



## Al-Balqa Applied English (99)



**Third Edition**  
LANGUAGE CENTER

**UNIT 4**

**Al-Balqa Applied University**

# ELEMENTARY

## Unit 4

## Daily Activities

## Student File

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### Balqa Applied English 99 Unit 4

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"Habits are safer than the rules: you don't have to watch them. And you don't have to keep them either. They keep you."

Frank Crane

### **Learning Objectives**

- 1. Identify the simple present tense verb form.**
- 2. Form positive sentences using the simple present tense.**
- 3. Form negative sentences using the simple present tense.**
- 4. Form yes/no questions using the simple present tense.**
- 5. Form WH- questions using the simple present tense.**
- 6. Identify adverbs of frequency.**
- 7. Use adverbs of frequency in sentences.**
- 8. Students are expected to study the /m/, /n/, /ŋ/, /w/, /y/, & /r/ consonant sounds.**
- 9. Form sentences using vocabulary from the word list.**
- 10. Write short paragraphs based on pictures.**

Vocabulary

Activity 1  
Forming Compound Nouns  
Match the Words

Match the words to form compound nouns. The words you form will be expressions you use in everyday life. Note: Some words may be used more than once.

hair- tooth- car- home- email- text- cell- night- alarm- life-work

1.....brush

2.....keys

3.....work

4.....messages

5.....phone

6.....time

7.....clock

8.....style

9.....hours

Activity 2  
Write It  
Guess the Word

Read the following clues and guess the correct word from the Word List. Write the word beside the clue.

1. to make problems or suffering less
2. to make a situation or activity continue in the same way
3. to make something less
4. to make someone enthusiastic about doing something
5. to remove something from something, or get rid of something

Reading

Activity 1  
Write It  
Body Parts

Write the name of the body part in the space provided beside the picture.

kidney    heart    mouth    skin  
muscles    feet    brain    eyes    face  
circulatory system

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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### Activity 2 Write It Anagrams

Read the definitions and rearrange the letters to form the matching words. Write the words in the column to the right.

caloric Unit	the movement of blood through your body	
kind Yes	one of the two organs in your body which remove waste from the blood	
a rice not	something that someone has made the	
dance sit	length of the space between two places or things	
comes sun	to use something, such as a product, energy, or fuel	
cost fun In	to have a particular purpose	
media test	to guess the cost, size, value, etc of something	
gave are	usual and like the most common type	

**Activity 3**  
**True or False?**  
**Stress and Daily Life**

After reading the text on below, answer the questions that follow.

The fast pace of today's life puts pressure on most people. This pressure, when reasonable, is a good thing. It motivates us to work and improves our performance.

But when this pressure becomes too much, we suffer stress. Stress affects our bodies on different levels. It affects us physically, emotionally, mentally, socially and spiritually. There are certain simple things we can do to reduce stress in our lives. For example, changing one's diet actually reduces stress, herbal teas and drinks such as chamomile and peppermint have a calming effect on our bodies. Developing and maintaining good sleeping habits is also very important in alleviating stress. In addition to food and sleep, exercises such as yoga and stretching play a very important role in alleviating stress. Most of all, it's important to think positively. Thinking about and organizing one's priorities, having someone to talk to, and taking time to relax are also important factors in reducing stress. If all these methods fail, and stress continues to mount, it is important to see a doctor, who will be able to provide stressed people with proper medication and guidance to reduce and, hopefully, eliminate stress.

1. Stress motivates us to work better.  
**True**  
**False**
2. Stress is not reduced if we change our diets.  
**True**  
**False**
3. Chamomile and Peppermint make us feel more relaxed and less tense.  
**True**  
**False**
4. According to the text, stress affects us only mentally and spiritually.  
**True**  
**False**
5. We should see a doctor if we are unsuccessful at alleviating stress using the approaches mentioned in the text.  
**True**  
**False**

Grammar

Grammar focus 1

Simple Present Tense

The simple present tense is one of the most commonly used tenses in English. In the following tables, you will see the different forms of the simple present tense.

