

Topic: Worksheet Unit Two

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Student's Name:



Reading

(1) Complementary medicine

Most doctors used to be sceptical about the validity of homoeopathy, acupuncture and other forms of complementary medicine. If patients wanted to receive this kind of non-conventional treatment, they used to have to consult a private practitioner who was likely not to have a medical degree. However, in recent years, the perception of this type of treatment has changed. These days, many family doctors study complementary medicine alongside conventional treatments, and many complementary medicine consultants also have medical degrees.

Whereas critics used to say that there was no scientific evidence that non-conventional treatments actually worked, now it is more common for medical experts to recognise that conventional medicine may not always be the only way to treat an ailment. At a surgery in London, 70 per cent of patients who were offered the choice between a herbal or a conventional medicine for common complaints such as insomnia, arthritis and migraines chose the herbal remedy. Fifty per cent of patients then said that the treatment helped. One doctor said, "I now consider homoeopathy to be a viable option for many different conditions, including anxiety, depression and certain allergies. It provides another option when conventional medicine does not address the problem adequately."

However, complementary medicine cannot be used for all medical treatments. It can never substitute for immunisations as it will not produce the antibodies needed to protect against childhood diseases. It also cannot be used to protect against malaria. One doctor said, "I will always turn to conventional medical treatment first to ensure that no underlying condition is missed. However, the idea of complementary treatments is no longer an alien concept. In my opinion, it should work alongside modern medicine, and not against it."

- 1- What were most doctors sceptical about in the past?
- 2- How did patients have to access non-conventional treatment in the past?
- 3- Has the perception of non-conventional treatment changed in recent years?
- 4- Mention two forms of complementary medicines.
- 5- Quote the sentence which shows that a large number of doctors didn't use to be easily convinced of the effectiveness of complementary medicine and its forms.
- 6- What do many family doctors study alongside conventional treatments?
- 7- What percentage of patients at a London surgery chose the herbal remedy?
- 8- Can complementary medicine be used for all medical treatments?
- 9- Find a word in the text which means (an illness or disease)
- 10- What does the underlined pronoun (it) refer to?
- 11- According to the text, we can't use complementary medicine with immunization. Mention the reason.
- 12- There are two pieces of evidence which show that people's perception of complementary medicine has changed over time. Write these two pieces of evidence down.
- 13- What are the two cases that complementary medicine can't be used for?
- 14- What was the point of view of complementary medicine critics?



(2) Are happier people healthier

It's normal to feel a bit blue from time to time. However, studies show that negative emotions can harm the body. Anger can also have harmful effects on health. When you see red, your blood pressure is raised and you can suffer from headaches, sleep problems and digestive problems. However, what about positive feelings and attitudes? Until recently, scientists had not investigated whether there is a link between positive feelings and good health. Then, in a study that had followed more than 6,000 men and women aged 25 to 74 for 20 years, researchers found that positivity reduced the risk of heart disease. Other factors influencing health included a supportive network of family and friends, and an optimistic outlook on life. The research showed that children who were more able to stay focused on a task, and who had a more positive attitude to life at age seven, were usually in better health 30 years later.

The study has been controversial. Some health professionals believe that bad lifestyle choices, such as smoking or lack of exercise, are the reason for heart disease and **other** illnesses, and not an individual's attitude. The researchers, while agreeing, raise the question: why are people making bad lifestyle decisions? Do more optimistic people make better and healthier lifestyle choices? The researchers appreciate that not everyone's personal circumstances and environment make it possible to live without worry. However, they believe that if we teach children to develop positive thinking, and to 'bounce back' after a setback these qualities will improve their overall health in the future.

- 1- Quote the sentence that mentions other factors influencing health according to the research.
- 2- Have scientists investigated the link between positive feelings and good health?
- 3- How long did the study follow the participants?
- 4- Quote the sentence that shows that negative emotions can harm the body.
- 5- What harmful effects can anger have on health?
- 6- The article states some possible effects of anger on someone's health. Write down three of these effects. What does the underlined word to feel a bit blue mean?
- 7- Quote the sentence that mentions the lack of investigation on the link between positive feelings and good health.
- 8- What other factors influence health according to the research?
- 9- The article states two research findings about children who were in better health 30 years later. Write these two findings down.
- 10- What did the study show about children's health later in life?
- 11- According to the text, what are the qualities that will improve the children overall health in the future?
- 12- What aspect of people's lifestyle choices do the researchers question?
- 13- Find an idiom in the text which refers to "**Anger**".
- 14- What does the underlined word (**other**) refer to?



