

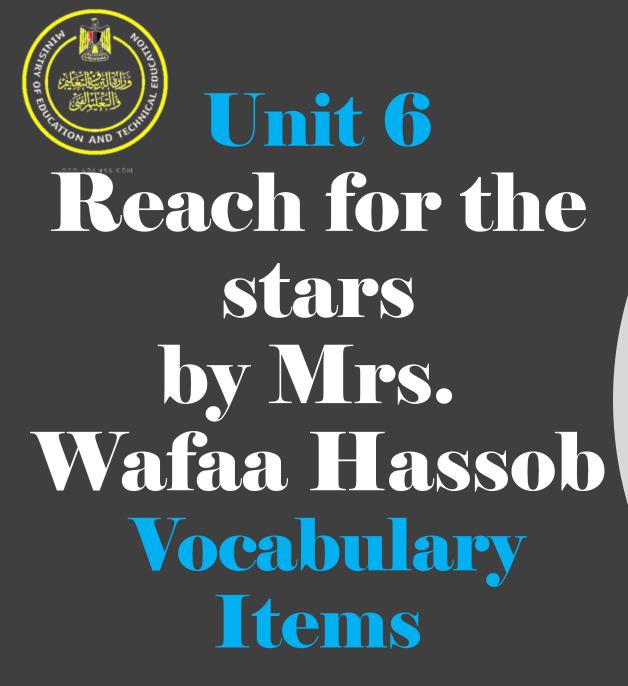


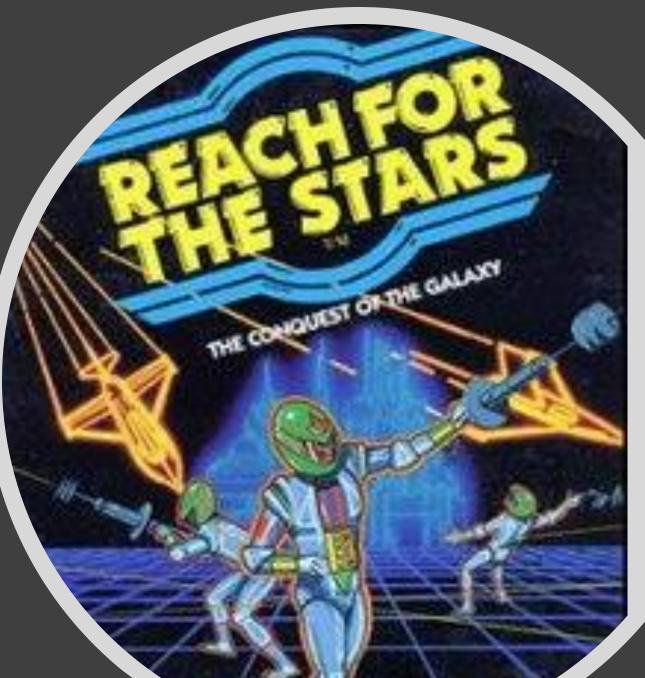


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Ministry of Education 3rd Year Secondary











e.g. Today is the 5th anniversary of the sword of World War Two .





e.g. I bicycled the short distance home .





e.g. She works for a giant multinational Corporation .







e.g. Certainly, every type of matter we have ever encountered feels the attractive force of gravity.





e.g. She is hopeful about the reform of education .



