



**المراجعة النهائية**  
**مادة اللغة الإنجليزية**  
**اختبارات تجريبية**  
**الصف العاشر**



2026 / 2025  
الفصل الدراسي الأول



الأختبار التجريبي الأول لطلاب الصف العاشر - الفصل الأول

**TOTAL MARK (420 Ms)**

**I.VOCABULARY (50 Ms)**

**A)-From a, b, c and d, choose the most suitable word that best completes each of the following sentences: (5 x 5 = 25 MS):**

- 1- Coffee has the highest ratio of....., while tea contains somewhat less.  
a) metabolism      b) antioxidant      c) caffeine      d) protein
- 2- The new hospital in our area will ..... many doctors and nurses.  
a-employ      b. simulate      c. compete      d. drill
- 3- When you write an essay make sure to avoid long paragraphs and.....sentences.  
a-naturalistic      b. anti-reflective      c. convoluted      d. rival
- 4- e witness paused .....before answering the lawyer's question.  
a) irresponsibly      b) richly      c) consistently      d) slightly
- 5- The factory has been accused of discharging ..... into the river.  
a) seminar      b)boutique      c)effluent      d)perception

**B)-Fill in the spaces with the most suitable words from the list below: (5 x 5=25 MS)**

**stubburn / observe / irresponsibly / diverse / slightly / atmospheric**

- 6- I quite like the sea view; it is....., especially in spring.
- 7- Companies with a lot of nationalities become culturally .....
- 8- Drivers who drives ..... should be fined.
- 9- I would like to ..... some classes to to determine if this is the right course for them or not
- 10- My brother and I sometimes argue because we are both .....



## II-GRAMMAR (40 marks)

**A) -From a, b, c and d, choose the correct answer that best completes each of the following sentences: (4 x 5 =20 MS):**

11- Peter has many.....books in the attic.

- a. interesting old history  
c. interesting history old

- b. old interesting history  
d. old history interesting

12- I read a novel written.....Jane Austin last night.

- a) of                      b) amongst                      c) at                      d) by  
d. for

13- For me, German is .....than English.

- a-much difficult                      b- more difficult                      c- so difficult                      d- most difficult

14- Have you.....consulted a dietitian before going on a diet?

- a) yet                      b) for                      c) since                      d) ever

**B-From a, b, and c, choose the correct answer as required: ( 4x 5= 20 MS):**

**15-The more computer games you play, the ...(Complete using: the more....the more)**

- a. The more computer games you play, you will have more experience.  
b. The more computer games you play, the more experience you get.  
c. The more computer games you play, the highest experience you get.

**16- There are 30 students in my class.**

(Ask a question)

- d. How many students are there in your class?  
e. How much students are there in your class?  
f. How many students there are in your class?

**17- Our Institute (become) famous since 1984.**

(Correct)

- g. Our Institute becomes famous since 1984.  
h. Our Institute has become famous since 1984.  
i. Our Institute will become famous since 1984.

**18- My mother prepared a dinner with three courses.**

(Use the compound adjectives)

- a. My mother prepared a three-courses dinner.  
b. My mother prepared a three-course dinner.  
c. My mother prepared a three course dinners.





### **III- LANGUAGE FUNCTIONS (40 Marks)**

**Write what you would say in the following situations: (4 x 10=40 MS):**

19-A friend of yours wants to know your plans for the next week end.

.....

20-Your younger brother wastes most of his time playing computer games

.....

21- A friend of yours helped you finish your assignment..

.....

22- The employee in the call centre asked you if you could answer some questions..

.....

Any reasonable response is accepted

### **IV- SET- BOOK QUESTIONS (30 Marks)**

**Answer only (THREE) of the following questions: (3X10=30 ms)**

23- What are the different ways that may help improve our health?

.....  
.....

24- What has Kuwait done to further the culture of peace?

.....  
.....

25-What do you think computer games will be like in the future

.....  
.....

26-What are the benefits of building an airport near a residential area?

.....  
.....



## V- WRITING (100 Marks)

### Write on the following topic:

“Computer games have become very popular among children nowadays”

**Plan & write** an essay of not less than **12 sentences** (140 words ) explaining why it is not recommended to spend too much time playing computer games **and** how they can be used wisely.

### Outline (20 Marks)

#### **Introduction:**

.....

.....

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.....

