Final Revision

مراجعة الزتونه



Mr. Belal Maghraby

EnglishAWY إنجلشاوي

Quiz One (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

effective - nutrition - inactive - involvement - personalised

1. Family ..... helps children develop healthy eating habits.
2. The doctor suggested a ..... diet based on my needs.
3. Good ..... gives our bodies energy.
4. Regular exercise is an ..... way to stay healthy.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1. My brother usually (eat) breakfast before school. (Correct the verb)
   a) My brother usually eat breakfast before school.
   b) My brother usually eats breakfast before school.
   c) My brother usually is eating breakfast before school.
2. Sara is preparing a healthy meal now. (Make negative)
   a) Sara does not preparing a healthy meal now.
   b) Sara is not prepare a healthy meal now.
   c) Sara is not preparing a healthy meal now.
3. We bought a/an (wooden / lovely / small) table. (Reorder the adjectives)
   a) We bought a lovely small wooden table.
   b) We bought a small wooden lovely table.
   c) We bought a wooden lovely small table.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz One (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Your outline should include:

An Introductory Sentence:	....
Supporting ideas:	....
A Concluding Sentence:	....

Write your paragraph:

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EnglishAWY إنجلشاوي

Quiz One (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

النسخة المحلولة

Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

effective - nutrition - inactive - involvement - personalised

1. Family **involvement** helps children develop healthy eating habits.
2. The doctor suggested a **personalised** diet based on my needs.
3. Good **nutrition** gives our bodies energy.
4. Regular exercise is an **effective** way to stay healthy.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1. My brother usually (eat) breakfast before school. (Correct the verb)
   a) My brother usually eat breakfast before school.
   b) My brother usually eats breakfast before school.
   c) My brother usually is eating breakfast before school.

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Quiz One (15 Marks)

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Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Your outline should include:

An Introductory Sentence:	Healthy food in the school canteen is good for students.
Supporting ideas:	• Energy for studying and playing • Strong bodies and clear thinking • Fresh fruit instead of sweets • Water instead of fizzy drinks
A Concluding Sentence:	In conclusion, students should choose healthy food every day.

Write your paragraph:

Healthy food in the school canteen is good for students. It gives them energy to study and play. It also helps them stay strong and think clearly. Students can eat fresh fruit instead of sweets. They can drink water instead of fizzy drinks. In conclusion, students should choose healthy food every day.

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Quiz Two (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

routinely - stimulate - chemically - regulate - still

1. School rules ..... students' behaviour.
2. The laboratory tests the water ..... to identify harmful substances.
3. Even after lunch, the child is ..... hungry.
4. Puzzles can ..... the mind and improve thinking skills.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1. Laila visits the library every week. (Make negative)
   a) Laila do not visit the library every week.
   b) Laila does not visits the library every week.
   c) Laila does not visit the library every week.
2. The boys are playing in the garden. (Ask a question)
   a) Where are the boys playing?
   b) Where do the boys playing?
   c) Where the boys are playing?
3. We saw a/an (stone / huge / ancient) castle. (Reorder the adjectives)
   a) We saw an ancient stone huge castle.
   b) We saw a huge ancient stone castle.
   c) We saw a stone huge ancient castle.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

Quiz Two (15 Marks)

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the nutritional benefits of a healthy diet and the hurdles that prevent people from following it.

Your outline should include:

An Introductory Sentence:	....
Supporting ideas:	....
A Concluding Sentence:	....

Write your paragraph:

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1. School rules **regulate** students' behaviour.
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Choose the correct answer from a, b, or c:

1. Laila visits the library every week. (Make negative)
   a) Laila do not visit the library every week.
   b) Laila does not visits the library every week.
   c) Laila does not visit the library every week.

2. The boys are playing in the garden. (Ask a question)
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Quiz Two (15 Marks)

Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining the nutritional benefits of a healthy diet and the hurdles that prevent people from following it.

Your outline should include:

An Introductory Sentence:	A healthy diet is important for a healthy life.
Supporting ideas:	• Energy and essential nutrients • Strong bodies and disease prevention • High cost of healthy food • Limited time for healthy cooking
A Concluding Sentence:	In conclusion, we should try to follow a healthy diet despite these hurdles.

Write your paragraph:

A healthy diet is important for a healthy life. It gives our bodies energy and essential nutrients. It also helps us stay strong and prevents some diseases. However, healthy food can be expensive for some people. Busy people may not have enough time to cook healthy meals. In conclusion, we should try to follow a healthy diet despite these hurdles.

