

## English department



## Revision booklet (Grade 9)

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# ✓ REVISION SHEET – TERM 2

## ◆ SECTION 1: REQUIRED VOCABULARY

Below is **all required vocabulary**

| Word                 | Definition (English)                          | Arabic Translation |
|----------------------|-----------------------------------------------|--------------------|
| dorm                 | a student room in a college                   | سكن طلابي          |
| commute              | travel regularly between home and work/school | يتنقل              |
| campus               | university grounds and buildings              | حرم جامعي          |
| facilities           | buildings/services provided for a purpose     | مرافق              |
| affordable           | not too expensive                             | بأسعار معقولة      |
| preference           | a greater liking for something                | تفضيل              |
| environment          | surroundings or conditions                    | بيئة               |
| plan                 | decide in advance                             | خطة                |
| schedule             | timetable of activities                       | جدول               |
| metabolism           | chemical processes in the body                | التمثيل الغذائي    |
| calories             | units of energy in food                       | سعرات حرارية       |
| regain               | get back something lost                       | يستعيد             |
| chemical processes   | reactions happening in the body               | عمليات كيميائية    |
| lifestyle            | way a person lives                            | نمط حياة           |
| healthy relationship | positive connection                           | علاقة صحية         |
| metabolic rate       | speed of metabolism                           | معدل الأيض         |
| unhealthy behaviors  | harmful habits                                | سلوكيات غير صحية   |
| nutritious           | healthy and full of nutrients                 | مغذي               |
| dietary              | related to diet                               | غذائي              |
| exercise program     | planned physical activities                   | برنامج رياضي       |
| habits               | repeated behaviors                            | عادات              |
| recipe               | cooking instructions                          | وصفة               |
| ingredients          | foods used in cooking                         | مكونات             |
| beat                 | mix strongly                                  | يخفق               |
| dip                  | put briefly into liquid                       | يغمس               |
| fry                  | cook in hot oil                               | يقلّي              |

| Word              | Definition (English)        | Arabic Translation |
|-------------------|-----------------------------|--------------------|
| <b>melt</b>       | become liquid from heat     | يذوب               |
| <b>serve</b>      | give food to someone        | يقدم               |
| <b>order</b>      | ask for food                | يطلب               |
| <b>menu</b>       | list of food                | قائمة طعام         |
| <b>waiter</b>     | person serving food         | نادل               |
| <b>appetizer</b>  | small dish before main meal | مقبلات             |
| <b>dessert</b>    | sweet dish after meal       | حلوى               |
| <b>beverage</b>   | drink                       | مشروب              |
| <b>recommend</b>  | suggest                     | يوصي               |
| <b>virtual</b>    | online/not physical         | افتراضي            |
| <b>connect</b>    | join or link                | يتصل               |
| <b>interact</b>   | communicate                 | يتفاعل             |
| <b>global</b>     | worldwide                   | عالمي              |
| <b>profile</b>    | online personal page        | ملف شخصي           |
| <b>member</b>     | person in a group           | عضو                |
| <b>real-life</b>  | happening in reality        | في الحياة الواقعية |
| <b>share</b>      | give part to others         | يشارك              |
| <b>post</b>       | publish online              | ينشر               |
| <b>group</b>      | people together             | مجموعة             |
| <b>social</b>     | related to society          | اجتماعي            |
| <b>reality</b>    | real life                   | واقع               |
| <b>belong</b>     | feel part of                | ينتمي              |
| <b>opinion</b>    | personal belief             | رأي                |
| <b>mix</b>        | combine                     | يخلط               |
| <b>community</b>  | group of people             | مجتمع              |
| <b>connection</b> | relationship                | ارتباط             |
| <b>society</b>    | people living together      | مجتمع              |
| <b>balanced</b>   | healthy and equal           | متوازن             |
| <b>vitamin</b>    | nutrient needed by body     | فيتامين            |
| <b>nutrition</b>  | food needed for health      | تغذية              |
| <b>exercise</b>   | physical activity           | تمارين             |
| <b>junk</b>       | unhealthy food              | غير صحي            |
| <b>snack</b>      | small meal                  | وجبة خفيفة         |

## ◆ SECTION 2: GRAMMAR RULES

### 1 Comparatives & Superlatives

#### Comparative (comparing two things)

Structure:

- short adjective + er → taller

Examples:

- This campus is bigger than the other one.
- 2 Two or more syllables  
→ more + adjective
  - more beautiful
  - more interesting
  - more comfortable
- Online classes are more convenient than traditional classes.

