

## Chapter 1

Neighborhoods, cities and townVocabulary

wonderful	رائع – لطيف	terrible	مضطرب
different	مختلف	crowded	مزدحم
busy	مشغول - مزدحم	population	سكان
large population	عدد سكان ضخم	afraid	يخاف
growing	يزداد	monster	شيء كبير مضطرب
countries	دول	cities	مدن
small	صغير	work	يعمل
megacity	مدينة كبيرة جدا	dirty	وسخ – غير نظيف
density	كثافة سكانية	crime	الجريمة
no jobs	لا توجد وظائف	move	يتحرك – ينتقل

## كلمات وعكسها Words and their opposites

small	صغير	large	كبير
wonderful	لطيف – رائع	terrible	مضطرب
empty	فارغ	busy	مزدحم – مشغول
relaxed / not scared	راحة – غير مرعوب	afraid	خائف
hate	كره – يكره	love	حب - يحب
get smaller	يصغر	grow	يزداد
clean	نظيف	dirty	وسخ – غير نظيف
quiet	هادئ	monster	شيء كبير ومضطرب

## Monster cities

Are big **cities wonderful** places? Are they **terrible** ? there are **different** ideas about this. William H. White writes books about cities. He is happy in a **crowded** city. He loves **busy** streets with many stores and many **people**. He likes the life in city parks and restaurants.

Many people don't like big cities. They see the **large population** of cities and they are **afraid**. Many cities are **growing** very fast. They are "**monster**" cities.

(A monster is a big ,terrible thing.) In some **countries** , there aren't jobs in **small** towns. People go to cities to **work**. For example, 300.000 people go to Sao Paulo. Brazil every year. In China, about 183.000 people **move** to Beijing from the countryside every year. Sao Paulo and Beijing are both **megacities**.

A **megacity** is a very very big city. It includes the main city and the cities and towns around it. Mexico City is a megacity, it has a population of about 8.600.000 in the city itself, but there are more than 21.000.000 people in the megacity. Tokyo is another megacity with over 31.000.000 in Tokyo and the cities around it. London is another megacity. There are about 7.400.000 people in London, and about 18.400.000 and the surrounding towns and cities.

There are problems in all cities. There are big ( or mega) problems in a megacity. In U.S cities, there are many people with no jobs and no homes. The air is **dirty**. There are too many cars. A terrible problem is crime. Many people are afraid of crime. People want to feel safe.

Population **density** is the number of people in one square mile (2.59 square kilometers). Population density is a big problem in many cities. In Miami, Florida, the density is only 70748. In Bangkok, Thailand, there are 58.397 people per square mile. Is this crowded? Yes! But other cities are more crowded. Do you think William H. Whyte likes Hong Kong? The population density there is 247,501.

### Choose the best answer and circle a letter for each blank:-

1-"Monster cities" is about .....

- a- the large number of small cities.
- b- the number of people in U.S. cities.
- c- the problem of megacities.

- 2-Mexico city, Teheran and Hong Kong are three .....
- a- Small cities.
  - b- very big crowded cities.
  - c- cities with no crime or dirty air.
- 3- The word monster is in the title ("monster cities") because .....
- a- the writer is happy in big cities.
  - b- Some cities are growing too fast.
  - c- There are people with no jobs and no homes.
- 4- William H. White writes books about cities. He is ..... in a crowded city.
- a- happy
  - b- unhappy
  - c- sad
  - d- angry
- 5- He loves ..... streets with many stores and many people
- a- impiety
  - b- crowded
  - c- small
  - d- big
- 6- Density is the ..... in an average square mile
- a- city
  - b- big city
  - c- number of people
  - d- no one of them
- 7- .....is the biggest crowded city.
- a- Seoul
  - b- Hong Kong
  - c- Tokyo
  - d- Mexico
- 8- - William H. White writes books about .....
- a- countries
  - b- villages
  - c- cities
  - d- factories
- 9- In U.S cities, there are many people with no jobs and no homes. The air is .....
- a- clean
  - b- fresh
  - c- dirty
  - d- cold
- 10- People go to cities to .....
- a- watch cinema
  - b- work
  - c- buy things
  - d- sell things
- 11- A terrible problem in monster cities is .....
- a- no jobs
  - b- dirty air
  - c- crime
  - d- no cars
- 12- The population density in Mexico city it self is..... Per square meter.
- a- 79,594
  - b- 247,004
  - c- 126.356
  - d- 8.600.000



## My Neighborhood in the United States

### Vocabulary

building	مبنى / عمارة / بناية	live in	يعيش في
on corner	في الركن / علي الركن	in front of	أمام
across	مقابل	oak tree	شجرة البلوط
neighbors	جيران	neighborhood	جيره
language	لغة	from	من

## My Neighborhood in the United States

**Relaxed** name is Elena Sanchez .I'm **from** Mexico. but now I **live in** California . I'm a student here in English language classes at a small college.

