# تم تحميل هذا الملف من موقع المناهج الكويتية



### الملف دليل مواضيع الكتابة الوصفية

موقع المناهج ← ملفات الكويت التعليمية ← الصف الحادي عشر ← لغة انحليزية ← الفصل الأول

المزيد من الملفات بحسب الصف الحادي عشر والمادة لغة انجليزية في الفصل الأول		
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# ENGLEAZY

# MINI CONCLUSION

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GRADE 11
FIRST PERIOD

#### Answer the following questions:

1- Festivals are essential for countries for many reasons. Explain

المهرجانات مهمة للدول لأسباب كثيرة. اشرح

a- Festivals attract tourists.

**b-** Festivals also increase income.

c- Festivals promote a sense of patriotism.

d-Festivals reflect culture.

- e-Festivals spread joy.
- 2- How do people prepare for family celebrations held at home?

كيف يجهز الناس للإحتفالات العائلية بالمنزل؟

- a- People prepare big meals and decorate their houses.
- b- They invite old friends.
- c- They buy some presents.
- d- They prepare some music for fun.
- 3- Why do people in the Arabian Gulf region prefer to drink Arabian coffee? لماذا يفضل الناس في منطقة الخليج العربي شرب القهوة العربية؟

Because it has an exciting taste, gives more energy, and becomes a sign of hospitality.

4- In your point of view, what factors might cause poor listening?

من وجهة نظرك ما العوامل التي قد تتسبب في ضعف أو سوء الإستماع؟

They lack interest, distraction, passive listening, and excessive disagreement with the speaker.

5- Writing has developed throughout history, and its importance is clear. Explain. لقد تطورت الكتابة عبر التاريخ و أهميتها واضحةً. اشرح.

Writing has helped people to pass on and document information.

- 6- Why is it important for family members to meet on different occasions? لماذا من المهم لأفراد الأسرة أن يتقابلوا في المناسبات المختلفة؟
- a- Family members meet each other to discuss family issues and solve their problems.
- b- Family members meet each other to strengthen family ties.
- 7- Writing tools have been developed throughout history. How?

أدوات الكتابة تطورت عبر التاريخ. كيف؟

Writing tools have been developed using pictograms, symbols, paintings, and alphabets.

8- There are many barriers to effective communication. Discuss.

هناك الكثير من معوقات التواصل الفعال ناقش.

- a- Lack of interest, distraction and defensiveness can cause poor communication.
- b-Improper gestures and eye contact, assumptions, and non-verbal signals can lead to it.

9- Why is the Hala February festival a patriotic event?

لماذا يعد مهرجان هلا فبراير حدث وطنى؟

- a- It coincides with the National Day and the Liberation Day of Kuwait.
- b- It reflects people's love and sense of belonging to their country.
- 10- What are the characteristics of good listeners?

ما هي خصائص المستمعون الجيدون؟

a- They should be patient.

- b- They should be attentive.
- c- They should listen between the lines. d- They should listen openly.
- 11- In your opinion, what is the importance of Qurain Cultural Festival?

برأيك، ما هي أهمية مهرجان القرين الثقافي؟

- a- Artists gather to show their talents.
- b- The festival rewards and honors leading artists.
- c- The festival reflects the artistic culture of Kuwait.
- 12- Why is Hajj considered an essential gathering for Muslims?

لماذا يعتبر الحج تجمع هام للمسلمين؟

- a- Hajj is one of the five pillars of Islam. b- Hajj reflects equality.
- c- Muslims seek Allah's forgiveness for their sins at Hajj.
- d- Hajj is a sign of unity.
- 13- What personal problems may poor communication cause?

ما هي المشاكل الشخصية التي قد يسببها ضعف التواصل؟

a- It may cause a lack of confidence.

b- It may also cause misunderstanding.

- c- People may miss good opportunities to socialize or solve their problems.
- 14- How can a language enjoy an outstanding position worldwide?

كيف يمكن للغة أن تتمتع بموقع بارز في العالم؟

a- It must be easy and practical.

b- People must widely speak it.

c- It must relate to technology.

- d- It must be the language of business.
- 15- Why do Kuwaitis meet in Diwaniyas?

