

AFGHAN BASIC  
COMPETENCY  
(ABC)  
MATERIALS

Pashto Language  
Grade 4

*English translation of  
reading texts and  
exercises*

# Pashto Grade Four Language

## Lesson 1

## Religion

### In praise of God

My God is such a creator that he is the master of everything and every wish.  
Of all the great people that are known, he is the greatest of all.  
He has no need of anyone and owes nothing to any person..  
I have such a God that he creates things from nothing.  
He is the creator of all creatures and he listens to everyone.  
All the works of this and the other world are created by my God.  
He has no partners in his kingdom, my God is unique.  
He does not need help from anyone, friend or foe.  
He is consistent and does not change forever.

### Exercises

1. Select the correct meaning from the box and write it beside the word.
    - a) empowerment
    - b) Lord
    - c) hearer
    - d) the other world

Alternative meanings
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  2. What is the main idea of the text?
    - a) God's characteristics
    - b) The power of God
    - c) Worshipping God
  3. Choose the correct word to fill the spaces.
    - a) You made \_\_\_\_\_ things from non-living things. (living –alternative spellings)
    - b) My \_\_\_\_\_ is as such. ( Lord– alternative spellings)
    - c) He is the \_\_\_\_\_ of all creatures. (creator – alternative spellings)
    - d) He is the \_\_\_\_\_ of all words. (hearer – alternative spellings)
  4. Choose the correct word to fill the spaces.
    - a) All the \_\_\_\_\_ people known so far. (greatest –alternative spellings)
    - b) My \_\_\_\_\_ is the greatest of all. ( Lord– alternative spellings)
    - c) He is in \_\_\_\_\_ of no-one. (need – alternative spellings)
    - d) He is not in \_\_\_\_\_ anyone. (debt – alternative spellings)
  5. Put the following sentences or phrases in order according to the text
    - a) He is the creator of all things
    - b) He has no partners in his kingdom
    - c) All the works of this or the other world
    - d) My god is unique
  6. Make a paragraph from the above phrases or sentences.
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### The Four Seasons of the Year

A year has four seasons, Spring, Summer, Fall and Winter. Each season has three months: Aries Taurus and Gemini are the spring months, Cancer Leo and Virgo are the summer months, Libra, Scorpio and Sagittarius are the fall months, Capricorn, Aquarius and Pisces are the winter months. Some months have 30 days and others have 31 days. A year has 365 days. The weather in spring is very pleasant. Flowers spread everywhere. Birds sing lovely songs. Trees bring about beautiful green leaves. Everywhere the country is green. In summer crops and fruit ripen. The weather is hot. The wheat, maize and other crops are fully grown. In fall the weather is mild. Those crops that were sown in spring and summer, such as maize and rice, ripen and mature. Farmers sow seeds for the next spring and people provide food and wood for the winter. The leaves of the trees turn yellow and fall off. The weather in winter is very cold. There is a lot of rain. In some places it snows as well. Schools are closed. There is no work. People eat the things that they gathered and stored in the fall.

#### Exercises

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

- a) become green
- b) summer
- c) fish
- d) third solar month
- e) some

Alternative meanings
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2. What is the main idea of the text?

- a) Snowing
- b) The four seasons
- c) Our homeland becomes green

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

- a) Flowers blossom in the spring.
- b) It snows in winter.
- c) Salwagha (11<sup>th</sup> solar month) is a winter month).
- d) Some months have 28 days

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

work	blossom	flowers	weather	mountains
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The \_\_\_\_\_ in spring is very pleasant, flowers \_\_\_\_\_, farmers start \_\_\_\_\_ again and plains and \_\_\_\_\_ are covered with \_\_\_\_\_.

**Honesty**

One day Nasim went to his garden. While he was walking here and there in the garden, he suddenly noticed an axe. He took the axe and cut the bark of a very beautiful tree. Another day Nasim went to the garden with his father. His father noticed that the leaves of the tree had become yellow. He was very angry and asked, “Who cut the bark of this tree? If I find him I will punish him severely.” Nasim began crying and said, “I cut the bark of the tree. I did not know that because of that the tree would die.” His father was pleased that he had told the truth but said to him, “Why did you cut the bark of the tree. People never do that. I loved this tree very much, I planted it with great fondness and undoubtedly it was a beautiful tree. I am very much saddened because this tree is dying. On the other hand I am very happy at your honesty. I forgive you because you told the truth for honesty is more valuable than thousands of trees.”

**Poem**

Always tell truth, truth and truth.  
 Respected and educated people tell the truth.  
 An honest person is dear to everyone.  
 A liar is known as a wicked man.  
 Honesty makes you prosperous and free from pain and worries.  
 An honest person is brave because he knows God is with him.  
 When a person always tells the truth his properties will increase.  
 An intelligent person is one who tells the truth whether he is young or old.

**Exercises**

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

Alternative meanings
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  - cut
  - angry
  - beauty
  - honourable
- What is the main idea of the text?
  - Speaking the truth
  - Not cutting the bark of trees
- Choose the correct word to fill the spaces.
  - \_\_\_\_\_ should cut the bark of trees. (Nobody –alternative spellings)
  - Nasim cut the tree bark with an \_\_\_\_\_. (axe– alternative spellings)
  - His father was pleased that he told the \_\_\_\_\_. (truth – alternative spellings)
- Missing word exercise on verb forms that do not translate effectively.*
- Put the following sentences or phrases in order according to the text
  - He cut the tree bark
  - One day Nasim went to the garden
  - His father was very upset by this action
  - He got an axe

6. Make a paragraph from the above phrases or sentences.

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## Lesson 4

## Geography

### The Capital of our Country

Kabul is the capital of our beloved country. Kabul has nice weather. There are mountains around and hills in Kabul city. It snows in winter there. In summer it has nice weather. It has many historical monuments such as Darul Aman Palace, Baber garden, Baghbala hotel, tomb of king Abdul Rehman Khan and so on. In the north it borders Parwan province, in the west Wardak and Maidan provinces in the south Logar province and in the east it borders Laghman and Nangahar provinces. Kabul has many schools plus a university where many people can study. Kabul has many fruits and its apples have been well known for a long time. Kabul is the heart of our country and has great historical importance.

### Exercises

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

- a) country
- b) garden
- c) mild
- d) construct

Alternative meanings
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2. What is the main idea of the text?

- a) Information on the capital of the country
- b) To know Parwan's location

3. Choose the correct word to fill the spaces.

- a) There are many \_\_\_\_\_ in Kabul. (schools –alternative spellings)
- b) Kabul is the capital of our beloved \_\_\_\_\_. (country – alternative spellings)
- c) Wardak province is to the \_\_\_\_\_ of Kabul. (south – alternative spellings)

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

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

- a) Kabul has good weather
- b) It snows there in winter
- c) Kabul is the capital of our beloved country
- d) It has one university
- e) Kabul has many schools
- f) It is very important historically
- g) Kabul is the heart of our country.

6. Make a paragraph from the above phrases or sentences.

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## Lesson 5

## Culture

### Build it with Love

Let's get together and reconstruct Afghanistan with love and eagerness.  
Create a brotherly atmosphere in the house of each Afghan and build it with love and eagerness.  
Let's establish inter Afghan brotherhood and build it with love and eagerness.  
Let's try to remove all kinds of distinctions and discriminations from the hearts of Afghans and build it with love and eagerness.  
Let's raise the flag of our country all over the world and build it with love and eagerness.  
Poor Shir Jan cries that we will be sorry someday. Let's build it with eagerness and love

### Exercises

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

- a) construct
- b) difference
- c) high
- d) shouted

Alternative meanings

2. What is the main idea of the text?

- a) Loving and building the country
- b) Create brotherhood between Afghans
- c) Abolish linguistic and racial discrimination.

3. Match the sentences with their meanings in the box

- a) Let's get together and build Afghanistan
- b) Create brotherhood in the house of each Afghan
- d) Abolish linguistic and racial discrimination from the hearts of Afghans.

Sentences with alternative meanings to the ones opposite

4. Write a paragraph with the above meanings

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## Lesson 6

## Science

### The Sun's Importance to Life

The sun in addition to being a source of light and heat is very important in the lives of people and animals. If its light and heat do not reach the earth plants, people and animals will die. For example crops, vegetables, fruits and other plants do not become green or grow without sunlight and heat. Most animals such as cow, ox, goat and sheep feed on plants. Some other animals such as lion, tiger, wolf and others that do not eat plants feed themselves on the grass eating animals. Likewise we know that human food comes from vegetables, fruit, crops, meat milk, egg, cheese, and others. So if the plants do not grow life will be impossible for people and animals. In addition the light and heat of the sun play an important role in the health of people and animals. Today the advanced countries

make use of the sun's light and heat to warm houses and water and also to make electricity.

### Exercises

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

- a) origin
- b) heat
- c) green
- d) electricity
- e) health

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

2. What is the main idea of the text?

- a) The role of plants as food
- b) The role of animals in our lives
- c) The role of the sun in our lives

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

animal	lion	plant	Flesh
Plural forms of above			

Some \_\_\_\_\_ like the \_\_\_\_\_ which don't eat \_\_\_\_\_ feed on the \_\_\_\_\_ of other animals that do eat plants.

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

earth	animals	alive	sun	role
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The sun plays a great \_\_\_\_\_ in the life of people, \_\_\_\_\_ and plants. If light and heat from the \_\_\_\_\_ does not reach \_\_\_\_\_ all things will die.

## Lesson 7

## Health

### Cleanliness

Cleanliness is part of the religion of Islam. Everyone has to keep his body clean. If you want to stay healthy you should observe the following points:

1. Wash your hands before you eat, when you get out of bed and after going to the toilet.
2. Wash your body everyday when it is hot. It is good to wash after sweating over hard work. Washing the body regularly prevents skin disease.
3. Don't walk barefoot as this causes, foot injuries and other diseases.
4. Clean your teeth with miswalk (a wooden brush) or a brush and toothpaste every day especially after eating sweet things. If there is no brush or miswalk use salt or baking soda to clean your teeth.

### Exercises

1. Match the correct synonym from the box and write it beside the word.

- a) cleanliness
- b) benefit
- c) wound
- d) always
- e) owner
- f) healthy

Choice of synonyms
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2. What is the main idea of the text?

- a) Cleaning teeth
- b) Healthy manners
- c) Cleaning feet

3. Choose the appropriate word to fill the spaces.

don't walk	bed	teeth	soap
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Use salt or soda for cleaning the \_\_\_\_\_ , \_\_\_\_\_ with bare feet and wash your hands with \_\_\_\_\_ when you get out of \_\_\_\_\_.

