

كتيب مراجعة نهائية للاختبار النهائي المسار المتقدم



تم تحميل هذا الملف من موقع المناهج الإماراتية

موقع المناهج ← المناهج الإماراتية ← الصف العاشر ← لغة انجليزية ← الفصل الأول ← ملفات متنوعة ← الملف

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ملفات اكتب للمعلم اكتب للطالب | اختبارات الكترونية | اختبارات | حلول | عروض بوربوينت | أوراق عمل
منهج انجليزي | ملخصات وتقارير | مذكرات وبنوك | الامتحان النهائي | للمدرس

المزيد من مادة
لغة انجليزية:

إعداد: NAJWA

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

حل كراسة تدريبية مراجعة وفق الهيكل الوزاري الجديد المسار المتقدم

1

مراجعة نهائية مفردات Vocabulary متبوعة بالإجابات المسار العام

2

مراجعة نهائية اختبار تجريبي Test Mock المسار العام

3

دليل التقييم لاختبار نهاية الفصل الأول المسار العام

4

دليل التقييم لاختبار نهاية الفصل الأول المسار المتقدم

5

English Revision Booklet

End of Term 1

Grade:10 Advance



Reading s Viewing and Writing s Representing

Total Marks Reading: 60 Swift Assess

Writing: 40 Paper (G11 Gen)

Part 1A: Vocabulary: 1 text of 160 words (10% either way) with 7 gaps focusing on the target vocabulary. 3 options, one of which is the correct answer 2 marks each (total: 14).

Part 1B: Grammar: Question tags, Wh-questions, Historic present-used to narrate past events in a livelier manner as if we were there, witnessing what was happening narrative text of 160 words (10% either way) with 7 gaps 3 options, one of which is the correct answer 2 marks each (total 14).

Part 2: Reading: 1 narrative text of 270-300 words (10% either way) 8 questions with 3 options, one of which is the correct answer (2 marks each, total: 16).

Part 3: Reading: 1 expository text of 270-300 words (10% either way) 8 questions with 3 options, one of which is the correct answer (2 marks each, total: 16).

Part 4: Writing: A picture of Health | Health Clubs, Talking about Stress

One text of 160 words related to theme.

One question asking for the main idea of the text, using their own words.

One question about the text with three prompts to elicit an argumentative text asking them for their opinion with evidence to support their view. Word count: 170 words

40 marks (based on rubric)

Vocabulary Meanings (English s Arabic)

English Word	Meaning (English)	s
1. admirable	worthy of respect or praise	جدير بالإعجاب
2. breakthrough	an important discovery or achievement	اختراق /إنجاز مهم
3. gradually	slowly over time	تدريجياً
4. unidentified	not recognized or known	غير معروف
5. obstacle	something that blocks progress	عقبة
6. overcome	to succeed in dealing with a problem	يتغلب على
7. positive	having a good or helpful attitude	إيجابي
8. handling (stress)	managing or dealing with	التعامل مع (الضغط)
G. evaluate	to judge or assess the value of something	يقيم
10. coping strategies	methods to deal with difficulties	استراتيجيات التكيف
11. dealing with	managing or addressing	التعامل مع
12. perspective	a particular point of view	وجهة نظر
13. circumstances	conditions or situations	الظروف
14. remote control	a device used to operate a TV or machine from a distance	جهاز تحكم عن بُعد
15. couch potato	a person who spends a lot of time watching TV	شخص كسول يقضي وقته أمام التلفاز

16. channel surf	to switch frequently between TV channels	يَتَنَقَّلُ بين القنوات
17. commercials	advertisements on TV or radio	إعلانات تجارية
18. turn down	to reduce volume or reject	يخفض /يرف ض
19. volume	the level of sound	مستوى الصوت
20. gaming	playing electronic or video games	اللعب الإلكتروني
21. gamers	people who play video games	اللاعبون الإلكترونيون
22. streaming	watching or listening to media in real time online	البث المباشر
23. blogging	writing posts on a blog	الكتابة في مدونة
24. vlogging	creating video blogs	تدوين بالفيديو
25. spare time	free time not occupied by work	وقت الفراغ
26. inhabitants	people who live in a particular place	سكان
27. preservatives	substances used to keep food fresh	مواد حافظة
28. longevity	long life or long existence	طول العمر
29. altitude	height above sea level	الارتفاع عن سطح البحر
30. unpolluted	not dirty or contaminated	نظيف /غير ملوث
31. long-lived	having a long life	طويل العمر
32. prevent	to stop something from happening	يمنع
33. accurate	exact or correct	دقيق
34. dishonest	not truthful	غير صادق

35. patient	able to wait calmly	صبور
36. remedy	a cure or treatment	علاج
37. validity	being reasonable or logically correct	صلاحية /صح ة
38. take advantage of	to use something for your own benefit	يستغل
39. attitude	a way of thinking or feeling	موقف /سلوك
40. fraudulent	intended to deceive	احتيالي
41. commercial	an advertisement on TV or radio	إعلان تجاري
42. slogan	a short phrase used in advertising	شعار إعلاني
43. noticeable	easy to see or observe	ملحوظ
44. original	new or creative	أصلي /مبتكر
45. memorable	worth remembering	لا يُنسى
46. informative	providing useful information	مفيد /تثقيفي
47. visual media	forms of media that use images or video	وسائل الإعلام البصري ة
48. infant	a very young child	رضيع
49. passively	without active participation	بشكل سلبي
50. sense	a feeling or awareness	إحساس /شعور
51. development	the process of growth or improvement	تطور /تنمية
52. limited	restricted or small in amount	محدود

Multiple-Choice Gap-Fill – A Picture of Health (Handling Stress)

Read the passage carefully. Choose the correct word (A, B, or C) to complete each blank. Each question has one correct answer. (7 gaps × 2 marks = 14

marks total)

Everyone experiences stress in life, but the way we handle it makes a big difference. Learning how to stay calm under pressure is an (1) __ skill that can help us stay healthy and focused. When we face challenges, we need to use good (2) _____ such as exercising, talking to friends, or taking breaks to relax.

Sometimes, stressful (3) _____ can seem too hard to manage, but a positive attitude allows us to deal with them more effectively. By changing our (4) _____, we can see problems not as obstacles but as opportunities to grow. For instance, someone who fails an exam can (5) _____ what went wrong and make a plan to improve.

Progress often happens (6) _____. Over time, we learn to overcome difficulties and become stronger. Even in tough moments, people may have a personal (7) _____—a discovery that helps them see life differently.