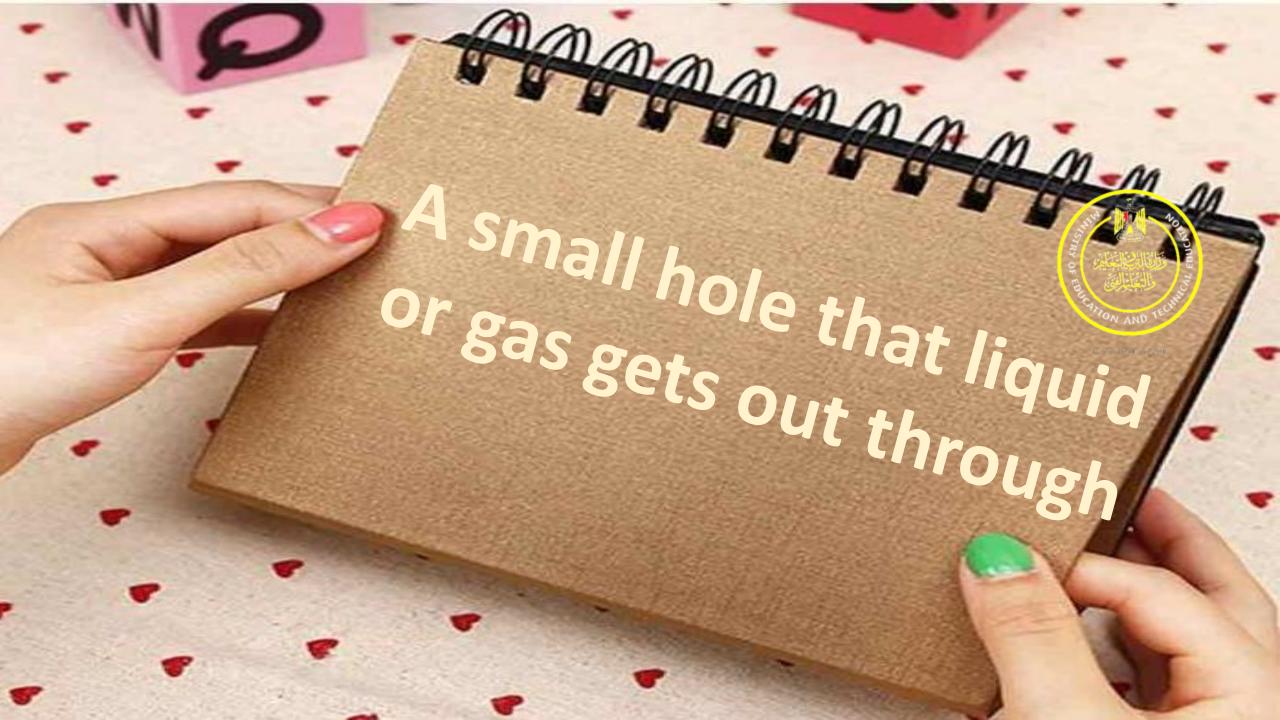


e.g. He is a very horrible man ,try to avoid him.





e.g. America launched another spacecraft to Mars last week





e.g. The ceiling was leaking water all night yesterday.





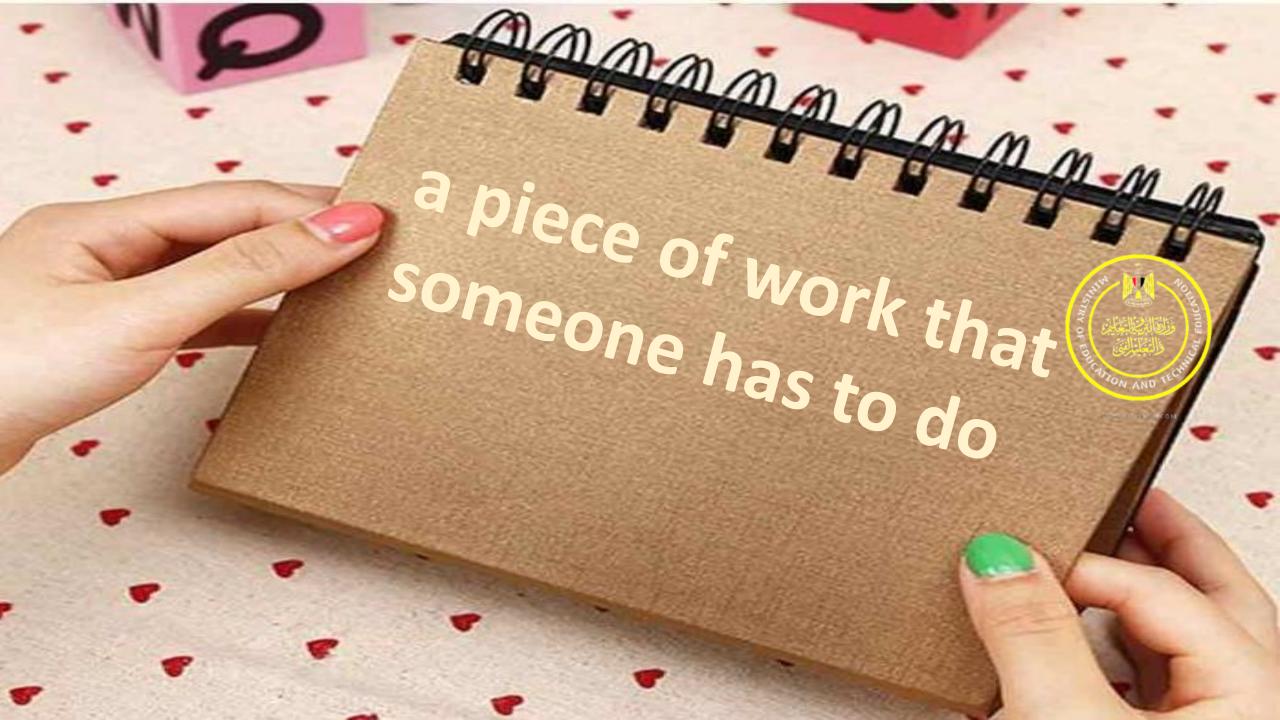
e.g. She has a Mission to do this morning

