find jobs for them. We should consider their problems and help them find a solution. They should be enabled to work out their own problems for themselves so that they do not become a burden on other people and live independently.

Exercises

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

- a) disabled
- b) problem
- c) mental
- d) poor
- e) class

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Patients
- b) Recognition of disabled people and respecting their rights
- c) Mental patients

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

- a) We shouldn't call disabled people bad names like deaf, dumb.
- b) We should help disabled people.
- c) They should be given their rights.

4. Choose the appropriate word to fill the spaces.

- a) This boy _____ disabled. (is, are)
- b) These boys _____ disabled. (are, is)
- c) This boy _____ deaf (is, are)
- d) These boys _____ deaf. (is, are)

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

crazy	like	deaf	Disabled	looked down on	names
-------	------	------	----------	----------------	-------

_____ people are humans _____ us. First of all they shouldn't be _____. They shouldn't be called bad _____ like _____ blind, lame and _____.

Lesson 38

Life skills

Cricket and Ant

It was summer. An ant was working very hard to gather food for the winter. A cricket was sitting in a tree when suddenly it noticed the ant. The cricket said: Friend why are you struggling so much?

The ant said, "Carry on singing and let me get on with my work". The cricket sang and passed the days happily all summer long until winter came and she had no food. She asked the ant to give her some. The ant told her, "You passed the working hours in singing but I worked very hard to get this supply of winter food". This statement upset the cricket. The ant said, "You sang in summer, now dance in winter".

Exercises

1. Match the correct synonyms from the box.

- a) summer
- b) hardworking
- c) song
- d) prepare

Selection of synonyms

2. What is the main idea of the text?

- a) Song singing
- b) Working hard
- c) Dancing

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

- a) The ant worked very hard.
- b) The cricket also worked hard.
- c) The ant collected food.
- d) The cricket danced.

4. Choose the appropriate word to fill the spaces.

- a) This is an _____. (Ant, ants)
- b) These are _____. (Ants, ant)
- c) This is a _____. (Cricket, crickets)
- d) These boys _____. (Is, are)

5. Put the sentences in order according to the text

- a) Now dance.
- b) The winter had arrived but the cricket didn't have food
- c) An ant was working very hard in the summer.
- d) You spent the whole working time in singing.
- e) The cricket was hurt by this statement.

Lesson 39

Geography

Our Neighbouring States

Our beloved Afghanistan borders the following six countries: Tajikistan, Uzbekistan, Turkmenistan, Pakistan, Iran and China. Our country and its neighbouring states are located in the continent of Asia. They have some common customs and traditions, but in some aspects of life they have certain differences as well. For example in China the number of family members never exceeds four, although nowadays Chinese families try not to have more than one child. In the other five neighbouring states most people have four children, although now they try not to have more than two or three. In our country the estimated average number of family members is 7 because our people lack information. They have also neglected health and ignored the fact that it is a poor country. Another major problem is the lack of education and health care.

Exercises

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

- a) country
- b) much
- c) separate

Pairs of
alternative
meanings

2. What is the main idea of the text?

- a) About Afghanistan
- b) The neighbouring countries of Afghanistan
- c) We and our neighbouring countries

3. Write ‘yes’ for the correct sentences and ‘no’ for the incorrect sentences.

- a) Tajekistan, Uzbekistan and Iran are eastern in neighbours.
- b) Pakistan is our southern neighbour.
- c) The average estimated numbers of family member in Afghanistan is 7.

4. Choose the appropriate word to fill the spaces.

- a) These are _____ neighbours. (is, are)
- b) This is _____ house. (our, my)
- c) This is _____ country. (my, our)

5. Use the given punctuation marks in the paragraph.

: . ,

Our neighbours are __ Tajkistan__ Uzbekistan__ Iran __ Pakistan and China __

Lesson 40

Health

Malaria

Malaria is caused by the bite of a mosquito called Anopheles, which lives and lays eggs in stagnant waters, forests and dark and wet places. It is more prevalent in summer and fall. When the mosquito bites a fever develops with cold shivers and sometimes this is followed by nausea. If the fever becomes prolonged it leads to anaemia and enlargement of the liver and spleen. Malaria is prevented by destroying the mosquito’s habitat, removal of dirt and using mosquito nets for sleeping under. If you get malaria you should go straight away to the doctor, get your blood tested and follow the doctor’s advice.

