

English Reading Comprehension Practice

- **Done By:** Abdulmuamen Hussam
- **Channel:** https://t.me/Alef_all
- **Grade:** 11 & 12 Advanced



Cultural Celebrations Today

Cultural celebrations often reflect the values and beliefs that define a society. While globalization has influenced how people celebrate, many communities still hold onto their traditions. A wedding, for instance, may be hosted at a modern venue, but include ancient rituals passed down through generations. These blended celebrations show how culture evolves without losing its roots.

In India, weddings are not just a personal matter; they are social events involving hundreds of guests and days of ceremonies. The expense of such celebrations can be overwhelming, but many families consider it a necessary display of respect and honor. Similarly, in Egypt, weddings often include traditional music, street parades, and large family gatherings that stretch well into the night.

Across cultures, different occasions demand different levels of formality. For example, while casual clothing might be fine for a birthday party, a diplomatic dinner requires guests to dress appropriately. Not following the expected dress code may be seen as disrespectful, especially when representatives of a group or government are present.

One key difference between cultures is the attitude toward social behavior. In some Asian countries, interrupting someone is considered extremely rude and may cause embarrassment. However, in some Latin American or Arab cultures, a polite interruption can be a sign of engagement or excitement. These customs show that understanding the cultural context is essential before attending an event or ceremony abroad.

دعواتكم

Read the text and answer the questions.

1-8 3 Marks

What is the main idea of the passage?

- a. Globalization has ended traditions ☐
- b. Celebrations reflect culture and vary between societies ☐
- c. Weddings are the most expensive events ☐

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Why are Indian weddings often costly?

- a. They are sponsored by the government ☐
- b. They include large social gatherings and respect for tradition ☐
- c. They are held in very modern venues ☐

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With answers

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English Reading Comprehension Practice 2

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When AI Took the Wheel

When Salma began her internship at a marketing firm in Abu Dhabi, she didn't expect artificial intelligence to become her daily companion. The office had recently integrated an AI-based system that offered real-time guidance on campaign strategies, content tone, and even client engagement timing. At first, she found it intrusive; it was unsettling to have a machine interpret human emotions and preferences better than some of her colleagues.

But one day changed her mind. She was assigned to lead a project for a high-profile client, and the pressure was intense. Her initial proposal, though creative, lacked data-driven support. That's when the AI system stepped in. It analyzed past campaigns, current market trends, and even client behavior patterns to suggest a modified pitch. It wasn't just functional—it was brilliant.

The revised strategy not only impressed the client but also set a new benchmark in the office. Salma began to realize how AI could transform not only workflows but also mindsets. Of course, it had limitations—its capacity to understand cultural nuance was imperfect—but it kept learning.

The most surprising part was how it affected her personal decisions. Over time, she used a simplified version of the system to help organize her schedule, manage her budget, and even suggest healthier eating habits. This electronic partner wasn't perfect, but it was undeniably helpful.

Now, Salma no longer sees AI as a threat. "It's not about replacing human judgment," she says, "but about extending it—intelligently, and appropriately."

دعواتكم

Read the text and answer the questions.

1-8 3 Marks

Why did Salma initially feel uncomfortable with the AI system?

- a. It lacked efficiency. ☐
- b. It was better than humans at understanding emotions. ☐
- c. It frequently made mistakes. ☐

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2-8 3 Marks

What role did the AI play in Salma's client project?

- a. It rejected her proposal. ☐
- b. It created the final version independently. ☐
- c. It refined her work using data. ☐

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What does the phrase "wasn't just functional—it was brilliant" imply?

- a. The system was overhyped and not practical. ☐
- b. It exceeded expectations in performance. ☐
- c. It replaced Salma entirely. ☐

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4-8 3 Marks

What does Salma mean when she says the AI 'extended judgment'?

- a. It corrected her decisions. ☐
- b. It enhanced her ability to make choices. ☐
- c. It limited her independence. ☐

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In what way did the AI fail to perform perfectly?

- a. It didn't learn over time. ☐
- b. It misunderstood cultural details. ☐
- c. It gave outdated data. ☐

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دعواتكم

Read the text and answer the questions.

6-8 3 Marks

How did Salma's use of AI expand beyond work?

- a. She stopped using it completely. ☐
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Read the text and answer the questions.