H





e.g. He was chosen a representative for the class .





e.g. My teacher gave me many tasks to do today.



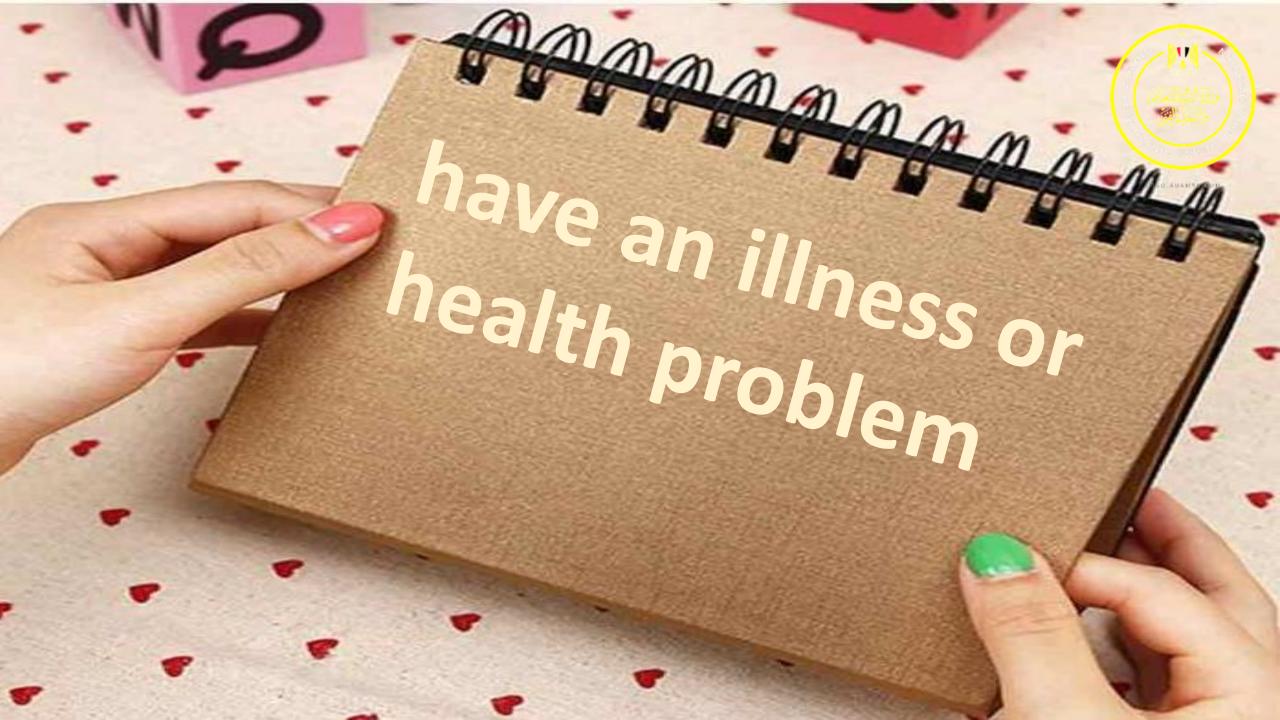


e.g. She can make balance between her work and her life