لماذا يتقابل الكويتيون بالديوانيات؟

- a- Diwaniya is an essential center for social interactions.
- b- It is the place where people meet, discuss, make transactions, and show hospitality.
- 16-On which occasion do family members get together?

في أي مناسبة يجتمع أفراد العائلة؟

- a- Family members can meet up at birthday parties and marriage ceremonies.
- b- They can get together at Eid Al-Fitr and Ramadan.

#### 17-Why do people go to cafés nowadays?

لماذا يذهب الناس إلى المقاهي هذه الأيام؟

a- They get together with their friends. b- They do business.

c- They drink some hot and cold drinks. d- They escape from the burdens of life.

18- Coffee houses were the center of social life in the past. Explain

كانت المقاهي مركزاً للحياة الاجتماعية في الماضي. اشرح.

a- Scientists, businessmen, writers, and artists used to meet there.

b- People used to exchange the news with each other; it helped to strengthen relations.

19-What kind of people used to go to coffee houses in the past?

ما هو صنف الناس التي اعتادت الذهاب للمقاهي في الماضي؟

They were writers, businessmen, scientists, and politicians.

20- How can good communication affect relationships?

كيف يمكن أن يؤثر التواصل الجيد على العلاقات؟

a- Communication can create better relationships.

b- It can also help people make good decisions.

c- It can help people solve problems.

d- It can build trust amongst people.

21- What is meant by "Listening between the lines."?

ما معني " استمع لما بين السطور."؟

a- You must listen carefully to understand what a person means.

b- You must try to pay attention to indirect speech.

22- How has the internet revolutionized the domain of communication?

كيف أحدث الإنترنت تغييراً جذرياً في مجال الإتصالات؟

a- People can communicate faster and easier.

b- Businessmen can grow their businesses.

c- Online shopping is available 24/7.

d- People can pass information very quickly.

23- Why is empathy a significant factor for effective communication?

لماذا يعد التعاطف عامل مهم للتواصل الفعال؟

a- People can share their feelings.

b- People can understand others' attitudes.

c- Sympathy is a good way of boosting good relationships.

24- Why did people need to develop special kinds of writing?

لماذا احتاج الناس إلى تطوير أنواع خاصة من الكتابة؟

a- People needed to record history. b- People needed to pass on information.

c- People needed to spread knowledge. d- People needed to document transactions.

25- Arabic is different from the Roman Alphabet. Explain.

تختلف اللغة العربية عن الأبجدية الرومانية. اشرح.

a- Arabic is written from right to left, and it has 28 letters.

b-Roman is written from left to right, and it has 26 letters.

26- What are the different uses of the mobile phone?

ما هي الاستخدامات المختلفة للهاتف النقال؟

a- People use it for communicating with each other.

b- People use it for making footage and documenting events.

c- People use it for doing their business.

d- Some people use it for fun.

27- Sheikha Suad Al-Subah is a good example of the modern woman in Kuwait. Explain.

الشيخة سعاد الصباح مثال جيد للمرأة العصرية في الكويت. اشرح.

a- She is a Kuwaiti poet.

b- She is the sponsor of a literary prize bearing her name.

c- She founded a house of publishing and distribution.

28- What are the options for getting rid of old mobile phones?

ما هي خيارات التخلص من الهواتف المحمولة القديمة؟

a- People can sell them.

b- People can give them to their kids or friends.

c- People can send them for recycling.

d- They can also throw them away.

29- What are the disadvantages of using mobile phones?

ما هي عيوب استخدام الهواتف المحمولة؟

a- They waste time.

b- They cause some health problems.

c- They cause accidents if used while driving.

d- They cause distraction and social isolation for children and young people.

30- Why is it a good idea to recycle old mobile phones?

لماذا تعد فكرة إعادة تدوير الهواتف القديمة فكرة جيدة؟

a- Because recycling is very healthy for the environment.

b- It is good for economy because it is less expensive.







