

AFGHAN BASIC  
COMPETENCY  
(ABC)  
MATERIALS

Pashto Language  
Grade 6

*English translation of  
general content and  
practice*

# Pashto Grade Six Language

## Lesson 1

## Religion

### In Praise of God

Oh great God I am praising you because I am your slave and you are my master.

What is the relationship of slave and master?

If you are satisfied, what relationship is left?

It is you seen in everything, in earth and sky

Everything is witnessing your greatness

All things, earth, water and living things are praising you.

Everyone needs to be a Muslim and pray to his God.

Have a monotheistic belief and do everything for the cause of God

Zdoba chose to use imagination so that the mirror removes the rust from the heart.

### Exercises

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

- a) end
- b) earth
- c) sky
- d) greatness
- e) praise
- f) imagine
- g) say

Alternative meanings
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## Lesson 2

## History

### How the Book Came Into Being

In ancient times there were no books. Fathers told stories to their children. The stories they had in their memory. When they became fathers they did the same and so the story passed from one generation to another. If there were many stories it was not possible to keep all of them in their minds so some of them were forgotten.

Therefore mankind needed something to help them preserve these stories. Some people marked the stories as symbols on wood and some people formed a variety of knots on a string, each representing a specific story.

After that writing and reading developed. Preservation of stories became easy. In those days the method of recording was a sharp pointed stick. They drew or marked on soft mud with this stick. Then they baked the mud in the oven so that it would last a long time. This was not a book but a brick but it was the beginning of books.

Some people wrote their stories on tree bark and leaves but they did not last very long. When they became dry they broke. On the contrary the stems of Papyrus reeds lasted longer. In 5000 BC Egyptians made a kind of paper from Papyrus reeds. They drew images on these and rolled them together but it was not easy to unroll them to tell the stories so later on they made flat sheets of papyrus and put them together.

Later on stories were copied from tree bark onto animal skins because of the danger of destruction. People added more pictures and made them into attractive books. Those who

could not read enjoyed the pictures of the books. In those times books were very few and only the wealthy people could afford to buy them. When printing machinery was made in Germany and paper in China, book making became easy. Today, because of advances in printing, millions of people use books and share their ideas with the people of the world through books.

### Exercises

1. What is the main idea of the text?
    - a) There is no benefit from books
    - b) Reading a book is not a waste of time
    - c) People share information and learn a lot from books.
  
  2. Answer the questions and make a paragraph from your answers.
    - a) In which country was the printing press made for the first time?
    - b) In which country did people write on animal skins for the first time?
    - c) Where was paper made for the first time.
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### Lesson 3

### History

#### Madam Zainab

Afghanistan has many well-known ladies who have produced scientific achievements, glorious poetry and literary works. One of these ladies was Madam Zainab, daughter of Mirwais Khan the national leader. She lived around the lunar year 1142. She was an noble and scholarly woman who had studied most of the religious and literary books of her time. She taught he family members and other girls and women religious studies, writing and reading. This well known lady was very intelligent and so good at planning and management that her brother Shah Husain Hotak even asked for her advice on state affairs. Lady Zainab was a good poet. The following is an example of her poems which was written in grief at the death of her brother, Shah Mahmood Hotak. This poem is also present in the book “Hidden Treasury”.

I received a call that my brother has passed from this world.

The whole of Kandahar went into tears.

My heart is suffering grief

That Shah Mahmood is separated from me.

This bright world became dark to me.

The knife of separation cut off my heart.

Hotak is upset by this incident.

Our kingdom’s crown turned upside down.

Shah has passed from this world.

Throughout Kandahar there was weeping.

Mahmood not only your sister is crying

All the houses and villages are crying over your death.

Your relatives and your King brother are weeping.

All Pashtuns are weeping.

All our Kandahar is weeping.

## Exercises

1. Choose the correct meanings.
    - a) Well known: (3 alternative meanings)
    - b) pride: (3 alternative meanings)
    - c) sadness: (3 alternative meanings)
  2. Who has written the poem above?
    - a) Shah Hussain Hotak
    - b) Shah Mahmood Hotak
    - c) Madam Zainab
  3. *An exercise on letter forms that does not translate effectively into English*
  4. Put the following phrases and sentences in order and make them into a paragraph.
    - a) Who lived around lunar year 1142
    - b) Her brother consulted her about government.
    - c) One of those famous ladies was Zainab, daughter of the national leader, Mirwais Khan.
    - d) Afghanistan has many noted ladies.
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## Lesson 4

## Culture

### Letter Writing

There are two kinds of letter, personal and formal. The former is addressed to elders people of the same age and younger people and the latter is addressed to government offices and official places. When writing personal letters care should be taken to use the correct titles for the age and position of the recipient. For example:

To Father – My kind father! My compassionate father! My dear father! My sweet father!

To mother – My kind mother! My sweet mother! My sympathetic mother! My compassionate mother!

To friends – My dear friend! My dear brother! Dear friend!

To teachers, writers, poets – Man of knowledge! Honourable! Kind teacher!

To youngsters – Light of my eye! The top of my heart! Dear son! My obedient! Lovely! Fortunate! etc.

While writing it should be borne in mind that short and appropriate sentences be used and a short sweet text be carefully written. Every letter should contain; greeting, content, date, signature and address. For example, son writes to his father:

Honourable father!

Date: 1379

I send you my best regards.

I pray God to give you health and happiness, and my kind mother, my dear sister and my sweet younger brother, Ahmad Jan.

Father! I live in a hostel with other students. After school hours I play with my friends. During the night I do my homework, repeat my lessons and study other books. I get up early in the morning and after saying my morning prayers look at new lessons and prepare myself for going to school.

With respect,

Your son. Khudadad

### Exercises

1. What is the main idea of the text?
    - a) Writing should have a main idea.
    - b) One type of letter should be written to everyone.
    - c) Letters should be written separately to youth and elders.
    - d) Letters should be written carefully, with short and appropriate sentences and the position of the address should be taken into account.
  
  2. Put the following words in order to make sentences.
    - a) homework I the night do at
    - b) read and books other
    - c) the I give happiness grant pray to health god and great the you
  
  3. Write appropriate salutations for the following people:
    - a) mother
    - b) young brother
    - c) teacher
    - d) father
- 

### Lesson 5

### Health

#### Iodine

Minerals are useful and necessary for our bodies. One of these is Iodine. Most people get it from food and water. Fish flesh, which is a good source of iodine, is not easily available in areas that are far from the sea and the people there suffer from Iodine deficiency. Iodine helps physical growth and development of nerve cells. Iodine deficiency in children causes mental weakness so they have a low IQ compared to other children and their development is slow in all fields. In adults iodine deficiency causes enlargement of the thyroid gland located on the front of the neck. This is called Goitre. People with iodine deficiency should use iodised salts. They should eat fish and foods that contain iodine. Iodine medication will also cure the deficiency.

### Exercises

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

weakness	deficiency	mental	iodine
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- a) Fish is a good source of \_\_\_\_\_.
  - b) A low iodine level in children leads to \_\_\_\_\_.
  - c) Medicines containing iodine help to replenish iodine \_\_\_\_\_.
2. Put the following words in the correct order to make sentences.
    - a) useful are bodies necessary for minerals and very people's
    - b) salt use should iodised you
    - c) food people many iodine and get water in

3. What is the main idea of the text?
- Taking medicines containing iodine is essential for the body
  - How children develop
  - Iodine is a useful mineral and lack of it causes illness.
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## Lesson 6

## Story

### A Clever Beggar

One evening a beggar who didn't want to appear to be a beggar stood by a house underneath a window. The lady of the house looked out and questioned him. He said "Dear sister, I need a needle if you can please give me one" The housewife replied, "I have a needle but if I drop it to you it will be lost because it is dark." The beggar said to her, "Please push it through a piece of bread and in this way I will be able to find it."

### A Fox and a Cock

Once upon a time a hungry fox came to a village and stood under a tree where a cock was sitting on a high branch. The fox asked, 'Have you heard the latest news?'

The cock replied, 'No I haven't'.

The fox said, 'All the animals of the forest have declared today a day of compromise and reconciliation'.

The cock answered, 'That is a good idea.'

The fox said, "Then come down and let's have a friendly chat for a while.'

The cock stretched its neck and looked towards the village.

The fox asked him, 'What are you doing? What can you see?'

The cock said 'There is nothing. Only two dogs coming towards us.'

The fox started running away. The cock asked him, 'What are you doing? Why are you running? Today is the day of reconciliation.' The fox said 'The dog has not received the latest news yet!'

### Exercises

- What is the main idea of the text?
    - The beggar needed a needle
    - The beggar couldn't find the needle late in the evening
    - The beggar wanted to get bread without looking like a beggar.
  - An exercise on letter forms that does not translate effectively into English*
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## Lesson 7

## Science

### Animal Husbandry

Our country has a long background of raising livestock. It has been practised in a primitive style and form for a very long time. Animals represent many values and economic advantages in life. The Afghan people raise many different animals such as cows, camels, goats, sheep etc. They eat the meat of cows, camels, goats and sheep and from their milk they make yoghurt, butter, cheese etc that are very necessary for our health. From the sheep's wool they make carpets, rugs, felt etc. and they make tents from goats hair and shawls from camel hair.

Farmers use cows for ploughing and threshing the wheat. Horses and camels are used for carrying loads. Animal keepers give their animals fresh grass, clover, alfalfa, maize flour, and other foods. In winter when fresh grass is not available they give them dry grass, straw and other foods, which do not give strength. Animal food should be sufficient and give strength. The stable should have enough room and be dry with good ventilation. Medicine should be used at least twice a year and sick animals should be taken to a veterinarian (animal doctor) for treatment. They should be given treatment against worms once or twice a year.

### Exercises

1. Put the following words in the correct order to make sentences.
  - a) Our rearing old animal country is tradition in an
  - b) Animals strength food the be should sufficient give and of
  - c) The cows use in wheat threshing they
  
2. What is the main idea of the text?
  - a) Camels and horses are strong animals and carry heavy loads.
  - b) Afghans keep different animals for economic reasons. Some for milk, meat and wool, others for carrying loads.
  - c) Rugs, carpets and blankets are important exports of our country.
  
3. Select the correct meaning from the box and write it beside the word.
  - h) appearance
  - i) sufficient
  - j) medicine
  - k) plough

Alternative meanings
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## Lesson 8

## History

### Wazir Mohammad Akbar Khan

Our country has seen many warriors (Ghazi) and heroes. One of them was Wazir Mohammad Akbar Khan, son of Amir Dost Mohammad Khan, born in the lunar year 1232. Ghazi Mohammad Akbar Khan took a great part along with other brave Ghazis in the first Anglo Afghan War for liberation of the country. He was a good man very kind to the poor and strongly opposed to cruel and wicked people. He treated prisoners of war and others like guests and was so careful of them that he even dressed their wounds himself. He loved his compatriots. After rendering many services for the people and country he died in the lunar year 1262 at the age of 31 and was buried, according to his own request, at Mazari Sharif.