1. Match the correct synonyms from the box.

- a) dark
- b) much
- c) cold
- d) healthy

Selection
of
synonyms

2. What is the main idea of the text?
 - a) About hot and cold fevers
 - b) Malaria fever
 - c) Mosquito

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - a) The malaria fever is carried to people by mosquito bite.
 - b) The malaria causing mosquito is called Anopheles.
 - c) The malaria mosquito lives only in water.

4. Choose the appropriate word to fill the spaces.
 - a) The _____ mosquito bite produces fever. (malaria – 3 alternative spellings)
 - b) This mosquito lives in _____ as well. (forests – 3 alternative spellings)
 - c) They lay eggs _____. (here – 3 alternative spellings)

5. Choose the appropriate word to fill the spaces.
 - a) This a _____. (forest, forests)
 - b) There are _____. (forest, forests)
 - c) This is an _____. (egg, human)

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

forests	lives	stagnant	anopheles
---------	-------	----------	-----------

This mosquito is called _____ and _____ in _____ waters in thick _____ and dark places.

Lesson 41

Health

A Balanced Diet

Our body needs a balanced diet, as do all the things around us created by God the Almighty. It is good for our health not to eat more than we need of any kind of food. A diet that meets the necessary amounts of our body's requirements is called a balanced diet.

Food is classified into three categories:

- Carbohydrates such as potatoes, bread, rice and sugar
- Proteins such as meat, fish, chicken, lentils, beans and some nuts
- Fat such as butter, cream, edible oil, etc

Carbohydrates provide us energy and help us to move, work and carry things

Proteins help us to grow tall and develop our muscles.

Fats give reserves of energy in the body. So in the absence of carbohydrate, fat provides energy. It also protects us from heat and from cold.

We also need vitamins and minerals (fruits, vegetables, salt, etc) to help our body fight against diseases.

Exercises

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

- a) necessity
- b) proper
- c) youngsters
- d) energy
- e) fats

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Balanced diet
- b) Fruits and vegetables
- c) Fatty and sweet foods

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

- a) Proteins are meat, fish and fatty (oily) foods.
- b) Cheese and cooking oil are fatty foods.
- c) Protein helps height growth and muscle development
- d) Fruits and vegetables are useful for protection of body.

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

energy	body	store	carbohydrate	fats	heat	cold
--------	------	-------	--------------	------	------	------

Fats _____ in the _____. Thus, we can say in absence of _____, _____ supply energy likewise, _____ protect us from _____ and _____.

Lesson 42

Culture

Mother's Arms

The word 'mother' is a sacred and holy word. Mother is the one who raises and takes care of the children to the extent of her ability. Mother is a kind woman; full of love and God has praised her high position in several places in the Holy Quran. There is a saying of the prophet "Paradise lies under the feet of mothers". The point of this saying is that we should recognize and respect her rights because it is mother who raises and cares for the child, gives milk to the child and teaches the child to walk. Mother's arms, full of kindness, provide the first school, which gives care and education to the child. Scholars and educated people are raised in their mother's arms. The great people of the world have been presented to society from these kind arms. This is mother who serves without repayment. We should never ignore or forget the things that mother does. Mother is an angel on the earth.

Exercises

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

- a) holy
- b) high
- c) position
- d) great
- e) gift

Pairs of alternative meanings

2. What is the main idea of the text?
a) Rights of mother and respect
b) Mother’s love
c) Mother’s life

3. Write ‘yes’ for the correct sentences and ‘no’ for the incorrect sentences.
a) Paradise lies under the mother’s feet.
b) Scholars and professors are raised in mother’s arms.
c) Mother is an angel on earth.

4. Choose the appropriate word to fill the spaces.
a) _____ are raised in mother’s arms. (blind, scholars)
b) _____ are raised in mother’s arms. (deaf, professors)
c) _____ are raised in mother’s arms. (Paralysed, child)

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

mother	raised	kind	Scholars	great	community
--------	--------	------	----------	-------	-----------

_____ and professors are _____ by _____.
The _____ people of the world are presented to the _____ from these _____ arms.

Lesson 43

Health

Vaccines

Vaccines are effective preventative substances which are introduced into the bodies of children at specific times from birth up to the age of 1. They prevent children from contracting dangerous and fatal diseases. Women in their eighth month of pregnancy are also immunised by giving them an anti-tetanus vaccine. The reasons for vaccination are to prevent disabilities and diseases. There are six vaccines for the prevention of specific diseases. These vaccines are for the prevention of the following fatal diseases: Whooping cough, Tuberculosis, Diphtheria, Measles and Polio and Tetanus. Young children need to be vaccinated at the proper times because in many countries thousands of young children die each year without vaccination.

