

## أوراق عمل نماذج قراءة samples Reading متبوعة بالحل المسار المتقدم



### تم تحميل هذا الملف من موقع المناهج الإماراتية

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

المزيد من مادة  
لغة انجليزية:

إعداد: Alatiq Kamal

### التواصل الاجتماعي بحسب الصف الثاني عشر



صفحة المناهج  
الإماراتية على  
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

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

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## T3-2024-2025-G12 Adv-Unit 8 Reading Samples

### Reading Comprehension Test:

#### "The Resilience of a Community"

In the coastal town of Windmere, storms were no strangers. But when a massive hurricane swept across the region last September, it arrived in full force, flattening homes, crippling infrastructure, and forcing thousands to evacuate. What shocked residents wasn't just the damage—it was how swiftly their entire way of life changed.

In the first place, many had believed the storm would veer off course, as most had in recent years. They hadn't expected to lose everything overnight. Yet, even before the floodwaters receded, it became clear that recovery would be a long and complicated process. Community leaders urged people to remain optimistic, but it went without saying that despair hung thick in the air.

Aid was doled out slowly. Emergency supplies trickled in, distributed by volunteers who worked around the clock. The federal assistance promised by officials was contingent on a complex approval process, which only added to the frustration. Some residents began looking into private insurance options and relief organizations, seeking faster help than what the government could offer.

Amidst this, a quiet transformation was unfolding. Small groups began organizing local food drives, offering temporary shelter, and raising funds online. These grassroots efforts, though modest at first, began to do wonders for the town's morale. Children painted hopeful murals on boarded-up buildings. Volunteers repaired community centers. Slowly, trust was being rebuilt—not in large institutions, but in each other.

Not everyone agreed on how to move forward. Some residents were at odds with redevelopment plans that prioritized luxury condos over rebuilding affordable housing. Tensions ran high at town hall meetings, and compromises were hard-won.

Still, people found ways to get ahead. A former teacher started an online tutoring platform for displaced students. A group of young chefs opened a mobile food truck using donated supplies, serving hot meals to recovery workers and families. Their efforts weren't flashy, but they showed that real

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progress didn't depend on sweeping reforms—it was built through persistence.

Over time, the pain of the storm didn't vanish, but it no longer defined the community. What had once eaten away at their spirit had sparked a movement grounded in empathy, creativity, and action. And in the long run, those small acts of kindness proved to be more powerful than any government plan.

**1.** What does the phrase "*arrived in full force*" suggest about the hurricane?

- A) It came quietly and unexpectedly.
- B) It had minimal impact on the town.
- C) It was powerful and destructive.
- D) It was ignored by the residents.

**2.** The phrase "*in the first place*" is used to show:

- A) That the hurricane was unpredictable.
- B) The initial mistaken belief of the residents.
- C) That the town had prepared fully.
- D) A reason to avoid moving to Windmere.

**3.** What can be inferred from "*aid was doled out slowly*"?

- A) Aid was generous and immediate.
- B) Residents rejected assistance.
- C) Help arrived gradually and in small amounts.
- D) Supplies were destroyed during delivery.

**4.** Why is the aid described as "*contingent on a complex approval process*"?

- A) It depended on the storm's size.
- B) It was guaranteed regardless of the process.
- C) Its delivery depended on bureaucratic requirements.
- D) People could skip the process if they wanted.

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5. What is implied by *"it went without saying that despair hung thick in the air"*?

- A) Despair was invisible.
- B) It was obvious that people felt hopeless.
- C) People were not affected emotionally.
- D) There was hope among everyone.

6. What does *"looking into private insurance options"* imply about residents?

- A) They were being forced to relocate.
- B) They were investigating alternatives for help.
- C) They were completely dependent on the government.
- D) They ignored the disaster.

7. The grassroots efforts described in the passage can best be described as:

- A) Ineffective and poorly organized.
- B) Community-led, helpful, and morale-boosting.
- C) Funded by corporations.
- D) Rejected by most citizens.

8. What does the expression *"at odds with redevelopment plans"* suggest?

- A) The residents agreed with the town's vision.
- B) There was disagreement between the town and some people.
- C) The redevelopment was unanimously accepted.
- D) Plans were ignored completely.

9. What is meant by *"get ahead"* in the context of the entrepreneurs?

- A) They failed to recover.
- B) They gave up on rebuilding.
- C) They made progress through innovation.
- D) They waited for help.