(3) Health in Jordan

Health conditions in Jordan are among the best in the Middle East. This is largely due to the country's commitment to making healthcare for all a top priority. Advances in education, economic conditions, sanitation, clean water, diet and housing have made our community healthier. As a result of careful planning, the number of healthcare services has been increasing rapidly over the past years. More than 800 different kinds of healthcare centres have been built, as well as 188 dental clinics. In 2012 CE, 98 per cent of Jordanian children were fully immunised, thanks to immunisation teams that had been working towards this goal for several years. Although there were remote areas of the country where people had been without consistent access to electricity and safe water, almost 99 per cent of the country's population now has access.

Although the country has been focusing mainly on improving its primary healthcare facilities, it has not neglected its advanced medical facilities. The reputation of Jordanian doctors has spread in the region, and now many more patients come to Jordan for open heart surgery. In Jordan, the open heart surgery programme started in 1970 CE in Amman.

The life expectancy figures show that Jordan's healthcare system is successful. In 1965 CE, the average Jordanian's life expectancy was age 50. In 2012 CE, this average life expectancy had risen to 73.5. According to UNICEF statistics, between 1981 CE and 1991 CE, Jordan's infant mortality rates declined more rapidly than anywhere else in the world – from 70 deaths per 1,000 births in 1981 CE to only 32 deaths per 1,000 births in 2014 CE. The low infant mortality rate, as well as the excellent healthcare system, have been contributing factors to Jordan's healthy population growth, which will result in a strong work force with economic benefits for the whole country

- 1- According to the text, write down two results of the successful healthcare system in Jordan between 1965 and 2017.
- 2- Health conditions in Jordan are among the best in the Middle East. Mention the reason for that.
- 3- When did the open heart surgery program start in Jordan?
- 4- Mention the result of Jordan's healthy population growth.
- 5- What was the number of infant mortality rates in Jordan in 2017?
- 6- Give one example showing that Jordan has not neglected its advanced medical facilities
- 7- There are many factors which have made our community healthier. Mention these factors.
- 8- Quote the sentence which shows the reason that makes health conditions in Jordan are among the best in the Middle East
- 9- Find a word in the text that means (death amongst babies).
- 10- Quote the sentence showing the focus on improving primary healthcare facilities in Jordan.
- 11- What has contributed to the high immunization rate among Jordanian children?
- 12- What does the underlined word (other) refer to?
- 13- What percentage of the Jordanian population now has access to electricity and safe water?



(4) Get moving

In many countries, an increasing number of young people and adults are overweight or even obese. One reason for this is the growing popularity of fast food, which didn't use to be as common as it is now. Another big factor is lack of exercise. People would often walk to school or work, but these days many more of us drive. Modern technology has also played its part; we spend more and more time focusing on computer screens. Before the Internet was invented, nobody had dreamt of online shopping, but now we can buy almost anything without leaving the sofa

Health experts have been warning about this trend for years, and their advice is clear. Adults should aim to exercise for at least two and a half hours every week; for children and teenagers the target should be at least an hour a day. This might not sound very much. However, recent research shows that less than 50% of the British population manages this. School children are less physically active than they used to be. Girls in particular often dislike **PE**. This can lead to serious health problems.

Experts recommend a mixture of activities. These should include moderate exercise, such as fast walking, and more strenuous exercise, like running. **They** also advise exercise that strengthens the muscles, for example sit-ups. The more muscle we build, the more calories we burn, and the fitter we become. In addition, exercise is a great way to cope with stress. In a recent study, patients who had been suffering from depression reported a great improvement after increased physical activity.

