

## مراجعة شاملة جميع الوحدات استعداداً للاختبار النهائي المسار العام



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المزيد من مادة  
لغة انجليزية:

إعداد: hammadi Al Hossam

### التواصل الاجتماعي بحسب 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 الأول

مراجعة تدريبات Writing كتابة وفق الهيكل الوزاري الجديد المسار المتقدم

1

مراجعة تدريبات Reading الفهم القرائي وفق الهيكل الوزاري الجديد المسار المتقدم

2

مراجعة تدريبات grammar and Vocabulary مفردات وقواعد وفق الهيكل الوزاري الجديد المسار المتقدم

3

نموذج اختبار تجريبي وفق الهيكل الوزاري الجديد المسار المتقدم

4

نموذج اختبار تجريبي وفق الهيكل الوزاري الجديد المسار العام

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# English

## Final Exam Preparation

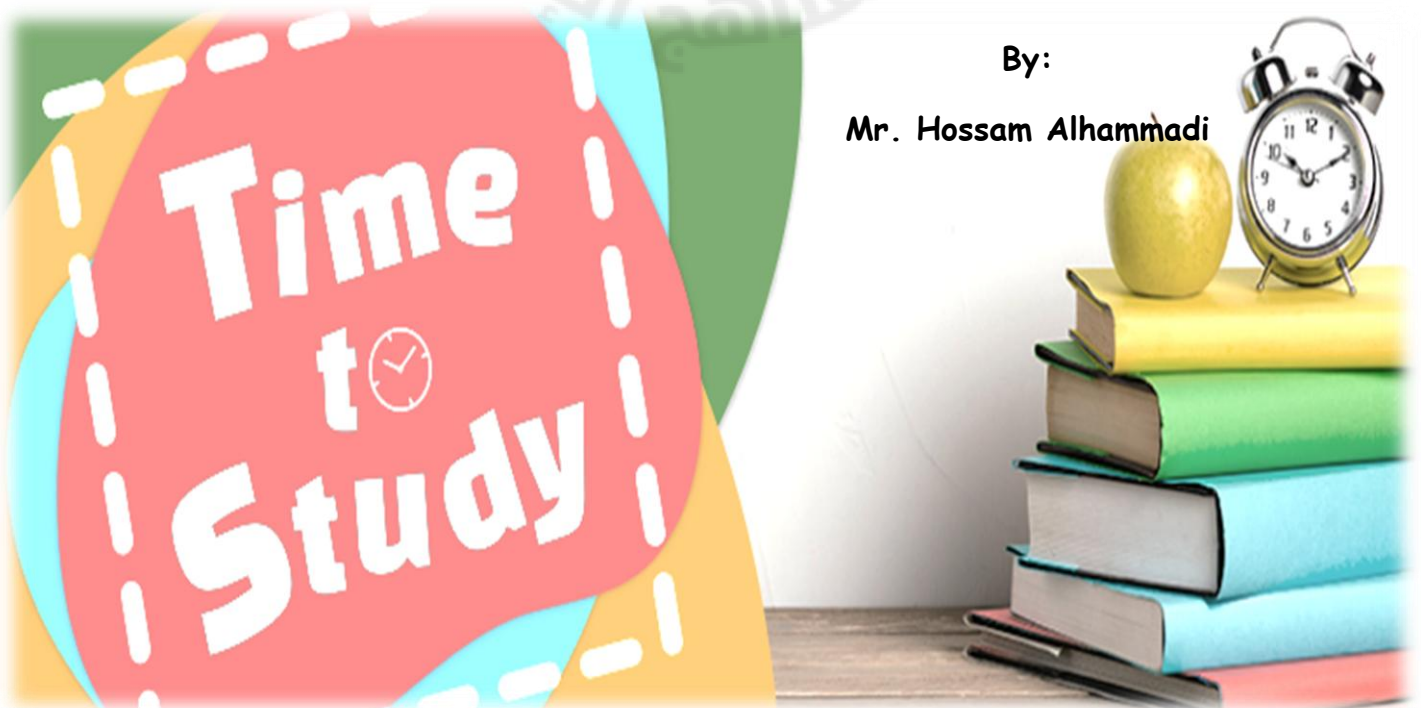
### Grade 11 General

Name: \_\_\_\_\_

Class: \_\_\_\_\_

By:

Mr. Hossam Alhammadi





## Unit (1): A Picture of Health

### Part 1: Vocabulary

➡ Study the following words:

|              |  |           |  |
|--------------|--|-----------|--|
| admirable    |  | gradually |  |
| breakthrough |  | overcome  |  |
| unidentified |  | positive  |  |
| obstacles    |  |           |  |

➡ Let's practice:

#### 1 Match the Words to Their Definitions

- |                 |                                                               |
|-----------------|---------------------------------------------------------------|
| 1. admirable    | a. A discovery or development that marks significant progress |
| 2. gradually    | b. Something that cannot be easily recognized or named        |
| 3. breakthrough | c. Difficulties or challenges that must be dealt with         |
| 4. overcome     | d. Showing approval, hope, or optimism                        |
| 5. unidentified | e. In a slow, steady, step-by-step way                        |
| 6. positive     | f. Deserving respect or praise                                |
| 7. obstacles    | g. Successfully deal with or control something difficult      |

#### 2 Write Your Own Sentences

1. admirable → \_\_\_\_\_
2. gradually → \_\_\_\_\_
3. breakthrough → \_\_\_\_\_
4. overcome → \_\_\_\_\_
5. unidentified → \_\_\_\_\_
6. positive → \_\_\_\_\_
7. obstacles → \_\_\_\_\_

**3 Maze: Read the passages then choose the correct answer**

**Medical Progress**

Modern medicine has seen incredible progress in recent decades. One of the most remarkable advances has been a major (1) \_\_\_\_\_ in the treatment of chronic diseases. Doctors have found new ways to help patients (2) \_\_\_\_\_ physical and emotional pain during recovery. In the past, such improvements seemed impossible, but technology and research have changed that. Many experts believe that maintaining a (3) \_\_\_\_\_ mindset helps patients heal faster. However, medical teams still face numerous (4) \_\_\_\_\_, especially when dealing with (5) \_\_\_\_\_ conditions that don't match known patterns. Despite these challenges, the dedication of healthcare workers is truly (6) \_\_\_\_\_, and progress continues (7) \_\_\_\_\_ every year.

- |                    |                  |              |
|--------------------|------------------|--------------|
| 1. a) obstacle     | b) breakthrough  | c) admirable |
| 2. a) identify     | b) overcome      | c) gradual   |
| 3. a) unidentified | b) admirable     | c) positive  |
| 4. a) positives    | b) breakthroughs | c) obstacles |
| 5. a) admirable    | b) unidentified  | c) positive  |
| 6. a) gradual      | b) admirable     | c) overcome  |
| 7. a) gradually    | b) positively    | c) unknown   |

---

**Fitness and Motivation**

Starting a fitness routine can be challenging, but success comes (1) \_\_\_\_\_ when people stay consistent. At first, muscles may ache, and energy levels may drop, but over time, the body becomes stronger. Many people must (2) \_\_\_\_\_ their doubts and fears before they see real results. Trainers often say that maintaining a (3) \_\_\_\_\_ attitude is key to long-term progress. Even when facing (4) \_\_\_\_\_ like busy schedules or lack of motivation, persistence pays off. Those who remain committed often experience a personal (5) \_\_\_\_\_—not just physical transformation but also mental strength. Their effort and discipline are truly (6) \_\_\_\_\_. The journey to health isn't always easy, but progress comes (7) \_\_\_\_\_, one workout at a time.