Options

1. A) admirable B) stressful C) emotional
2. A) coping strategies B) bad habits C) quick solutions
3. A) decisions B) circumstances C) feelings
4. A) plan B) goal C) perspective
5. A) ignore B) evaluate C) forget
6. A) gradually B) suddenly C) immediately
7. A) obstacle B) breakthrough C) challenge

Text – Staying Strong in Difficult Times

Everyone faces stressful situations, but how we respond to them makes a big difference. Stress can be negative if it makes us feel worried and tired all the time, but it can also be (1)

_____ when it helps us stay focused and motivated. When challenges appear, it's important to take a step back and think about how to handle them.

People who manage stress well often look at problems from a new (2) _____. Instead of feeling trapped, they see each obstacle as a chance to learn and grow. For example, a

student who fails an exam might feel disappointed at first, but later realize it's an opportunity to improve study habits.

Coping strategies are key to overcoming adversity. Some people deal with stress by talking to friends, exercising, or writing in a journal. These actions help them to release negative emotions and think more clearly. Others find comfort in creative activities such as painting or music. It's also helpful to break big problems into smaller, more manageable parts. Handling issues (3) _____ makes them easier to solve gradually.

Sometimes, stress can even lead to a personal (4) _____— a moment of discovery that changes how we see ourselves or the world. People who have gone through hard times often say that the experience made them stronger and more confident.

If stress becomes too much, it's important to ask for help. Talking to a counselor or a trusted friend can provide useful advice and emotional support. Overcoming difficulties doesn't happen overnight, but every small step forward is (5) _____ progress.

Options

1. A) harmful B) positive C) dangerous
2. A) direction B) perspective C) comparison
3. A) carefully B) suddenly C) gradually
4. A) obstacle B) challenge C) breakthrough
5. A) admirable B) impossible C) unexpected

Multiple-Choice Gap-Fill – Overcoming Adversity

Read the passage carefully. Choose the correct word (A, B, or C) to complete each blank. Each question has one correct answer. (7 gaps × 3 options = 21 marks total)

Life is full of challenges, and overcoming adversity is something everyone experiences at some point. Whether it's a personal struggle, a failure, or a major obstacle, the way we face difficult times defines who we are. People who show (1) ___ during hard moments often discover strength they never knew they had.

Adversity can take many forms: losing a job, failing an exam, or facing health problems.

These situations can make us feel hopeless, but they also provide valuable lessons.

The key is to keep a positive (2) _____ and believe that things can improve. Having supportive

friends and family helps a lot, as they can offer comfort and motivation when we need it most.

One effective way to deal with problems is to break them down into smaller parts. Solving

one small issue at a time can make a large challenge seem less (3) ___. It's also important to take care of our mental and physical health. Regular exercise, rest, and balanced meals can increase our energy and focus.

People who overcome difficulties often experience a powerful (4) ___ in their lives.

They gain a better understanding of themselves and become more (5) ___ about others.

Many also develop stronger problem-solving skills and a deeper sense of gratitude for what they have.

In the end, adversity is not something to fear. It's an opportunity to grow and to prove our ability to handle difficult circumstances with (6) ___ and courage. When we face challenges with determination, we move closer to becoming our best selves and achieving a true sense of (7) _____.

Options

1. A) weakness B) resilience C) confusion
2. A) attitude B) excuse C) direction
3. A) admirable B) manageable C) hopeless
4. A) breakthrough B) mistake C) limit
5. A) selfish B) compassionate C) nervous
6. A) patience B) anger C) regret
7. A) success B) difficulty C) conflict

Multiple-Choice Gap-Fill – A Picture of Health

Read the passage carefully. Choose the correct word (A, B, or C) to complete each blank. Each question has one correct answer. (7 gaps × 3 options = 21 marks total)

Being healthy doesn't only mean avoiding illness; it also means feeling strong, positive, and balanced in body and mind. A true picture of health includes physical, emotional, and mental well-being. People who take care of their health learn how to manage challenges, handle stress, and maintain a positive attitude even in difficult (1) _____.

Stress is a normal part of life, but learning how to control it is essential. When people face problems, they can use different (2) _____ strategies to stay calm and focused. For example, deep breathing, regular exercise, and enough rest are simple but effective ways to manage tension. Talking to others about our feelings also helps us to (3) _____ situations more clearly.

Sometimes, health challenges appear suddenly, and we have to react quickly. Other times, recovery happens (4) _____, requiring patience and consistency. In both cases, keeping a positive outlook can make a big difference. People who stay optimistic are more likely to overcome obstacles and achieve a personal (5) _____ that changes how they see life.

It's also important to remember that everyone's experience is unique. What works for one person might not work for another. The key is to find healthy habits that suit your lifestyle and needs. Whether it's a morning walk, a hobby, or meditation, these small steps contribute to a more (6) _____ and fulfilling life.

Being a picture of health doesn't mean being perfect. It means doing your best, caring for your body and mind, and staying (7) _____ even when life gets tough.

Options

1. A) circumstances B) directions C) possibilities
2. A) learning B) coping C) developing
3. A) evaluate B) forget C) ignore
4. A) instantly B) suddenly C) gradually
5. A) obstacle B) breakthrough C) challenge
6. A) stressful B) balanced C) difficult
- A) discouraged B) positive C) uncertain

Multiple-Choice Gap-Fill – Handling Stress

Read the passage carefully. Choose the correct word (A, B, or C) to complete each blank. Each question has one correct answer. (7 gaps × 3 options = 21 marks total)

Stress is something that everyone experiences, whether it's from work, school, or personal life. Although we can't completely avoid stressful situations, we can learn to manage them in positive ways. Handling stress well is not about ignoring problems—it's about (1) _ them and finding practical solutions.

One of the most effective (2) ____ strategies is to stay organized and plan ahead. When people prepare for upcoming tasks, they feel more in control and less anxious.

Exercise, meditation, and spending time outdoors are also helpful ways to release tension and stay mentally healthy.

Sometimes stress comes from unexpected (3) ____, like sudden changes or challenges that catch us by surprise. In such moments, it's important to stay calm and take things one step at a time. Evaluating the situation clearly can help us decide what actions to take next. Talking with friends or family can also provide new ideas and different (4) ____.

If we don't manage stress properly, it can affect our physical health and emotions. We might feel tired, angry, or even lose motivation. However, learning to (5) ____ these feelings can lead to greater strength and balance. Over time, people who practice healthy coping methods gradually (6) ____ difficult times and become more confident in their ability to handle future problems.

Managing stress doesn't mean avoiding pressure—it means turning it into an opportunity for growth. Staying positive and patient through tough situations is truly (7) ____ and shows real inner strength.