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Quiz Three (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

notable - fatigue - biological - malnutrition - effective

1. Children who do not get enough food may suffer from .....
2. The scientist made a ..... discovery that attracted worldwide attention.
3. After running for two hours, the athlete felt extreme .....
4. Sleep is a ..... need for all humans.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1. My father usually (drink) tea in the morning. (Correct the verb)
   a) My father usually drinks tea in the morning.
   b) My father usually drink tea in the morning.
   c) My father usually drinking tea in the morning.
2. At the moment, I (prepare) my school bag. (Correct the verb)
   a) At the moment, I prepares my school bag.
   b) At the moment, I preparing my school bag.
   c) At the moment, I am preparing my school bag.
3. Huda bought a/an (red / new / lovely) dress. (Reorder the adjectives)
   a) Huda bought a red lovely new dress.
   b) Huda bought a lovely new red dress.
   c) Huda bought a new red lovely dress.

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Quiz Three (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the physical and academic benefits of mindful eating.

Your outline should include:

An Introductory Sentence:	.....
Supporting ideas:	.....
A Concluding Sentence:	.....

Write your paragraph:

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Three (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

النسخة المحلولة

Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

notable - fatigue - biological - malnutrition - effective

1. Children who do not get enough food may suffer from **malnutrition**.
2. The scientist made a **notable** discovery that attracted worldwide attention.
3. After running for two hours, the athlete felt extreme **fatigue**.
4. Sleep is a **biological** need for all humans.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1. My father usually (drink) tea in the morning. (Correct the verb)

a) My father usually drinks tea in the morning.
b) My father usually drink tea in the morning.
c) My father usually drinking tea in the morning.

2. At the moment, I (prepare) my school bag. (Correct the verb)

a) At the moment, I prepares my school bag.
b) At the moment, I preparing my school bag.
c) At the moment, I am preparing my school bag.

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EnglishAWY إنجلشاوي

Quiz Three (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining the physical and academic benefits of mindful eating.

Your outline should include:

An Introductory Sentence:	Mindful eating has many physical and academic benefits.
Supporting ideas:	• Fullness awareness and less overeating • Better digestion through good chewing • Energy for learning from balanced meals • Better concentration and memory
A Concluding Sentence:	In conclusion, mindful eating can support both our health and our studies.

Write your paragraph:

Mindful eating has many physical and academic benefits. Eating slowly helps us notice when we are full and avoid overeating. Chewing our food well also helps our bodies digest it. At school, regular balanced meals give us energy to learn. They also help us concentrate and remember information. In conclusion, mindful eating can support both our health and our studies.

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Quiz Four (15 Marks)

EnglishAWY إنجلشاوي

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

inactive - consume - personalised - urge - effective

1. Teachers ..... students to bring healthy snacks to school.
2. Many people ..... too much sugar in soft drinks.
3. This treatment is ..... at relieving pain.
4. People who sit all day may lead an ..... lifestyle.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1. **Salma takes the bus to school. (Ask a question)**
   a) How do Salma get to school?
   b) How does Salma get to school?
   c) How does Salma gets to school?

2. **The children are feeding the birds now. (Make negative)**
   a) The children do not feeding the birds now.
   b) The children is not feeding the birds now.
   c) The children are not feeding the birds now.

3. **Sami bought a/an (Italian / black / stylish) jacket. (Reorder the adjectives)**
   a) Sami bought a stylish black Italian jacket.
   b) Sami bought a black Italian stylish jacket.
   c) Sami bought an Italian stylish black jacket.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

Quiz Four (15 Marks)

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining what personalised nutrition means and its benefits.

Your outline should include:

An Introductory Sentence:	....
Supporting ideas:	....
A Concluding Sentence:	....

Write your paragraph:

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Four (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

النسخة المحلولة

Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

inactive - consume - personalised - urge - effective

1. Teachers **urge** students to bring healthy snacks to school.
2. Many people **consume** too much sugar in soft drinks.
3. This treatment is **effective** at relieving pain.
4. People who sit all day may lead an **inactive** lifestyle.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1. **Salma takes the bus to school. (Ask a question)**
   a) How do Salma get to school?
   b) How does Salma get to school?
   c) How does Salma gets to school?

2. **The children are feeding the birds now. (Make negative)**
   a) The children do not feeding the birds now.
   b) The children is not feeding the birds now.
   c) The children are not feeding the birds now.

3. **Sami bought a/an (Italian / black / stylish) jacket. (Reorder the adjectives)**
   a) Sami bought a stylish black Italian jacket.
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   c) Sami bought an Italian stylish black jacket.

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Quiz Four (15 Marks)

Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining what personalised nutrition means and its benefits.

Your outline should include:

An Introductory Sentence:	Personalised nutrition means choosing food to meet each person's needs.
Supporting ideas:	• Age, health and daily activity • Essential nutrients for individual needs • A healthy weight • More energy and better health
A Concluding Sentence:	In conclusion, personalised nutrition can help people enjoy a healthier life.

Write your paragraph:

Personalised nutrition means choosing food to meet each person's needs. A meal plan depends on a person's age, health and daily activities. It helps people get the nutrients their bodies need. It can also help them keep a healthy weight. Moreover, it gives them energy and helps them feel better. In conclusion, personalised nutrition can help people enjoy a healthier life.

