

## مراجعة وشرح قواعد مع Maze متبوعة بالإجابات المسار المتقدم



### تم تحميل هذا الملف من موقع المناهج الإماراتية

موقع المناهج ← المناهج الإماراتية ← الصف الحادي عشر ← لغة انجليزية ← الفصل الثالث ← ملفات متنوعة ← الملف

تاريخ إضافة الملف على موقع المناهج: 21:04:26 2025-06-10

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: alatiq Kamal

### التواصل الاجتماعي حسب الصف الحادي عشر



صفحة المناهج  
الإماراتية على  
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

### المزيد من الملفات بحسب الصف الحادي عشر والمادة لغة انجليزية في الفصل الثالث

تجميع نماذج المواضيع المطلوبة المسار المتقدم

1

مراجعة Practice Maze متبوعة بالإجابات المسار العام

2

أوراق عمل Maze practice بدون الحل المسار المتقدم

3

حل مراجعة نهائية Revision Final Mazes المسار المتقدم

4

مراجعة نهائية Revision Final Mazes بدون الحل المسار المتقدم

5

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Grammar&MAZE

**GRAMMAR and MAZE**

1. Scientists \_\_\_\_\_ that a balanced diet reduces the risk of heart disease.  
A. demonstrated  
B. demonstrate  
C. demonstrating
2. Dr. Parker \_\_\_\_\_ that regular meditation can lower stress levels.  
A. explaining  
B. explained  
C. explains
3. This diet trend is growing rapidly, \_\_\_\_\_ shows how health-conscious people have become.  
A. that  
B. who  
C. which
4. She decided to become a personal trainer, \_\_\_\_\_ surprised all her friends.  
A. which  
B. that  
C. what

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- 5.** If she \_\_\_\_\_ more regularly last year, she would be stronger now.  
A. exercised  
B. had exercised  
C. would have exercised
- 6.** They would be less tired today if they \_\_\_\_\_ earlier last night.  
A. went to bed  
B. go to bed  
C. had gone to bed
- 7.** The fitness centre is \_\_\_\_\_ launching a new wellness app.  
A. on the point of  
B. about  
C. soon
- 8.** She hates the gym. \_\_\_\_\_, she goes three times a week to stay healthy.  
A. However  
B. Therefore  
C. Moreover

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**9.** He enjoys running, \_\_\_\_\_ his sister prefers cycling.

- A. whereas
- B. despite
- C. while

**10.** Many people enjoy walking, \_\_\_\_\_ others prefer intense cardio workouts.

- A. unless
- B. whilst
- C. so

**11.** It was the \_\_\_\_\_ health campaign the ministry had ever created.

- A. more effective
- B. most effective
- C. very effective

**12.** That was the most demanding workout \_\_\_\_\_ I had completed this month.

- A. that
- B. what
- C. which

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**13.** Poor time management and stress \_\_\_\_\_ serious health problems.

- A. are causing
- B. cause
- C. caused

**14.** The lack of sleep has led to poor performance, \_\_\_\_\_ is now a concern for the manager.

- A. which
- B. what
- C. that

**15.** Until two years ago, I \_\_\_\_\_ to become a doctor, but my interests changed.

- A. have wanted
- B. want
- C. had wanted

**16.** When we visited the coast, we saw coral reefs that \_\_\_\_\_ carefully protected for decades.

- A. were
- B. had been
- C. have been

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**17.** He \_\_\_\_\_ distant lately and doesn't want to talk about anything.

- A. was appearing
- B. appears
- C. appearing

**18.** What \_\_\_\_\_ when you realised you were unwell?

- A. did you feel
- B. were you feel
- C. you felt

**19.** She \_\_\_\_\_ symptoms of exhaustion, including dizziness and muscle pain.

- A. is experiencing
- B. experienced
- C. experiences

**20.** I've had a change of heart and \_\_\_\_\_ to support health campaigns in my community.

- A. go
- B. am going
- C. was going

## **MODEL ANSWERS**

1. B. demonstrate
2. C. explains
3. C. which
4. A. which
5. B. had exercised
6. C. had gone to bed
7. A. on the point of
8. A. However
9. A. whereas
10. B. whilst
11. B. most effective

12. A. that

13. B. cause

14. A. which

15. C. had wanted

16. B. had been

17. B. appears

18. A. did you feel

19. A. is experiencing

20. B. am going

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Many people today are more concerned about their health. They choose to eat more fruit and vegetables, and they \_\_\_\_\_ (1) sugary drinks with water or herbal tea. Regular physical activity is also important. Even walking for 30 minutes a day can \_\_\_\_\_ (2) your mood and energy levels. Health experts recommend that people sleep at least seven hours each night, \_\_\_\_\_ (3) lack of sleep can lead to stress and poor concentration. Good habits help people stay \_\_\_\_\_ (4).

