MultiEnglish Year 7 - Book 2

ROOTS AND RESETS



TÜRKİYE CUMHURİYETİ MİLLÎ EĞİTİM BAKANLIĞI

ROOTS AND RESETS

MultiEnglish

YEAR 7

BOOK 2

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YARDIMCI VE KAYNAK KİTAPLAR DİZİSİ .....: 3583

T.C. Millî Eğitim Bakanlığı
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Programlar ve Öğretim Materyalleri Daire Başkanlığı

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Chapter 1: Digital Storm and Family Dreams



Emma woke up feeling sleepless and restless. Her mind was still full of thoughts because of the many notifications and posts that had made her distracted the night before.

She stretched and sighed, remembering her dream about the sunny house and the peaceful family picnic.

Her father, Mark, was already in the kitchen, preparing breakfast. “Morning, Emma. Didn’t you sleep well? Are you okay?”

Emma nodded slowly. “I’ve been feeling like social media is starting to exploit my time. It’s a situation I didn’t expect. I want to focus more on my health and well-being, but it’s so hard to give up this habit.”

Mark frowned but nodded in understanding. “I’m glad you’re aware of it. Sometimes, even adults get distracted by their phones. Your grandpa had been watching the news for hours every day before the doctor warned him about the stress. He would check updates all the time, and in the end, he had to monitor his heartbeat because his stress made him feel sick.”

Emma's mother, Sarah, sighed. "I've tried to eat healthily and drink water regularly, but sometimes I just scroll without noticing the time. I want to prioritise drinking more water and eating nutritious meals, but sometimes it feels like the distractions never stop."

Sarah added, "That's normal. Changing habits takes time. The important thing is to keep trying. I'm proud of you for being so informed and aware. You got used to drinking more water, didn't you? You can get used to using your phone less, too."

Mark smiled. "You were used to staying online late, but last summer, you got used to waking up early for gymnastics, remember?"

Emma smiled. "Yes, I remember. It was hard at first, but I would stretch every morning and go to the park."

Sarah joined them with a smile. "We need to be more consistent with self-care. That's why I've arranged a wellness activity session next week. We should take care of ourselves, both physically and mentally."

At school, Emma met with her friend, Melis, during the lunch break.

Melis looked excited as she held up a brochure. "Look! There's a new nature walking club starting this week. They organise weekend hikes in the nearby forest trails," Melis said.

Emma's eyes lit up. "That sounds great. I've been thinking that getting closer to nature might help clear my mind."

Melis nodded. "Yeah, fresh air and movement can do wonders. It's a good way to take a break from our phones, too."

Emma smiled. "Exactly. I'm going to ask my parents if I can join. It might help me stay focused and feel less stressed."

Back at home, the family gathered around the table after dinner. Sarah brought up the topic of their new house again.

"We've received some feedback from the builders. The house will have energy-efficient appliances and smart technology. It will automatically adjust the temperature to keep us comfortable and save energy."

Mark added, "The solar panels will help us generate clean electricity. That means we'll use less power from polluting sources, which is much better for the environment. And, good ventilation and insulation will also make the house comfortable all year round."

Emma was impressed. "That sounds like a dream house! It will be so much better than our old one. I'm looking forward to having my own

space to relax and focus on my hobbies."

Jack, Emma's little brother, chimed in, "And I can finally have a big garden to play soccer!"

Sarah smiled warmly. "Yes, it will be a fresh start for all of us. Moving to a new city and a new house will be an adventure."

Emma looked thoughtful. "I'm a bit nervous about leaving my friends and school, though."

Melis, who was visiting, reassured her. "You'll make new friends. And with social media, we can always keep in touch, as long as we don't let it take over our lives."

That night, Emma sat on her bed and thought about her goals. She wanted to stay healthy, focused, and balanced. She promised herself to reduce screen time, strengthen her body through exercise, and keep her mind positive.

She remembered her mother's advice: "If you're upset, don't bottle it up. Talk to your friends about it. Sharing your feelings helps."