### Exercises

1. Select the correct meaning from the box and write it beside the word.
  - a) aggressor
  - b) hero
  - c) care
  - d) famous

Alternative meanings
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2. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
- Wazir M Akbar Khan Had a major part in writing Pashto prose.
  - Wazir M Akbar Khan Played a major part in liberating the country from the British.
  - Wazir M Akbar Khan was a well mannered person.
  - Wazir M Akbar Khan was buried in Kabul.

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

Mazar-I-Sharif	loved	Amir	well mannered
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- Ghazi M. Akbar Khan was the son of \_\_\_\_\_ Dost M. Khan.
- Wazir M. Akbar Khan was \_\_\_\_\_ person.
- He \_\_\_\_\_ the [people very much.
- The grave of Ghazi M Akbar Khan is in \_\_\_\_\_.

### Lesson 9 –The Haj, a poem

Different tribes and nationalities decide to make pilgrimages.

Everyone takes off their national dress and all wear the clothes that are specific for the pilgrimage.

Cultural variations disappear on this day and kingdom crown or kingdom hat falls from the head.

There is no headdress and no turban worn that day and Afghans, Arabs and Turks are all dressed alike.

Blacks and whites, Arabs and non-Arabs look alike. The signs of one nation become evident.

Everyone walks around the house of God and after that they go together toward Safa.

They perform Saja seven times and again they go towards Safa together rich or poor.

With one voice everyone says ‘Yes’ and they send peace to one another.

They all say ‘There is no god but one God’

They all say ‘Mohammad is His messenger’

Muslims of the world have one aim

Each of them stones Satan

In fact they are one nation obedient to Mohammad and Abraham.

The prayer direction of east and west is one.

Like butterflies they are scattered everywhere.

There is no difference, no dispute, no division.

Men and Women walk together in innocence.

There is great meaning in the Haj or lesser pilgrimages

For those who think deeply about them.

The last part of pilgrimage is slaughtering and sacrifice

Islam is sacrificing self for others well being.



## Exercises

1. Choose the correct meanings.
  - a) explicit: (3 alternative meanings)
  - b) strive: (3 alternative meanings)
  - c) sacrifice: (3 alternative meanings)
  - d) innocent: (3 alternative meanings)
  
2. What is the main idea of the text?
  - a) Becoming free from sins
  - b) People co-operating together
  - c) Visiting many sacred places
  - d) Muslims are brothers in one nation. No one is superior to the other.
  
3. Complete the following sentences:
  - 1) While performing the pilgrimage everyone wears
    - a) traditional clothes
    - b) clothes specific to Haj
    - c) king's crown
    - d) national uniform
  - 2) Hajis do Tawaf:
    - a) together
    - b) one by one
    - c) two by two
    - d) in turn
  
4. Complete the sentences
  - 1) While performing Haj:
    - e) Rich and poor are separate
    - f) All walk the same path with no distinction of any kind
    - g) People from all countries are together
    - h) A and b are correct
  - 2) While performing Haj:
    - a) There is no division and disagreement
    - b) All Hajis say "There is no God but One"
    - c) All Hajis say Yes with one voice.
    - d) All the above are correct.
  - 3) Haj teaches Muslims to:
    - a) Love each other and help the poor
    - b) Sacrifice their property
    - c) Crush evil desires and have unity
    - d) b and c are correct.
  
4. Which of the following are false?
  - a) While doing Haj, Hajis say "Yes"
  - b) Hajis bind the "Ihram" to do Haj
  - c) All Hajis have

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

- a) separate
- b) strong
- c) black
- d) rich
- e) male

Selection of opposites
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6. Select the correct meaning from the box and write it beside the word.

- a) outside
- b) single
- c) strive
- d) explicit
- e) accept
- f) division
- g) coalition
- h) sacrifice
- i) inspiration

Alternative meanings
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## Lesson 10

## Geography

### Precious Stones

Our environment is full of natural substances. Some of these are precious stones of different types found in mountains and canyons. They have very attractive natural colours. Coloured and beautiful stones are generally found in the form of minerals. Minerals are those stones which are very beautiful and have different natural colours. Some of the stones are transparent, some are translucent and some are opaque. The stones found in the form of shining minerals have lovely colours, are very precious and valuable. These stones are used in signet rings and pieces of jewellery.

The very famous stones are ruby, emeralds, diamond, carnelian and lapis lazuli. Ruby is a precious stone that is naturally available and has a shiny red colour. Emerald is another precious shining stone available in natural green colour. Diamond is also a mineral stone which is very shiny and is very rare. Carnelian is another stone found naturally in different colours of red, yellow, white and black. Lapis Lazuli is another stone that occurs naturally. There are more than 35 different expensive stones like these that occur naturally and some of them are found in our country. They are found in Badakshan, Parwan, Kandahar, and in Central Afghanistan.

### Exercises

1. What is the main idea of the text?

- a) To know where to find precious stones
- b) Information about precious stones and their deposits in our country
- c) To know the colour of precious stones.

2. Answer the questions and make a paragraph from your answers.

- a) Where are the coloured stones found?
- b) What are the precious stones called?
- c) How many types of precious stones do we know?

3. *An exercise on letter forms that does not translate effectively into English*

**'Khusai' the game of boys**

Khusai has been popular in villages of Afghanistan for a long time. To play this children and youths gather in a large playground and divide themselves into two groups. Each group chooses a member as the group leader. The leader organises his group and shows them the opponents. On one side of the ground is a castle guarded by two strong players and located 15-20 metres away from the first group.

The leader of the second group appoints a person as castle breaker and introduces him to the first group. This person is called 'Bull' and three or four strong players are appointed to help and protect him. The bull and his guards stand five metres behind their group.

When the whistle blows to start the game all the players hold the right foot behind them with their left hand and use their right hand and right knee to fight their opponents. If the right foot slips down and touches the ground during the fighting then that player is seen to be defeated. He leaves the playground and cannot continue the game. The game goes on until the castle is broken or the bull is defeated. It is won in either way and a new game is started.

**Exercises**

1. What is the main idea of the text?

- Khusai game has been popular in cities for a long time.
- Khusai game is played by boys and girls together
- Khusai game has been played in villages by boys and youths for a long time
- The Khusai game is popular everywhere

2. Put the following words in the correct order to make sentences.

- In young gather playground old and the
- Strong the castle choose person a break the to they
- Broken the until game the on broken the is bull by goes
- Used beat opponent the to knee is right the

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

touches	noise	appointed	shown
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- A strong person is \_\_\_\_\_ as a leader.
- If the foot \_\_\_\_\_ the ground, this person is considered beaten and leaves the play area
- The bull is \_\_\_\_\_ to all players.
- Much \_\_\_\_\_ is heard in this game.

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

blossoming	green	flowery	nice	verdant	interesting
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- The Khusai game is popular in \_\_\_\_\_.
- The castle is made of \_\_\_\_\_
- The castle is broken by the \_\_\_\_\_.
- They should take the heel of their right \_\_\_\_\_ in their left hand.

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

- |             |           |
|-------------|-----------|
| a) release  | e) strong |
| b) village  | f) beaten |
| c) opponent | g) guard  |
| d) quick    |           |

Alternative meanings
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6. The teacher should demonstrate this game in the scholyard with the students.

## Lesson 12

## Culture

### Proverbs

A proverb covers an important point in a short sentence or saying. Each proverb fits a specific situation or talking point as in this proverb: an unbalanced load can't reach its destination. The above proverb is used for a person who is dishonest in doing a duty, intentionally doing wrong to achieve his goal but in the end he fails and is disgraced.

OR in this proverb: If two hearts get together they move a mountain. This one is used for unity. It means that if two people unite and are determined to do a task, even if it is difficult they can do it successfully.

Here are some more proverbs. You can find out the time and situation to use them for yourselves.

- Death is better than an aimless life
- The heart of an uneducated person follows the tongue and the tongue of an educated person follows the heart
- A person who has been bitten by a snake fears a piece of rope.
- The destination of a lie is very short
- An ignorant person does not try as hard for others as well as he does for himself
- Water cannot be divided by a wooden rod
- Your tongue builds as well as destroys
- You will reap what you sow.
- When you ask for food with your mouth what will you eat it with?
- Good behaviour will make you a king and bad behaviour will make you wonder about yourself.
- The brain of an idle person is Satan's factory
- A blister on the palm is a pearl
- The final master of a lazy cow is the butcher
- Honour is a service
- The hand of man is like a flower
- First blame me then kill me
- Even if the mountain is huge there is a way to its peak
- Mountain does not go to mountain but mankind goes to mankind
- Humans are overcome by kindness
- Do good things and cast them in the river
- A little water from wet mud is medicine

### Exercises

1. Answer the questions and make a paragraph from your answers.
  - a) What is a proverb?
  - b) When is a proverb used?
2. Write the jumbled proverbs correctly  
(4 proverbs from the text each in mixed up order)
3. Which proverb do people use when they have to face the consequences of their action?
  - a) Do good things and cast them in the river.
  - b) A little water from wet mud is medicine
  - c) Humans are overcome by kindness
  - d) What you sow so shall you reap.

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### Lesson 13

### History

#### Bait Nika

Bait Nika was a famous grandfather of Pashtuns who lived around the lunar years 300 to 400, in the outskirts of the Solomon Mountains. In the early histories he is mentioned as Baitani or Batton. He was a great poet of the Pashto language as well as being a national and spiritual leader. The following is one of his beautiful verses which has been recorded in the 'Hidden Treasury'

Great God! Great God!

Your love is everywhere

Mountains are standing to respect you.

All living things are beseeching you

Here at the edge of the mountains are tents are set up

Take care of these people Oh Great God.

Our fire is burning here. It is a small room.

We live to love you and do not make friendship with others.

Sky and earth are yours.

You take care of the people

Oh God, you raise the people.