Of course this raises a question: how can I manage to fit in all this extra exercise? The best way is to build it into our daily lives so that it becomes a routine. It doesn't have to take much extra time. You could get off the bus one stop earlier than usual, or stand up when you're on the phone! Most importantly, we should find a sport that we enjoy doing. That way, we will all become fitter, healthier and happier.

- 1- The author suggests some ways of including exercise in our normal daily lives. Give two examples from the article.
- 2- Quote the sentence which shows the benefit of exercise for patients.
- 3- According to the text, what is the result of not doing exercise?
- 4- How has modern technology played its part in higher rates of obesity?
- 5- Mention the minimum amount of exercise which is recommended for adults, children and teenagers.
- 6- The article states some reasons for higher rates of obesity. Write down two of these reasons.
- 7- How can one fit in extra exercise into their daily lives?
- 8- Quote the sentence showing the recommended amount of exercise for children and teenagers according to health experts.
- 9- What is another big factor contributing to the problem of overweight and obesity?
- 10- What does the underlined pronoun (**they**) refer to?
- 11- What does the underlined abbreviation (**PE**) mean?

AWAZEL
LEARN 2 BE



Grammar

Be used / used to

Part One

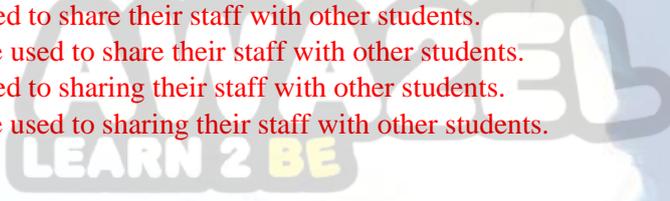
- 1- It is normal for children to have tantrums during their toddler years.
- **Children** _____.
- 2- It is normal for teenagers to experience mood swings due to hormonal changes.
- **Teenagers** _____.
- 3- It is normal for couples to have disagreements from time to time.
- **Couples** _____.
- 4- It is normal for babies to cry when they are hungry or tired.
- **Babies** _____.
- 5- It is normal for students to feel stressed during exam periods.
- **Students** _____.
- 6- It is normal for individuals to have different opinions and perspectives.
- **Individuals** _____.
- 7- It is normal for people to have different preferences when it comes to food.
- **People** _____.
- 8- It is not normal for American people to eat steak for lunch and dinner Everyday.
- **American people** _____.
- 9- It is normal for my friend now to send emails.
- **My friend** _____.
- 10- It is normal for my younger brother to use his electronic dictionary.
- **My younger brother** _____.
- 11- It is normal for my children now to eat fresh vegetables.
- **My children** _____.
- 12- It is normal for me now to have a traffic jam on my way to work.
- **I am** _____.
- 13- It is normal for most Jordanian people to cook Mansaf in the wedding party.
- **Most Jordanian people** _____.
- 14- It is normal for Jordanian people to Mansaf on Friday.
- **Jordanian people** _____.
- 15- It is familiar for my father to sit without work.
- **My father** _____.



