

ديليا للتعريب

# القراءة التأسيسية



## فكرة هذا الكتيب..

القراءة التأسيسية هي المرحلة الأولى في رحلة استعدادك للاختبار الستييب.. لانها راح تقوي عندك مهارتين يحتاجهم الاختبار وهما السرعة والاستيعاب يعني تحتاج تكون قادر تفهم الجمل الكاملة بدون ما تحتاج تترجم كل كلمة

وعشان كذا سويت دا الكتيب وجمعت فيه قطع بسيطة تقدر تبدأ تقرأها وتحاول تفهم المعنى من السياق، وكمان حتلاقي ترجمة لاهم الكلمات الصعبة في القطعة عشان تساعدك تستوعب اكثر

**وعشان تستفيد من دا الكتيب 100 عليك تلتزم بهذي الشروط:**

✓ لا تحرك لسانك وانت بتقرأ.

✓ ركز على السرعة والاستيعاب.

✓ ترجم فقط الكلمات اللي ما تقدر تخمنها.



عبد الرحمن عجازير



# Ancient Birds



Long ago, there were big birds **طيور كبيرة** as tall as trees. The elephant bird **طائر الفيل** from Madagascar was super big, like an elephant! Another bird, the mihirung or "thunder bird" **طائر الرعد**, was almost as big. But these giant birds **طيور عملاقة** aren't around anymore.

Scientists digging in a cave found a really big bone **عظمة كبيرة**. They were surprised because it meant giant birds once lived in Europe too! The bone was like the leg bone of the elephant bird but longer and thinner.

This big bird, called Pachystruthio **باتشيستروثيو**, was very heavy and could run fast. It lived with big scary animals like giant cats. It was around when early humans **بشر مبكرون** were there too.

This is a new idea for scientists, and they're excited to learn more about these huge birds and why they disappeared.



# Petroleum



People use big pipes , الأنابيب boats , القوارب big trucks , شاحنات and trains قطارات to move oil النفط from one place to another. Oil is used for many things, like making cars go and keeping houses warm.

Sometimes, the oil spills انسكاب out. This can happen in the ocean المحيط or on land. When oil spills, it can make animals الحيوانات and plants النباتات sick. It's not good for the water or the land.

People try to be careful, but accidents حوادث happen. Sometimes things break, or there's a big storm, or someone makes a mistake. When oil spills in the ocean, it's really hard to clean and can hurt the fish and birds.

Moving oil is important, but we have to be careful.

We need to protect our earth الأرض and all the living things on it.

It's important to find safe ways to move and use oil



# Vitamins and minerals



Our bodies **الأجسام** need special things called vitamins **فيتامينات** and minerals **المعادن** to stay strong and healthy. You can find them in yummy foods like vegetables **الخضروات**, fruits **الفواكه**, meat **اللحوم** and fish **السّمك**.

Vitamins do special jobs. Like Vitamin K **فيتامين ك**, it helps make owies better by stopping bleeding. It's like a superhero for cuts and scrapes. But, just like too many cookies can make your tummy hurt, too much of a vitamin or mineral isn't good.

For example, eating too much salt **الملح**, which is a mineral, can make your body not work right. It's important to eat just the right amount, not too little and not too much. Eating

different kinds of food helps you get all the vitamins and minerals you need. This keeps your body happy and healthy!



# Personal Finance



Personal finance is about how we use money and decide how to spend, save or keep it for later.

When we buy things like toys or food, that's called spending. We can use cash or a card.

Sometimes, people buy lots of things because it makes them happy, even if they don't really need them.

It's important not to spend all our money. We should save some, like putting coins in your piggy bank for a special toy later. Some people use a plan: half for important things like home and food, some for fun like toys and treats, and some for saving for later or for emergencies.

Some grown-ups have trouble saving money. They use cards to buy things when they don't have enough cash.

It's like borrowing money, and they have to give it back later.



# Fossil Fuels



Fossil fuels **الوقود الأحفوري** are things like coal, **الفحم**, oil, **الزيت**, and gas **الغاز** that we use for energy. **الطاقة**. They come from deep in the ground and take a very, very long time to make, like millions of years!

We use these fuels for lots of things like driving cars, making electricity, and warming houses. But there's a problem: these fuels can run out because we use them faster than they can be made again. Scientists **العلماء** think we might run out of oil by 2052, gas by 2060, and coal by 2090.