### Exercises

1. Answer the questions and make a paragraph from your answers.
  - a) When and where did Bait Nika live?
  - b) By what names is Bait Nika mentioned in old histories?
  - c) Was Bait Nika a national and spiritual leader in addition to being a poet of the Pashto language?
2. Select the correct meaning from the box and write it beside the word.
  - a) respect
  - b) living thing
  - c) place
  - d) accompany
  - e) settle
  - f) develop

Alternative meanings
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3. Write the correct punctuation mark ( . ! ).
- a) Bait Nika was a great poet of the Pashto language
  - b) Oh God this is your raising
  - c) Great God Great God

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**Lesson 13**

**Science**

**Planting Saplings**

While trees are necessary for the prevention of floods, winds, dusts as well as for the beauty of the environment and good air, people also make use of their fruits, wood, leaves and so on. Trees also play an important role as habitat and food for animals and birds. Trees grow old in the passage of time or are cut down for different reasons and disappear. Because of this we should pay attention to planting new trees and increase gardens and forests.

In our country the time for planting saplings depends upon the type of fruit and the region. For example, in cold areas such as the provinces of Parwan, Logar, Wardak, Kabul and Paktia the planting time for all saplings except cypress, pear and pine trees extends from the 10-25<sup>th</sup> Hut. In warm areas such as the Eastern provinces planting can be continued from the 15<sup>th</sup> Dalv to the 10<sup>th</sup> Hut.

To plant a sapling we should dig a pit that is 50cm deep with a diameter of 60 – 120 cm. While planting a sapling its roots should be manually spread out in different directions and the soil of the pit should be put on the roots and compressed well so that there is no air left between the soil and the roots. Then the remaining soil can be put in and compressed and it should be watered right away.

**Exercises**

1. What is the main idea of the text?
  - a) The business of planting trees in gardens and forests
  - b) Making gardens
  - c) Making use of the fruit and wood of trees.
2. Answer the questions and make a paragraph from your answers.
  - a) How deep should we dig the hole to plant a tree or sapling?
  - b) What should the diameter of the hole be?
  - c) How should we place the roots in the hole?
3. Choose the appropriate words and write them in the spaces.

blossming	green	flowery	nice	verdant	intersting
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  - a) Trees give \_\_\_\_\_ to the environment.
  - b) Trees are useful for keeping the air \_\_\_\_\_.
  - c) The time for planting saplings is different in \_\_\_\_\_ regions of Afghanistan.
  - d) Trees \_\_\_\_\_ with the passage of time.
4. Using the text write a short passage about the importance of trees.

### The Evils of Narcotics

We need to look at how narcotics are used to understand how they exert their toxic effects on people's health and lead them into misery. Narcotics that are used as cigarettes, pipes, or by blow tubes have a negative effect on all parts of the body and cause diseases of the lungs, stomach and nervous system. All young adults begin using narcotics as a fashion. They try to hide it from their elders. Sometimes after using narcotics they move to a stronger one, as the first one no longer gives the same "high". In this way they jump to using very strong narcotics such as Marijuana and Opium.

The other narcotics are the ones used orally like opium and alcohol, which in the first place affect the stomach and then other parts of the body.

The third type of substances, introduced to the body through injections cause diseases of the skin, blood, nervous system and heart. Drug abusers who share the same needle become major causes of the transmission of AIDS.

The 4<sup>th</sup> type of substance is that used through the nose such as snuff . These cause nasal perforations and occlusion of the small vessels of the brain which leads to death.

As you know, the drug abusers try to live away from people, home and village. They lose the ability or strength to work; they steal and tell lies. They commit a variety of crimes in order to get the narcotics. For these reasons they lose the trust of families, friends and society and are dishonoured, disgraced and condemned. To avoid the undesirable consequences of these diseases, and to be accepted by family and society, we should say NO to narcotics.

### Exercises

1. What is the main idea of the text?
  - a) To know about narcotics
  - b) Ways of using narcotics
  - c) Dangers of narcotics and their prevention
  
2. Answer the questions and make a paragraph from your answers.
  - a) Why do narcotics users commit theft?
  - b) Why do narcotics users lose their credibility with family and friends?
  - c) Why do narcotics users lead horrible lives?
  
3. Put the following words in the correct order to make sentences.
  - a) ability users work give narcotics to away the
  - b) transmission of becomes it factor illness AIDS major the in.
  - c) your acceptable people become society and to family.
  
- 4 Select the correct meaning from the box and write it beside the word.
 

<ol style="list-style-type: none"> <li>a) things</li> <li>b) bestow</li> <li>c) prestige</li> <li>d) injection</li> <li>e) denounced</li> </ol>	<ol style="list-style-type: none"> <li>e) factor</li> <li>f) commit</li> <li>g) degraded</li> <li>h) denounced</li> </ol>
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Alternative meanings

Amir Koror

Amir Koror, son of Amir Folad Soori became ruler of Mandish, Ghor province in the year 139. He captured most parts of Ghor such as Balishtan, Khisad, Timran, and Barkoshak.

In summer Amir Koror lived in Zamindawar, where he had a palace exactly like the one he had in Maudish. He was just, disciplined, eloquent and a great poet. He was a kind, sympathetic and dedicated ruler. Mohammad bin Ali Albasty writes in Suri History, "Amir Koror was a good wrestler and a strong man. He fought one person against 100 people. That is why he is called Koror meaning wrestler".

He won many victories for Abasids in the wars. The following verses, which are recorded in the "Hidden Treasury" are good descriptions of his poetry and wrestling.

I am the lion of this world and have no rivals,  
Not in India, not in Takhar province, and not in Kabul  
Even in Zabul province I have no rivals.

The spears of determination can be seen going over Mir Saman village  
Half of them are wounded and we follow the fleeing ones, the defeated ones, I have no rivals.

I bring great victories for my people  
I love them from my heart and care for them  
I take care of them always.  
There is no-one braver than I

He was killed in the Poshange War in the lunar year 154.

Exercise

1. What is the main idea of the text?
  - a) Amir Krore became Amir in Mandish, Ghor province in 139.
  - b) Amir Krore was a good poet
  - c) Amir Krore was the first Pashto poet, a strong wrestler and the Amir of his time.
  - d) Amir Krore was a historian of his time.
  
2. Answer the questions and make a paragraph from your answers.
  - a) What kind of a person was Amir Krore?
  - b) Which regions did he capture?
  - c) What has Mohammad son of Ali Basti written about Amir Krore?
  
3. Select the correct meaning from the box and write it beside the word.
 

<ol style="list-style-type: none"> <li>a) success</li> <li>b) hero</li> <li>c) decision</li> <li>d) enemy</li> <li>e) war</li> </ol>	<ol style="list-style-type: none"> <li>f) attack</li> <li>g) raise</li> <li>h) similar</li> <li>i) goodwill</li> </ol>	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;">Alternative meanings</div>
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**The Ear**

Ears are important parts of our body through which we hear different sounds. The ear has three parts, the outer, middle and inner ear.

1. The outer part: It is the part we can see and the sound waves first come into contact with this part. They then pass into the internal (auditory) tube. This tube is lined with small hairs that stop germs and dust from getting into the ear. It also has a gland, which produces a sticky matter. This gland secretes a small amount of the sticky matter into the upper part of the ear to prevent injury. In the inner part of the auditory tube there is a thin membrane. When the sound hits the membrane it causes it to vibrate. This membrane can be torn by harsh sounds and explosions.
2. The middle part: The middle ear is connected to the throat by a tube. Sometimes during influenza, phlegm of the nose and throat accumulates there causing inflammation and aching of the tube to develop and the ear becomes temporarily blocked.
3. The inner ear: It is oval in shape and has a part that maintains the balance. This organ contains the semi-circular canals which are full of a thin fluid.

When sound waves reach our ears they produce vibrations in the membrane and these pass through the inner ear travel to the brain. In this way we hear a sound

**Exercises**

1. What is the main idea of the text?
    - a) Ear, nose and throat are closely related to each other
    - b) Like the other things, ears are an important organ of the body that God has given us.
    - c) We should protect ourselves from earache
  2. Answer the questions and make a paragraph from your answers.
    - a) What do we hear voices with?
    - b) How many parts has the ear got?
    - c) How can we hear sounds?
  3. *An exercise on letter forms that does not translate effectively into English*
- 

**Diarrhoea**

In Diarrhoea body fluid is decreased and this can cause children to die. Based on some available statistics, one out of every 200 sick children will die.

When a child has diarrhoea he should be given a lot of liquids to compensate the lost fluid. Suitable liquids are:

1. Mother's milk
2. Mixture of water and well cooked cereals
3. Soup
4. Rice water

In clinics and drug stores in most countries a special kind of powder known as ORS is available in packs. The contents of the pack should be dissolved in exactly the amount of water that is written on the packet. If the amount of water is too little the effects will be worse than the desired good effects. If the quantity of water is too great then the solution will be less effective. The solution should be shaken well and then given to the child in a clean glass. If the child's condition worsens he should be taken to the nearest clinic.

Symptoms of this dangerous stage are:

1. The patient appears to be thirsty and does not shed tears when crying.
2. Fever
3. Does not eat or drink normally. When he does eat he immediately throws it back.
4. Increase in the frequency of watery bowel movements
5. Bloody stools

### Exercises

1. What is the main idea of the text?
  - a) Diarrhoea occurs only in children
  - b) Diarrhoea is a dangerous disease causing loss of body fluids especially in children.
  - c) Body fluids do not decrease as a result of Diarrhoea.
2. Answer the questions and make a paragraph from your answers.
  - a) Where can you find ORS?
  - b) What happens if there is too little water in ORS?
  - c) What happens if there is too much?
3. Select the correct meaning from the box and write it beside the word.
  - a) average
  - b) compensation
  - c) normal
  - d) dilute

Alternative meanings
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## Lesson 19

## Science

### Temperature

Sometimes it becomes necessary to measure how warm or cool a body is. Temperature is a standard used for measuring this. When a person has fever his body temperature usually rises above the patient's normal state. A thermometer is used to measure that value. The thermometer is an instrument by which we can measure temperature. The name of this instrument is made up of two words, 'thermo' meaning warm and meter meaning a measure. In the metric system the standard unit is 'Celsius'. Its symbol is C°. Water freezes at 0°C and boils at 100°C. The normal temperature of the human body is 37C. ° Some parts of the world are very cold such as Alaska where the temperature reaches -62°C and some are very hot such as Mexico where it can reach 58°C. The temperature of a living room is around 22°C.

### Exercises

1. What is the main idea of the text?
  - a) Some places on earth are very cold and some are very hot
  - b) The temperature of things is measured by a thermometer
  - c) The temperature of the human body is 37° C.
  
2. Answer the questions and make a paragraph from your answers.
  - a) At what temperature does water freeze?
  - b) At what temperature does water boil?
  - c) Your favourite temperature?
  
3. Select the correct antonym from the box and write it beside the word.
  - a) warmth
  - b) freeze
  - c) healthy
  - d) high
  - e) front

Selection of opposites
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## Lesson 20

## Health

### Avoiding Getting Too Fat

Humans pass through several stages in their lives.

