

AFGHAN BASIC  
COMPETENCY  
(ABC)  
MATERIALS

Pashto Language  
Grade 5

*English translation of  
reading texts and  
exercises*

# Pashto Grade Five Language

## Lesson 1

## Religion

### In the name of God

I start by the name of God  
One of his names is pure  
He is the king of kings  
Any work that man finds difficult  
That work is easy to god  
Who lifted the sun into the sky  
He lifted it into the sky  
Who has covered the face of the sun  
He has covered it with cloud

### Exercises

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

- a) clean
- b) king
- c) sun
- d) curtain
- e) cloud

Alternative meanings
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2. Write whether the following words are common or proper nouns.

- a) king
- b) sun
- c) work
- d) God

3. The main idea of the lesson is:

- a) In praise of Mohammad
- b) In praise of God
- c) In praise of cloud and sun.

4. Choose the correctly spelt word.

- |  |
|--|
| a) clean – 3 alternative spellings<br>b) king – 3 alternative spellings<br>c) curtain – 3 alternative spellings<br>d) hidden – 3 alternative spellings |
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## Lesson 2

## Science

### Honey

From a nutrition point of view, honey is regarded as the best food. Honey is good for everyone but especially for the growth of children. Honey is very effective for children suffering from illness due to under-nourishment. The prophet Mohammad said that honey is a medicine for all diseases. Honey is made by particular bees from the nectar. Honey

made from some flowers is bitter and in some countries this type is very famous. Because honey is such a useful food it is necessary to tell good honey from bad. The taste and smell of the honey reflects its quality, but sometimes it can be judged by its colour as well. Generally speaking the dark honey has a good taste.

### Exercises

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

- a) strong
- b) best
- c) grow
- d) quality
- e) country
- f) judgement

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

2. The main idea of the lesson is:

- a) Honey is good for children
- b) We should be able to tell good honey from bad.
- c) Dark honey is very tasty.
- d) Honey is a very nutritious food.

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

quality	nectar	good	extra word	food
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- a) Honey is produced by bees from \_\_\_\_\_
- b) Honey is a useful \_\_\_\_\_.
- c) The flavour and scent tells the \_\_\_\_\_ of the honey.
- d) Generally speaking the darker honey has a \_\_\_\_\_ flavour.

4. Fill the spaces to make a short text.

- a) From a nutritional point of view honey is regarded as the \_\_\_\_\_ food.
- b) It is very \_\_\_\_\_ for children whose \_\_\_\_\_ is suffering from \_\_\_\_\_ resulting from malnutrition.
- c) Mohammad has \_\_\_\_\_ that \_\_\_\_\_ is a \_\_\_\_\_ for all diseases.
- d) While \_\_\_\_\_ is a useful food it is also necessary to tell \_\_\_\_\_ from \_\_\_\_\_.
- e) It is possible to \_\_\_\_\_ the quality of honey from its \_\_\_\_\_.

### Lesson 3

### Culture

#### The Dove of Peace

Oh dove! You are the symbol of Peace  
 Open your wings  
 Keep war away from mankind  
 Bring together far and near.  
 You are the symbol of peace  
 You are the sign of sweet life  
 You are dear to everyone  
 You bring happiness to the world

Peace, the profit of the world  
Peace is good for everybody  
The world's existence is based on yours.  
We pray you are healthy.

### Exercises

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

- a) people
- b) sweet
- c) safe
- d) mark

5 alternative meanings
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2. The main idea of the poem is:

- a) The dove is the symbol of peace and peace is very important for the progress of society.
- b) Peace is only important to people
- c) Some people in the world love peace.
- d) Peace is vital for the progress of mankind.
- e) Peace is important for children.

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

- a) The crow is the symbol for peace
- b) Peace brings people together.
- c) Peace is not good for people.
- d) Everyone likes peace.

4. Choose the correct word and write it in the space.

- a) \_\_\_\_\_ is important for the world. (3 alternative words)
- b) peace is important for all our \_\_\_\_\_. (3 alternative words)
- c) Peace is \_\_\_\_\_ than war (3 alternative words)
- d) Peace is \_\_\_\_\_ war is harmful. (3 alternative words)

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## Lesson 4

## Story

### A Story

It is said that a man had a few sheep and goats and took good care of them. He got a lot of milk from these animals in the morning and in the evening. When he took the milk to market to sell it he mixed some water with it to make it more and so get more money. The sheep and goats bred every year and their numbers rose. After a while there was a large flock of sheep and goats. The more milk he got the more water he added to it and made more and more money. When the villagers found out they cursed him. Next day was the beginning of fall and a heavy rain started causing a big flood. Thunder followed making the flood fiercer still. His flock, grazing in the nearby gully, was washed away by the flood. The people said "The water that the man added to his milk made the flood that took away half his flock."

## Exercises

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

- a) money
- b) animals
- c) sell
- d) number
- e) curse

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

2. What is the main idea of the lesson?

- a) We can gain a lot of money by adding water to milk.
- b) It is sinful to add water to milk and so money does not last long.
- c) His goats and sheep increased and became a big flock.

3. Why did the man add water to the milk?

- a) To make more and drink it.
- b) To turn it into cheese.
- c) To make more and gain a lot of money.

4. How did people react when they discovered the man's dishonesty.

- a) They cursed him.
- b) They praised him.
- c) They said, "Don't add water to the milk."

5. Choose the correct word to fill the spaces.

- a) A man owned \_\_\_\_\_ and sheep. (goats – alternate spellings)
- b) The man \_\_\_\_\_ some water with the milk. (mixed – alternative spellings)
- c) The rain became heavy and caused a \_\_\_\_\_. (flood – alternative spellings).
- d) They said that the \_\_\_\_\_ of water he had added to the milk caused the flood. (amount – alternative spellings)

6. Write the plural form of the words.

- a) goat
- b) sheep
- c) day
- d) season
- e) rain
- f) flood
- g) thunder
- h) gully

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

milk	sheep	lot	goats	money	animals	got
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It is said that a man had a few \_\_\_\_\_ and \_\_\_\_\_ and took good care of them. He \_\_\_\_\_ lots of milk from the \_\_\_\_\_ in the morning and evening. Whenever he took the \_\_\_\_\_ to the market to sell it he mixed some water in it to make more and so gain a \_\_\_\_\_ of \_\_\_\_\_.

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## Nazo Ana

Nazo Ana, daughter of Sultan Malkhi Tokhi and mother of our famous national leader, Mir Wais Khan Nika, was born in the lunar year of 1061 in Tazi, a place near Kandahar province. This well known lady had read many religious and poetry books. She was a godly, sympathetic, scholarly, respectable and hospitable lady. That is why the Afghans call her 'Ana'. She was the wife of Ealim Khan and mother of four children. Her eldest son Mir Wais born in the lunar year 1119 saved his beloved homeland from terror and oppression of Gurgin. Nazo Ana was an interesting writer and poet of the Pashto language. It is said that she wrote a nice book of poems but so far it has not been found. These four verse poems have been mentioned by Mahmood Hotak in his book 'Hidden Treasury'

In the morning tears were falling from the eyes of Narcissus

I asked her "Why are you crying, Oh beautiful flower?"

She said "I laugh once in my whole life"

## Exercises

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

- a) noted
- b) scholar
- c) protect
- d) collection
- e) Narcissus

Alternative meanings
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2. Write T (true) for the correct sentences and F (false) for the incorrect sentences.

- a) Nazo Ana was a Pathan chief.
- b) Nazo Ana was a well-educated, godly, sympathetic, hospitable woman and a poet.
- c) Nazo Ana was a resident of Kandahar and a mujahid woman.
- d) Nazo Ana gave her country independence from Gurgin.

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

- a) Nazo Ana was the daughter of Sultan Shayasuddin.
- b) Nazo Ana was the daughter of Sultan Malkhi Tokhi.
- c) Nazo Ana was Mirwais Khan's aunt.
- d) She was the wife of Shalaam Khan.
- e) The book "Hidden Treasury" was compiled by Mohammad Hotak.
- f) Mirwais Khan is the son of Zarghona Ana.

4. Choose the correct word to fill the spaces.

- a) Nazo Ana was the mother of \_\_\_\_\_ Nika. (Mirwais – alternate spellings)
- b) She was a \_\_\_\_\_ woman. (well educated – alternative spellings)
- c) She was the wife of \_\_\_\_\_ Hotak. (Shalam Khan – alternative spellings)
- d) Nazo Ana was a \_\_\_\_\_ language poet. (Pashto – alternative spellings)
- e) "Hidden \_\_\_\_\_" is a good book. (Treasury – alternative spellings)

5. Put the following sentences in order according to the text.
    - a) Nazo Ana was a poet and expert in Pashto literature.
    - b) Her eldest son was Mirwais Khan.
    - c) Nazo Ana was the daughter of Sultan Malkhi Tokhi.
    - d) She was a well educated, godly and hospitable woman.
    - e) She was born in a place near Kandahar called Tazi in the lunar year 1016.
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## Lesson 6

## Health

### Tooth Care

It is very important to take care of our teeth because strong, healthy teeth are needed for chewing and digestion. Taking care of teeth protects them from dental diseases and decay. To protect our teeth from decay we should observe the following points

1. We should refrain from eating sweet things.
2. Always brush teeth after meals especially at nights
3. Try to eat things that are rich in calcium, such as eggs, milk, etc.
4. Avoid cracking hard things like almond and walnuts with our teeth
5. Don't eat very hot or very cold things
6. Consult a doctor at the first sign of disease in the teeth.

### Exercises

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

- a) body
- b) refrain
- c) illness
- d) stone (almond)

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

2. The main idea of the text is:

- a) We should eat foods that contain calcium.
- b) We should refrain from eating lots of sweet foods.
- c) Tooth care is very important and food digestion needs healthy teeth.
- d) We should not crack hard things with our teeth.

3. Choose the correctly spelt word.

digestion – 3 alternative spellings refrain – 3 alternative spellings miswalk – 3 alternative spellings illness – 3 alternative spellings
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4. Put the following sentences in order and make a paragraph.

- a) Taking care of teeth prevents germs from causing decay
- b) We need to consider some important points in order to protect our teeth from decay.

- c) We should see the dentist immediately.
- d) Taking care of teeth is very important.
- e) We should try to eat calcium rich foods.

**Lesson 7**

**Science**

**The Honey Bee**

The honeybee is a useful insect that has six legs and two wings. They are organized in such a way that they have a queen bee and all the rest are workers. During her lifetime the queen can lay from 500,000 to 1,000,000 eggs. The queen can live for four to five years. The queen is a little bigger and longer than the other bees. The worker bees have different responsibilities such as making the nest and gathering nectar. If a worker bee finds a good source of food it returns to the hive to pass on this information by dancing. If the source was near the dance is circular but if it is further away then it is different in the form of a broken line. Some bees are guards. Some bees are guards. They guard the nest and they can sting. They do not sting unless it is really necessary as when a bee stings someone it will die.

**Exercises**

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

- a) structure
- b) source
- c) different
- d) guard
- e) ring

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

2. The main idea of the lesson is:

- a) To know the colour of honey bees.
- b) Honey comes from different bees.
- c) The honey bee is a useful insect and has a particular family structure.

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

- a) The Queen bee lays 20,000 eggs in her life.
- b) The worker bees make nests and gather the nectar.
- c) Some bees work as guards.

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

protect	compelled	duty	extra word	die	sting
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Some bees perform the \_\_\_\_\_ of guards. These bees \_\_\_\_\_ the nest and they also \_\_\_\_\_. They do not sting unless they are \_\_\_\_\_ to. When they sting they may \_\_\_\_\_ themselves.



**Dressing a Wound**

Farid and Zarghoon were playing in the garden. Suddenly Farid slipped and fell down injuring his hand. Zarghoon, finding nothing else wrong, put some soil on the wound to stop it bleeding. When Farid came home his mother saw his torn clothes and the wound on his hand. First she washed the blood clots and soil out of the wound with clean water and soap and bound it with a clean cloth to stop the bleeding. When his father knew what had happened, he took him to the nearest clinic in the village and told them the whole story. After cleaning all the soil from the wound the doctor applied some antiseptic cream and covered it. The doctor said: Applying soil or snuff to the wound is very dangerous. It causes tetanus and other dangerous diseases and can even kill the wounded person. There are a variety of microbes in the soil and if they are put onto the wound they get into the body. The doctor added: The first, most important step for healing a wound is cleanliness. Whenever someone dresses a wound they should wash their hands with soap and water. Use a clean bandage. The wound should be kept clean until it heals.

**Exercises**

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

- a) wound
- b) suddenly
- c) torn
- d) harm
- e) importance

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

2. The main idea of the lesson is:

- a) Playing is dangerous.
- b) There are different kinds of germs in the soil.
- c) The wounded person should be taken to hospital.
- d) Putting soil on wounds causes tetanus and other infections.

