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الروابط التالية هي روابط الصف الثاني عشر على مواقع التواصل الاجتماعي

مجموعة الفيسبوك

صفحة الفيسبوك

مجموعة التلغرام

بوت التلغرام

قناة التلغرام

رياضيات على التلغرام



وزارة التربية

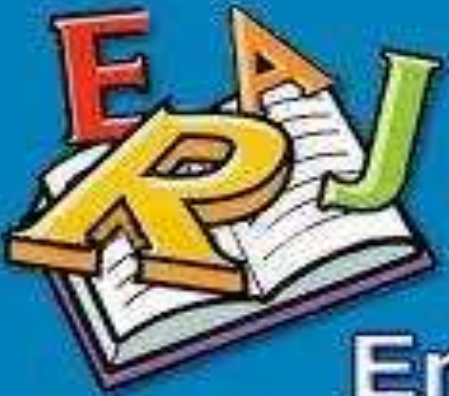
الإدارة العامة لمنطقة حولي التعليمية
مدرسة ماريّة القبطيّة الثانويّة بنات



خطة تدريب الصف الثاني عشر على
أنماط الأسئلة

العام الدراسي 2020/2021

الفترة الدراسية الثانية



English Department

خطة مكثفة

لتدريب طالبات الثاني عشر لاجتياز الاختبارات النهائية

للعام الدراسي ٢٠٢١/٢٠٢٠

الاسبوع	الحصة المتزامنة رقم	ورقة العمل	المحتوى التدريبي	أجزاء المنهج	ملاحظات
السادس	16	Worksheet (1)	Voc. + Str.	Unit 7	
	17	Worksheet (2)	L.F. + S.B.		
	18	Worksheet (3)	Reading		
	19	Worksheet (4)	Summary		
السابع	20	Worksheet (5)	Voc. + Str.	Unit 8	
	21	Worksheet (6)	L.F. + S.B.		
	22	Worksheet (7)	Writing		
الثامن	23	Worksheet (8)	Translation	Unit 9	
	24	Worksheet (9)	Voc. + Str.		
التاسع	25	Worksheet (10)	L.F. + S.B.		
	26	Worksheet (11)	Reading		
	27	Worksheet (12)	Writing		
العاشر	28	Worksheet (13)	Voc. + Str.	Unit 10	
	29	Worksheet (14)	L.F. + S.B.		
	30	Worksheet (15)	Summary		
الحادي عشر	31	Worksheet (16)	Translation		
	32	Worksheet (17)	Voc. + Str.	Unit 11	
	33	Worksheet (18)	L.F. + S.B.		
الثاني عشر	34	Worksheet (19)	Reading		
	35	Worksheet (20)	Sum. + Trans.		
	36	Worksheet (21)	Writing		

Grade 12 – Worksheet (1)

I. VOCABULARY

Unit7

A. Choose the correct answer from a, b, c and d: (5x10=50)

- 1- Customs and traditions form a/an part of every human society.
a- chronic b- vigorous c- geriatric d- integral
- 2- That programme will include live on the current events.
a- centenarian b- commentary c- expectation d- vicinity
- 3- Her enthusiasm mayfor her lack of experience.
a- make up b- do without c- do with d- do up
- 4- She suffered from a chronic back
a- affection b- admiration c- reverence d- ailment
- 5- I hope you had a relaxing and weekend.
a- restful b- drowsy c- onerous d- supple

B. Fill in the spaces with words from the list below: (5x10=50)

(cycle / honoured / blizzard / vigorous / dispute / cardiovascular)

6. Dr. Mark waswith the Nobel Prize for Medicine .
7. A very exercise can increase the risk of heart attacks.
- 8.Smoking places a smoker at serious risk of diseases.
9. Theytheir bikes half an hour daily.
10. We were snowed in by a raging

Unit7

From a, b, c and d choose the correct answer that best completes each of the following sentences: (4 X 10= 40 Ms)

1. Both Mariam and her brotherdinner now.

- a) is preparing b) will prepare c) are preparing d) prepared

2. Four Seasons is the hotel in.....they celebrated their wedding.

- a) Where b) whose c) whom d) which

3. I didn't call you because Imy phone.

- a) had lost b) am losing c) lose d) have lost

4. It's over, I don't want you to lie andmore excuses.

- a) make of b) make up c) make up for d) make into

B) Do as shown between brackets:(4x5=20 Ms)

5. "I didn't attend the meeting yesterday. I must apologize." (Report).

.....