Emma smiled and felt hopeful. Maybe she will be able to find the balance and healthy life she is looking for when she moves to the new house.



Chapter 2: New Beginnings and Old Habits

The morning sun peeked through the curtains as Emma woke up feeling more energetic than the day before. She had a strange but inspiring dream about their new house — a bright, energy-efficient home with large windows, solar panels on the roof, and a garden full of blooming flowers.

She told her mother, Sarah, over breakfast, “Mum, I dreamt our new house had the best ventilation system. It felt like fresh air was everywhere. It made me realise how important it is to have a healthy environment. It sounds amazing! I hope it’s as peaceful as the one I saw in my dream.”

Sarah smiled and nodded. “That’s very true, Emma. A healthy home helps us feel better both physically and mentally. Remember, our new home will have renewable energy sources, and we’ll prioritise making it a safe and relaxing place. The appliances can be adjusted remotely, which makes everything easier.”

Emma took a sip of juice and said, “I want to maintain my healthy habits too. I’m trying to reduce my time on social media because it often distracts me and causes stress.”

Sarah replied, “That’s a wise decision. Sometimes social media can be very distracting and even harmful if you overuse it. But it can also be a useful tool if you use it carefully.”

Just then, Emma’s dad, Mark, came into the kitchen. “I was thinking,” he said, “Moving to a new city will be a big change for all of us. It might take some time to get used to everything — new school, new neighbours and new routines.”

Emma sighed. “I know. I’m a bit nervous about it. I’m worried about leaving my friends behind.”

Melis, Emma’s best friend, was visiting that day. She smiled reassuringly and said, “Don’t worry, Emma. I’m sure you’ll make new friends quickly. Also, we can always keep in touch. Just remember not to bottle up your feelings if you ever feel sad or lonely.”

Emma smiled and felt a bit better. “Thanks, Melis. You’re right.” She felt hopeful. Maybe she would be able to find the balance and healthy life she was looking for when she moved to the new house.

Later that day, Emma sat in her room scrolling through social media.

The constant flow of posts and videos made her feel tired and restless. Suddenly, a news alert popped up: “Fake news spreads like wildfire on social media! Be careful and always check your sources.” Emma frowned.

She thought to herself. “Social media really can mess with our heads, can’t it? I have been using it for hours without a break.”

Her phone buzzed with a message from her health app reminding her to drink water. “I need to stay hydrated and eat better, too,” she told herself. “I’ve got to achieve my goal of being more balanced.”

She remembered what her dad had told her. “Your grandpa monitored his heartbeat closely last year because of stress, didn’t he?” It’s important to take care of yourself before things get worse.”

Emma put her phone down and went outside. The fresh air was calming, and she noticed how many people were exercising regularly. “They go for walks every evening, I guess,” she thought. She noticed how consistent exercise made people around her look healthier and happier.

Then she remembered the news about the nature walking club that her friend had told her about at school. “Maybe I should try it,” she thought. “Joining that club could strengthen my body and mind.”