EnglishAWY إنجلشاوي

Quiz Five (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

chemically - bestow - routinely - process - still

1. Factories ..... fresh tomatoes to make tomato sauce.
2. The school will ..... honours on its top students.
3. The nurse ..... checks each patient's temperature every morning.
4. Although he has rested, Ali ..... feels tired.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1. **The students study English every day. (Make negative)**
   a) The students does not study English every day.
   b) The students do not study English every day.
   c) The students do not studies English every day.

2. **Look! The baby (sleep) on the sofa. (Correct the verb)**
   a) Look! The baby is sleeping on the sofa.
   b) Look! The baby sleeps on the sofa.
   c) Look! The baby are sleeping on the sofa.

3. **We bought a/an (round / wooden / large) table. (Reorder the adjectives)**
   a) We bought a wooden large round table.
   b) We bought a round wooden large table.
   c) We bought a large round wooden table.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Five (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Your outline should include:

An Introductory Sentence:	.....
Supporting ideas:	.....
A Concluding Sentence:	.....

Write your paragraph:

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EnglishAWY إنجلشاوي

Quiz Five (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

النسخة المحلولة

Vocabulary (4 Marks)

Fill in the spaces with words from the list below:

chemically - bestow - routinely - process - still

1. Factories **process** fresh tomatoes to make tomato sauce.
2. The school will **bestow** honours on its top students.
3. The nurse **routinely** checks each patient's temperature every morning.
4. Although he has rested, Ali **still** feels tired.

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1. **The students study English every day. (Make negative)**
   a) The students does not study English every day.
   b) The students do not study English every day.
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EnglishAWY إنجلشاوي

Quiz Five (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Your outline should include:

An Introductory Sentence:	Healthy food in the school canteen is good for students.
Supporting ideas:	• Energy for studying and playing • Strong bodies and clear thinking • Fresh fruit instead of sweets • Water instead of fizzy drinks
A Concluding Sentence:	In conclusion, students should choose healthy food every day.

Write your paragraph:

Healthy food in the school canteen is good for students. It gives them energy to study and play. It also helps them stay strong and think clearly. Students can eat fresh fruit instead of sweets. They can drink water instead of fizzy drinks. In conclusion, students should choose healthy food every day.

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EnglishAWY إنجلشاوي

Quiz Six (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 The school canteen offers ..... snacks to help students stay healthy.

a) nutritious | b) vacant | c) unnecessary | d) second-hand

2 Mariam ate a small ..... of rice because she was already full.

a) concept | b) portion | c) landfill | d) emission

3 Fresh air can ..... your mind and make you feel more active.

a) stroll | b) bury | c) stimulate | d) injure

4 At the school event, students could ..... books they no longer needed.

a) subsidise | b) process | c) prioritise | d) swap

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 My uncle travels abroad for work twice a month. (Ask a question)

a) How often does your uncle travel abroad for work?
b) How often is your uncle travel abroad for work?
c) How often do your uncle travel abroad for work?

2 The engineers (test) the new system now. (Correct)

a) The engineers testing the new system now.
b) The engineers is testing the new system now.
c) The engineers are testing the new system now.

3 She visits art exhibitions at weekends. (Use: often)

a) She visits often art exhibitions at weekends.
b) She often visits art exhibitions at weekends.
c) She often visit art exhibitions at weekends.

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EnglishAWY إنجلشاوي

Quiz Six (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the nutritional benefits of a healthy diet and the hurdles that prevent people from following it.

Your outline should include:

An Introductory Sentence:	....
Supporting ideas:	....
A Concluding Sentence:	....

Write your paragraph:

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EnglishAWY إنجلشاوي

Quiz Six (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

النسخة المحلولة

Vocabulary (4 Marks)

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4 At the school event, students could ..... books they no longer needed.

a) subsidise | b) process | c) prioritise | **d) swap**

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 My uncle travels abroad for work twice a month. (Ask a question)

a) How often does your uncle travel abroad for work?
b) How often is your uncle travel abroad for work?
c) How often do your uncle travel abroad for work?

2 The engineers (test) the new system now. (Correct)

a) The engineers testing the new system now.
b) The engineers is testing the new system now.
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Quiz Six (15 Marks)

Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining the nutritional benefits of a healthy diet and the hurdles that prevent people from following it.

Your outline should include:

An Introductory Sentence:	A healthy diet is important for a healthy life.
Supporting ideas:	• Energy and essential nutrients • Strong bodies and disease prevention • High cost of healthy food • Limited time for healthy cooking
A Concluding Sentence:	In conclusion, we should try to follow a healthy diet despite these hurdles.

Write your paragraph:

A healthy diet is important for a healthy life. It gives our bodies energy and essential nutrients. It also helps us stay strong and prevents some diseases. However, healthy food can be expensive for some people. Busy people may not have enough time to cook healthy meals. In conclusion, we should try to follow a healthy diet despite these hurdles.