Positive Sentences in the Simple Present Tense		
I you we they	drink	milk.
He She It	drinks	

Negative Sentences using the Simple Present Tense				
Subject	Short form	Long form	Main verb	
I you we they	don't	do not	drink	milk.
He She it	doesn't	does not	drink	milk.

Questions in the Simple Present Tense			
Do	I you we they	drink	milk?
Does	he she it	drink milk? drink milk? drink milk?	



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Short Answers in the Simple Present Tense	
Do <b>I</b> drink milk?	Yes, <b>I do</b> . No, <b>I do not</b> . No, <b>I don't</b> .
Do <b>they</b> drink milk?	Yes, <b>they do</b> . No, <b>they do not</b> . No, <b>they don't</b> . Yes, <b>we do</b> .
Do <b>we</b> drink milk?	No, <b>we do not</b> . No, <b>we don't</b> . Yes, <b>we do</b> .
Do <b>you</b> drink milk?	Yes, <b>I / we do</b> . No, <b>I / we do not</b> . No, <b>I / we don't</b> .
Does <b>he</b> drink milk?	Yes, <b>he does</b> . No, <b>he does not</b> . No, <b>he doesn't</b> .
Does <b>she</b> drink milk?	Yes, <b>she does</b> . No, <b>she does not</b> . No, <b>she doesn't</b> .
Does <b>it</b> drink milk?	Yes, <b>it does</b> . No, <b>it does not</b> . No, <b>it doesn't</b> .

Wh- Questions in the Simple Present Tense		
When Where Why	<b>do</b>	<b>they play</b> football? <b>we play</b> football? <b>you play</b> football? <b>I play</b> football?
When Where Why	<b>does</b>	<b>he play</b> football? <b>she play</b> football? <b>it play with</b> the ball?

In the third person singular, "*he, she, it*" we add -s or -es to the verb.

This is determined by the following rules:

verbs ending with -s, -sh, -ch, -x, -o, -z	we add <b>-es</b>	watches, mixes, washes, misses, goes
verbs ends with a <b>consonant + -y</b>	we drop the <b>-y</b> and add <b>-ies</b>	studies, tries
verb ending with a <b>vowel (a, e, i, o, u) + -y</b>	we only add <b>-s</b> to the end of the verb	plays, says
other verbs	we add <b>-s</b>	eats, wants, helps

### Uses of the Simple Present Tense

We use the simple present tense to describe:

- **Regular events** such as habits, daily activities and hobbies.
  - Sam **does** his homework every night.
  - I **wake** up at 6 every morning.
  - The plane **leaves** to London every Monday.
- **Facts**
  - Cows **produce** milk.
  - They **speak** Arabic in Egypt. Boys **like** cars.

- **Feelings and emotions with non-continuous verbs**  
He **loves** his wife. // Students **like** holidays

### Grammar focus 2

#### Adverbs of Frequency

We use adverbs of frequency to indicate the number of times things happen.

The adverbs of frequency are usually placed in one of the following positions in a sentence:

- before the main verb

Salma **rarely** goes to the cinema.

- between the auxiliary verb and the main verb  
Mat doesn't **always** do his homework.

- after the verb *to be*

She is **never** late for her lectures.

So what are the adverbs of frequency? Here is a table that shows the most common adverbs of frequency.

always	Mary is <b>always</b> late.
usually	Mary is <b>usually</b> late.
often	Mary is <b>often</b> late.
sometimes	Mary is <b>sometimes</b> late.
seldom/ rarely	Mary is <b>seldom</b> late.
never	Mary is <b>never</b> late.

**Activity 1**  
**Find the Missing Verb**  
**Fill in the Blank**

Each sentence is missing a verb. Fill in the blank with each verb to the space in which it belongs to complete the sentences.