#### Superlative (comparing three or more)

Structure:

- the + short adjective + est → the tallest
- the most + long adjective

Examples:

- It is the best university in the city.
- 2 Two or more syllables  
→ the most + adjective
  - the most beautiful
  - the most interesting
  - the most expensive
- This is the most affordable option.

### ◆ C. Irregular Forms

These do NOT follow normal rules:

| Adjective | Comparative       | Superlative                 |
|-----------|-------------------|-----------------------------|
| good      | better            | the best                    |
| bad       | worse             | the worst                   |
| far       | farther / further | the farthest / the furthest |

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## 2 Future Forms (Going to / Might)

### Going to

Used for plans and intentions.

Structure:

Subject + am/is/are + going to + verb

Example:

- I am going to study medicine.
- We are going to improve our lifestyle.

### Might

Used for possibility.

Structure:

Subject + might + verb

Example:

- I might choose a college near my home.
- She might join a virtual community.

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## 3 Modals (Present)

### Should (advice)

- You should eat healthy food.

### Must (strong obligation)

- Students must study for exams.

### Might (possibility)

- He might order a dessert.

## 4 Past Simple

ENGLISH GRAMMAR

PAST SIMPLE TENSE

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+
Affirmative

**SUBJECT**  
I / you / we / they  
he / she / it

+

**VERB**  
lived

...

+ Affirmative: I **lived** in London.

+ Affirmative: She **lived** in Paris.

+ Affirmative: He **watched** a movie.

+ Affirmative: They **wanted** a holiday.

Past tense regular verbs end in -ed.

-
Negative

**SUBJECT**  
I / you / we / they  
he / she / it

+

**AUXILIARY**  
didn't

+

**VERB**  
speak  
need  
live

...

+ Affirmative: I **lived** in Spain.

- Negative: I **didn't live** in Spain.

+ Affirmative: He **watched** a movie.

- Negative: He **didn't watch** a movie.

\* The exception is TO BE which has two forms: was and were.

?
Question

**AUXILIARY**  
Did

+

**SUBJECT**  
I / you / we / they  
he / she / it

+

**VERB**  
speak  
need  
live

...

+ Affirmative: You **lived** in Italy.

? Question: **Did** you **live** in Italy?

+ Affirmative: She **watched** a movie.

? Question: **Did** she **watch** a movie?

The base form of the infinitive = ~~to~~ go, ~~to~~ need, ~~to~~ speak, ~~to~~ live  
The verb is not in the past tense in negative sentences. "Didn't" tells us it is a past tense sentence.

The base form of the infinitive = ~~to~~ go, ~~to~~ need, ~~to~~ speak, ~~to~~ live  
The verb is not in the past tense in questions. "Did" tells us we are asking a past tense question.

[www.grammar.cl](http://www.grammar.cl)
[www.woodwardenglish.com](http://www.woodwardenglish.com)
[www.vocabulary.cl](http://www.vocabulary.cl)

## 5 Past Continuous



### Tips to improve English Grammar

#### Past continuous tense

The past continuous tense represents the action or actions that were occurring in the past.

##### Structure for Past continuous tense:

|                      |                              |                                        |                                                    |
|----------------------|------------------------------|----------------------------------------|----------------------------------------------------|
| <b>Affirmative</b>   | <b>Subject</b><br>I          | <b>Auxiliary verb</b><br>was           | <b>Main verb</b> (base + ing)<br>going to college. |
| <b>Negative</b>      | <b>Subject</b><br>I          | <b>Auxiliary verb + not</b><br>was not | <b>Main verb</b> (base + ing)<br>going to college. |
| <b>Interrogative</b> | <b>Auxiliary verb</b><br>Was | <b>Subject</b><br>I                    | <b>Main verb</b> (base + ing)<br>going to college? |

Get more details at : [www.englishmirror.com](http://www.englishmirror.com)

## 6 Imperatives (Instructions)

Used to give orders or instructions.

Structure:

Verb (base form)

Examples:

- Mix the ingredients.
- Fry the chicken.
- Eat more vegetables.

## 7 Linking Devices & Connectors

Used to connect ideas.

**Addition:**

- also
- furthermore

Example:

- Eating healthy is important. Furthermore, exercise is necessary.