- |                    |                  |                 |
|--------------------|------------------|-----------------|
| 1. a) admirable    | b) unidentified  | c) gradually    |
| 2. a) positive     | b) overcome      | c) obstacle     |
| 3. a) admirable    | b) positive      | c) gradual      |
| 4. a) obstacles    | b) breakthroughs | c) identifiers  |
| 5. a) breakthrough | b) obstacle      | c) admirable    |
| 6. a) positive     | b) admirable     | c) unidentified |
| 7. a) overcome     | b) positively    | c) gradually    |

### Mental Health and Resilience

Mental health plays a crucial role in overall well-being. People who face anxiety or depression often encounter invisible (1) \_\_\_\_\_ that prevent them from living fully. Learning how to (2) \_\_\_\_\_ these internal barriers can take time and patience. Experts encourage a (3) \_\_\_\_\_ outlook, focusing on what can be improved rather than what is wrong. Some individuals experience (4) \_\_\_\_\_ symptoms that make diagnosis difficult, but support from family and friends helps. Therapists also note that recovery usually happens (5) \_\_\_\_\_, not overnight. When people achieve even small improvements, it's an (6) \_\_\_\_\_ sign of their strength. Every step forward, no matter how small, represents a personal (7) \_\_\_\_\_ in their emotional growth.

#### Choose the correct options:

- |                 |                  |                 |
|-----------------|------------------|-----------------|
| 1. a) obstacles | b) breakthroughs | c) admirables   |
| 2. a) identify  | b) overcome      | c) gradual      |
| 3. a) admirable | b) positive      | c) unidentified |
| 4. a) gradual   | b) admirable     | c) unidentified |
| 5. a) overcome  | b) positively    | c) gradually    |
| 6. a) admirable | b) gradual       | c) positive     |
| 7. a) obstacle  | b) breakthrough  | c) positive     |

#### Error Correction

Find and correct the mistake in each sentence.

- The doctor made a wonderful **obstacles** in heart surgery.  
→ \_\_\_\_\_
- She **positive** her fear of running very easy.  
→ \_\_\_\_\_
- His progress was very **admirable** at the first day only.  
→ \_\_\_\_\_
- Scientists discovered a **positive** virus that spreads quickly.  
→ \_\_\_\_\_
- My weight increased gradually until I **overcome** 80 kilos.  
→ \_\_\_\_\_



➡ **Study the following words:**

|               |  |               |  |
|---------------|--|---------------|--|
| handle stress |  | deal with     |  |
| evaluate      |  | Perspective   |  |
| cope with     |  | circumstances |  |

➡ **Let's practice:**

**1 Match the Words to Their Definitions**

- |                  |                                                                |
|------------------|----------------------------------------------------------------|
| 1. handle stress | a. To face or manage a difficult situation successfully        |
| 2. deal with     | b. To think carefully about something before making a decision |
| 3. evaluate      | c. To manage pressure or tension in a healthy way              |
| 4. perspective   | d. The conditions or facts that affect a situation             |
| 5. cope with     | e. To manage or control a problem or situation                 |
| 6. circumstances | f. A particular attitude or way of thinking about something    |

**2 Write Your Own Sentences**

1. handle stress → \_\_\_\_\_
2. deal with → \_\_\_\_\_
3. evaluate → \_\_\_\_\_
4. cope with → \_\_\_\_\_

**3 Maze: Read the passages then choose the correct answer**

**Healthy Sleep Habits**

Getting enough sleep is one of the best ways to improve both physical and mental health. People who learn to (1) \_\_\_\_\_ pressure from work or school often sleep better at night. When your mind is calm, your body can rest properly. Doctors suggest that everyone should (2) \_\_\_\_\_ their evening routines to see what helps them relax. For example, turning off screens before bed and keeping a regular schedule can make a big difference. Everyone's (3) \_\_\_\_\_ are different, so it's important to find what works best. With time, people discover how to (4) \_\_\_\_\_ their daily problems more calmly and gain a better (5) \_\_\_\_\_ on life. Good sleep helps the body (6) \_\_\_\_\_ challenges more easily and improves focus (7) \_\_\_\_\_.



**Choose the correct options:**

- |                     |                  |                  |
|---------------------|------------------|------------------|
| 1. a) handle stress | b) cope with     | c) deal with     |
| 2. a) perspective   | b) evaluate      | c) handle stress |
| 3. a) evaluate      | b) perspective   | c) circumstances |
| 4. a) deal with     | b) evaluate      | c) handle stress |
| 5. a) perspective   | b) evaluate      | c) circumstances |
| 6. a) handle stress | b) cope with     | c) evaluate      |
| 7. a) calmly        | b) circumstances | c) naturally     |

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**Regular Exercise**

Exercise is not only good for the body, but also for the mind. People who move regularly can often (1) \_\_\_\_\_ problems like anxiety and tension. Even a short walk can help people (2) \_\_\_\_\_ pressure from their jobs or studies. Trainers often ask clients to (3) \_\_\_\_\_ their progress and notice how they feel before and after workouts. This helps them understand their (4) \_\_\_\_\_ better and stay motivated. No matter what your (5) \_\_\_\_\_ are—whether you're busy, tired, or inexperienced—there is always a way to include physical activity in your life. When you see exercise as fun instead of a task, you change your (6) \_\_\_\_\_ completely. Over time, you'll learn how to (7) \_\_\_\_\_ both physical and emotional challenges.

**Choose the correct options:**

- |                     |                  |                  |
|---------------------|------------------|------------------|
| 1. a) perspective   | b) evaluate      | c) cope with     |
| 2. a) circumstances | b) handle stress | c) deal with     |
| 3. a) evaluate      | b) cope with     | c) handle stress |
| 4. a) circumstances | b) evaluate      | c) perspective   |
| 5. a) circumstances | b) handle stress | c) evaluate      |
| 6. a) cope with     | b) perspective   | c) evaluate      |
| 7. a) perspective   | b) evaluate      | c) deal with     |
-



### A Balanced Diet

Maintaining a healthy diet requires discipline and understanding. People often need to (1) \_\_\_\_\_ what they eat to make sure their choices support their health goals. Nutritionists recommend keeping a (2) \_\_\_\_\_ approach to food—seeing it as fuel, not punishment. Sometimes, people eat poorly because of difficult (3) \_\_\_\_\_, such as stress or lack of time. Learning to (4) \_\_\_\_\_ cravings and emotional eating is part of staying healthy. It's also essential to (5) \_\_\_\_\_ your habits every few weeks and make small improvements. By learning to (6) \_\_\_\_\_ daily pressures and accept that progress takes time, people build a more peaceful relationship with food. With the right (7) \_\_\_\_\_, anyone can develop a diet that fits their life and goals.

#### Choose the correct options:

- |                     |                  |                  |
|---------------------|------------------|------------------|
| 1. a) evaluate      | b) cope with     | c) handle stress |
| 2. a) circumstances | b) perspective   | c) evaluate      |
| 3. a) deal with     | b) perspective   | c) circumstances |
| 4. a) deal with     | b) handle stress | c) evaluate      |
| 5. a) cope with     | b) evaluate      | c) perspective   |
| 6. a) evaluate      | b) cope with     | c) handle stress |
| 7. a) circumstances | b) deal with     | c) perspective   |

#### Error Correction

Find and correct the mistake in each sentence.

1. He can't **perspective** stress when exams start.  
→ \_\_\_\_\_
2. We must **perspective** on how much water we drink each day.  
→ \_\_\_\_\_
3. My **evaluate** to exercise changed after I joined a gym.  
→ \_\_\_\_\_
4. She **handle** with the situation very calmly.  
→ \_\_\_\_\_
5. Due to difficult **perspectives**, he stopped eating healthy food.  
→ \_\_\_\_\_



➔ **Study the following words:**

|               |  |            |  |
|---------------|--|------------|--|
| inhabitants   |  | unpolluted |  |
| preservatives |  | long-lived |  |
| longevity     |  | prevent    |  |
| altitude      |  | accurate   |  |

➔ **Let's practice:**

**1 Match the Words to Their Definitions**

- |                  |                                             |
|------------------|---------------------------------------------|
| 1. inhabitants   | a. A height above sea level                 |
| 2. unpolluted    | b. Not containing harmful chemicals or dirt |
| 3. preservatives | c. To stop something from happening         |
| 4. long-lived    | d. People or animals who live in a place    |
| 5. longevity     | e. Additives used to keep food fresh longer |
| 6. prevent       | f. Living for many years                    |
| 7. altitude      | g. Free from contamination                  |
| 8. accurate      | h. Correct and free from mistakes           |

**3 Maze: Read the passages then choose the correct answer**

**Mountain Life**

Studies show that people who live at high (1) \_\_\_\_\_ often enjoy better health and longer lives. The clean air, active lifestyle, and natural diet help them stay strong. Many mountain (2) \_\_\_\_\_ eat mostly fresh vegetables and fruits from their gardens. Because the environment is (3) \_\_\_\_\_, their food is free of chemicals. Doctors say these factors can increase (4) \_\_\_\_\_ and help people stay (5) \_\_\_\_\_.