I live in an apartment **building** . It's **on** the **corner** of Olive street and Sycamore Avenue . My **address** is 2201 Olive street. There's a big **olive** tree **in front of** the building . There's a park **across** the street . There are a lot of **oak trees** in the park. The trees are beautiful in the summer.

A lot of my **neighbors** are from different countries. The people next to me are from Indonesia. The family across from the Indonesians is from Colombia .

The stores in this **neighborhood** are always busy. There's a Korean drugstore and an Armenian flower shop .A barber shop is next to the flower shop. There are three restaurants on Olive Street, one Mexican, one Japanese, and one Moroccan-Italian –American !

I like my neighborhood , but I ask myself one question. Where are the Americans?

**Choose the best answer and circle a letter for each blank:-**

1-The writer is from .....

- a- China                  b- Mexico                  c- Japan                  d- Colombia

2-There is a big tree in .....of the building.

- a- middle                  b- front                  c- opposite                  d- from

3-There are three restaurants .....Olive street.

- a- in                      b- on                      c- under                      d- next to

4-.....is next to the flower shop.

- a- A Chinese church                      b- a Korean drugstore                      c- a barber shop

5-The writer is a .....in English language.

- a- teacher                      b- student                      c- manger                      d- director

6-The writer lives in .....

- a- Japan                      b- California                      c- a small college                      d- Italy

7-There are a lot of oak ..... in the park.

- a- trees                      b- restaurants                      c- stores                      d- drugstore

8- A lot of the writer's neighbors are from ..... countries

- a- same                      b- two                      c- one                      d- different

9-The people next to the writer's building are from .....

- a- Japan                      b- Indonesia                      c- Italy                      d- America

10- The family across from the Indonesians is from .....

- a- Colombia                      b- Indonesia                      c- Italy                      d- America

11- The writer thinks that the problem is , there are ..... from Americans.

- a- many people                      b- lot o people                      c- a few people                      d- no one of them

12- There are ..... restaurants on Olive Street

- a- two                      b- three                      c- four                      d- one

## Chapter 2

### Shopping and e-commerce

#### Vocabulary

scientists	العلماء	online	يعيش في
information	معلومات	sell products	يبيع منتجات
prediction	تنبؤ - توقع	percent	نسبة مئوية
quit	يعتزل	drove	يقود - ينتقل الي
garage	جراج	customers	عميل
home improvement products	منتجات منزلية	search	يبحث
categories	تصنيفات	Site	موقع نت
shopping mall	سوق تجاري	stores	محلات
gourmet	خبير في اختيار الاطعمة	profit	فائدة
huge	ضخم	government	حكومة
entertainment	تسلية	socialize	يجتمع
purchase	شراء	eye scan	فحص العين
alone	بمفرده	gym	صالة رياضية
easy	سهل	carry	يحمل
virtual shopping mall	سوق تجاري حقيقي	huge	ضخم

#### Internet Shopping

Twenty-five years ago very few people used the Internet . Only **scientists** and people in the government knew about the internet and how to use it . This is changing very fast. Now almost everyone knows about the internet, and many people are **online**(using the internet) every day. When people think about the internet , they often think about **information** . But now, more and more, when people think about the internet, they think about shopping .



Amazon.com was one of the first companies to try to **sell products** on the internet. Jeff Bezos started the company. One day he made a **prediction** about the future. He saw that the World Wide Web is growing 2000 **percent** a year. He predicted that it was going to continue to grow, and he thought that shopping was going to move to the Internet. It's going to continue to grow. People were going to shop on line. He **quit** his good job and **drove** across the country to Seattle, Washington . There, he started an online bookstore called Amazon.com. Bezos had very little **money**. The company began in a **garage** (a building for a car), and at first there were very few **customers** (people who buy things).

