



Example sentences

Sell →
believe

- We do not sell anything so can keep totally **impartial**.
- I make sure **ambitious** people like you don't mess up this world.
- Truly, we are **deep thinkers**, we are **ambitious** spirits!
- She was **out-going, adventurous** and positively fizzed with energy.
- You need to be **self-disciplined** when you're doing research work on your own.
- You're too **smart** to assume anything.

3

Lesson 20: Stories

A haircut

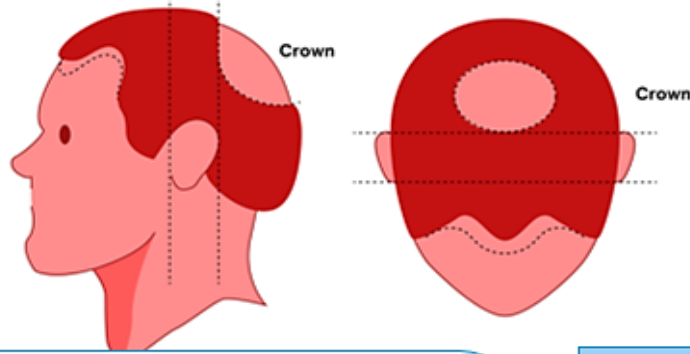
Story #1

Part #1

It was time for a haircut. Lenny didn't even have to look in the mirror. Even though he was going bald, he knew that he needed to cut his hair every two weeks.

حان الوقت لقص الشعر. ليني لم يحتاج حتى أن ينظر في المرآة. على الرغم أنه كان يتحول أصلعًا ، إلا أنه كان يعلم أنه بحاجة إلى قص شعره كل أسبوعين.

1



Part #2

He had a "tongue" of hair on the top of his head. His hair was thinning at the crown. He still had plenty of hair on the sides and back.

كان لديه "لسان" من الشعر أعلى رأسه. كان شعره رقيقًا عند التاج. كان لا يزال لديه الكثير من الشعر على الجانبين والظهر.

2

Part #3

It was what they call "salt and pepper," a mixture of gray hair and dark brown hair. It was only a few years, he figured, until the salt and pepper became just salt.

3

كان ما يسمونه "الملح والفلفل" مزيج من الشعر الرمادي والشعر البني الغامق. لقد كانت فقط بضع سنوات (هو استنتج)، حتى أصبح الملح والفلفل مجرد ملح.

Part #4

He never let his hair grow for more than two weeks. He thought, the longer it got, the worse it looked.

4

لم يترك شعره ينمو أبدًا لأكثر من أسبوعين. كان يعتقد أنه كلما طالّت المدة ، بدأ الأمر أسوأ.

Part #5

He spread a newspaper over the bathroom sink so that no hair went down the drain. He plugged in the clippers and started cutting his hair. He started at the back of his head, went to the sides, and finished on the top.

5

نشر الجريدة على مغسلة الحمام حتى لا يسقط الشعر في البالوعة. قام بتوصيل آلة الحلاقة وبدأ في قص شعره. بدأ من مؤخرة رأسه ، واتجه إلى الجانبين ، وانتهى في الأعلى.

Part #6

Every minute or so, he had to clean the hair out of the blades with an old toothbrush.

6

كل دقيقة أو نحو ذلك ، كان عليه أن ينظف الشفرات من الشعر بفرشاة أسنان قديمة.

Part #7

7

Finished, he picked up a hand mirror to check out the back of his head. Everything looked okay. He carried the newspaper back out to the kitchen and shook the hair clippings into the trash can.

انتهى ، والتقط مرآة يد لفحص الجزء الخلفي من رأسه. كل شيء بدا على ما يرام. حمل الجريدة عائداً إلى المطبخ ونفض قصاصات الشعر في سلة المهملات.

Vocab

bald



drain



mirror



clipper



trash can



salt



crown



pepper

tongue



Bathroom sink



Plug in



toothbrush



let	يدع / يترك	still	لا يزال
picked up	إلتقط / أخذ	mixture	خليط
spread	وَرَعَ	finish	انتهى
haircut	قصة شعر / حلاقة	newspaper	جريدة
looked (look)	نظر	Shook (Shake)	هزّ / رجّ
going (go)	يذهب	carried (carry)	حمل
needed (need)	إحتاج	clean	ينظف
plenty	الكثير	side	جانب

Story #2



Part #1

Once a week, Neil went grocery shopping. He always made a list, but he always forgot to put one or more items on the list. This used to anger him, but now he just accepted it. You're not as sharp as you used to be, he told himself.