7-8 3 Marks

What tone does the author use in describing Salma's transformation?

- a. Critical and skeptical ☐
- b. Analytical and balanced ☐
- c. Admiring and hopeful ☐

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Read the text and answer the questions.

8-8 3 Marks

What is the central theme of the passage?

- a. AI's emotional limitations ☐
- b. AI as a support tool, not a replacement ☐
- c. AI controlling modern lives ☐

Done By: Abdulmuamen Hussam

Channel: https://t.me/Alef_all

Grade: 11 & 12 Advanced

دعواتكم

English Reading Comprehension

Practice 2

With answers

- **Done By:** Abdulmuamen Hussam
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Read the text and answer the questions.

1-8 3 Marks

Why did Salma initially feel uncomfortable with the AI system?

- a. It lacked efficiency. ☐
- b. It was better than humans at understanding emotions. ☐
- c. It frequently made mistakes. ☐

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Read the text and answer the questions.

2-8 3 Marks

What role did the AI play in Salma's client project?

- a. It rejected her proposal. ☐
- b. It created the final version independently. ☐
- c. It refined her work using data. ☐

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Read the text and answer the questions.

3-8 3 Marks

What does the phrase "wasn't just functional—it was brilliant" imply?

- a. The system was overhyped and not practical. ☐
- b. It exceeded expectations in performance. ☐
- c. It replaced Salma entirely. ☐

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Read the text and answer the questions.

4-8 3 Marks

What does Salma mean when she says the AI 'extended judgment'?

- a. It corrected her decisions. ☐
- b. It enhanced her ability to make choices. ☐
- c. It limited her independence. ☐

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Read the text and answer the questions.

5-8 3 Marks

In what way did the AI fail to perform perfectly?

a. It didn't learn over time. ☐

b. It misunderstood cultural details. ☐

c. It gave outdated data. ☐

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Read the text and answer the questions.

8-8 3 Marks

What is the central theme of the passage?

a. AI's emotional limitations ☐

b. AI as a support tool, not a replacement ☐

c. AI controlling modern lives ☐

Done By: Abdulmuamen Hussam

Channel: https://t.me/Alef_all

Grade: 11 & 12 Advanced

دعواتكم

English Reading Comprehension Practice 3

- **Done By:** Abdulmuamen Hussam
- **Channel:** https://t.me/Alef_all
- **Grade:** 11 & 12 Advanced



Balanced Thinker

Leen has always been known for her thoughtful nature and calm presence, especially in stressful situations. As a psychology student, she understands how emotions work and how to manage them. Her ability to stay calm under pressure doesn't come from ignoring problems, but from strong concentration and a practical mindset. She makes careful decisions and prefers to observe before reacting — a quality that not all young people possess.

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Read the text and answer the questions.

1-8 3 Marks

Leen is well skilled at staying calm due to ____.

- a. her training in debate and leadership ☐
- b. her practical approach and mental focus ☐
- c. her habit of avoiding serious topics ☐

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Read the text and answer the questions.

2-8 3 Marks

___ students show Leen's level of emotional maturity.

a. Most confident

☐

b. A large group of

☐

c. Not many

☐

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3-8 3 Marks

___ is considered to be one of Leen's personality traits.

a. Aggressiveness

☐

b. Respect

☐

c. Excitement

☐

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Read the text and answer the questions.

4-8 3 Marks

Which aspect of life does Leen NOT consider central to personal identity?

- a. helping others emotionally ☐
- b. physical appearance or achievements ☐
- c. emotional presence and growth ☐

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5-8 3 Marks

The last paragraph mostly ____.

- a. criticizes society's view on success ☐
- b. praises Leen's quiet confidence and values ☐
- c. compares Leen's opinions to her classmates ☐

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6-8 3 Marks

The text draws a connection between ____.

- a. concentration and academic grades ☐
- b. emotional balance and strong identity ☐
- c. appearance and communication skills ☐

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Read the text and answer the questions.

7-8 3 Marks

According to the text, Leen's optimism helps her ____.

a. ignore negative events

☐

b. escape responsibility

☐

c. manage problems with realism

☐

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Read the text and answer the questions.

8-8 3 Marks

Leen believes that true identity comes from ____.