At the Amazon .com **site**, people can **search** for a book about a subject ,find many different books about that subject, read what other people think about the books, order them by credit card, and get them in the mail in two days. This kind of bookstore was a new idea, but the business grew. In a few years, Amazon.com had 10 million customers and sold 18 million different items in **categories** including books, CDs, toys. Electronics, videos, DVDs, **home improvement products** (things you use to fix up a house) software, and video games. Today at a "**virtual shopping mall**" – a group of online **stores**- you can buy anything from **gourmet** food-special, usually expensive food- to vacations.

Fifteen years ago, many people said," online shopping is crazy . Nobody can make money in an online company." They were wrong. Today Jeff Bezos is a billionaire. More and more people are shopping online, and online companies are making a **profit** . It's a **huge** business. But some people **predict**, "Online business isn't going to grow any more." " They say, customers are afraid of online crime, and they will stop shopping on the internet. 'Are these people Wright? Nobody knows, but we will soon find out.

**Choose the best answer and circle a letter for each blank:-**

- 1- Twenty-five years ago very ..... used the Internet  
 a- more people                      b- few people                      c- all people                      d- most people
- 2- Only scientists and people in the..... knew about the internet and how to use it .a- internet                      b- website                      c- government                      d- collage
- 3- Now ..... everyone knows about the internet  
 a- no one                      b- almost                      c- most                      d- all
- 4-On line means .....  
 a- on phone                      b- on Mobil                      c- using the internet                      d- on TV



- 6-When people think about the internet , they think about .....
- a- reading                      b- information                      c- talking                      d- chatting
- 6-..... was one of the first companies to try to sell products on the internet.
- a- Google.com    b- arabjobgate.com    c- Amazon.com    d- Yahoo.com
- 7- Jeff thought," the world wide web is growing ..... a year.
- a- 200%                      b- 1000%                      c- 2000%                      d-250%
- 8- Jeff started an online bookstore called Amazon. Com. in .....
- a- Washington                      b- New York                      c- Los Angles                      d- Miami
- 9- The company began in a .....
- a- shop                      b- office                      c- garden                      d- garage
- 10- people who buy things are called.....
- a- users                      b- customers                      c- sellers                      d- teachers
- 11- At the Amazon .com site, people can search for a ..... about a subject.
- a- book                      b- magazine                      c- newspaper                      d- DVD
- 12- You can order any book by .....
- a- cash money                      b- sending money                      c- credit card                      d- banks
- 13- Are people going to shop online more and more?
- a- Sure                      b- Certainly                      c- No, one knows                      d- Yes
- 14- Bezos hopes his investment will produce real .....
- a- books                      b- profits                      c- products                      d- customers
- 15- Things you use to fix up a house are the same as .....
- a- factory products                      b- home products                      c- international products
- 16- Amazon. Com had ..... customers and listed (sold) 18 million different items
- a- 10.000                      b- 100.000                      c- 10.000.000                      d- 20.000.000

19- Jeff Bezos is a billionaire, but his billions of dollars are..... in the company.  
a- gone                      b- invested                      c- lost                      d- stolen

20- On the internet means .....

a- on phone                      b- on Mobil                      c- on line                      d- on TV

21- A group of online stores is .....

a- virtual shopping mall                      b- new shopping mall  
c- gourmet shopping mall                      d- nothing

23- Special , usually expensive food means .....

a- nice food                      b- gourmet food                      c- junk food                      d- healthy food

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## Chapter 3

### Friends and families

#### Vocabulary

extended family	عائلة ممتدة	children	اطفال
traditional family	عائلة تقليدية	average	متوسط – معدل
unclear family	عائلة غير واضحة	relatives	اقارب
reunion	تجمع	branches	فروع
alternate	يتناوب	great-grandparents	الجددين الاكبر
volleyball	الكرة الطائرة	barbecue	شواء اللحم
aunts	عمات – خالات	uncle	عم - خال
weddings	زفاف	problems	مشاكل
relationship	علاقة	marriage	زواج

#### Changing families

Families in almost every country are changing. This is true in rich countries and poor ones. It's true in Africa, the Americas, Asia and Europe. All over the world , the families are getting smaller.