When a child is born he should not be deprived of mother's milk because this is good for the physical development of children. A woman who is breast-feeding should eat good foods such as fruits, vegetables, cereals, milk, eggs and meat so that the number of food types in her milk increases, which is good for the child.

When children are growing the above foods should be included in their meals as well. The young adults should also include in their meals, proteins, vitamins, starch containing foods, minerals and fats. Proteins cause growth; vitamins protect our bodies, and especially bone eyes teeth and skin. Starch gives our body strength and is found in abundance in cereals and pulses. Minerals are important for teeth and blood.

When people reach old age the above substances are not used so much by the body especially fat and starchy foods which are then stored in the body causing them to become too fat. Obesity is an ailment which has become a problem in some parts of the world. Fat people can be lazy, weak, with thick skin. They have lower resistance, their hearts are weak and they cannot walk or breathe very well. They often develop heart disease, joint problems, anxiety, blood pressure cancer, gallstones and other ailments even sometimes sudden death.

Anyone who begins to feel this should go on a diet, avoiding food rich in fat or starch and using fruits, vegetables and meat instead. They should take exercise and do physical activities regularly.

### Exercises

1. What is the main idea of the text?
  - a) The role of food in physical development
  - b) Information about food
  - c) The effect of obesity on physical development and its prevention.

2. Put the following words in the correct order to make sentences.
  - a) Development milk very the is mother's good a food of child the physical
  - b) Lives become in has of obesity people's world the of problem parts a some.
  - c) Age mature people reach a when
  
3. Answer the questions and make a paragraph from your answers.
  - a) Why should the child not be deprived of mother's milk?
  - b) What should breastfeeding women eat?
  - c) Why should the breastfeeding woman eat good food?
  
4. Select the correct meaning from the box and write it beside the word.
  - a) deprived
  - b) food
  - c) milk
  - d) problem
  - e) suddenly

Alternative meanings
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## Lesson 21

## History

### A great servant

In 1847 a child was born in America. Before reaching the age of 7 he was admitted to school. His peers called him 'Al'. While attending school he also grew things in his yard and sometimes sold newspapers.

At the age of 15 he got a printing machine and printed his own newspaper with it and at the age of 16 he left his home and village for New York. Within 5 years he made 122 inventions and made the gramophone as well. It was the first time that the voice of a talking machine was transmitted across the world. He kept on with his experiments and after some time he introduced another big invention to people. Later on he started to think about the generation of light from electricity. The public assumed it was impossible and many of his unsuccessful experiments disappointed people, but he continued his works with firm determination until October 21<sup>st</sup> 1879, which is regarded as an important day all over the world. Thomas Edison finally transformed electric current into light. He died in 1931

### Exercises

1. Write T (true) for the correct sentences and F (false) for the incorrect sentences.
  - a) Edison rendered a great service to Americans.
  - b) Edison invented only the gramophone
  - c) Edison was the first person to use electrical energy to produce light
  - d) Edison's work and experiments produced no results.
  
2. Put the following words in the correct order to make sentences.
  - a) Years he inventions in made 122 five.
  - b) A bought fifteen press he at printing
  - c) Work his on he dedication with carried.

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

regarded	successful	thinking	at
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- a) He was \_\_\_\_\_ in the generation of light.
- b) He left his house and village \_\_\_\_\_ the age of sixteen.
- c) October 21<sup>st</sup>, 1879 is \_\_\_\_\_ as an important day.
- d) Edison was \_\_\_\_\_.

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

- a) decision
- b) invention
- c) impossible
- d) experiment
- e) great
- f) success

Alternative meanings
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## Lesson 22

## Geography

### The Natural Assets of Afghanistan

Mountains make up a third part of the mountainous country of Afghanistan. Many of the mountains lie in the central, east and northwest parts of the country and have a great influence on the weather of our country. Large numbers of the snow covered mountains are part of a wide area of springs and glaciers like the Grater Pamir that lies in Badakshan province as a National Park and National Heritage. It is 3250 – 6,103 metres above sea level. Marco Polo sheep are found there in large numbers. The ranges of the Hindu Kush Mountains, Solomon Mountains and Tirbandi Turkistan are also important. Lakes are the other natural assets of our country, for example the lake of Ghazni province which has an area of 135000jerib and is the feeding and nesting ground of hundreds of types of birds. Also the dam of Amir in Bamyan province is regarded as the most beautiful lake in the world. Other natural assets like forests and the lovely green canyons which are located in the outskirts of the mountains have made the view of the country beautiful. They also prevent floods, dry winds and dusts, clean the air, keep the soil from being washed away by water or wind and make a good habitat for wild animals and birds. People make use of their wood and fruit. Many of them are used as medicinal plants. Generally they are regarded as natural gifts of the country, for example – the canyons of Aristan and Nooristan, the forests of Kunar, Paktia, Laghman, Herat and Badakshan Provinces. The care and protection of this natural wealth, a great heritage left by our forefathers, is our national and idealogical duty. As we know, trees get old, are cut down or disappear as the result of a variety of factors and diseases. If we do not pay attention to their protection and propagation this heritage of our predecessors will not pass to our children.

### Exercises

- 1. What is the main idea of the text?
  - a) Afghanistan has many mountains
  - b) Afghanistan has important rivers
  - c) Afghanistan is a mountainous country with important rivers, forests, valleys and lakes.
  - d) There are many forests and valleys.

2. Answer the questions and make a paragraph from your answers.
- Where are the mountains of Afghanistan located?
  - Where is the source of the rivers of Afghanistan?
  - What are the advantages of forests and green valleys?

3. Choose the correct meanings.
- residence: (3 alternative meanings)
  - wealth: (3 alternative meanings)
  - effect: (3 alternative meanings)
  - gift: (3 alternative meanings)
  - tourist: (3 alternative meanings)
  - lake: (3 alternative meanings)

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## Lesson 23

## Culture

### Closing the Eyes

This is a game played by a group of girls. They gather in a large ground and cover the eyes of one with a cloth so that she cannot see anything. She sits down and moves her hands on the ground as if searching for something. Meanwhile a second player comes and stands by her asking “Blind auntie! What are you looking for? She answers, “I have lost my needle” the second player asks, “What colour thread is in it? She answers “Yellow” The second girl asks again, "What do you do with it? And she answers I sew the bags of dates. Again the second player asks her “ Will you give me some? She replies, “ I will give you soil” The second player says, “It has stuck to my pocket” and taps her lightly on the head. At this the first girl gets up, still with her eyes covered, and tries to catch the other girl. If she succeeds then she covers the eyes of the second girl who starts the game again like the first one did. At the end this new girl receives the taps on the head and tries to catch another one. This game enhances the running skills of girls and their ability to react quickly.

### Exercises

- Choose the correct word to fill the spaces.
  - This \_\_\_\_\_ is played by a group of \_\_\_\_\_. (game, girls – alternate spellings)
  - The second \_\_\_\_\_ asks her again. (player– alternative spellings)
  - Chases the other girls still with her \_\_\_\_\_ closed. (eyes – alternative spellings).
- Select the correct antonym from the box and write it beside the word.
  - boy
  - start
  - bind
  - question

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

3. Choose the correct answer to fill the space.  
This game strengthens the peoples \_\_\_\_\_ skill.
- a) eye-opening
  - b) speaking and talking
  - c) moving and running

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## Lesson 24

## History

### The Hidden Treasury

The Hidden Treasury is a valuable book of Pashto literature that was written by Mohammad Hootak around the lunar years 1141-1142, guided by Shah Hussain Hotak in Kandahar. Mohammad Hootak, son of Dawd Hootak grandson of Qadir Khan Hootak, was a poet and a scholar.

In the Hidden Treasury there has been recorded examples of poems and the life experiences of 500 poets, male and female, in the Pashto language. It covers the history of Pashto poetry and literature from the lunar years 100 – 1100. The first poem in Pashto is recorded in this book and is the following:

I am the lion of this world and have no rivals,  
Not in India, not in Takhar province, and not in Kabul  
Even in Zabul province I have no rivals.  
There is no-one braver than I.

### Exercises

1. Which statement is correct?
  - a) The Hidden Treasury includes the names of Pashto Historians
  - b) The Hidden Treasury includes the lives and works of Pashto Poets
  - c) The Hidden Treasury includes records of the actions of famous Afghan rulers.
2. Select the correct meaning from the box and write it beside the word.
  - a) Valuable
  - b) include
  - c) events

Alternative meanings
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3. *An exercise on letter forms that does not translate effectively into English*

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## Lesson 25

## History

### Galileo

Galileo was born in Piza in Italy on 15<sup>th</sup> February 1564. During his childhood he showed his knowledge by making beautiful and attractive toys, and he also learned the art of painting and how to play several musical instruments. After this he showed outstanding ability in literature. Later on he studied Maths and was admitted to the University of Piza, Italy at the age of 17.

In 1610, for the first time, he made a telescope and looked at the sky. He saw that the moon, which Aristotle had called smooth and bright, wasn't smooth and he saw black lines there. He noticed the difference between stars and planets for the first time and

discovered the four moons of Jupiter. It was the first time that accurate information had been put forward. Galileo, astronomer, physicist and founder of modern experimental science wrote about the system of the creation of the world, the principle of mechanics, axial rotation of the earth, meteorites and so on. Severe opposition to his writings, discoveries and inventions developed in the Church and they stopped him from publishing his opinions. He was still kept under house arrest as the years went by and he became old. They finally executed him on June 6<sup>th</sup> 1642 at the age of 78.

### Exercises

1. What is the main idea of the text?
  - a) Galileo was a musician and poet
  - b) Galileo was an astronomer, physicist, founder of modern science and a great inventor
  - c) Galileo did not agree with Aristotle's views
  
2. Answer the questions and make a paragraph from your answers.
  - a) What did Galileo make in 1610 and how did he use it?
  - b) What did Galileo notice that was contrary to Aristotle's views?
  - c) What were Galileo's views on the stars and planets.
  
3. Choose the appropriate words and write them in the spaces.

instruments	he	in	painting	born	musical
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- a) Galileo was \_\_\_\_\_ the city of Piza.
- b) Later on \_\_\_\_\_ learned mathematics.
- c) At a young age he learned to play several \_\_\_\_\_ and the art of \_\_\_\_\_.

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## Lesson 26

## Story

### The Intelligent Fox

Once upon a time fleas attacked a fox and irritated her. The poor fox couldn't get relief although she scratched and scratched herself. She was bothered and irritated even while sleeping and eating.

