

Grade 7 - English EOT 3 Full Revision Booklet



تم تحميل هذا الملف من موقع المناهج الإماراتية

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المزيد من مادة
لغة انجليزية:

إعداد: Omran Heba Mrs

التواصل الاجتماعي بحسب الصف السابع



صفحة المناهج
الإماراتية على
فيسبوك

الرياضيات

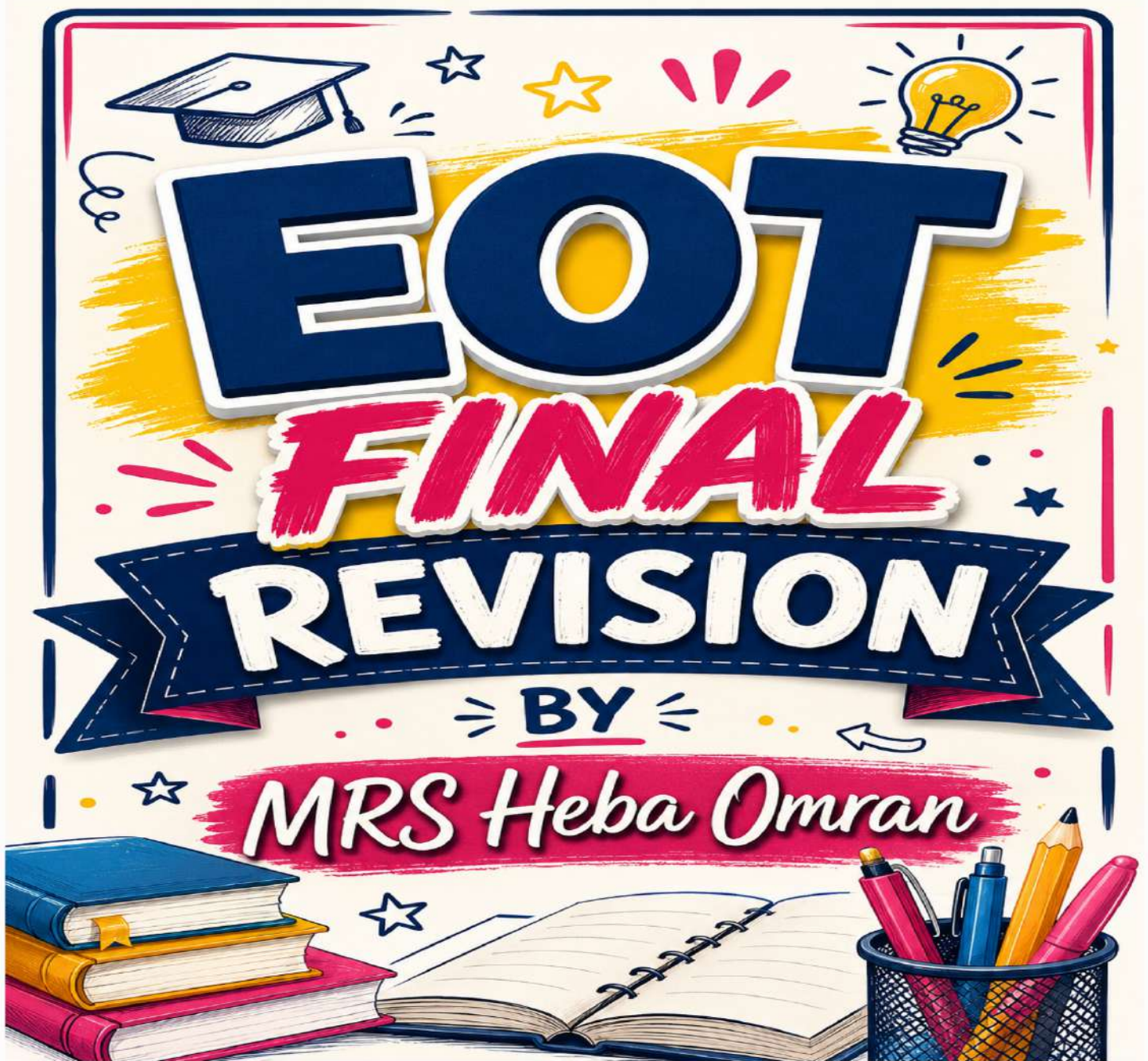
اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف السابع والمادة لغة انجليزية في