In north Africa, in the past, many people lived in **extended families**. Fifty to a hundred people lived together in a group of houses. These were all family members- grandparents, aunts, uncles, cousins, **children**, and grandchildren. But now this **traditional family** is breaking into smaller groups.

The traditional family in Mexico was also big. One generation ago, the average Mexican woman had seven children. Today, she has an **average** of only 2.5 children. Now, without so many children families don't need to spend so much money on basics, such as food, clothing, and housing.

The traditional Japanese family was also an extended family an extended family – a son, his parents, his wife his children, and his unmarried brothers and sisters. Three generations lived together. But this tradition is changing . Now most families are **unclear families**-parents and children-and most Japanese parents have only or two children. . The families have new problems .Many men and women spend a lot of time at work. They don't spend a lot of time together as a family. This can be very difficult.

The world is changing and families are changing ,too. There are many new types of families, but most seem to be getting smaller.

**Choose the best answer and circle a letter for each blank:-**

- 1- The main idea that .....
- a- in North Africa, families are big but in Europe, they are small.  
b- families around the world are changing.  
c- one-third of all marriages end in divorce.
- 2-The writer thinks that new families are .....
- a- good because they are small.  
b-different from families in the past.  
c-Bad because people don't live together.
- 3-In north Africa, in the past, many people lived in ..... families.
- a- small                      b- extended                      c- happy                      d- sad
- 4- Fifty to a hundred people lived together in a group of .....
- a- teams                      b- houses                      c- hotels                      d- rooms
- 5- Now this traditional family is breaking into ..... groups.
- a- bigger                      b- same                      c- two                      d- smaller
- 6- Men and women spend a lot of time at.....
- a- home                      b- work                      c- gardens                      d- restaurants
- 7- **traditional** means.....
- a- a long time ago                      b- now                      c- from short time                      d- yesterday.
- 8- The Mexican woman had ..... children. Today, she has an average of only 2.5 children.
- a- six                      b- seven                      c- eight                      d- four
- 9-One generation ago, the average Mexican woman had seven children. Today, **she** has an average of only 2.5 children. She refers to .....
- a- one generation                      b- Mexican woman                      c- seven children                      d- today
- 10- The families have new problems .Many men and women spend a lot of time at work. **They** don't spend a lot of time together as a family. They refers to .....
- a- the families                      b- new problems                      c- men and women                      d- men

## Chapter 3

### Our Family Reunion

These are pictures of my family. I took the pictures last summer. We don't live together. We live in different cities, different states and two countries. But we often talk to each other on the phone or send email. Every summer all the **relatives** come together for a week. This is our family **reunion**, and it's so much fun.

There are two **branches** in our family-one branch from Mexico and one from United states. People come to the reunion from California, Arizona, New York and Florida. Other people come from Mexico city and Puerto Vallarta. We **alternate** the reunion place- one year in Mexico and the next year in Arizona. My **great-grandparents** lived in Puerto Vallarta and my grand parents now live in Arizona.

At the reunion, we have a picnic one day. We play baseball, swim, and eat a lot. We play **volleyball** too . One day some of us go shopping. One night, we always have a big **barbecue**. We sit around a fire, tell stories and eat a lot . Some of my **aunts** and **uncles** sing. On the last night, we have a dinner party at a nice hotel .Our family really likes to eat.

We don't only eat. We visit with each other all week. We talk about **problems**. We plan **weddings**. Sometimes we argue. All bring their new babies, new wives and husbands.

It's good to have a big family . But at the end of the week , I'm always very tired! I'm happy to be alone.

#### Choose the best answer and circle a letter for each blank:-

1-How often do people have a reunion?

- a- every week                      b- every season                      c- every year                      d- every day

2- How long is the reunion?

- a- one week                      b- two weeks                      c- three weeks                      d- one month.

3-How does the writer fell at the end of the week?

- a- unhappy                      b- hungry                      c- relax                      d- tired

4- What is the most important about a family reunion?

a- it's chance to eat a lot.

b- all bring their new wives.

c- it brings distant family members together.

d- nothing.