3. Chose the correct answer to the questions.

- 1) What were Farid and Zarghoon doing in the garden?
  - a) They were cultivating.
  - b) They were studying.
  - c) They were playing.
  - d) They were eating fruit.
- 2) When Farid came home what did his mother do?
  - a) She washed his wound with clean water and soap and bandaged it
  - b) She put soil on his wound.
  - c) She bandaged the wound.
  - d) She took him to the doctor.
- 3) What did the doctor say to Farid's father?
  - a) Wash the wound with cold water.
  - b) Wash hands clean before dressing the wound
  - c) Putting snuff on wounds is not harmful.
  - d) The injured person should rest at home.

- 4) What causes tetanus?
- Eating dirty things.
  - Walking in very hot weather
  - Walking in cold weather.
  - Putting soil and dirty things on wounds.

4. Choose the correct word to fill the spaces.

- Farid saw a bird's \_\_\_\_\_ in a tree in the garden. (nest – alternative spellings)
- The doctor said, "Putting soil on a wound is very ha \_\_\_\_\_." (harmful – alternative spellings)
- Use boiled water and \_\_\_\_\_ to wash the wounds. (soap – alternative spellings).
- It is good to \_\_\_\_\_ the wound with a clean cloth. (bandage – alternative spellings).

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

bandaging	soil	Germes	washed
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- Putting \_\_\_\_\_ on wounds is harmful.
- Wounds should first be \_\_\_\_\_ with clean water.
- It is necessary to \_\_\_\_\_ the wound with a clean cloth.
- \_\_\_\_\_ get into wounds very quickly so cleanliness must be observed..

6. Write the plural forms of the words

- garden
- game
- doctor
- wound
- soap
- hand
- gather

## Lesson 9

## Health

### Narcotics, a Poem

The addict says:

Friends look at me! The powder has made me crazy

It degraded me in my village and my family.

I became smoke and the powder has made me wild rue

My body is aching

My heart is suffering and crying like a child

The drugs have made me leave my house and wander in the streets.

I became smoke and the powder has made me wild rue

How come I became mad every one talks about me

O God, I became strange

The drugs made me a stranger to my relatives and a wanderer in the streets

I became smoke and the powder has made me wild rue

The powder became evil to me

The house of my heart was plundered

My rival has also lift arm against me  
Powder made my beautiful face yellow  
I became smoke and the powder has made me wild rue  
Suraj your heart is plundered  
How mad you have become  
You are cut off from people of your own age.  
You say yourself that the drugs made you wander the streets  
I became smoke and the powder has made me wild rue.

### Exercises

1. Select the correct meanings from the box and write it beside the word.
    - a) crazy
    - b) tale
    - c) stranger
    - d) rival
    - e) plunder

15 word  
choices
  2. The main idea of the poem is:
    - a) The use of drugs affects more than just the body.
    - b) The use of drugs affects economy, body and faith.
    - c) People like drug users
  3. Organise the words to make a verse
    - a) did, How, crazy, I, become?
    - b) heart, house , of, plundered, The, was, my.
    - c) I, By, became, God, strange.
- 

## Lesson 10

## History

### The Bust Fort

It is said that Ghaznavi Kings used to go to Bust city in Helmand province during the winter. There was a hill in Bust and at the top of this hill the Ghaznavi kings built a fort that had four towers on four sides. Around this hill, markets, caravans, houses, bathrooms, and large mosques were built but now this has been ruined because Changiz and Timur set the city on fire. At this time only one gate, which is 25m high remains intact. This was beautifully built in the 11<sup>th</sup> calendar century.

### Exercises

1. Select the correct meanings from the box and write it beside the word.
  - a) big
  - b) ruined
  - c) intact
  - d) beauty
  - e) winter

24 word  
choices

2. The main idea of the lesson is:
  - a) Bust is the capital of Hilmand Province.
  - b) Bust fort is a residence that the Ghaznavi kings built on a hill.
  - c) Bust fort is the home of Timur Khan.
  - d) Changiz Khan set fire to the Bust fort.
  
3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
  - a) Bust, in Hilmand, is a hill with a fort on it.
  - b) Ghaznavi kings lived there in the winter.
  - c) The castle had four towers.
  - d) There was no habitation at the foot of the hill.
  - e) The city is lived in even now.
  - f) The door of Bust fort is still there.
  - g) The height of the door is 25m.
  
5. Choose the correct word to fill the spaces.
  - a) Bust is the name of a place in \_\_\_\_\_. (Helmand – alternate spellings)
  - b) \_\_\_\_\_ kings built a fort in Bust. (Ghaznavi – alternative spellings)
  - c) Now only the door of \_\_\_\_\_ fort has survived. (Bust – alternative spellings).
  - d) Just so that I can \_\_\_\_\_ from this trouble. (escape – alternative spellings).
  
6. Write the plural forms of the words.
 

a) King	d) bathroom
b) Fort	e) warehouse
c) Mosque	f) city

## Lesson 11

## Science

### The Tree's Roots

When you look at a tree you only see the leaves, branches and trunk. You can't see the parts which are under the ground and called roots. Like branches the roots are also both small and large but they are under the ground and cannot be seen. The roots of some trees reach out in the ground to the same size as their branches. Some roots go very deep into the soil and some are close to the ground surface. The function of the roots is to keep the tree firmly in place. If trees had no roots strong winds would blow them over.. You might have seen that most trees are still standing in spite of strong winds. This is because of their firm and abundant roots. As you know trees need food and water and they get them from the ground through their roots. These end in small hair like roots which absorb water and food passing them to branches and leaves. Leaves with the help of energy from the sun make new roots.

### Exercises

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

a) below	d) tight	Selection of opposites
b) near	e) end	
c) fast	f) make	

2. The main idea of the lesson is:
- The roots provide trees with food.
  - The roots keep the trees firm in the ground.
  - The roots supply food and keep the trees firm.
  - The roots go very deep into the soil.

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

food	small	branches	big	spread
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- Like branches the roots are also \_\_\_\_\_ and \_\_\_\_\_.
  - The roots of trees \_\_\_\_\_ out in the ground as far as their branches spread overhead.
  - Trees get their \_\_\_\_\_ from the ground through their roots.
  - The small roots get water from the ground and pass it to the leaves and \_\_\_\_\_.
4. Put the following sentences in order according to the text.
- Trees get their food and water from the soil through their roots
  - You know that trees need water.
  - The small roots absorb water and send it to the branches and leaves.
  - The ends of the roots are very small and hair like.

## Lesson 12

## Health

### Diarrhoea

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

- Breastfeeding the child
- Washing hands before eating
- Covering toilets
- Wash fruit and vegetables before eating them

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

- Give the child plenty of clean water
- Give ORS solution. If this solution is not available then dissolve four teaspoons of sugar and half a teaspoon of salt in one litre of clean water and give it to the child several times.
- The sick child needs food
- If the child is breast feeding give mother's milk
- If diarrhoea persists more than two weeks or blood is noticed in bowel discharges seek assistance from health workers.

### Exercises

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

- |             |            |
|-------------|------------|
| a) world    | d) help    |
| b) solution | e) affairs |
| c) care     |            |

Six alternative meanings
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2. What is the main idea of the text?
    - a) Hands should be washed clean before eating..
    - b) Diarrhoea is a dangerous disease, it can kill children if it is not prevented.
    - c) Breast-feeding children is very good.
    - d) Fruit and vegetables should be washed clean.
  
  3. Write the plural form of the words.
    - a) vegetable
    - b) child
    - c) fruit
    - d) patient
  
  4. Put the following sentences in order according to the text then make a short paragraph.
    - a) We should give lots of water to a sick child.
    - b) Diarrhoea is a dangerous illness.
    - c) If a child gets diarrhoea keep the following points in mind.
    - d) It kills three million children in the world each year.
- 

## Lesson 13

## Culture

### Proverbs

- You should wait your turn even if the mill belongs to your father.
- You become like the people that you stay with.
- You cannot clap with one hand
- Staffs of many a bunch of one – if a man’s wheat heap is burned the village people gather together and everyone brings according to their ability to give to help that person.
- As you sow so shall you reap
- Your action is your companion
- No comfort without hard work
- Eat little, eat always
- Mankind is grateful
- If you do evil you will receive evil – no-one feels sorry for the death of someone who goes to steal or treats others with disrespect.

### Exercises

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

a) sound	d) kindness	Alternative meanings
b) staff	e) fall	
c) companion		
  
2. What purpose do proverbs serve?
  - a) To summarise an idea
  - b) To confirm or teach a lesson
  - c) For making conversation
  - d) To learn the language

3. What is the point of the following proverb? Select the correct meaning.
- As you sow so shall you reap.
  - To take revenge
  - The best provision for the next world is good living in this one.
  - Fellow travellers
  - If you do good you will receive good.

4. Choose the correct word and spelling.

clap – 3 alternative spellings  
 age – 3 alternative spellings  
 struck – 3 alternative spellings  
 practised – 3 alternative spellings

- You cannot \_\_\_\_ with one hand.
- No comfort without\_\_\_\_\_.
- Eat \_\_\_\_\_, eat always.

6. Order the words to make the proverbs.
- your is mill you father's it should if line in wait Even
  - pain No gain without
  - grateful Mankind is
  - you reap so What sow will you

## Lesson 14

## science

### The Aeroplane

People can travel from one place to another in a short time with the help of aeroplanes. The first aeroplane was made by Orville and Wilbur Wright from the USA in 1903. Their first flight on 17/12/1903 was in a machine made of wood, string and cloth and it covered a distance of 37 metres. It was the first flight anywhere in the world.

Later on scientists improved the manufacture of aeroplanes. There are different types in the world now. Some planes can fly up to (to a height of) 1,400m. The big aeroplanes have room for 500 people. Rocket carrying aeroplanes are the fastest in the world, covering a distance of 7,240 km in an hour. These planes do not carry passengers or goods.

### Exercises

- 1, Select the correct meanings from the box and write it beside the word.

- change
- world
- fast
- traveller
- plane

Six  
 alternative  
 meanings

2. What is the main idea of the text?
- Making an aeroplane.
  - Flying an aeroplane.
  - General information on aeroplanes.
  - The inventors of the first aeroplane.
3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
- The aeroplane was made for the first time in 1819.
  - Two brothers from America made the first plane.
  - The first flight covered 17metres
  - Some aeroplanes can fly as high as 14,000metres.
  - Big aeroplanes can carry 500-800 passengers.
  - The fastest planes go at a speed of 700kilometres per hour.
4. Choose the correct word and write it in the space.
- People travel easily \_\_\_\_ from one place to another. (by – alternative spellings)
  - After that other \_\_\_\_ made aeroplanes. (scientists – alternative spellings).
  - Some planes have \_\_\_\_ for five hundred passengers. (space – alternative spellings).
  - Fast planes don't carry goods and \_\_\_\_\_. (passengers – alternative spellings)
5. Choose the appropriate words and write them in the spaces.

Orville	A.D.	first	Wilbur	American
pieces	history	engine	wood	distance

The first plane was made in the year 1903 \_\_\_\_ by two \_\_\_\_ brothers named \_\_\_\_ and \_\_\_\_ Wright. They made their first flight, a \_\_\_\_ of 37metres, in a plane that had only one \_\_\_\_\_. It was made of \_\_\_\_\_, string and \_\_\_\_\_ of cloth. This was the \_\_\_\_\_ flight in the \_\_\_\_\_ of the world.

## Lesson 15

## Health

### Caring for the Eye

The eye is the greatest wealth of God. Eyes serve as windows on the world. With our eyes we see colours, beautiful places, people and so on. Eyes are the most delicate organs of the body. We should take great care to protect them. To take good care of them the following points should be observed:

- If something like dust, soil or small particles get into the eyes wash them with clean water.
- Don't look straight into the sun because it is very harmful for eyes. If a child who looks into the sun it can harm his sight in old age.
- While walking in the sun it is useful to wear sunglasses.



## Exercises

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

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

a) wealth	d) youth
b) world	e) straight
c) care	f) member
  2. What is the main idea of the text?
    - a) The eye is a great gift and needs care.
    - b) The eye is a delicate part of the body.
    - c) We should not look straight into the sun.
    - d) While reading the light should fall on the book not the eyes.
  3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
    - a) The eye is like a window through which we look at the world..
    - b) Looking straight at the sun harms the eyes.
    - c) Wearing glasses in the sunlight isn't good for the eyes.
    - d) If you look at the sun for a long time it will damage your eyes.
    - e) The eye is a strong organ of the body.
  4. *An exercise using verb forms that does not translate effectively into English*
  5. Put the following sentences in order according to the text and then make a paragraph under the heading Eye Care.
    - a) While reading light should fall directly onto the book.
    - b) The eye is a great gift of God.
    - c) The eye is like a window to look onto the world.
    - d) It is a good idea to wear sunglasses while out in the sunlight.
- 

## Lesson 16

## Science

### The Ants

Ants are found everywhere. They live under the ground. Their nests under the ground are like towns or cities. Thousands of ants live in one nest. There are also some ants in the world that have no nests such as the African ants known as mobile ants. They are always on the move. Sometimes millions of ants get together and move in one direction. Unlike other ants these have no interest in sugar, sweets, cake and bread. They eat every kind of insect, birds and small animals and even big animals. Elephants run away from the army of these ants too. These ants avoid the strong rays of the sun because they harm them. That is why they move during the night. They cannot swim so whenever they come to water some of them make a bridge with a leaf that the others pass over.

