

# Health is Wealth



Complete the chart, then write

Healthy Habits	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Use fitness App	✓	✓	✓	✓	✓	✓	✓
Stretch before exercise							
Eat healthy breakfast							
Get rest							

- I use the fitness app every day to keep fit.
- On weekends, I Stretch before exercise.
- It is important to get rest and sleep every night.

Choose the correct answer from a, b, c or d

- Exercising every day is a good .....  
 a. habit      b. fitness      c. app      d. brain
- I ..... before running.  
 a. spend      b. hear      c. stretch      d. hurt
- Reem read a/an ..... book about animals yesterday.  
 a. healthy      b. interesting      c. smart      d. sharp
- Noura needs a bike to go .....  
 a. coach      b. cycling      c. engine      d. hose

## Correct the verbs between brackets

1. I like helping (help) people.



2. My mother Likes (like) cooking food.



3. They enjoy playing (play) together.



4. Grandpa enjoys (enjoy) reading Quran.



## Choose the correct answer from a, b or c

1. .... water every day.

a. Drinks

**b. Drink**

c. Drinking

2. I enjoy ..... with my friends at the park.

a. walking

b. walks

**c. walk**

3. .... early to rest your brain!

a. Sleeps

b. Sleeping

**c. Sleep**

Write the missing words to complete sentences



1. Ms. Amal lives a healthy Life .

2. They Stretch their legs before they run.



Write a short paragraph about ' Healthy Habits with the help of the following pictures and guide words

1	2	3	4
(do-exercise)	(brush-teeth)	(eat-healthy)	(sleep-early)

**Writing checklist**

- Capitals
- Punctuation
- Finger spaces
- Spelling
- Does it make sense?

**Title:** My Healthy Habits

To stay healthy, I have some good habits.  
First, I \*\*do exercise\*\* every day to keep my  
body strong. Second, I always \*\*brush my  
teeth\*\* in the morning and before bed. Third, I  
\*\*eat healthy\*\* food like fruits and vegetables.  
Finally, I make sure to \*\*sleep early\*\* at night.  
These habits help me feel happy and full of  
energy.

Classify the food items into the food groups

yoghurt	bread	avocado oil	eggs	salad
Fats	Dairy	Proteins	Fruit and vegetables	Grains
Avocado oil	Yoghurt	Eggs	Salad	Bread

Complete the sentences

fats – dairy – vitamins – protein – grains – energy

1. Apples and carrots give you lots of vitamins.



2. Milk and cheese are dairy.



3. Rice and bread are Grains.



4. Meat and eggs give your body Protein.



5. Cake and butter are Fat.





## Complete using (going to)

- Next week, I am going to eat (**eat**) more fruit and vegetables.
- They are going to visit (**visit**) their grandfather.
- My sister is going to walk (**walk**) to school with me.
- We are going to play (**play**) football in the park.



## Choose the correct answer from a, b or c

- ..... your hands before you eat.  
a. Wash                      b. Washing                      c. Washed
- I ..... going to eat healthy food to keep fit.  
a. is                              b. am                              c. are
- Fahad enjoys ..... on the beach.  
a. runs                              b. run                              c. running
- They are going to ..... football after school.  
a. played                              b. play                              c. playing



Fill in the graphic organiser then use it to write a paragraph about your 'Lifestyle'. The following guide words may help you

Guide words

sports club – healthy – water – sweets – fats – keep fit

1. Where do you play sport?

I play sports at the  
~~\*\*sports club\*\*~~.

2. What do you drink?

I drink plenty of ~~\*\*water\*\*~~ every  
 day

3. What do you eat?

I eat ~~\*\*healthy\*\*~~ food like  
 fruits and vegetables

4. What shouldn't you eat?

I should not eat too many  
~~\*\*sweets\*\*~~ and ~~\*\*fats\*\*~~



Writing checklist

- Capitals
- Punctuation
- Finger spaces
- Spelling
- Does it make sense?

Title: My Healthy Lifestyle

I have a healthy lifestyle. I play sports at the  
~~\*\*sports club\*\*~~ to ~~\*\*keep fit\*\*~~. I drink a lot of  
~~\*\*water\*\*~~ every day to stay healthy. I eat  
~~\*\*healthy\*\*~~ food like fruits and vegetables. I try  
 not to eat too many ~~\*\*sweets\*\*~~ and ~~\*\*fats\*\*~~  
 because they are not good for my body. This  
 lifestyle helps me feel strong and happy.

