

Unit (1)
Vocabulary

A-Choose the correct word from a, b, c and d:

- 1-is running very fast over a short distance.
a) Obesity b) Session c) Resistance d) Sprinting
- 2- It is a big for children to travel alone.
a) risk b) amount c) regimen d) session
- 3- My father.....to give me special present when I pass the exam.
a) cooled down b) promised c) lacked d) gained
- 4- Sportsmen warm -up well before starting their exercise
a) arrow b) session c) resistance d) obesity

B-Fill in the spaces with words from the list:

(lack – amounts – cool down – regimen – risk)

- 1- Eating high of food leads to many health problems.
2- You should have an exercise as part of your daily routine.
3- Always be calm andif you face any problem.
4- If you don't have eggs or milk in your food, you mayvitamin D.

Grammar

A- Choose the correct answer:

..... (Doing – Does – Do) any physical activity is really important for health. My sister always(go – goes – went) with me to the gym. She..... (have – will have – had) some duties tomorrow. So, she (is preparing – prepared – prepares) herself now. But I will take her with me if she wants to(coming – come – comes)

B- Do as shown between brackets:

1-The young boy crosses the road fast. (Make negative)

2- They make noise in the class. (Make negative)

3- I always stay up late at night. (Make negative)

4- My teachers are shouting now. (Make negative)

5- Mona travels abroad every summer. (Ask a Question)

6- We go to Dubai for shopping every year. (Ask a Question)

6- The little girl is playing with her doll to enjoy her time. (Ask a Question)

Reading Comprehension

Read the following passage then answer the questions below:

In England, many parents think that they must teach their children how to swim to make them more respected and stronger among their friends. They usually take them to public swimming pools or sports clubs on holidays.

One often sees parents anxious trying to force their **frightened** children to swim. I believe that pushing the little child to water can be a big mistake. Parents commit another mistake which is to give children a rubber ring or wings to help them. This makes the child think that it is dangerous to get his / her head under water.

When my children were young, we usually spent the weekends in mountains where there was a circular water tank. It was about two metres deep. I let **them** swim there. I never gave them rubber rings or water wings while they were in water. My eldest son began to jump into the tank. Soon, his brother and sister got used to water and did the same thing.

A-Choose the correct answer from a, b c and d:

1-What is the best title for this passage?

- a-Swimming in London b-Teaching children to swim in England
c-How you swim d-Mistakes while swimming

2-The underlined word "**them**" in the 3rd paragraph refers to:

- a- parents b- children c- neighbours d- friends

3- The underlined word "**frightened**" in the 2nd paragraph means:

- a- strong b- angry c- afraid d- upset

4- What is the purpose of the writer in this passage?

- a-Children can swim in England.
b-Children should learn at their own speed.
c-Children must learn to swim very quickly.
d- Swimming is dangerous.

5-According to the passage, all the following statements are **NOT TRUE** except:

- a-It is recommended to give children rubber rings to swim.
b-It is frightening to swim without water wings.
c- Swimming makes children nervous with the others in England.
d-Pushing children to swim alone is a big mistake.

B- Answer the following questions:

6- What do parents do to teach their children how to swim?

7-How can you learn swimming in a good way?

Writing

"Everyone has his / her favourite sport." Plan and write a composition of two paragraphs (not less than 10 sentences) about "Your sport" explaining **the benefits of this sport** and **how you play it**.

*Your writing should include a topic sentence, supporting details and a conclusion.

Unit (2)
Vocabulary

A-Choose the correct word from a, b, c and d:

- 4- Charity and organisations are built for helping the needy every where.
a) native b) voluntry c) capable d) adquate
- 5- It needs a great effort to your plans.
a) inspire b) achieve c) provide d) lead
- 6-, news travels so fast due to modern technology and mass media.
a) Incredibly b) Extremely c) Recently d) Frequently
- 4- Theof bacteria and viruses can spread so fast among children.
a) barrier b) carven c) theme d) infection

B-Fill in the spaces with words from the list:

(leads – determination –improve – overcome – sight)

- 5- A strong will andhelp you to achieve your goals.
- 6- Sara needs to take a course to her English.
- 7- Waching TV for a long time to health problems.
- 8- It took her a long time toall the difficulties she had faced in her life.

Grammar

A- Choose the correct answer:

I (has done – have done – had done) my homework. I tried to finish it fast
.....(too – in order to – so that) I could go to the beach with my family. It was a good
chance (to get – getting – gets) together.

B- Do as shown between brackets:

1-Hani has travelled abroad. (Make negative)

2- No, I have never been to London. (Ask a question)

3-This is the most interesting story I (ever buy). (Correct the verb)

Writing

"The physically challenged can do miracles in spite of their disabilities." Plan and write a composition of two paragraphs (not less than 10 sentences) about "The disabled" explaining **the challenges that they may face and how we can help them.**

*Your writing should include a topic sentence, supporting details and a conclusion.

Reading Comprehension

Read the following passage, then answer the questions below:

Fasting is part of the practices of many religions including, Islam, Judaism and Christianity. Today many are trying to dig up the benefits of fasting. Some people fast for spiritual reasons while others fast as a way to physically discipline the body. Whatever reasons one might come up with, it has been scientifically proved that fasting has tremendous health, spiritual and physical benefits.

It is known that fasting helps **eliminate** or neutralize toxins through the colon, liver, kidneys, lungs and skin. It leads to the cleansing of the whole body. The healing process can be noticed clearly in the body during a fast. Besides, dangerous diseases such as cancer do not have the full support of the body's supplies when fasting.