**Choose the correct options:**

- |                   |                  |                |
|-------------------|------------------|----------------|
| 1. a) longevity   | b) accuracy      | c) altitude    |
| 2. a) long-lived  | b) preservatives | c) inhabitants |
| 3. a) long-lived  | b) unpolluted    | c) accurate    |
| 4. a) longevity   | b) altitude      | c) prevention  |
| 5. a) inhabitants | b) long-lived    | c) unpolluted  |



### The Secret to Long Life

In many parts of the world, people are living longer than ever before. Scientists try to discover what helps them achieve such impressive (1) \_\_\_\_\_. A balanced diet, enough rest, and regular exercise all play a part. Some also believe that keeping a calm and positive mind can (2) \_\_\_\_\_ illness. In small villages, older (3) \_\_\_\_\_ continue to work in their gardens, eat simple food, and stay active. These habits help them remain (4) \_\_\_\_\_ and increase their (5) \_\_\_\_\_.

#### Choose the correct options:

- |                   |                  |                |
|-------------------|------------------|----------------|
| 1. a) longevity   | b) altitude      | c) accuracy    |
| 2. a) unpolluted  | b) prevent       | c) preserve    |
| 3. a) altitudes   | b) preservatives | c) inhabitants |
| 4. a) unpolluted  | b) long-lived    | c) accurate    |
| 5. a) inhabitants | b) prevent       | c) longevity   |

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### Natural Foods

Nutrition experts encourage people to eat foods that don't contain many (1) \_\_\_\_\_. Fresh and natural meals are better for the body and can help (2) \_\_\_\_\_ health problems such as obesity and heart disease. Some communities grow their own food in (3) \_\_\_\_\_ areas, far from big cities. Eating simple, clean food improves digestion and energy. These (4) \_\_\_\_\_ often show greater (5) \_\_\_\_\_ because of their healthy lifestyle.

#### Choose the correct options:

- |                   |                  |                  |
|-------------------|------------------|------------------|
| 1. a) altitudes   | b) inhabitants   | c) preservatives |
| 2. a) evaluate    | b) prevent       | c) unpolluted    |
| 3. a) unpolluted  | b) altitude      | c) long-lived    |
| 4. a) inhabitants | b) preservatives | c) accuracies    |
| 5. a) prevention  | b) altitude      | c) longevity     |
-

### Healthy Environments

The place where people live greatly affects their health. Areas with clean water and (1) \_\_\_\_\_ air help (2) \_\_\_\_\_ many common diseases. Scientists collect data to give (3) \_\_\_\_\_ information about how pollution influences health. When governments protect natural areas, they support better living conditions for all (4) \_\_\_\_\_. Cleaner environments lead to longer and more (5) \_\_\_\_\_ lives.

- |                     |                  |               |
|---------------------|------------------|---------------|
| 1. a) unpolluted    | b) preservatives | c) accurate   |
| 2. a) inhabit       | b) prevent       | c) preserve   |
| 3. a) long-lived    | b) altitude      | c) accurate   |
| 4. a) preservatives | b) inhabitants   | c) long-lived |
| 5. a) altitude      | b) unpolluted    | c) long-lived |

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### Research and Data

Doctors and scientists collect information from around the world to study aging. They need (1) \_\_\_\_\_ results to understand what really makes people live longer. They found that diet, exercise, and environment all influence (2) \_\_\_\_\_. People in certain regions at high (3) \_\_\_\_\_ seem healthier and stronger than those in polluted cities. Their simple diet, free from (4) \_\_\_\_\_, protects them from many diseases and helps (5) \_\_\_\_\_ early aging.

- |                     |                |                  |
|---------------------|----------------|------------------|
| 1. a) unpolluted    | b) accurate    | c) preservatives |
| 2. a) longevity     | b) altitude    | c) prevention    |
| 3. a) unpolluted    | b) inhabitants | c) altitude      |
| 4. a) preservatives | b) inhabitants | c) altitude      |
| 5. a) prevent       | b) evaluate    | c) live          |

---

### Error Correction

Find and correct the mistake in each sentence.

1. The inhabitants were living in a very **accuracy** area.  
→ \_\_\_\_\_
2. Eating food with too much **preservations** can cause health problems.  
→ \_\_\_\_\_
3. His longevity was affected by living in polluted altitude.  
→ \_\_\_\_\_
4. Doctors try to **prevented** illness through healthy lifestyle choices.  
→ \_\_\_\_\_



➔ **Study the following words:**

|           |  |                   |  |
|-----------|--|-------------------|--|
| dishonest |  | take advantage of |  |
| patient   |  | attitude          |  |
| remedy    |  | fraudulent        |  |
| validity  |  |                   |  |

➔ **Let's practice:**

**1 Match the Words to Their Definitions**

- |                      |                                                          |
|----------------------|----------------------------------------------------------|
| 1. dishonest         | a. Calm and able to wait without getting upset           |
| 2. take advantage of | b. To behave unfairly to gain personal benefit           |
| 3. patient           | c. Something that improves health or cures illness       |
| 4. attitude          | d. The quality of being based on truth or fact           |
| 5. remedy            | e. A person or action that is not truthful               |
| 6. fraudulent        | f. Intentionally false or done to cheat someone          |
| 7. validity          | g. A person's way of thinking or feeling about something |

**3 Maze: Read the passages then choose the correct answer**

**Trust in Health Products**

In the health industry, honesty is very important. Some companies try to (1) \_\_\_\_\_ customers by selling products that don't really work. These (2) \_\_\_\_\_ advertisements often promise quick results without effort. Experts remind people to check the (3) \_\_\_\_\_ of medical claims before buying anything. A natural (4) \_\_\_\_\_ can sometimes help, but it's always better to ask a doctor. Staying informed and careful helps people live longer, healthier lives without falling for (5) \_\_\_\_\_ tricks.

- |                         |               |               |
|-------------------------|---------------|---------------|
| 1. a) take advantage of | b) remedy     | c) patient    |
| 2. a) valid             | b) fraudulent | c) dishonest  |
| 3. a) remedy            | b) attitude   | c) validity   |
| 4. a) attitude          | b) remedy     | c) fraudulent |
| 5. a) patient           | b) remedy     | c) dishonest  |



## The Role of Patience

Healthy living takes time and effort. Many people want quick fixes, but real results come only when you stay (1) \_\_\_\_\_. Doctors say that patience and consistency are key to achieving good health. A positive (2) \_\_\_\_\_ also helps people enjoy their journey toward wellness. Those who rush often get discouraged or give up. Instead, it's better to focus on small daily habits, which act as a long-term (3) \_\_\_\_\_ for stress and illness. This mindset not only improves physical health but also helps people live (4) \_\_\_\_\_ and happier lives without being (5) \_\_\_\_\_ with themselves.