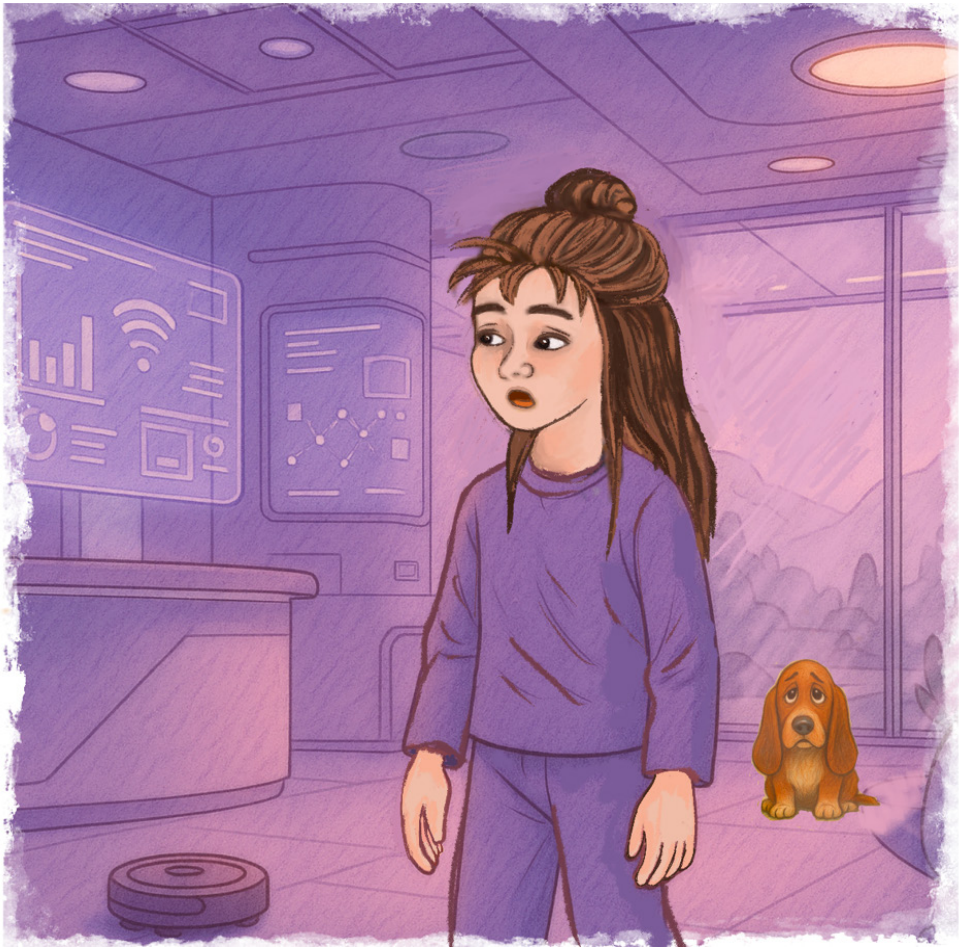
Chapter 3: Challenges and Choices

The weeks passed quickly, and Emma was getting used to her new routine. Although she enjoyed the excitement of moving to the new house, there were still moments when she felt lonely and overwhelmed by everything happening around her.

One afternoon, after school, Emma sat at her desk, trying to concentrate on her homework. But her phone kept buzzing with notifications from social media apps, and the constant interaction was starting to feel like an addiction.

Her mother, Sarah, noticed her frustration. “Emma, sometimes it’s important to take a break and focus on self-care. You shouldn’t let social media take all your time and energy.”

Emma sighed. “I know, mum. I need to stop, but I was used to checking my phone every five minutes. But it’s hard to ignore it completely. Everyone is online all the time, and I feel like I will miss something if I don’t check it.”



Mark joined the conversation, adding, “That’s why we should set some restrictions on screen time. It’s about finding balance. For example, we can prioritise family time instead of social media during dinner. This way, we protect our routines.”

Emma nodded. “That sounds reasonable. I don’t want social media to cause any more stressful feelings.”

That night, Emma dreamed about a peaceful place where people talked and laughed together without their phones. She had been thinking about disconnecting for days, and now she felt ready. No one was glued to their screens. Instead, people were outside, walking, hiking, and enjoying nature. She saw herself walking along a quiet

path, with trees and birds around her. Her heart was beating fast but happily.

When she woke up, she felt motivated to adopt a healthier lifestyle.

"Maybe I can join that new nature walking club," she thought. "I want to be more active and spend more time in the real world, not just on my phone."

The next morning at school, Emma shared her thoughts with Melis, who smiled. "That's a great idea! I'm sure you'll love it. It's important to stay healthy and have a good balance between online life and real life."

Emma agreed. "Also, I've been learning that nutrition and hydration are essential for staying healthy. I'm going to pay more attention to what I eat and drink. I want to get used to spending more time in nature. It might help me stay healthy and focused."