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

- a) Or when you come from the latrine
- a) When you get out of bed
- b) Wash your hands with soap
- c) Or when you want to eat.

5. After ordering write a paragraph from them.

### Lesson 8

### Geography

#### Afghanistan

Afghanistan is our country. Its capital is Kabul. It is located on the continent of Asia. It is also known as the heart of Asia. In the north it borders Tajikistan, Uzbekistan and Turkmenistan, in the south and east it borders Pakistan and in the west it borders Iran. There are many tribes and ethnic groups living in Afghanistan, such as Pathans, Tajiks, Uzbeks, Hazara, Turkmen, Baluch, and Pashai, which together are called 'Afghans'. The blood of our bodies is made of the water, air, cereals and fruits of Afghanistan. We have a duty to this our country as we have to our mothers because they have both raised us. We can dwell happily in the wide and beautiful lap of our country. We should work all our lives for the improvement of our country so that it becomes developed.

### Exercises

1. What is the main idea of the text?

- a) To know about air
- b) To know the mountains
- c) To know your country



2. Write 'yes' for the correct sentences and 'no' for the incorrect sentences.
    - a) Afghanistan is located in the Asian continent.
    - b) Afghanistan is in the African continent.
    - c) Pakistan is to the west of Afghanistan
    - d) Kabul is the capital of Afghanistan
    - e) Every citizen in Afghanistan is an Afghan.
  3. Put the following sentences or phrases in order according to the text
    - a) Because it has raised us as our mothers have raised us.
    - b) Our body's blood is made of the water,air, crops and fruits of Afghanistan
    - c) This country lays some obligations on us as our mothers do.
  4. After ordering write a paragraph from them.
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## Lesson 9

## Life Skills

### Friendship with Book, a Poem

I am the companion of book. I make friends with book.  
The light of book's knowledge leads me out of darkness.  
Book is written in good writing style.  
Book is a faithful friend.  
The beauty and colour of book remove rust from the heart.  
There are different kinds of knowledge in book.  
It has an eloquent tongue.  
Young man listen to the request of book.  
There are many things in book please learn them.  
Don't tear its pages and listen to its uproar.  
Take care of its cover and don't write on its face.  
Book is the heart of rivers. It is patient.  
I like the friendship of book.

### Exercises

1. Select the correct meaning from the box and write it beside the word.
  - a) friend
  - b) clean
  - c) beautiful
  - d) patience

Alternative meanings
----------------------
2. What is the main idea of the poem?
  - a) Make good use of the book
  - b) Protect the book
  - c) Read the book

3. Choose the appropriate word from the box and write them in the spaces.

heart	patience	good
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Friendship with a book is \_\_\_\_\_ and its language is fluent. Book has a big \_\_\_\_\_ and much \_\_\_\_\_.

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

voice	tear	face	care
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Don't \_\_\_\_\_ its pages but \_\_\_\_\_ for the book and listen to its \_\_\_\_\_. Don't write on the \_\_\_\_\_ face of book.

## Lesson 10

## Culture

### Proverbs

- Lying damages faith.
- You can't hit a camel on its back.
- Charge me before you kill me.
- The pot of oppression soon falls over.
- What you sow you will reap.
- There is a way from heart to heart.
- The den of the lion is not without bones.
- Wisdom has never feels hunger and the world never feels full.
- If there is fire on the land then that land is burning.
- There is no room for two feet in one shoe.
- Seeing the garden is not enough to make you feel satisfied.
- Today on me, tomorrow on you.
- A river is not muddied by a single clod.

### Exercises

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

- a) river
- b) damage
- c) blame
- d) upside

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

2. What is the main idea of the text?

- a) Introduction to the moral and social values of society
- b) To know society
- c) The relationship of mankind with society

3. Read the proverbs and mark them true or false
    - a) You must wait in turn even at your father’s mill.
    - b) The pot of oppression remains upright.
    - c) Blame me then kill me.
    - d) There is no way from heart to heart.
  
  4. Choose the appropriate word to fill the spaces.
    - a) The eye is not satisfied by simply seeing the \_\_\_\_\_. (garden – alternative spellings)
    - b) Two \_\_\_\_\_ cannot fit into one shoe. (feet– alternative spellings)
    - c) You can’t hit a camel on its \_\_\_\_\_. (back – alternative spellings)
  
  5. “Lying harms our faith – religion and society have denounced lying”. These type of proverbs have moral values. “today on me, tomorrow on you” means that if I encounter a problem today you will face it tomorrow. This proverb has social values – it teaches us to co-operate with each other.
- Read the following proverbs and say whether they have moral or social values.
- a) If there is fire on the land then that land is burning.
  - b) You can’t hit a camel on the back

## Lesson 11

## Science

### Flowers

There are a variety of flowers in our country. Every flower has pollen on its male part which is carried to the female part and causes the development of seeds and fruit. The following picture shows the different parts of a flower.

Some of the famous flowers of Afghanistan are Basil, Jasmine, Tuberose lily, narcissus, rose and others, grown in lawns, gardens and houses for decoration.

Flowers are also used for making perfumes and medicines. The fruits of our country such as plum, lemon, pomegranate, grape, apple, melon, water-melon, pears, sweet orange and mandarin develop from flowers. So do the dry fruits such as almond, walnut, raisin and apricot. We export these fruits for sale in other countries. This strengthens our country’s economy.

### Exercises

1. Select the correct meaning from the box and write it beside the word.
  - a) various
  - b) beauty
  - c) strength
  - d) send

Alternative meanings
  
2. Choose the appropriate word to fill the spaces.
  - a) The fruit is \_\_\_\_\_ to other countries. (sent/cent)
  - b) It helps the \_\_\_\_\_ of our country. (economy/economic)

3. What is the main idea of the text?
    - a) Information about dry fruits
    - b) Information about fresh fruits
    - c) Information about the benefits of flowers
  4. Choose the appropriate word to fill the spaces.
    - a) Different flowers can be \_\_\_\_\_ in our country. (found –alternative spellings)
    - b) When each flower blossoms it produces pollen and in time develops \_\_\_\_\_ and fruit. (seeds – alternative spellings)
  5. Make a paragraph from the above sentences.
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## Lesson 12

## History

### Omer Farooq the Second Caliph

Omer Farooq was appointed as second caliph after the death of Abu Bakr. His real name was Omer and his father's name was Khatab. He was given the title Farooq by the prophet Mohammad because he was a just man. He converted to Islam at the age of 27. He used to spend most of his time in association with Mohammad. He was a wise and good thinker. In his time he rendered great services to Islam and Muslims. He had no equal in justice. The following story shows and proves his justice.

Omer always used to pay attention to the condition of the people. During the nights he walked the streets to get to know their situation. One night he heard crying as he was passing by a street. He approached the door of the house. He heard the voice of an old woman saying "Oh God! What kind of justice is this? My son has been in government service for 4 months and has not returned home once in that time. Doesn't the caliph think that my son has a home, wife and children?" Hearing this, the following day, the caliph ordered that anyone who had served for three consecutive months should go home for a few days. The next day the caliph went to that street again and heard the sound of laughter from the house. The caliph knocked on the door of the house. The owner came out. The caliph asked him, "What is the matter? Last night crying was heard from this house but today there is laughter." The house owner said "I was away from home in the government service. My mother and my children missed me so they were crying. Now that I have returned they are happy and laughing." The caliph returned home, pleased with his action.

### Exercises

1. Select the correct meaning from the box and write it beside the word.
  - a) justice
  - b) world
  - c) title

Alternative meanings
----------------------
2. What is the main idea of the text?
  - a) The manners of Omar
  - b) The justice of Omar
  - c) Abu Bakr Seddiq

3. Choose the appropriate word to fill the spaces.
- a) Omar was the second \_\_\_\_\_ of Islam. (caliph – alternative spellings)
  - b) He was appointed Caliph \_\_\_\_\_ Abu Bakr. (after – alternative spellings)
  - c) His real name was Omar and his father’s name \_\_\_\_\_. ( Khatab– alternative spellings)
  - d) He was given the title of “ \_\_\_\_\_ ” by Mohammad. (Farooq – alternative spellings)
  - e) This was because of his \_\_\_\_\_. (justice – alternative spellings).
4. Choose the appropriate word to fill the spaces.
- a) He \_\_\_\_\_ a wise and thoughtful person. (was – alternative spellings)
  - b) He rendered great \_\_\_\_\_ to Islam and humanity in his life. (services– alternative spellings)
  - c) He had no \_\_\_\_\_ in justice. (equal – alternative spellings)
5. Put the following sentences or phrases in order according to the text
- a) The house owner told him, “I was away on Government service”
  - b) Today there is laughter
  - c) My mother and children wept because they had missed me
  - d) How is it there was weeping in this house yesterday?
  - e) There is happiness in the home.
  - f) Now that I am here
6. After ordering write a paragraph from them.
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## Lesson 13

## Health

### Keep Your Nails Clean

Everyday our nails get longer so they should be cut. They should be cut once or twice a week because they are on the tips of our fingers. We work with our hands, we write with our hands and we eat with our hands. If our nails get long many things get lodged under them making them look ugly. Also it is possible for germs to take shelter there and cause diseases. Therefore we should always pay attention to our nails. We should remember that some children cut their nails with their teeth and it might lead them to develop finger wounds or other diseases.

### Exercises

1. What is the main idea of the text?
  - a) Growing nails
  - b) Cutting nails and keeping them clean
2. Choose the correct word to fill the spaces.
  - a) Cut your \_\_\_\_\_ at least once a week. (nail/nails)
  - b) \_\_\_\_\_ get stuck under them. (Thing/Things)

3. Choose the correct word to fill the spaces.
    - a) Our nails \_\_\_\_\_ somewhat every day. (grow –alternative spellings)
    - b) Dirty nails \_\_\_\_\_ bad. (look – alternative spellings)
    - c) It is \_\_\_\_\_ to cut nails once a week. (necessary – alternative spellings)
  4. *Missing word exercise on gender verb forms that do not translate effectively.*
  5. Put the following sentences or phrases in order according to the text
    - a) Not everyday.
    - b) Our nails grow somewhat each week
    - c) But twice a week
    - d) Cutting the nails is necessary.
  6. After ordering write a paragraph from them.
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## Lesson 14

## Science

### Leaves

Leaves are the green parts of plants. Leaves are of different types – small, toothed leaves and very large leaves such as the leaves of date and banana. If we look around we see different leaves. They have a green substance called chlorophyll that gets energy from the sun and makes food for the plants. Leaves have small holes that they breathe through. There are some plants in deserts and mountains whose leaves retain water for a long time and so they don't need much water.