#### **Body**

##### **Paragraph (1)**

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##### **Paragraph (2)**

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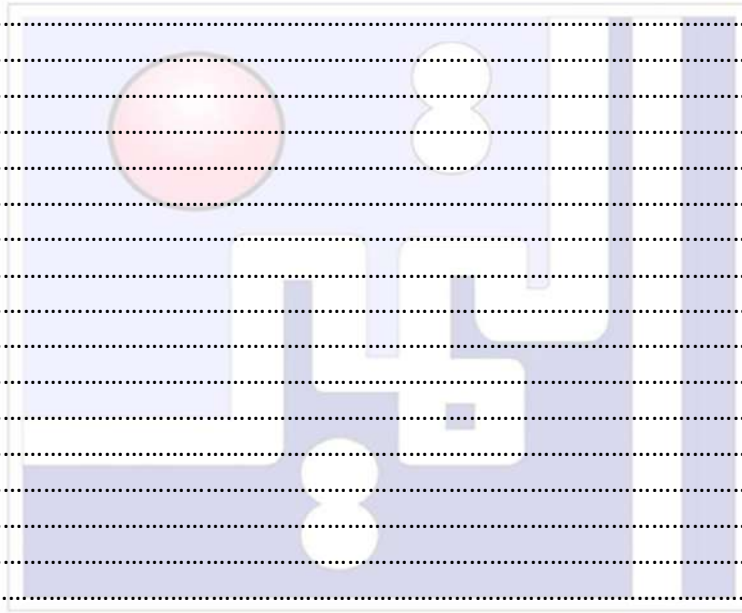
#### **Conclusion:**

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.....

.....





## مدرسة التميز النموذجية (ابتدائي - متوسط - ثانوي)

Rubrics	Outlining	Exposition of ideas and coherence	Paragraphing and number of sentences	Spelling	Grammar	Handwriting, spacing and punctuation	Total
	20	40	10	10	10	10	100



## VI- READING COMPREHENSION: (80 Marks)

Read the following passage carefully, then answer the questions below:

Newspapers contain news, information and advertising, and are printed on lowcost paper.They can be daily or weekly, national or local. Newspapers began about five hundred years ago- the first ones were in Germany. In those days newspapers were handwritten and used to be passed from person to person. But they were not very different from today. They had information about wars, economic conditions, social customs and human-interest features. Newspapers used to be very expensive. Poor people could not afford them. But in the 1800s printing became cheaper and ordinary people could afford to buy them. The oldest newspaper still in existence was first published in Australia in 1703.The oldest newspaper in the Arab world is Al-Ahram, **which** started in 1876.

People who write articles for a newspaper are called "journalists". But no newspaper can afford to send journalists to report on all events, so they buy stories from news agencies around the world. And no newspaper has room for all the stories that happen every day. So, the news editor holds meetings where they decide what stories to publish. They also decide where the photos and **advertisements** will go.

These days, newspapers are cheap because half the cost is paid for by advertising. A lot of people used to read a paper every day. But today fewer people are reading than before. Instead, they go online and get their news from newspaper websites. So, in the future newspapers may put all the freshest news online and the printed newspapers will only have articles with opinions and comments.

-A- Choose the suitable answer from a, b ,c and d: ( 6x10=60

Marks) 1 A good title for this passage could be.....

a-newspapers

b-keeping up with the news

c-newspaper websites

d- surfing the net

2-The underlined word **advertisement** in (line 15) means .....

a-an announcement in a newspaper, on T.V about something

b-good shows for entertaining people.

c-a product that is needed in a society

d-Photos and pictures shown on social programmes.



3- The word **which** in (line 10) refers to .....

a-newspaper in Australia  
c-newspaper websites

b-journalists  
d-Al-Ahram

4-The main idea for the last paragraph is .....

a-reading newspapers  
c-latest news from newspaper websites.

b-newspaper is cheaper nowadays.  
d-the future of newspapers.

5- Newspapers are printed on.....

a- low-cost paper                      b- expensive paper                      c- precious paper                      d- old paper

6- All the following statements are true Except:

a- The first newspapers were in Germany  
b- Newspapers were very cheap in the past.  
c- The oldest newspaper was first published in Australia.  
In the future newspapers might advertise their news online.

a. Answer the following questions:

7-What were the first newspapers like in the past?

.....  
.....

1- Why are newspapers cheap nowadays?

.....

مدرسة التميز النموذجية  
(ابتدائي - متوسط - ثانوي)





## **VII - SUMMARY MAKING (60 Marks)**

### **Read the following passage then do as required:**

We all wish that there was more time in the day; we wonder where all of those hours went. If you're like most other people in the world, then time management might be an issue. You can effectively manage your time as long as you are well organized. As without organization, it's difficult to see just what needs to be accomplished in the day. You have to make sure you're clear with your goals and objectives in your life. Try to manage your workload and hit deadlines by prioritizing your time making a list of all your tasks and identify urgent vs. important. When you start a task, finish it at once because delaying work is one of the hardest parts of time management.

**In a paragraph of FOUR sentences ONLY, summarise and paraphrase the previous passage in an answer to the following question: (4x15=60)**

*How can you manage your time effectively?*

.....

.....

