

# تمرين قراءة Practice Reading للوحدة الخامسة body healthy ,mind Healthy المسار المتقدم



تم تحميل هذا الملف من موقع المناهج الإماراتية

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

تاريخ إضافة الملف على موقع المناهج: 14:46:57 2026-04-14

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

المزيد من مادة  
لغة انجليزية:

إعداد: ABDELSALAM AWAD

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

كتيب مراجعة شاملة Booklet Revision المسار المتقدم

1

تجميع أسئلة امتحانية نهائية وزارية سابقة القسم الالكتروني مع الحلول

2

تجميع نماذج المواضيع المطلوبة المسار المتقدم

3

حل مراجعة نهائية emotions and feelings/environment/fitness and Health المسار المتقدم

4

مراجعة نهائية emotions and feelings/environment/fitness and Health المسار المتقدم

5

# Reading Practice

## Unit:5 (Healthy Mind, Healthy Body )

### **Pandemics: Patterns, Responses, and Lessons**

Throughout history, pandemics have repeatedly reshaped societies, exposing both the fragility and resilience of human systems. A pandemic is not merely a widespread disease outbreak; it is a complex phenomenon influenced by biological, environmental, and social factors. While pathogens such as viruses may initiate pandemics, human behavior often determines their scale and impact.

One striking pattern is how quickly diseases can spread in an interconnected world. Increased global mobility, urban density, and international trade create ideal conditions for transmission. For instance, a virus that emerges in one region can traverse continents within days, carried by asymptomatic individuals. This rapid dissemination complicates containment efforts, especially when early symptoms resemble those of common illnesses.

Public health responses typically involve a combination of surveillance, quarantine measures, vaccination campaigns, and public awareness initiatives. However, the effectiveness of these strategies depends heavily on timing and public compliance. Delayed action or widespread misinformation can intensify the situation, allowing infections to **proliferate** unchecked. Conversely, transparent communication and coordinated policies often mitigate the severity of outbreaks.

Another important aspect is the socioeconomic disparity revealed during pandemics. Vulnerable populations, including low-income communities and those with limited access to healthcare, tend to suffer disproportionately. These groups may face challenges such as overcrowded living conditions or an inability to work remotely, increasing their exposure risk. Consequently, pandemics often deepen existing inequalities rather than affecting all populations equally.

Interestingly, pandemics also drive innovation. Advances in medical research, such as the rapid development of vaccines and diagnostic tools, frequently emerge during crises. Moreover, societies adapt by adopting new norms, including remote work and digital communication. These transformations can persist long after the immediate threat subsides, altering everyday life in lasting ways.

In essence, pandemics are not isolated biological events but multifaceted crises that test global cooperation, governance, and individual responsibility. Understanding their patterns and consequences is essential for preparing for future outbreaks. While it is impossible to eliminate all risks, informed strategies and collective action can significantly reduce their impact.

**Read the text and choose the best answer for each question:**

**1. (Specific Information)**

**What factor is mentioned as contributing to the rapid spread of diseases?**

- A. Advances in agriculture
  - B. Expanded international travel
  - C. Decline in urban populations
- 

**2. (Details)**

**Why are early symptoms problematic for controlling pandemics?**

- A. They mimic ordinary diseases
  - B. They are difficult to detect using technology
  - C. They are always severe
- 

**3. (Vocabulary Inference)**

**What does the word “proliferate” most nearly mean in the text?**

- A. Spread rapidly
  - B. Disappear gradually
  - C. Stabilize completely
- 

**4. (Main Points)**

**Which of the following best represents a key idea in the passage?**

- A. Pandemics only affect developing countries
  - B. Human behavior influences the impact of pandemics
  - C. Medical technology prevents all outbreaks
- 

**5. (Overall Meaning)**

**What is the overall message of the passage?**

- A. Pandemics are purely biological events
- B. Pandemics mainly cause temporary disruption
- C. Pandemics are complex events shaped by multiple factors

**6. (Logical Connections)**

**Which real-world situation best reflects the idea of unequal impact during pandemics?**

- A. People choosing different hobbies at home
  - B. Wealthy individuals traveling more frequently
  - C. Low-income workers being unable to work remotely
- 

**7. (Inference / Prediction)**

**What is likely to happen if misinformation spreads during a pandemic?**

- A. Public health responses will become more effective
  - B. Infection rates may increase significantly
  - C. Vaccines will be developed faster
- 

**8. (Tone / Attitude)**

**How can the writer's tone best be described?**

- A. Alarmist and exaggerated
- B. Balanced and analytical
- C. Humorous and informal

*"BEST OF LUCK"*

*MR. AWAD ABDELSALAM*

<https://t.me/MrAwad2025>

<https://www.youtube.com/@Awad-EnglishTeaching>

Contact Number :0503864857