مره اسبوعياً ، ذهب نيل الى البقالة. دائماً يُحَضِّر قائمة، لكنه دائماً ينسى ان يضع عنصر او اكثر في القائمة. هذا كان يغضبه ، لكنه فقط تقبله الان. أنت لست ذكياً كما كنت (قال لنفسه).

1



Part #2

It was Friday—shopping day. He went to the 99 Cents store. Sometimes they had a lot of fresh produce, sometimes they didn't. He got lucky. There were fresh, packaged broccoli, celery, eggplant, and squash. Also, packages of peaches, plums, and apples. He easily had enough produce to last all week, if it didn't rot first. The produce alone filled up four plastic bags. Four other bags contained other items that were on Neil's list.

2

كان يوم الجمعة - يوم التسوق. ذهب إلى متجر 99 سنتاً. في بعض الأحيان كان لديهم الكثير من المنتجات الطازجة ، وأحياناً لم يكن لديهم ذلك. لقد حالفه الحظ. كان هناك القرنبيط الطازج المعبأ والكرفس والباذنجان والقرع. أيضاً ، عبوات من الخوخ والبرقوق والتفاح. بسهولة كان لديه ما يكفي من المنتجات طوال الأسبوع ، إذا لم تتعفن أولاً. المنتجات وحدها ملأت أربعة أكياس بلاستيكية. أربع حقائب أخرى احتوت على أشياء أخرى كانت موجودة في قائمة نيل.



Part #3

He drove to **Albertson's**, which sold milk by the gallon and at cheaper prices than the **99 Cents** store. Interestingly, the price of milk had soared in the last month. He used to buy 2 gallons of nonfat milk for \$3.59. Now he was paying \$4.69. Yet, the news media was silent—the same news media that reports a 2-cent increase in gasoline prices or even a 1-cent decrease. That's all over the news. Milk, he thought, just isn't sexy enough.

3

قاد سيارته إلى **ألبرتسون** ، التي كانت تتبع الحليب بالجالون وبأسعار أرخص من متجر **99 سنتًا**. ومن المثير للاهتمام أن سعر الحليب قد ارتفع في الشهر الماضي. اعتاد شراء 2 جالون من الحليب الخالي من الدسم مقابل 3.59 دولار. الآن كان يدفع 4.69 دولار. ومع ذلك ، كانت وسائل الإعلام صامتة - نفس وسائل الإعلام الإخبارية التي تتحدث عن زيادة بنسبة 2 في المائة في أسعار البنزين أو حتى انخفاض بنسبة 1 سنت. هذا في كل الأخبار. كان يعتقد أن الحليب ليس مثيرًا بدرجة كافية.

Part #4

He parked his car in the carport and opened the trunk. Somehow, he managed, as usual, to put all 10 plastic bags into his hands and lug them upstairs. What a drag shopping is, he thought. And then he mentally slapped himself: if you think it's a drag now, wait till you can't drive. Wait till you can't even walk up the stairs unless you use a cane. How are you going to get your groceries then? The older you get, he told himself, the more you'd better appreciate the fact that you can still do all these boring chores and errands.

4

أوقف سيارته في المرآب وفتح صندوق السيارة. بطريقة ما ، تمكن ، كالعادة ، من وضع الأكياس البلاستيكية العشرة في يديه ورفعها إلى الطابق العلوي. كان يعتقد أن ما هو التسوق عبر السحب. وبعد ذلك صفع نفسه عقليًا: إذا كنت تعتقد أنه عائق الآن ، فانتظر حتى لا يمكنك القيادة. انتظر حتى لا تتمكن من صعود الدرج إلا إذا كنت تستخدم عصا. كيف ستحصل على البقالة بعد ذلك؟ قال لنفسه ، كلما تقدمت في العمر ، كلما زادت تقديرك لحقيقة أنه لا يزال بإمكانك القيام بكل هذه الأعمال والمهام المملة.