- a. how much someone earns ☐
- b. how others view you ☐
- c. personal growth and emotional connection ☐

Done By: Abdulmuamen Hussam

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Grade: 11 & 12 Advanced

دعواتكم

English Reading Comprehension

Practice 3

With answers

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Her sense of identity is tied to helping others and being emotionally present. She doesn't define herself by achievements or appearances, but by her ability to grow and connect. Leen's way of thinking may not be loud or flashy, but it shows the power of a quiet, balanced mind in a noisy world.

Read the text and answer the questions.

2-8 3 Marks

___ students show Leen's level of emotional maturity.

a. Most confident

☐

b. A large group of

☐

c. Not many

☐

Balanced Thinker

Leen has always been known for her thoughtful nature and calm presence, especially in stressful situations. As a psychology student, she understands how emotions work and how to manage them. Her ability to stay calm under pressure doesn't come from ignoring problems, but from strong concentration and a practical mindset. She makes careful decisions and prefers to observe before reacting — a quality that not all young people possess.

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Read the text and answer the questions.

3-8 3 Marks

___ is considered to be one of Leen's personality traits.

a. Aggressiveness

☐

b. Respect

☐

c. Excitement

☐

Balanced Thinker

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Read the text and answer the questions.

4-8 3 Marks

Which aspect of life does Leen NOT consider central to personal identity?

a. helping others emotionally ☐

b. physical appearance or achievements ☐

c. emotional presence and growth ☐

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Read the text and answer the questions.

5-8 3 Marks

The last paragraph mostly ____.

- a. criticizes society's view on success ☐
- b. praises Leen's quiet confidence and values ☐
- c. compares Leen's opinions to her classmates ☐

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Read the text and answer the questions.

6-8 3 Marks

The text draws a connection between ____.

- a. concentration and academic grades ☐
- b. emotional balance and strong identity ☐
- c. appearance and communication skills ☐

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Read the text and answer the questions.

7-8 3 Marks

According to the text, Leen's optimism helps her ____.

a. ignore negative events ☐

b. escape responsibility ☐

c. manage problems with realism ☐

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Read the text and answer the questions.

8-8 3 Marks

Leen believes that true identity comes from ____.

- a. how much someone earns ☐
- b. how others view you ☐
- c. personal growth and emotional connection ☐

Done By: Abdulmuamen Hussam

Channel: https://t.me/Alef_all

Grade: 11 & 12 Advanced

دعواتكم

English Reading Comprehension Practice 4

- **Done By:** Abdulmuamen Hussam
- **Channel:** https://t.me/Alef_all
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Greeting the World

When Nour traveled abroad for the first time, she was surprised by how differently people greeted each other. In her home country, a warm handshake or a kiss on the cheek is a normal way to say hello. But in Japan, she quickly learned that bowing shows respect, and touching someone casually is often seen as rude. At first, these customs confused her, but over time, she realized that greetings reflect deeper cultural values.

In Brazil, for example, people tend to greet each other with great enthusiasm and sometimes even hugs — even with strangers. This can feel overwhelming to someone from a more reserved society. Meanwhile, in Scandinavian countries, people prefer a polite nod or simple “hello,” which reflects their cultural tendency to value personal space and quiet communication.

Nour began keeping a journal to document the customs she encountered. She noticed that while the actions themselves — bows, hugs, nods — may differ, the intention is often the same: to show kindness and openness. This discovery helped her become more culturally aware, and she began to appreciate the meaning behind even the smallest gestures.

Over time, she adapted. She didn't just memorize behaviors — she understood them. Nour believes that learning about greeting customs is not just about being polite. It's about entering a culture with humility, curiosity, and a willingness to learn. After all, how we say “hello” says a lot about who we are.

دعواتكم

Read the text and answer the questions.

1-8 3 Marks

Nour was well surprised by the differences in greetings due to ____.

- a. her lack of travel experience ☐
- b. her training in global etiquette ☐
- c. the unfamiliar cultural habits abroad ☐

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دعواتكم

Read the text and answer the questions.

2-8 3 Marks

___ travelers show Nour's curiosity and openness.

a. Not many

☐

b. Almost all

☐

c. Business

☐

Greeting the World

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دعواتكم

Read the text and answer the questions.

3-8 3 Marks

___ is considered to be one of Nour's cultural discoveries.

- a. Money-saving tips ☐
- b. The deeper meaning behind gestures ☐
- c. Local transportation systems ☐

Greeting the World

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دعواتكم

Read the text and answer the questions.