5 - Every summer all the ..... come together for a week.

a- families

b- relatives

c- people

d- wives

6- There are two..... in our family-one branch from Mexico and one from United states.

a- families

b- grandparents

c – branches

d-problems

7- On the last night, we have a ..... at a nice hotel.

a- dinner party

b- barbecue

c- tell stories

d- sit around a fire

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## Chapter 4

### Health Care

#### Vocabulary

body	جسم	physical	بدني
mental	عقلي	exercise	يتدرب - يتمرن
junk food	طعام غير مفيد	couch potato	اريكة
smoke	يدخن	surprising	مدهش - مثير
antioxidant	أكسيد	stress	ضغط
blood pressure	ضغط الدم	chronic	عضال - مزمن
wrinkles	تجاعيد	damage	يخرّب - خراب
DNA	البصمة الوراثية للحمض النووي	sleep-deprived	نوم متقطع
difficult	صعب	brain	مخ
university	جامعة	bilingual	متحدث بلغتين
Ankle	الكاحل	Chest	صدر
Chin	ذقن	Ear	اذن
Elbow	مرفق	Eyes	عيون
Fingers	أصابع	Foot	قدم
Head	رأس	Hip	مفصل الورك
Knee	ركبه	Neck	رقبة
Nose	انف	Shoulder	كتف
Toes	أصابع القدم	Wrist	معصم
Brain	مخ	Heart	قلب
Kidney	كلية	Lungs	الرئتين
Stomach	معدة	Throat	حلق
Heart	قلب	Large intestine	المعدة الغليظة
Small intestine	الامعاء الدقيقة	Headache	صداع
Stomachache	مغص	Pain	الم
Beverage	مشروب	wrinkles	تجاعيد



## Health News for Body and Mind

Nobody wants to be **sick**. Everyone wants to be **healthy**, and most people want to have a long life, too. But a healthy **body** is not enough. We all want both **physical** and **mental** health. What can we do to stay well? Most of us know some things to do. It's a good idea to **exercise** (for example, in a gym), eat fruit, vegetables, and fish, and drink lots of water. We also know things *not* to do; it's a bad idea to eat a lot of **junk food**, such as chips, ice cream, candy, donuts, and other foods with sugar or fat. It's a bad idea to be a **couch potato**—a person who watches a lot of TV and doesn't exercise. It's a terrible idea to **smoke**. But scientists now have new information about *other* ways to stay healthy. Some of it is **surprising**.

### Drink Cocoa

Several beverages are good for the health. Orange juice has vitamin C. Milk has **calcium**. Black tea and green tea are good for health, too. They have **antioxidants**; these fight diseases such as cancer and heart disease. Most people know this. But most people *don't* know about cocoa—hot chocolate. They enjoy the sweet, chocolaty beverage, but they don't know about its antioxidants. It has more antioxidants than tea!

### Relax

Too much **stress**, which is worry about problems in life, is not good for physical health. For example, it makes your **blood pressure** go up. Now we know more. Some stress is **chronic**, which means that it lasts a long time—for many months or years. Chronic stress can make people old. As people get older, they get gray hair and **wrinkles** in their skin, and their eyesight and hearing become worse. This is normal. But chronic stress makes people **age**—grow old—*faster*. A scientist at the University of California, San Francisco, studies stress. She can now identify *how* stress makes people age. It can **damage** (hurt) the body's **DNA**. The lesson from this is clear. We need to learn to relax.

### Sleep

One easy and cheap way to help both your physical and mental health is just to sleep eight hours or more every night, but more and more people are not sleeping enough. According to the World Health Organization, over half the people in the world may be **sleep-deprived**, which means they don't get enough sleep. Sleep-deprived people often have medical problems, such as high blood pressure, diabetes (a problem with sugar in the blood), and heart problems. It is

also more **difficult** for them to make decisions. Clearly, we need to find time to get more sleep. But there is another reason. A new study from Germany found that sleep makes people *smarter*. The study shows that the **brain** continues to work during sleep and helps the sleeper to work on problems. You didn't do your homework last night? Maybe you can tell your teacher that you were working hard in your sleep!

## Learn Languages

How many languages do you speak? There might be good news for you. A study from a **university** in Canada found something interesting. **Bilingual** people, who speak two languages very well, do better on tests than people who speak only one language. It seems to be mental "exercise" to hold two languages in your brain. Ellen Bialystock of York University says it's "like going to a brain gym."

### Conclusion

To have good physical and mental health, we need to eat right, relax, sleep enough, and exercise (both the body and the brain). There is a lot of new information about health. Some of it is surprising. We need to know about it.