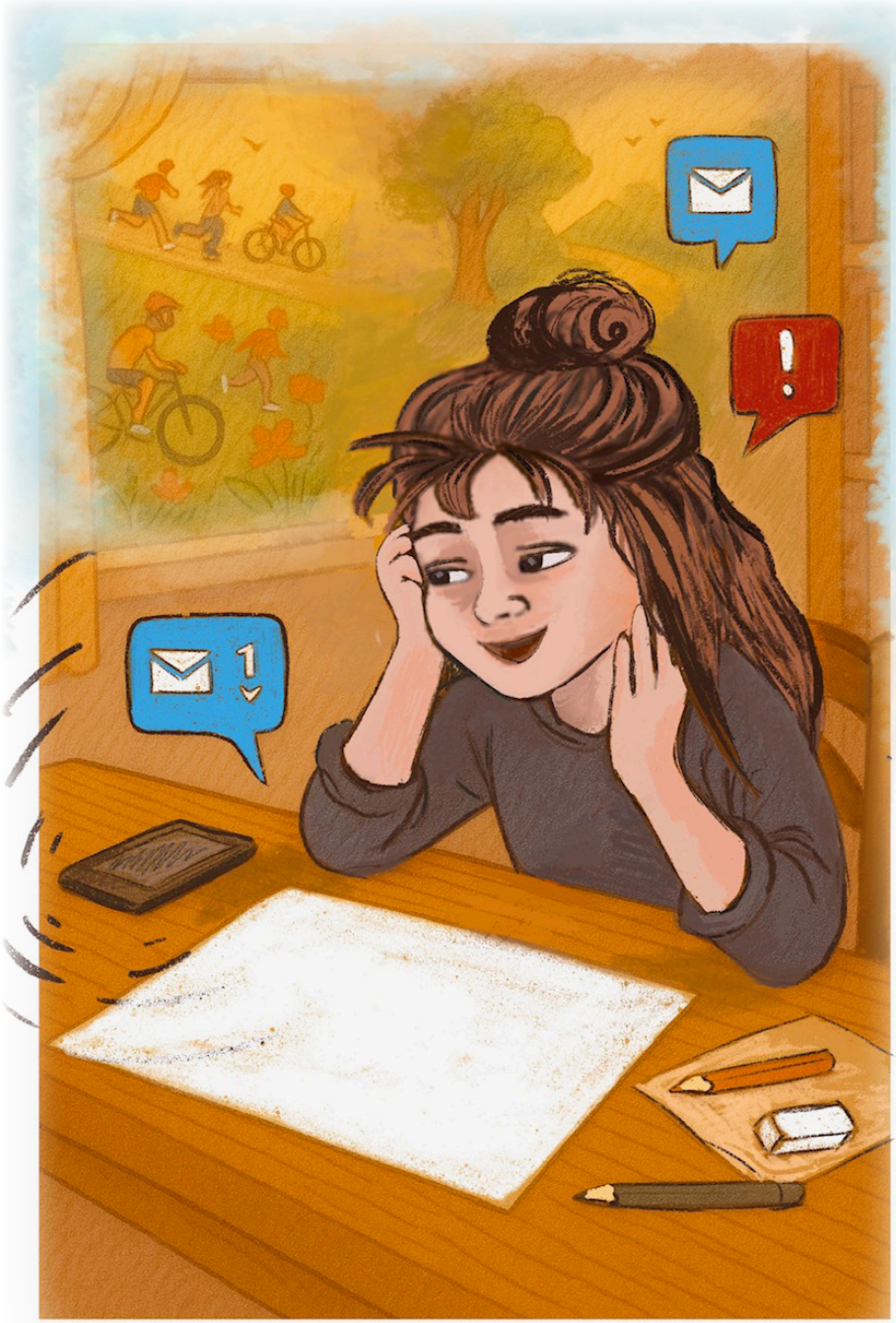
Sarah added, "That's excellent! Remember, simple remedies like herbal teas can help you relax when you feel stressed."