4-8 3 Marks

Which aspect of culture does Nour NOT focus on in the text?

- a. customs of saying hello ☐
- b. traditional clothing in Asia ☐
- c. how gestures express values ☐

Greeting the World

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Read the text and answer the questions.

5-8 3 Marks

The last paragraph mostly ____.

- a. explains the origin of bowing in Japan ☐
- b. gives Nour’s reflection on cultural learning ☐
- c. compares European and Middle Eastern customs ☐

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دعواتكم

Read the text and answer the questions.

6-8 3 Marks

The text draws a connection between ____.

- a. travel and emotional health ○
- b. food and conversation styles ○
- c. greetings and cultural identity ○

Greeting the World

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دعواتكم

Read the text and answer the questions.

7-8 3 Marks

According to the text, understanding customs means ____.

- a. memorizing gestures for exams ☐
- b. avoiding unfamiliar situations ☐
- c. learning the values behind behaviors ☐

Greeting the World

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دعواتكم

Read the text and answer the questions.

8-8 3 Marks

Nour believes that proper greetings should come with ____.

- a. expensive gifts ☐
- b. a sense of curiosity and humility ☐
- c. strong language skills ☐

Done By: Abdulmuamen Hussam

Channel: https://t.me/Alef_all

Grade: 11 & 12 Advanced

دعواتكم

English Reading Comprehension Practice 4 *With answers*

- **Done By:** Abdulmuamen Hussam
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دعواتكم

Read the text and answer the questions.

1-8 3 Marks

Nour was well surprised by the differences in greetings due to ____.

- a. her lack of travel experience ☐
- b. her training in global etiquette ☐
- c. the unfamiliar cultural habits abroad ☐

Greeting the World

When Nour traveled abroad for the first time, she was surprised by how differently people greeted each other. In her home country, a warm handshake or a kiss on the cheek is a normal way to say hello. But in Japan, she quickly learned that bowing shows respect, and touching someone casually is often seen as rude. At first, these customs confused her, but over time, she realized that greetings reflect deeper cultural values.

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دعواتكم

Read the text and answer the questions.

2-8 3 Marks

___ travelers show Nour’s curiosity and openness.

a. Not many

☐

b. Almost all

☐

c. Business

☐

Greeting the World

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دعواتكم

Read the text and answer the questions.

3-8 3 Marks

___ is considered to be one of Nour's cultural discoveries.

a. Money-saving tips



b. The deeper meaning behind gestures



c. Local transportation systems



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دعواتكم

Read the text and answer the questions.

4-8 3 Marks

Which aspect of culture does Nour NOT focus on in the text?

a. customs of saying hello ☐

b. traditional clothing in Asia ☐

c. how gestures express values ☐

Greeting the World

When Nour traveled abroad for the first time, she was surprised by how differently people greeted each other. In her home country, a warm handshake or a kiss on the cheek is a normal way to say hello. But in Japan, she quickly learned that bowing shows respect, and touching someone casually is often seen as rude. At first, these customs confused her, but over time, she realized that greetings reflect deeper cultural values.

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Read the text and answer the questions.

5-8 3 Marks

The last paragraph mostly ____.

a. explains the origin of bowing in Japan



b. gives Nour’s reflection on cultural learning



c. compares European and Middle Eastern customs



Greeting the World

When Nour traveled abroad for the first time, she was surprised by how differently people greeted each other. In her home country, a warm handshake or a kiss on the cheek is a normal way to say hello. But in Japan, she quickly learned that bowing shows respect, and touching someone casually is often seen as rude. At first, these customs confused her, but over time, she realized that greetings reflect deeper cultural values.

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دعواتكم

Read the text and answer the questions.

6-8 3 Marks

The text draws a connection between ____.

a. travel and emotional health ☐

b. food and conversation styles ☐

c. greetings and cultural identity ☐

Greeting the World

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Read the text and answer the questions.

7-8 3 Marks

According to the text, understanding customs means ____.

- a. memorizing gestures for exams ☐
- b. avoiding unfamiliar situations ☐
- c. learning the values behind behaviors ☐

Greeting the World

When Nour traveled abroad for the first time, she was surprised by how differently people greeted each other. In her home country, a warm handshake or a kiss on the cheek is a normal way to say hello. But in Japan, she quickly learned that bowing shows respect, and touching someone casually is often seen as rude. At first, these customs confused her, but over time, she realized that greetings reflect deeper cultural values.