### Exercises

1. Select the correct meaning from the box and write it beside the word.
  - a) look at
  - b) ray
  - c) energy

Alternative meanings
----------------------
2. What is the main idea of the text?
  - a) Information about plants
  - b) Information about leaves
3. Choose the appropriate word to fill the spaces.
  - a) If we \_\_\_\_\_ at the world. (look –alternative spellings)
  - b) Leaves of \_\_\_\_\_ plants can retain water for a long time. (some – alternative spellings)
4. *Missing word exercise on gender verb forms that do not translate effectively.*

5. Put the following sentences or phrases in order according to the text
- We see colourful leaves.
  - The green colour substance found in the leaves
  - If we look at our surroundings
  - Is called chlorophyll
  - Makes food for the plants
  - Gets energy from the sun's rays
6. After ordering write a paragraph from them.
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## Lesson 15

## Life Skills

### What am I?

The initial of my name is the initial letter of chalk. My second letter is the same as the initial letter of soil. My third letter comes at the end of service and we should serve the people. My fourth letter is the last letter of eyelashes that keep soil and dust away from the eyes. People learn writing with me. I am black but give white light. Can you tell what I am?

- What is the main idea of the text?
    - Children's mental development
    - A self introduction
  - Choose the correct word to fill the spaces.
    - Lashes \_\_\_\_\_ eyes from dust. (protect – alternative spellings)
    - My \_\_\_\_\_ letter is the last letter of the word 'lash'. (fourth – alternative spellings)
    - People \_\_\_\_\_ on me. (learn – alternative spellings)
  - Missing word exercise on verb forms that do not translate effectively.*
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## Lesson 16

## Life Skills

### A Letter to a Brother

My dear brother Farid Jan,

I received your letter. I was very glad to know that you have passed the tests.

Dear Brother! You help the parents in house chores, after school. You work on the farm and keeping the animals. Also at nights you water the farm or grind the flour in the mill. Likewise we have not provided you with pens and notebooks that you surely needed nor have we given you enough money for your daily expenses. In spite of all of this you have got a good exam result. Surely it was as a result of the hard work of the teacher. I congratulate you and pray God to grant you success in both worlds.

Your brother

Speen Shar.

## Exercises

1. Match with the synonyms in the box.

- a) exam
- b) pass
- c) always
- d) work hard
- e) school

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

2. What is the main idea of the text?

- a) Writing a letter to a brother
- b) Replying to brother praising his hard work
- c) Taking a test

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

you	hard work	Honestly	your	grade
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In spite of this \_\_\_\_\_ have been successful getting a good \_\_\_\_\_. \_\_\_\_\_ speaking it is due to \_\_\_\_\_ \_\_\_\_\_.

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

- a) Honestly speaking it is the result of your hard work..
- b) Despite this, you have passed your test with a good grade
- c) I congratulate you on your success.

6. After ordering write a paragraph from them.

## Lesson 17

## Science

### Coal

Coal is a hard black substance found under the ground. It is said that long ago plants, bushes, trees and forests that went under the ground, in the course of time changed to coal due to the pressure of rocks and soil. It is found in most provinces of Afghanistan such as Herat, Bamyan, Perwan, Baghlan, and Badakshan. The people of our societies use coal in homes and offices for warmth. In factories coal is used as fuel. When we find deposits we should try to use them in industries and for burning. This has both economic advantages and helps to preserve our forests.

### Exercises

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

- a) pressure
- b) heat
- c) hard working
- d) fuel

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

2. What is the main idea of the text?



- a) To know about trees
  - b) To know about coal
  - c) Forests
3. Choose the correct word to fill the spaces.
- a) We should \_\_\_\_\_ (try – alternative spellings)
  - b) When we find \_\_\_\_\_ (coal – alternative spellings)
  - c) To use it as \_\_\_\_\_ in industry. (fuel – alternative spellings)
4. Choose the correct words from the box and write them in the spaces.

warming	use	fuel	most
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In winter \_\_\_\_\_ people of our society make \_\_\_\_\_ use of coal for warming houses and offices and use it as \_\_\_\_\_ in industry.

## Lesson 18

## History

### Nazo Ana

Nazo Ana was the mother of our country's National leader Mirwais Khan. This well known woman was born in the lunar year 1061 in Nazi, Kandahar, Afghanistan. Her father's name was sultan Malkhi Tokhi, who was chief of the tribes from Ghazni to Jaldak. He paid great attention to the education of his daughter in her childhood. Nazo Ana studied many religious and literary books from teachers in her family and became an educated girl. She was known for her justice, bravery, generosity, hospitality, sympathetic and kindness. She paid great attention to the education of her children. Besides being Godly and studying literature she was a poet too. It is said that she had written a collection of 2,000 poems. Here is one of her poems:

Morning was under the eye of narcissus.

Teardrops were falling from the eyes.

I said to her "You beautiful flower, why are you crying?"

She said "I laugh once in my whole life"

### Exercises

1. What is the main idea of the text?
  - a) To know about Nazo Anna
  - b) Bringing up children well
2. Choose the correct word to fill the spaces.
  - a) Nazo Ana was born in a village called \_\_\_\_\_. (Tazi–alternative spellings)
  - b) Nazo Ana was a \_\_\_\_\_ poet and scholar. ( great– alternative spellings)
3. *Missing word exercise on verb forms that do not translate effectively.*

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

poet	sciences	Mirwais	2000	country	books
------	----------	---------	------	---------	-------

- a) Nazo Ana was the mother of \_\_\_\_\_ Nika a well known leader of our \_\_\_\_\_.
- b) Nazo had studied religious \_\_\_\_\_ and many \_\_\_\_\_ of literature from teachers in her family.
- c) In addition to being Godly and reading literature she was a great \_\_\_\_\_ too.
- d) She had a collection of \_\_\_\_\_ sweet poems.

5. Make a paragraph from the above sentences.

---

## Lesson 19

## Life Skills

### Kindness

There was a beautiful white pigeon that was sitting on a green tree. In a deep sleep and dreaming. After some time she woke up and she noticed that an ant had fallen into the water. The ant was struggling hard to get out of the water but could not and was about to drown.. Seeing this the pigeon felt pity and straight away dropped a leaf from a tree onto the water. The ant got on the leaf and slowly got to the land. It looked at the pigeon and thanked her and said “I will never forget your kindness and I will do you a favour in exchange one day”. The pigeon burst into laughter at this statement and said “Dear ant! You are very small. What favour will you do me?” Another day the pigeon was sitting on a tree and was deep in sleep. A hunter was walking slowly. The ant noticed the hunter and when he aimed his rifle at the pigeon ran quickly towards the hunter and bit him on the foot. The hunter cried out “Oh”. At the “Oh” the pigeon woke up and flew away. When the pigeon became aware of the kindness of the ant, she thanked it very much and said that kindness is a good thing.

### Exercises

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

- a) kindness
- b) drown
- c) help
- d) quickly

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

2. What is the main idea of the text?

- a) To cause harm
- b) To do kindness
- c) To invite

3. Choose the correct word to fill the spaces.

- a) The hunter aimed his gun at the \_\_\_\_\_. (pigeon –alternative spellings)
- b) An \_\_\_\_ had fallen into the water. ( ant– alternative spellings)

4. Put the following sentences or phrases in order according to the text
    - a) An ant had fallen into the water.
    - b) The ant got to land
    - c) The pigeon picked up a leaf with her beak
    - d) The ant told her, "I will never forget your kindness".
  5. After ordering write a paragraph from them.
- 

## Lesson 20

## Science

### Forests

Our country has many forests that have different trees. The trees that cover the mountains and wilderness are called forests. Forests play an important part in our daily lives. The Forest prevents soil from washing away during the rain. They make the region beautiful and keep the air clean. We should look after our forests. We should avoid unnecessary cutting of forest trees. We should not ignore its socio-economic values. Based on these necessities everyone is required to take part in the preservation and protection of forests.

### Exercises

1. Select the correct meaning from the box and write it beside the word.
  - a) much
  - b) look after
  - c) value

Alternative meanings
----------------------
2. What is the main idea of the text?
  - a) About our homeland
  - b) About the world
  - c) About forests
3. Choose the correct word to fill the spaces.
  - a) \_\_\_\_\_ play a major role in keeping the air clean. (Forests –alternative spellings)
  - b) Our homeland has many \_\_\_\_\_. (mountains– alternative spellings)
  - c) They stop the \_\_\_\_\_ of floods in heavy rains. (outbreak – alternative spellings)
4. Choose the correct word to fill the spaces.
  - a) Stop the outbreak of \_\_\_\_\_. (flood/floods)
  - b) Has an impact on the \_\_\_\_\_ of the region. (beauty/beauties)
  - c) We should try to look after our \_\_\_\_\_. (forest/forests)
5. Put the following sentences or phrases in order according to the text
  - a) These parts of the trees are called forests.
  - b) That are covered by different types of trees
  - c) Our country has many mountains

6. After ordering write a paragraph from them.

---

## Lesson 21

## Geography

### The Mountains of Afghanistan

Afghanistan is a mountainous country. One third of it is covered by mountains. The mountains of our country have proved to be good strongholds against external aggression in the course of history. The famous mountains of our country are Mount HinduKush, Mt Baba, Mount White, Mount Black, Mt Firoz, Mt Solomon. Most mountains in Afghanistan are covered by forests which help the country to look green, have fresh air and strengthen the national economy. Some of these mountains have ores too such as iron, copper, lapis and others.

### Exercises

1. What is the main idea of the text?
    - a) The weather of Afghanistan
    - b) The mountains of Afghanistan
    - c) The water of Afghanistan
  
  2. Answer the questions
    - 1) Which of the following are famous mountains of Afghanistan?
      - a) The Himalayas
      - b) The Alps
      - c) The Hindu Kush
    - 2) What part of Afghanistan is covered by mountains?
      - a) one fourth
      - b) one sixth
      - c) one third
    - 3) What kind of land is Afghanistan?
      - a) agricultural
      - b) mountainous
      - c) dependent
  
  3. Choose the correct word to fill the spaces.
    - a) Afghanistan is a \_\_\_\_\_ country. (mountainous – alternative spellings)
    - b) A third part of which is covered by \_\_\_\_\_. ( mountains – alternative spellings)
    - c) The mountains of our country have been a good \_\_\_\_\_ against aggressors throughout our history. (defence – alternative spellings)
  
  4. Put the following sentences or phrases in order according to the text
    - a) Which helps the country to look green and have fresh air.
    - b) Most of the mountains of Afghanistan are covered with forests.
    - c) Some of these mountains contain ores as well.
    - d) That strengthens the national economy.
  