.....

.....

.....

.....

Rubrics	Content / relevance of ideas	Paraphrasing	Spelling and grammar	Forma t	Total
	30	20	5	5	60

## **VIII- TRANSLATION**

**Translate the following into good English: (2x10= 20 MS)**

سالم : يجب على كل شخص أن يأكل بحكمة لكي يظل لائقا وقويا

فارس : هذا صحيح ؛ هذا صحيح لذلك يجب على الجميع تناول الطعام الصحي

**End of Questions**



(Model Answer)

**TOTAL MARK (420 Ms)**

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**A)-From a, b, c and d, choose the most suitable word that best completes each of the following sentences: (5 x 5 = 25 MS):**

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naturalistic      b. anti-reflective      c. **convoluted**      d. rival
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**B)-Fill in the spaces with the most suitable words from the list below: (5 x 5=25 MS)**

**stubburn    / observe / irresponsibly    / diverse    / slightly    / atmospheric**

- 6- I quite like the sea view; it is **atmospheric**, especially in spring.
- 7-Companies with a lot of nationalities become culturally **diverse**
- 8- Drivers who drives **irresponsibly** should be fined.
- 9- I would like to **observe** some classes to to determine if this is the right course for them or not
- 10- My brother and I sometimes argue because we are both **stubburn**



## II-GRAMMAR (40 marks)

**A) -From a, b, c and d, choose the correct answer that best completes each of the following sentences: (4 x 5 =20 MS):**

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- a) of                      b) amongst                      c) at                      d) **by**

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**B-From a, b, and c, choose the correct answer as required: ( 4x 5= 20 MS):**

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**16-There are 30 students in my class.**

(Ask a question)

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(Correct)

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**Any reasonable response is accepted**

### **IV- SET- BOOK QUESTIONS (30 Marks)**

**Answer only (THREE) of the following questions: (3X10=30 ms)**

23-What are the different ways that may help improve our health?

**Eating healthy food / Doing sports / Getting enough sleep ....etc**

24-What has Kuwait done to further the culture of peace?

**Spreading awareness / Holding seminars and conferences .**

25-What do you think computer games will be like in the future

**They will be more realistic and naturalistic.**

26-What are the benefits of building an airport near a residential area?

**There will be more jobs opportunities.**

مدرسة التميز النموذجية  
(ابتدائي - متوسط - ثانوي)





## V- WRITING (100 Marks)

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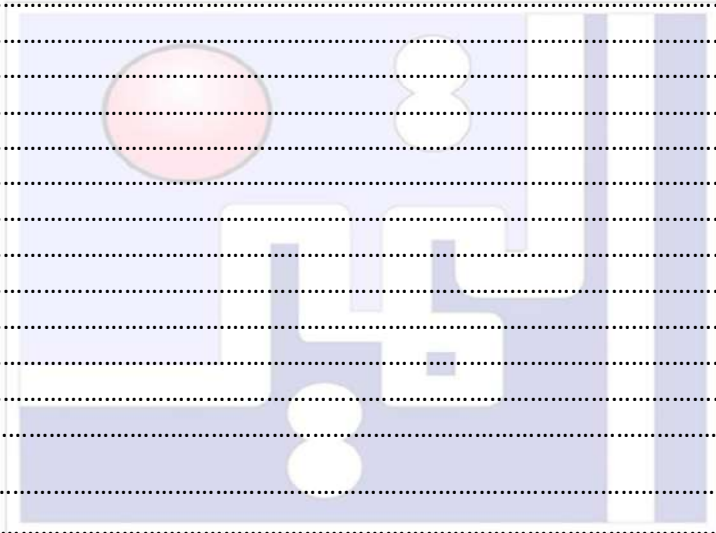
#### **Conclusion:**

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## مدرسة التميز النموذجية (ابتدائي - متوسط - ثانوي)

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These days, newspapers are cheap because half the cost is paid for by advertising. A lot of people used to read a paper every day. But today fewer people are reading than before. Instead, they go online and get their news from newspaper websites. So, in the future newspapers may put all the freshest news online and the printed newspapers will only have articles with opinions and comments.

-A- Choose the suitable answer from a, b, c and d: ( 6x10=60

Marks) 1 A good title for this passage could be.....

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12- The word **which** in (line 10) refers to .....

- a-newspaper in Australia
- c-newspaper websites

- b-journalists
- d-Al-Ahram**

13- The main idea for the last paragraph is .....

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14- Newspapers are printed on.....

- a- low-cost paper**
- b- expensive paper
- c- precious paper
- d- old paper

15- All the following statements are true Except:

- a- The first newspapers were in Germany
- b- Newspapers were very cheap in the past.**
- c- The oldest newspaper was first published in Australia.
- d-In the future newspapers might advertise their news online.