Using fossil fuels can also make the air dirty **تلوث الهواء**. They let out bad gas called sulfur dioxide **ثاني أكسيد الكبريت**, which can make it hard to breathe and is not good for our health **الصحة**.

That's why it's important to find new, clean ways to get energy, like from the sun **الشمس** or the wind **الرياح**. These are called renewable **المتجددة** because they don't run out and are much better for our planet **كوكبنا**.



# The Motor Car



A long time ago, people wanted to make cars. **سيارات.**

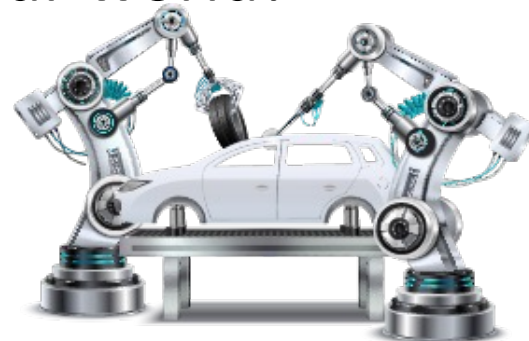
A clever man named Nikolaus Otto **نيكولاس أوتو** tried to build a special engine **محرك** for cars. At first, his engine broke into pieces! But he didn't stop; he kept working hard.

In 1887, **عام ١٨٨٧**, a big thing happened. The first "motor wagons" **عربات متحركة** were made for people to buy. This was amazing because it meant anyone could think about having a car!

Making cars was tough. Sometimes things went wrong, but people like Otto didn't give up. They made cars better and better. Now, cars are everywhere, and they help us go to different places.

Thanks to people who worked like Otto, cars changed from being just a dream to something we all can have.

Cars are really important in our lives. They take us to many places and make traveling easier. Because of many smart and hardworking people, cars are now a big part of our world!



# Importance of Architecture



Green buildings **المباني الخضراء** are special houses and offices that help the Earth **الأرض**. They are like superheroes for our planet! They use less water **الماء** and energy **الطاقة**, which is good for nature **الطبيعة**.

These buildings can even make their own clean energy, like getting power from the sun **الشمس** or the wind **الرياح**. They help keep the air and earth healthy by not using too many things from nature.

Green buildings are not just good for the Earth; they are good for people too! People who live or work in these buildings feel happier and healthier. They breathe better air and even sleep better at night. These buildings help stop the Earth from getting too hot. This is really important for keeping our planet safe and happy.

Green buildings are great because they help the environment, make people feel good, and even save money **المال**. It's like they do magic for the Earth and us!"



# Money and Tough Tasks



Compensating differential **التعويض التفاضلي** is like extra pocket money **مال جيب** you get for doing a harder job. Some jobs are tough **صعبة** or risky **محفوفة بالمخاطر**, so people need more money to say 'yes' to them.

For example, workers **العمال** on oil rigs **منصات النفط** get a lot of money because their job is hard and sometimes dangerous. They work far away in the sea and fix big machines. It's a tough job, but they get extra money for it.

In sports **الرياضة**, like basketball **كرة السلة**, players get a lot of money too. The better they play, the more they earn. Special players are rare, so they are paid a lot.

Where you work can change how much you get paid too. Some places, like California **كاليفورنيا**, pay more because lots of people want to work there. It's nice there, with clean air **هواء نظيف**. But in other places,

people might get less money. So, the harder or rarer the job, or the nicer the place, the more money people might get for doing it.



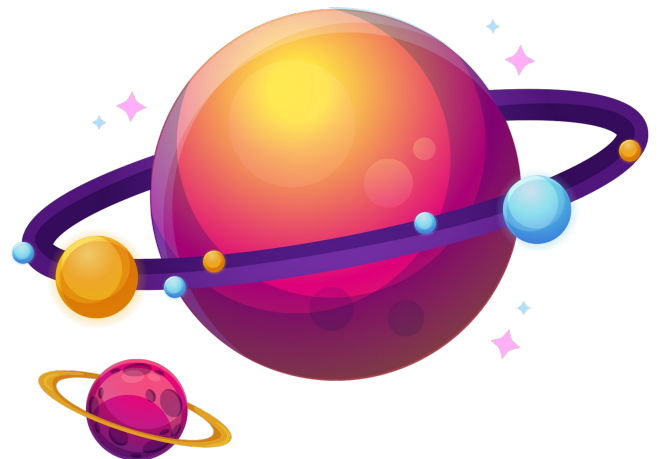
# Early Astronomy



A long time ago, people started to learn about the stars **النجوم** and space **الفضاء**. This is called astronomy **علم الفلك**. The Egyptians **المصريون** and Babylonians **البابليون** were smart people who watched the sky. They used a special tool called a merkheth **مرخيث** to look at stars and the moon **القمر**. It helped them know what time it was and when special days were coming.