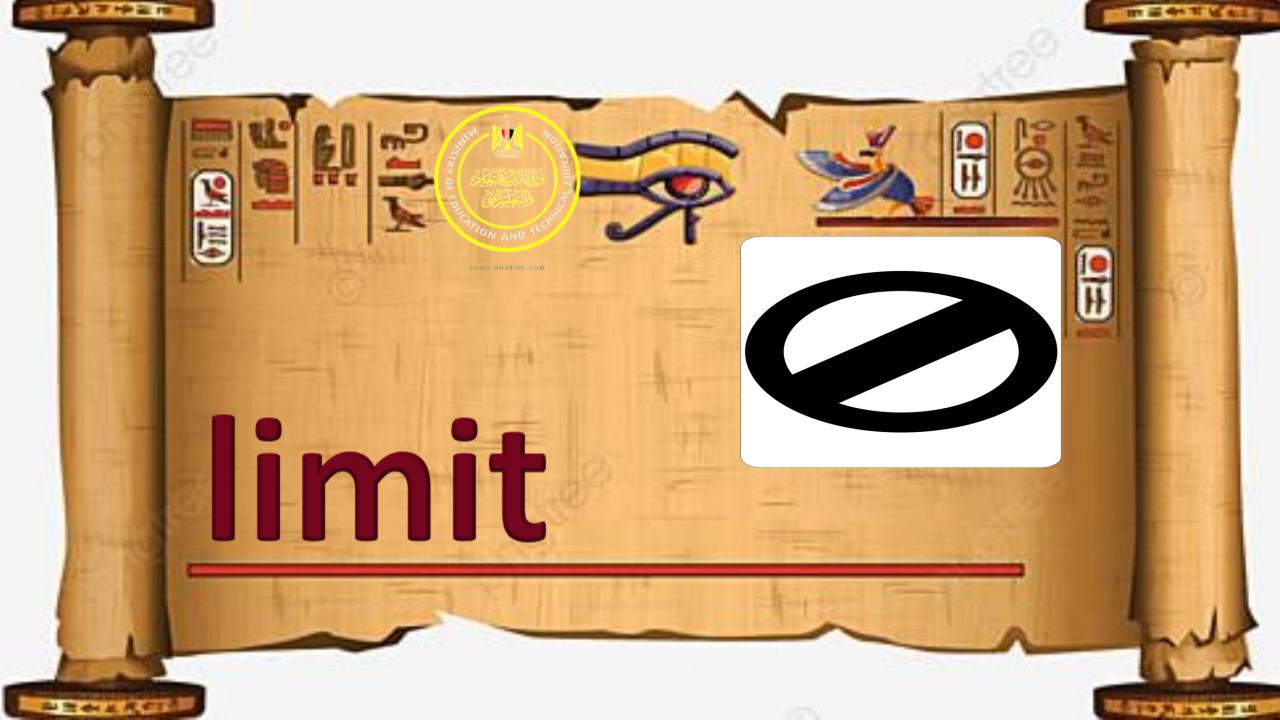
e.g. She is suffering from stress at work.





e.g. He suffered from Cancer before he died





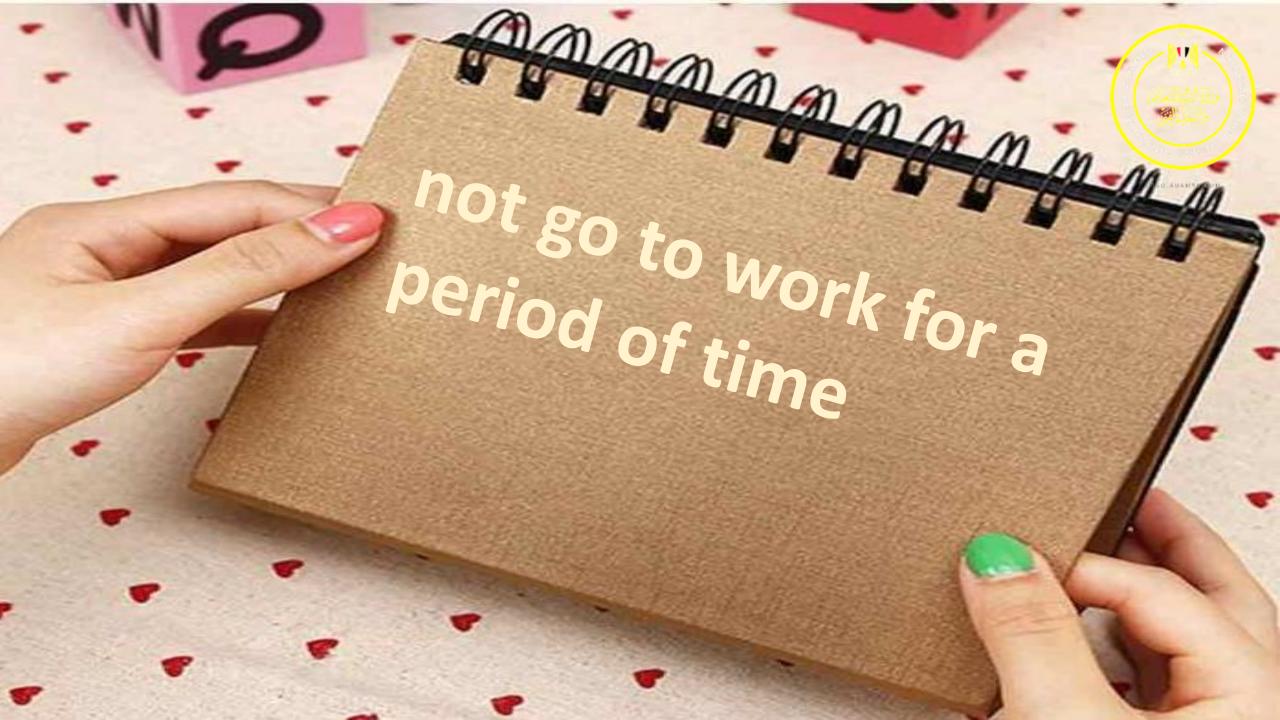
e.g. you need to put limits for bad people.