**d- Answer the following questions:**

16- What were the first newspapers like in the past?

**They were handwritten and used to be passed from person to person.**

17- Why are newspapers cheap nowadays?

**Because half the cost is paid for by advertising.**

مدرسة التميز النموذجية  
(ابتدائي - متوسط - ثانوي)





## **VII - SUMMARY MAKING (60 Marks)**

### **Read the following passage then do as required:**

We all wish that there was more time in the day; we wonder where all of those hours went. If you're like most other people in the world, then time management might be an issue. You can effectively manage your time as long as you are well organized. As without organization, it's difficult to see just what needs to be accomplished in the day. You have to make sure you're clear with your goals and objectives in your life. Try to manage your workload and hit deadlines by prioritizing your time making a list of all your tasks and identify urgent vs. important. When you start a task, finish it at once because delaying work is one of the hardest parts of time management.

**In a paragraph of FOUR sentences ONLY, summarise and paraphrase the previous passage in an answer to the following question: (4x15=60)**

### **How can you manage your time effectively?**

***First, making sure you're clear with your goals and objectives in your life. You should also Try to manage your workload and hit deadlines. Moreover, identifying urgent and important tasks. Finally, when you start a task, finish it at once and don't delay it.***

Rubrics	Content / relevance of ideas	Paraphrasing	Spelling and grammar	Format	Total
	30	20	5	5	60

## **VIII- TRANSLATION**

**Translate the following into good English: (2x10= 20 MS)**

سالم : يجب على كل شخص أن يأكل بحكمة لكي يظل لائقا وقويا

**Salem: Everyone should eat wisely to keep fit and strong .**

فارس : هذا صحيح ؛ لذلك يجب على الجميع تناول الطعام الصحي

**Fares: That's right. So, we should all eat healthy food**

**End of Question**



Grade 10

مدرسة التميز النموذجية بنين (ابتدائي - متوسط - ثانوي) ضيطان - قطعة (٤) - شارع (١٠٠)

**TOTAL MARK (420 Ms)**  
**I. VOCABULARY (50 Ms)**

**A)-From a, b, c and d, choose the most suitable word that best completes each of the following sentences: (5 x 5 = 25 MS):**

1. My grandfather's health has improved a lot since he started taking this vitamin.....  
a- discourse    b. virtue    c. supplement    d. influx
2. Most people like to hear the word "Birthday"; it always..... happiness in them.  
a- evokes    b. covers    c. observes    d. absorbs
3. The number of nerve cells in the brain makes it the most..... organ of the body.  
a- inspirational    b. atmospheric    c. spacious    d. convoluted
4. My elder brother was ..... as a software engineer in a big computer company.  
a- employed    b. combated    c. metabolised    d. drilled
5. Earthquake victims were living in tents in the city's parks facing a lot of.....  
a- council    b. creed    c. adversity    d. arcade

**B)-Fill in the spaces with the most suitable words from the list below: (5 x 5=25 MS)**

**/ simulate    / conduct    / able-bodied    / apprehensive    / slightly    Richly**

6. It is surely the duty of the.....members in a society to help those who are weak.
7. My brother was so..... about his job interview that he couldn't sleep well.
8. I always buy top quality products even if they were .....more expensive.
9. The national football team was ..... rewarded for their great performance.
10. Some researchers refuse to..... scientific experiments on animals.



## II-GRAMMAR (40 marks)

**A) -From a, b, c and d, choose the correct answer that best completes each of the following sentences: (4 x 5 =20 MS):**

11-bags should be recycled for the sake of our environment.

- a. Black small plastic
- b. Small black plastic
- c. Plastic small black
- d. Plastic black small

12-In Britain, most people don't work..... Sundays.

- a-at
- b. in
- c. on
- d. for

13-I like living in the countryside. It's ..... than living in a town.

- a-more peaceful
- b. peaceful
- c. most peaceful
- d. the most peaceful

14- My uncle has been very busy .....he came from holiday

- a-yet
- b. for
- c. ago
- d. since

**B-From a, b, and c, choose the correct answer as required: ( 4x 5= 20 MS):**

15- When you use more electricity, you will pay more money.) **Begin with "The more..."**

- a- The more electricity you use, the more money you will pay.
- b- The more electricity you use, the more you will pay money.
- c- The more electricity you use, the money more you will pay.

16- It started raining at 5 o'clock in the morning.

**(Ask a question)**

- a- When does it start raining
- b- When did it start raining?
- c- When will it start raining?

17- My sister (watch) television when the phone rang. **(Correct the verb)**

- a- My sister watches television when the phonerang.
- b- My sister was watching television when the phone rang.
- c- My sister is watching television when the phone rang.

18-I live in a flat with three bedrooms.