In China **الصين** and Babylon, people thought the Earth **الأرض** and the moon were the most important in space. They believed everything moved around the Earth. A Chinese man named Gan De **جان دي** was very good at watching the sky. He saw all the big planets **الكواكب** like Mercury **عطارد**, Venus **الزهرة**, Mars **المريخ**, Jupiter **المشتري** and Saturn **زحل** and some of Jupiter's moons too!

People have always been curious about space. Long ago, they started figuring out its secrets, and they're still learning more every day!



# Skyscrapers



Skyscrapers **ناطحات السحاب** are really, really tall buildings **المباني** that touch the sky. A long time ago, people started building them.

The first skyscraper was built in a city called Chicago **شيكاغو** in America **أمريكا**. It was very special because it was so tall. People used strong metal called steel **الصلب** to make it stand up high. Before this, buildings weren't that tall.

America became very good at making these giant buildings. They built more and more, and soon there were skyscrapers everywhere! In the old days, they used iron **الحديد** for skyscrapers because it's very strong. It helped the buildings stay up and not fall down. Building skyscrapers is like making giant towers with blocks, but much harder. It shows how smart and creative **مبدع** people can be. Now, we have so

many tall skyscrapers in cities all over the world. They're like giant fingers pointing up to the sky **السماء!**





# The Universe



The Universe **الكون** is a super big place with lots of stars and planets. It's so big, we can't even imagine how big it is! In this huge Universe, there are many groups of stars and planets called galaxies **مجرات**. The closest one to our Sun **شمس** is really far away, like 75,000 light-years **سنوات ضوئية**! That means it's super far.

One special galaxy is called Andromeda **أندروميديا**. It's the closest big galaxy to us and is 2.537 million light-years away! It's beautiful with spinning stars and looks amazing.

There's also a huge group of galaxies called the Virgo Supercluster **عنقود العذراء العظيم**. It's really, really big and has lots of galaxies in it.

All these galaxies are like a big family. They move around and pull on each other with gravity **جاذبية**. The Virgo Supercluster shows us how everything in space is connected and always changing. The Universe is full of wonderful things that make us think and dream!

# Brand

BRAND



In the world where grown-ups work, there's something called a brand **علامة تجارية**. A brand is like a special name or picture that helps us know what a company or thing is like. It's important because it tells us if something is good and if it does what it says. A brand is really good when people like it a lot and keep choosing it again and again.

This is called brand loyalty **الولاء للعلامة التجارية**. When people love a brand, they pick it over others, and that makes the brand really popular. For a brand to be super special, it should make people feel something nice, not just be good at what it does. How people feel about a brand can change because of many things, like ads they see or what friends say.

It's important for people who make brands to understand how people feel about them. They need to make sure the brand looks good and makes people happy whenever they see it or use it. That way, people will like the brand a lot and keep choosing it.



# Plants



Plants **نباتات** are super important for everything. They grow everywhere on Earth and help us in many ways. Let's learn about them!

Plants are very strong. They can live in different places, like wet rainforests or dry deserts. They can change to be happy in all kinds of weather and places. This makes them really important for nature.

Plants give us lots of things. They give us food to eat, medicine to make us feel better, and wood to build houses. They also make air for us to breathe and take away bad air. They help lots of animals and bugs live too.

Some plants, like the lotus **زهرة اللوتس**, are special because they grow in water. They have pretty flowers and big leaves and make ponds look beautiful.

Plants are really important for us and the Earth. They grow in many places, give us what we need, and make the world a better place. We should take care of them because they take care of us!



# Niagara Falls



Niagara Falls شلالات نياجرا is a very big and beautiful waterfall.

It's so big that it's one of the most amazing things in nature.