One day while deep in thought she remembered her mother's advice. Her mother had said, "When you are bitten by fleas, hold a branch in your mouth and dive into the water. The fox found a branch of a tree and went toward the river. When she got there she first put in her tail. At this the army of fleas moved towards her back. The fox slowly lowered her back into the water and the fleas moved to her neck and head. Now the only place left for the fleas to have their picnic was her neck and head. She lowered her head as well, leaving just her mouth and nose out. The fleas quickly jumped towards the branch because the stick was dry. This is how the fox got rid of the fleas. She suddenly let go of the branch and dived into the water once more and so got rid of the fleas.



### Exercises

1. What is the main idea of the text?
    - a) Following parents advice helps us solve problems.
    - b) A fox can swim
    - c) The fox was greatly troubled by fleas
  2. Select the correct meaning from the box and write it beside the word.
    - a) attack
    - b) army
    - c) evil
    - d) drowned

Alternative meanings
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  3. Answer the questions and make a paragraph from your answers.
    - a) Why was the fox irritated?
    - b) Did the fox get relief from scratching?
    - c) How did she free herself from the evil of the fleas.
- 

### Lesson 27

### Science

#### The Earthquake

Sometimes you might feel the earth shaking or you may have seen ruins caused by such shocks. This kind of shaking is called an earthquake. An earthquake, a natural disaster that takes place occasionally is the worst happening on earth. It causes the deaths of thousands of people, animals and other living things and destroys cities villages, gardens and agricultural land.

Do you know how earthquakes happen?

Earthquakes are caused by the movement of rocks and rocky layers sliding about beneath the earth's surface. Sometimes they bump into each other and one slides over the top of another or they push upwards. Wherever that happens it is called the earthquake centre. Its effect goes from the centre to the periphery in the form of circular waves, which are measurable. Geologists and geographers measure the intensity of the earthquake on the Richter scale.

### Exercises

1. What is the main idea of the text?
  - a) To become aware of earthquakes happening
  - b) To know about the damage caused by earthquakes
  - c) To know the facts about earthquakes
2. Select the correct meaning from the box and write it beside the word.
  - a) researchers
  - b) waves
  - c) Richter
  - d) disaster

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

3. Answer the questions and make a paragraph from your answers.
- What is an earthquake?
  - How does an earthquake happen?
  - What is the place where the earthquake happens called?
  - What is the intensity of the earthquake measured by?

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## Lesson 28

## Science

### Stages of Physical Development

A newborn child needs certain things. He needs to breathe oxygen, he needs food and he needs to be kept clean. The child can do some things for himself when he is born such as breathing to take in oxygen, but he can't find food by himself. He can't build a place to live by himself, so he needs others to take care of him. It is very good for the child to be breastfed at this stage. If a child is studied from birth to the age of one year certain changes are seen taking place. He learns to sit, crawl, and some children even start to walk. They can recognise the people who care for them and may possibly feed themselves but they still be need to be helped.

The period of childhood is from one to twelve years. During this stage children learn many things like walking, talking, reading and some solve problems by themselves. However, many children still need to be helped by elders to supply and provide them with clothes, food, a home and so on. It is a crucial period when children should receive great care and be led on the right tracks. They need to be helped with their school assignments.

After the age of twelve or thirteen the children move into another stage where rapid changes take place. Children undergo dramatic changes during the periods of birth, childhood, and adulthood. In adulthood, the human body undergoes accelerating changes, such as the development of male and female characteristics. Most males and females gain height rapidly, their voices alter and the shoulders of males broaden.

After adulthood the manhood stage begins. During this period people gain no more height and begin moving into old age. This stage can be prolonged depending on how well people take care of their health and eat suitable food.

### Exercises

- What is the main idea of the text?
  - People develop and grow up
  - People develop in different phases that each have specific characteristics
  - Children develop very quickly in the first years of life.
- Select the correct meaning from the box and write it beside the word.
  - respiration
  - food
  - look after
  - direction
  - assistance
  - gradual
  - fast

Alternative meanings
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3. Answer the questions and make a paragraph from your answers.
- At what age does the adolescent phase of physical development start?
  - What are the important features of this stage?
- 

## Lesson 29

## History

### The Invention of the Pencil

Dear students, it is very obvious that we all know the pencil. Now let's find out how the pencil was made for the first time.

Many years ago in England, something like coal was discovered that was called graphite. People used it to draw pictures but it was very difficult because it made the hands black. They decided to find a solution to this problem that would make it work well. Tackling this problem for the first time they put the graphite between two pieces of wood and tied them with string. This then had the problem of opening and retying the wood several times. Eventually they had a new idea, which was to position the graphite in the wood in such a way that they could easily sharpen the point of the pencil. The result was that they made the modern pencils that you use.

### Exercises

- What is the main idea of the text?
    - The discovery of graphite and its use in pencils
    - To know where graphite is found
    - To know about graphite
  - Select the correct meaning from the box and write it beside the word.
    - graphite
    - England
    - Decision
    - problem
    - discovery
    - idea

Alternative meanings
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  - Answer the questions and make a paragraph from your answers.
    - What was the name of the carbon form discovered in England?
    - What was this carbon used for?
    - What disadvantages did the carbon have?
- 

## Lesson 30

## Science

### How Sound Is Generated

Sound is a type of energy like light and heat. How is it developed?

When the skin of a drum is beaten it vibrates. (Vibration is the movement backwards and forwards of an object.) When objects vibrate a sound is produced. The air that is pushed into a vessel vibrates and causes sound to be produced. Certain things through which air passes vibrate, like the vocal chord in a person's throat.

How does sound transmit from one place to another?

You must have noticed that the voice is often used to announce an advertisement, because the voice travels in all directions. Some sounds, for example the sound of a doorbell is used to alert the house owner.

When we talk others hear us. How is the voice transmitted? Voice travels from one place to another through the air. It means that when something vibrates it causes the air to vibrate and in this way the voice is heard. Most of the sounds we hear are carried through the air. Sounds can be heard in water as well and likewise through solid objects. If you put your ear on the table while writing, you can hear the sounds of the pen as it writes. In short sound travels through air, liquids and solids.

The speed of sound transmission in different media

Media	Speed
Solid	3500 – 5200 metres per second
Liquid	1496 – 1531 metres per second
Gas	331 – 337 metres per second

People hear all sounds through their ears. Ears are one of the best gifts given by God so we should care for them. We should not hit people on the ear or allow dust to enter and develop dirt there. Anyone who has discomfort in his or her ears should go to the doctor.

### Exercises

What is the main idea of the text?

- a) Sound is a type of energy like light and heat
- b) Sound is energy produced from vibrations that passes through air, liquids and solids.
- c) Ears should be kept clean.

2. Write the words from the box under the correct heading.

Stone, water, air, table, milk, gasoline, flame, pencil, steam, wood, buttermilk, oxygen

a) solid

b) liquid

c) gas

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## Lesson 31

## Life Skills

### Pride out of Place

Once upon a time a cat ran into a leopard in a wood. The leopard asked her, “Why are you so weak and thin?” To get rid of the leopard the cat said, “In the village I live under the tyranny and oppression of man. The leopard, being proud of its strength said, “What is man? If I ever meet him I will deal with him.” The cat said, “Let me show you man”. They started walking, the cat in front of the leopard. They came to a field where the farmer was ploughing; the cat turned toward the leopard and said, “That is the man! Now deal with him! The leopard considering the man a weak thing said, “Unfortunately you are very weak and cannot face up to me, therefore you cannot feel my great power.” The

farmer, noting his arrogance said, “If I had my weapon with me I would cut off your head”. The arrogant leopard, ignorant of man’s knowledge and wisdom said, “Go and bring your weapon to test my power. The farmer said, “If I go for my weapon you will run away,” The leopard said I would not run away. “The farmer said,” If you really wouldn’t run away let me tie one of your legs to a tree.” He tied the leopard’s leg so tightly that he could not move and said “Wisdom is man’s best weapon and he can use it anywhere and anytime. Now you cannot confront me. The farmer returned to his work and the cat also got rid of the leopard.

### Exercises

1. *An exercise using verb forms that does not translate effectively into English*
  2. What is the main idea of the text?
    - a) Arrogance is bad and use of wisdom can overcome strong animals
    - b) A weapon is a good thing
    - c) A farmer should work very hard
  3. Select the correct meaning from the box and write it beside the word.
    - a) weakness
    - b) arrogance
    - c) despotism
    - d) ability
    - e) farmer
    - f) plough
- 

## Lesson 32

## Culture

### Green and Spring

This game has been popular in our country for a long time and is still regarded as a popular game. To play this game girls or boys come together in a playground and stand side by side. They give their right hands to each other and say, “You are my friend”. Then they stand back to back. One child puts his right hand on the left shoulder of his partner and his left hand on the right shoulder of his partner. His partner does the same and says, “Start the game!” With this call one player lifts his partner onto his back and says “Green”. By the time he has got him down the other says “Spring”. At this point both of them understand that they can lift each other and continue to do this getting faster and faster each time. Each time they lift up and down they say “green” or “Spring” and go on until they are tired or their parents call them to go home. In this game girls play with girls and boys play with boys who are equal in size and weight. This game makes all parts of the body move and develops the skill of lifting and carrying loads.

### Exercises

1. Choose the correct word to complete the sentence.  
This game is played by \_\_\_\_\_.
  - a) boys only
  - b) girls and boys
  - c) girls only

2. How does the body benefit from this game?
    - a) It strengthens running ability
    - b) It exercises body parts and strengthens weight lifting ability.
    - c) Children learn about spring through this game
  
  3. Answer the questions and make a paragraph from your answers.
    - a) Where do children gather to play this game?
    - b) How do the players stand and what do they do?
    - c) What do they say when the turn their backs and place their hands on each other's shoulders?
    - d) Hearing this what does the other player do and say?
    - e) When the second player gets down what does s/he do and say?
- 

### Lesson 33

### Science

#### Changes of the Earth

If we want to break a big stone do we use a sledgehammer or are there other ways to break it as well? Let's think and find out how big rocks break into pieces.

You will have noticed that if a clay jug full of water is left out in winter it will break. Why is this? When the water freezes it increases in volume making the clay jug break. That is how the big rocks are broken.

When it rains the water penetrates into the cracks and holes of the stones and this water freezes when it is cold and causes the rocks to split.

There are some other things that cause the splitting of rocks as well. Living things such as tree roots as well as water and wind can cause rocks to break. Eventually these small pieces of broken stones make up a fertile soil. You will have noticed how fertile the stream and riverbanks are. You should think about the changes that take place in the earth over a long period of time.