### Choose the best answer and circle a letter for each blank:-

1-Sleep-deprived most likely means .....

- a- having a lot of sleep.
- b- getting angry easily.
- c- not having enough sleep.

2-**Mental** most likely means .....

- a-your mind.
- b- your body.
- c-Paying a lot of money.

3-Increased most likely means .....

- a-make something smaller.
- b-stop doing something.
- c-Make something larger.

3- How many hours have to we sleep at night?

- a- six hours
- b- seven hours
- c- eight hours
- d- ten hours

4- Junk food means .....

- a- bad food                      b- good food                      c-healthy food                      d- sea food

5- A person who watches a lot of TV and doesn't exercise is .....

- a- couch potato                      b- healthy person                      c- sport person                      d- mental

6- Black tea and green tea are good for health, too. They have..... these fight diseases such as cancer and heart disease.

- a- DNA                      b- chronic                      c- antioxidants                      d-calcium

7- ..... has more antioxidants than tea!

- a- DNA                      b- cocoa                      c- chronic                      d- junk food

8- Stress makes your ..... go up.

- a- DNA                      b- cocoa                      c- blood pressure                      d- brain

9- People who speak two languages are called .....

- a- bilingual                      b- a brain gym                      c-studied                      d-smart

10- Some stress is ..... which means that it lasts a long time—for many months or years.

- a- DNA                      b- chronic                      c- antioxidants                      d-calcium

### words and their opposites

Healthy	صحي	Unhealthy - sick	مريض - غير صحي
New	جديد	Old	كبير - قديم
Overweight	زيادة وزن	Underweight	نقص وزن
Stress	ضغط	Relaxation	راحة
Never	إطلاقاً	Always	دائماً
Mental	عقلي	Physical	بدني
Sleep	ينام	Wake	يستيقظ - مستيقظ
Difficult	صعب	Easy	سهل

**Unit 5****Men and Women****Vocabulary**

apologize	يعتذر	similar	متشابه
orders	أوامر	brag	تفاخر
position	وضع	the hierarchy	ترتيب هرمي
suggestions	اقتراحات	equal	متساوي
active	نشط	according to	وفقا لـ
private	خاص	public	عام
feelings	مشاعر	socialize	يجتمع
close	قريب	Differences	اختلافات
Argue	يجادل - يناقش	Active	نشط
Position	وضع - مكانة	lazy	كسول
Politics	سياسة	Fix	يصلح
Interesting	ممتع	Uninteresting	غير ممتع
Important	مهم	Unimportant	غير مهم
Lonely	وحيد	Full time	دوام كامل
Conversation	محادثة	Suppose	يفترض
Cancer	سرطان	Love	يحب
Diabetes	مرض السكر	same	نفس الشيء

## Men's Talk and Women's Talk in United States

Marriage is often not easy. Maybe a man and a woman love or like each other, but they **argue**. They get angry. Later they **apologize**, but it happens again and again. What's the problem? Are men and women really very different?

Deborah Tannen says yes, men and women are very different. Tannen teaches at Georgetown University in Washington, D.C. She writes books about the ways people talk. She believes that men and women talk—and think—in different ways. She tells about some differences in her book, *You Just Don't Understand*.

### it Begins in Childhood

The differences, Tannen says, begin when men and women are children. Very young boys and girls are **similar** to each other. In other words, they like many of the same things and play in the same ways. They aren't very different. But then there is a change. When children in the United States are five or six years old, boys usually play in large groups. One boy gives **orders**. For example, he says, "Take this," "Go over there," and "Be on this team." He is the leader. Boys also **brag**. In other words, they say good things about themselves. They do this to have a high **position**—place—in **the hierarchy**, in other words, the system from low to high. Position in the group is important to boys.

Girls in the United States usually play in small groups or *so* with one other girl. A girl's "best friend"—her very, very good friend—is important to her. Girls don't often give orders; they give **suggestions**. For example, they say, "Let's go over there," "Maybe we should do this," and "Do you want to play with that?" Girls don't usually have a leader, and they don't often brag. Everyone has an **equal** position.

Boys and girls play in different ways, too. Much of the time, little girls sit together and *talk*. They have conversations. Little boys are usually **active**; they *do* things. When children grow up, nothing really changes.