Options

1. A) avoiding B) evaluating C) ignoring
2. A) coping B) controlling C) reacting
3. A) obstacles B) directions C) activities
4. A) perspectives B) emotions C) decisions
5. A) overcome B) forget C) control
6. A) fail B) face C) overcome
7. A) admirable B) coping C) emotions

Multiple-Choice Gap-Fill – A Picture of Health

Read the passage carefully. Choose the correct word (A, B, or C) to complete each blank. Each question has one correct answer. (7 gaps × 3 options = 21 marks total)

Being healthy doesn't only mean avoiding illness; it also means feeling strong, positive, and balanced in body and mind. A true picture of health includes physical, emotional, and mental well-being. People who take care of their health learn how to manage challenges, handle stress, and maintain a positive attitude even in difficult (1) _____.

Stress is a normal part of life, but learning how to control it is essential. When people face problems, they can use different (2) _____ strategies to stay calm and focused. For example, deep breathing, regular exercise, and enough rest are simple but effective ways to manage tension. Talking to others about our feelings also helps us to (3) _____ situations more clearly.

Sometimes, health challenges appear suddenly, and we have to react quickly. Other times, recovery happens (4) _____, requiring patience and consistency. In both cases, keeping a positive outlook can make a big difference. People who stay optimistic are more likely to overcome obstacles and achieve a personal (5) _____ that changes how they see life.

It's also important to remember that everyone's experience is unique. What works for one person might not work for another. The key is to find healthy habits that suit your lifestyle and needs. Whether it's a morning walk, a hobby, or meditation, these small steps contribute to a more (6) _____ and fulfilling life.

Being a picture of health doesn't mean being perfect. It means doing your best, caring for your body and mind, and staying (7) _____ even when life gets tough.

Options

7. A) circumstances B) directions C) possibilities

8. A) learning B) coping C) developing

9. A) evaluate B) forget C) ignore

10. A) instantly B) suddenly C) gradually

11. A) obstacle B) breakthrough C) challenge

12. A) stressful B) balanced C) difficult

13. A) discouraged B) complicated C) surprising

Grade 11 General – Grammar Notes

Grammar Topic	Explanation	Example(s)
Question tags	Short questions added at the end of a statement to confirm information or ask for agreement.	You're a student, aren't you? / It's cold today, isn't it?
Wh-questions	Questions that begin with 'who', 'what', 'where', 'when', 'why', or 'how' to ask for specific information.	Where do you live? / What is your name?
Historic present	A tense used to describe past events as if they are happening now, making the narration livelier and more engaging.	Suddenly, he runs into the room and shouts for help. / The teacher opens the book and begins to read.

Multiple-Choice Gap-Fill Exercise: Historic Present (Theme: Adversity)

Read the passage carefully. Choose the correct word (A, B, or C) to complete each blank. Write your answers on the lines below.

Text – Facing Adversity

It's a cold morning in December. A young woman stands at the bus stop, holding a heavy bag. She looks tired but determined. As the bus arrives, she climbs on board and finds a seat near the window. The driver greets her kindly, (1) ___ she smiles back. Every morning, she takes this bus to her new job at a small bakery. When she starts working, the smell of fresh bread fills the air. She mixes the dough, (2) _____ the loaves into the oven, and waits. As the minutes pass, she remembers the days when things were much harder. Last year, she loses her home in a fire. She cries for weeks, (3) _ she refuses to give up. Friends and neighbors help her rebuild her life. She works hard, saves money, and now she's finally independent again. Every time she feels tired, she tells herself, (4) _ stronger than this moment. At noon, the bakery gets busy. Customers come in, (5) _ their favorite pastries, and thank her warmly. She looks at the smiling faces and feels grateful. Life is never easy, (6) ___ it always offers second chances. She finishes her shift, steps outside, and the cold air hits her face. She laughs softly, (7) _ tomorrow is another day. Her story teaches us something powerful: even in adversity, hope (8) ____ stronger than fear. She walks home slowly, thinking of her journey, (9) ___ how far she has come. By the time she reaches her door, she feels proud, (10) _____ she knows she can face anything.

- | | | |
|-----------------|-------------|-----------------|
| 1. A) so | B) because | C) but |
| 2. A) put | B) puts | C) is putting |
| 3. A) and | B) but | C) so |
| 4. A) am | B) is | C) are |
| 5. A) order | B) orders | C) are ordering |
| 6. A) isn't | B) doesn't | C) isn't it |
| 7. A) knowing | B) knows | C) know |
| 8. A) stays | B) stayed | C) staying |
| 9. A) realizing | B) realize | C) realizes |
| 10. A) because | B) although | C) if |

11. A) and B) but C) so
12. A) am B) is C) are
13. A) order B) orders C) are ordering
14. A) isn't B) doesn't C) isn't it
15. A) knowing B) knows C) know
16. A) stays B) stayed C) staying
17. A) realizing B) realize C) realizes
18. A) because B) although C) if

Text – A Trip to the Beach

It's a beautiful day, isn't it? My friends and I are going to the beach. We haven't been there for a long time, (1) ____? The sky is clear, (2) ____? Everyone is excited to swim and play volleyball. Sarah brought her camera, (3) ____? She loves taking pictures of the sea. Tom is carrying the cooler, (4) ____? He's always strong enough to lift it. We're bringing sandwiches for lunch, (5) ____? They taste better when we eat them outside. The beach is not too crowded today, (6) ____? There are lots of shells on the sand, (7) ____? I think collecting them will be fun. We should take a walk later, (8) ____? The sunset will look amazing, (9) ____? We're going to have a perfect day, (10) ____?

1. A) have we B) haven't we C) did we
2. A) is it B) isn't it C) are they
3. A) doesn't she B) does she C) didn't she
4. A) isn't he B) is he C) wasn't he
5. A) don't they B) do they C) didn't they
6. A) is it B) isn't it C) are they
7. A) isn't there B) aren't there C) is there
8. A) shall we B) shan't we C) will we
9. A) won't it B) will it C) isn't it
10. A) aren't we B) are we C) won't we

Text – Staying Healthy

Health is one of the most important things in life, (1) __? We all want to stay strong and live long. But (2) _can we really do to stay healthy every day? Doctors say that eating balanced meals, getting enough sleep, and exercising regularly are the keys. Many people know this, but they still forget to follow these habits, (3) _? When you go to the doctor,

(4) _____kinds of questions does your doctor usually ask you? They might ask about your diet, your sleep, or how often you exercise. It's also important to ask your doctor (5) _____ you should do to prevent illness. If you have a cold, you may wonder (6) _____medicine

works best for you. Everyone's body is different, so the right treatment can change from person to person. Most people don't like taking too much medicine, (7) _____? Doctors often remind patients to drink plenty of water and rest well. After all, (8) ___helps you recover faster than good rest? When you feel better, you can return to your daily routine. You're feeling healthier already, (9) _____? So remember to take care of your body—it's the only one you have, (10) _____?