#### Exercises

1. What is the main idea of the text?
  - a) When water freezes its volume increases
  - b) Living things and climatic changes cause changes in the earth.
  - c) Wind and water cannot break large mountains
  
2. Make pairs of similar words from the words in the box

Selection of words that can be paired
---------------------------------------

example: sledgehammer, blacksmiths hammer

- a)
- b)
- c)
- d)
- e)

3. Answer the questions and make a paragraph from your answers.
- What happens to a clay pot full of water if it is left outside in the winter?
  - When water freezes does its volume change?
  - What happens if water freezes in the cracks in rocks?
- 

## Lesson 34

## Culture

### Mother, a Poem

Mother! God created me from you,  
And made you dear to me more than anyone else.  
You made me familiar with you before I knew about myself.  
You looked at me with love and that is how  
I learned to love others.  
I didn't know the words but you enabled me to understand with your show of love.  
Gradually you taught me speech, I was dumb but you enabled me to speak.  
Whenever I became dirty you cleaned and cleared me like a mirror.  
You had no sleep until morning when I cried for a small pain.  
If I sieve the country and search throughout the world for clean, honest love  
Undoubtedly I won't be able to find it in other hearts.  
You raised me in the lap of love, you taught me affection  
You familiarised me with happiness through your smiles and laughter.  
I think I am not mistaken if I say your arms were my paradise.  
Paradise is beneath your feet and you taught me the highest principles.  
God is my lord and you are my upbringing  
God created me and you raised me.  
You stood me on your own feet and taught me to walk.  
How young I was. You brought me up.  
I was a drop and you made an ocean out of me.  
In brotherhood affairs you made me younger brother of some and older brother of others.  
You sent me to my lessons by persuading and imploring.  
With much difficulty you made me a Mullah  
You never left me even after I grew up  
You made a father for others.  
You made me a man dear mother  
If I am a man of work it is because of your labours.  
Your kindness is immeasurable, how can I repay you?  
It is nice to be old for others and young for you.  
I come to you as a child again

### Exercises

- What is the main idea of the text?
  - Feeding the child with mother's milk.
  - Mother raising the child
  - Raising and educating the child with maternal love.

2. Choose the correct meanings.
- a) speaker: (3 alternative meanings)
  - b) clean: (3 alternative meanings)
  - c) search: (3 alternative meanings)
  - d) compassion: (3 alternative meanings)

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

mistaken	clear	world	aware	learn
----------	-------	-------	-------	-------

- a) You made me \_\_\_\_\_ of the essence of love.
- b) You made me \_\_\_\_\_ compassion.
- c) You made me \_\_\_\_\_ like a mirror.
- d) I think I am not \_\_\_\_\_
- e) If I seek this \_\_\_\_\_

## Lesson 35

## Science

### How things are classified

Scientists have classified all things in different categories on the basis of their characteristics. Each thing differs from others by its properties, for example, what are the specifications of living things? Living things grow up; they feed and reproduce their own kind. When the environment of living things changes, they adapt to these, for example when it becomes colder a bird spreads its feathers over itself. Things without the above characteristics are non-living things. Living things that feed and are able to move from one place to another are classified as animals. There are other types of living things that synthesise their own food but can't move from one place to another. This group of living things is called plants.

### Exercises

1. Write the correct punctuation mark ( . , ? ).
  - a) Each thing differs from others by its properties\_
  - b) What are the characteristics of living things\_
  - c) Living things grow\_ eat and breathe\_
2. Write appropriate words to complete the sentences.
  - a) Things are classified into different groups by their\_\_\_\_\_.
  - b) Things that can eat and move from place to place belong to the group of \_\_\_\_\_.
  - c) Living things can \_\_\_\_\_ themselves
3. What is the main idea of the text?
  - a) Things that share one characteristic can be grouped together.
  - b) Plants are not living things
  - c) Animals and plants are both living things
  - d) Animals are living things



**Malaria**

Malaria is a deadly disease from which a million children die each year. It is spread by mosquitoes and affects many people all over the world. Most countries of the world have programmes for preventing it.

Children can also help these preventative programmes by spreading information about the mosquito in their homes and villages. Malaria spreads through the female mosquito. When the mosquito bites someone the malaria parasite enters the blood of that person, goes to the liver and back to the blood. The process takes twelve days. Then the person feels sick, shivers, sweats, and has fever and headache. The fever may disappear temporarily and then return, and if not treated may lead to death especially for children. Health workers can do blood tests for malaria. They examine the patient's blood under a microscope. If the parasite is found in the blood then malaria is diagnosed. The malaria mosquitoes lay eggs in pools in large numbers. When the egg hatches it develops quickly and is flying in one day. The malaria mosquitoes live in dark places as well as in pools. To avoid this serious disease we should sleep under nets at night. Pools around the house caused by heavy rain should be drained. Rubbish around the house should be removed and cleaned.

**Exercises**

1. What is the main idea of the text?
  - a) Malaria is a fatal illness
  - b) Children can prevent malaria
  - c) How malaria is spread and its prevention
  
2. Answer the questions and make a paragraph from your answers.
  - a) What kind of illness is malaria and how is it caused?
  - b) Where is the malaria mosquito found?
  - c) How long does it take the malaria mosquito to be able to fly once it has hatched?
  
3. Select the correct meaning from the box and write it beside the word.
  - a) spread
  - b) feel
  - c) microscope
  - d) check up

Alternative meanings
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**The Aryans**

Thousands of years BC Aryans were living in the northern parts of today's Afghanistan. Slowly their socio-political structures were widening. To maintain discipline and the regulation of their society they had two assemblies, namely Sabha and Samity. The former settled the local and minor regional disputes while the latter was attended by the elders selected their leader as well as solving major national problems.

Another strength of their collective living was the picnic of Samana. In this picnic they tied belts to the waists of the young adults. The young adults were also to take a full part in the life of the community. These people in addition to living a nomadic life and keeping animals had Aric, a form of Pashto as a common language. Aric has become known as the Mother of the Pashto language. They learned farming and cultivation and slowly started to lead a rural life. They built Balkh city, which had high towers and was given the title ‘Mother of Cities’.

The Rigwida anthem was recited which reflected the faith, customs, aims, and literature of the people. In Balkh city, Yama was in charge of Aryan state administration. The estimated time of his rule was 1500 BC. Yama was a great ruler and had rendered great services to his people. He improved lands, made water canals developed an administration for his people and laid the foundations of private ownership. They migrated because of their rising numbers, first to southern, eastern and western parts of the country and then towards India and the present day Iran. They spread their civilisation to these places.

### Exercises

1. What is the main idea of the text?
  - a) The Aryans have come from another place
  - b) Aryans are not the old tribe of Afghanistan
  - c) The civilisation, language and culture were called ‘Samana’
  - d) Information about old Afghanistan, its people, culture and cities.

2. Answer the questions and make a paragraph from your answers.
  - a) What was the homeland of the Aryans called?
  - b) What was the language of the Aryans?
  - c) Did the Aryans have an urban life style?
  - d) How long B.C. did the Aryans live ?

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

widening	owned	took	gathered
----------	-------	------	----------

- a) Elders \_\_\_\_\_ in the second assembly.
- b) Young adults \_\_\_\_\_ a full part in social affairs.
- c) The socio-political structure of this tribe was \_\_\_\_\_.
- d) They \_\_\_\_\_ one common language, Eric, now regarded as the mother of the Pashto language.

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## Lesson 38

## Culture

### The Game of Hot Stone

This game is usually played by boys in the late evening when it is dark, by light of the moon or stars. After evening prayers children of the same village come out of their houses and get together on some smooth ground. They call to one another “Friends! Come out.” When the number of children increases the children appoint two leaders. The leaders organise the children into two groups. The leaders sit together and throw a stone

into the fire to become hot. While the stone is in the fire the leaders tell their groups to get ready. The children of both groups get ready to run. One of the two leaders takes the stone from the fire and throws it in a known direction. Straight away the children of both groups run to try and find the stone. They find it by feeling its heat because it is dark and they cannot see it. Even when someone finds it he keeps on searching so that the other group do not realise he has found it or they will take it from him by force. The finder of the stone cleverly gets away from the other players and when he feels safe takes it to his leader. Or else he whispers to one of his friends, “I have found the stone but can’t keep it” So he passes it on in a way that the rival group doesn’t find out. If they discover it they will attack him and take the stone from him. When the stone is passed to the leader the group gets one point, but if the opponents in the other group manage to take the stone by force and pass it to their leader they get one point from the group that found it. The game ends when the players are very tired.

### Exercises

1. Answer the questions and make a paragraph from your answers.
  - a) Who plays this game and when?
  - b) When does the game end?
  - c) How does this game benefit the body?
  
2. Choose the appropriate words and write them in the spaces.

together	formed	appointed	go out	removes	put
----------	--------	-----------	--------	---------	-----

- a) Boys \_\_\_\_\_ to a flat space after evening prayers.
- b) When there are enough children two leaders are \_\_\_\_\_.
- c) Two groups are \_\_\_\_\_.
- d) The leaders sit \_\_\_\_\_.
- e) They \_\_\_\_\_ a stone in the fire.
- f) One of the leaders \_\_\_\_\_ the stone from the fire

## Lesson 39

## History

### The United Nations Organisation

The United Nations Organisation is made up of 185 countries and devotes itself to maintaining global peace and security. The member countries have agreed to work together to develop human rights, economy and society.

How did it come into being? The United Nations Charter was signed by 50 states in San Francisco in 1945. They were the first United Nations members. This organisation was formed in June 1945 some time after the Second World War.

The UN Charter – lists the structures of the United Nations by which they design and execute all their plans

The United Nations objectives and principles: There are four objectives and seven principles.

The first objective is maintenance of global peace and security. The second objective is to encourage all nations to respect one another. The third is to help nations to solve their

problems. The fourth is that the United Nations Organisation should act as an international association through which the members work together to achieve its goals. The first principle is that all member countries should enjoy equal rights. The second is that all member countries should undertake their responsibilities according to the charter. The third is to solve their internal disputes peacefully. The fourth is that no country should use force with another except for defence. The fifth is that member countries agree to implement the demands of the UN Charter. The 6<sup>th</sup> is that the United Nations feels that non-member countries, like member countries should feel responsibility towards establishing global peace and security. The 7<sup>th</sup> is that the United Nations Organisation believes that it should not intervene with the internal affairs of member countries.

The official languages of the UNO are English, French, Chinese, Russian and Arabic, but the working languages are English and French.

