

Grade 12 Advanced Revision - CA2



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المزيد من مادة
لغة انجليزية:

إعداد: مدرسة براعم العين الخاصة - بني ياس

التواصل الاجتماعي بحسب الصف الثاني عشر المتقدم



صفحة المناهج
الإماراتية على
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

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

الهيكل وفق (Grade 12 – B2.2) English Practice Exam

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2026 الوزاري الهيكل وفق Final Revision Booklet for Grade 12 Advanced

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Writing Essay

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تدريبات مفردات المهن الطبية بالاختيار من متعدد

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**Grade 12 Advanced Revision – CA2 Year 2025-2026 Term 3****Part 1: Reading Comprehension: Read the given text then choose the correct answer.****Reading Passage – Health & Kitchen Habits (B2 Level)**** Title: Small Changes in the Kitchen Can Have a Big Impact on Our Health**

Many people believe that improving health requires major lifestyle changes, but in reality, small daily habits in the kitchen can make a big difference. The way we prepare, cook, and store food has a direct effect on our physical health and overall well-being.

Choosing fresh foods instead of processed products helps reduce sugar, salt, and unhealthy fats in meals. Cooking at home also allows people to control ingredients and portion sizes more carefully. Simple actions like drinking more water instead of sugary drinks or using less oil when cooking can gradually improve energy levels and reduce the risk of diseases.

Kitchen hygiene is another important factor. Washing hands before cooking, cleaning utensils properly, and storing food at safe temperatures help prevent food poisoning and other illnesses.

Experts explain that consistency is more important than perfection. This means that even small healthy habits practiced regularly can lead to long-term benefits. In conclusion, improving health does not always require strict diets or expensive programs. It often starts with simple, smart choices made in the kitchen every day.

1. What is the main idea of the passage?

- A. Cooking is difficult for everyone
- B. Small kitchen habits can improve health
- C. Only doctors can improve health
- D. Fast food is healthier than home food

2. Why are fresh foods better than processed foods?

- A. They are always cheaper
- B. They contain more sugar
- C. They reduce unhealthy ingredients
- D. They take longer to cook

3. What does cooking at home allow people to do?

- A. Eat more fast food
- B. Control ingredients and portions



- C. Avoid all vegetables
- D. Skip meals

4. Which drink choice is healthier according to the passage?

- A. Soda
- B. Energy drinks
- C. Sugary juice
- D. Water

5. Why is kitchen hygiene important?

- A. It makes food taste better
- B. It helps food cook faster
- C. It prevents illnesses
- D. It reduces cooking time

6. What is one example of good kitchen hygiene?

- A. Leaving food uncovered
- B. Washing hands before cooking
- C. Using dirty utensils
- D. Storing food anywhere

7. What do experts say is more important than perfection?

- A. Cooking expensive meals
- B. Eating outside daily
- C. Consistency in habits
- D. Following strict diets

8. What can reduce the risk of diseases?

- A. Eating more sugar
- B. Using more oil
- C. Healthy kitchen habits
- D. Skipping meals

9. What does the word “gradually” mean in the passage?

- A. Quickly
- B. Suddenly
- C. Slowly over time
- D. Immediately

10. What is the conclusion of the passage?



- A. Health requires expensive programs
- B. Small kitchen changes can improve health
- C. Cooking is not important
- D. Only doctors can improve health

 Answer Key

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

Part 1: Reading Comprehension: Read the given text then choose the correct answer.

Reading Passage – Mental Health, Physical Health & Well-being (B2 Level)

 Title: The Connection Between Mental Health, Physical Health, and Well-being

Mental health and physical health are closely connected, and together they create overall well-being. When a person is physically healthy, they often feel more energetic and positive. At the same time, good mental health helps people make better decisions about their lifestyle, such as eating healthy food, exercising, and sleeping well.

Physical health includes the condition of the body. Regular exercise, balanced nutrition, and enough sleep help the body stay strong and reduce the risk of diseases. On the other hand, mental health refers to how people think, feel, and manage stress. It is normal for people to experience stress, but long-term stress can affect both the mind and the body.

Well-being is the balance between physical, mental, and emotional health. Simple activities such as walking, talking to friends, practicing hobbies, and taking breaks from study or work can improve well-being.

In recent years, many countries, including the UAE, have increased awareness about mental health by offering support services and educational programs. This helps people understand that both mental and physical health are equally important for a happy and successful life.