10. What is the main message of the passage?

- A) Government aid is the only effective response after disasters.
- B) Communities thrive by depending solely on authorities.
- C) Progress comes through small, local actions and unity.
- D) Natural disasters always cause irreversible decline.

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### Model Answers:

1. C
2. B
3. C
4. C
5. B
6. B
7. B
8. B
9. C
10. C

## T3-2024-2025-G12 Adv-Unit 8 Reading Samples

### Text 2: "Shifting Sands: A Village Transformed"

Before the new highway was built, the village of Harab remained mostly untouched by time. A scattering of adobe homes, a modest market, and a strong sense of community defined it. But things began to change rapidly once development arrived in full force. What was once a sleepy, self-sufficient village became a bustling hub of economic activity—and conflict.

In the first place, many villagers welcomed the new opportunities. Jobs increased, schools received better funding, and travel became easier. Yet the changes also came with a price. Traditional practices started to fade, and young people moved to cities in search of better lives, leaving behind aging parents and crumbling farms. It went without saying that the transformation created both winners and losers.

Government programs aimed at supporting the village were contingent on compliance with a host of unfamiliar regulations. Many residents, unaccustomed to such bureaucracy, struggled to adapt. Some villagers began to look into legal assistance to protect their land rights, fearing they might lose their homes to ambitious developers.

Tensions rose. The older generation found itself at odds with the younger, who were eager to embrace modernity. Cultural values once seen as pillars of village life were now viewed as outdated. Still, not all was lost.

Community leaders doled out hope in the form of education, workshops, and cultural festivals that sought to preserve the identity of Harab.

And in the long run, those efforts began to do wonders for morale. While change was inevitable, the village found a way to adapt without erasing its roots.

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1. What does "arrived in full force" suggest about the development?
  - A) It was slow and steady
  - B) It had a powerful impact
  - C) It was unexpected
  - D) It had no effect
2. What is implied by "in the first place"?
  - A) It was the last thing to happen
  - B) It was the least important reason
  - C) It shows the starting point of benefits
  - D) It describes an argument
3. What does "it went without saying" suggest?
  - A) It was confusing
  - B) It was unnecessary to mention
  - C) It was a joke
  - D) It required proof
4. Why were government programs "contingent on compliance"?
  - A) Villagers could choose freely
  - B) Only wealthy people could apply
  - C) The programs depended on meeting certain rules
  - D) Compliance was optional
5. Why did villagers "look into legal assistance"?
  - A) They were buying land
  - B) They wanted to sell their homes
  - C) They feared losing property
  - D) They wanted to start a business
6. The phrase "at odds with" suggests the generations:
  - A) Had similar goals
  - B) Worked well together
  - C) Were in conflict
  - D) Lived peacefully
7. What were community leaders trying to preserve?
  - A) Jobs
  - B) Religion
  - C) Tourism
  - D) Cultural identity

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8. What were workshops and festivals meant to do?
- A) Entertain tourists
  - B) Train people in farming
  - C) Strengthen local traditions
  - D) Compete with the city
9. What does "in the long run" imply about the changes?
- A) They were short-lived
  - B) They had future benefits
  - C) They were pointless
  - D) They were harmful
10. What did the cultural efforts "do wonders for"?
- A) Money
  - B) School attendance
  - C) Morale and community spirit
  - D) Immigration

### Text 3: "The Price of Silence"

When reports surfaced about pollution in the valley's main water supply, few residents took immediate action. The factory that had settled nearby had been a source of income for many, and its closure would affect hundreds. However, it was soon discovered that chemicals had been silently eating away at the riverbanks, killing fish and making the water unfit for drinking.

It went without saying that people were concerned. Still, the initial response from authorities was sluggish. Promises of action were contingent on further investigation, which frustrated the villagers. Local activists began to look into the issue more deeply, collecting samples and raising awareness through social media.

Eventually, a small group of environmentalists formed a coalition. They doled out flyers, spoke at town meetings, and educated children in schools. The youth in particular were inspired. Their energy and creativity did wonders for the movement, giving it momentum that older activists had struggled to generate.

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Yet even within the group, disagreements emerged. Some members were at odds with others over tactics—should they pursue lawsuits, or protest in front of the factory? Despite their differences, their shared goal united them.

The case remains unresolved, but one thing is certain: silence is no longer an option.