 Grade 7 – English EOT 3 Full Revision Booklet



Academic Year 2025–2026 – Platform:
SwiftAssess

Class: Grade 7 GLG – Stage 3 | CEFR Level: A2.1
– A2.2

 Vocabulary List

Grade 7 – EOT 3 Vocabulary List

 Theme 1: People & Numbers
(Daily Life)

 Percentages & Numbers

- percent
 - quarter
 - half
 - seventy-five percent
 - none
-



Daily Activities

- activities
 - homework
 - cooking
 - gardening
 - computer games
-



Free Time Actions

- spend
 - watch TV
 - ride a bike
 - running
 - rest
-



Hobbies & Interests

- comics
- stories
- garden
- picnic
- rest



Theme 2: Climate & Weather



Temperature & Weather

- degrees
 - temperature
 - weather
 - warm
 - ice
-



Wind & Air Conditions

- wind
- light
- strong

- storm
 - hurricane
-



Extreme Weather Events

- flood
 - sandstorm
 - heatwave
 - extreme
 - unusual
-



Environment & Climate

- global warming

- gas
 - season
 - spring
 - autumn
-



Weather Types

- sunny
 - cloudy
 - windy
 - snowy
 - rain
-



FINAL TIP FOR STUDENTS

- ✓ Learn each group together
- ✓ Understand meaning in context
- ✓ Expect words in sentences (not alone)



Part 1: Vocabulary (10 Marks)

Choose the correct answer A, B, or C:

1. In the survey, 50% of students said they like reading. That is _____ of the students.
 - A) a quarter
 - B) a half
 - C) seventy-five percent

2. After school, I usually do my _____ before I watch TV.

A) gardening

B) cooking

C) homework

3. The _____ reached 45°C during the heatwave.

A) wind

B) temperature

C) flood

4. A _____ is a very strong storm that forms over the ocean.

A) sandstorm

B) hurricane

5. On weekends, my family likes to _____
time together in the garden.

A) spend

B) rest

C) ride



Extra Vocabulary Practice (25 Questions)

Choose the correct answer:

1. _____ of the class passed the test, which
means 75%.

A) Half

B) A quarter

C) Seventy-five percent

2. There were _____ students absent today; everyone was here.

A) none

B) some

C) half

3. My favourite _____ is playing computer games with my friends.

A) homework

B) activity

C) rest

4. She spends an hour _____ dinner for the family.

A) gardening

B) cooking

C) running

5. He loves reading _____ about superheroes.

A) stories

B) comics

C) homework

6. After a long day, I need to _____ and relax.

A) rest

B) spend

C) ride

7. In spring, many people enjoy _____ in their gardens.

- A) gardening
- B) cooking
- C) watching TV

8. A quarter of 100 is _____.

- A) 50
- B) 25
- C) 75

9. My brother likes to _____ a bike to school.

- A) ride
- B) drive
- C) run

10. We _____ about two hours on homework every evening.

- A) take
- B) spend
- C) make

11. _____ of the pizza was eaten, so half remains.

- A) None
- B) Half
- C) A quarter

12. She enjoys writing _____ for her little sister.

- A) stories
- B) cooking
- C) running

13. During a _____, the desert is covered in blowing sand.

A) flood

B) sandstorm

C) heatwave

14. The _____ rose to 40 degrees; it was very hot.

A) wind

B) temperature

C) gas

15. _____ warming is causing ice to melt at the poles.

A) Global

B) Extreme

16. In _____, the leaves turn orange and fall from trees.

A) spring

B) autumn

C) winter

17. The forecast says it will be _____ with no clouds.

A) cloudy

B) sunny

C) snowy

18. _____ rain can cause floods in low areas.

A) Light

B) Heavy

C) Strong

19. A _____ is an unusual amount of water covering land.

A) flood

B) hurricane

C) storm

20. In winter, the temperature can drop below zero, and water turns to _____.

A) gas

B) ice

C) steam

21. _____ weather like hurricanes can destroy buildings.