  5. After ordering write a paragraph from them.
-

### Clean eating and Drinking

The water that we use in our everyday life does not come from a purified source. For example the river water appears clean but in reality there are many microbes that we cannot see with our eyes and they cause diseases like diarrhoea, sore throat, indigestion and cholera. To avoid these diseases we should either boil or put chlorine into water before drinking it. Likewise we should pay attention to food and keep it away from flies. We should wash fruit before we eat it and use meat that is fresh and well cooked. We shouldn't eat bread if its smells bad.

#### Exercises

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

- a) pure
- b) apparent
- c) different
- d) much
- e) secure

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

2. What is the main idea of the text?

- a) Clean drinking water
- b) Clean food
- c) Clean food and drink

3. Choose the correct word to fill the spaces.

- a) We should be \_\_\_\_\_ handling food. (careful – alternative spellings)
- b) We should keep food away from \_\_\_\_\_. (insects – alternative spellings)

4. Choose the correct word to fill in the spaces.

- a) The river water is \_\_\_\_\_ clean. (apparently – alternative spellings)
- b) But in reality different germs have \_\_\_\_\_ there. (spread – alternative spellings)
- c) Which we cannot see with the naked eye and which \_\_\_\_\_ many diseases. (cause – alternative spellings)

5. After filling the spaces write a paragraph from the above.

### The Aku Baku Game

This is a local children's game. The children put their hands on the ground making a circle. One of them starts the rhyme The person whose hand ends the rhyme starts it again and it continues until all the children have had a turn at saying the rhyme. Everyone then makes a fist to warm their hands and the person who started the game says "whose plum is warm?" Someone answers that "His plum is warm" and touches the face of the person who started the game. If his hand is warm he wins, if not he should prepare something to eat.

Aku Baku  
My cow went to Tampako  
It hit the wasp with its tail  
It has no bone and no ribs  
Whose castle is this?  
It is Adam Khan's castle

Durkhani is sitting there  
Bread in her hands  
The boy is sitting in the shop  
Shooting arrows in the ground  
This ground is shining  
Like the stars of the sky.

### Exercises

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

- a) bone
- b) arrow
- c) field

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

2. What is the main idea of the text?

- a) Information about Adam Khan
- b) Information about Durkhani
- c) Information about a local game

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

food	manner	Sitting	stars	boy	arrows
------	--------	---------	-------	-----	--------

- a) \_\_\_\_\_ there is Durkhani.
- b) In Durkhani's hand there is \_\_\_\_\_.
- c) The \_\_\_\_\_ is sitting in the shop.
- d) Shooting \_\_\_\_\_ in the ground.
- e) The field is shining in this \_\_\_\_\_.
- f) Like \_\_\_\_\_ in the sky.

4. Choose the correct word to fill the spaces.

- a) My cow \_\_\_\_\_ to Tumpako. (went – alternative spellings)
- b) It hit the wasp with its \_\_\_\_\_. (tail – alternative spellings)
- c) It has no bone and no \_\_\_\_\_. (rib– alternative spellings)
- d) Whose \_\_\_\_\_ is this. (castle – alternative spellings)

---

### Lesson 24 – The Lifespan of Animals

God has created many living things on the earth. For example plants, animals, fishes, reptiles, birds, humans and so on. The lifespan of animals depends upon their species. The average lifespan of humans is 70-80 years. The snail has a lifespan of 6-7 years. The cat has a lifespan of 12-14 years. The lifespan of an ant is 1-3 years. The lifespan of a rabbit is 5-6 years and the lifespan of a butterfly can reach 30 days

### Exercises

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

- a) creatures
- b) much
- c) kind

Alternative  
meanings

2. What is the main idea of the text?

- a) Kinds of animals
- b) Age of animals
- c) Life of Animals

3. Choose the correct answer to the questions.

1) What is the lifespan of a rabbit?

- a) 1-3 years
- b) 70 - 80years
- c) 5-6 years

2) What is the lifespan of an ant?

- a) 5-6 years
- b) 2-3 years
- c) 1-3 years

4. Choose the correct word to fill the spaces.

- a) God has \_\_\_\_\_ many creatures. (created –alternative spellings)
- b) But all animals \_\_\_\_\_ the same age. (are not– alternative spellings)
- c) The age of other animals \_\_\_\_\_ different. (are – alternative spellings)

5. Make a paragraph from the above phrases or sentences.

### Lesson 25

### Culture

#### Some Good Words

- Knowledge is the heritage of prophets
- Repentance makes you as clean as if you had never committed a sin
- After faith the second wealth is a good wife.
- Wounds made by the sword heal but wounds caused by the tongue never do.
- The best companion in loneliness is a book
- Forget your virtue and others wickedness
- A lucky person is one who has either a good book or a good friend.
- Cuddle the children before they burst into tears.
- Your words introduce you better than you introduce yourself.
- Slow and soft words kill anger.

### Exercises

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

- a) sin
- b) good luck
- c) cuddled
- d) friend
- e) flexibility

Selection  
of  
opposites

2. What is the main idea of the text?

- a) Proverbs
- b) A good book
- c) Good words and advice

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

Sword	book	doesn't	friend
-------	------	---------	--------

- a) A lucky person is one who has a good \_\_\_\_\_ or a good \_\_\_\_\_.
- b) \_\_\_\_\_ wounds heal but a tongue's wound \_\_\_\_\_ heal.

4. Look at the following explanations.

- "Knowledge is the heritage of prophets" – This sentence shows the importance of knowledge and says that knowledge is a prophetic characteristic.
- "A good friend in loneliness is a good book." – This sentence shows the importance of a good book and tells us that when we are lonely we should read a good book and not day dream.
- "After faith the second treasure is a noble wife." This sentence teaches us that faith and a noble woman are the best treasures. If someone has both he will have a good life in this world and the next.

Now choose from the text the statements that relate to:

- a) faith
- b) behaviour
- c) children

## Lesson 26

## Health

### First Aid

Familiarity with and learning about First Aid is very necessary. As you know in our villages there are either, no doctors and health centres, or they are very far away. The aim of First Aid is to comfort the patient and stop the condition from getting worse. It is not intended to be a complete treatment of the injury. For example if the long bones of a person's hands or feet are broken, two or more long sticks should be bound parallel to the bone. Check that the bandages are not too tight in case of swelling. This stops the movement of the bone preventing pain and damage to the muscles attached to the broken bones. When the broken bones have been bound with the long sticks we carry him to the nearest health centre. We should remember that if someone's neck or back is broken he should not be moved.

### Exercises

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

- a) aid
- b) guide
- c) hospital
- d) sick

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



2. What is the main idea of the text?
    - a) Learning First Aid
    - b) Binding broken bones
  
  3. Choose the correct word to fill the spaces.
    - a) Knowing about first \_\_\_\_\_ is necessary. (aid – alternative spellings)
    - b) Broken bones should be protected from \_\_\_\_\_. (movement – alternative spellings)
    - c) If someone has a fever cool his head and feet \_\_\_\_\_ a wet cloth. (with – alternative spellings)
  
  4. *Missing word exercise on verb forms that do not translate effectively.*
  
  5. Number the following phrases in order according to the text
    - a) is to
    - b) high fever and fractured bones from getting worse
    - c) First aid
    - d) Stop
    - e) Treat the illness completely
    - f) Is not to
    - g) Fiirst aid
  
  6. After numbering write a paragraph from them.
- 

## Lesson 27

## Story

### A Story

One day a farmer who had a load of wheat on his back had become very tired. He took a rest under a walnut tree and put his load on the wall. In the garden behind the wall there was a pumpkin bush that had produced a huge pumpkin. When the farmer saw the pumpkin on the bush and walnuts on the tree he said “That is strange! A small bush has produced such a big pumpkin and this big tree has given small walnuts.” He put his head on his staff to rest . Suddenly he felt something drop on his head and saw it was a walnut. He said “Thanks be to God! It is good that that pumpkin was not the product of this tree otherwise it would hake knocked the brain out of my head.”

### Exercises

1. Select the correct antonym from the box and write it beside the word.
  - a) big
  - b) small
  - c) garden
  - d) tired
  - e) farmer

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

2. What is the main idea of the text?
  - a) The pumpkin plant
  - b) The walnut tree
  - c) God has created everything in appropriate form
  
3. Choose the correct word to fill the spaces.
  - a) Then he put his head on his staff to \_\_\_\_\_ it. (rest – alternative spellings)
  - b) Meantime something \_\_\_\_\_ fell on his head (suddenly – alternative spellings) and he saw that it was a walnut \_\_\_\_\_. (fruit – alternative spellings)
  
4. Choose the correct words from the box and write them in the spaces.

bush	such	small	saw	fruit	tree	strange	said
------	------	-------	-----	-------	------	---------	------

When the farmer \_\_\_\_\_ the pumpkin on the \_\_\_\_\_ and walnut \_\_\_\_\_ on the tree he \_\_\_\_\_, “It is \_\_\_\_\_ that that small bush has produced \_\_\_\_\_ a big pumpkin and this big \_\_\_\_\_ has produced such \_\_\_\_\_ walnuts.

## Lesson 28

## Life skills

### The Value of Time

Farhad and Eimal were friends. They went to each other’s houses and they always played together. When they reached the age of seven they were admitted to school at the same time. They travelled to school together everyday. Farhad worked very hard at his lessons and didn’t waste his time. He learned each lesson on the day and did his homework on time. Eimal didn’t learn his lessons and didn’t do his homework. He always played and spent his time uselessly. In grade four he failed several times and finally he was expelled from school. Farhad continued his lessons until he graduated from grade six. He also received some prizes from the school office. Farhad was admitted into grade 7 in a school in Kabul and studied his lessons eagerly until he graduated from grade 12 too. He entered the faculty of engineering and, like before, he didn’t waste his time and made use of every moment learning his lessons. He graduated from the faculty of engineering and was employed in the ministry of water and power. In his spare time he helped other people and had a comfortable and peaceful life. One day Farhad ran into Eimal and saw that he was miserable. He asked Eimal “What are you doing?” Eimal said, “I do nothing and I know nothing and wonder what to do. My life is very miserable and no one is helping me.” Farhad told him “It is your own fault. You didn’t work hard at your lessons, you wasted your time and now, certainly, no one can help you”.