## Exercises

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

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

a) always	d) mobile
b) ray	e) in this way
c) protect	f) Africa

2. What is the main idea of the text?
- Ants are found everywhere.
  - Thousands of ants live in one nest.
  - Information about the African mobile ants.
  - African ants don't eat sugar, cake or bread.

3. Choose the correct answers to the questions.

- How many ants live together in one nest?
  - hundreds
  - thousands
  - millions
  - tens
- Where are the mobile ants found?
  - Asia
  - America
  - Africa
  - Europe
- What do mobile ants avoid?
  - water
  - sun's rays
  - fire
  - rain
- What substances do mobile ants not like to eat?
  - sugar
  - cake
  - sweets
  - all of these

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

sunlight	African	nest	swim	ants	eat
----------	---------	------	------	------	-----

- The ants \_\_\_\_\_ is like an underground city.
- There are also certain \_\_\_\_\_ that have no such nest.
- These \_\_\_\_\_ ants are called mobile ants.
- These ants \_\_\_\_\_ insects, birds and small animals.
- These ants avoid strong \_\_\_\_\_.
- These mobile ants cannot \_\_\_\_\_.
- 

5. Write the singular and plural words from the box under the correct heading.

- singular
- plural

Mixed singular and plural nouns.
----------------------------------

6. Put the following sentences in order according to the text and make them into a paragraph..

- Thousands of ants live in one nest.
- Ants live underground.
- Their nest underground is like a city.
- Ants live everywhere.
- There are certain ants that have no nest.
- These ants are continuously on the move.
- Like the African ants that are called mobile ants.

**Zarghona Ana**

This well known lady was the mother of Ahmad Shah and from the Alkozi tribe. She was a creative and educated woman of her time. Knowing her it is enough to say, firstly, that she had the honour of raising her brave and honourable Mujahid son, Ahmad Shah in her arms. When Ahmad Shah was appointed by the Grand Assembly as the ruler or head of state she gave him good advice on state affairs. It is said that Ahmad Shah in consultation with state officials was planning to build a wall and ditch around Bud to protect the city from enemy attacks. Someone told Zarghona Ana of the plan and she immediately called Ahmad Shah and told him: Son, remember that Afghans never take refuge behind walls or ditches to protect themselves from enemies. If you are Afghan and have Afghani blood in your veins you will protect your own and others' honour. Don't build these walls. They will only protect you and I. What about your other Afghan sisters and brothers? Won't they ask you for protection? Aren't they Afghans? Also you should not wait until your enemy crosses your country's borders and reaches into your city. Ahmad Shah accepted her words and dropped the idea of building walls and ditches around the city and started making buildings and water supplies for his own and public use. Because of her education, creativity and honourable deeds Afghans give this famous lady the title of 'Ana' and respect her highly. She died in Kandahar and was buried in Kohat village. Many people visit her tomb to show respect.

**Exercises**

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

- |           |            |
|-----------|------------|
| a) good   | e) common  |
| b) advice | f) respect |
| c) border | g) members |
| d) brave  | h) pride   |

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

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

others	respect	deeds	advice
--------	---------	-------	--------

- We need \_\_\_\_\_ on all activities.
- All Afghans remember the name of Ahmad Shah Baba with \_\_\_\_\_.
- We should always consult with \_\_\_\_\_ on important issues.
- Afghans have given Nazo Ana the title "Ana" because of her record of great \_\_\_\_\_.

3. What is the main idea of the text?

- Zarghona Ana belonged to the Alkozai tribe.
- Zarghona Ana is buried in Kohat village.
- Zarghona was a wise and scholarly woman who gave her son good advice.
- Ahmad Shah Baba, after consulting senior government officials decided to build a wall and ditch for the defence of the city.

4. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
- After consulting with his mother Ahmad decided to build a wall and ditch for the defence of the city.
  - Ahmad was elected as our leader by a Loya Jirga (Grand Assembly).
  - Zarghona Ana encouraged Ahmad to build the wall and ditch.
  - Zarghona Ana died in Laghman Province.

5. Choose the correct word and write it in the space.
- She has raised her \_\_\_\_\_ son in her lap. (Mujahid – alternative spellings)
  - To be \_\_\_\_\_ from enemy assault. (safe – alternative spellings).
  - Keep it \_\_\_\_\_ clearly in your mind. (clearly – alternative spellings).
  - You should not \_\_\_\_\_ very long. (passengers – alternative spellings)

6. Write the singular form of the words.
- pits
  - sons
  - enemies
  - sisters
  - walls
  - records
  - brothers

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

those	that	never	this
-------	------	-------	------

Dear Son,

Keep \_\_\_\_\_ firmly in your mind that Afghans \_\_\_\_\_ seek safety behind walls. Don't build these walls that will only protect you and I. How about \_\_\_\_\_ Afghans outside the wall? Don't they ask you for protection? The great deeds of \_\_\_\_\_ woman were the basis for her title of "Ana".

8. Put the following sentences in order then make a paragraph with them.
- Someone informed Zarghona Ana about this situation.
  - She told him, "Afghans never hide behind earth walls".
  - After consulting government officials Ahmad Shah decided to build a wall and ditch to defend the city.
  - She immediately called Ahmad Shah to come to see her.
  - If you are truly Afghan your Afghani spirit will protect you and your other countrymen.
  - Ahmad Shah accepted her words.

## Lesson 18

## Story

### Division

In a wood there lived a lion and three cows of different colours one red, one white and one black. The lion wanted to split them up and eat them one by one. He made a plan to do this. He said to the white cow and the red one. The colour of that black cow does not match with ours. If you agree we will finish him off and be safe from him. The other two cows agreed and the lion ate the black cow. Next day, when the lion was hungry again he took the white cow into a corner and said to her: This red cow isn't like you and I. Her

colour is different from ours, if you agree lets finish this one too. The white cow agreed and the lion ate the red cow. The white cow was left alone and when the lion became hungry there was no need for consultation. He told the white cow: Now it is your turn whether you like it or not. The cow said: Surely you will eat me anyway but give me a little time to climb that hill cry out for myself and for my situation. The lion said: That is good. Go and say whatever you have in your heart and keep nothing back. The cow climbed the hill and called out loudly: Oh people! Listen! My death was decided on the day that the lion ate the black cow before me. It is true that a nation that is divided can easily be broken. Division causes downfall and misery.

### Exercises

1. Select the correct meanings from the box and write it beside the word.
  - a) consultation
  - b) opportunity
  - c) shouting
  - d) ambition
  - e) fall
  - f) disunity
2. What is the main idea of the text?
  - a) There was no unity between the cows.
  - b) The lion is a strong and cruel animal.
  - c) Disunity causes ruin and dismay.
  - d) The lion divided the cows.
3. What colours were the cows?
  - a) red, green and black
  - b) white yellow and black
  - c) red, black and white
  - d) black and white
4. What reason did the lion give the other cows for eating the black one?
  - a) The colour of this cow doesn't match ours.
  - b) This cow is a glutton.
  - c) This cow is very clever.
  - d) This cow disagrees with us.
5. Why did the white cow climb onto the hill-top?
  - a) To see everywhere.
  - b) To tell of all the people of its sorrow and the consequences of disunity.
  - c) To escape from the lion.
  - d) To laugh loudly.
6. What destroyed the cows?
  - a) overeating
  - b) enmity
  - c) fear
  - d) disunity

7. Put the following sentences and phrases in order and make a paragraph from them.
- The lion wanted to divide the cows and eat them one by one.
  - The colour of one cow was red, the second was black and the third was white.
  - Finally the lion told the white cow that it was its turn.
  - The lion spoke to the red and white cows first telling them that he wanted to eat the black cow first because of its colour.
  - A lion and three cows lived in a forest.
  - Next the lion told the white cow that he wanted to eat the red cow as well because it also was a bad colour.
  - The white cow wished it had not agreed with the lion in the beginning.
  - The white cow climbed the hill and announced to everyone that disunity brings about ruin and disaster.
- 

## Lesson 19

## Culture

### Freedom, A poem

I am penniless and I have a woollen shawl, but I am happy because I am free,

But unhappy to be entrapped in silk like a worm.

It is a hundred times better to be free and have cotton clothes than to be a slave in silk ones.

I feel free in a goats hair tent and will not exchange it even for a Kashmir one.

A bird is happier in its own nest even if it is poor than it would be in a golden cage.

When I see the birds in the air and the cock on the ground it reminds me of the bad memories of imprisonment.

Caged birds end up being eaten and their feathers used for the pillows of the rich.

Whoever can escape the captivity of the bow? Wingless birds go into the air like an arrow.

### Exercises

- Select the correct antonym from the box and write it beside the word.
  - poor
  - captive
  - free
  - weak
  - ruin
  - silk
- What is the main idea of the text?
  - To get rid of poverty
  - Praise of freedom
  - Assistance to the poor

3. Choose the correct word and write it in the space.
- It is one hundred times better to be in cotton clothes and be \_\_\_\_ (free – alternative spellings)
  - than to be a slave with silk \_\_\_\_\_. (clothes– alternative spellings).
  - A bird is \_\_\_\_\_ in a nest in a ruin. (happy– alternative spellings).
  - \_\_\_\_\_ is released from captivity flies in the air like an arrow from a bow. (whoever – alternative spellings)

4. *An exercise on adjective agreement that does not translate effectively into English.*

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

prison	cage	unhappy	freedom
--------	------	---------	---------

- A bird is \_\_\_\_\_ in a cage.
- Birds like \_\_\_\_\_ as much as people do.
- A cage is like a \_\_\_\_\_ to a bird.
- People who are not free live like a bird imprisoned in a \_\_\_\_\_.

## Lesson 20

## Life Skills

### Dangers of Landmines

Zarmina was going to visit her aunt. The path that led to her aunt's house crossed an open area where there were things that she did not know. The day before a teacher on a mine awareness course had told about the dangers of mines and how to avoid them. On the way to her aunt's house Zarmina remembered her teacher's words and it occurred to her that she might step on a mine. As she was thinking this she suddenly saw a mine. Keeping calm, she remembered all that her teacher had said. At first she marked the place with stones but she wasn't satisfied with this. So she set up a piece of cloth to mark it. She walked back on her tracks and went to tell the demining agency. The demining group went with Zarmina to the area and cleared it.

The demining agency sent a letter of appreciation for her quick action to her school. The next the headmaster called all the students together and told them about her quick thinking, thanked her and gave her the letter of appreciation. He asked all the students to act thoughtfully like Zarmina. If we find a mine we should inform the demining agency and if that is too far away then tell the village elders.

### Exercises

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

- |               |           |
|---------------|-----------|
| a) suddenly   | d) inform |
| b) condolence | e) area   |
| c) mark       | f) praise |

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

2. What is the main idea of the text?

- Types of landmines
- We should mark the place and inform the de-mining agency when we see a landmine.
- Identification of types of landmines.
- Zarmina wasn't an intelligent girl.

3. Choose the correct word and write it in the space.
- Zarmina kept \_\_\_\_\_ as she stopped.. (calm – alternative spellings)
  - They gave her a letter of \_\_\_\_\_ for her good work. (appreciation – alternative spellings).
  - She \_\_\_\_\_ the de-mining agency. (informed – alternative spellings).
  - We should inform the de-mining agency \_\_\_\_\_ we see a landmine. (when – alternative spellings)
4. Choose the correct word and write it in the space.
- She \_\_\_\_\_ by the same path she had come. (returned – alternative spellings)
  - A group of de-miners \_\_\_\_\_ Zarmina. (accompanied – alternative spellings)
  - She picked up a piece of cloth and used it as a \_\_\_\_\_. (sign – alternative spellings).
5. Answer the questions and make a paragraph from the answers.
- Where was Zarmina going?
  - What did she see on the way?
  - What did Zarmina do?
  - Who did she inform?
  - What happened in the end?