**travels - eats - starts - chats – buy – closes – meet – ride**

1. The lecture ----- at nine o'clock.
2. She ----- a sandwich for lunch every day.
3. Mike ----- to London once a year.
4. Sarah----- with her friends every night.
5. We----- the bus to work.
6. Mike and Sarah----- their food from the same supermarket.
7. The bank----- at four o'clock.
8. They always----- at the Media Center to study.

**Activity 2**  
**Write It**  
**Is that a fact?**

Look at the sentences below and change the statements into yes/no questions.

*e.g. Water boils at a 100 degrees centigrade.*

*Does water boil at 100 degrees centigrade?*

1. Water freezes at 0 degrees.
2. Jordan is part of the Middle East.
3. Lions eat meat.
4. Innocent people die in war.
5. Spiders catch insects.
6. The Giant Pacific Octopus has nine brains, three hearts and blue blood.

Activity 3  
Forming Sentences  
Jumbled Word Game

Rearrange the words to form correct sentences.

1. dance/ well/ They/ don't/ very.
2. coffee/ morning/ you/ Do/in/ drink/the?
3. work/ not/ bank/ any/ does/ Adam/ the/in/ more.
4. Jack / every / bakes/ Saturday/ cake/ a.
5. find /the/ Students/ /internet/ use/ information/to.

Activity 4  
Write It  
Using Verbs

The following text is about John and Tim. Read the text and write the verbs into their correct place in the text.

**lives- do- think-is- are- does not- exercises-likes- consists-has- includes- watches- eats- is- eats- doesn't do- wish- are- sits**

John and Tim \_\_\_\_\_ twins, but they are very different. John only \_\_\_\_\_ healthy food and \_\_\_\_\_ all the time. He \_\_\_\_\_ fruits and vegetables and \_\_\_\_\_ eat any junk food. He always \_\_\_\_\_ breakfast at the same time every morning. His breakfast \_\_\_\_\_ of oatmeal, skimmed milk and orange juice. His exercise program \_\_\_\_\_ jogging in the morning, and playing soccer in the afternoon.

Tim on the other hand \_\_\_\_\_ very lazy. He \_\_\_\_\_ all kinds of junk food and \_\_\_\_\_ any kind of exercise. He usually \_\_\_\_\_ at home and \_\_\_\_\_ TV most of the time. His eating habits \_\_\_\_\_ very bad and unhealthy. Their parents \_\_\_\_\_ that John's life style \_\_\_\_\_ much better than Tim's and they \_\_\_\_\_ that Tim would exercise and eat healthier. Who \_\_\_\_\_ you think \_\_\_\_\_ a healthier life, Tim or John?

**Activity 5**  
**Write It**  
**What is it?**

Type the correct form of the verb in the sentences below. If you use all the verbs in the sentences correctly, you will be able to view the picture of the object that the sentences are about.

1. It -----a type of food. " to be"
2. You -----it for lunch or dinner. " to have"
3. You -----it cooked. " to eat"
4. Most people -----to have it warm. " to like"
5. It -----of many types of food. " to consist"
6. Sometimes it has vegetables and sometimes it-----, "to do, not"

**Activity 6**  
**Write It**  
**Adverbs A to Z!**

Rearrange these adverbs alphabetically.

*never - often - always - ever - sometimes - usually - generally - normally -  
constantly - rarely - regularly - frequently - repeatedly - routinely -  
occasionally - almost never - seldom*

**Activity 7**  
**Write It**  
**Jumbled Word Game**

Rearrange the words to make correct sentences.

1. have/ They/ sometimes/ dinner/ fish/ for.
2. submits / always/ assignments/ time/ Mark/ on/his.
3. Sami/ games/ computer/ plays/ often.
4. English/ Our/ is/ teacher/ late/ never.
5. never/ I /coffee/ drink.

**Activity 8**  
**Circle It**  
**Find the Error**

Each of the following sentences contains one mistake. Read the sentences, then circle the word you think is wrong.