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### Questions: Text 2

1. What does “eating away at the riverbanks” imply?
  - A) Pollution was gradually damaging them
  - B) People were cleaning the river
  - C) Animals were attacking the banks
  - D) The water was drying up
2. Why didn’t people act immediately?
  - A) They trusted the government
  - B) They didn’t believe it
  - C) They feared losing jobs
  - D) They wanted to sell land
3. What does "went without saying" mean in this context?
  - A) People were not talking
  - B) There was confusion
  - C) Concern was obvious
  - D) The media was silent
4. Why was the government slow to respond?
  - A) They were unaware
  - B) They needed more proof
  - C) They supported protests
  - D) They feared activists
5. What did activists "look into"?
  - A) Factory profits
  - B) Social media usage
  - C) Environmental damage
  - D) Police involvement

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6. What was the purpose of doled out flyers?
  - A) Sell products
  - B) Share awareness
  - C) Support the factory
  - D) Promote tourism
  
7. What did youth do for the movement?
  - A) Ignored it
  - B) Criticized it
  - C) Energized it
  - D) Left the area
  
8. Being “at odds” in the group shows:
  - A) Agreement
  - B) Lack of leadership
  - C) Internal conflict
  - D) Government influence
  
9. What kept the group united?
  - A) Political pressure
  - B) Friendship
  - C) A shared goal
  - D) Local law
  
10. What does “silence is no longer an option” suggest?
  - A) Action is required
  - B) The case is solved
  - C) Activists are quitting
  - D) The factory is closing

### Text 4: "A Question of Progress"

Progress, while often celebrated, can sometimes come at an invisible cost. In the metropolis of Kyros, towering skyscrapers and shimmering highways now stand where wetlands and farmlands once flourished. In the first

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place, this expansion was hailed as a triumph—job creation skyrocketed, tourism boomed, and real estate flourished.

But slowly, people began to notice the side effects. The climate grew hotter, native birds vanished, and flash floods became more common.

Environmental scientists started to look into the matter and found alarming trends. The damage wasn't isolated; it was systematic. Years of unchecked construction had eaten away at the city's natural defenses.

Some residents, seeking accountability, pushed for environmental reforms. Their success, however, was contingent on political will—a resource often lacking in high-growth regions. City officials, eager to maintain foreign investment, were reluctant to slow down development.

Despite these hurdles, young innovators in Kyros launched sustainability initiatives. Urban gardens popped up on rooftops. Solar panels became trendy. These local actions did wonders for raising awareness and changing daily habits. Still, there was tension. Progressives were often at odds with older officials who saw green policies as threats to economic growth.

In the long run, whether Kyros thrives or collapses will depend on its ability to balance ambition with responsibility.

1. What does “in the first place” suggest about early progress in Kyros?
  - A) It was unplanned
  - B) It came with warnings
  - C) It was celebrated at the start
  - D) It was unwanted
2. What were the "invisible costs"?
  - A) Expensive rent
  - B) Environmental damage
  - C) More crime
  - D) Slower traffic
3. “Eaten away at the city’s natural defenses” means:
  - A) People built stronger defenses
  - B) The environment was weakened
  - C) The city created new wetlands
  - D) Scientists were uncertain

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4. What does “look into the matter” mean for scientists?
  - A) Ignored it
  - B) Solved it
  - C) Studied it carefully
  - D) Warned the public
5. Why was reform “contingent on political will”?
  - A) Politicians had to support it
  - B) Scientists had to agree
  - C) Investors needed to decide
  - D) Citizens had to leave
6. Why were officials hesitant to slow development?
  - A) They had no funds
  - B) They feared losing investment
  - C) They disliked green ideas
  - D) They didn’t understand the issue
7. What does “do wonders for awareness” imply?
  - A) Created confusion
  - B) Made people happy
  - C) Greatly improved understanding
  - D) Had no effect
8. What caused conflict between generations?
  - A) Use of social media
  - B) Different views on environmental policies
  - C) Fashion styles
  - D) Voting patterns
9. What does “in the long run” imply?
  - A) Something temporary
  - B) A long-term consequence
  - C) A sudden problem
  - D) A completed project
10. What is the message of the text?
  - A) Cities should avoid change
  - B) Economic growth solves everything
  - C) Progress must be balanced with environmental care
  - D) Wetlands are useless