**Contrast:**

- however
- on the other hand

Example:

- Fast food is tasty. However, it is unhealthy.

**Reason:**

- because

Example:

- I chose this college because it is affordable.

**Conclusion:**

- in conclusion

Example:

- In conclusion, healthy food improves our life.

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## SECTION 3: PRACTICE EXAM

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### PART 1: GRAMMAR (20 MARKS)

## Read the passage and circle the correct answer (A, B, or C)

Ali is thinking about his future and wants to choose the best college. The campus near his house is (1) **A bigger / B biggest / C big** than the one in the city. It is more affordable, and he is (2) **A go / B going / C going to** study engineering there. However, he (3) **A must / B might / C should** choose another university because it has better facilities. Last year, he (4) **A visited / B was visiting / C visits** a university fair where he met many students. They (5) **A were / B was / C are** talking about their experiences and giving him advice. After listening to them, Ali felt more confident about making the right decision.

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- 1 **A bigger** – “The campus near his house is bigger than the one in the city.”
  - 2 **C going to** – “He is going to study engineering there.”
  - 3 **B might** – “He might choose another university because it has better facilities.”
  - 4 **A visited** – “Last year, he visited a university fair...”
  - 5 **A were** – “They were talking about their experiences and giving him advice.”
- 

## PART 2: READING (All About Food) (20 MARKS)

(Read the text – 210 words argumentative style)

Eating healthy food is essential for a balanced lifestyle. Many people believe that counting calories is the best way to lose weight. However, experts explain that metabolism and healthy habits are more important. A nutritious diet includes vitamins, proteins, and regular exercise. Some people follow unhealthy behaviors such as eating junk food every day. As a result, they may regain weight quickly.

In addition, having a healthy relationship with food helps improve mental health. Instead of following strict dietary programs, people should focus on long-term habits. For example, cooking at home using fresh ingredients is better than ordering fast food. In conclusion, healthy eating is not only about calories but also about lifestyle and balance.

### Questions

1. What is the main idea of the text?  
A Eating at restaurants  
B Importance of healthy eating  
C Cooking recipes
  2. What affects weight more than calories?  
A Metabolism  
B Menu  
C Dessert
  3. What does “nutritious” mean?  
A Expensive  
B Healthy  
C Sweet
  4. Why do people regain weight?  
A Because of healthy habits  
B Because of exercise  
C Because of unhealthy behaviors
  5. The writer believes people should:  
A Stop eating  
B Focus on long-term habits  
C Only count calories
- 

 **Answers Part 2:**

1. B
  2. A
  3. B
  4. C
  5. B
- 



## **PART 3: READING (20 MARKS)**

(Expository Text – 210 words)

Virtual communities allow people to connect globally. Members can share ideas, post opinions, and interact with others. Some people believe online communities are better than real-life communities because they are faster and easier. On the other hand, others think real-life connections are stronger and more meaningful.

Virtual environments help shy people express their opinions. However, spending too much time online may reduce face-to-face interaction. In conclusion, both virtual and real-life communities are important and can mix in modern society.

## Questions

1. What is the text mainly about?  
A Cooking  
B Online and real communities  
C School life
  2. Why do some people prefer virtual communities?  
A They are safer  
B They are easier and faster  
C They are cheaper
  3. What does “interact” mean?  
A Sleep  
B Communicate  
C Travel
  4. What is one disadvantage of virtual communities?  
A They are expensive  
B Less face-to-face interaction  
C They are boring
  5. The writer believes:  
A Only virtual communities matter  
B Only real communities matter  
C Both are important
- 

## Answers Part 3:

1. B
  2. B
  3. B
  4. B
  5. C
-



## TERM 2 – PRACTICE EXAM (VERSION 2)

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### PART 1: GRAMMAR (20 MARKS)

1. Sara is planning her future. She thinks studying abroad is (1) **A more exciting / B most exciting / C exciting** than studying in her hometown. The university campus there is the (2) **A better / B best / C good** in the country. She is (3) **A going / B go / C going to** visit it next month. However, she (4) **A must / B might / C should** stay in her city because it is more affordable. Last year, she (5) **A visited / B was visiting / C visits** different colleges when she was choosing her major.
  2. \_\_\_\_\_
  3. ☒ **Answer Key**
  4. ☐ **A more exciting** – “Studying abroad is more exciting than studying in her hometown.”  
☐ **B best** – “The university campus there is the best in the country.”  
☐ **C going to** – “She is going to visit it next month.”  
☐ **B might** – “She might stay in her city because it is more affordable.”  
☐ **A visited** – “Last year, she visited different colleges when choosing her major.”
  5. \_\_\_\_\_
- 



### PART 2: READING (All About Food) (20 MARKS)

Read the text and choose the correct answer. Choose A, B or C.