A) Usual

B) Extreme

C) Light

22. The _____ changes four times a year:
spring, summer, autumn, winter.

A) weather

B) season

C) temperature

23. It is _____ today; we can go to the beach.

A) rainy

B) warm

C) snowy

24. A _____ is a period of unusually hot

weather.

A) heatwave

B) sandstorm

C) hurricane

25. The _____ said there is a 90% chance of rain tomorrow.

A) weather report

B) story

C) activity

 Part 2: Grammar (10 Marks)

 **Grade 7 – EOT 3 Grammar**

Present Simple vs Present Continuous

Present Simple

✓ Rule:

We use the Present Simple for:

- habits
- routines
- facts
- general truths

✓ Structure:

- I / You / We / They → base verb
 - He / She / It → verb + s/es
-

Examples:

- She goes to school every day.
 - The Earth goes around the Sun.
 - I play football after school.
-

Key Words:

every day – always – usually – often –
sometimes – never – on Mondays – in the
morning

⚠ Common Mistakes:

✗ He go to school every day

✓ He goes to school every day

📘 Present Continuous

✓ Rule:

We use it for:

- actions happening now
- temporary actions

- future arrangements (planned)

✓ Structure:

am / is / are + verb + ing

🟢 Examples:

- She is studying now.
- They are playing football at the moment.
- I am meeting my friend tomorrow.

Key Words:

now – at the moment – right now – today –
these days

Common Mistakes:

 She play now

 She is playing now

Key Difference:

Present Simple	Present Continuous
habits	now

routines	temporary actions
facts	happening at the moment

2 Past Simple

✓ **Rule:**

We use Past Simple for:

- finished actions in the past
 - completed events
-

✓ Structure:

- regular verbs: verb + ed
 - irregular verbs: different form
-

🟢 Examples:

- I went to the park yesterday.
- She watched a movie last night.
- They played football last week.

Key Words:

yesterday – last night – last week – ago – in
2010

Common Mistakes:

 He go yesterday

 He went yesterday

3 Adverbs of Frequency

Rule:

They show how often something happens.

Words:

always – usually – often – sometimes – never

Examples:

- He always does his homework.
 - She sometimes watches TV.
 - They never eat junk food.
-

Position Rule:

- ✓ Before main verb
 - ✓ After verb “to be”
-

Examples:

- She always eats breakfast.
- He is usually happy.

Mistake:

 She eats always breakfast

 She always eats breakfast

Future Forms

1. Will (Future Simple)

✓ Rule:

We use it for:

- sudden decisions
 - predictions
 - promises
-

🟢 Examples:

- I will help you.
 - It will rain tomorrow.
-



2. Going to

✓ Rule:

We use it for:

- plans
 - intentions
-

🟢 Examples:

- I am going to study tonight.
 - They are going to travel next week.
-



3. Present Continuous (Future Arrangement)

✓ Rule:

We use it for:

- fixed arrangements (already planned)
-

🟢 Examples:

- I am meeting my friend tomorrow.
 - We are travelling next week.
-

⚠ Difference:

Will	Going to	Present

		Continuous
sudden decision	plan	fixed arrangement

5 Comparatives

✓ **Rule:**

We use comparatives to compare TWO things.

✓ Formation:

- short adjectives → + er (bigger, faster)
- long adjectives → more + adjective (more dangerous)

🟢 Examples:

- A car is faster than a bike.
 - This story is more interesting than that one.
-

Key Words:

than – compared to

Mistakes:

✗ more fast → ✓ faster

✗ beautifuller → ✓ more beautiful

Coordinating Conjunctions

✓ Rule:

They connect ideas in sentences.

🟢 Words:

and – but – so – because

🟢 Meanings:

- and → addition
- but → contrast
- so → result
- because → reason

Examples:

- I like apples and bananas.
- I was tired so I slept early.
- I stayed home because it was raining.

Mistake:

 Because I was tired so I slept

 I was tired so I slept

7 Past Continuous

✓ Rule:

We use it for actions happening in progress in the past.

✓ Structure:

was / were + verb + ing



Uses:

1. Two actions happening at the same time

- While I was studying, my brother was playing.

2. Background situation (scene description)

- The sun was shining and people were walking.

3. Long action interrupted by short action

- I was sleeping when the phone rang.

4. Action at a specific time in the past

- At 8 pm, I was watching TV.

