

Text A: Jabel Hafeet Fun Run

Abu
Dhabi
Fitness
Initiative

Jabel Hafeet Fun Run



Be a Jabel Hafeet Champion

The Abu Dhabi Fitness Initiative is proud to bring you the 5th Jabel Hafeet Fun Run

- ✓ Join over 200 runners of all ages
- ✓ An 11.2 km road run - challenge yourself
- ✓ Run up Jabel Hafeet, to a height of 4000ft, and then enjoy amazing views of Al Ain city

Event Information

Friday 20th May at 5:30am

Adults - 120 AED

Children - 60 AED

Tickets available from:

www.jabelhafeetfunrun.ac.ae

Price of admission includes drinks and a healthy breakfast buffet

Start line information

The fun-run will start at the Green Mubazarah Park at the bottom of Jabel Hafeet at 5:30am. Runners will start the 4000ft ascent after the fajr prayer, as it is cooler early in the morning.

For more information, visit:

www.jabelhafeetfunrun.ac.ae



"A challenge not to be missed!"

The National

"A fun run with incredible views!"

The Source

★★★★★

"An awesome event that will make you feel like a champion!"

The Abu Dhabi Times

1. How long is the Jabel Hafeet road run?

- A. 4000 ft
- B. 11.2 km
- C. 5.30
- D. 200

2. How much does the fun run cost for adults?

3. "Runners will start the..."

Which word is a noun?

- A. Runners
- B. Will
- C. Start
- D. the

4. Why does the fun run take place after the fajr prayer?

- A. Because there are no cars
- B. Because the road is long
- C. Because it is not very hot
- D. Because there are less runners

5. What is the main purpose of the text?

- A. To imagine
- B. To describe
- C. To explore
- D. To persuade

The Arabian Horse

Ameera had always loved horses. When she was only four years old, her father held her in his arms and took her for her very first ride. Ameera never forgot the feeling of the horse running; kicking up the golden sand behind them. From that day, Ameera decided to spend her life riding and training Arabian horses.

Today was a special day for Ameera. Her father had bought her a new horse. The horse was called Al Barq. Ameera was excited and nervous, as she waited for Al Barq to be delivered. Ameera had trained many horses since she was four, but this one was different.



Al Barq was strong; he did not trust people easily, so he was hard to train. Al Barq would not let anyone ride him. However, now Ameera was eleven and Ameera's father believed she would be able to ride him one day.

A large green truck with a horse trailer pulled up to their farm. Ameera watched Al Barq as he was unloaded. He was tall, white, and had deep black eyes. Ameera took the rope from the workers and walked Al Barq to his new stable. Ameera offered Al Barq an apple, which he nervously took from her hand.

During the next month, Ameera slowly built trust with Al Barq. She fed him, cleaned him, and allowed him to run free for short amounts of time. Ameera trained Al Barq to follow her, and to stop when she stopped. Ameera was confident that Al Barq would allow her to ride him. However, when Ameera finally sat on Al Barq's back, he immediately threw her off. Ameera was upset, and a little angry. She decided to speak with her father. He always knew what to do.

"My dear, let's go to the Horse Museum in Dubai. I think it will help," said Ameera's father. Ameera agreed.

Inside the museum, Ameera looked at old pictures of her Emirati ancestors training, riding, and raising horses. Ameera was so proud of her people, and of their strong relationship with their horses.



Ameera read stories of how her ancestors gave their horses special care and attention, sometimes providing them with shelter in tents during a storm. She read of how great men would ride their horses, trusting them completely. Ameera knew that she could do the same with Al Barq.

After three more weeks of reading and studying about her ancestors, it was time for Ameera to ride Al Barq again. Ameera slowly climbed on top of the horse's back. To her surprise, Al Barq allowed her to ride him. Ameera cried tears of happiness and hugged Al Barq around his strong neck. Ameera knew that Al Barq finally trusted her, just as the ancient horses trusted their Emirati masters.

1. What was Ameera's age when she first rode a horse?
 - A. 2 years old
 - B. 3 years old
 - C. 4 years old
 - D. 5 years old
2. What color are Al Barq's eyes?
 - A. Golden
 - B. White
 - C. Green
 - D. Black
3. Look at paragraph 4.

"Ameera watched Al Barq as..."

Which word is a verb?
 - A. Ameera
 - B. Watched
 - C. Al Barq
 - D. As
4. Look at paragraph 5.

"Ameera trained Al Barq to follow her..."

Which word could best replace the word "trained"?
 - A. Taught
 - B. Asked
 - C. Ordered
 - D. Moved
5. Look at paragraph 5.

"During the next month, Ameera slowly built trust with Al Barq."

What does the reader learn about Ameera here?
 - A. She is impatient
 - B. She is adventurous
 - C. She is patient
 - D. She is curious
6. At the museum, what is the main lesson Ameera learnt about her ancestors?
 - A. They had a strong connection to the desert
 - B. They were hard working
 - C. They were great story tellers
 - D. They had a strong connection with horses
7. What is the main purpose of the text?
 - A. To entertain
 - B. To inform
 - C. To advise
 - D. To discuss

A Guide to Farmers' Markets in Abu Dhabi

A farmers' market is a market where local farmers can sell their produce directly to buyers, instead of to supermarkets. Many local Emirati farmers say that being able to sell their fruits, vegetables and other produce in this way, means that they can earn more money. Customers often say that they enjoy going to farmers' markets because they can get fresh, good quality, food at much better prices than at supermarkets. Below is a guide to some of the best farmers' markets in Abu Dhabi.