- |                  |               |               |
|------------------|---------------|---------------|
| 1. a) fraudulent | b) dishonest  | c) patient    |
| 2. a) remedy     | b) attitude   | c) validity   |
| 3. a) remedy     | b) advantage  | c) validity   |
| 4. a) valid      | b) long-lived | c) fraudulent |
| 5. a) dishonest  | b) valid      | c) impatient  |

## Fake Health Claims

Recently, authorities have warned about (1) \_\_\_\_\_ online health products. Many of these pills and drinks make promises that sound too good to be true. Dishonest sellers (2) \_\_\_\_\_ people who want to look younger or live longer. Scientists test the (3) \_\_\_\_\_ of these products and often find no real results. Some are even harmful. True longevity depends on healthy habits, not on magic solutions. When people choose safe, tested treatments and natural (4) \_\_\_\_\_, they protect their bodies and avoid being victims of (5) \_\_\_\_\_ marketing.

- |                         |               |               |
|-------------------------|---------------|---------------|
| 1. a) valid             | b) fraudulent | c) patient    |
| 2. a) take advantage of | b) remedy     | c) attitude   |
| 3. a) dishonesty        | b) attitude   | c) validity   |
| 4. a) remedies          | b) patients   | c) advantages |
| 5. a) remedy            | b) dishonest  | c) validity   |

## Mindset and Longevity

Studies show that having a positive (1) \_\_\_\_\_ can add years to your life. People who stay hopeful and calm handle problems better. When you're (2) \_\_\_\_\_, you lower your stress and blood pressure, which helps you stay healthy. Doctors say this simple mental (3) \_\_\_\_\_ is a natural (4) \_\_\_\_\_ for many health issues. Being honest with yourself and others also improves emotional well-being. A peaceful mind may not make you immortal, but it can definitely help you live a (5) \_\_\_\_\_ life.



**Choose the correct options:**

- |                  |               |               |
|------------------|---------------|---------------|
| 1. a) validity   | b) attitude   | c) remedy     |
| 2. a) patient    | b) dishonest  | c) fraudulent |
| 3. a) remedy     | b) validity   | c) attitude   |
| 4. a) fraudulent | b) remedy     | c) advantage  |
| 5. a) valid      | b) fraudulent | c) long-lived |

---

**The Danger of False Promises**

Some people are easily convinced by (1) \_\_\_\_\_ advertisements that promise fast weight loss or miracle cures. Unfortunately, many of these claims have no (2) \_\_\_\_\_ and can even cause harm. It's always best to talk to a doctor instead of trusting (3) \_\_\_\_\_ companies. Remember, a balanced diet and exercise are still the best (4) \_\_\_\_\_ for a healthy body. Don't let others (5) \_\_\_\_\_ your hope for better health—rely on science, not scams.

**Choose the correct options:**

- |                 |              |                      |
|-----------------|--------------|----------------------|
| 1. a) dishonest | b) valid     | c) patient           |
| 2. a) attitude  | b) validity  | c) advantage         |
| 3. a) valid     | b) patient   | c) fraudulent        |
| 4. a) attitude  | b) remedy    | c) validity          |
| 5. a) evaluate  | b) deal with | c) take advantage of |



**Error Correction**

Find and correct the mistake in each sentence.

1. He tried to **take advantage for** old people by selling fake vitamins.  
→ \_\_\_\_\_
2. The patient was very **dishonest** while waiting for his test results.  
→ \_\_\_\_\_
3. Doctors questioned the remedy's **validate** before using it.  
→ \_\_\_\_\_
4. Her positive **remedy** helped her stay calm during treatment.  
→ \_\_\_\_\_
5. **Validities** are very common in health products online.  
→ \_\_\_\_\_



➡ **Study the following words:**

|                |  |            |  |
|----------------|--|------------|--|
| remote control |  | volume     |  |
| couch potato   |  | blog       |  |
| channel surf   |  | streaming  |  |
| commercials    |  | spare time |  |
| turn down      |  |            |  |

➡ **Let's practice:**

**1 Match the Words to Their Definitions**

- |                   |                                                                             |
|-------------------|-----------------------------------------------------------------------------|
| 1. remote control | a. To lower the sound level                                                 |
| 2. volume         | b. Watching TV or videos online without downloading them                    |
| 3. couch potato   | c. To change from one TV channel to another quickly                         |
| 4. blog           | d. Free time when you are not working or studying                           |
| 5. channel surf   | e. A lazy person who spends a lot of time watching TV                       |
| 6. streaming      | f. Short advertisements on TV or online                                     |
| 7. commercials    | g. A small device used to control a TV or other electronics from a distance |
| 8. spare time     | h. A website or page where someone writes regular posts or articles         |
| 9. turn down      | i. The amount of sound from a TV, radio, or device                          |

**3 Maze: Read the passages then choose the correct answer**

**Weekend Habits**

On weekends, many people enjoy relaxing at home. Some become a little (1) \_\_\_\_\_ when they spend hours watching shows without moving from the sofa. Thanks to (2) \_\_\_\_\_ services, it's now possible to watch entire seasons in one day! Others prefer to (3) \_\_\_\_\_ through channels using the (4) \_\_\_\_\_ to see what's on TV. However, too much screen time can make people tired and less active. Doctors suggest taking short breaks, going for a walk, or exercising in your (5) \_\_\_\_\_. Also, it's good to (6) \_\_\_\_\_ the (7) \_\_\_\_\_ when it's too loud, especially at night. Finally, avoid watching too many (8) \_\_\_\_\_, and choose programs that are relaxing and positive.



**Choose the correct options:**

- |                    |                 |                   |
|--------------------|-----------------|-------------------|
| 1. a) couch potato | b) commercial   | c) remote control |
| 2. a) spare time   | b) streaming    | c) blog           |
| 3. a) blogging     | b) turn down    | c) channel surf   |
| 4. a) spare time   | b) volume       | c) remote control |
| 5. a) streaming    | b) spare time   | c) volume         |
| 6. a) turn down    | b) channel surf | c) stream         |
| 7. a) channel      | b) volume       | c) blog           |
| 8. a) volumes      | b) blogs        | c) commercials    |

---

**Watching Wisely**

Television can be fun and relaxing, but watching too much can be unhealthy. When people spend hours sitting and eating snacks, they may become a (1) \_\_\_\_\_. Experts say that it's important to balance screen time with movement. Using a (2) \_\_\_\_\_ to lower the (3) \_\_\_\_\_ is polite when others are reading or sleeping. Many families also enjoy (4) \_\_\_\_\_ new movies online, but it's wise to take breaks between episodes. Parents can write a (5) \_\_\_\_\_ about healthy viewing habits or share reviews of good programs. Kids often (6) \_\_\_\_\_ from one show to another, especially when (7) \_\_\_\_\_ come on. Using your (8) \_\_\_\_\_ for outdoor fun can keep your mind and body active.

**Choose the correct options:**

- |                  |                   |                   |
|------------------|-------------------|-------------------|
| 1. a) streaming  | b) couch potato   | c) spare time     |
| 2. a) commercial | b) remote control | c) blog           |
| 3. a) channel    | b) attitude       | c) volume         |
| 4. a) streaming  | b) surfing        | c) channel surf   |
| 5. a) blog       | b) commercial     | c) remote control |
| 6. a) turn down  | b) stream         | c) channel surf   |
| 7. a) blogs      | b) commercials    | c) spare times    |
| 8. a) remedy     | b) volume         | c) spare time     |



### The Changing World of TV

In the past, families used to sit together to watch one or two shows a day. Today, people can choose from hundreds of channels and websites. Many now prefer (1) \_\_\_\_\_ platforms instead of traditional TV. Others like to (2) \_\_\_\_\_ through different shows to find something interesting. The (3) \_\_\_\_\_ helps viewers switch easily or (4) \_\_\_\_\_ the (5) \_\_\_\_\_ when someone calls. Modern programs often include too many (6) \_\_\_\_\_, which can be annoying. To relax, some people write a (7) \_\_\_\_\_ about their favorite series or share reviews online. Spending (8) \_\_\_\_\_ wisely means enjoying screen time without forgetting real-life activities and exercise.