Exercises

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

- a) Effective
- b) Prevention
- c) Specific

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Vaccines
- b) Role of vaccines in the prevention of deadly diseases.
- c) Types of vaccines.

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

- a) Vaccines are injected for prevention of deadly diseases.
- b) There are 8 vaccines.
- c) Pregnant women are also injected vaccines.

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

Vaccine	birth	specific	prophylactic
---------	-------	----------	--------------

_____ is an effective _____ medicine which is given to children from _____ at _____ times.

Lesson 44

Health

Houseflies

Houseflies are harmful insects. In addition to annoying and bothering us they carry other risks too. They both cause and transmit diseases. They lay eggs in cracks of dirty places in a tube shape. The eggs hatch into larvae which then change into adults with wings. They have a high reproduction rate. They carry germs on their feet from dirty places to clean things. When they land on our food they contaminate it. Fruit and vegetables have to be washed well and pots containing food should be covered. Nets should be used on doors and windows to keep flies out. Toilets should be clean, covered and away from the living room and wells.

Exercises

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

- a) annoy
- b) harm
- c) propagation

Pairs of alternative meanings

2. What is the main idea of the text?

- a) The dangers of houseflies and their prevention.
- b) Transmission of diseases by house flies.
- c) Washing of fruit and vegetables.

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
- Flies lay eggs in cracks of dirty and rotten things.
 - Flies have a high reproduction rate.
 - Flies carry germ by their feet.

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

dangers	diseases	harmful	annoying	disturbing
---------	----------	---------	----------	------------

Flies are _____ insects. In addition to _____ and _____ people flies pose other _____ too. Flies cause _____.

Lesson 45

Health

First Aid

People meet many different problems in their day-to-day lives. Sometimes they are hurt in accidents. As most of our people live in villages it will take them far too long to take the patient to a clinic. If it is an emergency case the patient's condition may go from bad to worse very quickly and can even result in death. In order to avoid this we should learn First Aid so that we can give help in an emergency case. There are many types of first aid such as dressing wounds, stopping bleeding, immobilizing broken bones, giving artificial respiration and dealing with snake or scorpion bites. For example if someone is wounded we should first clean the wound with soap and water. We should also wash our hands with soap and water too. The wound should be covered or wrapped with a clean cloth and then the patient should be taken to hospital. We should not give patients medicine without a doctor's prescription. What is important here is the prevention of the above-mentioned accidents as well as how to help them.

Exercises

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

- emergency
- fracture
- example
- aware

Pairs of alternative meanings

2. What is the main idea of the text?
- Helping a patient in an emergency
 - Helping a patient
 - Stopping a patient from bleeding.
3. Answer the questions with 'yes' or 'no'.
- Should the wound be washed with soap and water?
 - Should the wound be bound with a clean cloth?
 - Does first aid mean the bandaging of wounds and helping fractured bones?

4. *Missing word exercise on verb forms that do not translate effectively*
5. Choose the correct words from the box and write them in the spaces.

first aid	fractured	wounds
-----------	-----------	--------

There are many types of _____ like bandaging _____, stopping bleeding, binding _____ bones and others.

Lesson 46

Life skills

A Song for our Country

We are the children of this country and born free.
 Afghans are brothers and sisters to one another.
 Afghanistan is our common home.
 If we are children today, tomorrow we will become men.
 We will change this soil to a garden and desert to lawn
 We will try to reach the top of the world if we can.
 We will develop our country and come top all over the world.

Exercises

1. Choose the correct meanings from the alternatives in the box and write them beside the words.
- | | |
|---|--|
| <ul style="list-style-type: none"> a) country b) garden c) plains d) world e) strength | <div style="border: 1px solid black; padding: 5px; display: inline-block;"> Pairs of
alternative
meanings </div> |
|---|--|

2. What is the main idea of the text?
- a) Improving the country
 - b) Patriotism
 - c) Decision.
3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
- a) Your country is dear to you.
 - b) You can improve your country.
 - c) You love freedom.