## Lesson 21

## Science

### Ships

Nowadays ships are an important means of transportation. Many things such as machinery and instruments are carried by ships. They also carry people. Historical artifacts and evidence show that the first ships were made in Egypt and used on the river Nile. Because from the very beginning ships have been useful to mankind, later on people developed this industry. Slowly but surely the shape of the ship underwent changes until one was built that was powered by the wind. Nowadays there are different kinds of ships in the world that carry millions of tons of cargo from one place to another. In today's ships there can be many facilities such as shops, hotels, swimming pools and so on. Ships are generally made mostly of iron and steel.

### Exercises

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

- |                   |             |
|-------------------|-------------|
| a) age            | f) evidence |
| b) means          | g) craft    |
| c) load           | h) ton      |
| d) transportation | i) progress |
| e) goods          |             |

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

2. What is the main idea of the text?
- The first ships were made in Egypt.
  - Ships are a means of transportation
  - We need to know about ships
  - Ships are made of iron and steel



3. Choose the correct word and write it in the space.
    - a) In the present \_\_\_\_ ships are a means of transportation. (age – alternative spellings)
    - b) Ships were first made in \_\_\_\_\_. (Egypt – alternative spellings).
    - c) Historical \_\_\_\_\_ and evidence show that ships were first made in Egypt. (records– alternative spellings).
  
  4. *An exercise using verb forms that does not translate effectively into English*
  
  5. Put the following sentences in order and make them into a short text.
    - a) Nowadays ships are an important means of transportation.
    - b) Historical records and evidence show that ships were first made in Egypt.
    - c) Now the world has different types of ships.
    - d) Since ships proved to be essential to people they have been developed further.
    - e) Today’s ships have all the modern facilities.
    - f) Ships are also used for coming and going.
- 

## Lesson 22

## History

### Ghazi Abdul Wakil Khan Nooristani

Abdul Wakil Khan Nooristani was a well known independence hero of our country. He was born in the village of Nooristan in the solar year of 1254. He served as an artillery officer in the army of Afghanistan. He bravely carried out duties as head of a division and commander in different provinces of Afghanistan. He left behind a glorious record of service to the people and the country. In 1919 when the war of independence against the British was declared he was the commander of the division in Asmar, Kunar province. In this fighting he bravely confronted the enemy forces, pushing them back and capturing most of Chitral. This famous hero died in the solar year 1309 and was buried on Maranjan Hill, Kabul. A monument was built to the memory of this great hero of the independence at Dehmazang cross roads, Kabul and also a school was set up in his name in Jalalabad city, Nangahar province.

### Exercises

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

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

  - a) hero
  - b) bravery
  - c) lion
  - d) death
  - e) autonomy
  - f) hill
  
2. What is the main idea of the text?
  - a) Abdul Wakhil Khan Nooristani was a merchant.
  - b) Abdul Wakhil Khan Nooristani was a writer.
  - c) Abdul Wakhil Khan Nooristani was a mujahid and a national hero.
  - d) Abdul Wakhil Khan Nooristani was the chief of his tribe.

3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
  - a) Abdul Wakhil Khan Nooristani was born in a village named Cantiva.
  - b) He was a civil servant.
  - c) He was a hero of independence.
  - d) He lost some parts of Chitral.
  - e) He was buried in Nooristan.
  - f) A school in Jalalabad bears his name..
  
4. Choose the correct word and write it in the space.
  - a) Abdul Wakhil Khan Nooristani was a \_\_\_\_ officer. (military – alternative spellings)
  - b) He confronted the \_\_\_\_ forces bravely. (enemy – alternative spellings).
  - c) He rendered great services to his \_\_\_\_\_. (homeland – alternative spellings).
  
5. *An exercise using letterforms that is relevant only in Pashto*
  
6. Answer the questions and make a paragraph from the answers.
  - a) Who was Abdul Wakhil Khan Nooristani?
  - b) Where was he born?
  - c) What work did he do?
  - d) Where did he break the English forces?

## Lesson 23

## Science

### Forests

God has grown forests free of charge on mountains and they are useful for people, animals and birds. Forests provide the best habitat for wild animals such as wolves, foxes, tigers, lions and so on. Trees breathe like people, clean up the air and make our environment look beautiful. The roots of trees prevent soil from washing away. If forests are cut down the mountains become bare, forest birds and animals disappear and the greenness of our environment is gone. There are many forests in the following provinces of Afghanistan: Kunar, Laghman, Nangahar, Paktia, Nooristan, and Badghiz. Those who use up the forests should plant new ones in their place.

### Exercises

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

a) priceless	d) animals	Alternative meanings
b) wild	e) greenness	
c) environment	f) bare	
  
2. What is the main idea of the text?
  - a) Forests are the habitat of birds
  - b) Most of the forests are in Kunar and Laghman
  - c) Forest grow in the mountains
  - d) Forests are useful to people and provide habitat for animals and birds.

3. Choose the correctly spelt word.

- a) forest – 3 alternative spellings
- b) beautiful – 3 alternative spellings
- c) animals – 3 alternative spellings
- d) Badghiz – 3 alternative spellings
- e) greenness – 3 alternative spellings
- f) breathing – 3 alternative spellings

4. Put the following sentences in order and make them into a short text.

- a) If forests are cut down the mountains become bare.
- b) There are many forests in Kunar, Langhman, Paktia, Nangahar, and Badghis provinces.
- c) God has grown forests free of charge on our mountains.
- d) Forests are a good habitat for birds and animals.

## Lesson 24

## History

### The Justice of Omar

Omar was the second caliph of Islam. He was the most just of all the Muslim rulers. He was always aware of the situations of his subjects. During the days he was engaged in the affairs of his office but at nights he walked around the city secretly and learned of the situations of the people. One night he was passing the house of a widow and heard her children crying. And her words. He stopped for a moment, then knocked at the door and asked if he could go inside to see what was happening. When he got in he saw the children crying and asked: Why are the children crying. The widow answered: They are crying with hunger because there is nothing to eat. Omar said: What is that being cooked in that pot? She said: I have put in six stones and tell them that the meal is being cooked. In this way I hope they will fall asleep. Omar was very upset to hear this. He went to the warehouse and took them a sack of flour and other things.

### Exercises

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

- a) Caliph
- b) just
- c) moment
- d) means
- e) always.

Alternative  
meanings

2. What is the main idea of the text?

- a) The children's crying affected Omar.
- b) Omar was a just ruler
- c) Omar did not like fame.

3. Chose the correct answer.

- 1) Why was Omar walking at night?
  - a) To arrest thieves.
  - b) To be aware of his subjects circumstances.
- 2) Why were the children crying?
  - a) Because of hunger
  - b) Because of fear.
  - c) Because someone had beaten them.
- 3) What was boiling in the pot?
  - a) Meat and potato
  - b) Rice
  - c) Stones and water

4. Choose the correct word and write it in the space.

- a) Omar was the second \_\_\_\_\_ of Islam. (caliph – alternative spellings)
- b) He always made \_\_\_\_\_ aware of his people’s circumstances. (himself – alternative spellings).
- c) This is the \_\_\_\_\_ I get them to go to sleep. (way – alternative spellings).
- d) Hearing the woman’s words Omar became very \_\_\_\_\_. (sad– alternative spellings).
- a) He \_\_\_\_\_ to the warehouse. (went – alternative spellings).

5. Put the following sentences in order and make them into a short text.

- a) He was a just caliph of the Muslims.
- b) During the day he was engaged in government affairs.
- c) Omar was the second caliph of Islam.
- d) At night he walked around the city to find out about the situations of his people.
- e) He always made himself aware of his people’s circumstances.

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## Lesson 25

## Culture

### The Museum

A museum is a place where the country’s ancient things (those that can be moved about) are preserved. Things which were made by people in the past for wearing, using, eating, living, and for respecting are called historical artefacts. Afghanistan is an old country with a long history. Before Islam other religions such as fire-worship, and Buddhism had been practised there. Traces of these religions can still be found in our country. Ancient records are the documents of a nation’s history. People all over the world are proud of and respect their historical relics and artefacts. The museum is the best way of discovering investigating and revealing historical incidents. In Kabul, Afghanistan a museum has been built to preserve ancient discoveries. It is regarded as one of the important museums of Asia.

## Exercises

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

- a) old
- b) Islam
- c) abundance
- d) respect
- e) best

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

2. What is the main idea of the text?

- a) To know about Afghanistan
- b) To know about museums.
- c) To know about old things.

3. Choose the correct answer.

1) What is a museum?

- a) A shop full of old things.
- b) A market
- c) A place for keeping historical things.

2) In which Afghan city is the famous Asian museum situated?

- a) Heart
- b) Kabul
- c) Kandahar

4. Choose the correct word and write it in the space.

- a) A \_\_\_\_\_ is a place where historical artefacts of a country are kept. (museum – alternative spellings)
- b) There are \_\_\_\_\_ things in a museum. (ancient – alternative spellings).
- c) Afghanistan has an \_\_\_\_\_ history. (old – alternative spellings).

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

ancient	best	old	beloved	monuments	famous
---------	------	-----	---------	-----------	--------

- a) Kabul Museum had many \_\_\_\_\_ things.
- b) Afghanistan is our \_\_\_\_\_ country.
- c) Kabul museum is one of the \_\_\_\_\_ museums of Asia.
- d) Afghanistan is and old country and has a very \_\_\_\_\_ history.
- e) A museum is the \_\_\_\_\_ way to preserve historical things.

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## Lesson 26

## Health

### Home

Everyone loves his home because it is the centre of family activities. A clean house and happy atmosphere has a big influence on our health. We should pay attention to the physical and mental well being of ourselves and our families. Because it is our shelter. To create a good mental atmosphere in the home we should ensure (work for) confidence, love and respect between family members. They should work together and show forgiveness and tolerance to each other. Children should never be beaten and their guidance should come through (examples of) good behaviour not by abusing, insulting or

hitting. We need to keep the house clean to ensure good health. There is a Hadith (saying of the prophet) that cleanliness is a part of faith. To keep the house clean we should remember the following:

1. There should be clean air and sunlight in the rooms and the compound should be kept clean
2. Spitting can pass on diseases so it should not be done in the house
3. Cracks in the walls should be filled to stop insects and reptiles getting in.
4. Young children should get into the habit of using the toilet
5. Animals should be kept away from living spaces
6. Bed sheets, blankets, quilts and other household linens should be put out in the sunlight at least once a week.

### Exercises

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

- |               |                |
|---------------|----------------|
| a) common     | d) manner      |
| b) atmosphere | e) cleanliness |
| c) shelter    | f) latrine     |

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

2. What is the main idea of the text?

- a) Rooms should be exposed to sunlight
- b) A happy atmosphere and cleanliness is good for our health.
- c) It is not fair to spit in the compound of the house.
- d) Cracks in walls should be filled to stop insects living in them.

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

week	never	good
------	-------	------

- a) We should take \_\_\_\_\_ care of the physical and mental well being of our family members.
- b) Once every \_\_\_\_\_ bedding should be put out in the sunlight.
- c) Children should \_\_\_\_\_ be beaten.

4. Write 5 sentences of your own about house cleanliness.

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## Lesson 27

## Science

### Food

Baryali: Dear Father! I have some questions about food which is the topic of our lesson to-morrow. Can you help me?

Father: Of course, but first can you tell me why we need food?

Baryali: Because it gives us energy and strength. All the systems of our body need food.

We use energy whenever we do anything. Even when we are asleep and doing nothing yet our body is working. Our stomachs digest food, our lungs breathe air and for all these activities we use energy that we get from our food.

Father: You answered my question well so now ask me yours.

Baryali: What dangers are there in eating only one type of food.

Father: Our body needs different foods. We need fruits, vegetables, cereals, meat and other different things because a varied diet provides the different substances that our bodies need, such as vitamins, minerals, proteins, starch and so on. Each of these of these items has a specific value. Some foods help our growth., some give us energy and some protect us and help us to fight against germs. We need to eat different food because all of these are not found in one. Is something missing here?

Baryali: Yes, it is clear that our bodies need water that is why we always drink it.

Father: Water makes up three quarters of our body weight. All our body systems need water. Many foods contain some water. 98% of cucumber and 75% of potato is water.

Baryali: Dear father, you have given me some very important information. Thanks a lot.

### Exercises

1. What is the main idea of the text?
  - a) Our body works while we are asleep.
  - b) Water makes up three quarters of our body weight
  - c) Our bodies need different foods.
  - d) Many foods contain water
2. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
  - a) When we are asleep no parts of our body work.
  - b) Our body needs different foods.
  - c) Water makes up one quarter of our body weight.
  - d) Some food helps our bodies to fight germs.
  - e) When we sleep our lungs work and are active.
3. Choose the correct word and write it in the space.
  - a) I have some questions \_\_\_\_ food. (regarding – alternative spellings)
  - b) We need fruit, vegetables, cereals, \_\_\_\_ and other different foods. (meat – alternative spellings).
  - c) \_\_\_\_ foods give us energy. (Some – alternative spellings).
  - d) We need to \_\_\_\_ different foods. (eat – alternative spellings)
  - e) You gave some very important \_\_\_\_\_. (information – alternative spellings).