Key Words:

while – as – when – at that time – at 8 o'clock –
all night

Important Rules:

Word	Tense Rule
while / as	past continuous + past continuous
when	past simple (interrupting action)

Examples:

- While she was cooking, I was cleaning.
- I was reading when he arrived.

Mistakes:

 While I studied, he played

✓ While I was studying, he was playing

FINAL SUMMARY

✓ Present Simple = habits & facts

✓ Present Continuous = now & temporary actions

✓ Past Simple = finished actions

✓ Past Continuous = actions in progress in past

✓ Comparatives = comparing two things

✓ Conjunctions = connecting ideas

✓ Future forms = plans, predictions, arrangements

Read the text and choose the correct answer for each gap:

Every morning, my family _____ (1) breakfast together at 7 o'clock. My father _____ (2) cereal, and my mother drinks coffee. I usually eat eggs and toast. Yesterday, my brother said, "I _____ (3) hungry." So my mother gave him a banana. She asked, "_____ (4) you finish your homework?" He replied that he had done it already. Tomorrow, we _____ (5) wake up early because it is a school day.

1. A) eat B) eats C) eating
2. A) have B) has C) having
3. A) am B) is C) are
4. A) Do B) Does C) Did

5. A) will B) shall C) are going

★ Mega Grammar: 100 Multiple Choice Questions

A. Verb Forms (Present Simple & Present Continuous) – 1 to 15

1. She _____ to school every day. A) walk B) walks C) walking
2. Look! It _____ outside. A) snow B) snows C) is snowing
3. They _____ football at the moment. A) play B) are playing C) plays
4. He usually _____ his homework after dinner. A) do B) does C) is doing
5. I _____ to music right now. A) listen B) am listening C) listens
6. The sun _____ in the east. A) rise B) rises C)

is rising

7. We _____ a picnic next Friday. A) have B) are having C) has
8. My mother _____ cooking dinner at this time every day. A) start B) starts C) is starting
9. Listen! Someone _____ at the door. A) knock B) knocks C) is knocking
10. Water _____ at 100 degrees Celsius. A) boil B) boils C) is boiling
11. He _____ to be a doctor when he grows up. A) want B) wants C) is wanting
12. They _____ TV now. Please be quiet. A) watch B) watches C) are watching
13. The earth _____ around the sun. A) go B) goes C) is going
14. I _____ my homework at the moment. A) do B) am doing C) does
15. She never _____ coffee in the evening. A) drink B) drinks C) is drinking

B. Regular Plural Nouns – 16 to 25

16. I bought three _____ at the market. A) apple B) apples C) apple's
2. There are many _____ in the garden. A) flower B) flowers C) floweres
3. She told me two interesting _____. A) story B) storys C) stories
4. The _____ are playing outside. A) boy B) boys C) boyes
5. How many _____ do you have? A) book B) books C) bookes
6. I need to buy some _____. A) tomato B) tomatoes C) tomatos
7. The _____ are barking loudly. A) dog B) dogs C) doges
8. She has two _____ in her bag. A) brush B) brushes C) brushs

9. We ate _____ for lunch. A) sandwich B) sandwiches C) sandwiches
10. The _____ are flying south for winter. A) bird B) birds C) birdes

C. Reported Speech – 26 to 35

26. He said, "I like pizza." → He said that he _____ pizza. A) like B) liked C) likes
2. She said, "I am reading a book." → She said that she _____ a book. A) is reading B) was reading C) were reading
3. They said, "We will come tomorrow." → They said that they _____ the next day. A) will come B) would come C) came
4. My teacher said, "Open your books." → My teacher told us _____ our books. A) open B) to open C) opening
5. He said, "I don't like cold weather." → He said

- that he _____ like cold weather. A) doesn't
B) didn't C) don't
6. She said, "I have finished my homework." →
She said that she _____ her homework. A)
finished B) had finished C) has finished
7. The man said, "I am feeling ill." → The man
said that he _____ ill. A) is feeling B) was
feeling C) were feeling
8. Mother said, "Don't run in the house." →
Mother told us _____ run in the house. A)
not to B) to not C) don't
9. He said, "I will help you." → He said that he
_____ help me. A) will B) would C) can
10. She said, "It is raining." → She said that it
_____ raining. A) is B) was C) were