AWA2
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Part Two

- 1- I am used to visiting Petra in October.
- **The sentence which has a similar meaning to the one above is:**
 - A. It was normal for me to visiting Petra in October.
 - B. It had been normal for me to visit Petra in October.
 - C. It is normal for me to visit Petra in October.
 - D. It isn't normal for me to visit Petra in October.
- 2- My friends aren't used to playing in the morning.
- **The sentence which has a similar meaning to the one above is:**
 - A. It is normal for my friends to playing in the morning.
 - B. It isn't normal for my friends to playing in the morning.
 - C. It was normal for my friends to playing in the morning.
 - D. It is normal for most Jordanian people to cook Mansaf in the wedding party.
- 3- **Most Jordanian people**
 - A. used to cooking Mansaf in the wedding party.
 - B. are used to cooking Mansaf in the wedding party.
 - C. are used to cook Mansaf in the wedding party
 - D. are use to cook Mansaf in the wedding party
- 4- I am used to teaching my students through social media.
- **The sentence which has a similar meaning to the one above is:**
 - A. It had been normal for me to teach my students through social media.
 - B. It was normal for me to teaching my students through social media.
 - C. It is normal for me now to teach my students through social media.
 - D. It isn't normal for me now to teach my students through social media.
- 5- It is normal for Jordanians to make food for their guests.
- **The sentence which has a similar meaning to the one above is:**
 - A. Jordanians are used to make food for their guests.
 - B. Jordanians used to making food for their guests.
 - C. Jordanians are used to making food for their guests.
 - D. Jordanians aren't used to making food for their guests.
- 6- My neighbors aren't used to being polite with us.
- **The sentence which has a similar meaning to the one above is:**
 - A. It is normal for my neighbors to be polite with us.
 - B. It isn't normal for my neighbors to being polite with us.
 - C. It was normal for my neighbors to being polite with us.
 - D. It isn't normal for my neighbors to be polite with us.
- 7- My friend is used to playing computer games during exams.
- **The sentence which has a similar meaning to the one above is:**
 - A. It is normal for my friend to playing computer games during exams.
 - B. It is normal for my friend to play computer games during exams.
 - C. It was normal for my friend to playing computer games during exams.
 - D. It isn't normal for my friend to playing computer games during exams.
- 8- It is normal for my students now to participate in any spelling competition.
- **The sentence which has a similar meaning to the one above is.....**
 - A. my students are used to participate in any spelling competition now.
 - B. my students used to participating in any spelling competition now.
 - C. my students used to participate in any spelling competition now.
 - D. my students are used to participating in any spelling competition now.
- 9- It is normal for my children now to share their staff with other students.
- **The sentence which has a similar meaning to the one above is...**
 - A. My children used to share their staff with other students.
 - B. My children are used to share their staff with other students.
 - C. My children used to sharing their staff with other students.
 - D. My children are used to sharing their staff with other students.



10- It is normal for most of Jordanian people to cook Mansaf in the wedding party. Most of Jordanian people.

- The sentence which has a similar meaning to the one above is...

- A. used to cooking Mansaf in the wedding party.
- B. are used to cooking Mansaf in the wedding party.
- C. are used to cook Mansaf in the wedding party.
- D. are use to cook Mansaf in the wedding party.

11- I am used to teaching my students through social media.

- The sentence that has a similar meaning to the one above is:

- A. It had been normal for me to teach my students through social media.
- B. It was normal for me to teaching my students through social media.
- C. It is normal for me now to teach my students through social media.
- D. It isn't normal for me now to teach my students through social media.

12- Ali _____ the duck in the park with his father when he was young.

- A. is used to feeding
- B. used to feed
- C. am used to feeding
- D. are used to feeding

13- My friend has lived in Egypt for a year. She says she _____ living there now.

- A. is used to
- B. used to
- C. didn't use to
- D. am not used to

14- My father _____ to drink coffee, but now he does.

- A. hasn't used
- B. didn't use
- C. wasn't used
- D. doesn't use

15- My family and I _____ go camping once a month.

- A. are used to
- B. am used to
- C. used to
- D. use to

16- Joining a gym can be very tiring at first If you _____ doing much exercise.

- A. isn't used to
- B. didn't use to
- C. aren't used to
- D. am not

17- There _____ a lot more wild animals in the Past, but they are becoming rare nowadays.

- A. used to be
- B. was used to being
- C. were used to being
- D. use to

18- When I was young, I _____ fishing with my dad every weekend. Now I don't, unfortunately!

- A. am used to going
- B. used to go
- C. use to go
- D. has used to

19- We always go to the market across the street, so we _____ eating fresh vegetables.

- A. are used to
- B. were used to
- C. used to
- D. using to

20- I _____ shopping in the local supermarket, but it closed two years ago, so now I have to drive into town to shop.

- A. am used to going
- B. use to go
- C. used to go
- D. were using to

21- I think television _____ be better than it is now. Most of the programs these days are just reality TV.

- A. is used to
- B. use to
- C. used to
- D. was used to

22- My grandfather retired a month ago. He isn't _____ nothing to do all day. He says he needs a project to concentrate on.