### Exercises

1. What is the main idea of the text?
  - a) The United Nations Organisation is made up of 185 countries.
  - b) UNO has a responsibility to maintain global peace, improve people's lives, establish respect between countries, and settle international disputes.
  - c) The United Nations Organisation does not interfere in the internal affairs of countries.
2. Answer the following questions.
  - a) Which are the official languages of the United Nations Organisation?
  - b) Which are the working languages of The United Nations Organisation?
3. Answer the questions and make a paragraph from your answers.
  - a) What is the charter of the United Nations?
  - b) What are the principles of the United Nations?
  - c) When was the United Nations Organisation formed?

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## Lesson 40

## Science

### The Earth's Atmosphere

The earth is covered by a thick layer of air. This layer resembles the peel of an orange. The difference is that the peel of the orange is the same thickness whereas the thickness of the layer of air decreases as we get further away from the earth and finally disappears at the height of 250 miles. If there was no atmosphere around the earth the plants would be burned during the day by sunshine, it would be very cold at nights, it wouldn't rain and in fact life on earth would be impossible.

All the smoke that comes from the burning of forests, from factories and gasoline cause air pollution and changes the earth's atmosphere. This diminishes its capacity to defend living things on the earth.

### Exercises

1. What is the main idea of the text?
  - a) The earth's atmosphere has effects on life and living things.
  - b) Without the earth's atmosphere, rain would not fall, plants would die, temperatures would be extreme and life would be impossible.
  - c) The smoke from burning gasoline and from factories pollutes the earth's atmosphere.
2. Choose the appropriate words and write them in the spaces.

maintenance	layer	thickness	same
-------------	-------	-----------	------

- a) The earth is covered by a thick \_\_\_\_\_ of air.
  - b) The skin of an orange is the \_\_\_\_\_ all the way through.
  - c) The atmosphere is necessary for the \_\_\_\_\_ of living things.
3. Choose the appropriate words and write them in the spaces.

plants	height	orange	changes	air
--------	--------	--------	---------	-----

- a) The earth's atmosphere ends at a \_\_\_\_\_ of 250miles.
- b) The earth's atmosphere is made up of \_\_\_\_\_.
- c) The earth's atmosphere resembles an \_\_\_\_\_ skin.
- d) If there was no atmosphere all the \_\_\_\_\_ on earth would burn and dry up in the sun's rays.
- e) The gases from factories and other sources of smoke cause \_\_\_\_\_ in the earth's atmosphere.

### Lesson 41

### Science

#### Seeing Different Colours

If a white light shines on a red flower the flower will look red. If it shines on a green leaf the leaf will look green. If a red light shines on a green leaf the leaf will look black. What is the reason? Let's study it. Why are there different colours of light?

The light without a colour is called white light. When this white light is passed through a prism it refracts into different colours. These are the same colours that we see in a rainbow after the rain. In that case the white light passes through water drops. These colours are red, orange, yellow, green, blue, violet and violet. If we combine all these colours again they will make white light. A red car appears red to us because only the red light is reflected back to our eyes. The same thing happens with other colours. Black things appear black because they absorb all components of white light and white things reflect all the components of white light to our eyes. That is why they look white.

### Exercises

1. What is the main idea of the text?
  - a) The colour green is very eye-catching
  - b) Light can pass through glass
  - c) Individual colours depend on which part of the seven colours that make up white is reflected to our eyes.

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

light	absorb	red	white
-------	--------	-----	-------

- a) A red object reflects \_\_\_\_\_ colour to our eyes.
- b) Black objects \_\_\_\_\_ almost all parts of white \_\_\_\_\_.
- c) White objects reflect almost all parts of \_\_\_\_\_ light.

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

- a) rainbow
- b) secret
- c) identical
- d) parts
- e) reflect
- f) search

Alternative meanings
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## Lesson 42

## History

### The Olympic Games

People have been paying attention to Physical training for a long time. Since 2,500BC every 4 years different games were played in a place in Greece, called Olympia and politicians, religious leaders and other spectators from many places across the world, gathered there to watch them These games played an important role in the life of the Greeks and gradually gained world wide fame and were called the ‘Olympic Games’. The symbol of the international (Olympic) games is five circles, black, yellow, green, blue and red representing the five continents. The Olympic games, which are held in two seasons of the year, winter and summer, have proved to be of benefit in maintaining peace, brotherhood, co-operation and understanding between nations. The games do not accept any discrimination in race, language or ideology. As advancements in science and technology began to replace physical activities there arose a greater need for physical training. Those who do neither physical work nor physical training are always weak in their bodies and cannot resist diseases. Nowadays in every corner of the world physical training for games is supported by the global Olympic organisation.

### Exercises

1. What is the main idea of the text?

- a) The Olympic games are important in establishing international peace, co-operation and understanding.
- b) The importance of physical training to individuals.
- c) The importance of Physical training to nations.
- d) The historical importance of physical training.

2. Select the nouns.

- a) Greece      b) take      c) after      d) Olympia      e) understanding
- f) black      g) yellow      j) man

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

- a) care
- b) leaders
- c) exhibition
- d) symbol
- e) understanding
- f) resistance

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

4. Put the following words in the correct order to make sentences.

- a) Lives importance the training people's of increased the physical in
- b) Role these in the important play games Greeks an lives the of
- c) Winter games these Olympic and played seasons two summer in are.

### Lesson 43

### Culture

#### The light of Hope, a poem

A new age has come. I see a new light.  
The old will end when I see the demand of time.  
The black night is about to end. I can see the dawn.  
A new life is approaching. I see new air.  
Change is taking place in the house of Afghan and Pashtun.  
It is a good season of evolution; let's take steps towards perfection.  
Time always brings new messages.  
The teacher always gives new lessons.  
The world is a university and people are the students.  
Oh Afghan! Oh Pashtun! What did you learn from this age?  
The test is near what will be made of you?  
That day is come now. Your self will be revealed  
It is a question of life and death and making you understand is difficult.  
Others are walking on the moon and you are still lying in darkness.  
You are leading a life from which others are running away.  
Open your eyes a little and see the differences between you and others.  
I see a donkey ahead of you and animals go before you.  
One day even this donkey will laugh at you.

#### Exercises

1. What is the main idea of the text?
  - a) To draw the attention of Afghans to the changes and evolution of the world.
  - b) Explanation of a new life.
  - c) Description of evolution.
  - d) Explanation of changes.
2. Choose the correct meanings.
  - a) demand: (3 alternative meanings)
  - b) evolution: (3 alternative meanings)
  - c) age: (3 alternative meanings)
  - d) animals: (3 alternative meanings)
3. *An exercise on letter forms that does not translate effectively into English*

## Lesson 44

## Culture

### A Deep Thought

Don't open his eyes! He will go mad if he sees a beautiful face.

He will see the tavern and become drunk. He will see himself and become selfish.

He will see the defects of others and develop hatred.

Let his eyes remain closed and see nothing.

Try to teach him what is good and what is not.

If he ever acquires knowledge, follows the right direction and tells good from bad, then let him open his eyes.

We will cut the veil from his eyes and let him open them, but do not open them beforehand.

He should accept everything with closed eyes because otherwise he will become impudent and bold-eyed.

He should look at everything through the eyes of his heart and keep the eyes of his head closed.

### Exercises

1. What is the main idea of the text?
  - a) Eyes should be protected.
  - b) We should accept everything with closed eyes.
  - c) Through education we can find out facts and learn secrets.
  
2. Select the correct antonym from the box and write it beside the word.
  - a) ugly
  - b) conscious
  - c) bare
  - d) good
  - e) wise

Selection of opposites
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## Lesson 45

## History

### The Structural Formation of the United Nations

The United Nations has six units created by charter and each is given a basic job, authority and clear instructions to fulfil it:

1. The General Assembly – It includes all member countries and is authorised by the UN Charter to discuss the important issues of the United Nations and pass them to the member countries or a unit of the United Nations for implementation.
2. The Security Council – It is assigned to maintain peace. The United Nations has given them a specific power to undertake this responsibility.
3. The Secretariat - It helps the other units to carry out their responsibilities effectively.
4. The Council of Human Rights and Economy – It is responsible for the defence of human rights and to help people improve their lives.
5. The International court of Justice. - It is responsible for hearing cases against international laws.
6. The Council of Confidence – It studies countries that had no government at the time when the UN was formed.



It should be mentioned that the UN General Secretary is the chief administrator of the United Nations and presents reports every year to the General assembly. He also gives advice to governments on how to solve their problems. Trygve Lie, a Norwegian was the first UN General Secretary and Kofi Annan is the present one.

### Exercises

1. What is the duty of the security council?
  - a) Maintaining peace
  - b) Improving people's lives
  - c) Defending human rights
2. Name the six units of the United Nations

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### Lesson 46

### History

#### Aisha Durrani

Aisha Afghan, also known as Aisha Durrani regarded as one of the well known ladies of our country. She was the daughter of Yaqoob Ali Khan Barakzai. He was also a lover of knowledge. He paid great attention to the education of his daughter and her early childhood and helped her study the popular knowledge of that time and religious books. She was a scholarly and well-mannered woman. She lived in Kabul in the reign of Timur Shah Durrani. The Durrani government respected her highly. As well as having great knowledge of religion and literature, this lady was a great poet. She started writing poems at the age of twenty and continued to the end of her life. The following is the finest verse of her first poem, which was presented to Timur Shah.

I saw the dawn in the evening prayer time, stained with blood as if it had killed the sun. She completed her collection of poems in 1816 and in 1887 it was published by Kabul Press on the order of King Dost Mohammad Khan. She died in 1819. In Kabul there is a Girls' High School in her name.

### Exercises

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

paid	died	was	read	person
------	------	-----	------	--------

- a) Aisha Afghani \_\_\_\_\_ also known as Aisha Durrani.
  - b) Yaqoob Ali Khan was a knowledge loving \_\_\_\_\_.
  - c) He \_\_\_\_\_ great attention to his daughter's education.
  - d) He encouraged her to \_\_\_\_\_ many religious books.
  - e) Auisha Durrani \_\_\_\_\_ in 1819.
2. Select the correct meaning from the box and write it beside the word.
    - a) noted
    - b) complete
    - c) attention
    - d) good

Alternative meanings
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3. Answer the questions and make a paragraph from your answers.
- Who was Aisha's father?
  - What kind of books did she read?
  - Where did she live and in which King's reign?
  - When was her collection of poems completed?
  - How many years did she live after the completion of her collection?

**Lesson 47**

**Culture**

**Gifts for a Poet**

When I went to him, he was sitting in a small room, his head down on his collar and worshipping silently.

When he raised his head he saw me. I offered him my gifts, a leopard skin and a Posteen made in Ghazni. The poet said, "This one is the skin of an oppressor because it is used for sitting on. This one is made of the skin of a weak animal and is used for wearing.

