

- Using headings. استخدام العناوين
- Inferencing words meaning from the context.  
كلمات الاستدلال يعني من السياق  
Synonyms. مرادفات

## 2 /Getting meaning from context:

**Peasant** = simple people

**Elite** = upper class people

**Eclectic** = combination of different things

**Affluence** = wealth

**Cuisine** = style of cooking

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### 1- Recalling information:

- 1) A grain, a legume, fruits, vegetables and a bit of meat, eggs or fish  
d/ The simple "peasant diet" that is good for you
- 2) Garlic and salmon  
e/ Can help fight heart disease
- 3) Olive oil  
a/ A monounsaturated that seems to prevent heart disease
- 4) Miso soup and cabbage  
c / May help prevent cancer
- 5) Kiwi fruit  
b/ Rich in fiber, potassium, and vitamin C

### 5- Recognizing synonyms:

- **غني Affluent** = rich
- **مطبخ Cuisine** = style of cooking
- **انتقائي Eclectic** = combining different influences.
- **نخبة Elite** = upper class
- **فلاح Peasant** ( adjective)= simple, from a farm.
- **ازدهار Prosperity** = wealth

That's it



