

## **An accident**

*Last week, I was in the cafe. I saw a truck coming. The truck driver was looking at the street numbers. I guess he was in a hurry to deliver something in his truck. The light was red, but the truck driver didn't stop. The truck hit the back of the school bus. I was worried because of those kids. But no one was hurt. The kids in the bus were upset about the accident. They wanted to go home for lunch, but everyone needed to wait for a police officer. So the truck driver took them all into the cafe and paid for their lunch. It had a happy ending.*

## **An accident**

*The light was green for the truck. I was at the corner crossing the street. The bus driver just stopped right in the middle of the street. The truck driver didn't know that the bus was going to stop so suddenly. So he hit the back of the bus. Those bus drivers are crazy. I'm surprised no one was hurt. I was so scared.*

## **The most common causes of car accidents**

*Millions of people die each year on the world's roads. Many accidents occur when drivers don't pay attention and take their eyes off the road. Many occur when drivers are talking on their cell phones, adjusting the radio or CD player, or reading maps or even newspapers or other documents. Drowsy and tired drivers are a danger. They may misjudge traffic situations, fall asleep at the wheel, or go off the road. The most common time to encounter tired drivers is between 11 p.m. and 8 a.m. . .Speeding increases the risk of crashing, reduces the amount of time necessary to avoid a crash, and makes the crash more severe if it occurs. Aggressive drivers ignore the safety of others and take risks, such as by tailgating, using rude gestures or verbal abuse, and not obeying traffic signs. Heavy rain, snowstorms, sandstorms, high winds, and fog make driving more difficult. Drivers may have trouble seeing the road clearly. Drivers should slow down, and if necessary, pull off the road until the conditions improve.*

***Mr. Mohamed Ali***

## **Getting healthy**

*To live longer, you must keep your body healthy. First you should eat healthy foods. You should not eat food that contains fats. You should eat more salads, fruits, and vegetables. You shouldn't eat fast food. You ought to take up a sport or do some other physical activity. You should exercise every day. You might jog or lift weights to keep your body healthy and active. You should not smoke.*

## **Breaking the habit – Getting healthy**

*Good eating habits contribute to health and fitness and make you feel strong. You shouldn't think 'junk food' the minute you start feeling hungry. It is a definite sign of a habit that is on the way to becoming an addiction. Comfort eating is usually associated with junk food. If you run to the nearest fast food chain every time you feel down, you know it is out of control. A healthy, nutritious meal does not have to be bland and boring. There are 'healthier' choices you can make even at a fast food restaurant. You might, for example, order salad as a side dish instead of a second helping of fries. But breaking a habit can leave you feeling down. Don't worry, this is quite common; and it shouldn't last very long if you stick to your decision to give up junk food. You ought to decide on your own if it's best to cut down on the amount of junk food you eat, gradually over a period of time. You should allow yourself some time to do it successfully.*

## **Write an email**

*Dear Ali,*

*How are you? I hope you are well. I hope you have a good time. I miss you and all my friends. I am writing to tell you that I am going to have an English test tomorrow. I am studying hard to get good better. Our exam will be about unit three. If you have any advice, please write and tell me what to do.*

*Hope to see you soon,*

*Your best friend,*

*Abdulaziz*

***Mr. Mohamed Ali***

## *A Visit to a friend “ a letter ”*

Hi \_\_\_\_\_,

How do you like spending the summer in Hasa? Are you used to the hot weather now?

*Hope you're getting used to your new way of life and taking advantage of living in such a wonderful city. Guess what? I'm coming to Saudi Arabia on vacation at the end of the month, and I'll be staying in Hasa for a few days. I was wondering if you could put me up. I'm used to sleeping anywhere. Let me know if it's all right if I stay with you.*

I'm looking forward to seeing you soon.

Your best friend,

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## *Staying Safe on the Road*

You should always wear your seat belt, even for short distances. You ought to observe speed limits, especially when you drive through towns. You should try to slow down at intersections. You might check the route before you start, especially if you are going to a new place.

## *Money*

*Money helps us to get all our needs. Without money we can't lead a happy life. It helps us satisfy our daily needs. Money should be spent on useful ways, like building hospitals, schools and factories. On the other hand, some people believe that money is the root of all evil. It is sometimes spent on bad things like smoking.*

## *Yourself*

*My name is ..... I'm ..... years old. I'm from Saudi Arabia. I have two brothers and two sisters. My father is a doctor. My mother is a housewife. I'm in high school. I'm interested in reading, writing and listening to music. My favourite hobby is swimming. I go swimming every week. I study hard. I want to be an engineer.*

*Mr. Mohamed Ali*