Vocab

broccoli



eggplant



package

cane



lug

plastic

squash



gallon

plum

celery



gasoline

trunk



carport

Vocab

accept	قَبِلَ / يقبل	manage	يدير
anger	غضب / يغضب	media	وسائط اعلاميه
appreciate	يقدر	mentally	عقليا
decrease	يقل	errand	مهمة
drag	يسحب	produce	ينتج
increase	يزيد	chores	واجبات منزليه

Story #3

Coffee on a Cold Night



It was a cold night. The moon was bright and round. The wind blew cold through the window. Jim got up from his couch and closed it. Jim was shivering because it was cold. He rubbed his hands together. Jim went to the kitchen. He wanted to make coffee. He opened his cabinet. He grabbed the can of coffee beans. He opened the lid. He held the can up to his nose. He took a deep breath. It smelled like fresh coffee beans. Jim loved the smell of coffee. He loved drinking coffee more. He poured the beans into the coffee maker. He grabbed a pitcher and put it in under the machine. He pressed a button and it started brewing. Jim started shivering again. He moved around to warm his body. The machine took fifteen minutes to finish. Jim poured the coffee into a mug. He drank it all. The coffee warmed his body. He stopped shivering.



Vocabulary

Blew (past)	نفخ او هب	Cabinet	خزانة المطبخ
Blow (present)	ينفخ	Grabbed	امسك بيده باحكام
Through	خلال / عبر / من خلال	lid	غطاء العلبه
shivering	يرتجف / يرتعش	held	امسك بيده
Rubbed (past)	فرك	held up	امسك بيده ورفع للاعلى
Together	معاً	took (past)	اخذ
Wanted	أراد	deep	عميق
poured	صب / سكب	Breath	نفس (من التنفس)
coffee maker	صانع القهوة	smelled	فاحت من رائحه
Pitcher	ابريق	pressed	ضغط
button	زر	Started	بدأ / بدأت
warm	دافئ	moved around	تحرك كثيراً

Part 1



Story #4

The Shopping Cart

Martin and Jane were shopping. They were in Ross Dress for Less. They had just bought shirts, pants, skirts, and tops that filled up four plastic bags. Martin picked up all four bags. Jane said there was no need to do that. "Why not?" he asked her.

"We can just put everything into a Ross cart and roll it out to the car," she suggested.

"We can't do that," he replied. "These carts are for in-store use only. You can't walk all over the mall with their carts. Let's just carry these bags out to the car, put them into the trunk, and then we can continue to shop." They no sooner walked out the door of Ross than they saw about 50 rental shopping carts locked to a rail.

"See," Martin pointed out to Jane, "if you want to use the cart, you can just rent one for the whole day from the rack."

The mall was huge, and it was air-conditioned. Both of them were chilly. "When we get back to the car, let's grab our jackets," Jane suggested. As soon as they walked outside, the blast of summer heat hit them. Once at the car, they put the bags into the trunk. Then they plopped down into the front seats. They were both tired from all the walking they had just done. When they felt more refreshed, they locked the car and walked back to the mall entrance.

"Wait a minute," Jane said. They stopped. Jane told Martin about the two suspicious characters sitting outside the entrance. "They were watching us as we carried the bags out to the car," she said.

"You have very sharp eyes," Martin said. They went back to their car. Martin drove around to the other side of the mall, and they parked in the area marked "6."



Vocabulary

Part 2

shopping	يتسوق	grab	يجلب
were	كان	jackets	سترات / جواكت
Bought (past)	اشترى	As soon as	بمجرد أن
shirts	قمصان	outside	الخارج
pants	سراويل	blast	لقحة
skirts	تنانير	summer	صيف
tops	قمصان علويه	heat	حاره
filled up (past)	ملأت	hit	اصاب
plastic	بلاستيك	plopped(past)	سقط
bags	اكياس	down into	الى الاسفل
picked up(past)	حمل / التقط	front seats	مقاعد امامية
no need	لا حاجة	tired	تعب
put into	وضع في	felt (past)	شعر
cart	عربة التسوق	refreshed	انتعاش
roll it out	يجر للخارج	locked(past)	اغلق
to the car	الى السيارة	entrance	مدخل
suggested(past)	اقترحت	stopped(past)	توقف
carry	يحمل	suspicious	مشبوه
trunk	صندوق السيارة	characters	اشخاص
continue	يكمل	sitting	يجلس
pointed out (past)	اشار	watching	يراقب
rent	استئجار	as	بينما
whole day	طوال اليوم	carried(past)	حمل
rack	رف	drove (past)	قاد
the mall	المركز التجاري	side	جانب
huge	ضخم	other	آخر
air-conditioned	مكيف بالهواء	parked(past)	اوقف
chilly	برد	area	منطقة
get back	يعود	marked(past)	تحمل علامه

Story #5



Food for Life



Everyone needs food to live. It gives you energy to work and play. It also gives you nutrients to grow well and stay healthy. Do you eat a balanced diet with lots of different nutrients?