Many teenagers today follow unhealthy eating habits. They often order fast food and drink sugary beverages instead of eating nutritious meals. As a result, their metabolism slows down, and they may gain weight.

Experts explain that a balanced diet should include vitamins, proteins, and healthy snacks. In addition, regular exercise improves metabolic rate and helps burn calories. Some people believe that skipping meals helps them lose weight. However, this behavior can damage the body and cause health problems.

Having a healthy lifestyle means choosing fresh ingredients, cooking at home, and avoiding junk food. In conclusion, small changes in daily habits can lead to big improvements in health.

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### Questions

1. What is the main problem mentioned in the text?  
A Teenagers eat too much fruit  
B Teenagers follow unhealthy eating habits  
C Teenagers cook at home
  2. What happens when metabolism slows down?  
A People lose weight  
B People gain weight  
C People grow taller
  3. What does “balanced diet” mean?  
A Eating only sweets  
B Eating different healthy foods  
C Eating at restaurants
  4. Why is skipping meals unhealthy?  
A It improves health  
B It damages the body  
C It saves money
  5. What does the writer suggest?  
A Make small healthy changes  
B Stop eating snacks  
C Avoid exercise
- 

### ✓ Answers – Part 2

1. B
  2. B
  3. B
  4. B
  5. A
- 

## ◆ PART 3: READING

Here is the reading passage followed by the multiple-choice questions based on the text.

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## Reading Passage: Ordering at a Restaurant

Eating out at a restaurant can be both enjoyable and educational. Many people are familiar with the basic structure of a meal: a **starter** or appetizer, a **main course**, and a **dessert**. Knowing these terms can make it easier to understand the menu and place your order confidently.

When ordering, it is important to consider not only taste but also nutrition. Choosing a balanced meal can be tricky in restaurants, as many dishes contain processed ingredients, excessive sugar, or unhealthy fats. For example, some desserts may look delicious but are very high in calories, while fried appetizers may be convenient but less nutritious. On the other hand, restaurants that offer whole foods, lean protein, and fresh vegetables allow diners to enjoy a meal that is both tasty and health-conscious.

Etiquette is also important. It is polite to wait for all members of your table to receive their food before starting to eat. Asking questions about ingredients or how dishes are prepared is common, especially for those with dietary restrictions such as allergies or diabetes. Many people also ask for smaller portions, or even share a main course, to practice portion control while still enjoying dining out.

Finally, restaurants often provide suggestions for pairing dishes. For instance, a light appetizer may complement a heavier main course, and a fruity dessert can finish the meal pleasantly. Paying attention to these details can make the dining experience more enjoyable and help maintain a healthy and well-rounded diet even when eating out.

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### Multiple Choice Questions

#### Multiple Choice Questions

**1. According to the text, what is a primary benefit of knowing the standard terms for the basic structure of a meal?**

- A) It helps you choose the cheapest items on the menu.
- B) It allows you to place your order with more confidence.
- C) It guarantees that the food will be highly nutritious.
- D) It helps you calculate the exact calorie count of the meal.

**2. Why does the author suggest that choosing a balanced meal in a restaurant can be "tricky"?**

- A) Most restaurants do not provide menus for starters.

- B) Many dishes contain processed ingredients or excessive sugar.
- C) Waiters often refuse to answer questions about the food.
- D) Most people do not know the difference between a starter and a dessert.

**3. What specific restaurant etiquette is mentioned in the text?**

- A) Ordering the most expensive item to show respect.
- B) Waiting until everyone at the table is served before you start eating.
- C) Never asking the waiter questions about how a dish is prepared.
- D) Finishing every bite of food even if the portion is too large.

**4. How can a diner practice "portion control" while still enjoying the experience of eating out?**

- A) By skipping the main course and only eating fried appetizers.
- B) By ordering multiple desserts to share with the table.
- C) By asking for smaller portions or sharing a main course with someone else.
- D) By only eating at restaurants that do not serve processed fats.