Trace and copy

They enjoy cooking.

They enjoy cooking.



I like eating fruits.

I like eating fruits.



Sleep early every night.

Sleep early every night.



Trace and copy

He is going to do judo.

He is going to do judo.



She is going to cook.

She is going to cook.



Don't eat a lot of sweets.

Don't eat a lot of sweets.



# Celebrations and Religious Events

## Vocabulary



/ / 20



Choose the correct answer from a, b, c or d

- He is a good boy. He speaks ..... with his teacher.  
a. loudly      b. politely      c. usefully      d. next
- We must always ..... our parents and teachers.  
a. carry      b. respect      c. decorate      d. attend
- Hajj is the fifth ..... of Islam.  
a. concert      b. bead      c. pillar      d. block



Read and complete from the list

carry

thankful

patient

around

journey

beads

- She wears a necklace made of colourful beads .
- Hajj is a special Journey .
- Muslims walk the Kaaba around .
- This bag is heavy to Carry .
- Be Patient and wait for your turn .



Complete the dialogue using (going to)

**Ahmad:** What are you **going to** do, Salem?

**Salem:** I am going to go with my father.

**Ahmad:** When are you going to go?

**Salem:** We are going to go at eight o'clock.

**Ahmad:** Have fun!

**Salem:** Thank you, Ahmad!



Choose the correct answer from a, b or c

1. Tomorrow, we are ..... visit my grandmother.

a. going to

b. go to

c. went to

2. She is going to ..... new clothes, next Friday.

a. bought

b. buys

c. buy

3. I ..... going to play games with my cousins.

a. is

b. was

c. am



Fill in the graphic organiser, then use it to write a paragraph about 'Ramadan'. The following guide words may help you

Guide words

special - month - fast - teaches - patient - Eid Al-Fitr

1. What is Ramadan?

Ramadan is a **special** and holy **month** for Muslims.

2. What do Muslims do?

Muslims **fast** from sunrise to sunset.

3. What does Ramadan teach us?

Ramadan **teaches** us to be **patient** and kind.

4. What comes after Ramadan?

After Ramadan, we celebrate **Eid Al-Fitr**.



Writing checklist

- Capitals
- Punctuation
- Finger spaces
- Spelling
- Does it make sense?

Title: The Holy Month of Ramadan

Ramadan is a **special** holy **month** for Muslims around the world. During this month, Muslims **fast** from sunrise to sunset. Ramadan **teaches** us to be **patient**, thankful, and to help those in need. At the end of Ramadan, we celebrate **Eid Al-Fitr**, a joyful holiday where we pray, eat delicious food, and spend time with family and friends.

Read, classify then find the correct meaning

Read		Classify		Meaning
1	parade	noun	3	A National Song.
2	unity	noun	4	To plan something.
3	anthem	noun	1	A group of people walking or marching for celebration.
4	organise	Verb	5	Done in an old or usual way.
5	traditional	adjective	2	Being together as one.

Reorder letters to form words, then fill in the spaces

n y u t i

-----  
unity  
 -----

e a a d r p

-----  
Parade  
 -----

r p o t o f o

-----  
 -----

- We show unity when we help each other.
- We watched the parade on National Day.



Read and correct the verbs between brackets using 'Past Tense'



Last week, I visited (visit) my grandmother's house.  
 She decorated (decorate) her house. She cooked (cook)  
 delicious food. We ate (eat) a big dinner together.  
 My cousins came (come) to play with me.  
 We had (have) fun.



Choose the correct answer from a, b or c

1. Yesterday, Nasser ..... a movie.

a. watch

**b. watched**

c. watches

2. They ..... a music concert last Thursday.

**a. attended**

b. attend

c. are attending

3. What ..... you do four days ago?

a. are

b. does

**c. did**

Fill in the graphic organiser then use it to write a paragraph about “My Friend’s Party”. The following guide words may help you

Guide words

went – friend’s party – Saturday – house – ate – cake

1. What did you do last week?

I **went** to my **friend’s party**

2. When was the party?

The party was on **Saturday**.