Meanwhile, the family's new house was slowly coming together. The contractors were installing new appliances that could automatically adjust their energy usage, making the house more energy-efficient and sustainable.

Mark explained, "The innovation in this house is impressive. It's designed to optimise energy consumption while keeping us comfortable."

Jack was fascinated by the smart technology. "Can these appliances really monitor everything? Like the temperature and the lights?"

Sarah nodded. "Yes, and they'll even remind us to check the heating system from time to time.



Chapter 4: New Beginnings and Future Plans

The family's move was finally complete. The new house was nothing like their old home — it was energy-efficient, sophisticated, and filled with the latest innovations. Sarah was impressed by how the house was designed to automate everyday tasks.

Mark explained while showing Emma and Jack around, "These appliances can be automated to save energy. For example, the heating system will turn off when no one's home, and the lights adjust based on natural ventilation and sunlight."

Emma was fascinated. "It's great that technology can help us live better. I think this house will help us live in a more sustainable way."

The family was also excited about their upcoming holiday plans. Sarah had just finished finalising the bookings for a resort that everyone had chosen. The resort was affordable and offered a range of activities perfect for families.

At the dinner table, Emma asked, "Mum, how did you decide on this resort? Was it better than the others?"

Sarah smiled. "Yes, it was. I talked to the travel agency to get a better price. It's important to plan your money and not spend too much."

Mark added, "And the resort uses renewable energy, which is better for nature. That was a big reason we chose it."

Jack, excited about the trip, said, "I can't wait for our excursion! Are there any all-inclusive activities for kids?"

Sarah nodded. "Absolutely. There's a travel agency nearby that can organise extra tours if we want."

Emma spent the weekend helping her parents unpack and renovate some rooms. She noticed how different the household felt at that moment, with its energy-efficient panels and improved insulation.

One afternoon, she caught herself daydreaming about her future home. "I want a house like this one — good for the environment and easy to take care of," she thought. "A smart home with helpful technology."

At school, the family-themed project continued. Emma presented her family's journey to the class, talking about how important it is to make big decisions at the right time and how recognition of the right moment can change everything.

Her teacher asked, "Do you think adapting to this new life was easy for your family?"



Emma replied confidently, “It wasn’t always easy, but we learned to adapt and support each other. Now, the house feels like home.”

That night, Emma lay in bed reflecting on everything. She remembered her dream, but this time, her dream included her whole family.

They were sitting around a campfire, far away from screens and distractions. The air was fresh, and the night was filled with laughter and stories.

Emma whispered, “This is the life I want — being close to my family and thinking about the world around me.”

Chapter 5: Reflections and Future Dreams

The days passed quickly as the family settled into their new life. Emma often thought about how much had changed since the move, and how much more they still had to learn. Yet, despite the challenges, there was a sense of relief and accomplishment in the air.

One evening, while sitting in the living room, Mark turned to Sarah and said, “I reckon this is not just a house — it’s a home that fits our daily needs. We can even control the energy systems from our phones, which helps us save more.”

Sarah nodded. “Yes, and thanks to solar panels and smart appliances, we use less energy now. It feels good to live in a way that helps the planet. These panels are like the old ones, but the material is new and better.”

Emma smiled, remembering the first day they arrived. “It’s interesting how we got used to this house so fast. Now it feels like home. It’s also more modern than our old house.”

Jack, eager to share his thoughts, added, “I was used to having my own room, but in this house, the rooms are close, so we feel more like a family.”

School was back in session, and Emma was excited to share more about her family’s experience in her English project.

During her presentation in her classroom, she said, “We had been preparing for the move for months, hadn’t we? Sometimes it was hard, but we helped each other.”

Her classmates asked a lot of questions, and Emma happily explained, “We got used to the new routines quickly, even if some things were different at first.”

At home, the family discussed their plans for the future, including their upcoming holiday. Sarah reminded them, “We need to finish the bookings soon. We have a budget, and the resort includes everything, so it will be easier for us.”

Mark added, “I also want us to rest and enjoy our time. It’s important to balance work and fun.”