**(Use a compound adjective)**

- a-I live in three-bedrooms flat.
- b-I live in a three-bedrooms flat.
- c- I live in a three-bedroom flat.



### **III- LANGUAGE FUNCTIONS (40 Marks)**

**Write what you would say in the following situations: (4 x 10=40 MS):**

19-A friend of yours wants to know your plans for the next mid-year holiday.

.....

20-Your younger brother is fond of watching scary movies.

.....

21-Your friend wants to join the Police Academy, but he is overweight.

.....

22-Your father refuses to let you go camping with your friends.

.....

**Any reasonable response is accepted**

### **IV- SET- BOOK QUESTIONS (30 Marks)**

**Answer only (THREE) of the following questions: (3X10=30 ms)**

23- Why should we eat homemade meals and avoid fast food?

.....  
.....

24- What has Kuwait done to further the culture of peace?

.....  
.....

25- Why is the National Assembly Building in Kuwait a famous building worldwide?

.....  
.....

26- What is the importance of the Paralympics?

.....  
.....

**Any reasonable answer is accepted**





## V- WRITING (100 Marks)

Write on the following topic:

"Saving endangered species is a noble task."

Plan and write an essay of not less than **12 sentences (140 words)**, about **the main dangers that face animals and birds worldwide** and **how to save endangered species**.  
NB:(Your writing should include an Introduction, two-body paragraphs, and a conclusion).

### Outline (20 Marks)

**Introduction:**

.....  
.....  
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.....

**Body**

**Paragraph (1)** .....

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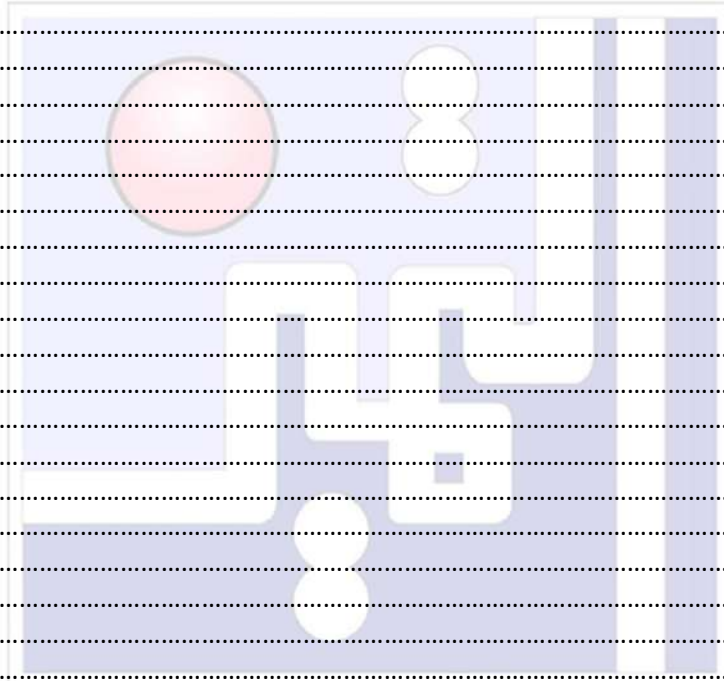
**Paragraph (2)**.....

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.....  
.....  
.....

**Conclusion:**

.....  
.....  
.....





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## VI- READING COMPREHENSION: (80 Marks)

Read the following passage carefully, then answer the questions below:

Normal life never stays normal for long simply because it is full of stress. Stress is often described as a feeling of being overloaded, wound-up, tense and nervous. We all experience stress at times. It can sometimes be positive and help to motivate us to get a task finished, or perform well. But stress can also be harmful if we become over-stressed and it interferes with our ability to get on with our normal life for too long.

When we face a stressful event, our bodies respond by activating the nervous system and releasing hormones such as adrenaline and cortisol from the adrenal glands. These hormones cause physical changes in the body which help us react quickly and effectively to get through the stressful situation. They prepare our bodies to stay and fight or flee the situation. This is sometimes called the 'fight or flight' response. The hormones increase our heart rate, breathing, blood pressure, metabolism and muscle tension.

While these changes help people try to meet the challenges and effects of the stressful situations, **they** can cause negative physical or psychological symptoms if stress is not controlled. These symptoms can include headaches, other aches and pains, anxiety, anger, depression, high blood pressure, heart diseases, lack of confidence and many other symptoms.

Learning to handle stress in healthy ways is very important. Fortunately, it is easy to learn simple techniques. These include **recognizing** the causes of stress (some stress is natural), taking steps to deal with the problem, tackling the symptoms and most importantly, asking for help from a friend or a professional. The worst thing for stress is trying to take control over uncontrollable things. Because when we fail — since it's beyond our control — we only get more stressed out and feel helpless. Doing what's within our power moves us forward and is empowering and energizing. In addition to that, having certain routines throughout the day helps us to relax, better enjoy what we have in our lives and manage the harmful effects of stress. These routines include regular times for exercise and relaxation and planning ahead to do certain jobs on specific days of the week.