1. When do she come back from work?
2. John drink soda all the time.
3. The meeting don't start at 2 0o'clock.
4. We can to meet tomorrow.
5. My brother like not his work.
6. They knows the answer to all the questions.

**Listening****Activity 1**  
**Multiple Choice**  
**Daily Commute**

Listen to Rasha as she talks about her daily commute to university. Rasha does not have a car, so she takes the bus to university. Read her story below and answer the questions that follow.

Going to university every day is such a problem. It just ruins my day. Not only do I have to wake up early, I also have to walk quite a bit to get to the bus stop. There, I have to wait until I can get on the right bus. This is sometimes very difficult -- especially if there are a lot of people waiting and if there is a long line ahead of me. The bus I use is also used by many other students who go to the university, and they all live closer to the bus stop than I. This is one of the main reasons why I schedule my lectures late in the day. I have no chance of getting an early ride to the university and I would not want to be late for my lectures. Imagine starting every day like this, wouldn't that stress you out? Worse still, the buses do not have a regular schedule and as such, we never know when a bus will arrive, so sometimes I wait for more than half an hour before a bus arrives. This really gets to me! Why don't they regulate the transportation system and make my life and that of other commuters easier? I can't wait to graduate and start working to save up and buy my own car. Oh, that would be wonderful!

1. Rasha enjoys her morning walk to the bus stop.  
True  
False
2. It is easy for Rasha to get on the bus.  
True  
False
3. Rasha schedules her lectures late because he loves to sleep in.  
True  
False
4. The transport system is regulated in Rasha's country.  
True  
False
5. Buses come and go without any schedule.  
True  
False

6. Rasha can't wait to get her own car.  
True  
False
7. Rasha's morning commute stresses her out and makes her feel uncomfortable.  
True  
False
8. Rasha does not mention the name of her university.  
True  
False

**Activity 2**  
**Multiple Choice**  
**Daily Life Stories**

Listen to Sarah as she tells her friend about what happened to her while she was at the bus stop. Then answer the questions that follow.

**Sarah:** You won't believe what happened to me today at the bus stop!

**Maya:** What happened? Come on, tell me!

**Sarah:** I was standing in line, minding my own business, and I had this long line of people waiting in front of me,...

**Maya:** Yes, so?

**Sarah:** This guy came and grabbed my bag and ran with it! Imagine my fear and surprise. I didn't know what to do, all I could think of was that my bag had all my papers, my ipod, my cell phone and I started screaming, thief thief!

**Maya:** Oh my god! Are you serious?

**Sarah:** Yes, I am! Do you think I joke about things like that?

**Maya:** No, of course not, I am sorry. So did any one catch him?

**Sarah:** Yes, thankfully! A couple of men were standing ahead of me in the line and ran after him and caught him. They gave me my bag back and they called the police.

**Maya:** What did the police do?

**Sarah:** They came and took the thief and took my phone number and asked me to go and press charges.

**Maya:** Will you?

**Sarah:** Yes, I will. He should be punished. Don't you think?

**Maya:** Yes, of course, the important thing is that you are ok and safe.

**Sarah:** Yes, thank god! Anyway, let's go before our instructor gets into class, or we will be in a different kind of trouble!



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1. Sarah is :
  - a. a student.
  - b. an instructor.
  - c. an officer.
  
2. Sarah was waiting in the \_\_\_\_\_ when she got robbed.
  - a. supermarket
  - b. bus stop
  - c. university cafeteria
  
3. What did Sarah do when she was robbed?
  - a. She got on the bus.
  - b. She called for help.
  - c. She didn't do anything.
  
4. Sarah did not mention one of these items as being in her bag:
  - a. papers.
  - b. car keys
  - c. cell phone
  
5. \_\_\_\_\_ caught the thief.
  - a. Two men
  - b. One man
  - c. A police officer
  
6. Who called the police?
  - a. Sarah
  - b. the two men
  - c. the bus driver
  
7. Sarah wants to finish talking with her friend because:
  - a. she hates talking about what happened.
  - b. she doesn't want to be late for class.
  - c. she wants to drink her coffee.