6. The elderly should take the vaccine. The young should take it too.

(Use: Both.....and..)

.....

7. Both Mr. Ali and Me. Nasser got Covid-19 infection last summer.

(Make negative)

.....

8. Why did the police officer fine you yesterday?

(Complete)

My friend asked me.....

Grade 12 – Worksheet (2)

I. Language Functions

Write what you would say in the following situations: (4X 10 = 40 Ms)

1. Your uncle can't choose a suitable place to live in .

.....

2. Your friend's father is sending his old mother to a geriatric home.

.....

3. Your sister has decided to have her wedding dress custom-made.

.....

4. Your father says that in the past he and his friends utilized items from everyday life to play.

.....

II. Set Book

Unit7

Answer ONLY FOUR of the following questions: (4x10= 40 Ms)

1. How can the elderly ensure mental fitness?

.....

.....

2. How can we show gratitude and respect to the elderly?

.....

.....

3. Why are geriatric homes rare in the Arab world?

.....

.....

4. Why is it important to get enough sleep?

.....

.....

5. Why do you think life expectancy has risen in Kuwait in the recent years?

.....

.....

Grade 12 – Worksheet (3)

Reading Comprehension

Whether you're indoors or outdoors, the quality of the air you breathe can have a big impact on your health. Studies have tied poor outdoor air quality to lung cancer, strokes and heart disease. However, the air inside your home is typically even more polluted than the air outside. Some sources, such as building materials, furnishings and electronics, can release pollutants more or less continuously. Other sources, like smoking, cleaning or renovating can release pollutants intermittently. And if you think spraying scented air freshener will clean your air, think again. Most air fresheners just release more chemicals into your home.

Here are some tips on improving your indoor air quality without the use of chemicals. "**Open your windows**" is the simplest (and cheapest!) thing you can do to improve your indoor air quality. Open your windows for even just five minutes a day to alleviate the accumulation of harmful air pollutants in your indoor air. Also having indoor houseplants can help improve indoor air quality,

"**Take your shoes off**". The dirt outside can carry some pesticides, fungi, bacteria, for example. When you walk inside your house, any or all of that could be on the bottom of your shoes, so it's better to take them off when you get inside. If you have a pet, be sure to clean them regularly, brush them outdoors if you can and vacuum floors and furnishings regularly with a HEPA filter.

Many store-bought household cleaners contain toxic chemicals that can cause eye, nose, throat and lung irritation. If you're going to use these, at least open windows while you do. But as a greener option, consider making your own household cleaners using ingredients such as vinegar, baking soda, citrus juice or essential oils. Some essential oils, like tea tree oil, have antibacterial properties and can be added to homemade household cleaners. This can help reduce the number of dust mites in your house, too.

To avoid a kitchen filled with smoke and a lingering smell of burnt oil wafting through your house for hours, use cooking oil that smokes at higher temperatures. If you have central air conditioning, you already have a whole-house air filtration system at your disposal. Most systems have a filter that you need to change regularly, The more you change it, the better.

From a, b, c and d choose the correct answer: (5 x 10 =50)

1. The **best title** for this passage is :
 - a. The bad effects of household cleaners
 - b. The effective ways to purify the air indoors
 - c. How to get rid of fungi and bacteria
 - d. The Reasons of pollution in cities
2. The underlined pronoun "**them**" in paragraph (3) refers to :
 - a. pets
 - b. shoes
 - c. floors
 - d. pesticides
3. The underlined word "**alleviate**" in paragraph (2) means:
 - a. increase
 - b. decrease
 - c. prove
 - d. breathe
4. According to the passage, All of the following cause pollution inside your house **EXCEPT**:
 - a. building materials , furnishing and electronics
 - b. smoking , cleaning or renovating
 - c. spraying scented air fresheners
 - d. some oils like tea tree oil

5. The writer is trying to tell the readers to :

- a. keep the windows closed all time
- b. use store-bought household cleaners
- c. get rid of poor air quality to avoid illness
- d. avoid cooking oils

Answer the following questions: (4 x 15 = 60)

6. What is the result of breathing poor outdoor air quality?

.....

.....

7. Why is it advisable to take your shoes off when you get inside?

.....

.....

8. How can you decrease the bad effects of store-bought household cleaners?

.....

.....

9. There are some ways mentioned in the passage to improve the quality of your indoor air. Mention two.

.....

.....

