

اختبار comprehension Reading فهم قرائي المسار المتقدم



تم تحميل هذا الملف من موقع المناهج الإماراتية

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تاريخ إضافة الملف على موقع المناهج: 09:59:41 2025-10-21

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المزيد من مادة
لغة انجليزية:

إعداد: Ali Hossam

التواصل الاجتماعي بحسب الصف العاشر



صفحة المناهج
الإماراتية على
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف العاشر والمادة لغة انجليزية في الفصل الأول

اختبار كتابي test Writing في الوحدة الأولى متبوع بالحل المسار العام

1

مواصفات الاختبار النهائي للفصل الأول (الهيكل الوزاري) المسار المتقدم

2

مواصفات الاختبار النهائي للفصل الأول (الهيكل الوزاري) المسار العام

3

اختبار قراءة يركز على قواعد اللغة باستخدام النفي والأزمة الماضية في نص عن الحياة في الإمارات قبل اكتشاف النفط

4

كتاب دليل المعلم Interactions الاستماع والمحادثة المسار العام

5

READING COMPREHENSION

Target Vocabulary: admirable, breakthrough, gradually, unidentified, obstacle, overcome, positive, handling (stress), evaluate, coping strategies, dealing with, perspective, circumstances

Mindset and Longevity

Health and longevity are admirable goals that many people strive to achieve. Over the past decades, scientists have made remarkable breakthroughs in understanding how lifestyle and mindset affect our overall well-being. Research shows that maintaining a positive outlook on life can gradually improve both physical and mental health. When faced with unidentified challenges such as new diseases or unexpected life changes, a strong mindset helps individuals adapt and overcome obstacles that might otherwise shorten their lifespan.

An essential factor in promoting longevity is the ability to handle stress effectively. Chronic stress weakens the immune system and accelerates aging, but learning proper coping strategies can make a significant difference. These strategies include exercising regularly, practicing mindfulness, and maintaining social connections. By dealing with difficulties calmly and developing healthy routines, people can evaluate their habits and identify which areas need improvement.

Another key aspect is perspective. Seeing challenges as opportunities rather than threats helps individuals remain resilient in difficult circumstances. Those who adopt such a mindset tend to recover faster from setbacks and maintain better emotional balance. In summary, health and longevity are not only determined by genetics but also by how people

approach life — their ability to stay positive, manage stress, and face obstacles with courage and adaptability.

- Multiple Choice Questions:

1. Which of the following best describes the main idea of the text?

- A) The role of genetics in determining life span
- B) How to achieve health and longevity through mindset and habits
- C) The importance of medical technology in extending life
- D) The effect of diet on mental health

2. What does the author consider admirable?

- A) The effort to gain wealth
- B) The goal of living a long and healthy life
- C) The ability to identify diseases
- D) The discovery of new medications

3. According to the text, breakthroughs in science have helped people understand:

- A) How to invent new stress-relief medicines
- B) How lifestyle and mindset influence health
- C) How to eliminate all diseases
- D) How to make people live forever

4. The text suggests that a positive outlook can improve health _____.

- A) suddenly
- B) occasionally
- C) gradually
- D) never

5. What should people do when facing unidentified challenges?

- A) Ignore them
- B) Wait for someone else to solve them
- C) Adapt and overcome obstacles
- D) Complain about them

6. Which factor is mentioned as essential for promoting longevity?

- A) Wealth management
- B) Proper stress handling
- C) Avoiding social interaction
- D) Strict dieting

7. What are examples of coping strategies mentioned in the text?

- A) Overworking and isolating oneself
- B) Exercising, mindfulness, and social connections
- C) Sleeping all day
- D) Ignoring problems

8. Why does the author emphasize evaluating habits?

- A) To identify areas that need improvement
- B) To criticize others' lifestyles
- C) To compare habits with friends
- D) To follow strict medical routines

9. How does having a healthy perspective affect individuals?

- A) It helps them become rich
- B) It helps them remain resilient and emotionally balanced
- C) It makes them live without challenges
- D) It encourages them to avoid risks

10. According to the conclusion, what most influences health and longevity besides genetics?

- A) Technology and money
- B) Diet alone
- C) Attitude and stress management
- D) Climate and location