Emma, feeling motivated, shared her dream: “One day, I want to live in a house that’s like this — close to nature and energy-efficient. Maybe with a garden full of herbs and plants. I want it to be green, just like this house, maybe a bit more modern, but still simple.”

That night, Emma had another dream. This time, she was walking

through a future city where all the buildings had solar panels and clean energy. People were outside, enjoying life, and technology was helping them work together.

She woke up feeling hopeful. “Maybe the small things we do at home can help the world,” she thought.

As the weeks went by, the family grew closer. They shared daily chores enthusiastically.

“I’ll take care of the washing up,” Emma volunteered one evening.

“And I’ll take the rubbish out later,” Jack added with a grin.

Sarah smiled proudly. “It’s great to see you both taking responsibility. It makes the house run smoothly.”

Mark joked, “And it gives me more time to focus on work and planning our next family adventure!”

One weekend, Sarah organised a check-up for everyone at a nearby wellness clinic. The doctor emphasised the importance of nutrition, hydration, and regular exercise.

“You need to stay consistent with your routines,” the doctor said. “This helps your body stay strong against illnesses.”

Emma was surprised to learn how much her daily habits impacted her overall well-being. She smiled and said, “It was not easy, but we got used to the new routines. Now, I even help with the dishes every night.”

Back at home, Mark said, “I had been looking into smart appliances for months before we moved. I’m happy it all worked.”

“Technology should help us, not control us,” he explained. “We don’t want to be addicted to gadgets.”

Sarah agreed. “Social media can be a distraction, but if we prioritise our family time, it won’t take over our lives.”

One evening, the family sat together reflecting on the past year.

“We’ve come a long way.” Sarah said. “From worrying about moving to building a warm and happy home.”

Mark added, “We’ve learned to rely on each other and accept changes.”

Emma smiled. “And I’m thankful for everything. It was hard sometimes, but it was worth it.”

Jack nodded. “I can’t wait for our holiday. It’s going to be memorable!”

As the story closed, Emma thought about the lessons learned.

She realised that staying healthy and fit, and having a good family life requires balance, support, and learning.

Her final thought before sleep was, “With love and care, every challenge can become a chance to grow. Our family’s future looks full of hope.”


The End

CHAPTER 1

Before you read

1. Look at the glossary at the back of the book. Check the meaning of these words. Then complete the text with the words in the box below.

exploit	consistent	nutritious
impressed	strengthened	

Tom had a big (1) _____ breakfast, which gave him energy for the day. Helping his uncle carried some effort, but it (2) _____ his back and legs. During his break, he turned off his phone so nothing could (3) _____ his attention. Later, his cousin, Mia, (4) _____ him with her quick running, which showed she was (5) _____ with her exercise. At the end of the day, Tom felt proud because he had taken good care of his health.

While you read

2. Read Chapter 1 and match each sentence with the correct speaker.

Sarah – Emma – Melis – Mark

1. "Social media is using up too much of my time. I want to feel better and focus on my health."_____
2. "Even adults can get distracted by screens sometimes. Your grandpa had the same problem." _____
3. "Changing habits is not easy, but you've already made progress. You can do more." _____
4. "Look at this! There's a new nature walking club. It could help us relax."_____

CHAPTER 2

Before you read

1. What do you think this chapter will be about? Share your ideas with a peer.

1. What kind of habits might be difficult to change?
2. Will the characters be happy or worried?

2. Read the paragraph. In each group of three words, circle the one that best completes the sentence.

At school, the students started a project about protecting the environment. They learned that small actions, like riding a bike, can make people feel more **(1)** ***(energetic / weak / sleepy)*** and help the planet at the same time. Their teacher explained that the **(2)** ***(overuse / repair / solution)*** of electricity and water is a big problem in many cities. To help, the students made posters to teach others how to **(3)** ***(forget / maintain / waste)*** good habits, like turning off lights and using less plastic. They also started a campaign to **(4)** ***(increase / reduce / repeat)*** food waste in the school cafeteria. In group discussions, they learned to **(5)** ***(prioritise / avoid / ignore)*** the most important problems first, like plastic pollution and water waste.