Grade 12 – Worksheet (4)

Summary Making

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

Leadership is a quality. Being a successful leader has pros and cons. People look up to you as an inspiration. You are a source of guidance for them .They develop a sense of respect for you. You try to analyze your positive and negative aspects to improve .This increases self-awareness. A good leader tries to understand the strengths and weaknesses of people in his team .This helps in broadening his own mindset. The leader takes decisions not only for himself but also for his team. Your decision making skills enhance over time. However , Since you are the leader, you are responsible for the acts of your team. You are accountable for all their actions. As a leader, you have to deal with both good and bad people. They might challenge your patience and this can be frustrating.

In FOUR sentences, summarise and paraphrase the previous passage in answer to the following question: (4X15=60)

What are the pros and cons of being a successful leader?

.....

.....

.....

.....

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

- Copying the whole paragraph receives ZERO.
- Exceeding the required number of sentences (Minus 5 marks for one sentence- Minus 10 for two sentences and above)

I. VOCABULARY

Unit8

A. Choose the correct answer from a, b, c and d: (5x10=50)

- 1- Ruralcan lead to overcrowding in cities.
a- depopulation b- almond c- unemployment d- contentment
- 2- The runners their direction on the track.
a- narrated b- reversed c- exported d- bumped
- 3- The books that the children are using to learn to read are on a scale of difficulty
.a- graduated b- deserted c- rural d- astounded
- 4- The money is used by local authorities to pay for
a- overcrowding b- infrastructure c- depopulation d- demarcation
- 5- He believes that people can find peace and in living simply.
a- contentment b- disturbance c- metropolis d- hub

B. Fill in the spaces with words from the list below: (5x10=50)

(narrates / palatial / glamour / advantageous / reverses / disturbances)

6. He lives in a house near the sea.
7. Her experience placed her in an/a position to apply for the job.
8. She doesn't want any more while she is studying.
9. The author his story in great detail.
10. He left his hometown, attracted to theof the big city.

Unit 8

From a, b, c and d choose the correct answer that best completes each of the following sentences: (4 X 10= 40 Ms)

1.No sooner had Ali felt sickhe went to the hospital.

- a) than b) then c) that d) when

2.We bumped into the famous actorfilms achieved great success.

- a) Where b)whose c)whom d)which

3.Seldom his own photo, he used to ask someone to do this for him.

- a) had he taken b) has he taken c)has taken d)had taken

4.....had we reached the house when the phone rang.

- a) No sooner b) Hardly c) Never d) Not only

B) Do as shown between brackets:(4x5=20 Ms)

5. I have seldom been so upset about something. **(Begin with : Seldom)**.

.....

6. She only now understood the problem.

(Begin with : Only now)

.....

7. They have never seen such a beautiful sight.

(Begin with : Never)

.....

8. Scarcely had they arrived at the airport, **(Complete)**

.....

I. Language Functions

Write what you would say in the following situations: (4X 10 = 40 Ms)

1- You are asked about the best way to settle disputes among teenagers.

.....

2- Your brother is crazy at buying the latest attires.

.....

3- Your friend is not convinced that the media plays a vital role in forming the public opinion.

.....

4- Some of your classmates are against the idea of taking part in cleaning up the school.

.....

II. Set Book

Unit 8

Answer ONLY FOUR of the following questions: (4x10= 40 Ms)

1. Why do you think, many people moved from the village to the city?

.....
.....

2. Why do many wealthy people move from the city to the countryside?

.....
.....

3. How could city life be made less stressful for the people who live there?

.....
.....

4. What disadvantages are there to living in a city?

.....
.....

5. What's the ultimate aim of Silk City?

.....
.....

Grade 12 – Worksheet (7)

Composition

"Village life has come to an end. It is the time of city life"

Plan and write an expository essay of 14 sentences (160 words) showing **the advantages** and the **disadvantages of living in the city**.

Write your plan here

Introduction:

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Body 1

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Body 2

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Conclusion

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This image shows a full page of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

- 20 marks to be deducted from the total mark for changing the format.
- Off point topics / outlines receive ZERO.
- 5 marks to be deducted from the outline if the ideas are not used in the topic.

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- Off point topics / outlines receive ZERO.
- 5 marks to be deducted from the outline if the ideas are not used in the topic.

Grade 12 – Worksheet (8)

Translation

Translate the following sentences into good English:

يندر وجود دور للمسنين في الكويت لأن تعاليم الدين الإسلامي توصينا ببر الوالدين

.....

.....

يعتمد كم النوم الذي نحتاجه على عوامل عديدة منها العمر والروتين اليومي والتركيبية الروتينية

.....