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EnglishAWY إنجلشاوي

Quiz Seven (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 This shop sells laptops and tablets at ..... prices for everyone.

a) decisive | b) affordable | c) flowing | d) ambitious

2 Fresh bread from the bakery had a pleasant ..... .

a) aroma | b) hurdle | c) landfill | d) wind turbine

3 Before washing his football shirt, Ali decided to ..... it in warm water.

a) convert | b) manufacture | c) soak | d) tailor

4 The tired lorry driver tried to ..... his desire for sleeping.

a) bestow | b) resist | c) subsidise | d) prioritise

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 They put a (plastic / large / round) table in the kitchen. (Reorder the adjectives)

a) They put a large round plastic table in the kitchen.
b) They put a plastic large round table in the kitchen.
c) They put a round plastic large table in the kitchen.

2 He bought (leather / brown / stylish) shoes. (Reorder the adjectives)

a) He bought leather stylish brown shoes.
b) He bought brown stylish leather shoes.
c) He bought stylish brown leather shoes.

3 They are discussing the holiday plans now. (Make negative)

a) They don't discuss the holiday plans now.
b) They aren't discussing the holiday plans now.
c) They aren't discussed the holiday plans now.

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Quiz Seven (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the physical and academic benefits of mindful eating.

Your outline should include:

An Introductory Sentence:	....
Supporting ideas:	....
A Concluding Sentence:	....

Write your paragraph:

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Quiz Seven (15 Marks)

PRIME ACADEMY
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BUILD TOMORROW

النسخة المحلولة

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 This shop sells laptops and tablets at ..... prices for everyone.

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2 Fresh bread from the bakery had a pleasant ..... .

a) aroma | b) hurdle | c) landfill | d) wind turbine

3 Before washing his football shirt, Ali decided to ..... it in warm water.

a) convert | b) manufacture | **c) soak** | d) tailor

4 The tired lorry driver tried to ..... his desire for sleeping.

a) bestow | **b) resist** | c) subsidise | d) prioritise

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 They put a (plastic / large / round) table in the kitchen. (Reorder the adjectives)

a) They put a large round plastic table in the kitchen.
b) They put a plastic large round table in the kitchen.
c) They put a round plastic large table in the kitchen.

2 He bought (leather / brown / stylish) shoes. (Reorder the adjectives)

a) He bought leather stylish brown shoes.
b) He bought brown stylish leather shoes.
c) He bought stylish brown leather shoes.

3 They are discussing the holiday plans now. (Make negative)

a) They don't discuss the holiday plans now.
b) They aren't discussing the holiday plans now.
c) They aren't discussed the holiday plans now.

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Quiz Seven (15 Marks)

Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining the physical and academic benefits of mindful eating.

Your outline should include:

An Introductory Sentence:	Mindful eating has many physical and academic benefits.
Supporting ideas:	• Fullness awareness and less overeating • Better digestion through good chewing • Energy for learning from balanced meals • Better concentration and memory
A Concluding Sentence:	In conclusion, mindful eating can support both our health and our studies.

Write your paragraph:

Mindful eating has many physical and academic benefits. Eating slowly helps us notice when we are full and avoid overeating. Chewing our food well also helps our bodies digest it. At school, regular balanced meals give us energy to learn. They also help us concentrate and remember information. In conclusion, mindful eating can support both our health and our studies.

EnglishAWY إنجلشاوي

Quiz Eight (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 The school checks its fire alarms ..... during the year.

a) routinely | b) entirely | c) chemically | d) still

2 After a long sports day, the little children felt ..... .

a) nutrition | b) emission | c) fatigue | d) upcycling

3 The cake in the café looked very ....., but Sara chose fruit juice.

a) tempting | b) inactive | c) vacant | d) reusable

4 The United Nations is working hard to fight ..... in poor countries.

a) awareness | b) concept | c) capacity | d) malnutrition

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 The gallery displayed an (old / beautiful / French) painting. (Reorder the adjectives)

a) The gallery displayed a beautiful old French painting.
b) The gallery displayed an old French beautiful painting.
c) The gallery displayed a French beautiful old painting.

2 Yes, they are currently testing the new fire alarm system. (Make a question)

a) Do they currently test the new fire alarm system?
b) Are they currently testing the new fire alarm system?
c) Were they currently testing the new fire alarm system?

3 That shop sells (Turkish / modern / ceramic) pots. (Reorder the adjectives)

a) That shop sells modern ceramic Turkish pots.
b) That shop sells ceramic Turkish modern pots.
c) That shop sells modern Turkish ceramic pots.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Eight (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining what personalised nutrition means and its benefits.

Your outline should include:

An Introductory Sentence:	.....
Supporting ideas:	.....
A Concluding Sentence:	.....

Write your paragraph:

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Eight (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

النسخة المحلولة

Vocabulary (4 Marks)

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Eight (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining what personalised nutrition means and its benefits.

Your outline should include:

An Introductory Sentence:	Personalised nutrition means choosing food to meet each person's needs.
Supporting ideas:	• Age, health and daily activity • Essential nutrients for individual needs • A healthy weight • More energy and better health
A Concluding Sentence:	In conclusion, personalised nutrition can help people enjoy a healthier life.