- A. use to have
- B. used to have
- C. used to having
- D. using to have

10
11
17

محدود

The End



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Reading

(1) Complementary medicine

- 1- The validity of homoeopathy, acupuncture, and other forms of complementary medicine.
- 2- They had to consult a private practitioner who likely did not have a medical degree.
- 3- Yes, the perception has changed.
- 4- Homoeopathy, acupuncture.
- 5- Most doctors used to be skeptical about the validity of homoeopathy,
- 6- Complementary medicine.
- 7- 70 percent of patients chose the herbal remedy.
- 8- No, complementary medicine cannot be used for all medical treatments.
- 9- ailment
- 10- modern medicine
- 11- because it will not produce antibodies.
- 12- (1) Many family doctors study complementary medicine alongside conventional treatment, (2) Many complementary medicine consultants also have medicine degree.
- 13- immunization , malaria
- 14- There was no scientific evidence that non-conventional treatment actually worked.

(2) Are happier people healthier

- 1- Other factors influencing health included a supportive network of family and friends, and an optimistic outlook on life.
- 2- Until recently, scientists had not investigated whether there is a link between positive feelings and good health.
- 3- The study followed the participants for 20 years.
- 4- However, studies show that negative emotions can harm the body.
- 5- Anger can have harmful effects on health such as raised blood pressure, headaches, sleep problems, and digestive problems.
- 6- raised blood pressure, headaches, sleep problems, and digestive problems.
- 7- Until recently, scientists had not investigated whether there is a link between positive feelings and good health.
- 8- a supportive network of family and friends, and an optimistic outlook on life.
- 9- (1) Children who were more able to stay focused on a task and (2) Children who had a more positive attitude to life at age seven.
- 10- The study showed that children who were more able to stay focused on a task and had a more positive attitude to life at age seven were usually in better health 30 years later.
- 11- teaching children to develop positive thinking and to 'bounce back' after a setback are the qualities that will improve their overall health in the future.
- 12- The researchers question why people are making bad lifestyle decisions. They suggest that more optimistic people may make better and healthier lifestyle choices.
- 13- see red."
- 14- illnesses



(3) Health in Jordan

- 1- (1)The average life expectancy had risen to 74.6, (2)Jordan's infant mortality rates declined more rapidly than anywhere else in the world.
- 2- This is largely due to the country's commitment to making healthcare for all a top priority.
- 3- in 1970
- 4- Strong work force with economic benefits for the whole country.
- 5- 15 deaths per 1000 births.
- 6- The reputation of Jordanian doctors has spread in the region and now many patients come to Jordan for open heart surgery.
- 7- (1)advances in education. (2)Advances in economic conditions, (3)Sanitation (4)Clean water (5)Diet (6) housing
- 8- This is largely due to country's commitment to making healthcare for all a top priority.
- 9- infant mortality
- 10- Although the country has been focusing mainly on improving its primary healthcare facilities.
- 11- More than 800 different kinds of healthcare centres have been built, as well as 188 dental clinics.
- 12- the country
- 13- Almost 99 percent of the country's population.

(4) Get moving

- 1- (1)You could get off the bus one stop earlier than usual, (2)stand up when you're on the phone.
- 2- In recent study, patients who had been suffering from depression reported a great improvement after increased physical activity.
- 3- This can lead to serious health problems.
- 4- We spend more and more time focusing on computer screens. Before the internet was invented nobody had dreamt of online shopping, but now we can buy almost anything without leaving the sofa.
- 5- (1)Adults two and a half hours every week, (2)Children and teenagers an hour a day.
- 6- (1)growing population of fast food, (2)Lack of exercise, (3)Modern technology.
- 7- By building it into their daily routine.
- 8- For children and teenagers the target should be at least an hour a day.
- 9- Lack of exercise.
- 10- health experts/ Experts
- 11- physical exercise