In Brazil, for example, people tend to greet each other with great enthusiasm and sometimes even hugs — even with strangers. This can feel overwhelming to someone from a more reserved society. Meanwhile, in Scandinavian countries, people prefer a polite nod or simple “hello,” which reflects their cultural tendency to value personal space and quiet communication.

Nour began keeping a journal to document the customs she encountered. She noticed that while the actions themselves — bows, hugs, nods — may differ, the intention is often the same: to show kindness and openness. This discovery helped her become more culturally aware, and she began to appreciate the meaning behind even the smallest gestures.

Over time, she adapted. She didn’t just memorize behaviors — she understood them. Nour believes that learning about greeting customs is not just about being polite. It’s about entering a culture with humility, curiosity, and a willingness to learn. After all, how we say “hello” says a lot about who we are.

دعواتكم

Read the text and answer the questions.

8-8 3 Marks

Nour believes that proper greetings should come with ____.

a. expensive gifts

☐

b. a sense of curiosity and humility

☐

c. strong language skills

☐

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Grade: 11 & 12 Advanced

دعواتكم

English Reading Comprehension Practice 5

- **Done By:** Abdulmuamen Hussam
- **Channel:** https://t.me/Alef_all
- **Grade:** 11 & 12 Advanced



Reminder: Practice makes perfect

Tech that Listens

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This kind of assistive technology is not about entertainment or convenience. It's about inclusion. From voice-to-text apps to smart hearing devices and screen readers, these tools are designed to help people live fuller, more independent lives. Adam was amazed by how quickly the app adapted to his brother's needs. It even learned to recognize their family's accents and common phrases.

The experience changed how Adam viewed technology. He used to think of it mainly as a way to play games or watch videos. Now, he sees it as a form of guidance — a way to support those who are often left out. He began volunteering at his school's tech club to help students with different needs find the right tools.

Adam believes that the future of tech is not just about faster phones or cooler gadgets. It's about solving real problems for real people. For him, the best technology is the kind that listens, learns, and transforms lives.

Read the text and answer the questions.

1-8 3 Marks

Adam's brother was able to communicate better due to ____.

- a. learning sign language fluently ☐
- b. using an AI-based speech-to-text app ☐
- c. switching schools with better teachers ☐

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Read the text and answer the questions.

2-8 3 Marks

___ families experience what Adam's family went through.

- a. Not many ☐
- b. Most with high incomes ☐
- c. A large number of ☐

Tech that Listens

When Adam's younger brother lost part of his hearing at age six, daily communication became a real challenge. His family tried learning sign language, but they still struggled to understand each other in fast conversations. Then, a teacher introduced them to an app that uses artificial intelligence to convert speech into text in real time. For the first time in months, Adam's brother was able to follow conversations at school and talk more easily with friends and family.

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Read the text and answer the questions.

3-8 3 Marks

___ is considered to be one of the key functions of assistive technology.

- a. Playing music ☐
- b. Improving accessibility and inclusion ☐
- c. Advertising smart products ☐

Tech that Listens

When Adam's younger brother lost part of his hearing at age six, daily communication became a real challenge. His family tried learning sign language, but they still struggled to understand each other in fast conversations. Then, a teacher introduced them to an app that uses artificial intelligence to convert speech into text in real time. For the first time in months, Adam's brother was able to follow conversations at school and talk more easily with friends and family.

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Read the text and answer the questions.

4-8 3 Marks

Which aspect of technology does Adam NOT mention in the text?

- a. helping people with disabilities ☐
- b. entertainment purposes ☐
- c. how to code such applications ☐

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When Adam's younger brother lost part of his hearing at age six, daily communication became a real challenge. His family tried learning sign language, but they still struggled to understand each other in fast conversations. Then, a teacher introduced them to an app that uses artificial intelligence to convert speech into text in real time. For the first time in months, Adam's brother was able to follow conversations at school and talk more easily with friends and family.

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5-8 3 Marks

The last paragraph mostly ____.

- a. compares smart devices ☐
- b. presents Adam's reflection on tech's true purpose ☐
- c. describes how AI works in apps ☐

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6-8 3 Marks

The text draws a connection between ____.