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

free	country	common	sisters
------	---------	--------	---------

We the children of this _____ have been born _____. Afghans are _____ and brothers. Afghanistan is our _____ house.

Lesson 47

Life skills

Communication

Communication is done by several methods. To establish communication between two people, individuals or agencies we can use the following methods: verbal, written or telephone.

Here is an example of the written communication method.

Sickness Application

To: The headmaster of () School

Dear Sir,

I am () son of (),
student of class ().

I am sick today and so cannot attend my class. You are respectfully requested not to mark me absent

Regards

Signature of student _____ Date _____

Exercises

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

- a) method
- b) individual
- c) communication
- d) oral

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Writing
- b) Application for sick leave
- c) Communication.

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

- a) Communication can be done in different ways.
- b) There are three forms of communication.
- c) Sick leave application is a written way of communication.

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

registration	Sir	absent	because	grade	respect
--------------	-----	--------	---------	-------	---------

To: The headmaster of Mirwais Hotak school.

Dear _____,

I, Ahmad, student of _____ 3 cannot attend school _____ of sickness. With great _____ I ask you not to mark me _____ in the _____ book.

The Ear

Ear, nose and throat are inter-dependent organs of the human body. If one of them is in trouble the other two also get into trouble. No one is exempt from ENT diseases, but children develop illnesses more frequently than adults because of their lower resistance to diseases. That is why we take care of children. You have to know that the ear has three parts. Outer, middle and inner ear each of which performs a specific function. There is a yellow substance in the ear which plays a part in its protection. When a sound wave enters the ear it strikes the membrane and vibrations are produced. The ear membrane is very thin and great care should be taken of it. Explosions and harsh sounds can break it leading to deafness. We need to protect it well. It should be kept clean. Take care while washing the head.

Exercises

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

- a) problem
- b) resistance
- c) vibration
- d) delicate
- e) care

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Ear problems.
- b) The major parts of ear and their protection.
- c) The inner ear.

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

- a) The ear has 4 parts.
- b) There is a substance in the ear.
- c) The ear membrane is injured by loud noise or explosion.

4. *Missing word exercise on verb forms that do not translate effectively*

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

care	problems	resistance	ages	Children
------	----------	------------	------	----------

Ear nose and throat _____ can affect all people of all _____. _____ become sick frequently because of their lower _____ to diseases. Great _____ should be taken.

Our World

The Earth is divided into the following six continents: Asia, Europe, Africa, America, Australia, and Antarctica. People of different races, languages and nationalities live on Earth. It has two kinds of movement.

- 1. Turning around its own axis, that gives us day and night.
- 2. Revolving around the sun, which brings about the seasons of the year.

It takes the earth one year to complete its revolution around the sun. Sometimes the sun is further away and sometimes closer to the earth, causing the weather to become colder or hotter. Lengthening of the days and nights is also a result of the earth revolving around the sun. There is also a moon which revolves around the earth.

Exercises

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

- a) continent
- b) race
- c) axis
- d) Ocean

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Earth movements
- b) Earth revolution
- c) Information about earth.

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

- a) There are 6 continents.
- b) Earth has two movements.
- c) The revolution of earth results in the 4 seasons.

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

Result	air	far	seasons	around
--------	-----	-----	---------	--------

Its rotation _____ the sun which takes a period of a year results in the four _____. Sometimes the sun becomes _____ from earth and sometimes near. The heat, cold or mildness of the _____ is the _____ of this movement.

Lesson 50

History

Mirwais Nika

Mirwais Nika was a famous ruler of our country. He was born in the lunar year of 1084 which corresponds to 1673AD. He was the son of Salim Khan the chief of the Hutak tribe of Kandahar Province. Madam Nazo was the name of his mother. Out of respect Afghans call her Grandmother. She was an educated lady. From his very early childhood she paid great attention to the raising of her son and his education. She helped him to learn most of the popular knowledge of the time while he was young. When he reached manhood he started trades and businesses. He was importing and exporting goods between Khurasan and India. In addition to the profits he made from his businesses he also learned much about the other tribes and cultures in the course of his travels. When Shah Hussain Safawi became the ruler of Iran in 1106 (lunar year) he appointed a person named Gurgin Georgeon as governor of Kandahar. This man was a cruel person and as soon as he arrived in Kandahar he started oppressing Afghans. Although people complained and made petitions but no one listened to them. Most of the Afghan chiefs and leaders were killed or imprisoned by the Safawi aggressors. Mirwais

Khan became the only hope of the people. People turned towards him. Mirwais Khan began campaigning for independence and finally gained it after long wars and hardships. Mirwais Nika, national leader, after giving eight years of memorable service to the Afghan people died in Lunar year 1127 and was buried in Kukaran village in Kandahar.