### Exercises

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

- a) affection
- b) return
- c) hardworking
- d) graduate
- e) help
- f) value

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

2. What is the main idea of the text?
    - a) Making positive use of time
    - b) Going to school
    - c) Playing games
  
  3. Choose the correct word to fill the spaces.
    - a) He studied his lessons with \_\_\_\_\_. (eagerness –alternative spellings)
    - b) Farhad was admitted into grade 7 of a \_\_\_\_\_ in Kabul. (school – alternative spellings)
    - c) Until he graduated from the \_\_\_\_\_ grade. (twelfth – alternative spellings)
  
  4. After filling the spaces make a paragraph from the above phrases or sentences.
- 

## Lesson 29

## History

### Gul Pacha Olfat

Gul Pacha Olfat son of Mir Sayed Pacha was born in Aziz Khan village, Khargai district, Laghman province in the solar year of 1287. He closed his eyes on this mortal world in the Solar year of 1356. He studied the common knowledge in the religious schools such as grammar of the Arabic language, logic, prophet’s sayings and others. He worked for ‘Anis’ daily newspaper, the literary association of Kabul, ‘Zeri’ magazine, Kabul University, Pashto Society and other education centers. In his fifty years of work and study he presented many literary works to society such as excellent prose, poems, new style and new literature, literary discussions and so on. In his literary works he put more and more emphasis on affection, love and friendship. In his literary work he appeals to people to love one another and love their country. Here is one of his poems:

We are the children of one country and all are in one country  
 We are known as Afghans, lucky and independent  
 This land is dear to all  
 This is the land of Afghans.

### Exercises

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

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

  - a) society
  - b) task
  - c) affection
  - d) world
  
2. What is the main idea of the text?
  - a) To know the poet
  - b) Information about Laghman province

3. Choose the correct word to fill the spaces.
    - a) Gul Pacha Olfat was born in the solar year 1287 in the village of Aziz Khan of the Qargai \_\_\_\_\_. (district – alternative spellings)
    - b) In the solar year 1356 he closed his \_\_\_\_\_. (eyes – alternative spellings)
  5. After filling in the spaces make a paragraph from the above phrases or sentences.
- 

## Lesson 30

## Science

### The Fingerprint

What colour are your eyes, black or brown? What colour is your hair, black or golden? Most children like you have eyes and hair, most children are of similar height and weight. Even the nose mouth and ears of some of them are like yours. The only thing of yours, which is never the same as anyone else's, is your fingerprint. If you look at your fingertips you will see there are thin lines. Some of them are curved, some are circular and they make a special pattern of lines that no one else has. Even twins do not have the same line arrangements. This difference plays an important part in everyday life. For example the police use them a lot, and people who are illiterate use their fingerprints instead of a signature. If you want to see your finger print cover your finger with ink and then press it on a piece of paper. No one anywhere in the world can draw such a print.

### Exercises

1. What is the main idea of the text?
    - a) Information about the size of the finger
    - b) Information about the fingerprint
    - c) Information about eyes
  2. Choose the correct word to fill the spaces.
    - a) If you \_\_\_\_\_ to draw your fingerprint. (want –alternative verb forms)
    - b) You will see the \_\_\_\_\_ of your fingers. (print– alternative spellings)
    - c) Nobody can \_\_\_\_\_ such a print. (draw – alternative verb forms)
  3. Choose the correct word to fill the spaces.
    - a) Many children have the same colour eyes and \_\_\_\_\_ as yourself. (hair – alternative spellings)
    - b) And many children are the same \_\_\_\_\_ as you. (size– alternative spellings)
    - c) Their weight is also the same as \_\_\_\_\_ weight. (your – alternative spellings)
    - d) Their \_\_\_\_\_ is also like yours. (height – alternative spellings)
  4. Put the following sentences or phrases in order according to the text
    - a) You will see thin lines there
    - b) If you look at your finger ends especially the thumb
    - c) The only things that others do not have the same is your fingerprint
  5. After ordering write a paragraph from them.
-

**Lesson 31****Health****Children**

Children need to develop mentally and physically. We should pay constant attention to the health of our children. The child's health depends on parents providing the best care. Children need good nutrition. Every young child should be given other food as well as mother's milk after four months. All children of three months should be weighed monthly at the clinic up to the age of three years. Each child should receive food five times a day because children grow and develop very quickly. If a child is crying he must need something. He is either hungry or wet or sick. Children need always to be loved by parents and others. Exercise and play are very important for the mental and physical development of children. Parents can make toys for their children from simple things.

**Exercises**

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

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

    - a) child
    - b) healthy
    - c) game
  
  2. What is the main idea of the text?
    - a) Information about parents
    - b) Information about students
    - c) Information about children
  
  3. Choose the appropriate word to fill the spaces.
    - a) The health of children depends on a good \_\_\_\_\_ by his parents. (upbringing alternative words)
    - b) Each child should have at least five meals \_\_\_\_\_ a day. (alternative words)
    - c) When a child \_\_\_\_\_ he needs something. (alternative words)
  
  4. Choose the correct word to fill the spaces.
    - a) You should love and \_\_\_\_\_ with children. (play – alternative spellings)
    - b) Remember that if a child does not grow well he \_\_\_\_\_ have a problem. (must – alternative spellings)
    - c) The health of a child depends on a good \_\_\_\_\_ by his parents. (up-bringing – alternative spellings)
  
  5. Make a paragraph from the above phrases or sentences.
- 

**Lesson 32****Life skills****Good Intentions**

There were two brothers. The elder one had got married and had four children. The younger one was single. They farmed their lands. They lived on the produce of the land. They shared the produce between themselves. After harvest they divided it into two separate heaps. One night the younger one thought to himself that his elder brother would

need more food and money for his children. It is not right to divide the crop equally. I should take some wheat from my heap and put it on his without letting him know. He got up and picked up a few bundles from his heap and put them on his brother's pile. In the same night the elder brother got up and said to himself that his younger brother had not got married although he was old enough. It is not right to divide the crop equally. The elder brother also got up and picked up a few bundles from his heap and put them on his brother's pile. The next day both brothers went to their heaps. They saw that the heaps had neither increased nor decreased. They were both surprised. The next night they did the same thing and on the following day the heaps were the same as before. On the third night when they were carrying bundles of wheat to put on each other's heaps they bumped into each other and discovered each brothers, kindness brotherhood and good intentions. The villagers praised both brothers and built a mosque there. This mosque is known as the Aqsa Mosque and is located in Jerusalem.

**Exercises**

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

a) separate b) bunch c) good intention d) world	Alternative meanings
--	----------------------
  
2. What is the main idea of the text?
  - a) Good intentions and co-operation
  - b) Bad intentions and vindictiveness
  
3. Choose the correct word to fill the spaces.
  - a) One night the met each other \_\_\_\_\_. (unexpectedly – alternative spellings)
  - b) They understood each other's \_\_\_\_\_. (good intentions – alternative spellings)
  - c) The villagers \_\_\_\_\_ them. (praised – alternative spellings)
4. *Missing word exercise on verb forms that do not translate effectively.*
  
5. Put the following sentences or phrases in order according to the text
  - a) Without his brother's knowledge
  - b) It is not fair that we both have equal shares
  - c) One night the younger brother thought to himself that his older brother needed more for his expenses
  - d) And add to his heap
  - e) I have to take some wheat from my heap
  
6. After ordering write a paragraph from them.

**Why do Snails Carry their Homes on their Backs**

Snails live in a hard and compact shell that is made of the same substance as mother of pearl. The heart, lungs and other important organs of the snail are inside the shell. If the

shell is damaged the snail can repair it. If it breaks so seriously that it cannot be repaired then the snail will die. The shell plays an important role in protecting the snail. If the body of a snail gets too dry it will die. If the snail finds out that this is likely to happen it goes into the shell and covers the mouth of the shell with a thin membrane so that the inner part of the shell stays moist. The shell has a spiral shape which increases with the size of the snails from small to adult.

### Exercises

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

- a) hard
- b) shell
- c) member
- d) repair

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

2. What is the main idea of the text?

- a) Information about shells
- b) Information about snails
- c) Information about grasshoppers

3. Choose the correct word to fill the spaces.

- a) The snail's shell plays a major \_\_\_\_\_ in its survival. (role – lternative spellings)
- b) If the body of the snail becomes dry it will \_\_\_\_\_. (die – alternative spellings)
- c) When the snail knows that this will happen it \_\_\_\_\_ its shell. (gets into – alternative spellings)
- d) And closes the hole with a thin membrane to keep the \_\_\_\_\_ inside moist. (shell's – alternative spellings)
- e) The snail's shell has a spiral shape which \_\_\_\_\_ as the snails grow from child to adult. (become more – alternative spellings)

4. After filling the spaces make a paragraph from the above phrases or sentences.

## Lesson 34

## Life skills

### The Boy and the Tree

A boy was playing a local game, as a child, under his father's tree, in the yard of his house. The tree was very kind and its shade was really beautiful. The boy grew up slowly until he was old enough to climb the tree. He picked its fruits and ate them with eagerness.

His colour became red as a pomegranate and his mind and thoughts awakened.

He approached adolescence and came up to his father's shoulders.

He cut wood from the tree with his hands and axe.

His mother asked him to bring it to burn in the fireplace.

The time passed quickly and the caravan of life moved forward.

Shortly before marriage he decided to build a house.

He would build a house with a large bedroom.

He cut the tree to provide the wood and stored it beside his house.  
The walls were completed and the ceiling set in place.  
He finished his long construction work and was happy.  
His marriage ceremony took place happily and he brought his bride home.  
One day he became old without seeing his dreams come true.  
He couldn't bring wood from the deserts and mountains.  
He went to his tree and asked for some wood.  
The tree said that it was naked and uneasy  
I sacrificed my wood for you and also made you the owner of a house.  
You cut me down and I became short and your garden became naked.  
Now take a rest on my short stump.  
You had no mercy on me , now wander around the world.  
You should have planted new trees and by now they would have grown up.  
Your children, relatives and others would walk under them now.

### Exercises

1. Select the correct meaning from the box and write it beside the word.
    - a) yard
    - b) haste
    - c) room
    - d) naked
    - e) bare
    - f) rich

Alternative meanings
----------------------
  2. What is the main idea of the text?
    - a) The advantages of trees
    - b) Cutting trees
  3. Choose the correct word to fill the spaces.
    - a) You stored the wood \_\_\_\_\_ your house. (beside –alternative spellings)
    - b) You \_\_\_\_\_ the wood in your stove. (burn – alternative spellings)
    - c) The tree said, “You \_\_\_\_\_ me and my trunk became small. (cut – alternative spellings)
    - d) Your garden became \_\_\_\_\_. (bare – alternative spellings)
  4. Put the lines of the verse in order.
    - a) They would have grown up now
    - b) Your children, your relatives and others
    - c) Would walk under them now
    - d) You should have planted new trees
-



### Jirga

Our people have a variety of customs. Jirga (assembly) is one of them. Jirga is traditionally held to settle the village problems. Our people have been holding Jirga to settle their problems for a very long time. If there is a problem between two people, two families or two tribes over land, desert or something else they will hold a Jirga. In Jirga the respected and educated people of the village assemble. Both sides of the issue select their representatives and agents from members of the Jirga. These members of the assembly have to consider the problems of both sides of the conflict. Usually both sides of the conflict are bound by the decisions of the Jirga elders. Therefore if any side of the conflict doesn't accept the Jirga decision he will either be fined or judged the loser. The Jirga elders make a decision after a deep and careful study of the issue. Both sides of the controversy respect the decision. Jirga is one of our important customs we should remember and respect it.