#### Choose the correct options:

- |                      |                   |                 |
|----------------------|-------------------|-----------------|
| 1. a) blog           | b) channel surf   | c) streaming    |
| 2. a) turn down      | b) channel surf   | c) volume       |
| 3. a) remote control | b) couch potato   | c) commercial   |
| 4. a) turn down      | b) change         | c) channel surf |
| 5. a) commercial     | b) volume         | c) spare time   |
| 6. a) volumes        | b) blogs          | c) commercials  |
| 7. a) channel        | b) blog           | c) streaming    |
| 8. a) volume         | b) remote control | c) spare time   |

#### Error Correction

Find and correct the mistake in each sentence.

1. I lost my remote **volume** and can't change the channel.

→ \_\_\_\_\_

2. My dad likes **volume** old movies online.

→ \_\_\_\_\_

3. The **remote control** were very long and boring.

→ \_\_\_\_\_

4. Please **turn up** the TV; it's too loud.

→ \_\_\_\_\_



➡ **Study the following words:**

|             |  |              |  |
|-------------|--|--------------|--|
| slogan      |  | visual media |  |
| noticeable  |  | passive      |  |
| original    |  | infant       |  |
| memorable   |  | development  |  |
| informative |  | sense        |  |

➡ **Let's practice:**

**1 Match the Words to Their Definitions**

- |                 |                                                              |
|-----------------|--------------------------------------------------------------|
| 1. slogan       | a. The growth or progress of something over time             |
| 2. visual media | b. Easy to see or observe                                    |
| 3. noticeable   | c. A short phrase used to advertise or express an idea       |
| 4. passive      | d. A baby or very young child                                |
| 5. original     | e. New, creative, or not copied                              |
| 6. infant       | f. Giving useful information or knowledge                    |
| 7. memorable    | g. Something that stays in your mind or is easy to remember  |
| 8. development  | h. A person who lets things happen without taking action     |
| 9. informative  | i. Media that use pictures, videos, or images to communicate |
| 10. sense       | j. Understanding or feeling about something                  |

**2 Write Your Own Sentences**

1. slogan → \_\_\_\_\_
2. visual media → \_\_\_\_\_
3. noticeable → \_\_\_\_\_
4. passive → \_\_\_\_\_
5. original → \_\_\_\_\_



### 3 Maze: Read the passages then choose the correct answer

#### The Power of Advertisements

Modern advertisements use (1) \_\_\_\_\_ to catch people's attention. Bright colors, moving pictures, and strong messages make them easy to remember. A good (2) \_\_\_\_\_ is short and clear, often becoming a popular phrase that everyone repeats. However, not all ads are honest. Some can make people believe they need products they don't really want. The most successful ads are (3) \_\_\_\_\_, creative, and (4) \_\_\_\_\_, giving real facts about what they promote. Learning how to think critically about media helps us make better decisions and avoid being (5) \_\_\_\_\_ viewers.

#### Choose the correct options:

- |                    |              |             |
|--------------------|--------------|-------------|
| 1. a) visual media | b) infant    | c) slogan   |
| 2. a) development  | b) slogan    | c) sense    |
| 3. a) noticeable   | b) passive   | c) original |
| 4. a) informative  | b) memorable | c) infant   |
| 5. a) original     | b) passive   | c) sense    |

---

#### Social Media and Attention

Social media has changed the way people share and receive information. Many posts are designed to be (1) \_\_\_\_\_, using colorful photos and videos. These images can quickly spread across platforms. However, because so many people post similar content, it's difficult to create something truly (2) \_\_\_\_\_. Some users spend hours scrolling and become (3) \_\_\_\_\_ instead of thinking or creating their own ideas. To keep a healthy (4) \_\_\_\_\_ of what is real and useful, it's important to take breaks from screens. Over time, this habit supports personal growth and mental (5) \_\_\_\_\_.

#### Choose the correct options:

- |                 |                |                |
|-----------------|----------------|----------------|
| 1. a) memorable | b) noticeable  | c) original    |
| 2. a) infant    | b) informative | c) original    |
| 3. a) passive   | b) slogan      | c) sense       |
| 4. a) slogan    | b) sense       | c) infant      |
| 5. a) memorable | b) informative | c) development |
-

### Creating Effective Commercials

A strong commercial usually has a (1) \_\_\_\_\_ that people can remember easily. It's also important for the message to be (2) \_\_\_\_\_ so that viewers learn something new. For example, a health ad might teach people how to exercise safely. A good commercial uses (3) \_\_\_\_\_ carefully—clear images and short videos that attract attention. If the ad is too simple or boring, it may not be (4) \_\_\_\_\_ at all. The best ads leave a (5) \_\_\_\_\_ of trust and positivity in the audience's mind.

#### Choose the correct options:

- |                 |                |                 |
|-----------------|----------------|-----------------|
| 1. a) slogan    | b) infant      | c) sense        |
| 2. a) passive   | b) original    | c) informative  |
| 3. a) memorable | b) development | c) visual media |
| 4. a) infant    | b) noticeable  | c) passive      |
| 5. a) slogan    | b) sense       | c) development  |

---

### Learning Through Visuals

Children learn quickly through pictures and videos. For an (1) \_\_\_\_\_, seeing bright colors and familiar shapes helps their brain grow. Teachers often use (2) \_\_\_\_\_ to explain ideas more clearly than words alone can. This supports early mental (3) \_\_\_\_\_ and helps students remember lessons longer. Educational videos must be (4) \_\_\_\_\_, not just fun, so that kids learn real knowledge. When visuals are designed with care, they make learning faster, stronger, and more (5) \_\_\_\_\_ for every student.

#### Choose the correct options:

- |                   |                |                 |
|-------------------|----------------|-----------------|
| 1. a) passive     | b) infant      | c) slogan       |
| 2. a) sense       | b) development | c) visual media |
| 3. a) development | b) originality | c) passive      |
| 4. a) informative | b) memorable   | c) noticeable   |
| 5. a) original    | b) slogan      | c) memorable    |
-



## Section II: Grammar

### Tag Questions

#### What Are Tag Questions?

Tag questions are short questions added at the end of a statement to **check information** or **ask for agreement**.

They make speech sound polite, friendly, or conversational.

#### Structure:

- ✓ Positive statement → Negative tag
- ✗ Negative statement → Positive tag

#### Examples:

- You like tea, **don't you?**
- She doesn't eat meat, **does she?**
- He is tired, **isn't he?**
- They aren't ready, **are they?**

#### Notes:

- Use **do/does** for normal verbs.
- Use **is/are** for *verb to be*.
- The subject pronoun in the tag must match the statement's subject.

هي أسئلة قصيرة نضيفها في نهاية الجملة لتأكيد المعلومة أو طلب الموافقة من الطرف الآخر (Tag Questions) أسئلة التوكيد. تُستخدم لجعل الحديث أكثر لطفًا وتفاعلاً.

#### القاعدة العامة:

الجملة المثبتة → سؤال منفي  
الجملة المنفية → سؤال مثبت

#### ملاحظات:

- مع الأفعال العادية **do / does** نستخدم.
- مع فعل "to be" نستخدم **is / are**.
- الضمير في السؤال القصير يجب أن يطابق الفاعل في الجملة.



 **2 Read then choose the correct answer:**

**Morning Routines**

Most people start their day with a cup of coffee, (1) \_\_\_\_? It helps them wake up faster and feel fresh. You don't like skipping breakfast, (2) \_\_\_\_? Some people are too busy in the morning, (3) \_\_\_\_? They rush to work and forget to eat, (4) \_\_\_\_? That isn't healthy, (5) \_\_\_\_? Morning exercise also gives energy, (6) \_\_\_\_? You don't enjoy waking up late, (7) \_\_\_\_? A good start makes the whole day better, (8) \_\_\_\_?