Your body needs proteins to build muscles. Proteins are also important for healthy hair and fingernails. You can get lots of proteins from meat, fish and eggs. Dairy products, like milk, cheese and yogurt, also contain proteins. Many people don't eat animal products, but they can get proteins from plant products. Pulses, like beans and lentils, are rich in proteins. Many grains, nuts and seeds have proteins, too. Which of these foods do you eat?



Vocabulary

Food	الطعام / الغذاء	Different	متنوع / مختلف
life	حياه	Proteins	البروتينات
Give	يعطي	Build	يبني
Energy	طاقة	Muscles	عضلات
Also	أيضاً	Fingernails	أظافر
Nutrients	العناصر الغذائية	Dairy products	منتجات الألبان
Grow well	تنمو بشكل جيد	Cheese	الجبن
Stay	تبقى / يبقى	Contain	يحتوي / تحتوي / يتضمن
Healthy	صحي / بصحة جيدة	Animal	حيوان
Balanced	متوازن	Animal products	منتجات حيوانية
Diet	غذاء / حمية غذائية	Plant	نبات / زرع
Balanced diet	نظام غذائي متوازن	Plant products	منتجات نباتية
Grains	الحبوب الارز والقمح	Pulses	بقوليات
Seeds	بذور / فصفص	Nuts	مكسرات

Going to sleep



Story #6 She came back home from work. She looked at the clock and yawned. It was nine o'clock. She went to her bedroom and put on her pajamas. She got her blanket. She lay down on her bed. The room was cold. She got up and went to her closet to get extra blankets. She lay down again and covered herself. She fell asleep. She woke up in the middle of the night to get a glass of water. She drank the glass of water. She walked back to her bedroom. She yawned and fell asleep. Two hours passed. She woke up and went to the restroom. She heard a noise outside her window. She looked out the window to see what it was. It was a black cat climbing a tree. She hushed the cat. The cat ran away. She went back to bed. She closed her eyes and fell asleep. She slept very little.



Vocabulary

Going to sleep	الذهاب للنوم	Lay down	يستلقي
Came (past)	جاء/عاد/جاءت	drank (past)	امسك بيده باحكام
Came back	عادت إلى	Walked (past)	مشي
Home	منزل	Walked back	عادت مشياً
Looked (past)	نظر / نظرت	Passed (past)	مرت / مضت
Yawned (past)	تشاءبت	Restroom	دورة مياه
Put on	يرتدي	Noise	ضوضاء
take off	يخلع	Climbing	تتسلق
blanket	بطانية	Hushed (past)	اسكت
Ran away (past)	هرب / هربت	Closed (past)	اخلفت
Little	قليل	Went (past)	عادت

Story #7

1. Your Amazing Body

Your body is amazing! It helps you to walk, work, and play. It helps you to eat, read, listen, and learn. It's important to protect your body.

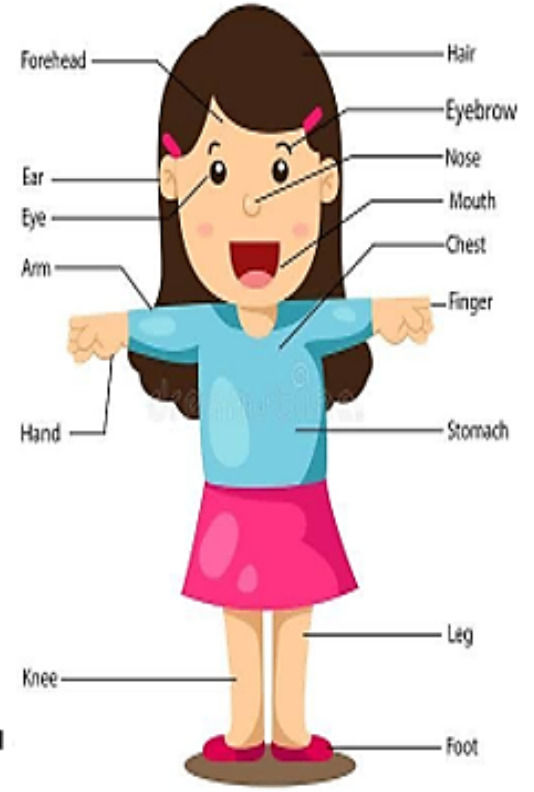
How does your body help you?