1.
  - a) replace
  - b) remain
  - c) reduce
2.
  - a) improving
  - b) improves
  - c) improve
3.
  - a) but
  - b) because
  - c) since
4.
  - a) health
  - b) healthy
  - c) healthier

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Plastic pollution is a major global issue. Each year, millions of tonnes of plastic waste end up in the oceans, \_\_\_\_\_ (1) marine animals often mistake it for food. Many organisations are working to raise awareness and encourage people to \_\_\_\_\_ (2) less plastic.

Governments are also introducing laws that \_\_\_\_\_ (3) the use of single-use plastic products. One solution is to use materials that break down naturally, \_\_\_\_\_ (4) as paper or biodegradable plastics.

1.
  - a) and
  - b) which
  - c) while
2.
  - a) use
  - b) make
  - c) do
3.
  - a) ban
  - b) bans
  - c) banning
4.
  - a) just
  - b) such
  - c) like

The use of wearable technology in healthcare is increasing rapidly.

1.
  - a) assist

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Devices like fitness trackers and smartwatches can collect data on a person's heart rate, sleep patterns, and physical activity. These tools not only help individuals track their progress but also \_\_\_\_\_ (1) doctors in monitoring patients remotely. In some cases, they can even alert users if their heart rate becomes abnormal, potentially \_\_\_\_\_ (2) serious health issues. However, there are concerns about data privacy. People want to be sure that their information is secure and not \_\_\_\_\_ (3) without permission. To address

- b) assistive
- c) assistance

2.

- a) prevents
- b) preventing
- c) prevent

3.

- a) sharing
- b) shared
- c) shares

4.

- a) tool
- b) tools
- c) toolkit

5.

- a) thus
- b) whereas
- c) moreover

6.

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this, tech companies are investing in stronger security systems.

Although technology cannot replace human doctors, it is a valuable

\_\_\_\_\_ (4) in

preventive care. Experts believe that, in the future, wearable devices will become more accurate and affordable,

\_\_\_\_\_ (5) making

healthcare more accessible. Still, users must be aware of the limitations and ensure they are using these devices \_\_\_\_\_ (6).

a) responsibly

b) response

c) responsible

Sustainable design is becoming a major trend in architecture and engineering.

### **Questions:**

1.

a) require

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Green buildings are constructed using materials that are environmentally friendly and \_\_\_\_\_ (1) less energy during production. These buildings often include solar panels, systems for collecting rainwater, and high-efficiency windows that \_\_\_\_\_ (2) reduce energy loss. In addition to being good for the planet, sustainable designs can \_\_\_\_\_ (3) long-term savings for building owners. Despite the higher initial cost, many experts argue that the benefits \_\_\_\_\_ (4) the expenses over time. Sustainable construction also encourages \_\_\_\_\_ (5) in technology and materials. For example, new types of insulation have been

- b) requiring
- c) requires

2.

- a) helping
- b) help
- c) helped

3.

- a) results
- b) resulting
- c) result in

4.

- a) outweigh
- b) outweigh
- c) overweigh

5.

- a) innovation
- b) innovate
- c) innovative

6.

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developed to improve temperature control. Governments and environmental groups are pushing for regulations that \_\_\_\_\_ (6) eco-friendly standards in public buildings. As more people become aware of climate change, it is \_\_\_\_\_ (7) that sustainable architecture will become the new standard for future development, rather than a \_\_\_\_\_ (8) choice.

- a) promoted
- b) promoting
- c) promote

7.

- a) likely
- b) likely to
- c) likelihood

8.

- a) optionally
- b) optional
- c) option

## EXTRA

### TASK 1

Exercise has a strong impact on both physical and mental health. It strengthens the \_\_\_\_\_ (1) in your body and improves blood flow. Many people also find it \_\_\_\_\_ (2) because it helps them reduce stress. Even light activity can decrease symptoms of \_\_\_\_\_ (3), especially when combined with a healthy diet and sleep. For people who are just starting, it's important to find a routine that suits their

#### Questions:

1.
  - a) muscles
  - b) symptoms
  - c) fever
2.
  - a) rewarding
  - b) developing
  - c) loyal
3.
  - a) fever
  - b) depression
  - c) pollution
- 4.

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lifestyle. That way, it's easier to stay \_\_\_\_\_ (4) about progress.