- |                   |               |                |
|-------------------|---------------|----------------|
| 1. a) don't they  | b) do they    | c) aren't they |
| 2. a) don't you   | b) are you    | c) do you      |
| 3. a) aren't they | b) do they    | c) don't they  |
| 4. a) aren't they | b) don't they | c) are they    |
| 5. a) isn't it    | b) is it      | c) does it     |
| 6. a) doesn't it  | b) don't it   | c) is it       |
| 7. a) do you      | b) don't you  | c) aren't you  |
| 8. a) don't it    | b) isn't it   | c) doesn't it  |

---

**At the Park**

People visit parks to relax, (1) \_\_\_\_? It's a wonderful place to enjoy nature and breathe fresh air. Children play games there, (2) \_\_\_\_? Families often have picnics together and take pictures, (3) \_\_\_\_? However, some visitors don't keep the park clean, (4) \_\_\_\_? That's not polite, (5) \_\_\_\_? The gardeners work hard every day to make the place beautiful, (6) \_\_\_\_? You enjoy walking among the trees, (7) \_\_\_\_? Everyone loves a bit of sunshine and green space, (8) \_\_\_\_?

- |                    |                |               |
|--------------------|----------------|---------------|
| 1. a) are they     | b) do they     | c) don't they |
| 2. a) are they     | b) don't they  | c) isn't it   |
| 3. a) isn't it     | b) is it       | c) doesn't it |
| 4. a) do they      | b) don't they  | c) are they   |
| 5. a) does it      | b) isn't it    | c) is it      |
| 6. a) doesn't they | b) don't they  | c) are they   |
| 7. a) are you      | b) do you      | c) don't you  |
| 8. a) don't they   | b) aren't they | c) do they    |



## School Life

Students study many subjects at school, (1) \_\_\_\_\_? They aren't lazy, (2) \_\_\_\_\_? Teachers work hard to prepare lessons and activities, (3) \_\_\_\_\_? The classroom is always clean, (4) \_\_\_\_\_? We don't talk loudly during class, (5) \_\_\_\_\_? English isn't difficult when you practice, (6) \_\_\_\_\_? You enjoy learning new words and grammar, (7) \_\_\_\_\_? Education is important for everyone, (8) \_\_\_\_\_?

- |                  |                 |                |
|------------------|-----------------|----------------|
| 1. a) do they    | b) don't they   | c) aren't they |
| 2. a) are they   | b) aren't they  | c) do they     |
| 3. a) don't they | b) doesn't they | c) aren't they |
| 4. a) doesn't it | b) is it        | c) isn't it    |
| 5. a) are we     | b) don't we     | c) do we       |
| 6. a) is it      | b) doesn't it   | c) isn't it    |
| 7. a) do you     | b) don't you    | c) are you     |
| 8. a) don't it   | b) doesn't it   | c) isn't it    |

## Technology and Screens

People use their phones every day, (1) \_\_\_\_\_? It's hard to live without the internet, (2) \_\_\_\_\_? You don't spend all day online, (3) \_\_\_\_\_? Some apps are really helpful for studying or shopping, (4) \_\_\_\_\_? But too much screen time isn't good, (5) \_\_\_\_\_? We aren't robots, (6) \_\_\_\_\_? You like watching videos and chatting with friends, (7) \_\_\_\_\_? Technology makes life easier, (8) \_\_\_\_\_?

- |                   |              |               |
|-------------------|--------------|---------------|
| 1. a) don't they  | b) do they   | c) are they   |
| 2. a) is it       | b) isn't it  | c) doesn't it |
| 3. a) are you     | b) don't you | c) do you     |
| 4. a) aren't they | b) do they   | c) don't they |
| 5. a) does it     | b) isn't it  | c) is it      |
| 6. a) aren't we   | b) are we    | c) don't we   |
| 7. a) are you     | b) do you    | c) don't you  |
| 8. a) doesn't it  | b) isn't it  | c) don't it   |



### 3 Fill in the Spaces

- |                                     |                                         |
|-------------------------------------|-----------------------------------------|
| 1. You like pizza, _____?           | 1. She works hard, _____?               |
| 2. He doesn't play football, _____? | 2. He isn't a teacher, _____?           |
| 3. They are friends, _____?         | 3. You know her, _____?                 |
| 4. She isn't at school, _____?      | 4. We don't live near here, _____?      |
| 5. We study English, _____?         | 5. They are ready, _____?               |
| 6. You don't drive, _____?          | 6. It isn't difficult, _____?           |
| 7. It's cold today, _____?          | 7. The teacher explains clearly, _____? |
| 8. They aren't late, _____?         |                                         |



## Wh-Questions

### What Are Wh-Questions?

**Wh-questions** are used when we want to get **specific information** — not just “yes” or “no” answers. They begin with a **question word** such as *who, what, where, when, why, which, whose, and how*.

#### ◆ Structure

For most verbs:

**Wh-word + auxiliary verb (do/does/did/is/are/was/were/can/etc.) + subject + main verb**

#### Examples:

- What **do** you eat for breakfast?
- Where **does** she live?
- When **did** they arrive?
- Why **are** you sad?
- How **can** I help you?

When “**who**” or “**what**” is the **subject**, we **don’t** use “**do/does/did.**”

**Who** plays football?

**What** happened yesterday?

هي الأسئلة التي نستخدمها للحصول على معلومة محددة، وليس إجابة بنعم أو لا **Wh-**أسئلة. تبدأ هذه الأسئلة بكلمة استفهام مثل:

**who, what, where, when, why, which, whose, how**

#### ◆ التركيب

في معظم الحالات:

**الفاعل + الفعل الرئيسي (do/does/did/is/are/was/were...) + كلمة الاستفهام + الفعل المساعد**

#### أمثلة:

- What do you eat for breakfast? → ماذا تأكل على الفطور؟
- Where does she live? → أين تعيش؟
- When did they arrive? → متى وصلوا؟
- Why are you sad? → لماذا أنت حزين؟
- How can I help you? → كيف أساعدك؟

**do/does/did:** هي الفاعل نفسه، فلا نستخدم **what** أو **who** أما عندما تكون

- Who plays football? → من الذي يلعب كرة القدم؟
- What happened yesterday? → ماذا حدث بالأمس؟



 **2 Choose the correct answer**

1. \_\_\_\_\_ are you doing right now?  
a) What                      b) Who                      c) Where
2. \_\_\_\_\_ teaches you English?  
a) Who                      b) When                      c) Why
3. \_\_\_\_\_ is your favorite color?  
a) Where                      b) What                      c) How
4. \_\_\_\_\_ does she go to school?  
a) How                      b) Why                      c) When
5. \_\_\_\_\_ is sitting next to you?  
a) Who                      b) What                      c) When
6. \_\_\_\_\_ car is this?  
a) Whose                      b) Who                      c) Which
7. \_\_\_\_\_ time is it now?  
a) Which                      b) What                      c) Who
8. \_\_\_\_\_ is that man talking to the manager?  
a) Why                      b) Who                      c) Where
9. \_\_\_\_\_ do you usually have lunch?  
a) When                      b) What                      c) How
10. \_\_\_\_\_ did you go on vacation last summer?  
a) When                      b) Where                      c) Why
11. \_\_\_\_\_ do you prefer: coffee or tea?  
a) Who                      b) Which                      c) What
12. \_\_\_\_\_ did you call yesterday?  
a) Who                      b) What                      c) How
13. \_\_\_\_\_ is your best friend?  
a) Whose                      b) Who                      c) Which
14. \_\_\_\_\_ are you so tired today?  
a) Why                      b) What                      c) How
15. \_\_\_\_\_ much money do you have?  
a) How                      b) What                      c) Why
16. \_\_\_\_\_ do you get to school? By bus or on foot?  
a) Where                      b) How                      c) When



17. \_\_\_\_\_ book are you reading?  
a) What                      b) Which                      c) Whose
18. \_\_\_\_\_ helps you with your homework?  
a) What                      b) Who                      c) Where
19. \_\_\_\_\_ are they from?  
a) Where                      b) When                      c) Who
20. \_\_\_\_\_ is your birthday?  
a) When                      b) Which                      c) What
- 