People come from all over to see it.

There are three parts to Niagara Falls: Horseshoe Falls

الشلالات الأمريكية, American Falls شلالات الحدوة,

They are on a river that goes

between two big lakes and are between two countries, Canada and the United States.

The waterfalls are very high. Horseshoe Falls is the biggest and is as tall as a 19-story building! American Falls and Bridal Veil Falls are smaller but still very high.

A long time ago, some brave people tried to go down the waterfalls in barrels to become famous. It was very dangerous.

Now, you can see the waterfalls in safe ways, like on a boat tour or from a special place to watch. At night, they light up the waterfalls with colorful lights, and it looks magical.

Niagara Falls is a special place because it's so big and pretty. It shows how amazing nature is. It's a fun place to visit and see the waterfalls and do other fun things too.



# The Food Waste Problem



Food waste **هدر الطعام** is a big problem. Restaurants **مطاعم** sometimes throw away a lot of food because they always want to give fresh and yummy meals to people.

When food in restaurants gets old, they can't give it to customers. So, they have to throw it away, which means a lot of good food goes to waste. This is not good for our planet **كوكبنا**.

But, there's a better way! Restaurants can give their extra food to places that help hungry people **الأشخاص الجوعى**. This is sharing food with people who really need it.

If restaurants stop throwing away food and start giving it away, they can help a lot. They can make sure less food is wasted, and more people get to eat. This is good for everyone and our Earth **أرضنا**.

By sharing food, restaurants can be helpers. They make sure everyone gets to have tasty meals, even if they don't have much money. This is a kind way to help others and take care of our world.



# Depression



Depression **الاكتئاب** is when people feel very sad for a long time. It makes them not want to do things they used to like and can make everyday things hard to do. It's a big problem for many people.

Sometimes, people with depression feel so sad that they need special medicine **دواء** to help them feel better. Not everyone with depression needs medicine, but it helps some people a lot.

Depression is about feeling really, really sad, more than just having a bad day. It can make people not like things they used to and feel tired all the time. A very serious thing about depression is that it can make people think about not wanting to live **أفكار انتحارية**. This shows how hard depression can be.

But the good news is, people with depression can get help. They can take medicine, talk to doctors **أطباء**, and make changes in their life to feel better. It's important for people who feel this sad to get help so they can start to feel happy again.



# Singapore



Singapore جزيرة صغيرة is a small island سنغافورة in Southeast Asia. It's a very successful country because it's great at trade and tourism تجارة. This has helped Singapore grow a lot. سياحة.

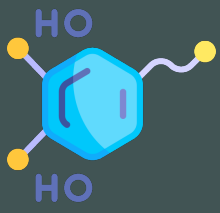
Singapore is a special place for trade. It's in a perfect spot for big ships to come and go. It has one of the busiest ports موانئ in the world, where ships bring things to sell. Lots of businesses like to come here because it's so easy to trade.

Tourism is also important in Singapore. There are beautiful nature places like Bukit Timah Nature Reserve and fun things like shopping and tasty food. Many people visit every year.

Singapore also makes lots of things, especially electronics إلكترونيات. The government الحكومة built good schools and roads to help.

Singapore cares about the Earth. It tries to save energy and encourages people to use buses and trains.

Even though Singapore is small, it's very smart and successful. It's good at trade, tourism, making things, and keeping the Earth clean. That's why it's a special and successful place!



# Dopamine



Dopamine **الدوبامين** is a special helper in our brain called a neurotransmitter **ناقل عصبي**. It's like a tiny messenger that helps brain cells talk to each other. Dopamine is important for being happy, moving, and feeling good.

When we move, dopamine helps us. If someone doesn't have enough dopamine, like in Parkinson's disease **مرض باركنسون**, they might shake or find it hard to move.

Dopamine makes us feel happy when we do fun things, like eating yummy food or getting hugs. It's a happy messenger in our brain.

But, too much or too little dopamine can make people feel sad or worried, like in depression **الاكتئاب**. We can help our brain make more dopamine by playing, exercising, eating healthy foods, and doing things that make us happy, like listening to music or being with family.

Dopamine is very important for our brains. It helps us move, feel happy, and enjoy life. Knowing about dopamine can help us stay healthy and happy!