.....

يهجر بعض الأثرياء المدن وينتقلون للقرى هرباً من الازدحام والتلوث

.....

.....

تعتبر مدينة الحرير هي الحل الأمثل لمشاكل الكويت السكنية

.....

.....

Grade 12 – Worksheet (9)

I. VOCABULARY Unit 9

A. Choose the correct answer from a, b, c and d: (5x10=50)

- 1 Science fiction movies play a very significant role inliterature.
a- unusual b- contemporary c- custom-mad d- unique
- 2 My son felt embarrassed when he behavedin front of the guests.
a- ungentlemanly b- customarily c- seamlessly d- densely
- 3 The plates are hand painted by our finest.....
a- craftsmen b-bill c- doctorate d- biography
- 4 My CD player stopped working .I'm trying toit myself
a- promote b-resign c- fix d- socialise
- 5 My mother was the first female to be as a minister.
a- deprived b- deserted c- embarrassed d- appointed

B. Fill in the spaces with words from the list below: (5x10=50)

(put to / resigned / workshop / call the shot / unique / competent)

- 6 .The minister has due to criticism made by the parliament.
- 7.The general manager is the one who isin our company.
8. I have a question I want toyou.
9. Each person's genetic code is except in the case of identical twins.
10. Eman is a very..... teacher, he has a great influence on his students.

Unit 9

From a, b, c and d choose the correct answer that best completes each of the following sentences: (4 X 10= 40 Ms)

1. You can have a toothby the dentist.

- a) take b) took c) taken d) taking

2. Sara Enough time for herself when her kids were young, but now she does.

- a) Didn't use to have b) used to have c) doesn't use to have d) is used to have

3. The Forester's their house redecorated last spring.

- a) had b) has c) have d) having

4. I cannot rememberI had put my car key. I have to search for it

- a) when b) why c) which d) where

B) Do as shown between brackets:(4x5=20 Ms)

5. sara did not repair her car herself (Change into causative).

.....

6. Mr. Ibrahim used to play music when he was younger.

(Change into negative)

.....

7. He is not going to cut the trees in his garden himself.

(Change into causative)

.....

8. Salim didn't use to study in groups because he preferred being lonely. (Ask a question)

.....

I. Language Functions

Write what you would say in each of the following situations :

1- You are moving to a new area and saying goodbye to some friends.

.....

2- An estate agent is showing you round a house which you don't like .

.....

3- A decorator has painted your living room the wrong colour .

.....

4- You work at a shop and you are offering help to a customer .

.....

II. Set Book

Unit 9

Answer ONLY FOUR of the following questions: (4x10= 40 Ms)

1. Why do most people prefer restoring old buildings than building new ones?

.....

.....

2. What are the creative uses of home computers?

.....

.....

3. In what way do young people amuse themselves nowadays?

.....

.....

4. What details may a biography of a person include?

.....

.....

5. What art lessons could one take in Bait Lothan?

.....

.....

Reading Comprehension

Nauris Cinovics, a graphic designer from the Art Academy of Latvia designed a plate called the “**crinkly** plate”. It has uneven edges that reduce the amount of food you can put on it. “My idea is to make food look bigger than it is. It looks like there is the same amount of food as on a normal plate, but there is less of it,” said Cinovics. “This tricks the brain so it thinks you are eating more.” The plate is made of clear glass. It could make dinner a more complicated and longer meal than it usually is. Getting food out of the crinkly plate will make people eat their meal more slowly.

Cinovics has also designed heavy cutlery. This makes eating hard work so the meal lasts longer. His knife, fork and spoon weigh 1.3kg each. “We tested this and it took 11 minutes to finish a meal with this cutlery, not seven minutes as usual,” he said. “Our brain takes at least 20 minutes to receive the message that we should feel full so, if we eat really fast, we think we need more food. If we eat slowly, we receive the message sooner so we eat less.”

Many experts said they were interested in the plate. One found it an interesting idea because it will reduce portion size and you can have a meal with other people and it looks like you all have the same size plate. **Another** thought it was an exciting idea, as there is lots of evidence that we don’t just eat because we need to. It is about habit and what we think we see. Being able to tell your body that you are eating more than you actually are, may help you eat less. Another professor explained that there are ways of tricking the eye. For example, we can use smaller plates to make it look like there is more food. The crinkly plate seems to work in the same way.

More than 30% of the world’s population is overweight. There are many ways to reduce weight like exercises, diets and others. However, there has been hardly any study about how crockery and cutlery design can help people lose weight by changing their eating habits.