In addition to these physical benefits of fasting, it helps people to feel the needy ones and support **them** by giving money and food. It is one of the blessings of Islam to fast in the Holy month of Ramadan. As it is the fourth pillar of Islam, Muslims have to fast from the dawn till sunset. It is a good opportunity to purify one's soul and emotions. It enables people to get rid of their bad desires. That helps spread love, peace, co-operation and sacrifice among people in any community.

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

- 1- What is the best title for the passage?
 - a. Fasting in Islam.
 - b. The Values of Islam.
 - c. Bad Desires.
 - d. The Types of Religions.
- 2- The underlined word "**eliminate**" in the 2nd paragraph means:
 - a. keep
 - b. remove
 - c. fix
 - d. choose
- 3- The underlined pronoun "**them**" in the 3rd paragraph refers to:
 - a. the diseases
 - b. the Muslims
 - c. the benefits
 - d. the needy ones
- 4-What is the writer's purpose of this passage?
 - a. Focussing on the spiritual benefits of fasting.
 - b. Showing that fasting is good for health.
 - c. Explaining the physical benefits of fasting.
 - d. Confirming the idea that fasting has many benefits.
- 5-According to the passage, all the following statements are **Not TRUE** except:
 - a-Fasting is for the poor.
 - b-Fasting is a blessing.
 - c-Only Muslims can fast.
 - d-Fasting is bad for health.

B) Answer the following questions:

6- How can fasting help our bodies?

.....
7- Why is fasting important for the community?

.....

Unit (3)
Vocabulary

A-Choose the correct word from a, b, c and d:

1-Ali isnow after firing him from the company.

- a) separete b) stingy c) furious d) jobless

2-They will many new graduates in our school this year.

- a) employ b) float c) inhale d) inspire

3-They set the courts to achieve among people.

- a) trap b) justice c) crowd d) package

4- Dana is tired, let me do the washing Of her

- a) unfairly b) instead of c) incredibly d-recently

B-Fill in the spaces with words from the list:

(gravity – casual –specialised – stingy – wage)

5-I like wearingclothes as they are more comfortable.

6-Everything is floating in the space because of the zero

7-Dr. Salim is in Biology.

8-He saves all histo buy a new car.

Grammar

A- Choose the correct answer:

I am (too – as– to) happy to see my old friend. We haven't seen each other (since – for – yet) a long time. But we promise to keep in touch (so that – in order to – to) we can remember our old memories and have fun.

B- Do as shown between brackets:

1-Sara has just finished her duty. (Make negative)

.....

2- I have lived in Kuwait for ten years. (Ask a question)

.....

3-Ghadeer is very clever. She helps all the other students. (Join using: too .. to ...)

.....

Writing

"Travelling into space is a dream of all people of different ages." Plan and write a composition of two paragraphs (not less than 10 sentences) about "life in space" explaining **the way astronauts live in space and how it is like camping.**

*Your writing should include a topic sentence, supporting details and a conclusion

Reading Comprehension

Read the following passage then answer the questions below:

No wonder that salt has many uses in our life. It is added to food, pickle and fish. It is also used to preserve some types of food. Many people prefer salty dishes than sweet ones. Despite the bad side effects of adding salt randomly or too much in some dishes, still many people like it. But have you ever asked yourself about the time and place where it was first discovered and used?

In fact, we don't know when man first began to use salt, but we do know that it has been used in many different ways throughout the history. People who lived over 3000 years ago ate salted fish. Thousands of years ago in Egypt, salt was used to **embalm** the dead. Stealing salt was considered a major crime during some periods of history.

In the 18th century, for instance, if a person was caught stealing salt, he could be put in jail. About 150 years ago, taking more salt than once was considered a crime. The criminal's ear was cut off as a punishment for the crime he has committed. In the Roman Empire, one of the most important roads was the one that carried salt from the salt mines to Rome. Guards were kept along the route to protect it against **its** thieves.

In the early days in the USA, salt was scarce. So, the store-keeper was very careful with his salt. As he poured out salt for his customers, he did not like anyone to cross the floor of the store.

A) Choose the correct answer from a, b, c and d:

1-What is the best title of the passage?

- | | |
|---------------------------------|------------------------------|
| a) The Bad Sides of Salt. | b) The Guards of Salt |
| c) The Uses and History of Salt | d) Salt and Preserving Food. |

2- The underlined word "**embalm**" in the 2nd paragraph means:

- | | |
|--|-------------------------------------|
| a) preserve a dead body from decay. | b) put the dead body in the fridge. |
| c) support put or take on board a ship | d) bury the dead body. |

3- The underlined word "**its**" in the 4th paragraph refers to:

- | | |
|------------|-----------|
| a) route's | b) salt's |
| c) Rome's | d) mine's |

4-What is the writer's purpose of the passage?

- | | |
|-------------------------------|--------------------------------------|
| a) Recommending salt for food | b) Showing the salt in Rome |
| c) Explaining stealing Salt | d) Focussing on salt through history |

5-According to the passage, all the following statements are **NOT TRUE** except:

- | | |
|-----------------------|------------------------------|
| a) salt is harmful. | b) salt has different shapes |
| b) thieves stole salt | d) salt was precious |

B) Answer the following questions:

6-Why is eating too much salt harmful?

.....

7-What is salt used for?

.....