Write your paragraph:

Personalised nutrition means choosing food to meet each person's needs. A meal plan depends on a person's age, health and daily activities. It helps people get the nutrients their bodies need. It can also help them keep a healthy weight. Moreover, it gives them energy and helps them feel better. In conclusion, personalised nutrition can help people enjoy a healthier life.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Nine (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 Walking on the beach is a/an ..... habit for many families.

a) ambitious | b) reusable | c) wholesome | d) second-hand

2 Exercising helps the body ..... blood sugar levels.

a) subsidise | b) regulate | c) make over | d) stimulate

3 The new study plan was very ..... and helped students improve.

a) effective | b) vacant | c) inactive | d) biological

4 Our bodies ..... food and benefit from its nutrients.

a) overlook | b) injure | c) process | d) stroll

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 The restaurant serves seafood every Friday. (Make negative)

a) The restaurant doesn't serve seafood every Friday.
b) The restaurant isn't serve seafood every Friday.
c) The restaurant don't serve seafood every Friday.

2 We had a (homemade / delicious / vegetable) soup last night. (Reorder the adjectives)

a) We had a vegetable delicious homemade soup last night.
b) We had a homemade delicious vegetable soup last night.
c) We had a delicious homemade vegetable soup last night.

3 My cousin goes to the sports centre three times a week. (Ask a question)

a) How often do your cousin go to the sports centre?
b) How often does your cousin go to the sports centre?
c) How often is your cousin go to the sports centre?

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Nine (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Your outline should include:

An Introductory Sentence:	....
Supporting ideas:	....
A Concluding Sentence:	....

Write your paragraph:

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Nine (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

النسخة المحلولة

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Nine (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Your outline should include:

An Introductory Sentence:	Healthy food in the school canteen is good for students.
Supporting ideas:	• Energy for studying and playing • Strong bodies and clear thinking • Fresh fruit instead of sweets • Water instead of fizzy drinks
A Concluding Sentence:	In conclusion, students should choose healthy food every day.

Write your paragraph:

Healthy food in the school canteen is good for students. It gives them energy to study and play. It also helps them stay strong and think clearly. Students can eat fresh fruit instead of sweets. They can drink water instead of fizzy drinks. In conclusion, students should choose healthy food every day.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Ten (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 Lentils are a type of ..... often used in winter meals.

a) legume | b) emission | c) landfill | d) tablet

2 Our city wants a more ..... way to reduce waste.

a) filling | b) nutritional | c) sustainable | d) vacant

3 High prices can be a serious ..... for young people who want to buy a house.

a) decade | b) attitude | c) aroma | d) hurdle

4 The waiter served each guest a generous ..... of vegetable soup.

a) pledge | b) hurdle | c) portion | d) aroma

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 The shopping mall is crowded on Friday evenings. (Use: usually)

a) The shopping mall is usually crowded on Friday evenings.
b) The shopping mall usually is crowded on Friday evenings.
c) The shopping mall is crowded usually on Friday evenings.

2 The technicians (repair) the lift at the moment. (Correct)

a) The technicians repairing the lift at the moment.
b) The technicians are repairing the lift at the moment.
c) The technicians is repairing the lift at the moment.

3 They bought a (metal / small / square) table for the balcony. (Reorder the adjectives)

a) They bought a square metal small table for the balcony.
b) They bought a small square metal table for the balcony.
c) They bought a metal small square table for the balcony.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Ten (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the nutritional benefits of a healthy diet and the hurdles that prevent people from following it.

Your outline should include:

An Introductory Sentence:	....
Supporting ideas:	....
A Concluding Sentence:	....

Write your paragraph:

....

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Ten (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

النسخة المحلولة

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لو على الفل مارك ناوي خليك مع إنجلشاوي

Quiz Ten (15 Marks)

Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining the nutritional benefits of a healthy diet and the hurdles that prevent people from following it.

Your outline should include:

An Introductory Sentence:	A healthy diet is important for a healthy life.
Supporting ideas:	• Energy and essential nutrients • Strong bodies and disease prevention • High cost of healthy food • Limited time for healthy cooking
A Concluding Sentence:	In conclusion, we should try to follow a healthy diet despite these hurdles.

Write your paragraph:

A healthy diet is important for a healthy life. It gives our bodies energy and essential nutrients. It also helps us stay strong and prevents some diseases. However, healthy food can be expensive for some people. Busy people may not have enough time to cook healthy meals. In conclusion, we should try to follow a healthy diet despite these hurdles.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Eleven (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 Adel decided to ..... sugary drinks for fresh fruit juice at lunchtime.

a) swap | b) resist | c) stimulate | d) assign

2 Hospitals provide ..... meals that help patients recover quickly.

a) biological | b) inactive | c) notable | d) nutritious

3 The climbers experienced severe ..... after walking uphill for several hours.

a) fatigue | b) portion | c) aroma | d) pledge

4 The players made a/an ..... to train regularly before the league.

a) decade | b) pledge | c) aroma | d) legume

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 Laila visits her grandparents at weekends. (Use: often)

a) Laila often visit her grandparents at weekends.
b) Laila visits often her grandparents at weekends.
c) Laila often visits her grandparents at weekends.