## Model Answers

### Text 2

1. B
2. C
3. B
4. C
5. C
6. C
7. D
8. C
9. B
10. C

### Text 3

1. A
2. C
3. C
4. B
5. C
6. B

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7. C

8. C

9. C

10. A

### Text 4

1. C

2. B

3. B

4. C

5. A

6. B

7. C

8. B

9. B

10. C

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### “Echoes in the Fog”

Fog descended on the town of Millcross not with menace, but with a quiet insistence that seemed almost affectionate. It softened the sharp lines of buildings, hushed the tiresome chatter of cars, and muffled the restless energy that usually charged the town square. People said the fog made them reflective, more willing to notice the subtle details they usually rushed past—the chipped paint on the old clock tower, the hesitant bloom of an out-of-season rose.

In such weather, the past felt nearer. It clung to cobblestones and curled into the corners of shop windows. Children whispered stories of ghosts in their walk to school, and the elderly paused before long-forgotten alleyways as if listening for footsteps that no longer fell.

The fog, however, was not entirely benign. For some, it was a shroud too thick, pressing in with a kind of polite suffocation. Decisions made long ago—regrets, choices, silences—seemed to resurface in the mist, as though the fog itself was dredging up what time had buried. One shopkeeper remarked that on foggy days, his mirrors reflected not just his face, but his failures. He had smiled as he said it, but it was not a smile that invited laughter.

Still, the town moved on. Cafés served hot drinks in quiet understanding. The librarian kept her door open a little longer. There was a kind of solidarity in gloom—a mutual agreement not to demand too much of the day.

Some claimed the fog came in full force only when the town had something to remember. They said it listened more than it clouded, whispered more than it concealed. And when it finally lifted, it left behind a kind of clarity—not the blazing certainty of sunlight, but the gentle resolve that comes after grief has passed, and you begin again, albeit cautiously.

1. What is the **initial mood** established by the fog’s arrival?
  - A) Threatening
  - B) Comforting and introspective
  - C) Confusing and disordered
  - D) Energetic and lively

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2. The tone in the first paragraph can best be described as:
  - A) Nostalgic
  - B) Bitter
  - C) Alarmed
  - D) Indifferent
3. What literary device is used in the phrase “as though the fog itself was dredging up what time had buried”?
  - A) Hyperbole
  - B) Simile
  - C) Metaphor
  - D) Irony
4. What effect does the author achieve by saying “his mirrors reflected not just his face, but his failures”?
  - A) Humor
  - B) Sarcasm
  - C) Emotional depth and internal conflict
  - D) Disapproval of appearance
5. How does the tone shift in the third paragraph?
  - A) It becomes cheerful
  - B) It grows more ominous
  - C) It turns bitter and sarcastic
  - D) It reveals a deeper, contemplative sadness
6. Which word best describes the **town’s overall response** to the fog?
  - A) Resistance
  - B) Panic
  - C) Resignation
  - D) Quiet acceptance
7. What is implied by the line “a mutual agreement not to demand too much of the day”?
  - A) The townspeople are lazy
  - B) There is a shared mood of melancholy and patience
  - C) People are selfish
  - D) The weather stops all activity

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8. In the final paragraph, how is the **fog personified**?
- A) As a thief
  - B) As a storyteller and listener
  - C) As a monster
  - D) As a judge
9. What does the phrase “gentle resolve that comes after grief has passed” suggest about the mood at the end of the passage?
- A) Hopelessness
  - B) Confusion
  - C) Quiet strength and healing
  - D) Anger
10. Overall, the **author’s tone** throughout the passage is best described as:
- A) Mocking
  - B) Reflective and melancholic
  - C) Aggressive and persuasive
  - D) Detached and factual

## T3-2024-2025-G12 Adv-Unit 8 Reading Samples

### Model Answers:

1. **B** – Comforting and introspective
2. **A** – Nostalgic
3. **C** – Metaphor
4. **C** – Emotional depth and internal conflict
5. **D** – It reveals a deeper, contemplative sadness
6. **D** – Quiet acceptance
7. **B** – There is a shared mood of melancholy and patience
8. **B** – As a storyteller and listener
9. **C** – Quiet strength and healing
10. **B** – Reflective and melancholic

## T3-2024-2025-G12 Adv-Unit 8 Reading Samples

### A Healthy Mind in a Healthy Body

In a world increasingly driven by digital screens and sedentary lifestyles, the ancient saying "a healthy mind in a healthy body" has taken on renewed relevance. While it may sound like a simple proverb, modern science increasingly affirms the profound connection between physical health and mental well-being. It is not just an inspirational motto—it is a biological reality.