- a) enthusiastic
- b) converted
- c) anxious

One of the biggest challenges facing the world is environmental \_\_\_\_\_ (1). Human activities have caused a considerable \_\_\_\_\_ (2) in biodiversity and the quality of air and water. Forests are being cut down, and natural habitats are being \_\_\_\_\_ (3) into farmland or cities. To fight this, people must use \_\_\_\_\_ (4) more wisely and reduce waste wherever possible.

- 1.
  - a) pollution
  - b) fever
  - c) symptoms
- 2.
  - a) reward
  - b) decline
  - c) anxiety
- 3.
  - a) converted
  - b) enthusiastic
  - c) relevant
- 4.
  - a) feelings
  - b) emotions
  - c) resources

### TASK 2

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Understanding emotions is an essential part of mental health. People who can identify their feelings and talk about them often experience fewer emotional problems. For example, those who feel \_\_\_\_\_ (1) before an exam may benefit from breathing techniques or talking to a friend. In more serious cases, someone might experience \_\_\_\_\_ (2), which affects mood and daily functioning. It's important to recognise the early \_\_\_\_\_ (3) and seek help when needed. Support from \_\_\_\_\_ (4) friends and family can make a big difference. Educators are now including emotional education as part of school programs, helping students learn how to manage their

1.
  - a) enthusiastic
  - b) anxious
  - c) ambitious
2.
  - a) symptoms
  - b) pollution
  - c) depression
3.
  - a) signs
  - b) symptoms
  - c) muscles
4.
  - a) loyal
  - b) rewarding
  - c) ambitious
5.
  - a) introduction
  - b) environment
  - c) application
- 6.

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emotions. This kind of \_\_\_\_\_ (5) has proven especially helpful during times of crisis. Experts also recommend using a mental health \_\_\_\_\_ (6) to track feelings and stress levels. Managing emotions is not always easy, but it can be extremely \_\_\_\_\_ (7) in the long term and lead to more \_\_\_\_\_ (8) relationships.

- a) app
- b) fever
- c) application

7.

- a) rewarding
- b) converted
- c) significant

8.

- a) optional
- b) enthusiastic
- c) significant

## TASK 1

Governments around the world are recognising the connection between

- 1.
- a) rewarding
- b) significant
- c) enthusiastic

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public health and the environment. Studies show that living in areas with green spaces can improve physical activity levels and reduce stress, which has a \_\_\_\_\_ (1) effect on well-being. Exposure to pollution, on the other hand, increases the risk of respiratory problems and mental health conditions such as \_\_\_\_\_ (2). In some cities, large areas have been \_\_\_\_\_ (3) into parks and walking zones to promote healthy lifestyles. These changes require a \_\_\_\_\_ (4) amount of planning and

2.

- a) depression
- b) symptoms
- c) muscles

3.

- a) converted
- b) considered
- c) divided

4.

- a) considerable
- b) loyal
- c) optional

5.

- a) anxious
- b) loyal
- c) relevant

6.

- a) diverse
- b) optional
- c) enthusiastic

7.

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investment. It's important that city planners design spaces that are accessible and \_\_\_\_\_ (5) to the people who use them. When communities feel connected to their local environment, they are more likely to protect it. In this way, environmental improvements can also strengthen social ties, creating more \_\_\_\_\_ (6) and motivated citizens. Urban planning, therefore, must consider both the physical and emotional needs of a \_\_\_\_\_ (7) population and find

- a) converted
- b) diverse
- c) ambitious

8.

- a) significant
- b) innovative
- c) rewarding

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_____ (8) solutions.	
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**MODEL ANSWER**

PASSAGE 1: Health and fitness

Many people today are more concerned about their health. They choose to eat more fruit and vegetables, and they replace (1) sugary drinks with water or herbal tea. Regular physical activity is also important. Even walking for 30 minutes a day can improve (2) your mood and energy levels. Health experts recommend that people sleep at least seven hours each night, because (3) lack of sleep can lead to stress and poor concentration. Good habits help people stay healthy (4).

Answers:

1. a) replace
2. c) improve
3. b) because
4. b) healthy

## PASSAGE 2: Environment

Plastic pollution is a major global issue. Each year, millions of tonnes of plastic waste end up in the oceans, and (1) marine animals often mistake it for food. Many organisations are working to raise awareness and encourage people to use (2) less plastic. Governments are also introducing laws that ban (3) the use of single-use plastic products. One solution is to use materials that break down naturally, such (4) as paper or biodegradable plastics.