While you read

3. As you read, highlight or underline these in the text:

a. A sentence that shows Emma is worried
b. A sentence that shows Sarah supports Emma
c. A sentence that includes the word healthy
d. A sentence that shows technology is helpful
e. A sentence that shows someone gives advice

CHAPTER 3&4

Before You Read

1. Use the words in the box to complete the sentences. Share your answers with a peer.

	budget(n)	remedy(n)
ignore(v)	recognition(n)	sustainable(adj)

1. It is hard to _____ messages when your phone keeps buzzing.
2. We must follow a _____ when we go shopping for the new house.
3. Ginger tea is a natural _____ for a sore throat.
4. A _____ house uses solar energy and saves water.
5. She got a certificate of _____ for her volunteer work.

While you read

2. Read each sentence below. Then write the number of the chapter where the event happens.

1. Emma dreams about a smart, eco-friendly house she might live in one day. _____
2. The family talks about using smart technology and saving energy in their new home. _____
3. Emma finds it hard to focus on homework because of social media distractions. _____

CHAPTER 5

Before You Read

1. Read the paragraph. Find the synonyms of the following words / phrases in the paragraph and write them next to the word.

adapt: _____ reckon: _____ rely on: _____
memorable: _____ distract: _____

When Ayla started university, everything felt unfamiliar. She figured it was the start of something exciting. Although the first weeks were hard, she adjusted to academic life. She could depend on her roommate whenever she felt uncertain or sad. Noisy room life sometimes interrupted her focus, but she managed. The welcome ceremony was unforgettable — she met people from around the world and felt included.

While you read

2. Match the actions or thoughts with the correct character: Emma, Jack, Sarah, or Mark.

1. Wanting a green and tech-friendly future home _____
2. Talking about saving energy with new appliances _____
3. Feeling the house helps the family stay close _____
4. Seeing the house as a comfortable and smart home _____

After you read

3. Choose one character from the story. Answer the following questions and share your answers in the class.

1. How did this character change from the beginning to the end?
2. What important decisions did she/he make?
3. What lesson did she/he learn?

GLOSSARY

n: *noun* **v:** *verb* **adj:** *adjective* **adv:** *adverb*

adapt (v):	to adjust to different conditions or uses, or to change to meet different situations.
budget (n):	a plan for how much money will be spent and how it will be spent.
consistent (adj):	always behaving or happening in a similar, especially positive way.
distract (v):	to make someone stop giving their attention to something.
energetic (adj):	having or involving a lot of energy.
exploit (v):	to use something in a way that helps you; taking unfair advantage.
ignore (v):	to intentionally not listen or give attention to.
impressed (adj):	admiring someone or something very much because of a good quality or achievement.
maintain (v):	to continue to have; to keep in existence, or not allow to become less.
memorable (adj):	likely to be remembered or worth remembering.
nutritious (adj) :	containing many of the substances needed for life and growth.
optimise (v):	to make something as good or effective as possible.
overuse (v):	to use something too often or too much.
prioritise (v):	to decide which things are most important so that you can deal with them first.
reckon (v):	to think or believe.

recognition (n):	agreement that something is true or important; public appreciation
reduce (v):	to become or to make something become smaller in size, amount or importance.
rely on (v):	to trust someone or something or to expect him, her, or it to behave in a particular way.
strengthen (v):	to make something stronger or more effective.
sustainable (adj):	causing little or no damage to the environment and able to continue for a long time.
well-being (n):	the state of feeling healthy and happy.

REFERENCES

T.C. Millî Eğitim Bakanlığı. (2025). Multilingual Foreign Language Education Model The English Language Curriculum

The references in this section have been prepared following the principles and formatting rules of the APA Style 7th Edition.

ANSWER KEY

WEB AND VISUAL REFERENCES

The visuals have been prepared by the commission. Artificial intelligence has been utilised in the visuals of the material.



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