### 3 Fill in the Spaces with the Suitable Question Word

1. \_\_\_\_\_ is your name?
2. \_\_\_\_\_ are you crying?
3. \_\_\_\_\_ teaches this class?
4. \_\_\_\_\_ is your favorite sport?
5. \_\_\_\_\_ is at the door?
6. \_\_\_\_\_ bag is this?
7. \_\_\_\_\_ time do you wake up?
8. \_\_\_\_\_ do you go on weekends?
9. \_\_\_\_\_ is sitting on the chair?
10. \_\_\_\_\_ are you from?
11. \_\_\_\_\_ are you late again?
12. \_\_\_\_\_ can I get to the airport?
13. \_\_\_\_\_ is your English teacher?
14. \_\_\_\_\_ pen is red — yours or mine?
15. \_\_\_\_\_ subject do you like most?
16. \_\_\_\_\_ are you doing tonight?
17. \_\_\_\_\_ is playing music so loudly?
18. \_\_\_\_\_ are you interested in biology?
19. \_\_\_\_\_ helps you with your studies?
20. \_\_\_\_\_ did you travel last year?
-



**4 Rearrange the Words to Form Correct Questions**

1. you / are / where / from / ? \_\_\_\_\_
2. dinner / who / cooks / usually / ? \_\_\_\_\_
3. class / your / in / is / what / favorite / subject / ? \_\_\_\_\_
4. are / why / so / quiet / you / ? \_\_\_\_\_
5. book / that / whose / is / ? \_\_\_\_\_
6. the / time / what / it / is / now / ? \_\_\_\_\_
7. how / she / does / to / go / work / ? \_\_\_\_\_
8. did / yesterday / who / you / meet / ? \_\_\_\_\_
9. your / teacher / when / birthday / is / ? \_\_\_\_\_
10. you / to / why / want / study / English / ? \_\_\_\_\_

**5 Provide Questions to These Answers**

1. A: I'm from Canada.  
→ \_\_\_\_\_
2. A: I usually wake up at 6 a.m.  
→ \_\_\_\_\_
3. A: My favorite subject is English.  
→ \_\_\_\_\_
4. A: I'm going to the gym.  
→ \_\_\_\_\_
5. A: Because I love learning new languages.  
→ \_\_\_\_\_



## Section III: Reading

### The Morning Habit

Many people say that how you start your morning decides the rest of your day. Doctors agree that a healthy morning routine can make a big difference in your life. One of the simplest habits is to drink a glass of water right after waking up. It helps your body rehydrate after long hours of sleep. Another good habit is to spend ten minutes stretching or walking outside. This helps wake up your muscles and mind.

Breakfast is another important part of a healthy morning. People who eat a balanced breakfast usually have more energy and better focus during the day. A good breakfast includes fruit, whole grains, and protein like eggs or yogurt.

Finally, try to avoid checking your phone as soon as you wake up. Many people feel stressed when they read messages or news first thing in the morning. Instead, take a few minutes to breathe deeply, smile, and think of something positive. A peaceful morning can lead to a peaceful day.

---

### Questions

1. What is the main idea of the passage?
  - a) Ways to sleep better at night
  - b) The importance of a healthy morning routine
  - c) How to eat less during the day
2. According to the passage, why should you drink water after waking up?
  - a) To help the body rehydrate
  - b) To lose weight faster
  - c) To avoid feeling sleepy
3. What do people who eat breakfast usually experience?
  - a) More energy and focus
  - b) Less hunger in the evening
  - c) Faster sleep
4. Which food is *not* mentioned as part of a healthy breakfast?
  - a) Yogurt
  - b) Meat
  - c) Fruit
5. What does the writer suggest you should avoid in the morning?
  - a) Reading messages immediately
  - b) Drinking water
  - c) Going for a walk



## The Village of Long Life

In a small mountain village in Japan, many people live to be over one hundred years old. Scientists have studied this place for years, trying to understand the secret behind their long lives. One reason seems to be their diet. The villagers eat mostly vegetables, rice, and fish. They rarely eat fried or processed food. Their meals are small but full of nutrients.

Another reason is their strong sense of community. People in the village help each other every day. Neighbors share food, talk often, and celebrate together. This connection makes them feel happy and supported. Stress is low because no one feels alone.

Physical activity is also a big part of their lives. Most people walk everywhere. Even the older villagers work in their gardens or take long walks in the hills. They say movement keeps their hearts and minds strong.

When asked about their secret, one old woman smiled and said, “We eat simply, stay active, and love each other.”

---

### Questions

1. What is the main idea of the passage?
  - a) The importance of studying Japanese culture
  - b) The lifestyle of a village with long-lived people
  - c) The problems of modern cities
2. What do the villagers mostly eat?
  - a) Fried chicken and sweets
  - b) Vegetables, rice, and fish
  - c) Meat and bread
3. What does the word *nutrients* mean in the passage?
  - a) Substances that help the body stay healthy
  - b) Types of exercise
  - c) Special Japanese spices
4. Why do scientists study the village?
  - a) To learn why people there live so long
  - b) To find new kinds of vegetables
  - c) To build a new hospital
5. How do the villagers stay physically active?
  - a) By going to the gym
  - b) By walking and gardening
  - c) By swimming every day



## Finding Balance in a Busy World

In today's fast-moving world, many people find it difficult to take care of their health. Long work hours, fast food, and lack of sleep have become part of modern life. However, some people are learning to slow down and bring balance back into their daily routines.

Experts say that one of the best ways to improve health is to manage stress. Constant stress can lead to serious problems such as heart disease or high blood pressure. Simple habits like deep breathing, short walks, or spending time with friends can help reduce stress levels.

Another key to a healthy life is sleep. Adults need around seven to eight hours of sleep each night, yet many people ignore this. Lack of rest affects focus, mood, and even appetite. People who sleep well usually make better food choices and feel more positive during the day.

Lastly, balance also means knowing when to stop working. Taking breaks, spending time with family, or reading a good book can all refresh the mind. Health is not only about diet or exercise—it's about creating harmony between the body and mind.

---

### Questions

1. What is the main idea of the passage?
  - a) How to exercise more every day
  - b) Ways to bring balance and health into modern life
  - c) The dangers of eating fast food
2. According to the passage, what is one effect of constant stress?
  - a) Better concentration
  - b) Heart disease or high blood pressure
  - c) Weight loss
3. Which of the following is *not* mentioned as a way to reduce stress?
  - a) Spending time with friends
  - b) Doing deep breathing
  - c) Watching television for long hours
4. What does the word *harmony* in the last paragraph most likely mean?
  - a) Agreement and balance
  - b) A type of music
  - c) A daily schedule
5. What can be inferred about people who don't get enough sleep?
  - a) They may eat poorly and feel less positive
  - b) They become more relaxed
  - c) They work more efficiently



## The Power of Water

Water is one of the most important things for our bodies, but many people forget to drink enough of it. Our bodies are made up of about 70 percent water, and we need it to stay healthy. Water helps the blood move smoothly, keeps our skin clear, and helps the brain work properly.

Doctors say adults should drink around eight glasses of water every day. However, the amount can change depending on the weather and activity level. For example, when the weather is hot or when we exercise, we need more water because we lose it through sweat.

Some people prefer juice or soda, but these drinks often have a lot of sugar. While they can taste good, they do not replace the benefits of pure water. A good idea is to keep a bottle of water near you at work, at school, or in the car.

When you drink enough water, you feel more energetic and focused. Even a small lack of water can make you feel tired or get a headache. So, the next time you feel sleepy or lose concentration, try drinking a glass of water first—it might be all you need.

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### Questions

1. What is the main idea of the passage?
  - a) Water is essential for health and energy.
  - b) People should drink more soda.
  - c) Juice is better than water.
2. How much of the human body is made up of water?
  - a) About 30 percent
  - b) About 50 percent
  - c) About 70 percent
3. According to the passage, why do we need more water in hot weather?
  - a) Because we sweat and lose water.
  - b) Because we eat more food.
  - c) Because the body becomes heavier.
4. What is one reason why soda is not a good replacement for water?
  - a) It contains a lot of sugar.
  - b) It makes people feel full.
  - c) It helps the brain work better.
5. What does the writer suggest keeping near you?
  - a) A bottle of water.
  - b) A cup of coffee.
  - c) A glass of juice.