Al Ain Farmers' Market

All the fruit and vegetables sold here are organic. This means that no chemicals are used to help the produce to grow. You can also find local honey and 'honey cake', a popular cake made using local honey and cream.

When: Every Friday 6am to 11am



Abu Dhabi Beach Market

This night market specialises in local meat, milk and fresh eggs. Laban, a drink made from yogurt is available, as well as 12 kinds of hard and soft cheeses. It is also a popular market where you can buy bzar (Emirati mixed spices).

When: Every Friday 6pm to 11pm

Where: Al Khazna Family Park



Al Khazna Farmers' Market

This is the smallest market. Popular vegetables, like fresh spinach, are quick to sell out, so do not be late. As well as fresh produce, you can also buy local oud, perfumes and dresses.

When: Every Friday 9am to 3pm

Where: Abu Dhabi Corniche



Liwa Date Market

At least 12 different types of dates are sold here every week. You will also find date products, like date syrup. Khabees flour can be found here during the weeks leading up to Eid.

When: Wednesdays 6am to 3pm

Where: Near the Tamm Centre

1. Which market can you visit at 10pm?
 - A. Abu Dhabi Beach Market
 - B. Liwa Date Market
 - C. Al Ain Farmers' Market
 - D. Al Khazna Farmers' Market
2. From which market can you buy perfumes and dresses?
 - A. Abu Dhabi Beach Market
 - B. Al Khazna Farmers' Market
 - C. Al Ain Farmers' Market
 - D. Liwa Date Market
3. Look at "Abu Dhabi Beach Market".

"local meat, fish and fresh eggs."

Which word is closest in meaning to "fresh"?

 - A. Normal
 - B. Used
 - C. Old
 - D. New
4. Look at "Liwa Date Market".

"...different types of dates..."

Which word is an adjective?

 - A. Different
 - B. Types
 - C. Of
 - D. Dates
5. Why is it good to arrive at Al Khazna Farmers' Market early?
 - A. Because the market opens at 9 am and closes at 3 pm
 - B. Because some vegetables may sell out quickly
 - C. Because you can buy fresh produce
 - D. Because you can buy oud, perfumes and dresses
6. Which markets can you visit at 7 am?
 - A. Al Ain and Liwa
 - B. Al Ain and Al Khazna
 - C. Abu Dhabi and Al Khazna
 - D. Abu Dhabi and Liwa
7. What is the main purpose of this text?
 - A. To entertain
 - B. To give instruction
 - C. To inform
 - D. To give advice

How to Survive in the Desert

Visiting the UAE's deserts can be fun and exciting, as long as you are prepared. Here are some helpful tips for how to be safe and comfortable during your desert adventure.

Before Going to the Desert:

Step 1. Locate which part of the desert you want to visit. Have a map to guide you.



Step 2. Tell a family member or friend your exact location in the desert. This will help the emergency services to find you, if you need help.

Step 3. Wear loose, light-weight clothes when you visit the desert. This will help keep you cool, just like our ancestors kept cool with their kandoras and abayas.

Step 4. Pack lots of extra water and healthy snacks. Nuts and fruits, especially dates, are great options.

While in the Desert:

Step 5. Stay hydrated. In the summer, it is possible for a human body to lose two litres of water every hour. If you feel dizzy or tired, consume more water, or eat fruits that contain lots of liquids like watermelon.

Step 6. Stay away from dangerous wildlife such as snakes, scorpions, and foxes. Wear close-toed shoes. Do not turn over any rocks with your hands and be cautious when exploring caves and other openings.



Step 7. Find a safe location to rest, if it becomes too hot to walk during the day. Then, continue walking when the sun goes down.



Step 8. Avoid entering or walking beside any wadis, if it starts to rain. Flash floods can form quickly and without warning.

1. What should you tell a family member before going to the desert?

- A. What you will eat
- B. What you will wear
- C. Where to find wadis
- D. Your exact location

2. What should you do if you feel unwell in the desert?

- A. Wear loose clothes
- B. Turn over a rock
- C. Drink water
- D. Explore caves

3. In the text, where might you find dangerous animals?

- A. On a map
- B. Under rocks
- C. Beside a wadi
- D. In the dark

4. "Flash floods can form..."

Which word is an adjective?

- A. Flash
- B. Floods
- C. Can
- D. Form

5. Look at the picture for "Step 7".

What is the main reason the author uses this picture?

- A. To show how large the sand dunes are in the desert
- B. To show different people walking in the desert
- C. To show where to walk in the desert
- D. To show it is cooler to walk at night than in the day

6. What is the main message of this text?

- A. The desert is fun
- B. Be well prepared for the desert
- C. The desert is hot
- D. Camping in wadis is dangerous