# Octopus



The octopus الأخطبوط is a really interesting animal that lives in the ocean المحيط. Some octopuses can be really big, weighing as much as 32 kilograms! They are super smart ذكي جداً and can do things like use tools and solve problems.

Octopuses live in different places in the ocean, like near pretty coral reefs الشعاب المرجانية or very deep in the water. They are great at hiding because they can change their skin color لون الجلد and texture to look just like the things around them.

These animals like to eat different things found in the ocean, like crabs سرطان البحر, shrimp جمبري, and fish سمك. They really like abalone أذن البحر, a special sea creature that many people think is yummy.

Octopuses are amazing because they are big, smart, and good at catching food. They are important in the ocean and help keep it healthy. People love to learn about them because they are so special and interesting!



# Working remotely



Working from home **العمل من المنزل** is becoming really popular. A study found that many people work from home at least one day a week. Some big companies **شركات** have everyone working from home, all over the world.

New technology **تكنولوجيا جديدة** makes this possible. It's good, but there can be hard parts too. Companies need to help people feel happy and not too tired. Working from home can make people feel lonely or worried. In the UK, companies lose money because of work stress **التوتر** and worry. When people are always reachable by phones or computers, it's hard to stop thinking about work.

A report said more people who work from home feel stressed than those in offices. People might feel alone or find it hard to stop working. They might worry if they're doing well because they don't talk much to their bosses. It's important for them to take breaks and talk to friends or family.



# Fish



Fish **سمك** are animals that live in water **الماء**. They have special parts called gills **خياشيم** that let them breathe underwater. Fish come in many colors **ألوان** and shapes **أشكال**. Some are small, and some are big. They can be black or very colorful.

There are three main kinds of fish: bony fish **أسماك عظمية**, jawless fish **أسماك بلا فك**, and cartilaginous fish **أسماك غضروفية**. There are more than 33,000 different types of fish!

But not all animals that look like fish are actually fish. Whales **الدلافين**, dolphins **الحياتان**, and porpoises **المرساة** live in water, but they are mammals **ثدييات** not fish.

All fish get oxygen from the water with their gills. There are scientists **علماء** called ichthyologists **علماء الأسماك** who study fish.

They have found many strange kinds of fish and think they will find even more new types in the future. Fish are really interesting and important animals in the water!



# Palm trees



The date tree **نخلة التمر** is a big palm tree **شجرة نخيل** that grows near the Euphrates river. People have grown this tree for a very long time because it has yummy fruit called dates **تمر**. This tree is special in desert places and gives people energy.

Farmers **مزارعون** grow date palm trees not just for the dates but also for their leaves **أوراق** and because they look pretty. People use the dates to cook different foods, and they weave **سلال** the leaves into baskets **نسيج**.

They even use parts of the tree to make medicine **دواء** for when people feel sick. The oil **زيت** from the dates is used in things to make us look nice, like in the cosmetics **مستحضرات التجميل** industry.

The date palm tree is very useful **مفيدة**. It gives us fruit, things to make baskets and huts **أكواخ** from, and even stuff to make mats **حصير** and fans **مراوح**. People also use it to make things like walking sticks **عصي المشي** and ropes **حبال**. It's a tree that helps us in so many ways!



# The weather



Today is Thursday ,الخميس and it's very windy عاصف and cold بارد. It might rain ,تمطر so don't forget your umbrella ,مظلة especially if you go out between 8-9 pm because it might rain a lot! It's about 10°C.

In the east ,الشرق it's rainy ممطر all day and there might be thunder رعد in the afternoon. It's a little warmer there, about 13°C.

In the west الغرب and middle of the country, it's cloudy غائم but no rain. It's windy and just 10°C. The south الجنوب has the best weather today. It's mostly cloudy but sunny مشمس this afternoon and about 15°C.

Tomorrow غداً will be sunny and warm دافئ. Enjoy the sunshine! The temperature درجة الحرارة will go up to 22°C on Tuesday الثلاثاء then get colder again. So, it's a week with lots of different weather!



# Livestock farming



The farm animals **الحيوانات المزرعة** part of farming is growing fast. People all over the world want more meat like beef, pork, chicken **دجاج** and lamb. Because there are more people, they eat more meat, but this can make our planet warmer. **الاحتباس الحراري** Making lots of meat and changing the weather are connected.