### Who Talks More, and Why?

Many people believe that women talk more than men do. **According to** Deborah Tannen, this isn't exactly true. She says women talk more than men only in **private** situations—at home, with family, or with a few friends. In **public** situations—in other words, in a big group or at work, *men* talk more. Tannen says that men and women often talk for different reasons. Men talk to give or get information. They also talk to get or keep a high position among other men. But for women, people and **feelings** are important. Women often talk

to **socialize** and show interest and love. They also talk to keep their **close** relationships with friends and family.

### Conclusion

Although a man and a woman might speak the same language, sometimes they don't understand each other. Men's talk and women's talk are almost two different languages. But maybe men and women can learn to understand each other if they understand the differences in speech.

### Choose the best answer and circle a letter for each blank:-



- 1-Maybe a man and a woman love or like each other, but they .....  
 a- are the same            b- argue            c- apologize            d-are similar
- 2-when men and women are children. Very young boys and girls are.....  
 a- different            b-similar            c-active            d-equal
- 3-When children in the United States are five or six years old, boys usually play in ..... groups.  
 a- small            b- same            c- large            d – smaller
- 4- Girls in the United States usually play in ..... groups or *so* with one other girl.  
 a- small            b- same            c- large            d – smaller
- 5- Girls don't often give orders; they give.....  
 a- sings            b- gifts            c- nervous            d- suggestions
- 6- Girls don't usually have a leader, and they don't often brag. Everyone has an ..... position.  
 a- different            b- equal            c- hierarchy            d- small

## Chapter 6

### Sleep and Dreams

#### Vocabulary

wonder	رائع	purpose	غرض - هدف
theories	نظريات	repair	يصلح - يجهز
evidence	دليل	hormone	هرمون
stage	مرحلة	occur	يحدث
predict	يتوقع	emotion	عاطفي
desire	يرغب	awake	ضعيف
vision	رؤية	research	يبحث
childhood	طفولة	logic	منطقي

### The Purpose of Sleep and Dreams

Many people **wonder**: Why do we sleep? Why do we dream? They ask themselves the **purpose**, or reason. There are many **theories**, or opinions, about this, but scientists don't know if these ideas are correct.

#### **Theories of Sleep**

One theory of sleep says that during the day, we use many important chemicals in our bodies and brains. We need sleep to make new chemicals and **repair**, or fix, our bodies. This theory is called the "Repair Theory." One piece of **evidence** for this theory is that our bodies produce more of a growth **hormone** (a chemical that helps us grow) while we sleep. Another theory is that the purpose of sleep is to dream. Dreaming **occurs**, or happens, only *during one stage*, or period, of sleep—REM (Rapid Eye Movement) sleep.

REM sleep occurs about every 90 minutes and last for about 20 minutes. Some scientists believe that REM sleep helps us to remember things, other scientists don't agree.



## Dream Theories

Whatever the reason for sleep, everyone sleeps, and everyone dreams every night. Many times we don't remember our dreams, but we still dream. Like sleep, no one knows exactly why we dream or what dreams mean. There have been many theories about dreams throughout history. Many cultures believe that dreams can **predict** the future—that they can tell us what is going to happen to us. **However**, some people believe that dreams are only a form of entertainment. Psychologists such as Sigmund **Freud** say that dreams are not predictions of the future. Psychologists have strong beliefs about dreams. However, these scientists don't always so agree with each other. There are several different theories about the purpose of dreaming.

Freud, who wrote around the year 1900, said that dreams can tell us about our **emotions**—feelings—and **desires**, or wishes. Freud believed that our dreams are full of **symbols**. In other words, things in our dreams mean *other* things. For example, a road in a dream isn't really a road. It might be a symbol of the dreamer's life. Freud thought that dreams are about things from our past, from our **childhood**. Other psychologists say no. They believe that dreams are about the *present*, about our ideas, desires, and problems *now*. Other psychologists say that dreams have no meaning at all.

## New Evidence

We still don't know why we dream. However, there is interesting new evidence from **research**, or studies, about the brain. When we are **awake**, many parts of our brain are active, for example the parts for emotions, **vision** (the ability to see), **logic** (the ability to think and understand), and others. However, when we are asleep and dreaming, the part of the brain for *logic* is not active. Maybe this new evidence answers one common question: Why do dreams seem so crazy?