3. Where was the party?

It was at his **house**

4. What did you do there?

We sang, played games, and **ate** delicious food.



Writing checklist

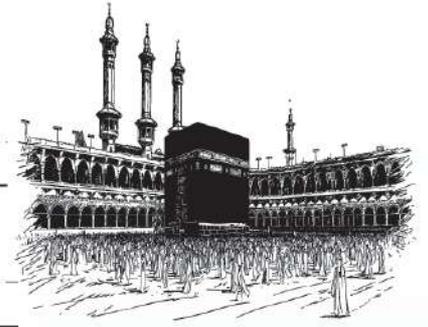
- Capitals
- Punctuation
- Finger spaces
- Spelling
- Does it make sense?

Title: My Friend's Party

Last week, I **went** to my **friend’s party**.  
 The party was on **Saturday** at his **house**. We sang songs and played fun games together. I **ate** a big piece of **chocolate cake** which was very tasty. I had a wonderful time with my friends.

Trace and copy

Hajj is the fifth pillar.



Hajj is the fifth pillar.

Muslims fast in Ramadan.



Muslims fast in Ramadan.

I watched a movie yesterday.



I watched a movie yesterday.

Trace and copy

I am going to ride a bike.

I am going to ride a bike.



He is going to buy a shirt.

He is going to buy a shirt.



She prepared a tasty meal.

She prepared a tasty meal.



3

# UNIT 3

## Discover the Animal World



# Discover the Animal World

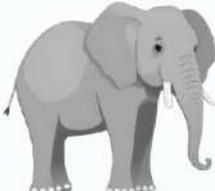
## Vocabulary



/ / 20



Match the animals with their description

No.	Animal	No.	Description
1		2	It has eight long arms and lives in the ocean.
2		1	It is big and grey, and has a long trunk.
3		4	It lives in the desert and can run fast.
4		3	It is smart and can jump high in the water.



Read the sentences and tick (✓) or (✗)

1. Flamingos live near the sea.



2. Dolphins can swim fast.



3. Lizards fly in the sky.

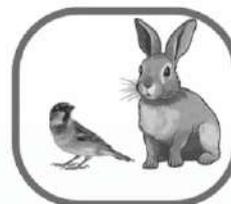


4. Octopuses can spray ink.



Read the sentences, choose and correct

1. The rabbit is (**big /small**) **bigger** than the bird.



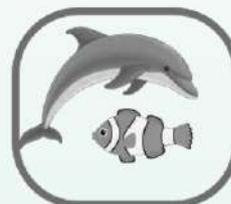
2. The lizard is (**long/short**) **Shorter** than the crocodile.



3. The train is (**fast/slow**) **faster** than the car.



4. The fish is (**big/small**) **smaller** than the dolphin.



Choose the correct answer from a, b or c:

1. My mother ..... coffee every day.

a. drinks

b. drank

c. drinking

2. The whale is ..... than the dolphin.

a. big

b. bigger

c. bigges

3. I ..... my homework now.

a. write

b. writing

c. am writing

4. Last week, we ..... our teacher in the classroom.

a. help

b. helped

c. are helping



Fill in the graphic organiser, then use it to write a paragraph about your favourite animal

**1. What is your favourite animal?**  
My favorite animal is dolphin

**2. Where does it live?**  
It lives in the oceans

**3. What does it eat?**  
Shrimp and small fish

**4. What does it look like?**  
It is tall and gray and have a tail

Writing checklist

- Capitals
- Punctuation
- Finger spaces
- Spelling
- Does it make sense?



Title: My favorite animal

Dolphins are amazing sea animals. They are very smart and friendly. Dolphins have smooth gray skin and a long nose. They live in oceans around the world. Dolphins love to eat fish and squid. They are known for jumping high and playing in the waves.

They swim in groups called pods. Dolphins use sounds to talk to each other. They are mammals, so they need to breathe air.