D. Past Simple – 36 to 50

36. Yesterday, I _____ to the park. A) go B)

went C) gone

2. She _____ her arm last week. A) break B) broke C) broken
3. They _____ a movie last night. A) watch B) watched C) watching
4. He _____ breakfast before school this morning. A) eat B) ate C) eaten
5. We _____ a lot of fun at the party. A) have B) had C) has
6. The wind _____ strongly yesterday. A) blow B) blew C) blown
7. She _____ her homework an hour ago. A) finish B) finished C) finishes
8. I _____ a strange noise at midnight. A) hear B) heard C) hearing
9. They _____ to the beach last summer. A) go B) went C) gone
10. He _____ his finger while cutting vegetables. A) cut B) cutted C) cutting
11. The temperature _____ to 30 degrees

yesterday. A) rise B) rose C) risen

12. She _____ her grandmother last weekend.

A) visit B) visited C) visiting

13. I _____ a letter to my friend yesterday. A)

write B) wrote C) written

14. They _____ us about the storm. A) tell B)

told C) telling

15. He _____ a bike when he was five. A) ride

B) rode C) ridden

E. Adverbs of Frequency – 51 to 60

51. I _____ eat fast food because it's

unhealthy. (0%) A) always B) sometimes C)

never

2. He _____ arrives on time. (100%) A) always

B) usually C) never

3. They _____ go hiking on weekends. (70%)

A) always B) usually C) sometimes

4. She _____ forgets her homework. (30%) A) always B) sometimes C) never
5. We _____ watch TV in the evening. (80%) A) always B) usually C) rarely
6. He _____ eats vegetables. (50%) A) always B) sometimes C) never
7. I _____ wake up early on holidays. (10%) A) always B) usually C) rarely
8. They _____ play computer games after school. (90%) A) usually B) sometimes C) never
9. She _____ helps her mother in the kitchen. (100%) A) always B) sometimes C) never
10. We _____ have a sandstorm in this region. (20%) A) always B) sometimes C) never

F. Future Simple (Will / Shall) – 61 to 70

61. I think it _____ rain tomorrow. A) will B)

shall C) is

2. _____ I help you with your bags? A) Will B) Shall C) Would
3. She _____ be late for the meeting. A) will B) shall C) won't
4. We _____ have a test next week. A) will B) shall C) are
5. He promised he _____ call me later. A) will B) would C) shall
6. _____ we go to the park? A) Will B) Shall C) Do
7. They _____ come to the party because they are busy. A) will B) won't C) shall
8. I _____ do my best to pass the exam. A) will B) shall C) am
9. The weather forecast says it _____ be sunny. A) will B) shall C) is
10. _____ I open the window? A) Will B) Shall C) Do

G. Coordinating Conjunctions – 71 to 85

71. I was tired, _____ I went to bed early. A) so
B) because C) but
2. She likes apples _____ oranges. A) so B)
and C) but
3. He wanted to play outside, _____ it was
raining. A) so B) and C) but
4. She stayed home _____ she was ill. A) so B)
because C) but
5. I have a headache, _____ I will take a rest.
A) so B) because C) and
6. He eats healthy food _____ exercises every
day. A) so B) and C) but
7. The test was difficult, _____ I studied hard.
A) so B) because C) but
8. She broke her arm, _____ she didn't cry. A)
so B) because C) but

9. He went to the doctor _____ he had a fever.
A) so B) because C) but
10. I like ice cream, _____ my brother doesn't.
A) so B) and C) but
11. We need some milk, _____ I will go to the shop. A) so B) because C) but
12. She is tired, _____ she will go to bed early.
A) so B) because C) and
13. He passed the test, _____ he didn't study much. A) so B) because C) but
14. The soup was hot, _____ I waited for it to cool. A) so B) because C) but
15. She loves reading, _____ she has many books. A) so B) because C) but