1. A) don't we B) isn't it C) do we
2. A) what B) who C) when
3. A) do they B) don't they C) did they
4. A) what B) which C) why
5. A) how B) what C) where
6. A) which B) what C) who
7. A) do they B) don't they C) didn't they
8. A) what B) which C) who
9. A) aren't you B) are you C) won't you
10. A) don't you B) will you C) do you

Text – The Secret to Longevity

People all over the world want to live long and healthy lives, (1) ____? Scientists have been studying longevity for many years to discover its secrets. But (2) ____ exactly helps people live longer? Some say it's about eating well and exercising regularly, while others believe it's more about staying positive and social. In some countries, like Japan, there are many people who live past 100 years old. Researchers often ask, (3) _____ habits make these people so healthy? They eat simple meals, stay active, and spend time with family and friends. You've heard that laughter can help you live longer, (4) ____? Doctors also encourage people to have regular checkups. But (5) ____ happens when people ignore their health? They might develop serious problems that could have been prevented. Everyone wants to know (6) ____ they can do to add more years to their lives. Most experts agree that reducing stress is important, (7) __? If you sleep well and eat fresh food, your body feels better. After all, (8) __ doesn't want to feel young for as long as possible? You're taking care of your health, (9) ____? Remember, small daily habits make a big difference, (10) ____?

1. A) don't they B) do they C) isn't it
2. A) what B) who C) when
3. A) which B) what C) how
4. A) hasn't it B) haven't you C) have you
5. A) what B) where C) when
6. A) how B) what C) which
7. A) isn't it B) don't they C) do they
8. A) who B) what C) when
9. A) don't they B) do they C) isn't it
10. A) what B) who C) when

Text – Screens Everywhere

Screens are everywhere today, (1) ____? We use them at home, at school, and even while traveling. But (2) _____ makes people spend so much time looking at screens? For many, it's because screens help them work, learn, and connect with others. Still, not everyone uses them wisely, (3) ____? Spending too much time on phones or computers can cause eye strain and make people feel tired. Experts often ask, (4) _____ do you think is a healthy amount of screen time each day? Children, especially, need to balance screen time with outdoor play. Parents often wonder (5) _____ they can do to help their kids use screens more responsibly. One good idea is to set limits, (6) ____? Another question many people ask is, (7) ____ happens to our brains when we stare at screens for too long? Research shows that long hours can affect focus and sleep. You've noticed how hard it is to stop watching videos once you start, (8) _____? Still, screens are useful tools when used carefully. We should ask ourselves (9) _____ we are using screens for education or just for fun. After all, technology is here to stay, (10) ____?

1. A) aren't they B) are they C) isn't it
2. A) who B) what C) why
3. A) do they B) don't they C) did they
4. A) how much B) what C) where
5. A) what B) where C) how
6. A) won't they B) don't they C) will they
7. A) what B) how C) who
8. A) haven't you B) have you C) didn't you
9. A) whether B) what C) why
10. A) isn't it B) is it C) are they

Text – Understanding Stress

Everyone feels stress sometimes, (1) _____? It's a normal part of life. But (2) _____ causes stress for one person may not affect another person in the same way. For example, some people feel stressed when they speak in public, while others enjoy it. So, (3) _____ makes

stress so powerful? It's often about how our minds and bodies react to challenges. When you are under pressure, your body releases hormones to help you respond. But if the stress lasts too long, it can make you tired or even sick. That's why it's important to learn how to manage stress. Do you know (4) _____ helps reduce stress the most? Many experts say that

exercise, good sleep, and healthy eating make a big difference. Talking to someone you trust helps too, (5) __? Sometimes, even small changes in your daily habits can improve how you feel. For example, (6) _do you do when you start to feel worried or tense? Some people take deep breaths, others go for a walk. It's also important to understand (7) _____ you are feeling stressed, so you can take action early. You've been under pressure before, (8) __? Remember to be kind to yourself. Ask yourself, (9) _____ can I do right now to relax? You can always find a way to cope, (10) __?

1. A) don't we B) isn't it C) doesn't it
2. A) what B) which C) who
3. A) what B) how C) why
4. A) what B) which C) who
5. A) don't they B) do they C) isn't it
6. A) what B) when C) why
7. A) when B) why C) where
8. A) haven't you B) have you C) didn't you
9. A) which B) what C) where
10. A) can't you B) won't you C) will you

Text – A Day at the Market

On Saturday morning, my family and I went to the local market. There were so many colorful stalls selling fruits, clothes, and toys. My mother asked me (1) _____ I wanted to buy. I told her I wanted some strawberries. Then she asked my brother (2) _____ his favorite fruit was. He said he liked bananas. We met our neighbor there, and my father asked her (3) _____ she was shopping for. She said she needed vegetables for dinner. My little sister wanted to know (4) _____ the ice cream shop was, so Dad showed her the way. Mom also asked the seller (5) _____ the apples cost. He smiled and said they were on sale today.

While we were paying, I wondered (6) _____ my best friend was, because we usually met at the market. We decided to stay for lunch, and I asked (7) _____ restaurant we should go to. Dad suggested one near the fountain, but Mom said she preferred the one near the park.

Finally, I asked (8) _____ time it was, and we realized it was already late. We had so much fun at the market! Before leaving, Mom asked (9) _____ we could come back next week, and of course, everyone said yes. We love visiting the market—it's always exciting to see

(10) _____ new things they have.

1. A) what B) where C) who
2. A) which B) who C) what
3. A) why B) what C) when
4. A) where B) what C) who
5. A) how much B) what C) which
6. A) when B) where C) who
7. A) which B) what C) where
8. A) what B) how C) what
9. A) if B) when C) where
10. A) what B) which C) who

PART B: READING

Reading Comprehension – A Picture of Health: Longevity, Medical Advice, and the Internet

Read the passage carefully. Choose the correct answer (A, B, or C) for each question. Each question has one correct answer. (8 questions × 2 marks = 16 marks total)

Reading Test 4: The Rise of Visual Media and the Fall of Traditional TV

For many years, watching television was one of the most popular ways to spend free time. Families used to gather in the living room every evening to watch the news, favorite shows, or movies together. Traditional TV brought people information, entertainment, and stories from around the world. However, over the past decade, the way people watch content has changed dramatically. With the rise of the internet and modern technology, traditional TV is slowly fading, and visual media platforms are becoming more powerful than ever.