### Exercises

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

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

    - a) customs
    - b) dispute
    - c) assembly
    - d) respect
  
  2. What is the main idea of the text?
    - a) Pashtun customs
    - b) Respect for the Jirga's decisions
  
  3. Choose the correct word to fill the spaces.
    - a) The elders should study the \_\_\_\_\_ of both sides in the conflict. (problems – alternative spellings)
    - b) After that they declare their \_\_\_\_\_. (decision – alternative spellings)
    - c) Jirga plays the role of a \_\_\_\_\_. (court – alternative spellings)
  
  4. Missing word exercise on verb forms that do not translate effectively.
  
  5. Put the following sentences or phrases in order according to the text
    - a) The elders of the village come together to hold a Jirga.
    - b) They study the problem
    - c) Jirga is one of our important customs
    - d) Jirga plays the role of a court
    - e) The Jirga elders declare their final decision
    - f) We should respect and remember it.
-

**Common Cold**

It is a contagious viral disease that spreads quickly from the affected people to healthy ones. It often leads to a runny nose, cough, sore throat, sometimes high fever and aching of the joints. It sometimes gets better by itself with good home care.

Sometimes, young children may also develop fast breathing and difficult breathing, these are danger signs and it is important that we take the child to a doctor. Such children need medicines. A few children who have cough may have a throat problem. Such children have difficulty eating or drinking. They should be seen by a doctor. The doctor will check his throat. If he finds that the throat is red and does not have pus he will advice home care. But if there is pus in the throat the doctor may give medicines. Good home care is:

- Keep the child warm
- If the child is young, breastfeed
- Give plenty of fluids (tea, water, lemon juices)
- Good nutritious food
- Look for danger signs

**Exercises**

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

- a) illness
- b) child
- c) cause
- d) common cold

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

2. What is the main idea of the text?

- a) Diarrhoea
- b) Common cold
- c) Malaria

3. Choose the correct word to fill the spaces.

- a) To avoid a \_\_\_\_\_. (cold – alternative spellings)
- b) We should take the following \_\_\_\_ into account. (points– alternative spellings)
- c) Plenty of sleep and good \_\_\_\_\_ prevent a cold. (food – alternative spellings)

4. Choose the correct word to fill the spaces.

- a) Attempts should be \_\_\_\_\_. (made – alternative spellings)
- b) So that those who \_\_\_\_ a cold. (have– alternative spellings)
- c) Do not \_\_\_\_\_ together at the same table. (eat – alternative spellings)

**Who Believed Marco Polo**

Assume that you have gone to a place that no one else has ever been to or heard about. Now pretend that you have returned home and you are telling people stories about this

strange and unknown land. Will they believe what you say? Maybe, or maybe not. You should bear in mind that only you know about this land, nobody else. Some people may say you are lying or it is imagination or illusion or they may believe you. All this happened to Marco Polo. He lived in Italy, long ago. In those days very few people went on journeys or expeditions. They thought that there were no more lands. His father was a merchant. He travelled to other countries with his father, especially to the east. They were the first Europeans to reach China. Marco Polo visited the king of China. The king asked Marco Polo to work for him. He accepted the offer and travelled all over China. After some years he returned to Italy and wrote a book about China. In this book he wrote of the amazing and strange things that he had seen there. However, only a few people believed him because no one had seen China and they did not believe in its existence. People thought he had made up the information for himself. After many years some other Europeans went to China. Then they realised the accuracy of Marco Polo's book on China.

### Exercises

1. What is the main idea of the text?
    - a) Information about the discovery of other countries
    - b) Information about Marco Polo's book
    - c) Information about the discovery of America
  2. Choose the correct word to fill the spaces.
    - a) Imagine that you have gone to a \_\_\_\_\_ place. (new – alternative spellings)
    - b) Where nobody else has \_\_\_\_\_ before. (gone– alternative spellings)
    - c) And no-one knows anything about \_\_\_\_\_ place. (this – alternative spellings)
  3. Choose the correct answer to the questions.
    - 1) What did Marco Polo's father do?
      - a) He was a farmer.    b) He was an engineer.    C) He was a merchant.
    - 2) Who asked Marco Polo for help?
      - a) The king of America.    B) The king of Italy.    C) The king of China.
  4. Choose the correct word to fill the spaces.
    - a) People may \_\_\_\_\_ you are lying. (say – alternative spellings)
    - b) Or that it is your \_\_\_\_\_. (imagination– alternative spellings)
    - c) Or accept it with \_\_\_\_\_. (enthusiasm – alternative spellings)
  5. Put the following sentences or phrases in order according to the text
    - a) Where nobody else has ever gone and they know nothing about it
    - b) Imagine that you are in a new place
    - c) Now assume that you have come back
    - d) And you talk to people about this strange land
  6. Make a paragraph from the above phrases or sentences.
-

**Sweet Things**

There are different kinds of sweet things such as dates, fruits, sugar, sweets, chocolate and others. Many foods have sugar to some extent. Children need to take proper quantities of sweet things because these have energy and strength. We all need some but children need more. Eating too many sweets is harmful to children. One danger is that it destroys their teeth and another that it fills them up so that they are not able to eat other things which are also important for the body. You should do your best to avoid eating too many sweet things because they have little benefit and you should advise others to do the same too.

**Exercises**

- What is the main idea of the text?
  - Eating sweet things
  - Avoid eating very sweet things
- Choose the correct word to fill the spaces.
  - Eating a reasonable amount of \_\_\_\_\_ things is necessary for children. (sweet – alternative spellings)
  - \_\_\_\_\_ sweet things give energy. (because – alternative spellings)
  - Eating too many very sweet things destroys children’s \_\_\_\_\_. (teeth – alternative spellings)
- Missing word exercise on verb forms that do not translate effectively.*
- Choose the correct words from the box and write them in the spaces.

children	eat	benefit	very	advise
----------	-----	---------	------	--------

Try not to \_\_\_\_\_ \_\_\_\_\_ sweet things because they are of little \_\_\_\_\_.  
 You should also \_\_\_\_\_ other \_\_\_\_\_ regarding this.

**Locusts**

Locusts belong to the insect group. Their organs are very different from those of other living things. They have five eyes. Two big eyes lie on either side of their head and the others are on the lower part of their face. This enables them to see everywhere without turning their head from side to side. The strange and amazing thing with the locust is that they have two antennae, like the TV, which let them smell everything. This means that the antennae carry out the functions of the nose. Locusts have four wings with which they fly. They have six legs for walking or running. Their back legs are sturdy and strong and enable them to jump anywhere. When they want to talk they rub their back feet on their wings producing a special sound. Every locust although small, can fly in proportion to its size. Locusts feed on green bushes and in large numbers they can destroy crops.

## Exercises

1. Select the correct meaning from the box and write it beside the word.
    - a) difference
    - b) strong
    - c) pursue

Alternative meanings
----------------------
  2. What is the main idea of the text?
    - a) Information about insect life
    - b) Information about locusts
  3. Chose the correct number, four, five or six.
    - a) Locusts have \_\_\_\_\_ eyes
    - b) Locusts have \_\_\_\_\_ legs
    - c) Locusts have \_\_\_\_\_ wings
  4. Choose the correct word to fill the spaces.
    - a) Locusts \_\_\_\_\_ insects (is/are)
    - b) Whose organs are \_\_\_\_\_ from other living things (different – alternative spellings)
    - c) Locust have five \_\_\_\_\_. (eye/eyes)
    - d) \_\_\_\_\_ large eyes are on the sides of their heads and three in the lower part of their faces.. (Two – alternative spellings)
  6. After filling the spaces make a paragraph from the above phrases or sentences.
- 

## Lesson 40

## Life Skills

### A Young Camel Learns about the Desert

A young camel lived near the desert with its mother. Its mother wanted her young camel to go to the desert with her so that it could get used to living there, find out about it and see it close to. It was a puzzling demand for the young camel. So the young camel went to discuss it with its friends. First of all the camel went to its closest friend, goat, and said to her. "Tomorrow I am going to the desert. What do you think about that?" The goat in a crying voice told the camel, "Oh, be careful not to go there. You will feel very thirsty because there is no water." Next the camel went to its other friend horse to talk to her about the journey. The horse told the young camel "The desert sands can make your eyes blind and your ears deaf. Then the young camel went to the dog to see what he thought about the issue. The dog said "Be careful not to go there. Because of the sun's rays the desert is burning hot and your feet will get burned." Very sad and worried, the camel went back to its mother and told her what it had heard from its friends.

Its mother laughed and said "My son! You are a camel. You were created for the desert. God has designed your body in such a way that you can walk in the desert for days without a drink. The long hairs around your eyes and ears protect them against dangers and your feet are covered with thick wool that prevents them from getting burned." In spite of her words the young camel did not believe its mother. The next day the mother took it to the desert. At first the young camel was afraid of thirst but found that it not get

thirsty. Likewise the young camel was anxious about the burning sands but soon discovered that it wasn't injured. It became very happy and said to its mother "You were right. The desert is the best place for me to live."

### Exercises

1. Select the correct meaning from the box and write it beside the word.
    - a) baby camel
    - b) habitat
    - c) save
    - d) regard

Alternative meanings
----------------------
  2. What is the main idea of the text?
    - a) Following mother's advice
    - b) Information about the desert
    - c) Information about how the camel has developed to live in the desert
  3. Choose the correct word to fill the spaces.
    - a) Then she went anxiously to consult the \_\_\_\_\_. (dog – alternative spellings)
    - b) The dog said she should \_\_\_\_ not to go there. (remember – alternative spellings)
    - c) The \_\_\_\_\_ becomes very hot from the sun and will burn your feet. (ground – alternative spellings)
  4. After filling the spaces make a paragraph from the above phrases or sentences.
- 

## Lesson 41

## Story

### A good Gift

A merchant had a parrot that was very dear to him. One day he decided to go to India. He said to all the members of his family "What would you like me to bring you from India?" Everybody asked for something and finally he asked the parrot what it would like. The parrot said to him "Say hello to all the free parrots in India and tell them that one of their friends who is your prisoner greets them and if they have anything to say you will pass it on to her." When the merchant gave this message to the free parrots of India one of the parrots threw itself down from the tree and pretended to be dead. At this the merchant was very sad. When he returned home he gave everyone their presents and the parrot asked him for hers. The merchant said that unfortunately he had no present for her. The parrot asked him "Why don't you have a present for me?" The merchant told her "When I passed your message to the Indian parrots one of them fell down and died on the spot. On seeing this I was very sad." Hearing this the parrot also fell down and died. Then the merchant threw it out of the cage. When the parrot was thrown out of the cage it flew and sat on the branch of a tree. It said to the merchant "Thank you very much for the present you brought from the Indian parrots."