### Choose the best answer and circle a letter for each blank:-

1- Travel most likely means .....

- a- study                      b- exercise                      c- happy                      d- go places

2- The similar with the word idea is .....

- a- activity                      b- theory                      c- active                      d- lazy

3- Anxious most likely means .....

- a- happy                      b- sad                      c- nervous                      d- busy

4- The opposite of lazy is .....

- a- active                      b- save                      c- waste                      d- sleep

- 5- Outside most likely means .....  
a- in a building    b- out a building    c- on a building    d- under a building
- 6- Medical problem most likely means .....  
a- company    b- lazy    c- disease    d- healthy
- 7- Complicated most likely means .....  
a- easy    b- difficult    c- interesting    d- boring
- 8- The opposite of save is .....  
a- waste    b- keep    c- active    d- dream
- 9- Our bodies produce a chemical that helps us to grow and is called .....  
a- hormone    b- idea    c- nervous cell    d- blood
- 10- We need to sleep to repair and fix our bodies. Repair most likely means .....  
a- fix    b- bodies    c- damage    d- increase
- 11- No one really knows why we sleep but there are ..... theories  
a- one    b- two    c- three    d- more than three
- 12- " Repair theory." This theory says that during ..... we use many important chemicals and repair and fix our bodies and brains.  
a- the year    d- the moth    c- the night    d- the day
- 13- REM sleep occurs about every .....and last for about 20 minutes.  
a- 60minutes    b- 70 minutes    c- 80 minutes    d- 90 minutes
- 14- Sigmund Freud was a .....  
a- dentist    b- psychologist    c- physicist    d- biologist
- 16- some scientists now believe that dreams mean nothing at all- dreams are caused by the ..... in our brains while we sleep.  
a- thinking    b- electrical activity    c- reading about dreams    d- chemicals
- 17- scientists believe that ..... fire randomly and our brains try to make a story out of these meaningless patterns.  
a- hormone    b- some chemical    c- nerve cell    d- nothing
- 18- What does the "internal clock" tell us?  
a- when to eat    b- the time of day    c- when to sleep and wake up

19- How long do most people need to sleep every night?

- a- 6 hours                  b- 7 hours                  c- 8 hours                  d- 10 hours

20- My friends like to **travel**. Last week they went to Hong Kong. I prefer to stay here in my own city on my vacation. **Travel** means .....

- a- study                  b- see                  c- go places                  d- exercise

21- I was very **anxious**. **Anxious** means .....

- a- happy                  b- sad                  c- busy                  d- nervous

22- The math problem was very **complicated**, I couldn't do it. **Complicated** means .....

- a- easy                  b- difficult                  c- interesting                  d- important

23- The story didn't **make sense**. I read it four times, and I still didn't understand it.

**Make sense** means .....

- a- easy to understand                  b- interesting                  c- without logic.

anxious	قلق	realized	عرف
familiar	متشابه	unfamiliar	غير متشابه
outside	بالخارج	sense	احساس
complicated	معقد - مركب	traveling	السفر

### A Dream Narrative

This is the dream of a 40-year-old businessman He is married and has two children. He goes to a psychologist because he feels **anxious** a lot. The psychologist told him to write down his dreams. This is his dream from June 7.

Dream 6/7 :In my dream I was in a large city. It was in a large city. It was very big and very dark. The city seemed like New York, but it didn't look like the real New York. I was in a friend's apartment. It was comfortable. After a few minutes, I left and went out on the street, alone. I walked for a while. Then I **realized** I was lost. I couldn't find my friend's apartment again. I started to feel uncomfortable. I tried to return to the apartment, but all of the streets looked **unfamiliar** and completely different, and I didn't know my friend's address. I began to feel anxious.

I kept walking. I wanted to find something **familiar**. It was getting late. I decided to go home. I knew my home was **outside** the city. I saw buses on the street, but I didn't know which one to take. I couldn't find a way to leave the city. There was a way to get home, but I didn't know it. I asked for directions. The people answered, but they didn't **make** any **sense**. All their directions were very **complicated**, and I couldn't understand them. Suddenly I was on a boat. The boat was **traveling** across a very dangerous river. It was dark. The river was very dirty. There was garbage in it. I couldn't see the other side of the river, and I was afraid. I began to think, "I'll never get home" I tried to ask for help, but no one listened to me. Then I woke up.

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