e.g. He lacks the proper necessities to live a happy

life.





e.g. The plane took off in time.



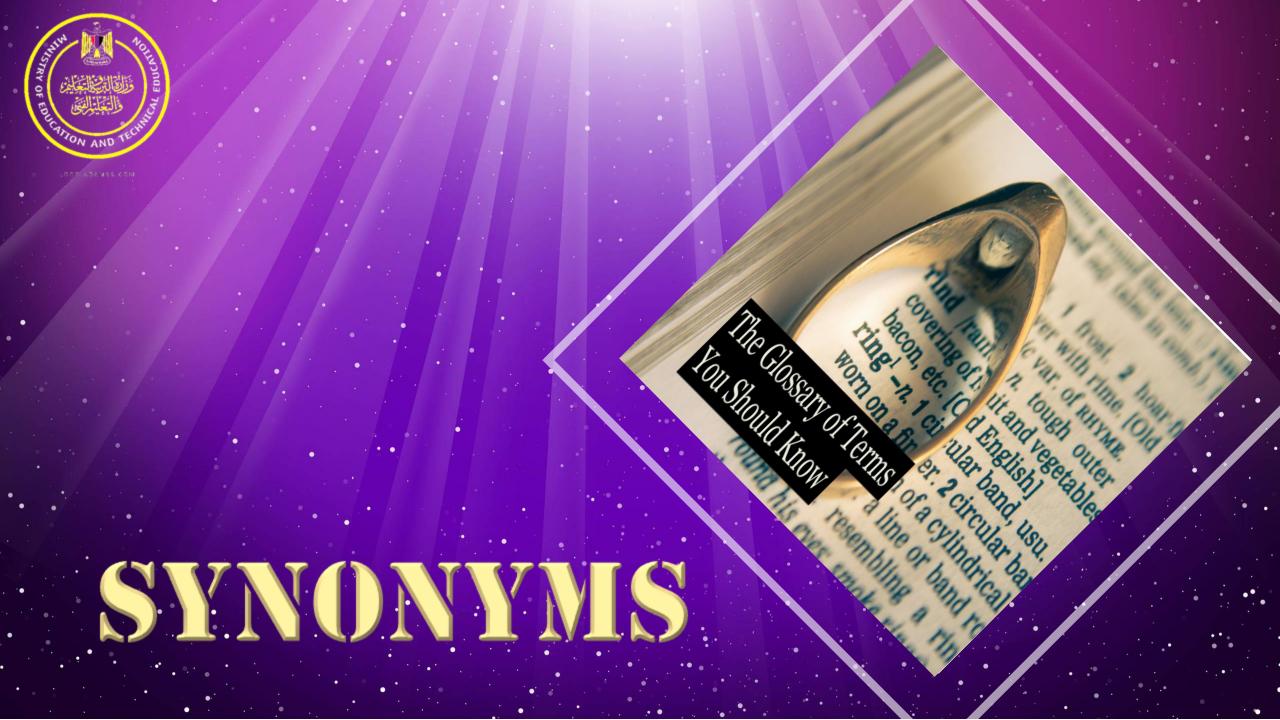
stressful

10 M 12 14 18 18

IN ROLLASS

e.g. She put an end for her stressful life with him.





Balance



stability - fitness - steadiness self assurance - self control fairness - justice.





Insufficiency – shortage scarcity - deficiency.