**5. According to the passage, what is the benefit of paying attention to dish pairings?**

- A) It makes the dining experience more enjoyable and balanced.
- B) It ensures the meal is served much faster.
- C) It allows the restaurant to charge more for the service.
- D) It helps you memorize the menu for future visits.

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**Answer Key: 1: B | 2: B | 3: B | 4: C | 5: A**

# TERM 2 – PRACTICE EXAM (VERSION 3)

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## PART 1: GRAMMAR (20 MARKS)

 Read the text and circle the correct answer (A, B, or C)

Omar is choosing between two colleges. The first one is (1) **A far / B farther / C farthest** than the second one, but the second has the (2) **A good / B better / C best** facilities. Omar is (3) **A go / B going / C going to** visit both campuses next week. He (4) **A might / B must / C should** choose the first college because it is more affordable. Last year, he (5) **A was comparing / B compared / C compares** different majors while he was thinking about his future.

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### Answer Key

- 1 ☐ **B farther** – “The first one is farther than the second one.”
  - 2 ☐ **C best** – “The second has the best facilities.”
  - 3 ☐ **C going to** – “Omar is going to visit both campuses next week.”
  - 4 ☐ **A might** – “He might choose the first college because it is more affordable.”
  - 5 ☐ **B compared** – “Last year, he compared different majors while thinking about his future.”
- 

### Answers – Part 1

- 1. B
  - 2. C
  - 3. C
  - 4. A
  - 5. B
-

## ◆ PART 2: READING (All About Food) (20 MARKS)

Read the text and choose the correct answer. Choose A, B or C.

Some people believe that losing weight is only about counting calories. However, health experts explain that metabolism and lifestyle are more important. The body uses chemical processes to turn food into energy. When people follow unhealthy behaviors, such as eating junk food and avoiding exercise, their metabolic rate becomes slower.

A healthy relationship with food includes eating nutritious meals and following a balanced diet. Instead of skipping meals, people should eat regular healthy snacks. In addition, starting an exercise program can improve overall health.

In conclusion, improving daily habits is the key to maintaining a healthy body.

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### Questions

1. What is the main idea of the text?  
A Cooking recipes  
B Healthy lifestyle and metabolism  
C Ordering food
2. What happens when people avoid exercise?  
A Their metabolism improves  
B Their metabolic rate slows  
C They grow stronger
3. What does “chemical processes” refer to?  
A Cooking steps  
B Body reactions  
C Restaurant menus
4. What is an example of unhealthy behavior?  
A Eating vegetables  
B Starting an exercise program  
C Eating junk food daily
5. The writer suggests that people should:  
A Improve daily habits  
B Skip meals  
C Stop exercising

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### ✓ Answers – Part 2

1. B
2. B
3. B
4. C
5. A

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## ◆ PART 3: READING The Life of a Restaurant Critic

Jenna Thompson is a professional restaurant critic who writes reviews for a popular food magazine. Her job might sound like a dream—eating at restaurants and writing about food—but it’s much more complex than just enjoying meals. As a critic, Jenna needs to evaluate the entire dining experience, from the service and cleanliness to the taste, presentation, and value of the food.

Before visiting a restaurant, Jenna usually does some research. She learns about the type of cuisine it serves, its reputation, and the chef’s background. She often visits new or recently renovated restaurants, but she also returns to long-standing places to see if they maintain their quality.

To keep her identity secret and avoid special treatment, Jenna never uses her real name when making reservations. She dresses casually and sometimes brings a friend along, pretending to be just another regular customer. This helps her get a genuine experience, just like any other diner.

During the meal, Jenna takes mental notes. She pays close attention to how the food is cooked—whether it’s undercooked, overcooked, or just right. She also notices small details, like how quickly the waiter brings the menu, whether the table is clean, and if the food is served hot. After her visit, she writes detailed notes and begins drafting her review. Her writing needs to be clear, fair, and helpful for readers who might want to visit the restaurant.

Not every meal Jenna eats is amazing. Sometimes she has to give a negative review, especially if the food is poor or the service is bad. However, she always tries to be respectful in her criticism. Her goal is not to harm a business but to provide honest feedback so that restaurants can improve and customers know what to expect.

Jenna’s job also requires her to travel often. She visits cities across the country and sometimes even goes abroad to try international dishes. She believes that food reflects culture, and through her reviews, she helps readers explore new flavors and traditions.

Although being a restaurant critic is not always easy, Jenna finds it rewarding. She gets to combine her love for writing with her passion for food. Most importantly, she helps people make informed dining choices and encourages restaurants to do their best.