- 1- The best title for this passage could be :
 - a- Modern Kitchen Tools
 - b- Losing Weight
 - c- Complicated Dinners
 - d- Graphic Designers
- 2- The underlined word “**Another**” in the THIRD paragraph refers to:
 - a- expert
 - b- plate
 - c- meal
 - d- portion
- 3- The underlined word “**crinkly**” in the FIRST paragraph is closest in meaning to:
 - a- broken
 - b- wavy
 - c- shallow
 - d- stainless
- 4- According to the passage, all the following statements are true EXCEPT:
 - a- A number of food researchers were in favour of the crinkly plate.
 - b- Many studies were made about the effect of crockery on weight loss.
 - c- People feel they have the same amount of food with the crinkly plate.
 - d- Some cutlery may trick the brain and the person gets his satisfaction of food.
- 5- The time spent in finishing a meal with heavy cutlery is:
 - a. eleven minutes
 - b- seven minutes
 - c- twenty minutes
 - d- thirty minutes

Answer the following questions: (4 x 15 = 60)

6- What is the purpose of Cinovics's design?

.....

.....

7- Which material is the crinkly plate made of ?

.....

.....

8- When do we think we need more food?

.....

.....

9- How can we trick our eyes while eating food?

.....

.....

Composition

" Some people argue that it is important to restore the old buildings , while others believe that they should be replaced with modern ones."

Plan and write an argumentative essay of 14 sentences (160 words) explaining both views and stating your own.

Write your plan here

Introduction:

.....

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Body 1

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Body 2

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Conclusion

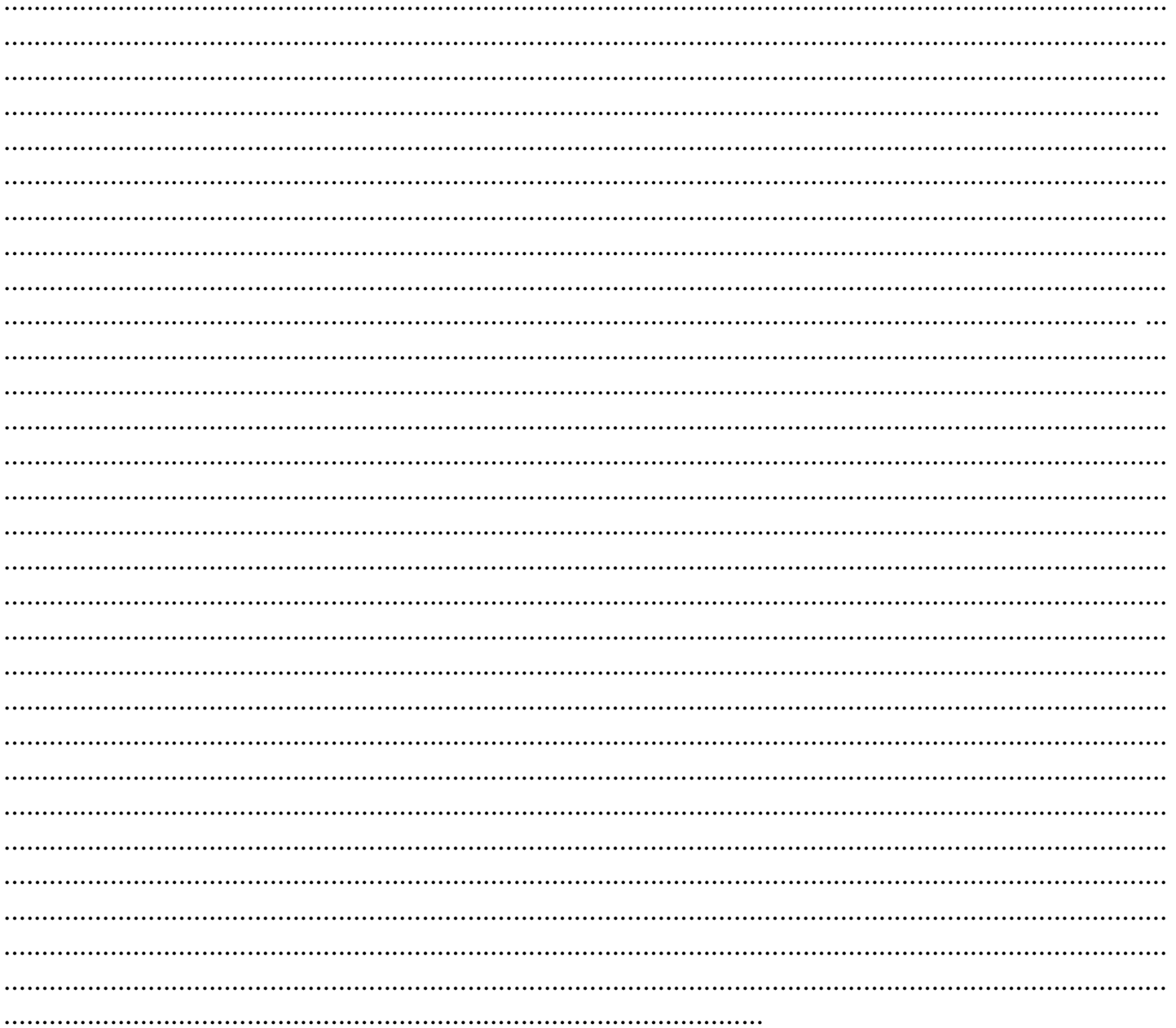
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- 20 marks to be deducted from the total mark for changing the format.
- Off point topics / outlines receive **ZERO**.
- 5 marks to be deducted from the outline if the ideas are not used in the topic.