Today, most people prefer to watch videos online instead of waiting for programs on TV. Platforms like YouTube, Netflix, and TikTok allow viewers to choose what they want to watch, when they want to watch it. This flexibility is one of the main reasons people are turning away from traditional TV. Viewers no longer have to follow fixed schedules or sit through long commercial breaks. They can simply click a button and enjoy their favorite show instantly on their phone, tablet, or laptop.

Another reason visual media is becoming more popular is that it offers more variety. On

social media, there are countless short videos on every topic imaginable — cooking, travel, education, comedy, and more. Many people even create their own content and share it with the world. This makes watching videos online more interactive and personal than watching TV, where viewers can only watch what producers decide to show. Online, everyone can be both a viewer and a creator.

Younger generations, especially teenagers, are leading this change. They spend much more time watching content on YouTube or TikTok than on traditional TV channels. They enjoy short, creative videos that are often made by people their age. These videos feel more real and closer to their everyday lives. Traditional TV programs, on the other hand, often seem too formal or old-fashioned for modern viewers.

The advertising industry has also changed because of this shift. Companies now focus more on online ads, where they can target specific audiences and measure results. Influencers — people with large followings on social media — play a big role in promoting products and shaping trends. This has made visual media not only a source of entertainment but also a powerful marketing tool.

Of course, traditional TV is not completely gone. Many people still enjoy watching live events like sports matches or news broadcasts. For older generations, television remains a familiar and comfortable part of their daily routine. However, it is clear that the future belongs to online visual media. As internet access becomes faster and more affordable, more people will move away from traditional TV.

In conclusion, traditional television is slowly losing its place in people's lives as visual media platforms continue to grow. The new generation prefers quick, easy, and interactive content that fits their busy lifestyles. The world of entertainment has become more digital, and it is changing the way we watch, create, and share stories every day.

1. What was one common family activity in the past?

- A) Watching television together B) Playing online games
- C) Listening to podcasts D) Reading newspapers

2. Why are people turning away from traditional TV?

- A) Because TV programs are shorter
- B) Because online platforms give more choice and freedom
- C) Because there are fewer TV channels
- D) Because internet is slower**

3. What is one advantage of online platforms?

- A) They are always live B) They have no ads
- C) People can watch anytime and anywhere D) They are free for everyone

4. What can viewers do on social media that they cannot do on TV?

- A) Control the TV schedule
- B) Change the news
- C) Stop all advertisements
- D) Comment and share their own videos

5. Why do many young people prefer short videos?

- A) They are fun, quick, and easy to watch
- B) They are part of school lessons
- C) They are only about sports
- D) They include news reports

6. What is one major difference between online videos and TV shows?

- A) TV shows are shorter B) Online videos are always live
- C) Online videos allow anyone to be a creator D) TV shows are all free

7. How has advertising changed in recent years?

- A) Companies use influencers to promote products B) Ads are no longer shown
- C) People ignore all ads D) Influencers stopped making videos

8. What type of programs are still popular on traditional TV?

- 9. A) Cooking tutorials B) Live news and sports events
- C) Online vlogs D) School lessons

10. Why do older people still like watching TV?

- A) It has more action scenes B) It shows more YouTube clips
- C) It feels familiar and comfortable D) It has less talking

11. What is the main message of the text?

- A) People are watching less news
- B) Television is growing faster
- C) TV and internet are exactly the same
- D) Online visual media is replacing traditional TV

Reading Comprehension - A Picture of Health: Longevity, Medical Advice, and the Internet Read the passage carefully. Choose the correct answer (A, B, or C) for each question. Each question has one correct answer. (8 questions × 2 marks = 16 marks total)

In a small mountain village surrounded by unpolluted air and clear rivers, people are known for their remarkable longevity. Most inhabitants live well into their nineties, and some even reach the age of one hundred. Scientists believe that several factors contribute to this long life: clean air at a high altitude, a simple diet without artificial preservatives, and a relaxed attitude toward daily challenges.

Unlike people in big cities, these villagers are patient and calm. They believe that stress and anger can shorten life, while laughter and kindness can help the heart stay strong. Their meals include fresh vegetables, fruits, and herbs that act as natural remedies. Many of them walk long distances every day, which helps prevent health problems related to inactivity.

In modern society, people are becoming more interested in finding ways to stay healthy and live longer. Unfortunately, the internet is filled with both accurate and dishonest medical advice. Some websites offer useful information, but others try to take advantage of people's fears by selling products with false claims about their health benefits. It's important to check the validity of online advice before following it.

Doctors warn that fraudulent health claims can be dangerous. Taking untested medicine or following extreme diets can cause more harm than good. Instead, experts recommend following a balanced diet, exercising regularly, and consulting qualified medical professionals when necessary. True health and longevity come not from quick fixes but from daily habits that support both body and mind.

Questions

1. What is one reason the villagers live so long?
A) They eat many artificial preservatives. B) They live in clean air and have healthy habits.
C) They spend time indoors most of the day.
2. What do the villagers believe helps the heart stay strong?
A) Stress and anger B) Laughter and kindness C) Working harder
3. What kind of food do the villagers eat?
A) Processed meals B) Junk food C) Fresh fruits and vegetables
4. What does the passage say about the internet and health information?
A) All medical advice online is safe to follow. B) Some online advice may be dishonest. C) Doctors recommend buying products online.
5. What should people do before following health advice online?
A) Check its validity B) Believe it immediately C) Share it with friends

6. What is the danger of fraudulent health claims?

- A) They can cause harm B) They are always helpful C) They are easy to avoid

7. What do doctors recommend for real health and longevity?

- A) Taking untested medicine B) Following extreme diets C) Maintaining balanced daily habits

8. What is the main idea of this passage?

- A) True health comes from natural living and informed choices B) Quick fixes can guarantee long life C) Internet advice is the best medical source

Reading Comprehension Test - Nutrition and Lifestyle Choices

****Theme:**** Nutrition and Lifestyle Choices

****Vocabulary:**** balanced diet, processed food, nutrients, metabolism, moderation, habit, prevent, lifestyle, overweight, portion, maintain, energy, routine, exercise, wellness

Reading Passage

In today's fast-paced world, many people struggle to maintain a balanced diet and a healthy lifestyle. With busy schedules and constant access to processed food, it's easy to forget the importance of choosing meals rich in essential nutrients. A diet that lacks vitamins, minerals, and fiber can weaken the body's metabolism, making it harder to stay fit and focused.

Experts often remind people that health is not about strict diets or intense workouts; it's about moderation and consistency. Eating smaller portions, drinking plenty of water, and exercising regularly can prevent many diseases. Even simple habits, like walking after meals or preparing homemade lunches, can make a big difference over time.