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# Multiple-Choice Questions

**1. What is Jenna Thompson's job?**

- A) Chef
- B) Waitress
- C) Restaurant critic
- D) Travel agent

**2. What does Jenna do before visiting a restaurant?**

- A) Calls the chef for advice
- B) Studies the restaurant and its background
- C) Writes the review early
- D) Orders food online

**3. Why does Jenna use a different name when reserving a table?**

- A) To get better service
- B) To impress the staff
- C) To remain anonymous and avoid special treatment
- D) Because she forgets her real name

**4. What is one thing Jenna evaluates during a restaurant visit?**

- A) The restaurant's website
- B) The building's size
- C) The taste and presentation of the food
- D) The owner's salary

**5. How does Jenna take notes during the meal?**

- A) She writes them on her napkin
- B) She records videos
- C) She makes mental notes
- D) She asks the waiter to write for her

**6. What is Jenna's goal when she writes a negative review?**

- A) To shut down the restaurant
- B) To insult the staff
- C) To give honest feedback and help them improve
- D) To scare other customers away

**7. Where does Jenna travel for her work?**

- A) Only in her city
- B) Only in Europe
- C) To various cities and countries
- D) Nowhere—she works from home

**8. Why does Jenna sometimes bring a friend to a restaurant?**

- A) To pay the bill
- B) To get free food
- C) To seem like a normal customer
- D) To help her cook

**9. What makes Jenna's job rewarding for her?**

- A) She gets to be famous
- B) She works short hours
- C) She combines her love for food and writing
- D) She gets paid to eat at home

**10. What is one benefit Jenna provides to readers through her reviews?**

- A) Recipes to cook at home
- B) Tips for becoming a chef
- C) Honest reviews that help readers choose where to eat
- D) Free meal coupons

## Answer Key

- 1. C
- 2. B
- 3. C
- 4. C
- 5. C
- 6. C
- 7. C
- 8. C
- 9. C
- 10. C



## FULL READING PAPER – 60 MARKS



## PART 1: GRAMMAR (20 MARKS)



## Read the text and circle the correct answer (A, B, or C)

Noura is thinking about her future plans. She wants to choose a college that is (1) **A good / B better / C best** than the others in her city. One university has better facilities, but it is also the (2) **A more / B most / C much** expensive option. Noura is (3) **A go / B going / C going to** visit the campus next week to learn more about the environment and schedule. Her parents think she (4) **A should / B might / C was** choose a college close to home because it is more affordable. However, she might prefer living in a dorm. Last year, she (5) **A visits / B visited / C was visiting** different colleges when she was planning her future.

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### Answer Key

- ① **B better** – “She wants to choose a college that is better than the others in her city.”
  - ② **B most** – “It is also the most expensive option.”
  - ③ **C going to** – “Noura is going to visit the campus next week...”
  - ④ **A should** – “Her parents think she should choose a college close to home.”
  - ⑤ **B visited** – “Last year, she visited different colleges...”
- 



## PART 2: READING (20 MARKS)

Read the text and choose the correct answer. Choose A, B or C.

(Approx. 210 words – Argumentative Text)

Many young people today are confused about healthy eating. Some believe that counting calories is enough to maintain a healthy body. However, experts argue that metabolism and daily habits are more important. The body depends on chemical processes to turn food into energy. When people eat junk food regularly and avoid exercise, their metabolic rate becomes slower.

A balanced diet includes nutritious meals, vitamins, and healthy snacks. In addition, starting an exercise program helps improve overall health. Some teenagers skip meals to lose weight quickly. On the other hand, this behavior can cause health problems and reduce energy levels.

Furthermore, having a healthy relationship with food means eating regularly and choosing fresh ingredients. In conclusion, improving lifestyle and habits is more effective than simply counting calories.

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### Questions

1. What is the main idea of the text?  
A Recipes for teenagers  
B The importance of healthy habits  
C Restaurant menus
  2. What affects weight more than counting calories?  
A Metabolism and habits  
B Desserts  
C Waiters
  3. What does “metabolic rate” refer to?  
A Speed of body processes  
B Type of exercise  
C Cooking method
  4. Why is skipping meals unhealthy?  
A It improves metabolism  
B It reduces energy and causes problems  
C It helps weight loss safely
  5. The writer believes that teenagers should:  
A Only count calories  
B Focus on improving lifestyle  
C Avoid all snacks
- 

### Answers – Part 2

1. B
  2. A
  3. A
  4. B
  5. B
- 

## **PART 3: READING (Virtual Communities) (20 MARKS)**

**Read the text and choose the correct answer. Choose A, B or C.**

Virtual communities are becoming an important part of modern society. People create profiles, join groups, and interact with members from around the world. These online platforms allow users to share opinions and connect globally. For many people, virtual communities are faster and more convenient than real-life communities.