Disconnected - detached - split divide .





friendly - neighborly - hospitable - companionable





pressure - anxiety - nervous tension - Emphasize - underline - highlight





friendly - neighborly - hospitable - companionable



ANTONYMS

Balance

instability nervousness imbalance



lack Abundance sufficiency Have own possess





unusual irregular



Separate

Unite join connect combine





Sociable

unsociable solitary unfriendly



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Stress

reiaxation understate







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Listen carefully then answer the Questions

Finding a balance A:separate work from home:

It is important for people to separate their work life from their home life. At the end of the work day, people should focus on the fact that this is also the end of that activity or task. Mothers and fathers both often need to work, but they have to balance their family and work. Parents who work should make sure that they spend enough quality time with their children.

B: Don't carry work around.

Many people find it difficult to get the balance right between their work and their free time. Modern technology means that some people can be at work wherever they are. People can carry laptops and phones with them at all times, which means that they can read their e-mails even in their free time. This allows many people to have more flexible working hours or to work from home.. The problem is that some companies find it so easy to contact people that they expect them to be available for work all the time. Even people who are relaxing at home may get an important call from work that they have to answer.

C: Take a break.

Although most workers enjoy what they do, people need rest as well. Some people work such long hours that they may suffer from stress. <u>This</u> can lead to a lack of sleep and feeling exhausted at work. People should remember that athletes who train for a competition always take breaks, so why should they not do the same from work? A break can also help to limit the number of days they need to take off because of illness.

D: Ask for help.

Everyone has times when work can be difficult. If you have a problem at work, ask your manager for advice. He or she should be able to help you. This is often the best way out of stressful situations. It is part of a manager's job to help people with their problems

Choose the correct answer: 1-Many people find it (easy – boring – difficult – strange) to get the balance right between their work and their free time. 2-Modern technology means that some people can be at work (whenever - wherever - whatever - whichever) they are. 3-Although most workers enjoy what they do, people need (family – money – food – rest) as well. 4-If you have a problem at work, your (manager - relatives - wife - cousin) can help you. 5-(Hunger – Thirst – Stress – Frustration) can lead to lack of sleep and feeling exhausted at work.

6-Parents who work should make sure that they spend enough quality (money – time – holidays – centuries) with their children

Answer the following questions: 7-What is the best way out of stressful situations?

8-What does the underlined word "this" refer to?

9-How does a break from work help people?

Ask your manger for advice







A break can also help to limit the number of days they need to take off because of illness.



10-Find words in the passage which mean:

a) someone who is good at sports and who often does sports

b) to get pleasure from something















on his own : by himself



at the end of.. sth...





help ...with his problems



carry on working

meet the deadlines

It's the best way out of ...