## The World on Our Screens

Today, most people spend a big part of their day looking at screens—phones, tablets, computers, or TVs. Screens help us work, study, and stay connected, but they can also make our lives more stressful if we don't use them wisely.

One big problem is screen time before bed. The light from screens can make it hard for the brain to relax, so many people find it difficult to fall asleep. Experts suggest turning off screens at least thirty minutes before going to bed.

Screens are also a major source of entertainment. People watch movies, play games, and talk to friends online. This can be fun and relaxing, but it's important to take breaks. Sitting too long can cause tired eyes or back pain.

Using screens is not bad—what matters is balance. When we use technology wisely, it can make our lives easier and more enjoyable.

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### Questions

1. What is the main idea of the passage?
  - a) Screens can be useful but should be used wisely.
  - b) Watching TV is bad for everyone.
  - c) Computers are better than phones.
2. What problem can happen if you use screens before bed?
  - a) You may not sleep well.
  - b) You may feel hungry.
  - c) You may wake up too early.
3. How long before bed do experts suggest turning off screens?
  - a) Ten minutes
  - b) Thirty minutes
  - c) One hour
4. What can happen if you sit too long using screens?
  - a) Eye and back pain
  - b) Better focus
  - c) More energy
5. What does the word *balance* in paragraph 4 mean?
  - a) A healthy mix or control
  - b) A type of exercise
  - c) A phone application



## Living in the Digital Age

We live in what many people call the “digital age.” Technology is everywhere—in our homes, schools, and even pockets. Phones, tablets, and computers make communication faster and learning easier.

However, being connected all the time can be exhausting. Many people check their messages every few minutes, and this can make them feel anxious or distracted. Experts suggest having “screen-free hours” during the day to help the brain rest.

Digital media also affects how families spend time together. Sometimes, people sit in the same room but focus on their devices instead of talking. Setting limits on screen time can bring people closer again.

Living in the digital age has many advantages, but we need to use technology wisely. It should make our lives better, not busier.

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### Questions

1. What is the main idea of the passage?
  - a) Technology is useful but must be used carefully.
  - b) Phones should be banned everywhere.
  - c) Computers are better than books.
2. What happens when people check their phones too often?
  - a) They become more focused
  - b) They may feel anxious or distracted
  - c) They get more sleep.
3. What do experts suggest to help the brain rest?
  - a) Play more online games
  - b) Watch movies before bed.
  - c) Have screen-free hours
4. What problem can screens cause in families?
  - a) People talk less with each other.
  - b) People eat more food.
  - c) Families spend more time outside.
5. What does the word *connected* mean in paragraph 2?
  - a) Tired or lazy.
  - b) Lost or separated.
  - c) Linked to others through technology



## Section IV: Writing

### Part 1 – Short Reading and Main Idea Practice

#### The Secret to Longevity

Many people wonder how some individuals live long and healthy lives. Studies show that the secret is often simple habits. People who live longer usually eat fresh food, stay active, and keep close relationships with family and friends. They don't focus only on work, but also on relaxation and happiness. Living long is not just about avoiding illness—it's about creating balance between the body and mind.

#### Question:

In your own words, what is the main idea of this text?  
(Write 1–2 sentences.)

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#### Screens and Sleep

Phones, tablets, and computers have become part of daily life, but using them before bedtime can affect sleep. The light from screens confuses the brain and delays rest. Experts recommend turning off devices at least half an hour before sleeping. Good sleep helps the body repair itself and improves focus the next day.

#### Question:

What is the main idea of this text? Explain in your own words.  
(Write 1–2 sentences.)

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**Question 3 – Discuss the advantages and disadvantages of social media in life.**

Prompts:

- How does social media help people connect and learn?
- What problems can happen when people spend too much time online?
- Do you think people can live happily without social media today? Why or why not?

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**Question 4 –Write an essay about the best ways to stay fit and healthy.**

Prompts:

- What kind of food should people eat to stay healthy?
- How can regular exercise help the body and mind?
- What daily habits can keep a person strong and full of energy?

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### Question 1: Model answer

Healthy habits are small actions that have a big effect on our lives. Eating fresh food, drinking enough water, and getting enough sleep help the body stay strong. Regular exercise improves energy and mood, while rest allows the body to recover. Many people focus on work and forget these simple habits, which can lead to stress and illness. A balanced lifestyle means caring for both body and mind. When we make healthy choices every day, we feel more positive and live better. Good health is not about doing something big once—it's about small, smart decisions repeated daily.

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### Question 2: Model answer

Screens have become an important part of teenagers' lives. They help students learn, connect with friends, and find entertainment. However, spending too much time on screens can cause problems such as eye strain, poor sleep, and less physical activity. Teenagers sometimes lose focus on real-life goals because of online distractions. To use screens responsibly, young people should limit screen time, take breaks, and avoid using phones before bed. Technology is useful, but only when it's controlled. The goal should be to enjoy digital life without letting it control our daily routines.



### Question 3: Model answer

Social media has changed the way people talk and share with each other. It lets users post ideas, news, and moments easily. It helps students learn new things and keep in touch with friends everywhere. But it also has some bad effects. Spending too much time online can make people feel stressed, compare themselves to others, and lose real-life contact. Some people even believe everything they see, which spreads wrong information. To use social media well, people should think and keep a balance between online and real life. Social media is useful, but only when used wisely and with control.

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### Question 4: Model answer

To stay fit and healthy, people should eat balanced meals that include fruits, vegetables, and proteins. Avoiding too much sugar and fast food also helps the body stay strong. Exercise is very important because it keeps the heart healthy and gives us more energy. Simple activities like walking, swimming, or playing sports can make a big difference. Getting enough sleep and drinking plenty of water are also good habits. It is important to rest and stay positive, too, because a healthy mind helps the body. When people eat well, move often, and think positively, they can enjoy a happy and healthy life.

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**Dear students,**

- **On this page, there are topic sentences (introduction sentences) that can be used for any topic in the test.**
- **In the space, just write the topic title.**

**Good luck**

طلابي الأعزاء،

- يوجد في هذه الصفحة جمل موضوعية (جمل عامة) يمكن استخدامها لأي موضوع في امتحان الترم.
- في الفراغات، فقط اكتب عنوان الموضوع.

بالتوفيق

1. Many people have different opinions about \_\_\_\_\_.
2. It is important to understand how \_\_\_\_\_ affects our lives.
3. There are several reasons why \_\_\_\_\_ is important.
4. In today's world, \_\_\_\_\_ has become more important than ever.
5. People often disagree about \_\_\_\_\_, but there are common points everyone can agree on.
6. One of the most interesting things about \_\_\_\_\_ is how it changes over time.
7. \_\_\_\_\_ can be helpful in many different ways.
8. There are both good and bad sides to \_\_\_\_\_.
9. Most people don't realize how much \_\_\_\_\_ impacts our daily lives.
10. Understanding \_\_\_\_\_ can help us make better decisions in the future.



## أتمنى لكم دوام التوفيق والنجاح،،

ولا تنسوا أدعية المذاكرة:

- اللهم أسألك أن تهون علي هموم هذا الامتحان، ووفقني فيه من أجل نيل الدرجات العالية يا أرحم الراحمين.
- ربنا إني أعلم بأن نشاطي ومثابرتي في دراستي وحدها لن توصلني إلى أهدي، فالأمر كله بين يديك، أنت ولي ذلك والقادر عليه.
- اللهم إنا نسألك أن توفقنا في هذه الامتحانات الصعبة، ولكنها بعطفك وبركعتك ستكون سهلة يا أكرم الأكرمين.
- يا رب أسألك التوفيق والسداد في امتحاناتي، أنت وحدك القادر على أن تشرح لي صدري وتيسر لي أمري يا رب العالمين .

Mr. Hossam Al hammadi