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## Lesson 28

## Health

### Dangers of Tobacco

As we know, nowadays, smoking and taking snuff seem to be simple habits, but the fact is that snuff and cigarettes pose a great danger to health. We see parents giving their children money to fetch them cigarettes. They do not realise that this makes them enemies of their children. It encourages and paves the way for them to take up the habits of smoking or taking snuff. It has been established that if you smoke 20 cigarettes the children in the home will be affected as if they had smoked one of them themselves. Individuals who are addicted to tobacco get many illnesses such as, heart disease, lung disease, digestion problems, eye problems and cancer. In addition they develop bad breath and their mental health is disturbed. All these prevent them from living like health

people in their society. Their economy is also damaged because purchasing tobacco needs money. Cigarette smoke pollutes the air for others. So everyone needs to avoid smoking cigarettes, and addicted people should become aware that in smoking they are their own worst enemy.

### Exercises

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

- |              |              |
|--------------|--------------|
| a) reality   | f) community |
| b) health    | g) polluted  |
| c) encourage | h) avoid     |
| d) problem   | i) clear     |
| e) mental    |              |

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

2. What is the main idea of the text?

- a) Parents should not send their children with money to buy cigarettes and snuff.
- b) It is easy to become addicted to cigarettes and snuff.
- c) Someone who has a lot of money becomes addicted to smoking cigarettes.
- d) Cigarettes and snuff are very harmful to health.

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

- a) When parents send their children to buy them cigarettes and snuff they encourage them to get the habit of smoking.
- b) People who are addicted to smoking suffer many illnesses.
- c) Cigarette smoke pollutes the air.
- d) Those who are addicted to tobacco have a good healthy mind.
- e) Addiction to tobacco is a nasty habit and we should avoid it.
- f) If one person smokes in the family he does not harm the other members.

4. Choose the correct word and write it in the space.

- a) In \_\_\_\_ cigarettes and snuff are very harmful to our health.. (reality – alternative spellings)
- b) If someone smokes twenty cigarettes it is if his child has \_\_\_\_ smoked one. (directly – alternative spellings).
- c) People addicted to tobacco should drop this \_\_\_\_ habit. (nasty – alternative spellings).
- d) Using tobacco and cigarettes you become an \_\_\_\_\_ to yourself. (enemy – alternative spellings.)
- e) Tobacco users get problems with heart, lungs and digestion.

5. Rearrange the following words to make sentences.

- a) develop, users ,diseases, of, tobacco, variety, a.
- b) are, snuff, harmful, and, health, to, cigarettes
- c) pollutes, smoke, air, the, cigarette
- d) use, strongly, should, the, tobacco, we, avoid, of

6. *An exercise using verb forms that does not translate effectively into English*



7. Put the following phrases and sentences in order and make them into a short text about 'The Dangers of Tobacco'.
- For example, diseases of the heart, digestive problems, cancer and others.
  - Therefore we should strongly avoid the use of tobacco.
  - The use of tobacco causes serious harm to health.
  - And stop those who are already using tobacco.
  - Using tobacco causes many illnesses.

## Lesson 29

## Science

### Planting Fruit Trees

One day Karim saw his grandfather burying an apricot stone in the ground to grow a fruit tree in the future. Karim said to his grandfather: I pray God to give you a long life so that this tree will bear fruit and you will eat some. His grandfather replied: Son, I didn't plant the stone to make a tree so that I could eat the fruit, but so that you and our coming generations will get the benefits. Our fathers planted the tree that I ate the fruit from. They are not alive today. I am also planting for others. We should not only take care of ourselves but always try to maintain a good environment for the tranquility of the coming generations. Trees play a great role in nature as well as giving us fruit. We should plant trees for the comfort and benefit of our future generations and ourselves.

### Exercises

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

a) generation	d) age	Alternative meanings
b) luxury	e) garden	
c) effect	f) care	
- What is the main idea of the text?
  - Grandfathers should plant trees for their grandsons.
  - Planting fruit trees is a good thing to do.
  - We should work hard for the luxury.
- Write T (true) for the correct sentences and F (false) for the incorrect sentences.
  - Karim's grandfather planted an apricot tree.
  - Karim's grandfather hoped to benefit himself from the tree in the future..
  - Karim's grandfather ate fruit had been from a tree that he himself had planted.
  - We should only think about ourselves.
  - We need to work for the comfort of future generations.
- Choose the correct word and write it in the space.
  - One \_\_\_\_ Karim saw his grandfather in the garden.. (day – alternative spellings)
  - I pray that God will \_\_\_\_ you a long life. (give – alternative spellings).
  - We should to \_\_\_\_ a good environment for the well-being of future generations.. (maintain – alternative spellings).
  - Trees are very effective at \_\_\_\_ nature. (improving – alternative spellings)
  - We need to \_\_\_\_ for the benefit of our own and future generations. (plant– alternative spellings).

5. Put the following sentences in order according to the text.
- We should not think only of ourselves.
  - One day Karim saw his grandfather planting an apricot stone in the soil.
  - Trees help to improve nature as well as giving us fruits to eat.
  - I pray that God will give you a long life so that you can eat the fruit this tree will bear.
  - I haven't planted this tree for myself. I have planted it for you and other children in the future. I ate fruit from the tree that was planted by my grandparents who are no6 living now. I plant for others as well.

## Lesson 30

## history

### Bi Bi Aisha

Bi Bi Aisha, the mother of Muslims, was the daughter of the first Caliph of Islam Abobakr. Born in Mecca, she married the prophet Mohammad after the d3ath of Khadya. She learned higher religious knowledge from the prophet. She was an educated woman. Many Muslim women learned religious teachings from her. Even the senior scribes contacted her on difficult issues. There is a hadith: Seeking knowledge is compulsory on men and women. Likewise there is a verse of the Quran: People reach high positions by the light of the knowledge of God's book. Bi Bi had reached such a position. She died aged 66 and was buried at Madina.

### Exercises

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

a) demise	d) high	Selection of opposites
b) scholar	e) hard	
c) male		
- What is the main idea of the text?
  - Bibi Aisha died at age sixty six.
  - Bibi Aisha was born in Mecca.
  - Bibi Aisha was a well educated woman.
- Choose the appropriate words and write them in the spaces.

scholar	knowledge	caliph	married
---------	-----------	--------	---------

- Bibi Aisha was the daughter of the second \_\_\_\_\_.
- Bibi Aisha was a great \_\_\_\_\_.
- Bibi Aisha \_\_\_\_\_ Mohammad.
- Seeking \_\_\_\_\_ is an obligation for male and female Muslims.

## Lesson 31

## Life skills

### The Disabled Child

Habib is handicapped with only one leg. Five years ago while he was on his way to the fields he stepped on a mine and lost his leg. He was sad for a long time because he could

not play with others. He lost the companionship of some of his friends. A few of his close friends were very sad for him. They thought about how they could help him. They played a game in which Habib could take part too. Nasir was the same age. He knew that Habib was very interested in education. He encouraged Habib to go to school. Now Habib is in grade 5. He gets to school using a crutch. He is very good at his lessons. He helps other students too. His teacher is very pleased with him. His family friends and teachers love him because he is successful in all he tries to do. He works very hard and says that in the future he will work to help handicapped people. Now he lives like a normal healthy child.

### Exercises

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

- |             |             |
|-------------|-------------|
| a) farmland | e) same age |
| b) endeavor | f) strong   |
| c) crippled | g) did      |
| d) incident | h) healthy  |

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

2. What is the main idea of the text?

- a) Disabled people should be helped to live like able ones.
- b) Disabled people have many problems in their lives.
- c) Habib was a handicapped child.
- d) Habib had good friends

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

- a) Habib lost his leg in a landmine accident.
- b) None of Habib's friends played with him..
- c) Habib could not go to school.
- d) Habib was very good at this lessons.
- e) Habib will be a carpenter in the future.

4. Choose the correct word and write it in the space.

- a) Habib \_\_\_\_ his leg in a mine accident. (lost – alternative spellings)
- b) Habib \_\_\_\_ in grade 5 now. (is – alternative spellings).
- c) He \_\_\_\_ the others with their lessons. (helps – alternative spellings).
- d) He \_\_\_\_ very hard in his lessons. (works – alternative spellings)
- e) Habib is successful in all walks of life. ( – alternative spellings).

5. Write the correct punctuation mark ( . : , ? ) in the spaces.

Many Afghans have been disabled as a result of wars and landmines\_\_ Some people are disabled from birth\_\_ There are various forms of disabilities like\_\_ blindness\_\_ deafness\_\_ lameness\_\_ and so on.

How should healthy people behave towards those who are disabled\_\_ Disabled people should be respected like able ones\_\_ They should be helped\_\_ We should befriend disabled people because\_\_ like healthy ones they deserve to be loved\_\_ Like healthy people\_\_ they can do useful work.

### National Unity, a poem

There were many trees standing in a garden, each of their leaves deserved admiration  
Water was coming to them all through large streams and they were growing in one air  
All of them had one Eid and one spring and they shared their sorrows and joys  
Some were tall and some were short like the fingers of the hand on a body  
The poplar tree was like a man and the apricot tree like a child and the difference between  
pear and apple trees was clear.

There were birds singing different songs and each could be recognised through its voice.  
A variety of flowers were in one lawn like the people in one country  
All had equal rights and the gardener cared for each  
They shared equally with each other and were totally one nation  
Brother, look on a country like a garden  
Two blood brothers have different names, colours, ears and characters  
But they reside in one house.

### Exercises

1. Select the correct antonym from the box and write it beside the word.  
a) good                      d) big  
b) spring                    e) night  
c) high  

Selection of opposites
---------------------------
2. What is the main idea of the text?  
a) Information about trees of the garden.  
b) People in one country are like trees in a garden.  
c) Information about fruit trees.
3. What is the point of the line “There were birds singing different songs”?  
a) Different types of poems  
b) Speech of birds  
c) Different languages in one country  
d) Different traditions and customs
4. What is the point of the line “Variety of flowers in one garden”?  
a) Narcissus, tulip and rose  
b) Different tribes living in one country  
c) About garden flowers  
d) The beauty of the garden
5. Choose the correct word and write it in the space.  
a) They all grew in the same \_\_\_\_\_. (air – alternative spellings)  
b) The \_\_\_\_\_ between apple and pear was clear. (difference – alternative spellings).  
c) There were \_\_\_\_\_ singing different songs. (birds – alternative spellings).  
d) Nowadays ships are an important means of transportation.  
e) The gardener was \_\_\_\_\_ of each tree. (careful– alternative spellings)
6. Answer the questions.

- a) Where are the trees planted?
  - b) Which trees produce fruit and which do not?
  - c) Which are big trees and which are small?
- 

## Lesson 33

## History

### Abo Raihan Al Bironi

Abo Raihan Al Bironi was a famous scholar of our country. His real name was Mohammad and his father's name was Ahmad. He had been wise and intelligent since childhood. He learned religious studies in his village and travelled abroad to acquire other knowledge. At the age of 18 he completed the study of history, geography, math and other natural sciences. Within a very short time his name became popular throughout the country. When Sultan Mahmood Ghaznavi heard about his talent and education he employed him at his court.

Al Bironi visited India many times with king Ghaznavi. During these journeys he gathered and wrote different information about the Indian people. Al Bironi was a brave and honest scholar and told the truth regardless of what people thought. He had a lot of knowledge about astronomy and geography. He passed the greater part of his life in reading and writing. He wrote many books. He wrote history books. He wrote more than a hundred books. He died and was buried in Ghazni in the lunar year of 440.

### Exercises

1. Choose the correct meanings.
  - a) Place of birth: (3 alternative meanings)
  - b) region: (3 alternative meanings)
  - c) talent: (3 alternative meanings)
  - d) astronomy: (3 alternative meanings)
  - e) demise: (3 alternative meanings)
2. What is the main idea of the text?
  - a) Abo Raihan al Bironi was an astronomer.
  - b) Abo Raihan al Bironi was a traveller.
  - c) Abo Raihan al Bironi was brave, truehearted, a scholar and an expert astronomer.
  - d) Abo Raihan al Bironi has written many text books.
3. What was the real name of al Bironi? Select the correct answer.
  - a) Mahmood
  - b) Mohammad
  - c) Ahmad
  - d) Sultan
4. Choose the correct word and write it in the space.
  - a) Abo Raihan al Bironi was one of the great scholars of our \_\_\_\_\_. (scholars – alternative spellings)
  - b) He \_\_\_\_\_ the religious studies in a short period. (covered – alternative spellings).
  - c) He studied \_\_\_\_\_, history and geography. (mathematics – alternative spellings).