**A) From a, b, c and d, choose the correct answer:**

- 1- What is the best title for this passage?
  - a. The Changes of Stress
  - b. The Stressful Events
  - c. Body Reactions to Stress
  - d. The Symptoms and Solutions of Stress
- 2- The underlined word **“recognizing”** in the 4<sup>th</sup> paragraph is closest in meaning to:
  - a. knowing
  - b. tackling
  - c. learning
  - d. including
- 3- The underlined word **“they”** in the 3<sup>rd</sup> paragraph refers to:
  - a. effects
  - b. changes
  - c. challenges
  - d. situations
- 4- According to **paragraph 2**, what is the effect of stress on our bodies?
  - a. It decreases cortisol in our bodies.
  - b. It makes our bodies release hormones.
  - c. It helps us react slowly and effectively.
  - d. It raises our heart beat and lowers blood pressure.
- 5- Which of the following statements is **NOT TRUE**?
  - a. The nervous system is activated in stressful events.
  - b. Adrenaline lowers metabolism in stressful situations.
  - c. The heart is responsible for controlling the adrenal glands.
  - d. Stress activates the nervous system to release the necessary hormones.
- 6- What is the author’s purpose in writing this passage?
  - a. To inform readers about the types of stress.
  - b. To teach readers how bodies release hormones.
  - c. To show readers the effects of stress on our blood pressure.
  - d. To tell readers about stress, its effects and ways to control it.

**B) Answer the following questions:**

7- Why shouldn’t we try to take control over uncontrollable things?

.....

8- How can we handle stress in healthy ways?

.....





## **VII - SUMMARY MAKING (60 Marks)**

**Read the following passage then do as required:**

The bicycle has gone through one full circle of development already. It began as a toy for rich people. Then it was a means of transportation. Now, the bicycle is becoming popular as a means of transportation once more.

There are several reasons for the new popularity of bicycles. They save fuel that cars use. Another reason is the need to keep the environment clean. The third reason is a desire for exercise. The last reason is that they decrease stress levels. Americans are one group of people who are leaving their cars at home.

**In a paragraph of FOUR sentences ONLY, summarise and paraphrase the above passage in answer to the following question:**

**What are the reasons for the new popularity of bicycles?**

.....

.....

.....

.....

.....

.....

Rubrics	Content / relevance of ideas	Paraphrasing	Spelling and grammar	Forma t	Total
	30	20	5	5	60

## **VIII- TRANSLATION**

**Translate the following into good English: (2x10= 20 MS)**

أحمد: لقد كانت دولة الكويت الدولة الأولى في منطقة الخليج اهتماما بالمعاقين.  
فهد: هذا صحيح فقد أسست ناديا رياضيا لهم عام.

**Ahmed:** .....

**Fahd:** .....

**End of Questions**



(Model Answer)

TOTAL MARK (420 Ms)

I. VOCABULARY (50 Ms)

A)-From a, b, c and d, choose the most suitable word that best completes each of the following sentences: (5 x 5 = 25 M):

1-My grandfather's health has improved a lot since he started taking this vitamin.....

- a. virtue      b. discourse      **c. supplement**      d . influx

2-Most people like to hear the word "Birthday"; it always .....happiness in them.

- a-evokes**      b. covers      c. observes      d. absorbs

3-The number of nerve cells in the brain makes it the most... .....organ of the body.

- a-inspirational      b. atmospheric      c. spacious      **d. convoluted**

4-My elder brother was .....as a software engineer in a big computer company.

- a-employed**      b. combated      c. metabolised      d. drilled

5- Earthquake victims were living in tents in the city's parks facing a lot of.....

- a-council      b. creed      **c. adversity**      d. arcade

B)-Fill in the spaces with the most suitable words from the list below: (5 x 5=25 MS)

/ simulate    / conduct    / able-bodied    / apprehensive / slightly    Richly

6-It is surely the duty of the **able-bodied** members in a society to help those who are weak.

7-My brother was so **apprehensive** about his job interview that he couldn't sleep well.

8- I always buy top quality products even if they were **slightly** more expensive.

9-The national football team was **richly** rewarded for their great performance.

10-Some researchers refuse to **conduct** scientific experiments on animals.



## II-GRAMMAR (40 marks)

**A) -From a, b, c and d, choose the correct answer that best completes each of the following sentences: (4 x 5 =20 MS):**

11-bags should be recycled for the sake of our environment.

a-Black small plastic

b. **Small black plastic**

c. Plastic small black

d. Plastic black small

12-In Britain, most people don't work ..... Sundays.

a-at

b. in

c. **on**

d. for

13-I like living in the countryside. It's..... than living in a town.