تلبجرام



انستجرام



تيك توك

# Translate the following into good English:

فهد: وقد قمنا بتزين المنزل قبل الحفلة وجهزنا الطعام والمشروبات ودعونا بعض الأصدقاء.
سعد: الديوانيات هي تجمعات اجتماعية غير رسمية في الكويت. <b>U3</b>
حمد: نعم. يلتقي الرجال فيها لمناقشة أمور عديدة مثل الأعمال التجارية والقضايا الإجتماعية وكذلك الرياضة.
سلمى: هل تعلم أن المقاهي قديما كانت أماكن مبهجة بها رفوف كتب ومرايا وأثاث جيد؟ <b>U3</b>
حسن: نعم، فقد كانت أماكن هادئة يتحدث فيها الناس بلطف مع بعضهم البعض.
أحمد: الديوانية هي تجمع غير رسمي للرجال لمناقشة الأمور الرياضية والأدبية والسياسية. <b>U3</b>
على: وهي تلعب دوراً جوهرياً لتعزيز الروابط القوية بين العائلات في الكويت.
عبد الله: لماذا يفضل الكثير من الناس شرب القهوة العربية؟ U3
أحمد: لأن لها رائحة وطعم مميزين وتمدهم بالطاقة.
محمد: أين يذهب رجال الأعمال هذه الأيام ليستكشفوا أخبار الأعمال المحدثة؟ U3
سالم: الإجابة بسيطة، فهم يدخلون على الإنترنت ليكونوا على تواصل مع المستجدات.
أحمد: عندما تكون مستمعا جيداً وصبوراً فهذا يساعدك على معالجة العديد من المشاكل.U4
على: فعلاً. بل ويساعدك كذلك على النظر إلى العالم من خلال عيون الآخرين.
ساره: التواصل الفعال هو المكون الرئيسي للعلاقات الصحية. <b>U4</b> 

أحمد: هل يمكنك تعريف معني كلمة الدفاعية؟ <b>U4</b>
ليلي: الدفاعية هي المصدر الرئيسي لمشاكل التواصل حيث يشعر الشخص بأنه مهدد فيقوم بالدفاع عن نفسه.
حصة: يمكنه ذلك عن طريق الاستماع بانفتاح وتفاهم وأن يمارس الاستماع المدعوم.
سالم: كونك مستمع جيد وصبور يساعدك ليس فقط على حل مشاكلك، ولكن أيضاً أن ترى العالم عبر عيون الآخرين. <b>U4</b>
طلال: يمكنه ذلك عن طريق الاستماع بانفتاح وتفاهم وأن يمارس الاستماع المدعوم.
عبد الله: بدأ <mark>الن</mark> اس الكتابة منذ أكثر من خمسة الاف سنة. <b>U5</b>
أحمد: هذا ص <mark>ح</mark> يح، فقد طور الناس الكتابة لتوثيق <mark>ونقل ا</mark> لمعلومات.
سارة: استخدامنا للهاتف المحمول دائماً يتلقى الكثير من الاهتمام. <b>U6</b>
خالد: لقد أصبحت الهواتف المحمولة ضرورة ملحة للناس من مختلف الأعمار والوظائف. <b>U6</b>
سلمى: يستخدم الوالدان الهواتف المحمولة للاطمئنان على أبنائهم أو حتى الاتصال للمساعدة في أوقات الطوارئ. <b>U6</b>
طلال: تعتبر شيخه سعاد محمد الصباح قدوة صالحة للنساء الكويتيات. <b>U6</b>
محمد: نعم، فهي أسست دار للتوزيع و النشر و لها العديد من المقالات السياسية و الاقتصادية؟