The human body was not designed for prolonged stillness. Yet, for many, long hours sitting in front of computers have become the norm. Studies show that such habits don't merely contribute to physical ailments like obesity or cardiovascular disease—they also impact brain function. Cognitive fog, mood disorders, and even memory loss have been linked to a lack of physical activity. In this sense, physical exercise does not merely tone the body; it sharpens the mind.

Take aerobic exercise, for instance. Jogging, swimming, or even brisk walking stimulates the release of endorphins—chemicals that promote a sense of happiness and reduce stress. But more intriguingly, such activities enhance neuroplasticity: the brain's ability to adapt, grow, and reorganize itself. This means that exercise may not only improve how we feel today but could also protect against degenerative brain conditions in the future.

Schools and workplaces, unfortunately, often treat physical movement as a luxury rather than a necessity. Physical education is minimized in favor of academic rigor. Ironically, this may undercut academic success rather than support it. Numerous studies have shown that students who engage in regular physical activity tend to perform better in tests, show improved concentration, and display fewer behavioral issues.

Equally important is the role of mental health in maintaining physical health. Stress, anxiety, and depression can weaken the immune system, increase blood pressure, and even cause chronic inflammation. This feedback loop illustrates how intimately connected the two realms are: the mind influences the body as much as the body influences the mind.

True health, therefore, requires a more holistic understanding—one that doesn't treat physical and mental well-being as separate goals, but as two sides of the same coin. As modern life grows ever more complex, this

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ancient wisdom offers a simple yet profound prescription: move more, think clearly, live fully.

1. What is the main idea of the passage?
  - A) Physical exercise only helps with body image
  - B) A sedentary lifestyle improves academic focus
  - C) Physical and mental health are deeply connected
  - D) Traditional sayings are outdated in modern life
2. Which of the following is **implied** about modern life?
  - A) People now exercise more than they used to
  - B) Modern routines are harming both mind and body
  - C) Most people reject the idea of holistic health
  - D) Technology is the only source of happiness
3. What is the **author's tone** toward the minimization of physical education in schools?
  - A) Amused
  - B) Indifferent
  - C) Critical
  - D) Optimistic
4. The word "**neuroplasticity**" in paragraph 3 is closest in meaning to:
  - A) A decrease in brain function
  - B) The ability of the brain to heal from injury
  - C) The brain's ability to change and adapt
  - D) Brain damage caused by stress
5. Which statement is **supported by the passage**?
  - A) Mental health and physical health operate independently
  - B) A healthy diet is more important than physical exercise
  - C) Schools should replace exercise with more exams
  - D) Physical exercise improves learning and behavior
6. What can be inferred about how **stress affects physical health**?
  - A) It motivates people to work harder
  - B) It strengthens the immune system
  - C) It has a negative impact on the body
  - D) It causes immediate recovery

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7. According to the author, what is ironic about the way schools prioritize academics?
- A) Academic pressure increases sports attendance
  - B) Reducing physical education may harm academic results
  - C) Physical education is considered the most important subject
  - D) Students refuse to study without breaks
8. The phrase “**two sides of the same coin**” in the last paragraph implies:
- A) Physical and mental health are opposites
  - B) One is more important than the other
  - C) Both are interconnected and equally important
  - D) Health is unpredictable and random
9. What is the **author’s purpose** in writing this passage?
- A) To entertain with a historical quote
  - B) To promote gym memberships
  - C) To argue for a balanced view of health
  - D) To criticize mental health professionals
10. What is the **overall mood** of the passage?
- A) Sarcastic and humorous
  - B) Thoughtful and persuasive
  - C) Angry and accusatory
  - D) Light-hearted and casual

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### Model Answers

1. **C** – Physical and mental health are deeply connected
2. **B** – Modern routines are harming both mind and body
3. **C** – Critical
4. **C** – The brain’s ability to change and adapt
5. **D** – Physical exercise improves learning and behavior
6. **C** – It has a negative impact on the body
7. **B** – Reducing physical education may harm academic results
8. **C** – Both are interconnected and equally important
9. **C** – To argue for a balanced view of health
10. **B** – Thoughtful and persuasive

## T3-2024-2025-G12 Adv-Unit 8 Reading Samples

### The Heart: Engine of Life

Tucked securely within the chest, the human heart beats over 100,000 times a day, tirelessly delivering blood, oxygen, and nutrients to every cell in the body. Yet, despite its critical role, the heart is often taken for granted—until it begins to falter. In recent decades, heart disease has emerged as one of the leading causes of death globally, a silent epidemic propelled by modern lifestyle choices and environmental pressures.