H. Mixed Review – 86 to 100

86. While I _____ dinner, the phone rang. A) cook B) was cooking C) cooked

2. By next year, she _____ her studies. A) will finish B) finishes C) finished
3. He asked me where I _____. A) live B) lived C) living
4. There are many _____ in the sky. A) cloud B) clouds C) cloudes
5. I _____ never been to London. A) have B) has C) am
6. She said she _____ come to the party. A) can't B) couldn't C) cannot
7. They _____ a new house last month. A) buy B) bought C) buying
8. It _____ heavily when we left the house. A) rain B) was raining C) rains
9. _____ you help me carry this? A) Will B) Shall C) Do
10. He is _____ than his brother. A) tall B) taller C) tallest
11. She _____ to the gym every Monday. A) go B) goes C) going

12. They _____ TV when I arrived. A) watch B) were watching C) watched
13. The teacher told us _____ quiet. A) be B) to be C) being
14. I have two _____. A) sister B) sisters C) sister's
15. He doesn't like coffee, _____ he drinks tea. A) so B) because C) but
- _____

Part 3: Reading Passages (6 passages)

Part 3A: True / False / Not Given – Theme:
Storms

Passage 1A: Thunderstorms

Thunderstorms are common in many parts of

the world. They usually happen in spring and summer when warm, moist air rises quickly. A thunderstorm produces lightning, thunder, heavy rain, and strong winds. Sometimes, thunderstorms can also bring hail – small balls of ice that fall from the sky.

Most thunderstorms last about 30 minutes to an hour. They are dangerous because lightning can strike people and buildings. If you hear thunder, you should go inside immediately. Do not stand under a tree during a thunderstorm because lightning often hits tall objects.

In some places, thunderstorms can become severe. A severe thunderstorm has wind speeds of over 90 kilometres per hour or hail larger than 2.5 centimetres. These storms can damage cars, roofs, and crops. Weather forecasters issue warnings to help people stay safe.

Write T (True), F (False), or NG (Not Given):

1. Thunderstorms most often occur in winter and autumn. _____
2. A thunderstorm produces lightning, thunder, rain, and wind. _____
3. Hail is made of soft snow. _____
4. Most thunderstorms last for several hours. _____
5. You should stand under a tree to stay safe from lightning. _____
6. Severe thunderstorms have wind speeds over 90 km/h. _____

Passage 2A: Sandstorms in the Desert

Sandstorms are common in desert regions, especially during the summer months. A sandstorm happens when strong winds blow loose sand and dust from the ground into the air. The wind can carry the sand for hundreds of kilometres. Sandstorms can reduce visibility to almost zero, making it very dangerous to drive or walk outside.

In some countries, sandstorms occur frequently. People are advised to stay indoors, close all windows and doors, and cover their mouths and noses with a cloth. Sand particles can irritate the eyes and lungs, causing coughing and difficulty breathing.

Sandstorms can also affect aeroplanes and ships. Flights may be delayed or cancelled because pilots cannot see clearly. Ships at sea may have to change direction to avoid the storm.

Scientists study sandstorms to predict when they will happen and help communities prepare.

Write T, F, or NG:

1. Sandstorms are most common in winter.

2. Strong winds cause sandstorms. _____
3. Sandstorms can make it impossible to see more than a few metres. _____
4. People are told to open windows during a sandstorm. _____
5. Sandstorms only affect people on the ground. _____
6. Scientists can predict sandstorms to help communities. _____

Part 3B: Multiple Choice – Theme: Famous Places

Passage 1B: The Great Wall of China

The Great Wall of China is one of the most famous structures in the world. It was built over 2,000 years ago to protect China from invaders. The wall stretches for more than 21,000 kilometres across mountains, deserts, and grasslands. It is so long that it is sometimes called the "Long Wall of 10,000 Li."

Contrary to popular belief, the Great Wall cannot be seen from space with the naked eye.

However, it is visible from low Earth orbit with special equipment. Millions of tourists visit the wall every year. The most popular section is Badaling, which is close to Beijing. This section has been restored and has steps and

watchtowers that visitors can climb.

Building the wall took hundreds of years and the work of millions of workers. Many workers died during construction, and some were buried inside the wall. Today, the Great Wall is a UNESCO World Heritage Site and a symbol of China's history and strength.