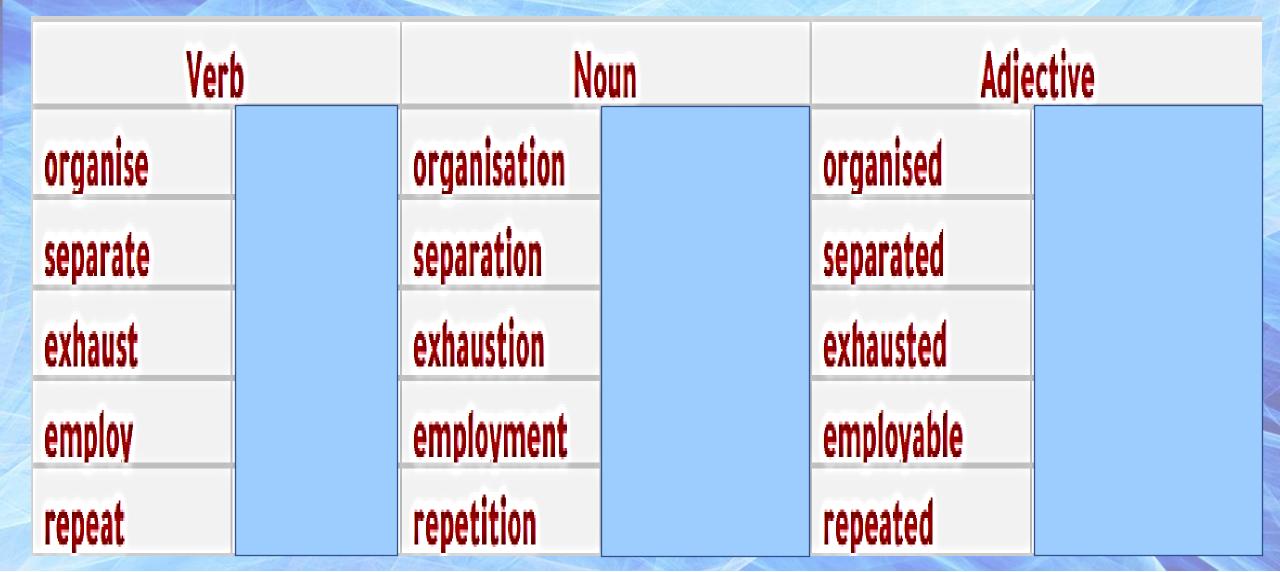
a fear of flying

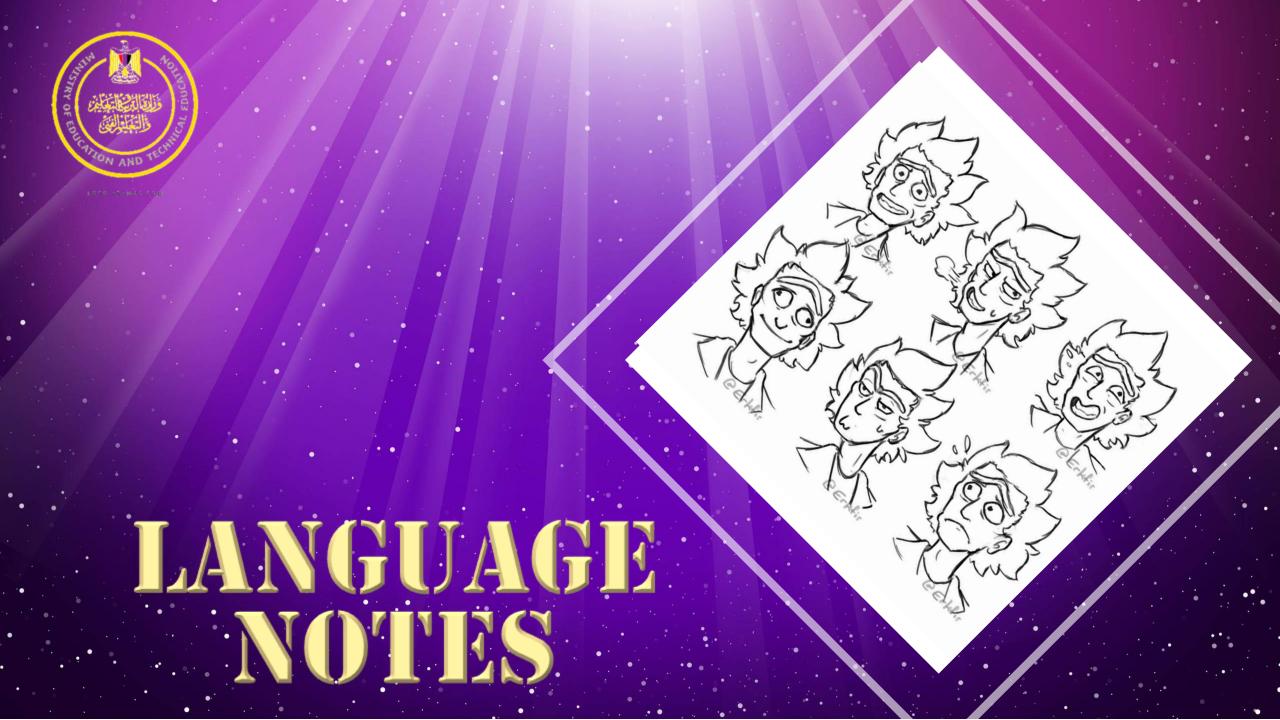
the tips work for....

moved away from



Derivatives





Make



producing something e.g. You can make your own meal. e.g. She is making great money from her freelance work.

Do

for actions . E.g. She wants to do a lot of activities. e.g. You need to do more practice to be the best in class . get for receiving.
e.g. I have got your e-mail address from the massage .
e.g. Please call me today , I have got you important
news .
Deadline for + a thing

e.g. Our teacher set the deadline for receiving the project . Deadline of + a day or an hour

e.g. we need to sent the project before the deadline of 12th may.