Suggested Language Functions	Grade 11	First Period
Language Function	Ex	amples
الوظائف اللغوية		الأمثك
Expressing Opinion	- I think	-As I think
التعبير عن الرأي	-I believe	- In my opinion
Agreeing to Opinion	-I agree with you.	– that's what I think.
قبول رأي	-I couldn't agree more.	– I totally agree.
Disagreeing to Opinion	-I disagree with you.	- I don't think so.
رفض رأي	-I don't agree.	- You are wrong.
Prediction	- It could be	-It's probable
التنبوء	-It's possible	- It's going to
Giving Warnings	- If you don't	, you will/won't
إعطاء تحذير	- Be careful	- Watch out
Making Suggestion	- Let's -Shall we	-Why don't we
عمل إقتراح موننده موننده		- How/What about - Good idea!
Accepting / Rejecting a Suggestion قبول ورفض الاقتراح	- That'd be great! -No, I can't take it.	- Good idea! - I am not keen on it.
Giving Advice	- You should	-You shouldn't
إعطاء نصيحة	-you had better	- If I were you, I would
Asking for Help	- Can you help me, please?	-I need your help!
طلب المساعدة	-Could you do me a favor?	- Would you give me a hand?
Expressing likes/dislikes	- I like thatI am into it.	-I prefer.
التعبير عن الحب أو الكراهية	-I dislike itI can't stand th	•
Persuading	- There is no time to waste! -Just think about	
الاقتاع	- What are you waiting for?	
Inviting	- I'm writing to invite you to	
الدعوة	- I look forward to seeing you.	
Accepting and Rejecting Invitation	- Thanks! I'd love to.	
قبول ورفض الدعوة	- I'm sorry! I'm already engag	ed in another activity.
Expressing Blame	- You should have done that.	
	- You shouldn't have done that.	
	- One of the positive influences ofis	
	- I'm really worried about that.	
and the second s		•
, -	<u> </u>	•
the contract of the contract o	·	
		t.
الاعتذار	•	
Stating Advantages شرح المزايا  Expressing Worry التعبير عن القلق  Making Request عمل طلب  Making Plans عمل الخطط  Expressing Gratitude التعبير عن العرفان بالجميل  Apologizing	<ul><li>You shouldn't have done tha</li><li>One of the positive influence</li><li>One of the best advantages</li></ul>	es ofis ofis t May I - Would you mind? together. ur attention.

# Write what you would say in the following situations:

1- Your brother wants to jump in line at the cashier.
2- You want to go to the stadium to watch a football match, but your father refuses.
3- Your younger brother asks about the purpose of tough traffic laws.
4- Your wealthy neighbor wonders about ways of helping poor people.
5- You are invited to attend one of your friend's birthday parties, but you'll be abroad
6- You are booking a flight. You're asked if you prefer a window or an aisle seat.
7- Your father asked you why you decided to join the science section.
8- Your younger brother wants to do a project on pollution, but he doesn't know where to find information.
9- Your friend is planning to take part in school elections this year.
10-Your brother doesn't have a driving license, but he intends to rent a car.
11- Your friend asks why you are moving to a new area.
12- Experts believe that people do a lot of harm to the environment.
13- You have been invited to a festival, but you can't go.
14- You're on your way to a celebration, but you are stuck in the traffic.
15- Your dad thinks that killing rare animals is good for saving food and water.
16- Your classmate is getting unfit because he always eats a lot.

17- Your English friend asked you to tell him about Hala February Festival.
18- Your friend believes that hard work and determination are the keys to success.
19.Your friends asked you to describe a family celebration you attended yesterday.
20. Your father wants to buy you a new car, but you want a motorbike.
21- Your friend suggested going to the stadium to watch the match.
22. Your friend asked you to go camping with him, but you did not like the idea.
23. Your friend asked you where you can meet to discuss the project.
24. You ask a waiter in a restaurant to bring your meal faster.
25. A friend of yours drinks five cups of coffee per day.
26. Your classmate helped you to finish your project.
27. Your cousin asked you why you chose to study Engineering
28. Your friend asked you to go on a trip with him/her at the weekend.
29. Your brother wants you to help him carry heavy bags.
30. You want to start an interview with a famous journalist.
31.Your cousin asked you about the advantages of having an i-phone.
32.A friend of yours says that Galaxy tablet is better than Apple i-pad.
33.Your dad asked you to list the disadvantages of using Galaxy mobiles.
34.Your mom asked you why you were late last night.
35.Your friend shared a bad experience with you using cheap Chinese mobiles.