- a. fast communication and global business ☐
- b. real-world problems and tech innovation ☐
- c. hearing loss and traditional tools ☐

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Read the text and answer the questions.

7-8 3 Marks

According to the text, Adam's view of technology changed from ____.

a. curiosity to boredom

☐

b. play to purpose

☐

c. research to routine

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8-8 3 Marks

Adam believes that technology should focus on ____.

- a. solving real challenges for real people ☐
- b. making devices cheaper ☐
- c. replacing human teachers ☐

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Grade: 11 & 12 Advanced

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English Reading Comprehension Practice 5

With answers

- **Done By:** Abdulmuamen Hussam
- **Channel:** https://t.me/Alef_all
- **Grade:** 11 & 12 Advanced



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The last paragraph mostly ____.

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6-8 3 Marks

The text draws a connection between ____.

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- c. hearing loss and traditional tools ☐

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7-8 3 Marks

According to the text, Adam's view of technology changed from ____.

a. curiosity to boredom

☐

b. play to purpose

☐

c. research to routine

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Read the text and answer the questions.

8-8 3 Marks

Adam believes that technology should focus on ____.

a. solving real challenges for real people ☐

b. making devices cheaper ☐

c. replacing human teachers ☐

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دعواتكم

English Reading Comprehension Practice 6

- **Done By:** Abdulmuamen Hussam
- **Channel:** https://t.me/Alef_all
- **Grade:** 11 & 12 Advanced



Reminder: Practice makes perfect

Salma never planned to become a public speaker. In fact, she was once a shy student who preferred to sit quietly at the back of the classroom. But after joining a local volunteer group that worked with refugee children, her life changed. She saw how many young people were struggling to find confidence, safety, or even hope. Slowly, Salma began speaking up — first at community events, then at national youth conferences.

Her speeches didn't focus on statistics or political arguments. Instead, she shared personal stories — real voices, real experiences. Audiences listened, not because she was famous, but because she was honest. Her ability to speak with maturity and compassion made people connect with her message. Salma believes that people don't need perfection — they need truth and presence.

Over time, Salma became a symbol of identity and strength for young people in her city. Her message was simple: anyone can make a difference if they care enough. She often says that influence doesn't come from being loud, but from being consistent and clear about your values. Whether she's speaking in front of hundreds or just having a quiet talk with one student, she brings the same energy and focus.

Salma's story proves that influence isn't about followers or fame — it's about building trust. She reminds others that a single voice, used wisely, can help people feel seen, valued, and respected. And sometimes, that's all it takes to change someone's life.

Read the text and answer the questions.

1-8 3 Marks

One of the main reasons audiences connected with Salma's speeches was that she ____.

- a. used compelling statistics to support her arguments ☐
- b. expressed her beliefs through personal, relatable stories ☐
- c. spoke fluently and confidently like trained professionals ☐

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Read the text and answer the questions.

2-8 3 Marks

Salma's transformation from a shy student to a public speaker primarily resulted from ____.

- a. enrolling in advanced communication courses ☐
- b. witnessing the struggles of refugee children ☐
- c. reading about global social movements ☐

Salma never planned to become a public speaker. In fact, she was once a shy student who preferred to sit quietly at the back of the classroom. But after joining a local volunteer group that worked with refugee children, her life changed. She saw how many young people were struggling to find confidence, safety, or even hope. Slowly, Salma began speaking up — first at community events, then at national youth conferences.

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Read the text and answer the questions.

3-8 3 Marks

The expression “real voices, real experiences” emphasizes that Salma focused on ____.

- a. collecting interviews from famous speakers ☐
- b. showcasing complex political analysis ☐
- c. conveying authenticity through human stories ☐

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Read the text and answer the questions.

4-8 3 Marks

According to the text, Salma believes influence is built through ____.

- a. having a large audience and social media reach ☐
- b. perfect speech techniques and eloquence ☐
- c. consistency and clarity in values ☐

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5-8 3 Marks

When the text describes Salma as a “symbol of identity and strength,” it suggests she ____.

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Salma's story ultimately conveys that ____.

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Grade: 11 & 12 Advanced

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English Reading Comprehension Practice 6

With answers

- **Done By:** Abdulmuamen Hussam
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Reminder: Practice makes perfect

A Voice That Matters

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Read the text and answer the questions.