While most are aware of the importance of a healthy diet and regular exercise, fewer recognize how deeply emotional well-being is connected to cardiovascular health. Chronic stress, loneliness, and even unresolved grief can subtly impair heart function over time. The phrase “heartbroken” may be metaphorical, but it holds physiological truth: emotional strain triggers the release of stress hormones like cortisol and adrenaline, which, if persistent, can elevate blood pressure and damage arteries.

Technological advances have revolutionized the treatment of heart conditions. From minimally invasive surgeries to artificial valves and pacemakers, science has extended life expectancy for millions. However, such interventions treat symptoms more than causes. The deeper issue lies in the habits we form—what we eat, how we sleep, how much we move, and how we cope with adversity. In other words, maintaining a healthy heart requires a blend of medicine, lifestyle, and emotional resilience.

Ironically, in a world more connected than ever before, the heart is under siege. Fast food, high stress, and sedentary routines conspire to weaken this muscular marvel. It's a sobering reminder that progress does not always equate to wellness. The more we know about the heart, the clearer it becomes: this organ is more than a pump—it is a mirror reflecting the rhythms of our lives.

Ultimately, to care for the heart is to care for the whole self. It is not only a matter of blood pressure and cholesterol levels but of joy, relationships, movement, and purpose. A strong heart beats not just for survival, but for meaning.

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1. What is the **central idea** of the passage?
  - A) The heart is a fragile organ that cannot be treated
  - B) The heart is influenced by both physical and emotional factors
  - C) Technology alone can prevent heart disease
  - D) Cardiovascular disease is no longer a serious issue
2. What does the author suggest about **emotional health**?
  - A) It has no effect on the body
  - B) It is less important than diet
  - C) It plays a vital role in heart health
  - D) It can only be managed with medication
3. The tone of the author in the passage is best described as:
  - A) Humorous and casual
  - B) Urgent and reflective
  - C) Angry and accusatory
  - D) Indifferent and objective
4. The word "**tirelessly**" in the first paragraph suggests the heart:
  - A) Never stops working
  - B) Is difficult to heal
  - C) Works only during sleep
  - D) Functions better with rest
5. What is **implied** about modern life?
  - A) It supports heart health
  - B) It has no effect on the heart
  - C) It contributes to heart disease
  - D) It makes people more resilient
6. What can be inferred from the statement: "*The heart is more than a pump—it is a mirror reflecting the rhythms of our lives*"?
  - A) The heart is irrelevant in health
  - B) The heart reflects both physical and emotional conditions
  - C) The heart is not a biological organ
  - D) Only exercise affects the heart

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7. What is the **author's attitude** toward medical technology?
- A) Dismissive
  - B) Grateful, but cautious
  - C) Completely opposed
  - D) Indifferent
8. What is the purpose of the **second paragraph**?
- A) To explain how exercise impacts the lungs
  - B) To highlight emotional factors in heart health
  - C) To list types of surgeries
  - D) To criticize diet culture
9. What does the author suggest is the best way to **maintain a healthy heart**?
- A) Through surgery and medication
  - B) By ignoring stress
  - C) With a combination of healthy habits and emotional care
  - D) By sleeping more and watching less news
10. What is the mood of the final paragraph?
- A) Hopeless and grim
  - B) Sarcastic and ironic
  - C) Encouraging and holistic
  - D) Scientific and distant

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### Model Answers

1. **B** – The heart is influenced by both physical and emotional factors
2. **C** – It plays a vital role in heart health
3. **B** – Urgent and reflective
4. **A** – Never stops working
5. **C** – It contributes to heart disease
6. **B** – The heart reflects both physical and emotional conditions
7. **B** – Grateful, but cautious
8. **B** – To highlight emotional factors in heart health
9. **C** – With a combination of healthy habits and emotional care
10. **C** – Encouraging and holistic

## T3-2024-2025-G12 Adv-Unit 8 Reading Samples

### Health and the Environment: An Unbreakable Bond

Health and the environment are often discussed in separate conversations, yet they are intricately and undeniably linked. The air we breathe, the water we drink, the food we eat, and even the noise we hear—all shape the conditions in which our bodies function and survive. Despite technological advances in medicine, no cure can offset the daily toll of environmental degradation on human health.