Choose the correct answer from a, b, c or d

1. My dad brought me ..... milk.
  - a. wild
  - b. warm**
  - c. shiny
  - d. smart
  
2. Yesterday, I saw a wild ..... in the desert.
  - a. octopus
  - b. dolphin
  - c. whale
  - d. fox**
  
3. I bought two ..... for the museum.
  - a. trainers
  - b. tickets**
  - c. tentacles
  - d. bones



Complete the sentences with words from the list

curved - tentacles - spray - heavy - hoop

1. The flamingo's neck is tall and curved.



2. The dolphin can jump through a hoop.



3. The whale is very heavy.



4. An octopus has eight Tentacles.



## Vocabulary



/ / 20



### Find the words

1. lizard
2. shiny
3. wild
4. shrimp
5. fox
6. warm

g	w	i	l	d	d	f
t	n	h	u	g	g	o
s	h	r	i	m	p	x
w	g	h	j	k	l	u
a	l	i	z	a	r	d
r	o	w	e	t	t	y
m	s	h	i	n	y	f

## Spelling



### Read, combine then complete

1. small + er = Smaller



2. heavy + est = heaviest



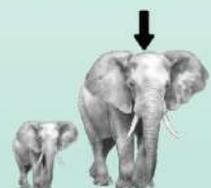
3. fast + er = Faster



4. short + est = Shortest



5. big + er = bigger



Fill in the graphic organiser, then use it to write a paragraph about 'A gazelle'. The following guide words may help you

Guide words

sand – wild – desert – grass – run – fast

1. What is this animal?

It is a **wild** animal called a gazelle.

2. Where does it live?

It lives in the **desert** and **sand**.

3. What does it eat?

It eats **grass**.

4. What does it do?

It can **run** very **fast**.



Writing checklist

- Capitals
- Punctuation
- Finger spaces
- Spelling
- Does it make sense?



Title: The Gazelle

A gazelle is a **wild** animal. It lives in the **desert** and on the **sand**. It eats **grass**. The gazelle can **run** very **fast** to stay safe from danger. It is a beautiful animal to see in nature

Trace and copy

Noura enjoys camping.



Noura enjoys camping.

-----  
\_\_\_\_\_

The gazelle runs very fast.



The gazelle runs very fast.

-----  
\_\_\_\_\_

The octopus has 8 tentacles.



The octopus has 8 tentacles.

-----  
\_\_\_\_\_

Trace and copy



The whale is heavy.

The whale is heavy.

-----  
\_\_\_\_\_



The dolphin splashed water.

The dolphin splashed water.

-----  
\_\_\_\_\_



The fox is a wild animal.

The fox is a wild animal.

-----  
\_\_\_\_\_



Read and choose the right word from a, b, c or d

- My brother is a poet, he likes to write ..... about flowers.  
a. poems      b. states      c. capitals      d. trips
- The old city ..... on the mountains.  
a. sprays      b. lies      c. rings      d. rides
- Kuwait's..... has many traditional songs and food.  
a. meaning      b. poem      c. culture      d. poet



Decode, then complete the sentences

a	b	c	d	e	f	g	h	i	j	k	l	m
										X		
n	o	p	q	r	s	t	u	v	w	x	y	z

\_\_\_\_\_ magazine \_\_\_\_\_

\_\_\_\_\_ Capital \_\_\_\_\_

- This \_\_\_\_\_ magazine \_\_\_\_\_ is full of pictures of old places in Kuwait.
- Tokyo is the \_\_\_\_\_ Capital \_\_\_\_\_ of Japan.

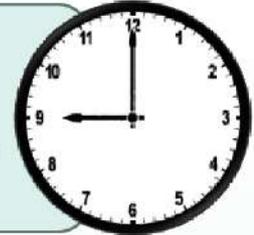


## Read and complete



At 9 o'clock on Sunday, December 1<sup>st</sup> 2010, the Kuwaiti Football Team won the Gulf Cup.

What were these people doing at 9 o'clock when the footballer scored the goal?



They were Singing  
when the footballer scored the goal.



Salem was riding his bike  
when the footballer scored the goal.



The children were eating their breakfast  
when the footballer scored the goal.



My sister was washing her hands  
when the footballer scored the goal.



**Rewrite using the proper punctuation marks**

last month, i went to dubai with my family the weather was very nice we went to dubai mall at the mall we watched a movie had lunch and bought new clothes it was a fantastic day.

Last month, I went to Dubai with my family.  
 The weather was very nice. We went to Dubai  
 Mall. At the mall, we watched a movie, had  
 lunch, and bought new clothes. It was a  
 fantastic day!