Unfortunately, unhealthy eating habits often develop early in life. Children who grow up eating sugary snacks and fast food may find it difficult to change later on. Schools and families play an important role in teaching young people about nutrition and wellness. Encouraging balanced meals and physical exercise helps children form lifelong healthy routines.

Adults, too, must make conscious choices. It can be challenging to avoid processed snacks when tired or stressed, but creating a daily routine that includes rest, movement, and proper meals helps maintain energy throughout the day. A healthy lifestyle doesn't mean perfection— it means finding balance and making small, positive changes that add up over time.

Multiple-Choice Questions

1. What is the main idea of the passage?

- a) Everyone should eat only vegetables.
- b) A balanced lifestyle helps maintain good health.
- c) Processed foods are the best energy source.

2. According to the passage, what can weaken the body's metabolism?

- a) Lack of nutrients
- b) Excess exercise
- c) Drinking too much water

3. What does the word *moderation* mean in paragraph 2?
- a) Doing something too often
 - b) Avoiding something completely
 - c) Doing something in a balanced way
4. Which habit can help prevent diseases?
- a) Skipping meals
 - b) Eating smaller portions
 - c) Sleeping less
5. Why is childhood nutrition important?
- a) Because habits formed early can last a lifetime
 - b) Because children eat more than adults
 - c) Because adults control children's diets
6. What is suggested as a healthy adult routine?
- a) Working late and eating snacks
 - b) Skipping breakfast
 - c) Including rest, movement, and proper meals
7. What does the author suggest about perfection in health?
- a) It's impossible to achieve
 - b) It's not necessary; balance is more important
 - c) Everyone must be perfect
8. What is the tone of the passage?
- a) Critical
 - b) Informative and encouraging
 - c) Sad

Reading Comprehension Test - Modern Medicine and Technology

****Theme:**** Modern Medicine and Technology

****Vocabulary:**** innovation, research, device, treatment, diagnosis, artificial intelligence, robotics, precision, surgery, monitor, breakthrough, efficiency, healthcare, patient, data

Reading Passage

In the last few decades, modern medicine has changed dramatically because of technology. Doctors now use advanced devices and computer systems to diagnose and treat diseases with greater precision. This progress has improved healthcare efficiency and helped patients live longer, healthier lives.

One of the most important innovations in recent years is the use of artificial intelligence (AI). AI systems can analyze medical data quickly and identify patterns that human doctors might miss. For example, AI can help detect cancer cells in X-rays or predict how a patient might respond to a particular treatment. Such breakthroughs allow doctors to make faster and more accurate decisions.

Another remarkable advancement is the use of robotics in surgery. Robotic arms, guided by skilled surgeons, can perform delicate operations that require extreme accuracy. These procedures often lead to faster recovery times and fewer complications. Technology has also made it possible to monitor patients remotely through wearable devices that track heart rate, sleep, and physical activity.

However, technology also presents challenges. Protecting patient data and maintaining privacy are major concerns. As medicine becomes more digital, hospitals must ensure that personal information remains secure. Despite these issues, most experts agree that innovation will continue to shape the future of healthcare, making it more precise, personalized, and accessible for everyone.

Multiple-Choice Questions

1. What is the main idea of the passage?
 - a) Technology has made medicine more effective and precise.
 - b) Robots will replace doctors completely.
 - c) Patients should avoid technology in healthcare.
2. What role does artificial intelligence play in medicine?
 - a) It entertains patients.
 - b) It helps analyze medical data accurately.
 - c) It replaces doctors in hospitals.
3. What is one benefit of robotic surgery?
 - a) It is slower but safer.
 - b) It causes more complications.
 - c) It allows precise operations and faster recovery.
4. What do wearable devices help doctors do?
 - a) Track patient activity remotely.
 - b) Replace physical exams.
 - c) Diagnose all diseases instantly.
5. What is one major challenge mentioned in the passage?
 - a) Protecting patient data and privacy.
 - b) Teaching doctors to use computers.
 - c) Finding enough electricity for hospitals.
6. What does the word *innovation* mean in the text?
 - a) A new and creative development.
 - b) A difficult problem.
 - c) A hospital rule.
7. How does technology make healthcare more accessible?
 - a) By helping more people receive treatment efficiently.
 - b) By increasing costs of medicine.
 - c) By limiting doctor availability.
8. What is the tone of the passage?
 - a) Critical
 - b) Informative and optimistic.
 - c) Negative and doubtful.

The Influence of Commercials on Children

In today's world, children are surrounded by visual media. From the moment they wake up to the time they go to bed, advertisements play a major role in shaping their thoughts and preferences. Commercials are designed to be memorable and persuasive, using catchy slogans and colorful images to capture attention. Even infants, who cannot yet speak, are influenced by these images. Their early exposure helps them form a sense of what is fun, exciting, or desirable. Many companies target children because they are considered an easy audience. Children tend to be more passive consumers, accepting what they see without much critical thinking. As they grow, this habit can affect their decision-making and attitudes. For example, a child who repeatedly watches an advertisement for sugary cereal may believe it is healthy simply because the commercial looks fun and informative. This is why the development of media awareness is essential for young audiences.

Governments in some countries have introduced policies to limit the number of advertisements aimed at children. They encourage parents and teachers to help children evaluate commercials critically—understanding the difference between entertainment and reality. While advertising can sometimes promote positive messages, such as healthy eating or safety, its main purpose is to sell products. By learning to recognize the techniques behind every original and noticeable advertisement, children can become more thoughtful consumers.

Multiple-Choice Questions

1. 1. What is the main purpose of commercials aimed at children?
 - A. To educate them about media awareness
 - B. To sell products and influence preferences
 - C. To entertain without any goal
2. Why are children considered an easy audience for advertisers?
 - A. They are passive and easily persuaded
 - B. They always analyze what they see
 - C. They ignore advertisements
3. According to the text, what role do slogans play in commercials?
 - A. They make the message more memorable
 - B. They confuse the viewers
 - C. They limit understanding
4. What is the suggested solution to help children handle advertisements better?
 - a. Banning all commercials
 - b. Teaching children to evaluate media critically
 - c. Allowing only fun ads
5. What does the author imply about early exposure to visual media?
 - A. It can shape children's ideas of what is desirable
 - B. It prevents children from learning new things
 - C. It has no effect on their development
6. What does the word 'passive' in paragraph two mean?
 - A. Active and critical
 - B. Calm and uninterested
 - C. Accepting without questioning
7. What type of tone does the passage have?
 - A. Persuasive and emotional
 - B. Neutral and informative
 - C. Humorous and casual

How Visual Media Shapes Society

Visual media has become one of the most powerful influences in modern society. From television and cinema to social media and online advertising, images and videos shape the way people think, act, and communicate. Today, millions of individuals are exposed to visual messages that can affect opinions, trends, and even cultural values.