2 The committee is reviewing the new plan now. (Make negative)

a) The committee isn't reviewed the new plan now.
b) The committee isn't reviewing the new plan now.
c) The committee doesn't review the new plan now.

3 Yes, the government supports local businesses. (Ask a question)

a) Is the government support local businesses?
b) Does the government support local businesses?
c) Was the government support local businesses?

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Eleven (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Your outline should include:

An Introductory Sentence:	....
Supporting ideas:	....
A Concluding Sentence:	....

Write your paragraph:

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Eleven (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Eleven (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

النسخة المحلولة

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Twelve (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 In the future, smart clothes will be able to ..... the body temperature.

a) regulate | b) subsidise | c) soak | d) break down

2 Snakes and many other animals stay ..... during wintertime.

a) biological | b) sustainable | c) inactive | d) effective

3 Although the shop was closing, several customers were ..... waiting outside.

a) still | b) indeed | c) chemically | d) routinely

4 Electronic devices have become much smarter over the past ..... .

a) attitude | b) nutrition | c) involvement | d) decade

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 The receptionist answers customer calls before 7 am. (Make negative)

a) The receptionist don't answer customer calls before 7 am.
b) The receptionist hasn't answer customer calls before 7 am.
c) The receptionist doesn't answer customer calls before 7 am.

2 We are carrying the new books to the library. (Ask a question)

a) Where do you carry the new books?
b) Where are you carrying the new books?
c) Where you are carrying the new books?

3 Mum bought a (wooden - large - brown) box yesterday. (Rearrange the adjectives)

a) Mum bought a brown wooden large box yesterday.
b) Mum bought a wooden brown large box yesterday.
c) Mum bought a large brown wooden box yesterday.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Twelve (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the nutritional benefits of a healthy diet and the hurdles that prevent people from following it.

Your outline should include:

An Introductory Sentence:	....
Supporting ideas:	....
A Concluding Sentence:	....

Write your paragraph:

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Twelve (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Twelve (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

النسخة المحلولة

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A Concluding Sentence:	In conclusion, we should try to follow a healthy diet despite these hurdles.

Write your paragraph:

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Thirteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 The local council is planning to ..... public transport for university students.

a) consume | b) overlook | c) subsidise | d) resist

2 The hotel offered a/an ..... discount for families during the winter season.

a) tempting | b) nutritional | c) inactive | d) nutritious

3 The laboratory produced the new material ..... rather than obtaining it naturally.

a) routinely | b) indeed | c) still | d) chemically

4 His cheerful ..... helped the team remain hopeful after losing the match.

a) aroma | b) attitude | c) portion | d) decade

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 The train leaves the station at 7:30 every morning. (Ask a question)

a) What time does the train leave the station every morning?
b) What time is the train leaving the station every morning?
c) What time do the train leave the station every morning?

2 We bought a (large / sleeping / comfortable) bag for the trip. (Reorder the adjectives)

a) We bought a sleeping comfortable large bag for the trip.
b) We bought a large comfortable sleeping bag for the trip.
c) We bought a comfortable large sleeping bag for the trip.

3 The workers (paint) the outside of the hotel right now. (Correct)

a) The workers paint the outside of the hotel right now.
b) The workers are painting the outside of the hotel right now.
c) The workers have painted the outside of the hotel right now.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Thirteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the physical and academic benefits of mindful eating.

Your outline should include:

An Introductory Sentence:	.....
Supporting ideas:	.....
A Concluding Sentence:	.....

Write your paragraph:

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Thirteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

النسخة المحلولة

Vocabulary (4 Marks)

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a) tempting | b) nutritional | c) inactive | d) nutritious

3 The laboratory produced the new material ..... rather than obtaining it naturally.

a) routinely | b) indeed | c) still | **d) chemically**

4 His cheerful ..... helped the team remain hopeful after losing the match.

a) aroma | **b) attitude** | c) portion | d) decade

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 The train leaves the station at 7:30 every morning. (Ask a question)

a) What time does the train leave the station every morning?
b) What time is the train leaving the station every morning?
c) What time do the train leave the station every morning?

2 We bought a (large / sleeping / comfortable) bag for the trip. (Reorder the adjectives)

a) We bought a sleeping comfortable large bag for the trip.
b) We bought a large comfortable sleeping bag for the trip.
c) We bought a comfortable large sleeping bag for the trip.

3 The workers (paint) the outside of the hotel right now. (Correct)

a) The workers paint the outside of the hotel right now.
b) The workers are painting the outside of the hotel right now.
c) The workers have painted the outside of the hotel right now.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Thirteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining the physical and academic benefits of mindful eating.