**a-more peaceful**

b. peaceful

c. most peaceful

d. the most peaceful

14- My uncle has been very busy .....he came from holiday

a-yet

b. for

c. ago

d. **since**

**B-From a, b, and c, choose the correct answer as required: ( 4x 5= 20 MS):**

15- When you use more electricity, you will pay more money.) **Begin with "The more..."**

**a-The more electricity you use, the more money you will pay.**

b-The more electricity you use, the more you will pay money.

c- The more electricity you use, the money more you will pay.

16- It started raining at 5 o'clock in the morning.

**(Ask a question)**

a- When does it start raining

**b- When did it start raining?**

c- When will it start raining?

17- My sister (watch) television when the phone rang.

**(Correct the verb)**

a-My sister watches television when the phonerang.

**b-My sister was watching television when the phone rang.**

c-My sister is watching television when the phone rang.

18-I live in a flat with three bedrooms.

**(Use a compound adjective)**

a-I live in three-bedrooms flat.

b-I live in a three-bedrooms flat.

**c- I live in a three-bedroom flat.**



### III- LANGUAGE FUNCTIONS (40 Marks)

**Write what you would say in the following situations: (4 x 10=40 MS):**

19-A friend of yours wants to know your plans for the next mid-year holiday.

.....

20-Your younger brother is fond of watching scary movies.

.....

21-Your friend wants to join the Police Academy, but he is overweight.

.....

22-Your father refuses to let you go camping with your friends.

.....

**Any reasonable response is accepted**

### IV- SET- BOOK QUESTIONS (30 Marks)

**Answer only (THREE) of the following questions: (3X10=30 ms)**

23- Why should we eat homemade meals and avoid fast food?

**We should eat homemade meals because they are full of nutritious ingredients. because fast food is full of fats and causes diseases like diabetes and heart attacks.**

24- What has Kuwait done to further the culture of peace?

**Kuwait has organised conferences and seminars inside and outside Kuwait to promote mutual understanding and respect.**

25- Why is the National Assembly Building in Kuwait a famous building worldwide?

**The National Assembly Building in Kuwait is a famous building worldwide because it's inspiring architecture/ ... because it evokes the style of a ship.**

26- What is the importance of the Paralympics?

**They help the disabled socialise. / They help the disabled rehabilitate.**

**Any reasonable answer is accepted**



## V- WRITING (100 Marks)

### Write on the following topic:

"Saving endangered species is a noble task."

Plan and write an essay of not less than **12 sentences (140 words)**, about **the main dangers that face animals and birds worldwide** and **how to save endangered species**.  
NB:(Your writing should include an Introduction, two-body paragraphs, and a conclusion).

### Outline (20 Marks)

#### **Introduction:**

.....

.....

.....

.....

#### **Body**

##### **Paragraph (1)**

.....

.....

.....

.....

##### **Paragraph (2)**

.....

.....

.....

مدرسة التميز النموذجية  
(ابتدائي - متوسط - ثانوي)

#### **Conclusion:**

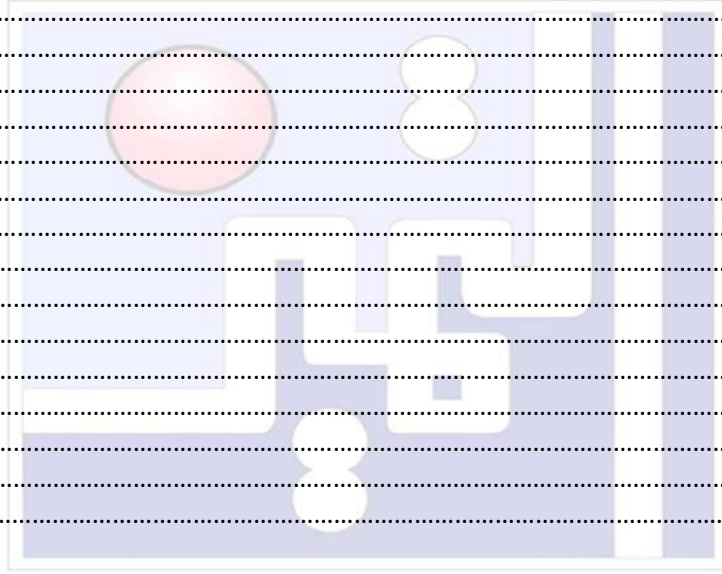
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## مدرسة التميز النموذجية (ابتدائي - متوسط - ثانوي)

Rubrics	Outlining	Exposition of ideas and coherence	Paragraphing and number of sentences	Spelling	Grammar	Handwriting, spacing and punctuation	Total
	20	40	10	10	10	10	100



## VI- READING COMPREHENSION: (80 Marks)

Read the following passage carefully, then answer the questions below:

Normal life never stays normal for long simply because it is full of stress. Stress is often described as a feeling of being overloaded, wound-up, tense and nervous. We all experience stress at times. It can sometimes be positive and help to motivate us to get a task finished, or perform well. But stress can also be harmful if we become over-stressed and it interferes with our ability to get on with our normal life for too long.