**Write an email about your beautiful country. The following guide words may help you**

**trip – visit – beautiful – places – enjoy – friendly**

Send

Save New

Discard

To: friend@email.com

Subject: Visit my beautiful country

Hello,.....

How are you? I want to invite you to visit my  
 beautiful country, Kuwait. There are many  
 amazing places to see and enjoy. You can visit  
 Kuwait Towers and the Grand Mosque. The  
 people here are very friendly. I am sure you will  
 enjoy your trip. Please come and visit me soon!

Yours,  
 Nasser

Yours,.....



Fill in the blanks with the suitable word from the list

chopsticks, island, actually

1. Actually , it was a good day to play in the park.
2. Let's go to Failka island by boat.



Find the words, then complete the sentences



P	K	Y	I	B	C
T	V	E	H	I	A
R	X	A	S	E	S
I	I	A	U	E	T
P	S	Y	S	Q	L
W	D	K	A	Q	E



1. My family went on a Trip to Qatar last year.
2. There is an old Island near my grandfather's house.
3. Suchi rolls is my sister's favourite food.

## Correct the verbs between brackets



The sheep Jumped (jump) over the fence yesterday.



This morning, the cat is sitting (is) (sit) on the tree.



Sara played (play) on the beach last Friday.



Last week, my brother ran (run) through the park.

## Choose the correct answer from a, b or c:

1. The boy was riding his bike when he ..... on the ground.

a. falling

b. falls

**c. fell**

2. The man ..... sick, he went to see the doctor.

a. is

b. be

**c. was**

3. Last Monday, we ..... a long movie on TV.

**a. watched**

b. watch

c. are watching

With reference to the fact file, choose a country and write a paragraph about it

Flag	Country Name	Capital	Currency	Famous Places
	Kuwait	Kuwait City	Kuwaiti Dinar	Kuwait Tower
	Saudi Arabia	Riyadh	Saudi Riyal	Makka
	Japan	Tokyo	Yen	Mount Fuji



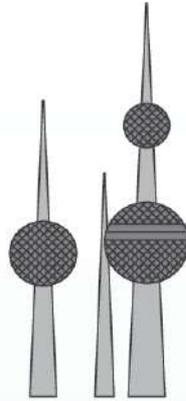
Writing checklist

- Capitals
- Punctuation
- Finger spaces
- Spelling
- Does it make sense?

Title: My Beautiful Country Kuwait

Kuwait is a beautiful country in the Middle East. Its capital is Kuwait City. The currency used here is the Kuwaiti Dinar. Kuwait has many famous places to visit. The most famous one is the Kuwait Towers. These towers are a symbol of our country. They have a restaurant and give a great view of the city. Kuwait is known for its friendly people and rich culture. I love my country very much

Trace and copy



Kuwait Towers are famous.

Kuwait Towers are famous.



The Avenues Mall is in Kuwait.

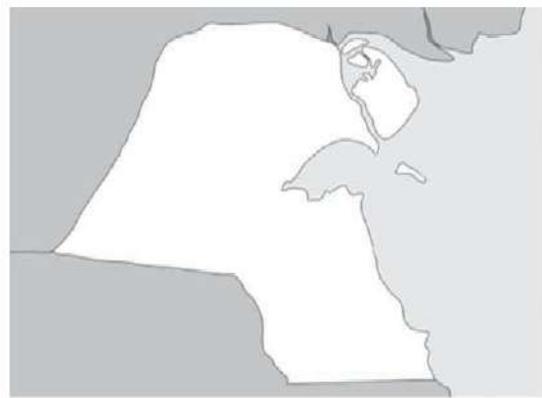
The Avenues Mall is in Kuwait.

Trace and copy



The Japanese currency is yen.

The Japanese currency is yen.



Kuwait is a country in Asia.

Kuwait is a country in Asia.

# Credits and Acknowledgments



## Images and Illustrations

Most images and illustrations were generated with the assistance of ChatGPT. Additional visuals were sourced from Canva.

## Design and Layout

The overall design and layout of this book were created using Canva.

## Fonts Used

This book uses the following fonts: Primary Sassoon and Century Gothic.

## Icons and Graphics

Icons and graphic elements were created using ChatGPT tools and illustrations.