Television and film have long served as tools for entertainment, but they also reflect and redefine social norms. The characters, lifestyles, and settings shown on screen often create models that people admire or imitate. For example, fashion and consumer behavior are strongly influenced by what audiences see in movies and advertisements. This constant exposure makes certain behaviors seem more common or desirable than they truly are.

Social media, on the other hand, has taken visual communication to a new level. Platforms like Instagram and TikTok allow users to share photos and videos instantly, spreading trends around the world in seconds. While this creates opportunities for creativity and connection, it can also encourage competition and unrealistic expectations. People may compare their lives to carefully edited images and feel dissatisfied with reality.

Despite these challenges, visual media also promotes awareness and education. Campaigns about health, environment, or equality reach wider audiences through powerful images. When used responsibly, visual media can connect societies, inspire positive change, and strengthen understanding among people.

Multiple-Choice Questions

1. What is the main idea of the passage?
 - A. Visual media has a strong influence on society.
 - B. Social media should be banned.
 - C. People no longer watch television.
2. How do movies and advertisements influence behavior?
 - A. They entertain without affecting people.
 - B. They create models people admire or imitate.
 - C. They encourage people to avoid trends.
3. What effect can constant exposure to media have on people?
 - A. It makes them more critical of trends.
 - B. It can make certain behaviors seem more common.
 - C. It helps people ignore social norms.
4. What new feature does social media bring to visual communication?
 - A. Sharing videos instantly worldwide.
 - B. Limiting creativity online.
 - C. Replacing education systems.
5. What problem does social media sometimes create?
 - A. It encourages unrealistic comparisons.
 - B. It reduces access to technology.
 - C. It prevents global awareness.

6. What is one positive effect of visual media?

- A. It spreads awareness and education.
- B. It makes people less creative.
- C. It increases isolation.

7. What does the author suggest about responsibility in media use?

- A. It should be ignored.
- B. Responsible use can bring positive change.
- C. Media cannot affect people.

8. What is the tone of the passage?

- A. Informative and balanced.
- B. Emotional and critical.
- C. Negative and pessimistic.

The Language of Advertising

Advertising is one of the most powerful forms of communication in the modern world. Every day, people are surrounded by advertisements on television, radio, social media, and even in public spaces. The language of advertising is carefully designed to attract attention, create desire, and persuade people to buy a product or service.

One of the most common techniques used in advertising is the use of short, memorable slogans. A good slogan is simple, catchy, and easy to remember. Words such as 'new,' 'improved,' and 'free' immediately appeal to the audience's emotions. Advertisers also use repetition, rhythm, and rhyme to make messages more memorable. For example, a phrase like 'Save more, live better' creates a positive feeling and encourages the customer to believe in the brand's promise.

In addition to words, images play an essential role in advertising. Visual elements make advertisements more powerful and appealing. They can highlight the product's best qualities or create a dream-like atmosphere that connects emotionally with the viewer. Colors, music, and facial expressions all work together to make the message more persuasive.

However, consumers should also be aware that the language of advertising is not always objective. It often exaggerates or presents information in a way that seems more attractive than reality. Understanding these techniques allows people to think critically, recognize persuasion, and make informed choices about what they see and buy.

Multiple-Choice Questions

1. What is the main purpose of advertising language?
 - A. To provide objective facts
 - B. To attract and persuade the audience
 - C. To criticize products
2. What makes a good slogan effective?
 - A. It is long and detailed
 - B. It is short, catchy, and easy to remember
 - C. It includes difficult vocabulary
3. Why do advertisers use words like 'new' or 'free'?
 - A. They sound emotional and appealing
 - B. They make the product sound expensive
 - C. They confuse the audience
4. How do images strengthen advertisements?
 - A. They distract the audience
 - B. They make the ad more powerful and emotional
 - C. They replace the need for slogans
5. What other tools make ads memorable?
 - A. Repetition, rhythm, and rhyme
 - B. Complicated sentences
 - C. Negative language

6. Why should consumers be careful about advertising language?
- A. It is always false
 - B. It may exaggerate and be less objective
 - C. It is boring and repetitive
7. What does the passage suggest about critical thinking?
- A. It helps people make better choices
 - B. It stops people from buying anything
 - C. It makes advertising illegal
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12. What is the tone of the passage?
- A. Informative and balanced
 - B. Negative and emotional
 - C. Humorous and casual

WRITING

Part 4: Writing

Grade 10A - Linking Words (Formal Use)

Function / Category

Linking Words Example Sentence (Formal)

Addition: furthermore, moreover, in addition, additionally, besides, also, as well as
e.g. The proposal was well-researched; moreover, it addressed potential challenges in detail.

Contrast: however, nevertheless, on the other hand, although, even though, whereas, while, despite, in contrast

E.g. The results were promising; however, further investigation is required to confirm the findings.

Cause and Effect: therefore, thus, consequently, as a result, due to, owing to, since, because, hence
e.g. The data was incomplete; consequently, the conclusions could not be fully validated.

Purpose: in order to, so as to, for the purpose of, with the aim of The study was conducted in order to identify patterns in student performance.

Comparison: similarly, likewise, in the same way, equally, just as
e.g. The second experiment produced similar results; likewise, the trends remained consistent across trials.

Time /Sequence firstly, secondly, subsequently, thereafter, eventually, finally, meanwhile, at the same time

e.g. Firstly, the participants completed the questionnaire; thereafter, they attended the interview session.

Condition: if, unless, provided that, as long as, on condition that, in case
e.g. The research will proceed provided that ethical approval is granted.

Conclusion /Summary: in conclusion, to sum up, in summary, overall, ultimately, all in all, in brief

e.g. In conclusion, the study confirms a strong correlation between motivation and achievement.

Some helpful phrases to use

Starting your answer

- The text is mainly about...
- This text discusses...
- The main idea of the text is that...
- In this passage, the writer explains...
- The passage focuses on...
- The writer talks about...

Adding supporting ideas

- It explains that...
- It also mentions that...
- The text gives examples of...
- The writer describes how...
- Another important point is that...
- In addition, the text shows that...

Concluding or summarizing

- Overall, the text suggests that...
- In conclusion, it highlights the importance of...
- The main message is that...
- To sum up, the passage shows that...
- The writer wants readers to understand that...