- d) Abo Raihan al Bironi travelled to India with Sultan Mahmood.. (travelled - alternative spellings)
5. Who asked Abo Raihan al Bironi to go to his court?  
 a) Ahmad Shah Baba b) Sultan Mahmood Ghasnavi c) Mirwais Nika  
 d) Timur Shah
6. What was al Bironi expert in?  
 a) geography b) astronomy c) maths d) astronomy geography and maths
7. In what year did al Bironi die?  
 a) Lunar year 420 b) Lunar year 825 c) Lunar year 440 c) Solar year 441
8. Put the following sentences in order.  
 a) His name was Mohammad and his father's name was Ahmad..  
 b) Abo Raihan al Bironi was one of the famous scholars of our country.  
 c) He was wise and intelligent as a child.  
 d) He travelled to other countries to extend his knowledge.  
 e) He learned religious studies in his home town.

## Lesson 34

## Health

### Leishmania

Ant: Who are you?

Sandfly: My name is sandfly

Ant: Where do you live?

Sandfly: in any place where there is uncovered food, dirt and rubbish, or rotting vegetation

Ant: What do you do?

Sandfly: I bite people which gives them a sore spot which known as 'local sore' or 'tropical sore'.

Ant: when do you do this?

Sandfly: I am active in the night time when people are asleep.

Ant: What is 'tropical sore'?

Sandfly: When I bite someone a red blister develops on that place it has no pain or itching. After a few weeks this point feels hard. This known as 'tropical sore'

Ant: How long does it take to heal?

Sandfly: It takes 3-12 months to appear and heal. If not treated it seriously damages the skin. Especially if it is on the face or ears or nose.

Dear children to avoid the evils of the sandfly you should observe the following points:

1. Fix nets to the windows
2. Sleep in upstairs if possible as the sandfly cannot fly above 3 metres
3. Sleep under bed nets
4. Always cover food

5. Keep the home and compound clean and free from rubbish, rotting vegetation and old food.
6. If someone is bitten consult a doctor.

### Exercises

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

- a) fix
- b) much
- c) night
- d) loss
- e) high
- f) light

Selection  
of  
opposites

2. Select the correct synonym from the box and write it beside the word.

- |             |                |  |
|-------------|----------------|--|
| a) protect  | e) contact     |  |
| b) duration | f) affairs     |  |
| c) solution | g) fly         |  |
| d) sleep    | h) immediately |  |

f) Alternative  
meanings

3. What is the main idea of the text?

- a) The sandfly is a harmful insect and we should avoid it.
- b) In books the leishmania fly is called sandfly.
- c) Fixing nets over the house windows is very important.
- d) Insecticide should be put into stagnant waters.

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

- a) It takes the 'tropical sore' 1- 4 weeks to heal
- b) Using a net is a good way to avoid the sandfly.
- c) Sleeping in a low bed protects us from the sandfly's bite
- e) Sandfly cannot fly in the light.

## Lesson 35

## science

### Water

If we look at the picture of our earth seven tenths of its surface is covered by water. We use water for drinking, cooking, irrigation and other purposes. We get water from rivers and river water comes from rain and melting snow. Can you say whether the amount of water in the whole world changes or not? The amount of water never changes. Water exists in three states solid (ice), liquid (water) and gas (steam). Do you know rain comes from? The heat of the sun when it shines on the water changes the water to steam. Winds take the steam high into the air. As it goes higher in the air the temperature gets colder and colder. When the steam becomes cold it forms clouds which are made of tiny water droplets. When more droplets combine they become heavy and can't remain as a cloud but start to fall as rain. If the air becomes very cold they come down as snow.

Dear children! Water is a great wealth of God. Everyone needs to know the value of water. We should work hard to keep it clean and not waste it.

### Exercises

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

- a) use
- b) melt
- c) quantity
- d) commence
- e) value
- f) gift
- g) picture

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

2. What is the main idea of the text?

- a) Rain
- b) storing water
- c) using water

3. What is water used for?

- a) drinking
- b) agriculture
- c) cooking
- d) all of these

4. What happens to the quantity of water on the earth?

- a) it stays the same
- b) it increases
- c) it decreases

5. What does the sun's heat change water into?

- a) ice
- b) liquid
- c) solid
- d) steam

6. What happens to the air as it rises?

- a) it gets warmer
- b) it gets colder
- c) it does not change

7. Choose the correct word and write it in the space.

- a) Water comes from the \_\_\_\_\_. (sea – alternative spellings)
- b) Heat from the sun \_\_\_\_\_ water to steam. (changes – alternative spellings).
- c) Water \_\_\_\_\_ one of God's great gifts. (is – alternative spellings).
- d) We should \_\_\_\_\_ to keep the water clean. (work hard – alternative spellings)

8. Choose the correctly spelt word.

- |  |
|--|
| <ul style="list-style-type: none"><li>a) shrines – 3 alternative spellings</li><li>b) ages – 3 alternative spellings</li><li>c) expense – 3 alternative spellings</li><li>d) value– 3 alternative spellings</li><li>e) usage – 3 alternative spellings</li></ul> |
|--|

9. Answer the questions.

- a) Does water cover one eighth of the earth's surface?
- b) What is water used for?
- c) Does the quantity of water on the earth change?
- d) What states can water exist in.
- e) What does steam become as the air cools?



## The Solar system

When we look at the sky in the day we see the sun there and at night the moon and stars. The day is light because of the sun. The moon and stars make the sky look beautiful at night. The word 'solar' is taken from 'sol' the sun. There are 9 planets in the solar system and all of them revolve around the sun. Earth is one of these planets and it takes 365 days and six hours to go all the way round once. The planets do not have any light of their own they get their light from the sun that is why they look bright. When we look at the sky at night we see many stars. We cannot see these stars during the day because of the sun's light. The solar system is the indicator of God's power. Earth revolves around the sun.

### Exercises

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

- a) cause
- b) sun
- c) planet
- d) mark
- e) system

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

2. What is the main idea of the text?

- a) The stars
- b) the earth
- c) the sun
- d) the solar system

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

- a) There are eight planets in the solar system
- b) The sun gets its light from the planets.
- c) Earth revolves around the sun.
- d) The word solar is taken from sol (the sun)
- e) We cannot see stars in the daytime because they are far from the earth.

4. *An exercise using letterforms that is relevant only in Pashto*

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

nine	around	taken	sun	light	6	planets	365
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### The Solar System

The word solar is \_\_\_\_\_ from the word sol which means the sun. There are \_\_\_\_\_ planets in the solar system. All the planets revolve around the \_\_\_\_\_. Earth is one of those \_\_\_\_\_ and revolves \_\_\_\_\_ the sun once in \_\_\_\_\_ days and \_\_\_\_\_ hours. Planets do not give \_\_\_\_\_ themselves.

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## Lesson 37

## History

### Ibn Seena (Ariana)

Ibn Seena was a world famous scholar and born in Bukhara. At the age of 20 he became the famous as scholar of his time. He had a complete knowledge of medicine, astronomy and philosophy. Furthermore he was popular in poetry as well. He wrote books on

medicine. His most famous book is known as ‘Rules of Medicine’. This book was used as the textbook for more than 600 years. People sometimes use it even now. It forms the basis of modern medicine. He also wrote sixty eight books on theology and philosophy, eleven books on astronomy and political sciences, and four books of poems and poetry. He was a world famous doctor.

**Exercises**

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

- a) famous
- b) practice of medicine
- c) in addition
- d) astronomy
- e) modern
- f) believes
- g) doctor

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

2. What is the main idea of the text?

- a) Ariana was born in Bukhara
- b) Ariana was a poet
- c) Ariana studied medicine, philosophy and astronomy.

3. Choose the correct word and write it in the space.

- a) Ariana was a world \_\_\_\_ scholar. (famous – alternative spellings)
- b) He wrote sixteen books on \_\_\_\_\_. (medicine – alternative spellings).
- c) He was\_\_\_\_\_ in Bukhara. (homeland – alternative spellings).

4. Put the following sentences in order and make them into a short text.

- a) He was born in Bukhara.
- b) Ariana was a world famous scholar.
- c) Ariana had a sound mastery of medicine, philosophy, and astronomy.
- d) This book was used as a text book for six hundred years.
- e) But his most famous book was entitled the “Law of Medicine”.
- f) He wrote sixteen books on medicine.
- g) This book formed the basis of modern medicine.

**Lesson 38**

**Life skills**

**The Rights of Children**

Children are the best gift of human life. The future of society in every country depends on children. The holy religion of Islam emphasises the importance of children. There are many sayings of the prophet about children. A treaty on the Rights of Children was signed at the UN. This treaty includes 54 articles and is signed by both Islamic and non Islamic nations. To take good care of our children and their rights we should keep the following in view:

- We should choose a good name for her/him
- We should pay special attention to his/her care
- We should pay attention to his/her education
- We should show affection and love to her/him:
- We should play with our children up to the age of seven
- After seven years try to teach him discipline

- Treat him like a friend

Likewise parents should let them be involved and express their opinions so that they learn how to judge correctly and find solutions to their problems.

All children have the rights of access to health care, education, living with their parents and to be protected during wars.

### Exercises

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

- |             |               |
|-------------|---------------|
| a) gift     | f) conduct    |
| b) value    | g) express    |
| c) emphasis | h) judgement  |
| d) narrate  | i) problems   |
| e) order    | j) protection |

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

2. What is the main idea of the text?

- a) To know children
- b) To know and observe children's rights
- c) To treat a child as a friend

3. Choose the correctly spelt word.

- |  |
|--|
| <ul style="list-style-type: none"> <li>a) sayings – 3 alternative spellings</li> <li>b) idea – 3 alternative spellings</li> <li>c) discipline – 3 alternative spellings</li> <li>d) conduct – 3 alternative spellings</li> <li>e) judgemeny – 3 alternative spellings</li> </ul> |
|--|

4. Answer the questions and make a paragraph from them.

- a) How many articles are included in the United Nations treaty?
- b) Which nations have signed this treaty?
- c) Which points on children's rights should be taken into account?

## Lesson 39

## Science

### The Sun

The sun is very important for people and animals. The heat of the sun ripens fruit and harvests. If there were no sun it would be impossible to live on the earth. There are other planets that revolve around the sun. Earth is one of the nine planets that revolve around the sun. The earth and moon have no light by themselves. They get their light from the sun. Can you imagine that someday they say the sun may be destroyed and disappear forever? If this happens what will be the effect? God has said in His book:

One day the sun moon and stars will be dark,  
But it is known to nobody when this will be.

Astronomers believe that now the sun has much power and energy that may last for 5 billion years. In each second the sun gives us as much heat as thirty million trucks full of oil. The sun's rays take 8 minutes and 17 seconds to reach the earth.

## Exercises

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

- a) imagine
- b) says
- c) astronomy
- d) scholar
- e) billion
- f) means

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

2. What is the main idea of the text?

- a) Earth revolves around the sun.
- b) The sun's rays reach earth in 8 minutes and seventeen seconds.
- c) The sun is important to life and all planets are lit by the sun.
- d) Fruit and other crops ripen in the sun.

3. Select the correct answer to the questions.

- 1) What ripens fruit and other crops?  
a) darkness    b) sunlight    c) wind    d) rain
- 2) What would happen if there no sun?  
a) life would be impossible  
b) the earth would be dark  
c) plants would die  
d) all the above are correct
- 3) Where does the earth get its light from?  
a) sun    b) moon    c) stars    d) itself
- 4) How long does it take the sun's rays to reach the earth?  
a) one minute    b) 10 minutes    c) one hour    d) eight minutes  
and seventeen seconds

4. Choose the correct word and write it in the space.

- a) Fruit and other crops are ripened \_\_\_\_ the heat of the sun. (by – alternative spellings)
- b) Can you \_\_\_\_ that the sun might one day disappear? (imagine – alternative spellings).
- c) This is the view of \_\_\_\_ of astronomy. (scholars – alternative spellings).
- d) The sun's rays reach the earth in eight minutes and seventeen \_\_\_\_\_. (seconds – alternative spellings)

---

## Lesson 40

## religion

### Islam and Child Education

Islam orders Muslims to seek knowledge. Seeking knowledge is compulsory for both male and female. It is not restricted to a specific sex or class. The society that consists of educated people is the best one. That is why Islam supports whatever empowers the individual and community and raises their knowledge. It is said that after the "war badr" the prophet said :If any captive teaches ten Muslim children to read and write he will be

set free. There is a saying of the prophet: Teach your children because they have been created as the hope for the future.

### Exercises

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

- a) knowledge
- b) seek
- c) society
- d) conquer
- e) power
- f) captivity

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

2. What is the main idea of the text?

- a) Only adults can gain knowledge
- b) Seeking knowledge is not only for a particular part of the community.
- c) Child education is very important in Islam.
- d) Knowledge brings about individual and social abilities.

