



Al-Tamayouz Model School Department of English Worksheet Grade:8

Comprehension

Read the following passage then answer the questions below (4X1=4 marks)

Polar bears will be extinct by the end of the 21st century if the global warming continue this constant rate. Temperatures are rising in the arctic. It is the only place where polar bears are found. This change of nature is having a strong effect on the health and numbers of the world's population of polar bears.

During the winter, polar bears live and hunt on the sea ice. They travel for many kilometers to catch their main food, which is the seal. Through the ice, polar bears can feel the movement of a seal. They sit close to a hole in the ice and wait for the seal to come up for air.

In summer, as the ice melts, some bears return to the shore, fasting until the colder weather and sea ice returns. Others continue to hunt. They swim in the icy water until they reach floating sea ice where they can wait for a seal. Bears who have been fasting all summer weigh less and are weak. They have lost too much of their fat, which is needed to keep them warm and as a source of energy.

Global warming has increased the temperature in the arctic so much that the warmer weather comes sooner each year and its lasts longer. It has been predicted that by the end of this century there will be no sea ice left. As the temperature continues to rise, the cold winter will be much shorter.



Reading Comprehension

Read the following passage then answer the question below:(4X1=4)

Did you find yourself sleepy at school? What you do before you go to bed has a huge effect on how you feel the next day. If you spend time chatting to people on the social media, or reading books on your e-reader, you are not alone. However, you ought to reduce your screen time at night. Although scientists are only beginning to understand the full effects, the main message they find out is that using devices like phones or tablets before bedtime is not good for your health.

All screens give out a large amount of blue light. It can change your sleep patterns. So, you can wake up several times during the night and have difficulty getting up in the morning. Lack of sleeping well can be a dangerous problem for anyone especially teenagers because their brains are still developing. When you don't sleep well, it can be difficult to concentrate at school, which makes it harder to learn and get good grades. It can also affect your mood; so, you feel sad and unhappy.

So, it's clear. You shouldn't use your phone or tablet before you go to sleep. You mustn't worry about your friends. Nothing on social media is so important that it can't wait a few hours. Rediscover paper books and enjoy feeling tired rather than wondering why your best friend hasn't liked your photo. Don't use the alarm on your mobile. Buy yourself an old-fashioned alarm clock.

A) Choose the correct answer from a, b ,c and d:(2X1=2)

1-what is the best title of the passage ?

a) Social Media

b-Develop Brains

c) Screen Time at Bedtime

d) The Importance of E-Readers

2- The meaning of the underlined word lack in the 2nd paragraph is:

a) shortage

b- tool

c) wisdom

d- trust



b- Answer the following questions according to the passage:(2X1=2)

3-How does poor sleep affect mood?

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4- what does the writer advise people to do before going to bed?

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Answers

1-Screen Time at Bedtime

2- shortage

3-It makes people feel sad and unhappy.

4- people ought to reduce screen time at night.

