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الروابط التالية هي روابط الصف الثاني عشر على مواقع التواصل الاجتماعي

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صفحة الفيسبوك

مجموعة التلغرام

بوت التلغرام

قناة التلغرام

رياضيات على التلغرام

# Set Book (Grade 12)

## Unit 7

### 1- What should people do to live longer / stay physically active?

They should:

- practise sport
- eat healthy food
- avoid bad habits

### 2- What should people do to stay mentally active?

People should:

- read books
- solve riddles
- do crossword puzzles.

### 3- Why is it rare to find geriatric homes in Kuwait?

According to the teachings of Islam, we should:

- respect the elderly
- show them compassion
- be grateful to them

### 4- Sleep is essential for a person's health and wellbeing. Explain

Sleep helps:

- the body to relax
- the brain to retain information
- the body to regain activity and energy

### 5- What effects does sleep deprivation have on the body?

Sleep deprivation:

- leads to obesity
- makes you feel drowsy
- destroys the immune system
- causes lack of concentration

### 6- How can we show gratitude and respect to the elderly?

We should:

- stand up when they enter
- hold the door open for them
- Help them with the daily routines

## Unit 8

### 1- Why do some people leave their homes in the countryside to live in cities?

They look for:

- better living conditions
- well-paid jobs
- better services

### 2- Why do many inhabitants in Europe move from the city to the countryside?

They move to:

- avoid pollution
- avoid crowding
- enjoy healthy environment

### 3- Suggest solutions to make city life less stressful for the people who live there.

People should:

- join sport clubs
- attend concerts
- engage in cultural activities

## Unit 9

### 1- What benefits do people get from cultural centers?

They:

- enjoy handmade activities
- join art clubs
- attend seminars
- visit art galleries

### 2- Why can't modern societies do without women in all aspects of life?

Women are: - an integral part in any society. - an essential workforce

### 3- Games:

In the past	Now
collective simple handmade	individual complex / complicated electronic



Mr. Niaz Abdelaziz Triki

**Set Book**  
**12**

### 4- How did Kuwaitis use to spend their free time in the past?

They used to:

- play games involving groups
- spend time working in agriculture or cookery
- do some handicrafts
- go fishing and diving for pearls

### 4- What dangers do extreme sport players may face?

They may face:

- bad weather conditions
- dangerous animals
- dizziness
- high pressure

### 5- Rebuilding and restoring historical buildings:

For	Against
They: - are part of the heritage - tell about cultures - are used as museums	- They cost much money. - The money can be used in other projects.

## Unit 10

### 1- What makes people push themselves to extreme limits?

They want to:

- be famous
- gain money
- break world records

### 2- How should extreme sport players be?

They should be:

- courageous
- fit and healthy
- patient
- dedicated
- self-confident
- strong-willed

### 3- What do extreme sport players need to be safe?

They need:

- enough water/food
- right equipment
- communication devices
- a first aid kit

## Unit 11

### 1- Space exploration:

For	Against
- understanding the universe - looking for new planets	- waste of time and money - risky

### 2- Space technology has a great impact on people's lives. How?

- developing wireless communication
- using the AC
- using aircraft technology
- using solar energy

### 3- In what way has wireless technology brought great benefits for humanity?

- It has helped communication among people over long distances.
- It has provided important applications to humanity such as satellite television, weather forecasting and GPS