## Exercises

1. Select the correct meaning from the box and write it beside the word.
    - a) fall
    - b) much
    - c) friend
    - d) unhappy

Alternative meanings
----------------------
  2. What is the main idea of the text?
    - a) Falling to the ground
    - b) Asking help from friends
    - c) To die
  3. Choose the correct word to fill the spaces.
    - a) When the parrot was thrown out it \_\_\_\_\_ away (flew – alternative spellings)
    - b) And sat on a \_\_\_\_\_ of a tree (branch – alternative spellings)
    - c) And \_\_\_\_\_ to the merchant. (said – alternative spellings)
    - d) “Thanks a \_\_\_\_\_ for your gift”. (lot – alternative spellings)
  4. Choose the correct word to fill the spaces.
    - a) The parrot also \_\_\_\_\_ for her gift (asked – alternative spellings)
    - b) The merchant \_\_\_\_\_ her, “Unfortunately” (told – alternative spellings)
    - c) “I have no \_\_\_\_\_ for you.” (gift – alternative spellings)
  5. After filling the spaces make a paragraph from the above phrases or sentences.
- 

## Lesson 42

## Health

### Tetanus

Tetanus occurs when active germs enter human bodies through a wound. Deep or dirty wounds are especially dangerous. Wounds that can give rise to tetanus are listed below:

- Wounds from an animal bite
- Puncturing with a dirty needle
- Wounds from barbed wire
- Wounds from thorn or prickle

The symptoms of tetanus:

- Painful seizures
- Patient stops eating/drinking
- Difficulty in breathing
- Death

Tetanus can be reliably prevented by vaccination

To avoid tetanus do the following:

- Vaccination
- Wear shoes.
- See a doctor if injured.

Both young and old should be vaccinated therefore get your family vaccinated at the nearest health centre.

### Exercises

1. Select the correct meaning from the box and write it beside the word.
    - a) animals
    - b) wound
    - c) germs
    - d) some
    - e) sick

Alternative meanings
----------------------
  2. What is the main idea of the text?
    - a) Information about Tetanus and its prevention
    - b) Information about fever
    - c) Information about worms
  3. Choose the correct word to fill the spaces.
    - a) Infected \_\_\_\_\_ should be kept clean (wounds– alternative spellings)
    - b) \_\_\_\_\_ of the patient causes seizures (jerking – alternative spellings)
  4. *A Missing word exercise using Dari verb forms that does not translate into English*
  5. After filling the spaces make a paragraph from the above sentences or phrases.
- 

### Lesson 43

### Science

#### Marine Animals

The greater part of the earth is covered by water. Millions of animals are living in oceans and rivers. Some of them live on the surface of the water and some at the bottom. For example fish live in the water and frogs live both in water and on land. Likewise there are some plants that live at the bottom of the oceans too. Most fishes, eels and marine mammals like whales move here and there by waving their tails. They use their fins to start and stop swimming. We use marine animals meat, bones and skin in our everyday life.

### Exercises

1. What is the main idea of the text?
  - a) Information about the earth
  - b) Information about the water
  - c) Information about marine life
2. Choose the correct word to fill the spaces.
  - a) The greater part of the earth is \_\_\_\_\_ by water. (covered – alternative spellings)
  - b) Millions of \_\_\_\_\_ live in the rivers and oceans. (animals – alternative spellings)
  - c) Some of these animals \_\_\_\_\_ on the surface and some in the water. (live – alternative spellings)



3. Choose the correct word to fill the spaces.
  - a) Most fishes and marine mammals such as whales move about the \_\_\_\_\_ by waving their tails from side to side (ocean – alternative spellings)
  - b) They use their \_\_\_\_\_ to start or stop swimming. (fins – alternative spellings)
4. Put the following sentences or phrases in order according to the text
  - a) Millions of animals live in the rivers and oceans.
  - b) The greater part of the earth is covered by water.
  - c) Some animals live on the surface and some in the water.
5. Make a paragraph from the above phrases or sentences.

## Lesson 44

## Life skills

### Gifts for a Poet

When I went to him I found him in a small room, his head bowed and worshipping mentally. When he raised his head I put my gifts before him, skin of a leopard and Ghazni Posteen (goatskin waistcoat). He said this one is the skin of a tyrant because it is spread under feet for sitting on and this one is made from weak animals and is worn. They should show these two views this secret or mystery. The poet's gift should be like this and have this meaning. They should show or teach the two views of this secret and make people aware of this secret and mystery. With these words I woke and I had understood the point of my dream or vision while I was asleep.

### Exercises

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

<ol style="list-style-type: none"> <li>a) up</li> <li>b) cruel</li> <li>c) weak</li> <li>d) good</li> </ol>	Selection of opposites
---	------------------------------
2. What is the main idea of the text?
  - a) Condemnation of oppression and oppressors
  - b) Making people understand
3. Choose the correct word to fill the spaces.
  - a) This is a \_\_\_\_\_ skin (tyrant's – alternative spellings)
  - b) He should interpret these two \_\_\_\_\_ in that way (objects – alternative spellings)
4. Put the following sentences or phrases in order according to the text
  - a) "This is a tyrant's skin"
  - b) I put my gifts, a leopard skin and a Ghazni posteen before him
  - c) He said,
  - d) "This one is made from an oppressed animal and is worn on the shoulders"

- e) “Gifts for the poet should be like that and have such meaning.”
- f) “Because it is spread under the feet.”

5. After ordering write a paragraph from them.

---

## Lesson 45

## Science

### Wild Dates

God has created many trees on the earth which are very useful to people. One of them is the wild date tree which plays an important role in the life of some people. Wild dates are also found in some parts of Afghanistan and people always use its fruit especially in the fasting month. In some African cities people make use of all parts of the date trees. They eat the fruits, extract oil from the stones to use for making candles. They burn the shell of the stone and make soap from this. They make brooms from the ends of their branches. Likewise they draw out thin fibres from the leaves and use them for making fishing nets. They burn the wood for cooking. There are many other types of date trees in different parts of the world and we make use of them in our everyday life.

### Exercises

1. What is the main idea of the text?
    - a) Information about types of dates
    - b) Information about Africa
    - c) Information about the importance of dates
  2. Select the correct answer to the questions
    - 1) What is made from date stones?
      - a) brooms   b) cooking oil   c) medicine
    - 2) What is made from the ends of date leaves?
      - a) soap   b) wood   c) brooms
  3. Choose the correct word to fill the spaces.
    - a) In some cities in Africa people make \_\_\_\_\_ of all the parts of date trees. (use – alternative spellings)
    - b) They eat its fruit and make \_\_\_\_\_ from its stones. (cooking oil – alternative spellings)
  4. Put the following sentences or phrases in order according to the text
    - a) Which are very useful for people
    - b) That plays a vital role in the lives of some people
    - c) One of them is the wild date tree
    - d) God has created many trees on the earth
  5. After ordering write a paragraph from them.
-

**Learning from the cradle to the grave.**

An old man who had reached the age of 78 was at his last breath. His friends were waiting for his death. Meanwhile one of his educated friends came to him. The dying man asked his friend "Give me some information on the scientific topic that I asked you about ."His friend said "At this moment you are seriously ill and God knows whether you will recover or not. It is not important for you to understand that topic." The patient said "It is better to die with some knowledge than to die without knowledge. Haven't you heard it said - Learning is compulsory for a Muslim from the cradle to the grave". This white bearded man is Abo Raihan Albironi who has left many books behind such as Learning Medicine, Maths, History, Geography, Pharmacy, Culture and Literature of Nations which are used even today in some parts of the world.. This noted scholar was involved in learning until the end of his life.

**Exercises**

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

- a) sick
- b) friend
- c) better
- d) type

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

2. What is the main idea of the text?

- a) Learning knowledge
- b) Value of knowledge
- c) Goodness of knowledge

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

whether	him	now
---------	-----	-----

- a) His friend told \_\_\_\_\_
- b) You are very sick\_\_\_\_\_.
- c) God knows \_\_\_\_\_ you will recover.

4. Choose the correct word to fill the spaces.

- a) It is better to die with\_\_\_\_\_. (knowledge – alternative spellings)
- b) He \_\_\_\_\_ his friend (asked – alternative spellings)
- c) You don't need to \_\_\_\_\_ about this. (know – alternative spellings)

5. Number the sentences according to the text.

- a) Tell me of the topic I asked you about.
- b) The patient asked his friend
- c) Tell me about the topic
- d) His friend answered him
- e) You are very sick now
- f) God knows if you will recover

6. Make a paragraph from the above phrases or sentences.

---

**Lesson 47**

**Science**

**Why can't we sleep with our eyes open?**

There are two muscles that control your eyelids. One of them keeps the eyes open and the other keeps them closed. When you are going to bed the latter one becomes more active. This is a good thing because the part of your brain that analyses the pictures you see with open eyes needs to rest. Most important of all is that when you go to bed and close your eyes they are kept moist. The cornea, the thin delicate layer always needs moisture and should be wet with tears. If this membrane gets dry you can't see anything.

**Exercises**

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

- a) control
- b) open
- c) analysis
- d) rest
- e) damp

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

2. What is the main idea of the text?

- a) Functions of eyelids in sleep
- b) Eyes should be open while asleep
- b) The brain in a state of rest.

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

- a) Three muscles control your eyelids
- b) Your brain also needs to rest.
- c) The cornea should be kept moist.
- d) Tears harm the eyes

4. Choose the correct word to fill the spaces.

- a) Muscles control the \_\_\_\_\_. (eyelids – alternative spellings)
- b) These \_\_\_\_\_ are very important (muscles – alternative spellings)
- c) That your \_\_\_\_\_ see while open (eyes – alternative spellings)
- d) The cornea should be \_\_\_\_\_. (moist – alternative spellings)

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

cornea	tears	delicate	moisture
--------	-------	----------	----------

The \_\_\_\_\_ and sensitive membrane which is called the \_\_\_\_\_ needs \_\_\_\_\_ and must always be wet with \_\_\_\_\_.