Your outline should include:

An Introductory Sentence:	Mindful eating has many physical and academic benefits.
Supporting ideas:	• Fullness awareness and less overeating • Better digestion through good chewing • Energy for learning from balanced meals • Better concentration and memory
A Concluding Sentence:	In conclusion, mindful eating can support both our health and our studies.

Write your paragraph:

Mindful eating has many physical and academic benefits. Eating slowly helps us notice when we are full and avoid overeating. Chewing our food well also helps our bodies digest it. At school, regular balanced meals give us energy to learn. They also help us concentrate and remember information. In conclusion, mindful eating can support both our health and our studies.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Fourteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 The cabin crew ..... the passengers to stay calm during the emergency landing.

a) urged | b) bestowed | c) processed | d) soaked

2 One ..... feature of Kuwait Towers is their unique design.

a) nutritional | b) biological | c) affordable | d) notable

3 Learning about ..... helps people make healthier food choices.

a) aroma | b) nutrition | c) decade | d) pledge

4 Parents' ..... in school activities can motivate their children to succeed.

a) involvement | b) malnutrition | c) inflammation | d) aroma

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 She bought a/an (leather / beautiful / Italian) handbag. (Reorder the adjectives)

a) She bought a leather Italian beautiful handbag.
b) She bought a beautiful Italian leather handbag.
c) She bought an Italian beautiful leather handbag.

2 They bought a (wooden / beautiful / Kuwaiti) chest for the living room. (Reorder)

a) They bought a Kuwaiti wooden beautiful chest for the living room.
b) They bought a beautiful Kuwaiti wooden chest for the living room.
c) They bought a wooden beautiful Kuwaiti chest for the living room.

3 The students are designing a heritage poster this week. (Ask a question)

a) What do the students design this week?
b) What are the students designing this week?
c) What did the students design this week?

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EnglishAWY إنجلشاوي

Quiz Fourteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining what personalised nutrition means and its benefits.

Your outline should include:

An Introductory Sentence:	.....
Supporting ideas:	.....
A Concluding Sentence:	.....

Write your paragraph:

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EnglishAWY إنجلشاوي

Quiz Fourteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

النسخة المحلولة

Vocabulary (4 Marks)

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EnglishAWY إنجلشاوي

Quiz Fourteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining what personalised nutrition means and its benefits.

Your outline should include:

An Introductory Sentence:	Personalised nutrition means choosing food to meet each person's needs.
Supporting ideas:	• Age, health and daily activity • Essential nutrients for individual needs • A healthy weight • More energy and better health
A Concluding Sentence:	In conclusion, personalised nutrition can help people enjoy a healthier life.

Write your paragraph:

Personalised nutrition means choosing food to meet each person's needs. A meal plan depends on a person's age, health and daily activities. It helps people get the nutrients their bodies need. It can also help them keep a healthy weight. Moreover, it gives them energy and helps them feel better. In conclusion, personalised nutrition can help people enjoy a healthier life.

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EnglishAWY إنجلشاوي

Quiz Fifteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 Nice natural views can ..... the imagination of writers and poets.

a) soak | b) overlook | c) stroll | d) stimulate

2 The bakery offered a/an ..... selection of fresh cakes this week.

a) effective | b) wholesome | c) personalised | d) biological

3 Mum always ..... the dirty clothes in warm water before washing them.

a) resists | b) consumes | c) soaks | d) bestows

4 The pleasant ..... of the perfume made the entire hall smell wonderful.

a) aroma | b) hurdle | c) fatigue | d) pledge

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 The school website always (post) updates about school events. (Correct the verb)

a) The school website always posting updates about school events.
b) The school website always posts updates about school events.
c) The school website always is posting updates about school events.

2 Public parks are crowded during holidays. (Use: often)

a) Public parks are often crowded during holidays.
b) Public parks often are crowded during holidays.
c) Public parks are crowded during holidays often.

3 He reads the news before he goes to work. (Ask a question)

a) What is he do before he goes to work?
b) What does he do before he goes to work?
c) What do he do before he goes to work?

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EnglishAWY إنجلشاوي

Quiz Fifteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Your outline should include:

An Introductory Sentence:	....
Supporting ideas:	....
A Concluding Sentence:	....

Write your paragraph:

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Fifteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

النسخة المحلولة

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 Nice natural views can ..... the imagination of writers and poets.

a) soak | b) overlook | c) stroll | **d) stimulate**

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a) resists | b) consumes | **c) soaks** | d) bestows

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Fifteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining the benefits of the healthy food options in the canteen and suggesting further alternative options.

Your outline should include:

An Introductory Sentence:	Healthy food in the school canteen is good for students.
Supporting ideas:	• Energy for studying and playing • Strong bodies and clear thinking • Fresh fruit instead of sweets • Water instead of fizzy drinks
A Concluding Sentence:	In conclusion, students should choose healthy food every day.