Exercises

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

- a) authority
- b) correspond
- c) educated
- d) popular
- e) aggressor

Pairs of alternative meanings

2. What is the main idea of the text?

- a) The bravery of Mirwais Nika
- b) The trade of Mirwais Nika
- c) The deeds and leadership of Mirwais Nika.

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

- a) Mirwais Nika started a war against Gurgin.
- b) He has struggled for independence.
- c) Mirwais Nika lived in Kandahar.

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

famous	corresponds	national
--------	-------------	----------

Mirwais Nika was the _____, _____ leader of our country. His birth date _____ to 1673.

Lesson 51

Science

The Brain

The brain is the control and command centre of the human being. It receives the messages of the five senses and reacts to them. Different parts of the brain monitor different senses. The centres for thinking and remembering are also in the brain. If a part of our body is injured the brain makes us aware of it by producing pain in that part and tells us to avoid danger. The brain is a major organ of our body. We must take care that it is not harmed or damaged otherwise it will result in the weakening of memory and brain diseases like madness. Special care is needed with babies since their heads are damaged more easily than adults.

Exercises

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

- a) control
- b) reaction
- c) memory
- d) harm
- e) affect

Pairs of alternative meanings

2. What is the main idea of the text?

- a) Structure of brain
- b) Parts of brain
- c) Weakness of brain

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

- a) The brain can't feel the pain of the injured area
- b) The brain of a child is very delicate.
- c) The brain is the capital of the body.

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

brain	Care	major	memory	damaged
-------	------	-------	--------	---------

The _____ is a _____ organ of the body. _____ is needed so that the brain is not _____ because if it is damaged it results in weakness of the _____.

Lesson 52

Science

The Dolphin

Dolphins belong to the whale family. They are mammals although they live in the water. They have the following characteristics:

- They give birth to their young
- They give milk to their babies
- They breathe through lungs

This animal enjoys, and has a great interest in playing. This animal can be trained and people rear and train them in pools. They are clever and intelligent animals and produce amazing sounds of whistling and calling. This is the way they communicate among themselves. When playing they jump out of the water and through the ring. They also play with a ball. People make special places for these games. This animal is very intelligent and trained for other purposes too. They are used for espionage and discovering secret information. Finally it should be mentioned that dolphins like other animals are of different types. They are found in pools and seas.

Exercises

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

- a) respiration
- b) enthusiasm
- c) intelligent
- d) communication

Pairs of alternative meanings

2. What is the main idea of the text?
 - a) Dolphin
 - b) The dolphin's way of life
 - c) Dolphins playing.

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - a) Dolphin is found of playing.
 - b) Dolphin bears live young and breast-feeds them.
 - c) Dolphin is an intelligent animal.

4. *Missing word exercise on verb forms that do not translate effectively*

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

breathe	fond	characteristics	suckle	playing
---------	------	-----------------	--------	---------

Dolphins have the _____ that they bear babies, _____ them and _____ with lungs. These animals are _____ of _____.

Lesson 53

Science

Interesting Information

For many years people have been trying to find out about their environment and the solar system. During these researches and experiments in 1969 Neil Armstrong an American scientist was the first person to successfully land on the moon. He walked on the moon for 21 hours and 30 minutes. Yuri Gagarin a Russian pilot went into space in 1961. Since 1970 there have been experiments and research taking place on the solar system especially by Americans and they have even brought some soil from the moon. Research and experiments are still going on. The making and sending of satellites has brought many successes in these areas. Many experts are working in this field.

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

<ol style="list-style-type: none"> a) Solar system b) Space c) Satellite d) Fly 	Pairs of alternative meanings
---	-------------------------------------

2. What is the main idea of the text?
 - a) Solar system
 - b) The first human to land on the moon.
 - c) About the moon.

3. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
 - a) Armstrong was the first man to land on the moon.
 - b) From 1970 up to now Americans have gone into space several times.

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

1969	successfully	Armstrong	landed	time
------	--------------	-----------	--------	------

The man who _____ on the moon for the first _____ in the year _____ was an American called _____.