I. VOCABULARY Unit 10

A. Choose the correct answer from a, b, c and d: (5x10=50)

- 1 Two of the mountaineers were in a state of.....after climbing the summit of Everest.
a) exhaustion b) summit c) attempt d) arson
- 2 The UN annual report will the problems of the hunger and poverty in the world.
a) highlight b) clamber c) ascend d) scale
- 3 The climber felton the summit of the Himalaya.
a) extreme b) grueling c) perilous d) dizzying
- 4 My grandfather used to use a.....to see the distant thing.
a) binoculars b) concept c) habitation d) frost-bite
- 5 My friend is hard-pressed with financial problems she needs me toher.
a) set a record b) assist c) cope with d) entail

B. Fill in the spaces with words from the list below: (5x10=50)

(frostbite/ come up / fatigued / cope with/ attempt / trasverse)

- 6-My brother looked extremely.....after working on the project all day long.
- 7- Rolls-Royce cars manage to maintain their despite time and age.
- 8- The committee had to cancel today's meeting because something urgent has.....
- 9- We should wear heavy clothes during winter as severe cold usually causes.....
- 10-The elderly always find difficulty totechnology.

Unit 10

From a, b, c and d choose the correct answer that best completes each of the following sentences: (4 X 10= 40 Ms)

1. Hussein felt nervous because he had never before

- a) fly b) flew c) flown d) flying

2. We bumped into the famous actor in the Mall we had finished shopping.

- a) after b) before c) by the time d) when

3. Sara having sleepless nights and feeling tired.

- a) have been b) had been c) haven't been d) hasn't been

4. had we reached the house than the phone rang.

- a) No sooner b) Hardly c) Never d) Not only

B) Do as shown between brackets: (4x5=20 Ms)

5. Noura used to play tennis very well.

(Ask a question)

.....

6. "How long are you going away for?" asked my mother.

(Begin with : My mother asked..)

.....

7. They have rarely seen such a beautiful view.

(Begin with : Rarely)

.....

8. Both Europe and America suffer from Covid-19

(Make negative)

.....

Language Functions

Write what you would say in the following situations: (4X 10 = 40 Ms)

1- You want to ask when the next train leaves.

.....

2- You're giving advice to your friend who looks tired from overwork.

.....

3- You need directions to the city centre.

.....

4- Which is better : studying in Kuwait or abroad.

.....

II. Set Book

Unit 10

Answer ONLY FOUR of the following questions: (4x10= 40 Ms)

1. What qualities should a person have to survive on expeditions or mountain climbing?

.....

.....

2. Mention some difficulties a person might face during expeditions?

.....

.....

3. What kind of preparations do people have to make before going on expeditions?

.....

.....

4. What equipment should we have when we go camping/driving across the desert?

.....

.....

5. " Record-breaking attempts have disadvantages such as:

.....

.....

Summary Making

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

Competition can teach children tremendous life lessons. Keeping score gives them extra motivation to do their best. People pursue excellence when they compete. As a result, kids become able to take risks. Once they realize that competition is not a terrifying thing, they can take risks. They can develop their confidence to do things that are hard or uncomfortable. In competitions, sometimes they work hard, and they still lose. Sometimes they win but still didn't perform as they wanted to. When they compete, they are part of a team, they are in a network of peers and adults who have interests and values similar to theirs. It is always great to have another village in your life or that of your child's.