When we make meat, it can make the Earth warmer. Eating lots of meat, especially red meat **لحم أحمر** with lots of fat and sugar, isn't always good for us. Eating red meat a lot might make people not live as long. It can make you sick with heart problems **مشاكل القلب** or diabetes **السكري**.

Growing food for farm animals uses a lot of land **أرض**. If we eat more meat, we might have to cut down trees **قطع الأشجار**, which is bad for animals **الحيوانات** and our air. Making meat uses a lot of water **ماء** too. With more people and warmer weather, water might become scarce **ندرة المياه**.



# Agenda setting



Long ago, two smart people, Dr. McCombs and Dr. Shaw, came up with a big idea about news. أخبار. They thought that the stories we hear and see on TV or in newspapers can make us think certain things are really, really important. This big idea is called the Agenda Setting Theory. نظرية تحديد الأجندة.

Sometimes, the people who make the news choose what stories to tell us. They might think one story is more important مهم than another. When they show these stories a lot, we start to think they are very important too.

This way of choosing stories can change how we think. If the news says something is important, we might start to believe it is. This shows how powerful قوي the news can be in shaping what we think is important.

# Leadership



Leaders **القادة** are very important for groups and companies. They help everyone do their best. There are two main kinds of leaders. One kind is like a superhero

**بطل خارق**, making big changes and sharing exciting ideas. They make people happy and want to do a good job.

The other kind of leader is like a teacher. They say 'good job' when you do things right, but might say 'try again' if you don't. These leaders use rewards **مكافآت** and sometimes, timeouts, to help everyone do their best.

Studies **دراسات** show superhero leaders make people happier at work than teacher-type leaders. Talking **التحدث** with everyone is really important too. When leaders and their teams talk back and forth, everyone feels happier and does better work.

Decisions **القرارات** are choices leaders make. Good leaders think about everyone's ideas. This helps them make the best choices for their group."



# Greenhouse effect



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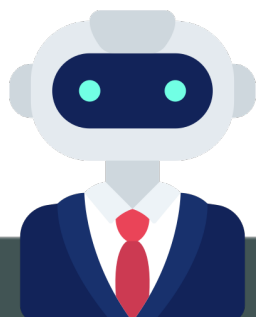
# Automation



Automation الأتمتة is like using robots روبوتات and smart machines to do jobs. These robots can do many things, even think a little like us, which is very clever! They help in doing jobs that are easy to guess, like building things or counting. Not all jobs can be done by robots, but many can have a bit of robot help. Robots are good at doing things that are the same every time and at working with numbers أرقام.

Research البحث by smart people is looking at how these robots will change jobs. Some jobs, like making cars, might use more robots. But people will still work with these robots too.

It will take a long time for robots to help with many jobs. In different places أماكن and in different kinds of work, robots will be used in different ways. We need to think about how to use robots best so everyone can be happy and have jobs.





# Stress and Obesity



Stress **التوتر** is like feeling worried because of your thoughts **أفكار**. When we think something might hurt us or make us sad, we feel stressed. But our bodies can handle a little bit of stress.

When we're stressed, our body gets ready to be safe. Our muscles **العضلات** get tight like they're ready for action. If they stay tight for too long, it can feel sore, like after running and playing a lot.

Stress can make people not take care of themselves. They might eat too much candy **حلوى**, not sleep **النوم** enough, or not play outside. It's important to be healthy and happy.

But not all stress is bad. A little stress can make your brain **الدماغ** work better. It's like a puzzle that makes you think hard.

Even for mummies with babies in their tummies, a little stress is okay. It can help the baby grow smart and strong.



# Forecast



People often ask for tips about stocks, **أسهم** which are like pieces of a company you can own. They think I can predict **التنبؤ** the future of these stocks, but predicting is like guessing what will happen in a story. It's not really possible because the world **العالم** changes all the time.

Instead of guessing, we try to understand how things might change. This is called forecasting. **التنبؤ** It's like looking at clouds and trying to guess if it will rain. We look at what's happening now to guess what might happen later.

When we make forecasts, we use logic, **المنطق** which is like using clues to solve a puzzle. It helps us think of different things that could happen.

Change **التغيير** doesn't happen in a straight line. It's more like a roller coaster, going slowly, then very fast, and then slowing down again. Surprises **المفاجآت** happen, and things change in ways we don't expect. So, it's important to keep watching and thinking about what might happen next.