Choose A, B, or C:

1. Why was the Great Wall of China built?
A) For tourists to visit B) To protect China from invaders C) As a symbol of peace

2. How long is the Great Wall of China?
A) 2,000 kilometres B) More than 21,000 kilometres C) 10,000 kilometres

3. Can the Great Wall be seen from space with the naked eye?
- A) Yes, clearly B) No, it cannot C) Only at night
4. Which section of the wall is most popular with tourists?
- A) Badaling B) The desert section C) The mountain section
5. What happened to many workers who built the wall?
- A) They became famous B) They died during construction C) They went back home
6. What is the Great Wall today?

A) A shopping centre B) A UNESCO World Heritage Site C) A modern city

7. What can visitors climb at the Badaling section?

A) Mountains B) Steps and watchtowers C) Desert dunes

Passage 2B: The Pyramids of Giza

The Pyramids of Giza are located in Egypt, near Cairo. They are the oldest of the Seven Wonders of the Ancient World and the only ones still standing today. The largest pyramid is the Great Pyramid of Khufu. It was built around 2560 BCE and was the tallest man-made structure in the world for over 3,800 years.

The pyramids were built as tombs for pharaohs (kings of ancient Egypt) and their families. Inside, archaeologists have found treasures, furniture, and even boats. The ancient Egyptians believed that the pharaohs needed these items in the afterlife.

Building a pyramid required thousands of workers. They did not use slaves; instead, they were paid workers who lived in nearby villages. They used large blocks of limestone and granite, some weighing up to 80 tonnes. How they moved these heavy stones remains a mystery to scientists.

Choose A, B, or C:

1. Where are the Pyramids of Giza located?

A) Near Cairo, Egypt B) In Greece C) In China

2. How many of the Seven Wonders of the Ancient World still exist?

A) All seven B) Only the Pyramids of Giza C) Three

3. What was the Great Pyramid of Khufu for over 3,800 years?

A) The widest building B) The tallest man-made structure C) The deepest tomb

4. Why did the ancient Egyptians put treasures inside the pyramids?

A) To show their wealth B) For the pharaohs to use in the afterlife C) To attract tourists

5. Who built the pyramids?

A) Slaves B) Paid workers C) Foreigners

6. What materials were used to build the pyramids?

A) Wood and mud B) Limestone and granite
C) Sand and clay

7. What is still a mystery about the pyramids?

A) How the workers moved heavy stones B)
How old they are C) Who built them

Part 3C: Advanced Multiple Choice – Themes:
Extreme Weather & Weather and Mood

Passage 1C: The Science of Heatwaves

A heatwave is a prolonged period of excessively hot weather, often accompanied by high humidity. While heatwaves are common in summer, climate change has made them more frequent and intense. In July 2022, the United Kingdom recorded temperatures above 40°C for the first time in history. This extreme event caused wildfires, disrupted transportation, and led to hundreds of heat-related deaths.

Heatwaves are dangerous because the human body struggles to cool itself. Normally, we sweat, and the evaporation of sweat cools our skin. However, when humidity is high, sweat does not evaporate easily, and body temperature can rise to dangerous levels. This can lead to heat exhaustion or heatstroke, which can be fatal if not treated.

Vulnerable groups include the elderly, young children, and people with chronic illnesses.

Experts recommend staying indoors during peak heat hours (11 a.m. to 4 p.m.), drinking plenty of water, and wearing light-coloured, loose-fitting clothing. Cities are also trying to adapt by planting more trees and painting roofs white to reflect sunlight.

Choose A, B, or C:

1. What is a heatwave?

A) A short period of cold weather B) A long period of very hot weather C) A type of storm

2. According to the text, what has made heatwaves more frequent?

A) Air pollution B) Climate change C)
Deforestation

3. What happened in the UK in July 2022?

A) Temperatures fell below 0°C B)
Temperatures went above 40°C for the first
time C) A hurricane hit London

4. Why is it difficult for the body to cool down in
high humidity?

A) Because sweat evaporates too quickly B)
Because sweat does not evaporate easily C)
Because the body stops producing sweat

5. The word "prolonged" in paragraph 1 most
likely means:

A) Short and sudden B) Long-lasting C)

Unpredictable

6. Which group is NOT mentioned as vulnerable during a heatwave?
A) Elderly people B) Young children C) Athletes
7. What is one way cities are adapting to heatwaves?
A) Building more swimming pools B) Planting more trees and painting roofs white C) Moving people to colder regions

Passage 2C: How Weather Affects Our Mood

Have you ever noticed that you feel happier on a sunny day and more tired on a cloudy one?