---

**What is this?**

Try to find out what I am thinking about

It has three letters. Its initial letter is ( )

You may be equal ahead or behind but you cannot take this in your hands. What is this?

This can fly but has no wings. What is this?

You can have it but you can't own it. What is this?

You can save it but you can't store it in a box or trunk. What is this?

You can spend it yet you have it. What is this?

Sometimes there is too much and other times not enough. What is this?

If we lose it we cannot regain it but even now we have a lot of it. What is this? It is time.

**Exercises**

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

- a) attempt
- b) store
- c) much

Alternative  
meanings

2. What is the main idea of the text?

- a) Mental development
- b) The value of time
- c) Shortage of time

3. Choose the correct word to fill the spaces.

- a) Try to guess what I am thinking \_\_\_\_\_. (about– alternative spellings)
- b) That is \_\_\_\_\_ of four letters. (made – alternative spellings)
- c) You may be with it or behind it but you \_\_\_\_\_ touch it with your hands. (can't – alternative spellings)
- d) It can fly but it has no \_\_\_\_\_. (wings – alternate spellings)

4. Put the above sentences in order and make a paragraph with them.

**The Recovery position**

A person who is unconscious may vomit and choke to death. If he is lying on his back the vomit cannot run away and blocks the airway. To prevent this we should put him on his side in what we call the 'recovery position' as follows:

1. Kneel down by the patient and take hold of his clothes firmly at the shoulder and hip.
2. Turn the patient gently onto one side
3. Arrange the upper arm at a right angle to the body and bend the elbow
4. Arrange the upper leg at a right angle to the body and bend the knee
5. Gently bend the knee of the lower leg a little behind the body
6. Pull the lower arm out gently behind.

PICTURE

In this position the patient is stable and doesn't move. The head lies on one side so that vomit can run away from the nose and mouth. This simple action often saves lives.

### Exercises

1. Select the correct meaning from the box and write it beside the word.
  - a) unconscious
  - b) hip
  - c) elbow
  - d) direction

Alternative meanings
----------------------
2. What is the main idea of the text?
  - a) Treatment of an unconscious person
  - b) To know about unconsciousness
  - c) Putting an unconscious person into the recovery position
3. Choose the correct word to fill the spaces.
  - a) \_\_\_\_\_ down beside the unconscious person. (kneel – alternative spellings)
  - b) Bend his lower leg gently at the \_\_\_\_\_. (knee – alternative spellings)
  - c) So as to form a \_\_\_\_\_ angle with the body. (right – alternative spellings)
4. Put the following sentences or phrases in order according to the text
  - a) This simple manoeuvre usually proves useful
  - b) If there is any vomit it runs away from the mouth and nose.
  - c) The person's head lies on one side.

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## Lesson 50

## Science

### The Winds

The movement of air over the earth is called wind. Sometimes the wind blows so gently that it is difficult to feel it. Sometimes it blows so hard that it causes destruction and uproots large trees. It can raise such large waves in rivers that they destroy ships and flood the ground. Wind can turn farm land barren by blowing away the soil. Wind is a part of seasonal weather. A hot and humid day suddenly becomes cold if the wind blows from a cold region. The collision of cold weather with hot and humid weather brings about cloud, rain, and lightning. Then another wind might blow and push the clouds away, then the sun makes the weather hot again. Where does wind come from? Winds are caused by the varying heat of the sun.. The sun warms the earth's surface in different regions in different ways. The air in warm regions gets hot, expands and rises. The air of cold regions moves towards the warm area to occupy the place of the hot air. In this way the air current that we call wind is produced. As we said before, winds can be strong or weak. People like the gentle blowing of the wind. Its speed is five miles an hour. The winds that move leaves and flags from side to side have a speed of ten miles an hour. The speed of the wind can increase even more than that. If the speed reaches thirty miles an hour we can hardly walk on the roads.

## Exercises

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

- a) movement
- b) blow
- c) wave
- d) hard
- e) speed
- f) homogeneous

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

2. What is the main idea of the text?

- a) Information about water
- b) Information about wind
- c) Information about rain

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

land	hardly	waves	great	strongly	move
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Wind is the current and \_\_\_\_\_ of air over the earth. Wind sometimes blows so gently that it can \_\_\_\_\_ be felt and at other times it blows so \_\_\_\_\_ that it causes ruin and uproots trees. Strong winds can make the ocean \_\_\_\_\_ in such a way that they cause \_\_\_\_\_ damage and flood the \_\_\_\_\_.

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

- a) The sun warms the different parts of the earth in various degrees.
- b) The wind is caused because the sun warms the air to a different extent in different regions.
- c) The air from cold regions travels to the warmer ones.
- d) The air in warm regions expands and rises.

5. After ordering write a paragraph from them.

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## Lesson 51

## Life Skills

### The First Secret

Long ago a king who lived in Egypt wanted to send his friend in Greece a secret message. He wanted his friend and no-one else to get this message. He thought about how to pass it secretly to his friend. After hours of thinking he got an idea. He called one of his servants and told him "I want you to shave your head" When the servant had shaved his head the king told him, "Now I am going to write a message on your head." The servant bent down and the king wrote his message, then told him, "You must stay in one place until your hair grows again to hide this message, so you must stay locked in a room for a month." After one month the king went to the servant and saw that his hair had grown again. He entrusted the servant with this important task and told him to pass the message in such a way that nobody might see it. When the servant found the king's friend he shaved his head again and the king's friend read the message. This was the first secret message that the king sent to his friend.

### Exercises

1. Select the correct meaning from the box and write it beside the word.
    - a) message
    - b) opinion
    - c) secret
  
  2. What is the main idea of the text?
    - a) Information about the servant
    - b) Information about the king's secret
    - c) Information about the king's friend
  
  3. Choose the correct word to fill the spaces.
    - a) Long ago a king lived in \_\_\_\_\_. (Egypt – alternative spellings)
    - b) He wanted to \_\_\_\_\_ a secret message to his friend. (send – alternative spellings)
    - c) Who \_\_\_\_\_ far away in Italy. (lived– alternative spellings)
  
  4. Put the following sentences or phrases in order according to the text
    - a) When the servant had shaved his head the king said that he wanted to write a message on his head.
    - b) And told him to stay in one place until his hair had grown long again.
    - c) The servant bent down and the king wrote the message on his head
  
  5. After ordering write a paragraph from them.
- 

### Lesson 52

### Science

#### The Fall

Fall comes after summer. The seventh, eighth and ninth months of the solar year belong to fall. In this season the days are getting shorter bit by bit and, little by little the air is getting colder. Some birds like ducks migrate from cold to warm areas because of a shortage of food, but some like pigeons and crows do not migrate. At the end of this season, insects hide themselves in the holes and cracks in houses, walls and trees because of the cold and shortage of food.. Ants collect and store food for the winter. In fall the leaves of many trees such as willow, poplar and apricot become yellow and fall off.

### Exercises

1. What is the main idea of the text?
  - a) The season of fall
  - b) Plant growth
  - c) Food
  
2. Make sentences from these jumbled words.
  - a) the, getting, weather, cold, is, bit by bit
  - b) food, not, is, found, sufficient



c) are, these, never, trees, leafless

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

these	pine	leaves	green	year
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The \_\_\_\_\_ of some trees such as the \_\_\_\_\_ tree and others are \_\_\_\_\_ all the year long. The \_\_\_\_\_ of such trees also fall but all through the \_\_\_\_\_. All \_\_\_\_\_ trees produce new leaves.

## Lesson 53

## Life skills

### Ant Interviews Mosquito

Ant: What is your name?

Mosquito: Mosquito

Ant: Where do you come from?

Mosquito: From dirty water, pools and dark places.

Ant: What is your job?

Mosquito: I spread Malaria

Ant: Where?

Mosquito: To people

Ant: What is the best season for your activity?

Mosquito: Summer is the best season. In winter because it is cold my body shakes and I can't fly.

Ant: When was your business better, nowadays or in the past.

Mosquito: Our elders say that our business was good in the past. People were very simple minded and we could attack and bite them but now our situation is very bad because the people have become wiser.

Ant: How?

Mosquito: They put insecticides in pools and dirty waters, keep foods covered at bedtime, and use mosquito nets. The worst is they use some drugs on the nets and as we approach it our feet and wings get stuck there. So I should say that in the past people had a higher casualty rate but nowadays our casualty rate is higher than theirs.

### Exercises

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

- a) cold
- b) elders
- c) asleep
- d) dirty

Selection of opposites
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2. What is the main idea of the text?

- a) The dangers of mosquitoes
- b) To know about the ant

3. Choose the correct word to fill the spaces.

- a) They put insecticides that act \_\_\_\_\_ us into the water (against – alternative spellings)
  - b) They \_\_\_\_\_ their foods covered. (keep – alternative spellings)
  - c) At bedtime they protect \_\_\_\_\_ with nets. (themselves – alternative spellings)
  - d) They \_\_\_\_\_ insecticides on the nets. (put – alternative spellings)
4. Put the following sentences or phrases in order according to the text
- a) I come from dirty places
  - b) I spread Malaria among the people
  - c) I belong to the insect group
  - d) They can protect against us
  - e) Nowadays people have become intelligent.
5. After ordering write a paragraph from them.
- 

## Lesson 54

## Life skills

### Repentance

Farid was a naughty boy. From morning to night he was wandering the streets. Sometimes he annoyed frogs, other times he demolished the ants' houses and played with fire. One day, while he was playing he found something that he did not recognise. He struck it with a stone to break it but it exploded injuring his legs and hands. Then his father took him to the hospital. When he was better he discovered that the unknown object that he had hit with the stone was a mine. When he was discharged from the hospital he was very remorseful. He told his friends "Now I am better and from now on I will not play carelessly or touch things I don't recognize. I am very sorry for my past actions."

### Exercises

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

- a) game
- b) bother
- c) busy
- d) hospital

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

2. What is the main idea of the text?

- a) Not to play with stones
- b) Not to play in unsuitable places
- c) Not to play in the early morning

3. Choose the correct word to fill the spaces.

- a) He struck it with a \_\_\_\_\_ to break it. (stone – alternative spellings)
- b) \_\_\_\_\_ went off on the spot. (It – alternative spellings)
- c) and \_\_\_\_\_ his hands and feet. (injured – alternative spellings)

4. Choose the correct word to fill the spaces.

- a) Sometimes he \_\_\_\_\_ the frogs (teased – alternative spellings)
- b) Every day he \_\_\_\_\_ in inappropriate places (played – alternative spellings)
- c) Farid was a very \_\_\_\_\_ boy. (naughty– alternative spellings)

5. After filling the spaces make a paragraph from the above phrases or sentences.

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