However, real-life communities offer stronger emotional connections. When people meet face-to-face, they build trust and feel a deeper sense of belonging. Spending too much time online may reduce real-life interaction and affect social skills.

On the other hand, virtual communities can help shy individuals express themselves more confidently. Many people today mix both types of communities. They connect online and also participate in activities in their local environment. In conclusion, both virtual and real-life communities play important roles in today's world.

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### **Questions**

1. What is the text mainly about?  
A Cooking techniques  
B Types of communities  
C School schedules
  2. Why do people prefer virtual communities?  
A They are global and convenient  
B They are traditional  
C They are expensive
  3. What does "belonging" mean in the text?  
A Feeling part of a group  
B Leaving a group  
C Creating a profile
  4. What is one disadvantage of virtual communities?  
A They are fast  
B They reduce face-to-face interaction  
C They improve trust
  5. What is the writer's conclusion?  
A Only real-life communities are important  
B Only virtual communities matter  
C Both types are important in society
- 

### **Answers – Part 3**

1. B

2. A
3. A
4. B
5. C



## PART 4: WRITING (40 MARKS)



### Essay Topic:

#### Healthy Lifestyle for Teenagers

Write an argumentative essay in which you:

- ☐ 1 Explain why healthy eating is important for teenagers.
- ☐ 2 Compare healthy habits and unhealthy habits.
- ☐ 3 Give your opinion on how students can improve their lifestyle at school.

Write **at least 120 words** in clear paragraphs.

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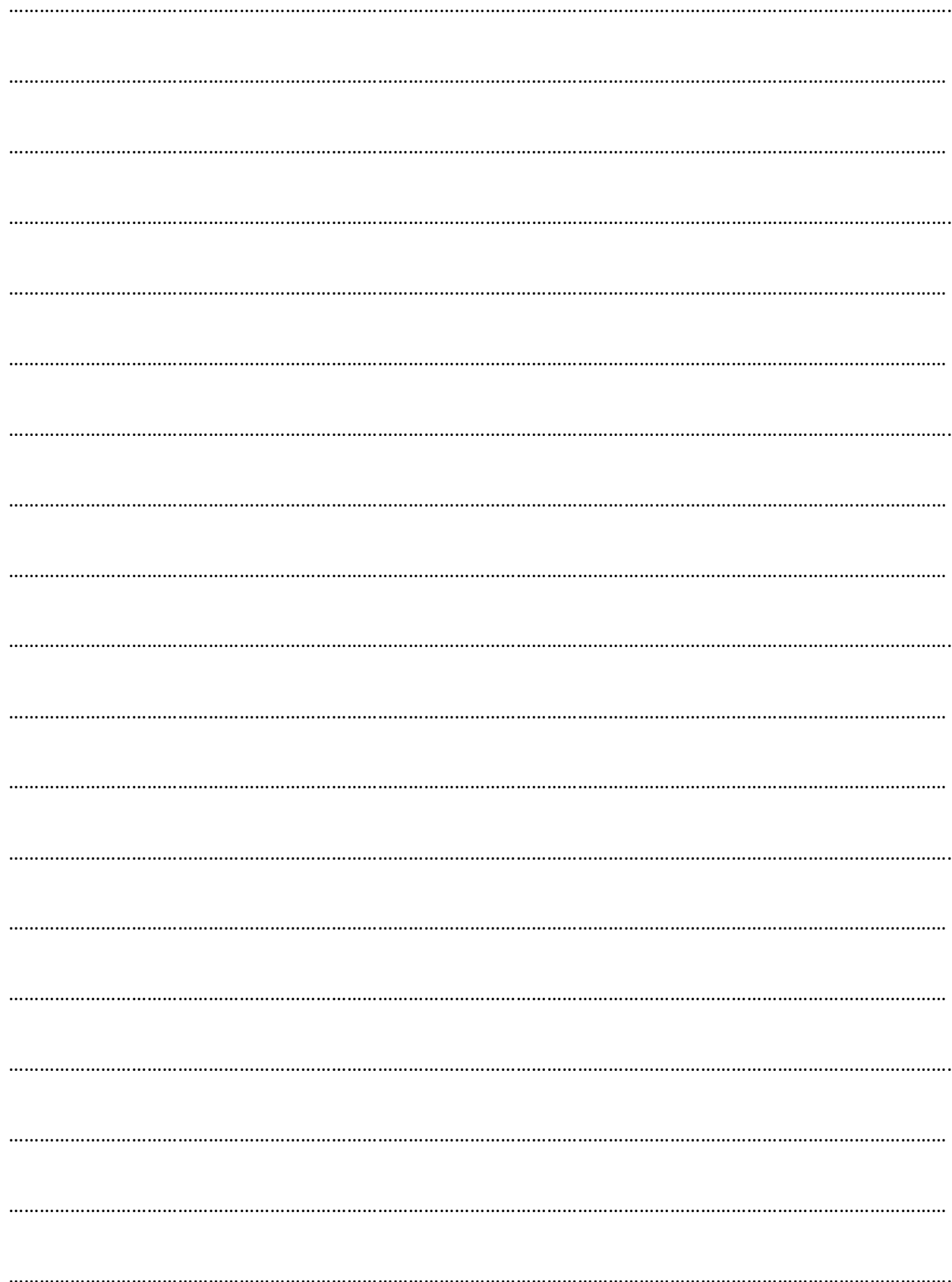
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## Promoting Healthy Lifestyles for Teenagers