Grade 10A - How to Identify the Main

Idea Step Strategy / Guideline

Example or Tip

1. Read the entire passage carefully to understand the general topic and tone.
Focus on the opening and closing sentences; they often introduce or summarize the main idea.
2. Look for repeated words, phrases, or ideas that appear throughout the paragraph.
If certain concepts or terms are mentioned several times, they usually relate to the central idea.
3. Identify the author's purpose and the main point the writer is trying to communicate.
*Ask yourself: Why did the author write this? To inform, to persuade, to explain, or to describe?
4. Distinguish between major ideas and supporting details. Details, examples, or statistics help explain the main idea but are not the idea itself.
5. Summarize the paragraph in one clear sentence that captures the central message. If your sentence covers the entire paragraph's focus, it is likely the main idea.
6. Check the title and topic sentences to confirm your interpretation. Writers often signal the main idea through the title or the first sentence of a paragraph.
7. Evaluate whether all other sentences support or explain the main statement. If every sentence relates to it, you have correctly identified the main idea.

Grade 10A - How to Write an Essay (Introduction - Body - Conclusion)

Step Strategy / Guideline Example or Tip

- 1 Understand the essay question and determine the type of essay required (e.g., argumentative, descriptive, narrative, or expository).
Identify key words such as 'discuss,' 'compare,' or 'describe' to guide your approach.
- 2 Plan your essay before writing.
Brainstorm main ideas and supporting details. Use a short outline with three sections: introduction, body, and conclusion.
- 3 Write a clear introduction that presents the topic and includes a thesis statement (the main idea or argument).
Example: *Education plays a vital role in shaping an individual's future by developing skills and values.*
- 4 Develop the body paragraphs. Each paragraph should focus on one main point supported by evidence, examples, or explanations. Example: *Firstly, education equips individuals with essential knowledge and professional skills required in modern society.*
- 5 Ensure smooth transitions between paragraphs using linking words and phrases. Use formal connectors such as *furthermore, in addition, however, on the other hand*.
- 6 Write a concise conclusion that summarizes the main points and restates the thesis in a different way. Example: *In conclusion, education remains the foundation

- Stress is a normal part of life, but how we handle it can greatly affect our health. When people face challenges at work or school, their bodies release stress hormones. If this happens too often, it can lead to exhaustion, anxiety, and even illness. That's why learning healthy coping strategies is essential. Exercise, deep breathing, and spending time with loved ones are simple ways to calm the mind and strengthen the body.

When we sleep well, our brains can think clearly, and when we eat balanced meals, our bodies have the energy to stay positive and productive.

It's important to evaluate our daily habits and make time for relaxation. People who maintain balance between work, rest, and fun tend to be happier and more resilient.

Overall, handling stress in positive ways improves not only our mood but also our relationships and overall quality of life.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

Task Completion	Language Use	Organization and Clarity	Total
/5	/5	/5	/15

4.1 Read the text again. Now write a response to the text in which you:

- State your opinion about why people should manage stress wisely.
- Give at least two reasons or examples to support your opinion.
- Describe one personal or observed experience related to stress

management. Write at least 170 words.

[illegible]

Task Completion	/Structure	/Grammar	/Vocabulary	/Spelling and Punctuation	/Total
/5	/5	/5	/5	/5	/25

1.1 Read the text. Write the main idea of the text in your own words. Write at least 4-5 sentences.

Text: Exercise and Wellbeing

Regular exercise is one of the most effective ways to maintain both physical and mental wellbeing. Engaging in physical activity helps strengthen muscles, improve heart function, and increase energy levels. People who exercise regularly tend to have lower risks of chronic diseases such as diabetes and heart disease. Exercise also improves posture, flexibility, and overall body coordination.

Beyond the physical benefits, exercise has a strong influence on mental health. Activities like walking, swimming, or playing sports release endorphins—natural chemicals that improve mood and reduce stress.

In addition, exercise can help people sleep better, focus more effectively, and build confidence. Studies show that those who make exercise a regular part of their lifestyle often experience better emotional balance and greater life satisfaction.

Furthermore, regular exercise encourages social interaction and teamwork.

Group fitness classes, sports clubs, or outdoor activities bring people together and create a sense of belonging.

Developing healthy exercise habits early in life leads to long-term benefits, as staying active becomes part of a sustainable routine that supports wellbeing throughout adulthood. Write your answer below:

[illegible]

Task Completion	Language Use	Organization and Clarity	Total
/5	/5	/5	/15

1.2 Read the text again. Now write a response to the text in which you:

- State your opinion about why people should exercise regularly.
- Give at least two reasons or examples to support your opinion.
- Describe one personal or observed experience related to exercise and wellbeing. Write at least 170 words.

[illegible]

Task Completion	Structure	Grammar	Vocabulary	Spelling and Punctuation	Total
/5	/5	/5	/5	/5	/25

Text: Technology and Health

In hospitals, technology plays an essential role in diagnosing and treating illnesses. Advanced machines allow doctors to perform accurate tests, while telemedicine enables patients to consult medical experts from home. Digital health records also make it easier to share information quickly and safely, improving the quality of care. These innovations save lives and make healthcare more accessible to people in remote areas.

People may also become dependent on technology instead of developing self-discipline in their health routines. Therefore, it is important to find a healthy balance—using technology to support wellbeing rather than replace human habits and relationships.

[illegible]

Task Completion			Language Use	Organization and Clarity	Total
/5	/5	/5	/15		

- State your opinion about how technology affects people’s health.
- Give at least two reasons or examples to support your opinion.
- Describe one personal or observed experience related to technology and health. Write at least 170 words.

This image shows a full page of blank white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.

Task Completion	Structure	Grammar	Vocabulary	Spelling and Punctuation	Total
/5	/5	/5	/5	/5	/25

Topic: Stress and Handling Stress

1.1 Read the text.

What is the main idea of the text about stress and how to handle it? Do you agree with the writer's point of view? Explain in your own words. Write at least 4-5 sentences.

Stress is something that everyone experiences, especially students who balance schoolwork, family, and social life. For me, handling stress starts with understanding what causes it. I've learned that exercise, deep breathing, and talking to friends can make a big difference. When I take time to relax or do something I enjoy, I feel calmer and more focused. Some people try to ignore their stress, but that often makes things worse. I believe it's better to face it directly and find healthy ways to cope. Managing stress isn't about avoiding problems — it's about finding balance and taking care of your mind and body.

In your response:

- Write the main idea of the text.
- Say whether you agree or disagree, and explain why.
- Use your own ideas and experiences.

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There is a small black dot in the top left corner, possibly indicating a hole punch or a mark. The paper appears to be a standard notebook or worksheet.

Task Completion	Language Use	Organization and Clarity	Total
/5	/5	/5	/15

1.2 Read the text again.

Now write a response to the text in which you:

- Share your own opinion about how people can handle stress in healthy ways.
 - Give at least two reasons and one example to support your opinion.
 - Include what you've heard other people say about dealing with stress.
- Write at least 170 words.