take off

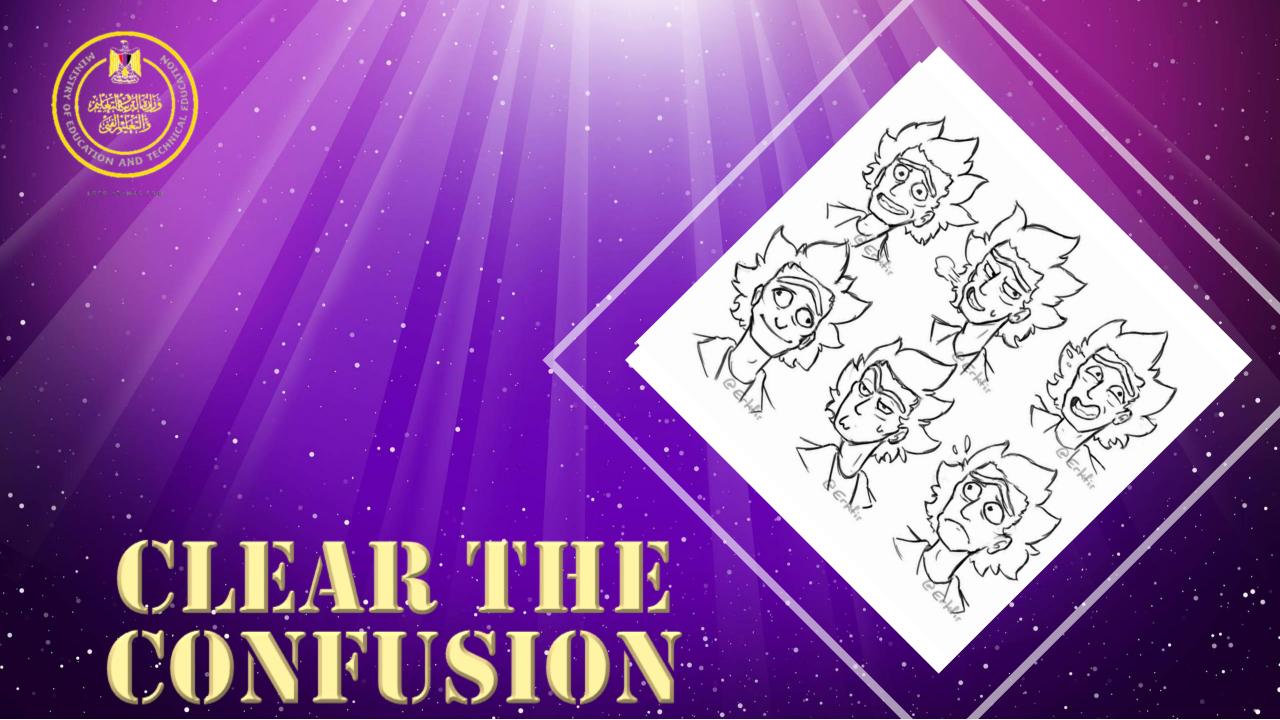
- e.g. I need to take a day off work, I'm so exhausted = not go to work for a period
- e.g. Hey son , take off your jacket. It's very hot today = removing something
- e.g. The plane took off from Cairo airport. = left the ground
- e.g. Her academic career took off after she received the award = suddenly became successful
- e.g. We packed everything in the car and took off = to leave somewhere quickly and suddenly

take ... on



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take + person + on e.g. The ministry of education intends to take on **30.000 teacher in schools next year.** (to hire someone) take + a thing + on e.g. Dr Nasr has taken on the post of the manger. (to accept the responsibility for sth) takeover =take control=become responsible e.g. When the headmaster died, Mr. Ahmed tookover the post



organized (Adj) e.g. She likes everything to be organized in her house

organizational related to foundation in whole not as members

e.g. Taking important decision in this company is something organizational not individual

Sociable likes to be among others) e.g. She Is very sociable she likes to travel a lot .

social related to society

e.g. We need to increase our social awareness of Corona virus.

Training to be taught or practice a profession or a skilled e.g. He needs more training to be a good teacher of English

exercise to do physical exercises in order to be healthy.

e.g. He goes to the gym to do more exercises.

Available for work free to work e.g. Are you available for work? I want to offer you a job.

At work doing some work

e.g. Sorry , I can't join the party I am at work now .



Remind make someone do something e.g. Remind me to go to the store tomorrow morning .

still to express something in words

e.g. I told him to stop bothering me, but he refused .



Expect (v) To predict something e.g. He expected El Ahly team will win the match .

Accept to agree on something e.g. She accepted his invitation to visit Cairo .

Except not to choose something e.g. They all got high marks except for Samy.

Quiz on Vocabulary

1918

NOR

PATER.

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