It goes without saying that clean air is fundamental to well-being. Yet, in full force, urbanization and industrial growth have released harmful pollutants into the atmosphere. Microscopic particles, invisible to the eye, invade the lungs and bloodstream, increasing the risk of asthma, heart disease, and even neurological disorders. These effects are not distributed evenly. In the first place, impoverished communities often live closest to highways and factories, exposing them to higher pollution levels and, consequently, poorer health outcomes.

Water, too, reflects the health of both planet and people. Be it a village well or a city tap, when water sources are contaminated with industrial waste or agricultural runoff, disease spreads quietly but rapidly. Waterborne illnesses, many preventable, continue to claim lives in areas where sanitation and environmental policy are lacking. While medical interventions may be doled out in emergencies, they rarely address the root causes of contamination.

Likewise, food security is contingent on environmental stability. Droughts, floods, and soil erosion—many driven by climate change—destroy crops and disrupt food systems. Malnutrition isn't only a result of scarcity; it is often tied to poor environmental conditions that limit access to nutritious, safe produce. These ecological disruptions eat away at the foundations of public health, slowly and steadily weakening communities.

However, the picture is not entirely bleak. Green urban planning, sustainable agriculture, and clean energy initiatives have already begun to do wonders for communities willing to invest in the long run. When cities plant more trees, enforce emissions regulations, and preserve natural habitats, they not only protect ecosystems but promote human wellness. The environment doesn't just support life—it shapes the quality of it.

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In sum, the health of humans and the health of the Earth are at odds with each other only when short-term convenience takes precedence over long-term survival. Caring for the environment is not a luxury or a trend. It is a necessity for the mind, the body, and future generations yet to breathe.

1. What is the **main argument** of the passage?
  - A) Environmental issues do not affect human health.
  - B) Human health and environmental conditions are deeply connected.
  - C) Pollution is mostly a problem in rural areas.
  - D) Medicine can solve all environmental issues.
2. What is implied about **poor communities**?
  - A) They benefit most from environmental policy.
  - B) They are less affected by pollution.
  - C) They face greater environmental health risks.
  - D) They cause most environmental damage.
3. The author's **tone** can best be described as:
  - A) Sarcastic and bitter
  - B) Alarmed yet hopeful
  - C) Indifferent and factual
  - D) Humorous and informal
4. What does the phrase "in full force" imply in the second paragraph?
  - A) Industrial growth is unnoticeable
  - B) Pollution is decreasing
  - C) Environmental threats are powerful and widespread
  - D) Urbanization is temporary
5. What is the **function** of paragraph 3 (about water)?
  - A) To emphasize the role of bottled water
  - B) To explain how environmental health affects disease
  - C) To show how people waste water
  - D) To discuss the benefits of river tourism

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6. According to the passage, why does **malnutrition** occur?
- A) There is too much food waste
  - B) Environmental instability limits access to good food
  - C) People prefer unhealthy diets
  - D) Food prices are dropping globally
7. What can be inferred about the **long-term benefits** of green planning?
- A) They are only visible in wealthy countries
  - B) They worsen economic development
  - C) They improve both environmental and human health
  - D) They take too long to be useful
8. What does “eat away at” mean in the fourth paragraph?
- A) To destroy quickly
  - B) To consume greedily
  - C) To weaken gradually
  - D) To eat without care
9. Which of the following is **NOT** mentioned as a way to help the environment?
- A) Building more hospitals
  - B) Sustainable agriculture
  - C) Clean energy
  - D) Urban tree planting
10. What is the **overall mood** of the final paragraph?
- A) Dismissive
  - B) Celebratory
  - C) Urgent and thoughtful
  - D) Angry and pessimistic

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### Model Answers

1. **B** – Human health and environmental conditions are deeply connected.
2. **C** – They face greater environmental health risks.
3. **B** – Alarmed yet hopeful
4. **C** – Environmental threats are powerful and widespread
5. **B** – To explain how environmental health affects disease
6. **B** – Environmental instability limits access to good food
7. **C** – They improve both environmental and human health
8. **C** – To weaken gradually
9. **A** – Building more hospitals
10. **C** – Urgent and thoughtful