			First Period
A-) From a, b, c, c	and d, choose the	most suitable word:	
<ol> <li>The royal wedding</li> </ol>	party was followed	l by unforgettable thre	e days of
a. canopy	b. character	c. unison	d. festivity
2. Kuwaitis always sho	ow a/anresponse	e to the needs of the po	or all over the world.
a. precious	b. immediate	c. lonesome	d. intricate
3. Students need to	pass the IELTS tes	stto join some uni	versities abroad.
a. mainly	b. gradually	c. traditionally	d. originally
4. Towealth i	s difficult, but to s	pend it wisely is more o	lifficult.
a. enclose	b. acquire	c. dominate	d. import
5. Computer	is becoming essent.	<mark>ial a</mark> s the ability to driv	ve a car.
a. capacity	b. literacy	c. assumption	d. cuneiform
6. The names of the competition winners wereon the first page of this book.			
a. launched	b. enhanced	c. inscribed	d. owed
7. The de <mark>lig</mark> htful	of th <mark>e flow</mark>	<mark>vers</mark> grown in our garde	n filled <mark>th</mark> e air.
a. fragrance	b. boomerang	c. contribution	d. h <mark>os</mark> pitality
8. It seemed that m	y friend was so	that he didn't notice m	ne at the restaurant.
a. unrivalled	b. financial	c. economic	d. preoccupied
9. Treating children.	may force then	n to leave their homes o	and cause problems.
a. harshly	b. traditionally	c. mainly	d. gradually
10. Arabic and Farsi	share the sameth	ough Farsi has 4 more	letters than Arabic.
a. distractions	b. characters	c. roundabouts	d. carnivals
11. Schools should	gifted learner	s and guide them towar	ds a better future.
a. import	b. swap	c. enclose	d. nurture
12. Fasting makes yo	ou feel empathy witl	n the poor and enhance	s yourfor patience.
a. capacity	b. beverage	c. continent	d. amateur
13. Teachers are currently receivingtraining on teaching methods.			
a. decaffeinated	b. cardiac	c. extensive	d. flattering
14. This young write	r hashis thir	d short story this year	. What a good start!
a. published	b. hired	c. rescheduled	d. refilled

15. After the death of my grandfather's wife, he started feeling depressed and			
a. annual	b. economic	c. quotidian	d. lonesome
16. Arabic coffe	ee is famous for its st	rong flavor as it is spiced w	ith
a. stream	b. cardamom	c. insult	d. wordsmith
17. Wearing a po	air of jeans and a T-sh	nirt is not appropriate for a	/anmeeting.
a. formal	b. irritated	c. flattering	d. preoccupied
18. Those who s	uffer from poor heari	ing find it hard tosp	eaking skills.
a. import	b. enclose	c. desert	d. acquire
19. The skyscra	per in front of my hou	ise my view of th	e sea.
a. takes part in	b. logs on	c. blocks out	d. winds up
20. The	beauty of diamonds	always attracts the attenti	on of women.
a. cardiac	b. eldest	c. decaffeinated	d. d <mark>az</mark> zling
21- The watch n	nechanism is extrem <mark>e</mark> l	<mark>ly</mark> and very difficult t	o be <mark>re</mark> paired.
a. intricate	b. patriotic	c. financial	d. touching
22- Our tourist	guide has given us en	ough time toagain in the	e Liberty Square.
a. gather	b. dominate	c. swap	d. enhance
23- If you want to download this file, you need tothe website.			
a. wind up	b. log on	c. meet up	d. block out
24- Fortunately	, my father's health i	sgetting better after	the operation.
a. meticulously	b. traditionally	c. gradually	d. harshly
25- Last night, i	I watched a/an	movie about a poor homele	ess family.
a. eldest	b. touching	c. practical	d. ameliorated
26- On my first	day at school, my frie	ends welcomed me, whicl	n made me happy.
a. harshly	b. mainly	c. meticulously	d. cordially