Write your paragraph:

Healthy food in the school canteen is good for students. It gives them energy to study and play. It also helps them stay strong and think clearly. Students can eat fresh fruit instead of sweets. They can drink water instead of fizzy drinks. In conclusion, students should choose healthy food every day.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Sixteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 The university will ..... an honorary award on the minister.

a) soak | b) bestow | c) consume | d) stroll

2 The travel agency created a/an ..... holiday package for the family.

a) filling | b) inactive | c) personalised | d) biological

3 Shoppers should ..... the desire to buy unnecessary items during sales.

a) bestow | b) soak | c) stroll | d) resist

4 ..... are used to stop bacteria from growing in food.

a) Legumes | b) Preservatives | c) Portions | d) Hurdles

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 My brother misses important deadlines. (Use: never)

a) My brother never miss important deadlines.
b) My brother misses never important deadlines.
c) My brother never misses important deadlines.

2 They usually spend their holiday abroad. (Make a question)

a) Where they usually spend their holiday?
b) Where do they usually spend their holiday?
c) Where are they usually spend their holiday?

3 We order takeaway meals during the week. (Use: rarely)

a) We rarely order takeaway meals during the week.
b) We order rarely takeaway meals during the week.
c) We order takeaway meals during the week rarely.

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EnglishAWY إنجلشاوي

Quiz Sixteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the nutritional benefits of a healthy diet and the hurdles that prevent people from following it.

Your outline should include:

An Introductory Sentence:	.....
Supporting ideas:	.....
A Concluding Sentence:	.....

Write your paragraph:

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Sixteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

النسخة المحلولة

Vocabulary (4 Marks)

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Sixteen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

النسخة المحلولة

Plan and write a paragraph of 6 sentences explaining the nutritional benefits of a healthy diet and the hurdles that prevent people from following it.

Your outline should include:

An Introductory Sentence:	A healthy diet is important for a healthy life.
Supporting ideas:	• Energy and essential nutrients • Strong bodies and disease prevention • High cost of healthy food • Limited time for healthy cooking
A Concluding Sentence:	In conclusion, we should try to follow a healthy diet despite these hurdles.

Write your paragraph:

A healthy diet is important for a healthy life. It gives our bodies energy and essential nutrients. It also helps us stay strong and prevents some diseases. However, healthy food can be expensive for some people. Busy people may not have enough time to cook healthy meals. In conclusion, we should try to follow a healthy diet despite these hurdles.

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Seventeen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Vocabulary (4 Marks)

Choose the correct answer from a, b, c, or d:

1 Successful people ..... urgent tasks when planning a busy working day.

a) soak | b) stroll | c) prioritise | d) overlook

2 The new medicine is ..... in reducing the patient's pain.

a) effective | b) nutritional | c) filling | d) nutritious

3 A good manager shouldn't ..... minor safety problems in the workplace.

a) bestow | b) stroll | c) overlook | d) soak

4 Careful ..... is necessary when arranging a large cultural event.

a) inflammation | b) nutrition | c) fatigue | d) organisation

Grammar (3 Marks)

Choose the correct answer from a, b, or c:

1 Yes, I take part in school activities. (Ask a question)

a) Are you take part in school activities?
b) Does you take part in school activities?
c) Do you take part in school activities?

2 Our teacher checks our progress every week. (Make negative)

a) Our teacher doesn't check our progress every week.
b) Our teacher don't check our progress every week.
c) Our teacher isn't check our progress every week.

3 I attend a fitness class twice a week. (Ask a question)

a) How often do you attend a fitness class?
b) How often are you attending a fitness class?
c) How often does you attend a fitness class?

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لو على الفل مارك ناوي خليك مع إنجلشاوي

EnglishAWY إنجلشاوي

Quiz Seventeen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

Plan and write a paragraph of 6 sentences explaining the physical and academic benefits of mindful eating.

Your outline should include:

An Introductory Sentence:	.....
Supporting ideas:	.....
A Concluding Sentence:	.....

Write your paragraph:

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EnglishAWY إنجلشاوي

Quiz Seventeen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

النسخة المحلولة

Vocabulary (4 Marks)

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a) bestow | b) stroll | **c) overlook** | d) soak

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a) inflammation | b) nutrition | c) fatigue | **d) organisation**

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EnglishAWY إنجلشاوي

Quiz Seventeen (15 Marks)

PRIME ACADEMY
LEARN TODAY
BUILD TOMORROW

Writing (8 Marks)

النسخة المحلولة

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Your outline should include:

An Introductory Sentence:	Mindful eating has many physical and academic benefits.
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A Concluding Sentence:	In conclusion, mindful eating can support both our health and our studies.

Write your paragraph:

Mindful eating has many physical and academic benefits. Eating slowly helps us notice when we are full and avoid overeating. Chewing our food well also helps our bodies digest it. At school, regular balanced meals give us energy to learn. They also help us concentrate and remember information. In conclusion, mindful eating can support both our health and our studies.

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