Answers:

1. a) and
2. a) use
3. a) ban
4. b) such

### PASSAGE 3: Wearable technology

The use of wearable technology in healthcare is increasing rapidly. Devices like fitness trackers and smartwatches can collect data on a person's heart rate, sleep patterns, and physical activity. These tools not only help individuals track their progress but also assist (1) doctors in monitoring patients remotely. In some cases, they can even alert users if their heart rate becomes abnormal, potentially preventing (2) serious health issues. However, there are concerns about data privacy. People want to be sure that their information is secure and not shared (3) without permission. To address this, tech companies are investing in stronger security systems. Although technology cannot replace human doctors, it is a valuable tool (4) in preventive care. Experts believe that, in the future, wearable devices will become more accurate and affordable, thus (5) making

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healthcare more accessible. Still, users must be aware of the limitations and ensure they are using these devices responsibly (6).

Answers:

1. a) assist
2. b) preventing
3. b) shared
4. a) tool
5. a) thus
6. a) responsibly

PASSAGE 4: Sustainable Design

Sustainable design is becoming a major trend in architecture and engineering. Green buildings are constructed using materials that are environmentally friendly and require (1) less energy during production. These buildings often include solar panels, systems for collecting rainwater, and high-efficiency windows that help (2) reduce energy loss. In addition to being

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good for the planet, sustainable designs can result in (3) long-term savings for building owners. Despite the higher initial cost, many experts argue that the benefits outweigh (4) the expenses over time. Sustainable construction also encourages innovation (5) in technology and materials. For example, new types of insulation have been developed to improve temperature control. Governments and environmental groups are pushing for regulations that promote (6) eco-friendly standards in public buildings. As more people become aware of climate change, it is likely (7) that sustainable architecture will become the new standard for future development, rather than a optional (8) choice.

Answers:

1. a) require
2. b) help
3. c) result in
4. a) outweigh

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- 5. a) innovation
- 6. c) promote
- 7. a) likely
- 8. b) optional

### EXTRA - TASK 1

#### Paragraph A: Exercise & Mental Health

Exercise has a strong impact on both physical and mental health. It strengthens the muscles (1) in your body and improves blood flow. Many people also find it rewarding (2) because it helps them reduce stress. Even light activity can decrease symptoms of depression (3), especially when combined with a healthy diet and sleep. For people who are just starting, it's important to find a routine that suits their lifestyle. That way, it's easier to stay enthusiastic (4) about progress.

Answers:

- 1. a) muscles

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2. a) rewarding
3. b) depression
4. a) enthusiastic

Paragraph B: Environment

One of the biggest challenges facing the world is environmental pollution (1). Human activities have caused a considerable decline (2) in biodiversity and the quality of air and water. Forests are being cut down, and natural habitats are being converted (3) into farmland or cities. To fight this, people must use resources (4) more wisely and reduce waste wherever possible.

Answers:

1. a) pollution
2. b) decline
3. a) converted
4. c) resources

## TASK 2: Feelings and Emotions

### Paragraph A: Understanding Emotions

Understanding emotions is an essential part of mental health. People who can identify their feelings and talk about them often experience fewer emotional problems. For example, those who feel anxious (1) before an exam may benefit from breathing techniques or talking to a friend. In more serious cases, someone might experience depression (2), which affects mood and daily functioning. It's important to recognise the early symptoms (3) and seek help when needed. Support from loyal (4) friends and family can make a big difference. Educators are now including emotional education as part of school programs, helping students learn how to manage their emotions. This kind of introduction (5) has proven especially helpful during times of crisis. Experts also recommend using a mental health application (6) to track feelings and stress levels. Managing emotions

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is not always easy, but it can be extremely rewarding (7) in the long term and lead to more significant (8) relationships.

Answers:

1. b) anxious
2. c) depression
3. b) symptoms
4. a) loyal
5. a) introduction
6. c) application
7. a) rewarding
8. c) significant

TASK 3: Public Health & Environment

### T3-2024-2025-Grade 11Advanced- Grammar&MAZE

Governments around the world are recognising the connection between public health and the environment. Studies show that living in areas with green spaces can improve physical activity levels and reduce stress, which has a significant (1) effect on well-being. Exposure to pollution, on the other hand, increases the risk of respiratory problems and mental health conditions such as depression (2). In some cities, large areas have been converted (3) into parks and walking zones to promote healthy lifestyles. These changes require a considerable (4) amount of planning and investment. It's important that city planners design spaces that are accessible and relevant (5) to the people who use them. When communities feel connected to their local environment, they are more likely to protect it. In this way, environmental improvements can also strengthen social ties, creating more enthusiastic (6) and motivated citizens. Urban planning, therefore, must consider both the

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physical and emotional needs of a diverse (7)  
population and find innovative (8) solutions.

Answers:

1. b) significant
2. a) depression
3. a) converted
4. a) considerable
5. c) relevant
6. c) enthusiastic
7. b) diverse
8. b) innovative