In FOUR sentences, summarise and paraphrase the previous passage in answer to the following question: (4X15=60 Ms)

What benefits can children gain from competition?

.....

.....

.....

.....

.....

.....

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

- Copying the whole paragraph receives ZERO.
- Exceeding the required number of sentences (Minus 5 marks for one sentence- Minus 10 for two sentences and above)

Translation

Translate the following sentences into good English:

يقضى معظم الناس أوقات فراغهم في ألعاب الكمبيوتر والتحدث عبر الانترنت ومشاهدة التلفاز

.....

.....

كانت الألعاب في الماضي جماعية وكان الأطفال يلعبون باستخدام وسائل بسيطة مثل الصخور والأصداف والرمال

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يواجه متسلقي الجبال العديد من الأخطار منها الطقس السيئ والإرهاق ونقص الأوكسيجين

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يمارس بعض الناس الرياضات بالغة الخطورة من أجل الشهرة والمال وليثبتوا أنهم أبطال.

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I. VOCABULARY Unit 11

A. Choose the correct answer from a, b, c and d: (5x10=50)

1 Some people think space exploration is completely because it costs billions of dollars.

- a) abnormal b)abhorrent c)sentient d)intrepid

2is the collection of nine planets and their moons in orbit around the sun.

- a) universe b)GPS c)solar system d)concept

3The clouds..... us from seeing the sun completely today.

- a) revolve b)orbit c)execute d)obscure

4 The design of the building is really..... Tourists always admire it.

- a) astronomical b)awe-inspiring c)afflicted d)unconscious

5.are the items used in space that improve our lives on earth.

- a)frontiers b)missions c)spin offs d)habitations

B. Fill in the spaces with words from the list below: (5x10=50)

(economical/ dispatched / approximately / take for granted / habitación/ emisión)

6 I can't remember the amount exactly. The car cost me6000 KD.

7 There is an.....boom after the discovery of Oil in the Gulf region.

8. We doubt that there would be aon the planet Mars.

9-Probes are usuallyto examine the surface of the planet.

10- We mustall the concepts related to our religion.

Unit 11

From a, b, c and d choose the correct answer that best completes each of the following sentences: (4 X 10= 40 Ms)

1.No sooner had Salim lost his wallethe reported the bank to stop the Visa Card.

- a)than b) then c) that d) when

2.We bumped into our neighbourshave recently moved in their new house.

- a)Where b)whose c)who d)which

3.Seldom his own car, he used to ask someone to fix it for him.

- a)had he fixed b) has he fixed c)has fixed d)had fixed

4. Peoplefrom their homes so that work on the dam could be started.

- a)were moved b) was moved c) is moved d) has moved

B) Do as shown between brackets:(4x5=20 Ms)

5. The government might have built new hospitals for more patients. (Change into passive).

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6. She hasn't gone shopping. She hasn't cleaned the house.

(Use : Neithernor....)

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7. They must have lost the bus.

(Change into passive)

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8. Expensive cars are not reliable . They are not faster than cheaper alternatives.

(Use : Neithernor....)

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I. Language Functions

Write what you would say in the following situations: (4X 10 = 40 Ms)

1- Your friend says that life in the future will completely change .

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2- Your friend apologized for breaking your mobile phone .

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3- You saw an old lady carrying heavy bags .

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4- Someone stepped on your feet while walking in the street.

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II. Set Book

Unit 11

Answer ONLY FOUR of the following questions: (4x10= 40 Ms)

1. Space technology innovations have helped people to transform their life on Earth. Explain.

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2. How has space technology affected aircraft technology?

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3. Wireless technology has been developed to achieve many benefits. Give examples.

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4. Why would some people be against space exploration?

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5. What is the importance of the International Space Station (ISS)?

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Grade 12 – Worksheet (19)

Reading Comprehension

No matter your personal motivation for weight loss, the benefits of being at a healthy weight are indisputable. But some unexpected changes and challenges rear their ugly heads when you are losing, or have already lost, a significant amount of weight. Although everyone who loses weight won't suffer from these things, it's important to be aware of them and to talk to a doctor if they do occur.

You could develop loose, sagging skin and stretch marks because of losing lots of weight too fast. This happens because the skin isn't able to shrink as quickly as the body. Focus on slow, steady weight loss at a rate of about one to two pounds per week to give the skin time to shrink along with the body. Resistance exercises are good to prevent the loss of lean muscle mass.