Gifts for a poet should be like these and have such meanings. He should interpret these gifts like that and enable the people to know this mystery. With these words I woke up and while sleeping I had already known the interpretation of my vision.

A Dialogue

Ihsanullah: Tell me how the leopard is an oppressor or cruel?

Mirwais: The leopard kills weak animals and eats them.

Ihsanullah: Surely cruelty is a bad thing. If an animal becomes cruel, people hate it. If people turn to cruelty it is many times worse and a sin. God save us from oppression and being oppressed.

**Exercises**

- What is the main idea of the text?
  - Posteen (skin waistcoat) is a good piece of clothing.
  - He had given a gift of a Ghazni posteen and a leopard skin.
  - Writers should comment on social topics like oppression as in this poem.
- Select the correct meaning from the box and write it beside the word.
 

<ol style="list-style-type: none"> <li>room</li> <li>silent worship</li> <li>gift</li> <li>mystery</li> <li>interpret</li> </ol>	Alternative meanings
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**Lesson 48**

**Health**

**Taking Care of our Teeth**

Teeth are very important to our body. We have thirty-two teeth in total. The front eight teeth in the upper jaw and four in the lower are called incisors. There are four teeth on either side of the incisors in both upper and lower jaws known as pre-molars. All the rest of the teeth in the back of both jaws are called molars. The important functions of teeth are cutting and grinding food. Another function is to help in the pronunciation of some letters of the alphabet. Teeth also give beauty to the face. We should pay great attention to our teeth.

To protect our teeth against disease, we should not crack hard things with them, or eat sweet and sticky things, and we should do our best to eat foods that are rich in vitamins and calcium.

After meals we should clean our teeth with a brush or miswalk. Sometimes sweet soda and salt can be mixed in equal proportions and rubbed on the teeth with fingers. It is good to remove food particles with a stick or thin thread after meals, because if they are not removed they will rot causing many kinds of dental problems.

### Exercises

1. Put the following words in the correct order to make sentences.
  - a) Body the important teeth to are
  - b) To pay we attention teeth should.
  - c) Good the face to the teeth important are looks of.
2. What is the main idea of the text?
  - a) To know what teeth do.
  - b) Teeth are important parts of the body and need care
  - c) Avoid eating too many sweet things.
3. Answer the questions and make a paragraph from your answers.
  - a) How many teeth do we have?
  - b) What are the important functions of teeth?
  - c) How do we protect our teeth from disease?

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## Lesson 49

## Culture

### The World of Peace

People will surely be lucky when hearts are not black. There should be no hatred but love, brotherhood, peace, honesty and good intentions. Angry people should get back on speaking terms and not become like cat and dog. Humanism should be established and peace loved by both Muslims and non-Muslims. There should be no racial discriminations anywhere in the world, east, west or America.

Freedom is the undeniable right of every nation. Brotherhood should be established within nations. These different musics and voices should make one orchestra and one people. Community life is the objective and global justice the best law. Every nation of whatever belief or colour should be respected. People should be respected whether they wear new or old clothes. Everyone should be minding his own business and there should be no fighting. All the world should become a house of friendship and the fear of war should go from our hearts. Force should be restrained by the law of peace. Drunken mad camels should be halted. Blood shedding should be regarded as a shameful action and oppression as a disgrace and shame. Everywhere the flag of peace should be raised and politics follow the right directions. People are weary of war and swords should be broken. Sweating should not be regarded as a sign of shame but sweating while serving should be seen as a mark of honour. There should be kindness and affection to one another. The thoughts and desires of Olfat are global. I would sacrifice myself for you and vice versa even if we hold different beliefs.

### Exercises

1. What is the main idea of the text?
  - a) There should be give and take between people.
  - b) Establishment of peace, brotherhood, respect and co-operation between nations.
  - c) Establishment of friendly relations between nations
2. Choose the correct meanings.
  - a) orchestra: (3 alternative meanings)
  - b) justice: (3 alternative meanings)
  - c) nobility: (3 alternative meanings)
  - e) dynasty: (3 alternative meanings)
3. Choose the appropriate words and write them in the spaces.

accepted	sweating	degraded	halted
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- a) \_\_\_\_\_ while serving is a mark of honour.
- b) Crazy camels should be \_\_\_\_\_.
- c) Freedom is the \_\_\_\_\_ right of all nations.
- d) The oppressor is \_\_\_\_\_ and dishonoured.

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### Lesson 50

### Science

#### The Water Cycle

Everyone puts their washing outside and after some time it is dry. The question arises – where does the water go? It goes into the air. Let's think about how that happens. Does the water in the air play a part in climate change?

#### DIAGRAM

Look at the figure. It shows the water cycle.

The water cycle in fact, is the process of water going from the earth into the air and coming back to the earth. When we spread wet clothes outside they dry because the water evaporates. That means it changes from a liquid state to gas. When the water becomes vapour in this state it changes to gas and, like many other gases cannot be seen. When the vapour cools it condenses forming clouds and, changing back to the liquid state it falls as rain. You will have seen the jet planes. When water vapour comes out of the plane at high altitude it cools forming a cloud. We can conclude from these descriptions that no change takes place in the quantity of the earth's water, only its state is altered. It changes from liquid to vapour and back to liquid. At very low temperatures it changes to its solid state, ice.

### Exercises

1. What is the main idea of the text?
  - a) Water is essential for life.
  - b) Water never changes in terms of its shape.
  - c) Water does not change its volume but does change its state according to temperature.

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

- a) spread
- b) climate
- c) steam
- d) condensation

Alternative meanings
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## Lesson 51

## Story

### The Old Farmer

An old farmer had a garden. His son's did not work in the garden. The farmer was very concerned about that. One day he fell ill and called his sons. He told them 'I am taking my last breaths. I am not sure I will recover from this illness. I have buried a treasure in this garden. Search for it after my death and when you find it divide it fairly among yourselves.' The old farmer died a few days later and after the burial his sons took spades and turned over the garden but found nothing. When spring came they planted many things there and that year the produce from the garden was several times as much as in the previous years.

Then the sons understood their father's point. 'Before, when we didn't work in the garden we got very little produce, but now that we have worked on it a lot the products were increased several times. It was our father's point that we should work hard on the garden and get good crops. That is like finding a treasure.'

### Exercises

1. What is the main idea of the text?
  - a) Finding the treasure
  - b) Sharing the treasure equally
  - c) Working hard in the garden to increase crops.
2. Put the following words in the correct order to make sentences.
  - a) Garden farmer an had old a
  - b) Fell farmer the one ill day.
  - c) His he him sons called to
3. Choose the appropriate words and write them in the spaces.

farmer	garden	after
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- a) Search for it \_\_\_\_\_ I die.
- b) After some days the \_\_\_\_\_ died.
- c) They took spades and turned over the \_\_\_\_\_.

## Lesson 52

## Health

### Some Important Points

1. There should be at least two years space between the births of children for the sake of the health of the mother and the children. Having children before the age of eighteen also harms a woman's health.

2. All pregnant women should get advice from professional people and a trained nurse should attend the delivery.
3. All newborn babies should be breastfed for the first four months of life and only at four to six months should other foods start to be given.
4. Children under three need to eat five to six times a day and be given vegetables and low fat foods.
5. Children suffering from Diarrhoea should be given suitable foods such as: breast milk, soup, a mixture of cereals and water or ORS. Also they should be given good meals in order to quickly regain their original condition.
6. Complete the vaccination programme in the first year of life to protect children against a variety of diseases.
7. Sometimes children suffer from coughs or influenza that quickly clear up but if the child has difficulty breathing then he/she should be taken to the doctor. Children suffering from coughs or influenza should be given plenty of liquids.
8. Most illnesses are caused by germs that get into the body through the mouth. It is possible to prevent these by washing hands with soap and water after using the toilet. The toilet should be in a bathroom and should have water for keeping it clean. Likewise it is good to have clean, boiled drinking water.
9. Children who are ill lose weight and their growth is retarded, they should be given extra food.
10. Children should be weighed monthly from birth to the age of three. If they do not gain weight in a particular month it is a sign that there is something wrong with them.

### Exercises

1. What is the main idea of the text?
  - a) Caring for children only
  - b) Health and care of mother and children.
  - c) The health of mother.
2. Put the following words in the correct order to make sentences.
  - a) Delivery professional supervise child should nurses
  - b) Completed vaccinations first in should year be of all first the life.
  - c) Children when give suffer liquids and coughs they colds.
3. Select the correct answer  
 What should be done for a sick child?
  - a) Give only water
  - b) Weigh the child
  - c) Give extra food.

## Lesson 53

## Culture

### ‘Landai’, Short Verse

These are poems that are unique and regarded as the sole heritage of Pashtuns. The difference between these and other poems is that other poems are attributed to a particular

poet, but the writers of these short verses are not known. The reason they call them 'Landai' is because their first verse is short and has 9 syllables and the second verse is longer, with 13 syllables. Some say that this verse resembles a snake, which is very short but its bite causes death on the spot because the snake is very cruel and its poison is strong and quick acting. Likewise this verse although it is short is has a deep and lasting effect.

'Landai' has many types, love, heroic, social, moral and many others. The following are a few examples:

#### Heroic

You sacrificed yourself for the cause of the country  
And I will spread a red blanket over your tomb.

Even if my sword and sickle are broken,  
It is a National War and I will not prevent my beloved's participation.

Return with a broken sword,  
But do not return without honour.

If you do not become a martyr for the country,  
I will pray God to keep you from dishonour.

#### Social

I thought you were my darling alone,  
But you belong to everyone as in the swing of Eid fashion.

Oh darling I thought it was a lie,  
But my darling's family is truly leaving the country.

All Muslims are one group,  
Down with division that splits them apart.

#### Love

If my darling is leaving I wish him a safe journey,  
His heart is bound to my hair so he will return.

Oh God you have given the eyes  
But the eyelashes are blackened by the Goldsmith.

My darling is mine and I am his,  
Even if he sells me in the market then I will go.

#### Moral

God gives the butterfly abundance of flowers,  
Oh gardener your meanness makes me weep.

If there was loyalty in my darling  
I would not go from door to door.

The wound caused by a bullet heals quickly,  
But that caused by a harsh word never heals

### Exercises

1. Write the correct punctuation mark ( , : . ).  
Pashto 'Landai' has many types\_ such as\_ love\_ moral\_ epic\_ and etc\_
2. What kind of 'Landai' is this?  
Return with a broken sword,  
But do not return without honour.  
a) social      b) moral      c) love      d) epic
3. Answer the questions and make a paragraph from your answers.
  - a) What kind of poem is 'Landai' and does it exist in other languages?
  - b) Are the writers of 'Landai' known?
  - c) Why is it called 'Landai'?