1-8 3 Marks

One of the main reasons audiences connected with Salma's speeches was that she ____.

- a. used compelling statistics to support her arguments ☐
- b. expressed her beliefs through personal, relatable stories ☐
- c. spoke fluently and confidently like trained professionals ☐

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2-8 3 Marks

Salma's transformation from a shy student to a public speaker primarily resulted from ____.

- a. enrolling in advanced communication courses ☐
- b. witnessing the struggles of refugee children ☐
- c. reading about global social movements ☐

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3-8 3 Marks

The expression “real voices, real experiences” emphasizes that Salma focused on ____.

- a. collecting interviews from famous speakers ☐
- b. showcasing complex political analysis ☐
- c. conveying authenticity through human stories ☐

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4-8 3 Marks

According to the text, Salma believes influence is built through ____.

- a. having a large audience and social media reach ☐
- b. perfect speech techniques and eloquence ☐
- c. consistency and clarity in values ☐

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Grade: 11 & 12 Advanced

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**Final Revision Worksheets for Grades 11 +12- Third Trimester****Reading Part 1****The Great Pacific Garbage Patch**

Floating in the middle of the Pacific Ocean is a country-sized island of plastic waste called Great Pacific Garbage Patch. While we know that the Great Pacific Garbage Patch would have started to form in the 1950s when plastic production from the fossil fuels surged driven by its versatile applications and affordability ,it was only a 1988 study which hypothesized its existence due to concentration of plastics in certain parts of the ocean. It was first formally spotted, though, by a yacht racer called Charles Moore in the late 90s.

The Great Pacific Garbage Patch is the outcome of various human activities, including improper waste management and excessive plastic consumption. The throwaway culture, coupled with inadequate recycling infrastructure, has resulted in vast amounts of plastic waste entering waterways and eventually accumulating in the patch. Additionally, coastal populations and shipping activities contribute to the problem, as debris is carried by rivers and ocean currents over long distances. The overwhelming amount of plastic waste, along with oceanic currents and weather patterns, has facilitated the formulation and expansion of this garbage patch.

The consequences of the Great Pacific Garbage Patch are far-reaching and devastating. Marine life, including birds, turtles, fish and mammals, often mistake the plastic debris for food or become entangled in it. The ingestion of plastic can lead to starvation, suffocation, and organ damage, while entanglement can cause injuries or even death. The patch also disrupts the marine habitat, as plastics can smother coral reefs and reduce light penetration from the sun, affecting the entire ecosystem. Additionally, microplastics, which are tiny fragments of broken-down plastic, can enter the food chain, potentially posing risks to human health as well.

While efforts to reduce emissions from fossil fuels are vital, the issue of plastic pollution presents a distinct challenge. Unlike greenhouse gas emissions, which can be mostly

addressed through renewable and sustainable energy initiatives, plastic waste requires a range of approaches involving improved waste management, recycling infrastructure, and public awareness campaigns. Initiatives promoting recycling waste reduction and the use of renewable materials are crucial steps toward combating this issue. For as long as we produce plastic, perceiving it as a valuable resource that can be reused or repurposed, rather than as disposable waste, can help shift our mindset toward a more sustainable future. One unexpected perk is that initiatives aimed at cleaning up and reducing the size of the garbage patch have helped the development of technologies and methods for collecting and recycling plastic waste.

1- The origins of the Great Pacific Garbage Patch can be tracked back to the

- A-1950s
- b- 1990s
- c- 1980s

2-The second paragraph

- a) describes the cultural factors behind low recycling rates
- b) compares human activity in the ocean to natural activity
- C) Outlines the various causes of a specific environmental event

3- As well as bad practices with plastic disposal, the patch

- a) is a result of bad waterways planning
- b) is formed by movements of the ocean
- c) is having a major impact on coastal populations

4- The garbage patch affects the ecosystem through.....

- a) removing micro plastics from the human food chain
- b) letting less light reach into ocean habitats
- c) discouraging marine life from eating food

5- The problem the text describes connects to carbon emissions because they both ...

- a) stem from the same resource
- b) have the same solutions
- c) affect the food chain of animals

6-Compared to carbon emissions,

- A) the garbage patch will be easier to solve
- B) Ocean plastic waste needs various solutions
- C) Plastic causes more damage to the environment.