27- Dr. Suad Al	-Sabah's to m	odern Arabic poetry is high	ly appreciated.
a. contribution	b. weaving	c. roundabout	d. beverage
28- People belie	eve that computer skill	s will their job oppor	tunities.
a. inscribe	b. enhance	c. commemorate	d. desert
29- The whole f	amily always consults	my grandfather, thanks to h	niswisdom.
a. decaffeinated	d b. irritated	c. unrivalled	d. cardiac
30- I recommen	nd that learners turn t	he TV off while studying as	I find it a/an
a. empire	b. carnival	c. boomerang	d. distraction
31. It was diffic	cult to see anything on	stage because the lights w	ere too
a. dazzling	b. financial	c. mountainous	d. cardiac
32. You can use	the feature in	<mark>i you</mark> r browser to quickly ac	ces <mark>s a</mark> ny website.
a. bagpipe	b. bookmark	c. attestation	d. boomerang
33. The store so	ends text message <mark>s to</mark>	customers about new pr	omot <mark>io</mark> nal offers.
a. desert	b. customise	c. inscribe	d. notify
34. During Eid, I	Muslims wear	new clothes and visit their	relatives.
a. harshly	b. meticulously	c. traditionally	d. gradually
35. We like this	hotel because it enjoy	ys a/an location over	looking the park.
	The state of the s	c. preoccupied	
36. The sound o	f the is usually h	neard in the traditional fest	ivals of Scotland
a. adjustments	b. autographs	c. ballpoints	d. bagpipes
37. It is better to calm down and take a breath when one feels			
a. patriotic	b. financial	c. mountainous	d. irritated
38. My father u	sed to a nice	letter with some money to t	he poor.
a. hike	b. enclose	c. dominate	d. converse
39. The tough m	nanager lost his positio	on because he used to treat	employees
a. harshly	b. originally	c. cordially	d. lately
40. You need to old clocks, otherwise they will stop working.			
a. block out	b. log on	c. wind up	d. rely on

## B-) Fill in the spaces with the most suitable words from the list below:

(dazzling / harshly / rescheduled / irritated / meticulously / reminisce)
1. The police officers checked the crime scenelooking for any fingerprints.
2. My grandfather wasby the loud sound of crying.
3. The principalthe field trip to the Scientific Centre due to the bad weather.
4. My grandparents alwaysabout how life in the past was simple.
5. Visitors of the Avenues are amazed by itslights and modernistic design.
(cordially / courteous / meticulously / enclose / acquire / quotidian)
6- It took him a long time tothe skills he needed to be a professional artist.
7- We spent all weekplanning every detail of our summer trip to Turkey.
8- You'reinvited to attend our graduation party at Hilton Resort.
9- Airline staff must always be, even when some passengers are not.
10- Mobile phones and television have become part of ourlife.
(reminisce / replica / harshly / enhance / originally / adjustment)
11- Pardon me for addressing youlast night. I was a bit nervous.
12- Videos we take always make usabout the good old days.
13- When I visited Paris last year, I bought a niceof the Eiffel Tower.
14- Our teacher of English recommended some books toour listening and
reading skills.
15- I amfrom London, but my family moved to Australia when I was young.
(nomode / condictly / chain / dominate / chadyally / doom)
(nomads / cordially / chain / dominate / gradually / deem)
16. The manager of this famousstores announced the opening of a new branch.
17. All the firemen who put out the huge fire werereceived by the people.
18. The sun isrises, reflecting its light on the waves of the blue sea.
19. In the pastused to travel from place to place looking for water sources.
20. Some people who like collecting old thingsare old stamps to be valuable.

# (contribution / decaffeinated / courteous / reminisce / multitude / publish) 21- The government will.....the latest figures of the Coronavirus cases. 22- My close friend often disagrees with me, but he is always polite and...... 23- Dieticians recommend that we should drink......products and herbal infusions. 24- Before the exams, most students have a.....of questions to ask. 25- The smartboard has made a major.....to learners' motivation in class. (hospitality / launched / precious / interlocutor / reminisced / annual) 26- It is often said that nothing in life is more.....than time and health. 27- You should not interrupt your......during the presentation. 28- One of the most common characteristics of people in Arabia is their..... 29- Kuwait.....a 36-kilometer causeway to link the capital directly with the North. 30- When we met after 20 years, we...about the happy moments we had together. (contributions / launched / beforehand / lately / calendars / swapped) 31. I have been trying to lead a healthier lifestyle ...... 32. Your doctor will provide you with the date of the next visit ...... 33. Last year, our school ...... a huge campaign to reduce marine pollution. 34. Abdulrahman Al Summait is recognized for his ...... to charitable causes. 35. They ...... numbers with the people they met on holiday to keep in touch. (dominant / modem / publishes / imports / roundabout / precious) 36. If you enter the ....., make way to the traffic coming from the left. 37. My uncle owns a/an ...... collection of paintings worth millions of dinars. 38. A powerful ......is essential in all computer systems to connect to the internet. 39. Kuwait ...... cars, machinery and electronics from different countries. 40. The Ministry of Culture .....many interesting local magazines, like Al-Arabi.