When we face a stressful event, our bodies respond by activating the nervous system and releasing hormones such as adrenaline and cortisol from the adrenal glands. These hormones cause physical changes in the body which help us react quickly and effectively to get through the stressful situation. They prepare our bodies to stay and fight or flee the situation. This is sometimes called the 'fight or flight' response. The hormones increase our heart rate, breathing, blood pressure, metabolism and muscle tension.

While these changes help people try to meet the challenges and effects of the stressful situations, **they** can cause negative physical or psychological symptoms if stress is not controlled. These symptoms can include headaches, other aches and pains, anxiety, anger, depression, high blood pressure, heart diseases, lack of confidence and many other symptoms.

Learning to handle stress in healthy ways is very important. Fortunately, it is easy to learn simple techniques. These include **recognizing** the causes of stress (some stress is natural), taking steps to deal with the problem, tackling the symptoms and most importantly, asking for help from a friend or a professional. The worst thing for stress is trying to take control over uncontrollable things. Because when we fail — since it's beyond our control — we only get more stressed out and feel helpless. Doing what's within our power moves us forward and is empowering and energizing. In addition to that, having certain routines throughout the day helps us to relax, better enjoy what we have in our lives and manage the harmful effects of stress. These routines include regular times for exercise and relaxation and planning ahead to do certain jobs on specific days of the week.



**From a, b, c and d, choose the correct answer:**

9- What is the best title for this passage?

- a. The Changes of Stress
- b. The Stressful Events
- c. Body Reactions to Stress
- d. The Symptoms and Solutions of Stress**

10- The underlined word **"recognizing"** in the 4<sup>th</sup> paragraph is closest in meaning to:

- a. knowing**
- b. tackling
- c. learning
- d. including

11- The underlined word **"they"** in the 3<sup>rd</sup> paragraph refers to:

- a. effects
- b. changes**
- c. challenges
- d. situations

12- According to **paragraph 2**, what is the effect of stress on our bodies?

- a. It decreases cortisol in our bodies.
- b. It makes our bodies release hormones.**
- c. It helps us react slowly and effectively.
- d. It raises our heart beat and lowers blood pressure.

13- Which of the following statements is **NOT TRUE**?

- a. The nervous system is activated in stressful events.
- b. Adrenaline lowers metabolism in stressful situations.
- c. The heart is responsible for controlling the adrenal glands.
- d. Stress activates the nervous system to release the necessary hormones.**

14- What is the author's purpose in writing this passage?

- a. To inform readers about the types of stress.
- b. To teach readers how bodies release hormones.
- c. To show readers the effects of stress on our blood pressure.
- d. To tell readers about stress, its effects and ways to control it.**

**Answer the following questions:**

15- Why shouldn't we try to take control over uncontrollable things?

**Because when we fail, we only get more stressed out and feel helpless.**

16- How can we handle stress in healthy ways?

**Learning simple techniques like relaxation can help us to handle stress.**



## **VII - SUMMARY MAKING (60 Marks)**

**Read the following passage then do as required:**

The bicycle has gone through one full circle of development already. It began as a toy for rich people. Then it was a means of transportation. Now, the bicycle is becoming popular as a means of transportation once more.

There are several reasons for the new popularity of bicycles. They save fuel that cars use. Another reason is the need to keep the environment clean. The third reason is a desire for exercise. The last reason is that they decrease stress levels. Americans are one group of people who are leaving their cars at home.

**In a paragraph of FOUR sentences ONLY, summarise and paraphrase the above passage in answer to the following question:**

**What are the reasons for the new popularity of bicycles?**

First, saving fuel that cars use. Second, keeping the environment clean. Third, having a desire for exercise. Finally decreasing stress levels.

Rubrics	Content / relevance of ideas	Paraphrasing	Spelling and grammar	Format	Total
	30	20	5	5	60

## **VIII- TRANSLATION**

**Translate the following into good English: (2x10= 20 MS)**

أحمد: لقد كانت دولة الكويت الدولة الأولى في منطقة الخليج اهتماما بالمعاقين.

فهد: هذا صحيح فقد أسست ناديا رياضيا لهم عام.

**Ahmed: Kuwait was the first country in the Gulf Area to take care of the disabled.**

**Fahd: That's right. It established a sports club for them in 1977.**

**End of Question**