Adolescence is one of the **most critical** stages of human development. During these years, the body and brain undergo rapid changes that require high-quality fuel. I strongly believe that establishing a healthy lifestyle now is the **best** way for teenagers to ensure long-term success and well-being.

**Healthy eating is essential** for teenagers because it supports physical growth and cognitive function. Nutritional foods, such as lean proteins and fresh vegetables, provide the steady energy needed for a long school day. In contrast, relying on processed snacks often leads to "sugar crashes," which make concentration much **harder** for students during lessons. Furthermore, a balanced diet strengthens the immune system, meaning students **might** miss fewer days of school due to illness.

When comparing habits, the differences are clear. **Healthy habits**, like drinking water and eating whole foods, lead to better mood regulation and higher energy levels. **On the other hand, unhealthy habits**, such as consuming excessive fast food or skipping breakfast, are the **fastest** way to feel fatigued and stressed. While fast food might seem **more convenient**, it lacks the vital nutrients found in home-cooked meals.

In my opinion, students **must** take a proactive role in improving their lifestyle at school. They **should** advocate for healthier options in the cafeteria, such as salad bars instead of fried foods. Furthermore, students can practice portion control by sharing large meals or bringing healthy snacks from home.

**In conclusion**, making better choices today leads to a **stronger** and **happier** future. By choosing water over soda and vegetables over processed snacks, teenagers can reach their **highest** potential both in and out of the classroom.

## Topic: Do Virtual Communities Improve Our Lives?

### Instructions:

Write **at least 120 words** in clear paragraphs.

- Use linking devices (however, on the other hand, furthermore, because, in conclusion).
- Use comparatives or superlatives.
- Use modals (should, must, might).
- Organize your ideas clearly into paragraphs.

This image shows a full page of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for handwriting practice. There are no margins, text, or other markings on the page.

## Answer

### Do Virtual Communities Improve Our Lives?

In the modern digital age, virtual communities have become a central part of our daily interactions. While some people argue that they isolate us, I believe that these online groups significantly improve our lives by connecting like-minded individuals across the globe.

One of the **most important** benefits of virtual communities is the support they provide. For example, people with rare hobbies or specific health conditions **might** feel alone in their physical neighborhood; **however**, they can find a vast network of support online. **Furthermore**, these platforms are often **more accessible** than traditional clubs **because** they allow users to participate from the comfort of their own homes.

**On the other hand**, we **must** be careful about the time we spend online. A virtual life **should** never completely replace face-to-face interaction, as physical presence is still the **best** way to build deep emotional bonds. Balancing both worlds is the healthiest approach for a teenager's development.

**In conclusion**, virtual communities offer a **greater** sense of belonging and knowledge than was possible in the past. If used responsibly, they are one of the **most powerful** tools for self-improvement and global connection in the 21st century.