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

There is a famous expression in English: "Stop the world, I want to get off!" This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are <u>numerous</u> physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart skip beats, and can cause high blood pressure. Stress can affect the respiratory system in the lungs. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. <u>It</u> can cause stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may always feel tired. When people are under stress, they often overreact to little problems. For example, a usually gentle parent under stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.

Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Addiction often develops because of the overuse of drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused or made worse by stress. If stress is allowed to continue, then one's mental health is put at risk.

It is obvious that stress is a serious problem. It attacks everyone's body. It affects emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

A-) From a, b, c, and d, choose th	e correct answer:	
1- The best title for this passage is:		
a. Health Problems	b. Eating Disorders	
c. The Effects of Stress	d. Serious Mental Illnesses	
2- The underlined pronoun "it" in the 2	e <sup>nd</sup> paragraph refers to:	
a. stress b. asthma c. st	omach d. respiratory system	
3- The underlined word <u>numerous</u> in the	e <mark>2<sup>nd</sup> paragraph means:</mark>	
a. similar b. many c. ac	curate d. interesting	
4- According to the passage, one of th	e following statements is NOT TRUE:	
a. Panic attacks are caused by stress.		
b. Depression is a result of addiction.		
c. Anorexia is a type of eating disorder		
d. Mental illness is a result of long-term stress.		
5- The writer is trying to tell the readers to:		
a. overreact to their small problems.		
b. relax and rest when they are stressed.		
c. breathe too fast when they suffer from asthma.		
d. find treatment for addiction and eating disorders.		
B-) With reference to the passage, answer the following questions:		
6- In what way does stress affect the heart?		
7- What emotions do people suffering from stress go through?		
8- How can people keep their mental health safe?		
9- Who is most likely to suffer from s	tress?	

.....

#### A-) Read the following passage, then do as required:

Reading can change the way that you understand the world. It can give you a broader perspective on things. You can learn about cultures different from your own. Reading is also good for your state of mind. It has a calming effect.

Moreover, it can lower your stress levels and help you relax. You can escape from your troubles for a moment when you read, and it's a positive escape. The benefits of reading are far greater than those of acting like a doofus. So, do yourself a favour: the next time you get a reading assignment, take as much as you can from it. Squeeze it for every drop of knowledge that it contains. Then move to the next one.

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

	"What	are the benefits o	f reading?"	
			Λ <b>7</b> \/	
		ULE/	AZY	
		سما،		,
••••••				

### Model Answer

Reading can change how you see the world and give you a bigger view. It's good for your mind. Also, it makes you feel calm and less stressed. When you read, you can take a break from your problems positively.

#### B-) 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 efficiently 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 answer to the following question:

"How can yo	ou manage y	<u>/our time ef</u>	fectively?"	
		3		
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	J.L.			

#### <u>Model Answer</u>

To manage your time well, you need to stay organized. Also, you must know your goals. In addition, you must control the load of work by making a list and putting important things first. Lastly, you must finish tasks without delay.









## انتظروا أقوي بث مباشر في مراجعة ليلة الإختبار وذلك على انستجرام انجليزي سهل

والخلاصة فى القواعد الخلاصة فى الكلمات الخلاصة فى الكلمات الخلاصة فى أسئلة الكتاب الخلاصة فى الترجمة الخلاصة فى المواقف الخلاصة فى المواقف الخلاصة فى موضوع التلخيص وإعادة الصياغة الخلاصة فى قطعة الفهم والإستيعاب

سيبدأ البث يوم الأحد الموافق 22-12-22 من الساعة 5 عصراً بتوقيت الكويت على انستجرام وتيك توك انجليزي سهل Engleazzy

مع تحياتي وتمنياتي لكم دوام النجاح والتوفيق