Pronunciation

Students are going to study the /m/, /n/, /ŋ/, /w/, /j/, & /r/ consonant sounds.

Activity 1  
Write It

Write down the suitable word that includes the following sounds:

nap, yield, was, milk, river, king

1. /m/ \_\_\_\_\_
2. /n/ \_\_\_\_\_
3. /ŋ/ \_\_\_\_\_
4. /w/ \_\_\_\_\_
5. /j/ \_\_\_\_\_
6. /r/ \_\_\_\_\_

Activity 2  
Match the Words with the Symbols

Match the following sounds to their corresponding words:

- |        |          |
|--------|----------|
| 1. /r/ | a. team  |
| 2. /j/ | b. thing |
| 3. /w/ | c. fan   |
| 4. /ŋ/ | d. yahoo |
| 5. /n/ | e. away  |
| 6. /m/ | f. bear  |

**Speaking**

**Ice Breaker  
Offline Activity  
Activity 1  
Hobbies !**

Your instructor will ask you questions about your hobby. Here are some questions you can use to help you understand and participate in the class conversation.

1. What is a hobby?
2. Do you have a hobby of your own?
3. Does your hobby require special equipment?
4. Is your hobby important in your life?
5. Do you share this hobby with any of your friends?
6. Would you like to try a new hobby?

**Activity2  
Offline Activity  
Guess the Hobby**

Your job is to guess the hobby your classmates are thinking of. In teams of three, prepare questions to ask your classmates about their hobby. Choose one opposing team and ask them. If you guess their hobby, you score a point. Once you do that, it is the other team's job to try and guess yours.

Writing

Activity 1  
Offline Activity  
Use Your Imagination

Select an image of a person and write a short paragraph about the person in that picture. Give him/ her a name, a job and describe his/ her daily activities. Remember to use the **simple present tense**. Your instructor will provide you with instructions about how to submit the assignment.



Activity 2  
Offline Activity  
Your Daily Schedule

It is your turn to write about your daily schedule. Write a paragraph describing a typical day in your life. Once you have finished, hand it to the student next to you and ask him or her to read and correct it. Your instructor will provide you with instructions about how to submit the assignment.

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### Word List

<b>alleviate:</b>	to make problems or suffering less	<b>transactions</b>
<b>average:</b>	usual and like the most common type	<b>client</b>
<b>blood circulation:</b>	the movement of blood around your body	<b>muscles</b>
<b>consumes:</b>	to use something such as a product, energy, or fuel	<b>district</b>
<b>creation:</b>	something that someone has made	<b>appointments</b>
<b>distance:</b>	the length of the space between two places or things	<b>stressful</b>
<b>eliminate:</b>	to remove something from something, or get rid of something	<b>demanding</b>
<b>emotional:</b>	related to feelings and emotions	<b>sound</b>
<b>estimated:</b>	to guess the cost, size, value, etc of something	<b>recommendation</b>
<b>function:</b>	to have a particular purpose	<b>venture</b>
<b>herbal:</b>	a type of plant whose leaves are used in cooking to give flavor	<b>treadmill</b>
<b>kidneys:</b>	two organs in your body which remove waste from the blood	<b>profitable</b>
<b>maintain:</b>	to make a situation or activity continue in the same way	<b>occupations</b>
<b>motivate:</b>	to make someone enthusiastic about doing something	
<b>mount:</b>	to increase in amount or level	
<b>perform:</b>	to do an action or piece of work.	
<b>priority</b>	something that is very important and that must be dealt with before other things	
<b>reduce:</b>	to make something less	
<b>spiritual:</b>	relating to deep feelings and beliefs, especially religious beliefs	
<b>staff:</b>	the people who work for an organization	