Grammar

Be used / used to

Part One

- 1- It is normal for children to have tantrums during their toddler years.
- **Children are used to having tantrums during their toddler years**
- 2- It is normal for teenagers to experience mood swings due to hormonal changes.
- **Teenagers are used to experiencing mood swings due to hormonal changes.**
- 3- It is normal for couples to have disagreements from time to time.
- **Couples are used to having disagreements from time to time.**
- 4- It is normal for babies to cry when they are hungry or tired.
- **Babies are used to crying when they are hungry or tired.**
- 5- It is normal for students to feel stressed during exam periods.
- **Students are used to feeling stressed during exam periods.**
- 6- It is normal for individuals to have different opinions and perspectives.
- **Individuals are used to having different opinions and perspectives.**
- 7- It is normal for people to have different preferences when it comes to food.
- **People are used to having different preferences when it comes to food.**
- 8- It is not normal for American people to eat steak for lunch and dinner Everyday.
- **American people are used to eating steak for lunch and dinner Everyday.**
- 9- It is normal for my friend now to send emails.
- **My friend is used to sending emails.**
- 10- It is normal for my younger brother to use his electronic dictionary.
- **My younger brother is used to using his electronic dictionary.**
- 11- It is normal for my children now to eat fresh vegetables.
- **My children are used to eating fresh vegetables.**
- 12- It is normal for me now to have a traffic jam on my way to work.
- **I am used to having a traffic jam on my way to work.**
- 13- It is normal for most Jordanian people to cook Mansaf in the wedding party.
- **Most Jordanian people are used to cooking Mansaf in the wedding party.**
- 14- It is normal for Jordanian people to eat Mansaf on Friday.
- **Jordanian people are used to eating Mansaf on Friday.**
- 15- It is familiar for my father to sit without work.
- **My father is used to sitting without work.**



Part Two

- 1- I am used to visiting Petra in October.
- **The sentence which has a similar meaning to the one above is:**
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C. It was normal for my friends to playing in the morning.
D. It isn't normal for my friends to play in the morning.
- 3- **It is normal for most Jordanian people to cook Mansaf in the wedding party.**
Most Jordanian people
A. used to cooking Mansaf in the wedding party.
B. are used to cooking Mansaf in the wedding party.
C. are used to cook Mansaf in the wedding party
D. are use to cook Mansaf in the wedding party
- 4- I am used to teaching my students through social media.
- **The sentence which has a similar meaning to the one above is:**
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- 6- My neighbors aren't used to being polite with us.
- **The sentence which has a similar meaning to the one above is:**
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- **The sentence which has a similar meaning to the one above is:**
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D. It isn't normal for my friend to playing computer games during exams.
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- **The sentence which has a similar meaning to the one above is.....**
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C. my students used to participate in any spelling competition now.
D. my students are used to participating in any spelling competition now.
- 9- It is normal for my children now to share their staff with other students.
- **The sentence which has a similar meaning to the one above is...**
A. My children used to share their staff with other students.
B. My children are used to share their staff with other students.
C. My children used to sharing their staff with other students.
D. My children are used to sharing their staff with other students.

- 10- Ali _____ the duck in the park with his father when he was young.
 A. is used to feeding B. used to feed C. am used to feeding D. are used to feeding
- 11- My friend has lived in Egypt for a year. She says she _____ living there now.
 A. is used to B. used to C. didn't use to D. am not used to
- 12- My father _____ to drink coffee, but now he does.
 A. hasn't used B. didn't use C. wasn't used D. doesn't use
- 13- My family and I _____ go camping once a month.
 A. are used to B. am used to C. used to D. use to
- 14- Joining a gym can be very tiring at first If you _____ doing much exercise.
 A. isn't used to B. didn't use to C. aren't used to D. am not
- 15- When I was young, I _____ fishing with my dad every weekend. Now I don't, unfortunately!
 A. am used to going B. used to go C. use to go D. has used to
- 16- We always go to the market across the street, so we _____ eating fresh vegetables.
 A. are used to B. were used to C. used to D. using to
- 17- I _____ shopping in the local supermarket, but it closed two years ago, so now I have to drive into town to shop.
 A. am used to going B. use to go C. used to go D. were using to
- 18- I think television _____ be better than it is now. Most of the programs these days are just reality TV.
 A. is used to B. use to C. used to D. was used to
- 19- My grandfather retired a month ago. He isn't _____ nothing to do all day. He says he needs a project to concentrate on.
 A. use to have B. used to have C. used to having D. using to have

The End



AWAZEL
 LEARN 2 BE