1. What is the main idea of the passage?



- A. Only physical health is important
- B. Mental health is more important than physical health
- C. Mental and physical health are both important for well-being
- D. Exercise is the only way to be healthy

2. What does physical health include?

- A. Feelings and emotions
- B. Body condition, exercise, and nutrition
- C. Social relationships only
- D. Stress management only

3. What does mental health refer to?

- A. Body strength
- B. How people think and feel
- C. How fast people run
- D. Only physical illness

4. What can long-term stress affect?

- A. Only the mind
- B. Only the body
- C. Both mind and body
- D. Nothing

5. What is well-being?

- A. Only physical fitness
- B. Only happiness
- C. Balance of mental, physical, and emotional health
- D. Eating healthy food only

6. Which activity improves well-being?

- A. Ignoring friends
- B. Constant studying without breaks
- C. Talking to friends and taking breaks
- D. Avoiding sleep

7. What helps the body stay strong?

- A. Lack of sleep
- B. Junk food



C. Exercise and good nutrition

D. Stress

8. Why is mental health important?

A. It helps people ignore problems

B. It helps people make better decisions

C. It replaces physical health

D. It has no effect on life

9. What is mentioned about the UAE?

A. It ignores mental health

B. It bans health education

C. It provides awareness and support programs

D. It focuses only on sports

10. What is the conclusion of the passage?

A. Only doctors can improve health

B. Mental health is not important

C. Physical health is more important than mental health

D. Both mental and physical health are equally important

Answer Key

1. C

2. B

3. B

4. C

5. C

6. C

7. C

8. B

9. C

10. D

Part 2: Paragraph-Based Grammar Questions

Read the paragraph and choose the correct answer for each blank:

During the International Health Conference, Dr. Sami decided to present a new study about healthy lifestyles and disease prevention. By the time the audience arrived, he **(1. will prepare / will have prepared / will have been preparing)** his presentation for several weeks. Many doctors respected Dr. Sami, **(2. who / whose / where)** research had helped improve healthcare in many countries.



Before the conference began, a medical student politely asked **(3. if / why / whose)** regular exercise could really reduce stress and anxiety. Dr. Sami explained that physical activity was one of the most effective ways to improve mental and physical health. He also mentioned that by next year, hospitals **(4. will introduce / will have introduced / will have been introducing)** more wellness programs for patients.

As the conference continued, healthcare workers became exhausted because they **(5. will treat / will have treated / will have been treating)** patients for long hours without enough rest. One nurse, **(6. who / whose / where)** responsibility was to monitor emergency cases, suddenly noticed that several patients were experiencing breathing problems caused by poor air quality.

A journalist quickly asked **(7. how / what / where)** governments could improve public health services. Meanwhile, the hospital director reported that many communities **(8. suffered / had suffered / suffer)** from similar health problems before environmental laws were improved.

Later, health experts inspected several clinics and discovered serious safety issues in older buildings, **(9. which / whose / whom)** ventilation systems were outdated and dangerous. By the end of the year, medical teams **(10. will examine / will have examined / will have been examining)** thousands of patients across the country.

During an interview, Dr. Sami explained that he **(11. warned / had warned / warns)** officials about these risks many times before. He added that by 2035, scientists **(12. will develop / will have developed / will have been developing)** more advanced treatments for respiratory diseases.

One visitor, **(13. who / whose / where)** daughter suffered from asthma, thanked the doctors for their efforts. Another reporter asked an indirect question about **(14. how / whose / which)** schools could encourage healthier habits among students.

Despite the challenges, experts remained optimistic and predicted that healthcare systems **(15. will improve / will have improved / will have been improving)** significantly in the future through technology and education.

Answer Key

1. will have been preparing
2. whose
3. if
4. will have introduced
5. will have been treating
6. whose
7. how
8. had suffered
9. whose
10. will have examined



11. had warned
12. will have developed
13. whose
14. how
15. will have improved

Part 3: Paragraph-Based Vocabulary Questions

Read the paragraph and choose the correct answer for each blank:

A healthy (1. A mutation / B lifestyle / C outbreak) that includes exercise and balanced meals can improve mental and physical health. Developing a good (2. A carbon / B neurologist / C habit) of sleeping early helps students concentrate better at school. One important (3. A strain / B benefit / C saliva) of healthy kitchens is reducing stress within families. However, eating too much fast food can have a negative (4. A consequence / B therapist / C poultry) on the body. Doctors encourage (5. A outbreak / B moderation / C biomass) when eating sweets and processed meals. Mental (6. A well-being / B discarded / C pharmacist) is closely connected to healthy relationships and relaxation. Some illnesses are highly (7. A sustainable / B contagious / C osteopath) and spread quickly in crowded areas. During a flu (8. A impact / B efficiency / C outbreak), hospitals become very busy treating patients. Young children may be more (9. A combustion / B susceptible / C emissions) to infection because their immune systems are still developing. A dangerous (10. A virus / B therapist / C resources) can spread rapidly without proper hygiene. Germs can spread through (11. A sustainability / B saliva / C drawback) when people cough or sneeze. Sneezing may release (12. A mucus / B carbon / C poultry) carrying harmful bacteria into the air. Air (13. A pollution / B mutation / C well-being) can increase stress and breathing problems. Factories release harmful (14. A emissions / B hybrid / C pharmacist) that affect public health and the environment. A (15. A discarded / B outbreak / C pediatrician) treats children and helps parents maintain their health.

✓ Answer Key

1. B
2. C
3. B
4. A
5. B
6. A
7. B
8. C
9. B
10. A
11. B
12. A
13. A
14. A
15. C