Females could stop getting period. The stress placed on their bodies during weight loss could also impact their period. This happens because the body thinks it's starving hormonally. So the body doesn't conserve the period so that they don't get pregnant and really have a problem."

You might feel colder. Your body is going to lower your metabolic rate when you lose weight to try to conserve energy. And in conserving energy, **it** doesn't have a lot of extra calories to keep you warm. Another reason you might feel colder is because you no longer have fat acting as an insulator. Without that extra layer your body becomes more sensitive to temperature changes as you lose weight.

You might have trouble sleeping. Although we know that sleep is key to successful dieting and weight loss, it might be harder to sleep during weight loss because of dietary changes. Your body is looking for food. "Your taste perceptions could change. People who lost weight via bariatric surgery had a change in taste. That's because of hormonal changes that influence how taste receptors relay information to the brain, according to Health.

You might have a hard time continuing to lose weight. Regaining weight and weight loss plateaus are common after losing lots of weight, and are often due to a lower metabolic rate. That happens as a result of the loss of lean body mass and the fact that the body now needs fewer calories to **function**. Finally, you could get depressed.

From a, b, c and d choose the correct answer: (5 x 10 =50 Ms)

1. The **best title** for this passage is :
 - a. The benefits of being at a healthy weight
 - b. The bad effects of losing weight
 - c. How to lose weight in a healthy way
 - d. personal motivation for weight loss
2. The underlined pronoun "it" in paragraph (4) refers to :
 - a. The body
 - b. The energy
 - c. The fat
 - d. The temperature
3. The underlined word "function" in paragraph (6) is the OPPOSITE of :
 - a. work
 - b. conduct
 - c. perform
 - d. discontinue
4. According to the passage, one of the following statements is **NOT TRUE**:
 - a. Resistance exercises prevent the loss of lean muscle mass.
 - b. Sleep is the key factor of successful dieting.
 - c. Regaining weight is common after losing lots of weight.
 - d. The skin is able to shrink as quickly as the body while losing weight.

5. The writer is trying to tell the readers to :

- a. lose weight and stay healthy
- b. avoid stress while losing weight
- c. be aware of unexpected changes while losing weight
- d. regain weight and keep muscle mass

Answer the following questions : (4x15= 60 Ms)

6. Some unexpected challenges face weight losers. Mention Two

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7. How can people who could lose a lot of weight solve the problem of loose sagging skin?

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8. During weight loss, you might feel colder. Why?

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9. What is the result of the loss of lean body mass?

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Grade 12 – Worksheet (20)

Summary Making

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

Video games have become a problem recently. Playing too much computer games makes children anti-social. Young people who are addicted to gaming have spent most of their time indoors. they choose to stay and play their favorite games. Therefore, they grow up without friends or playmates. On the other hand, a child who is engaged in playing much time in video games, might suffer from obesity or overweight, since there are a lack of physical activities and exercises. Furthermore, early child obesity is a serious health issue that may lead to a heart attack. Most children try imitating violence just like in games. Some children form a very destructive behavioral pattern and would try to be dangerous.

In FOUR sentences, summarise and paraphrase the previous passage in answer to the following question: (4X15=60 Ms)

What are the harmful effects of playing computer games on Children?

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

- Copying the whole paragraph receives ZERO.
- Exceeding the required number of sentences (Minus 5 marks for one sentence- Minus 10 for two sentences and above)

Translation

Translate the following sentences into Good English:

إن الهدف من محطات الفضاء هو إجراء التجارب لأيجاد حياة على الكواكب الأخرى

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الكثير من كواكب المجموعة الشمسية ينقصها الأوكسجين في غلافها الجوي

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ساعدت تكنولوجيا الفضاء على جعل الطائرات أخف وزنا وأكثر سرعة وأكثر اقتصادية

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إن نقص الطعام والهواء والتعرض لدرجات الحرارة المختلفة من أكثر المشاكل التي تواجه رواد الفضاء

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Grade 12 – Worksheet (21)

Composition

"Space is the final frontier from which man has benefited on Earth. Such a scientific frontier has led to revolutionary change in the life of people."

Plan and write an expository essay of 14 sentences (160 words), showing the importance of technological advances and how space technology has revolutionized our life on Earth.

Write your plan here

Introduction:

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Body 1

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Body 2

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Conclusion

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- 20 marks to be deducted from the total mark for changing the format.
- Off point topics / outlines receive ZERO.
- 5 marks to be deducted from the outline if the ideas are not used in the topic.