3. Choose the correct verb tense.

- a) Islam (orders/ordered) Muslims.
- b) Knowledge (is/was) the light of the world.
- c) Educated people (are/were) considered the best people.
- d) (Educate/educated) your children.

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

Give	orders	why	your	orders	make	Islam	learn
------	--------	-----	------	--------	------	-------	-------

- a) That is \_\_\_\_\_ Islam \_\_\_\_\_ us to seek knowledge.
- b) \_\_\_\_\_ education to \_\_\_\_\_ children.
- c) You should \_\_\_\_\_ every endeavor to \_\_\_\_\_ knowledge.
- d) \_\_\_\_\_ \_\_\_\_\_ Muslims.

---

## Lesson 41

## History

### The United Nations

It is the largest International Organisation and was established in 1949 by a number of countries. The prime objective was to prevent international conflicts, war and clashes, bring understanding between countries and help them to live in peace. From then until now the United Nations have been able to stop some wars and establish peace in many parts of the world. As well as settling disputes and problems the UN has completed many projects such as construction, health and development in different parts of the world. The organisation has different branches such as UNICEF and UNHCR. The latter is the largest branch that assists refugees, displaced and repatriating people. UNICEF helps in the fields of care and education of children. This branch provides children with foods medicine and water.

The United Nations have de-mining projects and up to now have cleared many parts of our country.

### Exercises

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

- a) objective
- b) food
- c) aid
- d) understanding
- e) organisation
- f) conflict
- g) dispute
- h) supply

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

2. What is the main idea of the text?

- a) To know about UNHCR
- b) To know about UNO
- c) To Know about UNICEF

3. Select the correct answer to the questions.

- 1) What does UNHCR do?
  - a) Sets up hospitals
  - b) Helps refugees and repatriation.
  - c) Rebuilds cities
- 2) What does UNICEF do?
  - a) Help with child education
  - b) Clear landmines
  - c) Build bridges

4. Choose the correct word and write it in the space.

- a) THE UNO is a big international \_\_\_\_\_. (organisation – alternative spellings)
- b) The following are the main \_\_\_\_\_ of this organisation. (objectives – alternative spellings).
- c) In addition to these \_\_\_\_\_ it has other sections as well. (branches– alternative spellings).

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

farm	greatly	big	cleared	many	historical
------	---------	-----	---------	------	------------

- a) The UN is a \_\_\_\_\_ organisation.
- b) UN has prevented wars in \_\_\_\_\_ regions
- c) The Agriculture and livestock organisation helps to supply \_\_\_\_\_ seeds.
- d) UNESCO protects \_\_\_\_\_ things.
- e) The de-mining agencies have \_\_\_\_\_ a large part of our country
- f) World Health Organisation helps patients \_\_\_\_\_.

## A letter

People use many means of communication, such as telephone, telegraph, radio and letters to find out what is happening to each other. Out of these writing letters is the only one that can carry a long message at very little expense. It is very expensive to send a long message by telephone, telegraph or radio. This is a letter from a son to his mother.

From: son  
To: mother

15.9.1379

My very kind mother!

Peace be upon you.

I pray God to keep you and all the family happy and give you a long life. My life has been unhappy for a long time because you are so far away. I realise now that my mother is very kind a gift of God. Now that I have realised this I will try to serve you. I feel sorry for neglecting you in my youth. You gave me food from your liver. Many nights you sat awake by my bed. I still hear the songs you used to sing to help me get to sleep ..... I will never forget them.

Dear mother whenever I cross the road and see children walking happily, holding their mother's hands I remember my childhood when I was by your side, Now that I am hundreds of kilometres away I feel deprived of a great friend. Mother is the strength of the child's heart. When grief and sorrow become too great the way to relieve them is to take refuge in mother's arms.

Dear Mother! Making you happy is to make God happy and making you unhappy makes God unhappy. If you do not forgive the mistakes I have made to you then god will never forgive me.

I hope you do not forget to pray for me.

Regards,

Your son, Mirwais Ramaki

**Exercises**

1. Select the correct meanings from the box and write it beside the word.
  - a) member
  - b) sadness
  - c) disobet
  - d) wealth
  - e) laziness
  
2. What is the main idea of the text?
  - a) Mother gives us milk
  - b) Mother sings "Lalo, lalo" to us.
  - c) Children should respect their mothers
  - d) Children should often write to their mothers.

3. Write the plural form of the words.
- a) Mother
  - b) Happiness
  - c) Fold
  - d) Wealth
  - e) friend
  - f) human
  - g) young
  - h) dream

4. Write a letter to your mother.
- 

## Lesson 43

## Science

### The Computer

A computer is an electronic machine that can work out very difficult calculations and store and manage data. The computer can solve very difficult math problems very quickly. Many agencies and shops use computers to control stock, items sold and those remaining. Computers are also used to calculate the numbers of employees and their salaries. This data is stored in the computer for the future. We say that a computer has memory because it can store data. Application of the computer is increasing daily as nowadays they are used in many fields. Many computers are used to control other machines such as in food production and the manufacture of pharmaceuticals. In education centres computers are used as teaching machines but they also have games and can be used for recreation. It is widely used in engineering as it can work out in a very short time calculations that not even a hundred experts could do. Computers can also be used to make maps and also to write books and poetry, or for designing and drawing. We should remember that a computer cannot think for itself. We need to give commands to do an activity. Such commands or directions are called programmes.

### Exercises

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

- a) means
- b) duration
- c) memory
- d) field
- e) abundance
- f) experts
- g) direction

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

2. What is the main idea of the text?

- a) We can do different, difficult tasks quickly on computers
- b) Computers have memory
- c) Computers can draw maps
- d) Computers can't think

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

- a) Many agencies use computers for their calculations.
- b) Computers can think.
- c) Computers organise and store data.
- d) Computers are not used in engineering.
- e) Computers cannot do difficult calculations.
- f) People must give instructions to computers.
- g) Computer programs are instructions given to computers.



4. Choose the correct word and write it in the space.
- e) Data can be \_\_\_\_\_ in computers for future use.. (saved – alternative spellings)
  - f) Very difficult \_\_\_\_\_ can be done quickly on computers. (calculations – alternative spellings).
  - g) We should give \_\_\_\_\_ to computers for the work. (instructions – alternative spellings)
  - h) Computers can do ver quickly a task that hundreds of \_\_\_\_\_ cannot do in their heads. (experts – alternative spellings)
5. Answer the questions and make a short text from your answers.
- a) What is a computer?
  - b) What can computers do?
  - c) Do you want to learn about computer programs and benefit from them?

## Lesson 44

## Story

### A Fox

It is said that once upon a time a fox lived on a mountain. One day she wanted to go to a garden to eat some grapes. In order to do so she set off from the mountain to the garden. She arrived at the garden at prayer time. The gardener had built a high wall around the garden to keep out people and animals. The fox wandered around the wall trying to find a way to get through but he could not do so. At last she saw a small hole at the bottom of the wall that was used to irrigate the garden. The fox managed to get into the garden by way of the hole with much difficulty. When the fox saw all the bunches of grapes hanging down he was very happy and began jumping at the grapes and eating them. The fox ate so many grapes that her stomach became like a water bag. The morning light spread and the fox decided to go back by way of the hole but it had eaten too many grapes and it was impossible for her to get through. She said to herself that the only way would be to become hungry again and then get out. The morning sunlight spread further and the gardener started walking towards the garden with his dog. When he arrived and opened the door he saw that the fox had got into the garden. As soon as the dog saw the fox he ran and attacked her making the fox exhausted. In the last moments of her life the fox said, “I wish I had thought about a way out before I got into the garden. If I had thought about it first I would not have faced this misfortune.” After a few moments the fox breathed her last and died.

### Exercises

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

- a) desire
- b) water pot
- c) protected
- d) solution
- e) moment
- f) evil

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

2. What is the main idea of the text?

- a) Fox got in through the hole with great difficulty
- b) It was impossible for the fox to get back out through the hole.
- c) You should study the consequences of an action before you begin it.
- d) The fox jumped with joy at the sight of the grapes.

3. Choose the correct pronouns and write them in the spaces.

I	she	her
---	-----	-----

- a) \_\_\_\_\_ wanted to pass the wall into the garden.
- b) It had become impossible for \_\_\_\_\_ to get back out of the hole.
- c) \_\_\_\_\_ started moving from the mountain towards the garden.
- d) If \_\_\_\_\_ had thought about it first I would not be in this situation..

4. Fill the spaces with words from the text.

- a) The fox got into the garden with great \_\_\_\_\_.
- b) When she noticed the \_\_\_\_\_ of grapes hanging there in the garden.
- c) She was jumping with joy.
- d) When she decided to \_\_\_\_\_ the \_\_\_\_\_ she had eaten too many grapes.
- e) When the gardener reached the \_\_\_\_\_ he opened the \_\_\_\_\_.
- f) I wish I thought about \_\_\_\_\_ before I came into the \_\_\_\_\_.
- g) I would not be in this \_\_\_\_\_ situation.

## Lesson 45

## Science

### The Environment

Whatever is around you is your environment. Your house, school, roads, playgrounds, people, the city where you live, the air you breathe are all part of your environment. Earth is the environment for all living things. Your environment has a major influence on you. To lead a comfortable life we need food, clothes, shelter and other things. We need light and heat and many other necessities. The world population is increasing day by day. Many of the things we use make the environment dirty. It is everyone's duty to protect the environment. Tooryali's teacher told him that there are two types of waste matter. One is that which will decompose and, mixed with soil strengthen the earth. The second type will not decompose such as plastics. If animals eat plastic it makes them very ill and can even kill them. Now Tooryali always takes out the plastics and buries his other waste materials in the soil to make it strong.

### Exercises

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

- a) environment
- b) animals
- c) need
- d) shelter
- e) dirty
- f) waste
- g) loss
- h) population
- i) task
- j) analysis
- k) death

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

2. An exercise using verb forms that does not translate effectively into English

3. Choose the correctly spelt word.

- a) neighbourhood – 3 alternative spellings
- b) breathingl – 3 alternative spellings
- c) waste – 3 alternative spellings
- d) parts– 3 alternative spellings
- e) pollution – 3 alternative spellings
- f) loss – 3 alternative spellings

4. Answer the questions and use your answers to write a short text.

- a) What is the environment?
- b) What causes environmental pollution?
- c) What should we do with waste materials?
- d) Whose duty is it to protect the environment?

## Lesson 46

## Science

### The Clock

Before clocks were invented people put their hats or a pot out on a smooth place in the light of the sun. If the shadow of the hat pointed westward, people knew it was before noon. A long shadow showed early morning and as it got shorter it indicated that noon was approaching. When there was no shadow at all it was noon. As the shadow moved eastward it showed that it was afternoon and as it got longer this indicated the approach of evening. Eventually men were able to invent the clock. Small watches had come to Afghanistan a long time ago but the big clock was imported almost a century ago. This chiming clock was fixed in a tower over the presidential palace in the solar year of 1290. It has hands on four sides that are turned by one machine and it was made in London. It had a bell that weighed 160kg, and rang at each hour. At 12 o'clock it rang 12 times. People from far away heard the chimes and knew what time it was. This clock was destroyed by a bomb in the 1357 coup.

### Exercises

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

- a) invention
- b) west
- c) east
- d) fix
- e) effort
- f) power

Alternative  
meanings

2. What is the main idea of the text?

- a) A clock is a beautiful ornament for the house.
- b) A clock rings well.
- c) A clock is only needed for one month.
- d) People made clocks because of the importance of time.

3. Choose the correctly spelt word.

- |  |
|--|
| a) invention – 3 alternative spellings |
| b) afternoon – 3 alternative spellings |
| c) fix – 3 alternative spellings       |
| d) tell – 3 alternative spellings      |
| e) tower– 3 alternative spellings      |

4. Write the tense of the verbs in the following – present, past or future.

- If the shadow was getting short it showed that noon was close.
- After a time people made clocks.
- This clock now rings.
- People will hear it ringing from far away.

## Lesson 47

## Life Skills

### My Wish

I want to be in my country, live together with my family and countrymen, study, and serve my people. I hope fighting, killing, looting and oppression of the poor people will be abolished from my country. In the future I want to be a doctor so as to help my people. I hope the refugees return to the county and join hands to rebuild their ruined country abolishing ethnic, regional and language discriminations. It is the duty of every single Afghan to serve his country and religion and not allow others the opportunity to drag our country into conflicts and catastrophes. I hope that all the children of this country study and save themselves from the evils and miseries arising from illiteracy and look for the coming of a society in which everyone is respected and their rights observed. I pray God to give us power and unity and make our people happy.