How do you protect your body?



2. Your Skin

You have skin everywhere on your body. Your skin helps you to touch things. It helps you to know when things are hot or cold. Skin stops dirt getting into your body. It stops water getting into your body when it's rainy and when you swim.



Vocabulary

Body

Your

Your body

Amazing

help

Walk

Work

Play

Read

Eat

Listen

Dirt

Rainy

جسم / جسد

الخاص بك

جسمك

مذهل / رائع

يساعد/أساعد/ يساعدون

مشي/ سير

عمل

لعب

اقرأ

تأكل

استمع / أستمع

أوساخ / تراب

ماطر / ممطر

Learn

Important

Protect

Your Skin

You have

everywhere

on

Touch

things

Hot

Cold

getting into

Swim

تعلم / فهم

مهم / ذو أهمية

حماية / يحمي

جلدك / بشرتك

لديك

في كل مكان

على

لمس

الأشياء

حار/ ساخن

بارد

الدخول إلى

تسبح

3. Your Hair

Story #8

Hair grows out of your skin. Hair on your arms and legs stands up when you're cold. This stops your body getting too cold. Your skin makes sweat when you're hot. This stops your body getting too hot. Protect your body! Wash every day, so you can get dirt and sweat off your skin and hair.



Vocabulary

Hair

شعر

Grows

ينمو / تنمو

Out

خارج

Grows out

شئ ينمو من الداخل الى الخارج أو من الحجم الأصغر للأكبر

Your arms

ذراعيك

Your legs

رجليك / ساقيك

Stands up

يقف

Stops

يمنع / يوقف

Sweat

عرق / يتعرق

4. Your Bones

Story #9

There are bones under your skin. These bones make your skeleton. Your skeleton helps you to stand up. There are joints in your skeleton, too. Bones meet at joints. Elbows and knees are joints. Joints help you to move. Knee joints help you to jump and kick.



Vocabulary

Bone

عظمة

Bones

عظام

Your Bones

عظامك

under

تحت

Skeleton

هيكل عظمي

Joints

مفاصل

meet

يلتقي او يتقابل

meet at

تلتقي عند

Elbows

المرفقان

Knees

الركبتان

move

حركة

Kimberly's Story

Story #10



Kimberly was not happy. She was sad. She needed a job. She asked everyone for a job. Everyone told her no. No one had a job for her. She came home everyday and cried. How could she live without a job? She had only 1,000 dollars. After she spent the 1,000 dollars, she would have no money. Then what would she do? She had nowhere to go. She had no friends. She had no family. She was all alone. She was very worried. She looked in the newspaper everyday. She was ready to take any job. If someone gave her a job, she would be so happy.



Vocabulary

Asked	نفخ او هبّ
Cried	ينفخ
without	خلال / عبر / من خلال
Spent	يرتجش / يرتجف
Alone	فرك
Worried	معاً
Newspaper	أراد

Frank the Devoted Husband

Story #11



Frank is not an old man. He is only 61 years old. But he is dying. He is in the home for old people. Nobody visits him. His wife doesn't visit him. She is already dead. She died six months ago. She died in the street. She was crossing the street. A car ran over her. Frank loves his wife. He got sick after she died. He never got better. The doctor says that nothing is wrong with Frank's body. The doctor says that Frank wants to die. The doctor is right. Frank does not want to live without his wife.



Vocabulary

dying	يعاني (يموت من الداخل)	right	محق / على حق
old people	مسنين	wife	زوجه
visit	يزور		
already	بالفعل		
dead	ميت		
street	الشارع		
crossing	يعبر		
ran over (past)	صدم (بالسياره)		
got sick	اصبح مريضاً		
got better	تحسن		
never	ابدأ		
wants	يريد		