Scientists have studied the link between weather and human emotions. They found that weather can influence our mood, energy levels, and even our ability to concentrate.

Sunlight triggers the production of serotonin, a chemical in the brain that makes us feel happy and calm. That is why many people experience a boost in mood on bright, sunny days. Conversely, lack of sunlight can lead to lower serotonin levels, which is associated with feelings of sadness. In fact, some people suffer from Seasonal Affective Disorder (SAD), a type of depression that occurs during autumn and winter when daylight hours are short.

Rainy and cloudy days can make some people feel sleepy or unmotivated. This might be because the brain produces more melatonin, a hormone that regulates sleep, when it is dark or

overcast. However, not everyone reacts the same way. Some people find rainy days relaxing and enjoy the sound of rain.

Extreme weather events like storms and hurricanes can cause anxiety and stress, especially for people who have experienced such events before. Understanding the connection between weather and mood can help people take steps to feel better, such as using light therapy lamps in winter or planning outdoor activities on sunny days.

Choose A, B, or C:

1. What is the main idea of this passage?
A) Weather can affect our emotions and energy
B) Sunny days are always better than rainy days
C) Storms are dangerous for

mental health

2. What chemical does sunlight trigger in the brain?
A) Melatonin B) Serotonin C) Adrenaline
3. What is Seasonal Affective Disorder (SAD)?
A) A type of depression linked to seasons B) A fear of storms C) A sleep disorder
4. When does the brain produce more melatonin?
A) On bright, sunny days B) When it is dark or overcast C) During exercise
5. The word "conversely" in paragraph 2 most

likely means:

A) In the same way B) On the other hand C) As a result

6. How do some people feel about rainy days?

A) Always sad B) Relaxed and enjoy the rain
C) Extremely anxious

7. What is one way to help with low mood in winter mentioned in the text?

A) Moving to a different country B) Using light therapy lamps
C) Sleeping more during the day

 Answer Key

Part 1 Vocabulary (Original)

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

Extra Vocabulary Practice

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

2. B 14. B 15. A 16. B 17. B 18. B 19. A 20. B 21.
B 22. B 23. B 24. A 25. A

Part 2 Grammar (Narrative)

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

Mega Grammar (100 Questions)

Q A Q A Q A Q A Q A

1 B 21 B 41 B 61 A 81 A

2 C 22 B 42 B 62 B 82 A

3 B 23 C 43 B 63 C 83 C

4 B 24 C 44 B 64 A 84 A

5 B 25 B 45 A 65 A 85 A

6 B 26 B 46 B 66 B 86 B

7 B 27 B 47 B 67 B 87 A

8 B 28 B 48 B 68 A 88 B

9 C 29 B 49 B 69 A 89 B

10 B 30 B 50 B 70 B 90 A

11 B 31 B 51 C 71 A 91 B

12 C 32 B 52 A 72 B 92 B

13 B 33 A 53 B 73 C 93 B

14 B 34 B 54 B 74 B 94 A

15 B 35 B 55 B 75 A 95 B

16 B 36 B 56 B 76 B 96 B

17 B 37 B 57 C 77 A 97 B

18 C 38 B 58 A 78 C 98 B

19 B 39 B 59 A 79 B 99 B

20 B 40 B 60 B 80 C 100 A

Part 3A – True/False/Not Given

Passage 1A (Thunderstorms)

1. F 2. T 3. F 4. F 5. F 6. T

Passage 2A (Sandstorms)

1. F 2. T 3. T 4. F 5. F 6. T

Part 3B – Multiple Choice (Grade Level)

Passage 1B (Great Wall)

1. B 2. B 3. B 4. A 5. B 6. B 7. B

Passage 2B (Pyramids)

1. A 2. B 3. B 4. B 5. B 6. B 7. A

Part 3C – Advanced Multiple Choice

Passage 1C (Heatwaves)

1. B 2. B 3. B 4. B 5. B 6. C 7. B

Passage 2C (Weather and Mood)

1. A 2. B 3. A 4. B 5. B 6. B 7. B

Good luck on your EOT 3 Exam, Grade 7!