### Exercises

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

- |            |             |
|------------|-------------|
| a) Country | d) refugees |
| b) Loot    | e) destroy  |
| c) Poor    | f) duty     |

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

2. What is the main idea of the text?

- To become a doctor.
- Living with one's family
- Ending war and reconstruction of the country.
- Living in one's country

3. Fill the spaces with appropriate words.

- I \_\_\_\_\_ to \_\_\_\_\_ a doctor in the future.
- I \_\_\_\_\_ the children of this country \_\_\_\_\_.
- And \_\_\_\_\_ of the evil effects of illiteracy.
- And are able to \_\_\_\_\_ such a society where everyone's rights are observed.
- I pray God to \_\_\_\_\_ us strength and make our countrymen \_\_\_\_\_ and comfortable.

4. Fill the spaces to make a short text.
- I want to be in \_\_\_\_\_ homeland.
  - And live together with my countrymen.
  - I hope that \_\_\_\_\_, killings, looting, and \_\_\_\_\_ of the poor end in my country.
  - In the future I want to become a \_\_\_\_\_ and serve my people.
  - I hope the \_\_\_\_\_ return to their country.
  - Rebuild the ruined \_\_\_\_\_.
  - And abolish all types of regional \_\_\_\_\_ such as language.

## Lesson 48

## Story

### The Greedy King

Once upon a time there was a king who loved wealth and gold. One day an old man said to the king: You can wish for anything that you want and I will give it to you. Straight away the king said: I want everything I touch to turn to gold. The old man said: Very well and then he disappeared. The king touched a vase and it did turn to gold. The king was very happy. He went to the garden and touched trees and flowers. They too changed into gold. The king said: I am the luckiest person in the world. Then the king felt hungry and wanted to eat but as he touched the food it turned to gold. The king wanted to drink some water, but whatever he touched changed into gold. The king became worried and said: I will die of hunger. His daughter ran towards him. When he touched her she became a golden statue. The king burst into tears because he loved his daughter more than anything else. Meanwhile the old man appeared and the king said to him: Give me my daughter back I want no more money or gold. They do not make me happy. The old man said: It was a good lesson for you. Property and wealth do not bring happiness. Go and swim in the seawater then touch all the things that have changed to gold to bring them back to their original state. The king did as he was told and his daughter came to life. The king realised that greediness is a bad habit and happiness does not come from wealth.

### Exercises

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

- |              |           |
|--------------|-----------|
| a) Greedy    | d) statue |
| b) World     | e) wealth |
| c) good luck | f) lesson |
| d) statue    |           |

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

2. What is the main idea of the text?

- The king was greedy
- Greed has bad results
- The king was sorry for his greed

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

- The king asked the old man for a nice palace
- Whatever the king touched turned to gold.
- The king served the food.
- The king loved his daughter dearly.
- In the end the king realised that greed is not good.

4. An exercise using letterforms that is relevant only in Pashto.

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**Lesson 49**

**Science**

**Newton**

Isaac Newton was a scientist who lived in England 300 years ago. It is said that one day he was sitting under an apple tree when an apple fell and hit him on the head. Newton started to wonder why all things fall down. Finally he found out that the force of gravity pulls everything towards the earth. Do you know why apples fall off the trees or a ball will fall off from the desk to the ground? The answer is that the earth has a force that attracts everything towards itself and this is called the gravitational pull of the earth. When something falls the force of gravity attracts it towards the centre of the earth. This force strongly affects everything that is near the surface of the earth. The weight of things is due to the force of gravity. The further we get from the earth the less gravity affects us. It should be mentioned that everything large or small is affected by gravitational force. Discovering the law of gravity was one of Newton's significant discoveries in the field of science.

**Exercises**

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

- a) scientist
- b) attraction
- c) surface
- d) straight
- e) discover

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

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

attraction	discovered	out	scholar
------------	------------	-----	---------

- a) Newton \_\_\_\_ the law of gravity of the earth.
- b) Newton was a \_\_\_\_.
- c) Earth pulls things to itself by a force of \_\_\_\_.
- d) We don't go \_\_\_\_ of the house at night.

3. What is the main idea of the text?

- a) Advances in science
- b) Weights of objects
- c) Newton and his great discovery
- d) A story about Newton.

4. Choose the correct answers to the questions.

- 1) In what direction does the earth's gravity pull?
  - a) Towards the earth's centre.
  - b) Towards the earth's surface
  - c) Towards the north
  - d) Towards the south

- 2) What things have a force of attraction?  
 a) only the earth      b) only the moon      c) everything      d) nothing
- 3) Why does everything fall down?  
 a) Because of its pressure  
 b) Because of the earth's force of attraction.  
 c) Because of the sun's force of attraction.

5. Choose the correct word and write it in the space.

A story about Newton.

- a) Newton discovered the law of \_\_\_\_\_. (gravity – alternative spellings)  
 b) Newton was a \_\_\_\_\_. (scientist – alternative spellings).  
 c) This law \_\_\_\_\_ why things fall down. (explains – alternative spellings)  
 d) \_\_\_\_\_ attracts everything towards itself. (attracts – alternative spellings)
6. Use the correct punctuation mark ( , ? . ).  
 Why does everything fall down\_\_ Earth has a force that attracts everything towards itself\_\_ Sun\_\_ moon\_\_ and stars have gravitational forces\_\_ The bigger an object is\_\_ the greater is the force of attraction of that object\_\_
7. Choose the appropriate words and write them in the spaces.

small	about	greater	closer
-------	-------	---------	--------

Newton lived in England \_\_\_\_\_ 300 years ago. He discovered the force of earth's gravity. The \_\_\_\_\_ a thing is to the earth's surface the \_\_\_\_\_ is the effect of earth's gravity. Big things have greater gravity and \_\_\_\_\_ things have less gravity.

## Lesson 50

## Science

### Vaccination

Vaccination protects people against six preventable diseases diphtheria, measles, polio, tetanus, tuberculosis and whooping cough. An unvaccinated child is more likely to become disabled or die from some of these. Vaccines strengthen the defence system of the body. Vaccination is carried out through injection or orally. The vaccination should be done at the proper times according to the table below. Then it will last all the child's life.

Vaccination Table	
Age	Disease
After birth	Tuberculosis and Polio
4 weeks old	Diphtheria, Whooping Cough, Tetanus and Polio
10 weeks old	Diphtheria, Whooping Cough, Tetanus and Polio
14 weeks old	Diphtheria, Whooping Cough, Tetanus and Polio
9 months old	Measles and Polio

NOTE: Vaccination differs from country to country

### Exercises

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

- a) suffering                      d) body  
b) phase                            e) diphtheria  
c) life

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

2. What is the main idea of the text?

- a) homeland                      b) doctor                      c) health                      d) diphtheria

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

strengthen	diseases	useless	develop
------------	----------	---------	---------

- a) Even if the child recovers from the above he is very \_\_\_\_\_.  
b) It is likely that he will not \_\_\_\_\_ very well physically.  
c) Vaccines \_\_\_\_\_ the defence system of the body.  
d) After that vaccination is \_\_\_\_\_.

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

malnourished	role	illness	diseases	die	stages
--------------	------	---------	----------	-----	--------

- a) Vaccination protects people against dangerous \_\_\_\_\_.  
b) An unvaccinated child may \_\_\_\_\_, be disabled or become \_\_\_\_\_.  
c) Polio is a dangerous \_\_\_\_\_.  
d) Vaccination of children in the early \_\_\_\_\_ of life has a vital \_\_\_\_\_.

### Lesson 51

### Science

#### The Telephone

When we talk we hear each others' voices. This voice is carried to our ears by air waves. Alexander Graham Bell, an American, wondered if this could be transmitted long distances by electricity. After lots of thinking and experimenting he carried out a successful test in 1876. He made a small apparatus that he called a telephone. The first words that were spoken over the telephone were "Mr Watson! Can you hear me?" Mr Watson was his assistant who worked with him on most of his experiments. The telephone was made with one part for listening and speaking. Later on he separated the listening and speaking parts and made it easier and more useful than before.. Now the telephone has brought many revolutions and changes to the world. People can pass messages easily from one corner of the world to another, and small telephones have been made that can be carried in pockets.

### Exercises

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

- a) electricity  
b) distance  
c) message  
d) world

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



2. What is the main idea of the text?
    - b) When we speak we hear each other's voice.
    - c) The telephone was designed by Alexander Graham Bell so that the listening and speaking parts were one.
    - d) In 1876 Alexander Graham Bell invented a machine called the telephone.
    - e) Small pocket telephones have also been invented.
  
  3. Choose the correct answers
    - 1) What nationality was Alexander Graham Bell?
      - a) American                      b) French                      c) Dutch
    - 2) How many experiments did he carry out?
      - a) one                      b) a few                      d) many
    - 3) What was the first sentence spoken over the telephone?
      - a) Mr Watson, I will come over to you. I need you.
      - b) Mr Watson, come here, I need you.
      - c) Mr Watson, do you hear me?
    - 4) What was Mr Watson to him?
      - a) brother                      b) father                      c) assistant
- 

## Lesson 52

## Story

### The Pot's Child.

Once upon a time a clever man borrowed a large pot from his neighbour. Next day he returned the large pot to its owner with another small one. The owner said that that pot was not his and wondered where it had come from. The clever neighbour said to him: While your pot was in my possession it gave birth to the small one. The owner was surprised by this strange happening of a pot giving birth! But in his heart he was happy. The next day the clever man again borrowed the large pot from his neighbour. The neighbour let him have it happily. However, when he suggested the next day that the pot should be returned the clever man, almost in tears said: I am very sad. The poor pot died last night. The neighbour anxiously asked: What are you saying? How can a pot die? The clever man said: Why not? Whatever can give birth can also die. The neighbour realised he had been deceived by the words of the clever and cunning man.

### Exercises

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

a) wonder	d) poor	Alternative meanings
b) sadness	e) deceive	
c) happiness		
  
2. What is the main idea of the text?
  - a) Neighbour's do not need help
  - b) Do not help neighbours
  - c) It isn't good to deceive people.

3. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
- The clever man returned the a small pot with the neighbour's pot.
  - The neighbour accepted both of the pots.
  - Another day the clever man asked the neighbour for some dishes.
  - The clever man said the pot was lost and he could not return it.
  - Finally the neighbour realised he had been deceived by the clever man's words.
4. Choose the correct word and write it in the space.
- A clever man \_\_\_\_ his neighbour for a large pot. (asked – alternative spellings)
  - The \_\_\_\_ pt died last night. (poor – alternative spellings)
  - The neighbour spoke \_\_\_\_\_. (nervously – alternative spellings)
  - The clever man answered him \_\_\_\_\_. (sadly - alternative spellings)
5. Choose the correct word and write it in the space.
- \_\_\_\_ day a clever man asked his neighbour for a large pot. (One – alternative spellings)
  - The owner of the pot \_\_\_\_ him: (told – alternative spellings)
  - The owner of the pot asked why he had \_\_\_\_ this other one. (brought – alternative spellings)
  - The clever man answered him in a sad voice, "It \_\_\_\_ last night. (died – alternative spellings)
6. Write the plural form of the words.
- day
  - man
  - neighbour
  - child
  - voice

## Lesson 53

## Culture

### A Prayer

Oh great God bring Spring to our country  
 Make the burning deserts full of flowers  
 All the gardens have devastated by the Autumn of war  
 O great God make them blossom with flowers again  
 The green parrots sitting silently on the branches  
 Make them lively and noisy again  
 Make our country flourish in the rain of mercy  
 Oh great God bring happiness to the gardener  
 Make our young people lively with the fruits of determination  
 Oh God ruin our enemies  
 Fill the pots of the poor with wealth  
 O great God make calm the heart of the orphan.

## Exercises

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

- a) spring
- b) fall
- c) gardener
- d) poor
- e) calm

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

- a) The coming of the spring season
- b) The happiness of the gardener
- c) Praying to god to look after the country

3. Select the point of these lines from given sentences.

- 1) Oh God, Make green again all the gardens that have been devastated by wars.
  - a) The destroyed cities should be rebuilt
  - b) The destroyed roads should be repaired.
  - c) Water dams should be repaired.
  - d) All the above.
- 2) Oh God make the silent green parrots sitting on the branches to sing and become lively again.
  - a) Set up poultry rearing.
  - b) Choirs should recite poems.
  - c) Re-open education centres.

4. Choose the correct word and write it in the space.

- a) The green \_\_\_\_ that are sitting silently on branches. (parrots – alternative spellings)
- b) Oh God make the hot \_\_\_\_\_ green. (deserts – alternative spellings).
- c) Improve the country with the \_\_\_\_\_ of rain. (blessing– alternative spellings)

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

better	silently	hit
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- a) This year our crops have been \_\_\_\_\_ by drought.
  - b) O God make our country \_\_\_\_\_ with a rain of mercy.
  - c) Our class mates are sitting \_\_\_\_\_ in the class.
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