7) The initiatives to solve the ocean garbage problem

- A) stop the production of plastic
- B) put most of their focus onto recycling
- C) encourage people to think differently about plastic

8) A benefit of the response has been the

- A) improvement of waste disposal technologies
- B) huge reduction in the patch's size
- C) discovery of new renewable materials

Reading Part 2

Ahmed's Job

Ahmed was coming to the end of Grade 12, and it was time for him to think about what he wanted to do when he finished school. He and his friends often talked about this, and there were so many different ideas he didn't know where to start. He knew he wanted to make good money in his career, but he wanted to start by doing something in his community. There was a visible decline in the environmental conditions in the area around him, and he wanted to start a project to teach people about looking after their environment. He saw this plan as a challenge, and one he wanted to make sure he succeeded in. He was slightly nervous, but not too much to stop him, and knew he would have to work hard to achieve his goals. He went back to his school to get some advice on where to start with his project. He wanted to set up a display stall where he could give talks about the environment. At first, he thought about using the market in his town, but it was so crowded that he couldn't find a space. So, with permission, he converted a small area of his local park into a space for his teaching materials on the environment where he could give talks from.

On his first talk, he started confidently as he knew he has researched his topics well. However, his talk was disrupted by people having their own conversations in the crowd. He tried to raise his voice, but not to shout, but it didn't seem to work. "It seems as if they aren't paying attention to me," he thought to himself. Ahmed finished his talk and felt a sense of uncertainty. Was he doing the right thing?

As he was preparing for his second talk, Ahmed was looking at his new display and proud of how smart and attractive it looked. However, the summer sun was starting to beat down on him, and a sweat began to form. He'd rather that he was giving his talk indoors. However, he was surprised to find that even the heat didn't stop a fairly large crowd starting to collect around him. He soon got into his topic. He realized that people were maybe not as interested in his talk on forests and ice caps because they were not as relevant to them. This time, he spoke about something very relevant to people in his area-the effect of pollution on beaches.

The talk was really well, and Ahmed felt proud that this was something he could do. Making money could wait. Ahmed now had a teaching mission.

1-Ahmed made his decision because of

- a- speaking to his friends at school
- b- Seeing things getting worse around him
- c- Knowing that he needed to make more money

2-Ahmed felt his plan was

- a) ambitious
- b) scary
- C) relaxing

3- Ahmed used for his project.

- a) the local marketplace
- b) his school grounds
- c) a nearby public space

4- Ahmed was worried during his first talk that

- a) people weren't listening to him
- b) his voice was too loud
- c) he didn't know the subject well

5- During his second talk, Ahmed regrets it

- a) wasn't busy at all
- b) didn't have nice displays
- c) was taking place outside

6- Ahmed made people more interested when he spoke about

- A) beaches
- B) forests
- C) ice caps

7) From the start of the story to the end of the story, Ahmed

- A) made more money
- B) grew more confident
- C) lost people's support

8) A better title for the text would be

- A) An Environmental Educator
- B) Cleaning the Beach
- C) Changing Careers

Reading Part 3

Global Warming

Many people are familiar with the fact that the burning of fossil fuels, and the release of greenhouse gases, is causing increases in Earth's temperature. This is having multiple effects for the environment. We spoke with Dr. Sara, an environmental expert on the various impacts this global warming is having.

One key factor is that oceans are getting warmer. It's simple, says Dr. Sara, the more that we release these gases, the hotter that the ocean water becomes, coral reefs are just one part of the ocean affected by this. Dr. Sara estimates that, by 2040, 75 % of the coral reefs will have been destroyed due to this. These coral reefs provide a vital ecosystem in which many different species of fish live. Ocean ecosystems and the species living in them are also threatened by plastic waste such as the Pacific Garbage Patch. 80 % of the plastic rubbish in this island of plastic waste comes from countries in North America and Asia with the remaining 20% coming from boats. This plastic waste is particularly dangerous because it releases a toxic pollutants known as BPA into the ocean. This is particularly dangerous to the health of sea animals, something that had been studied a few years ago by Dr. Sara's organisation.

Dr. Sara emphasizes that oceans are not the only ecosystems impacted. Of particular interest to her organisation, and the focus of their current research, is deforestation. The destruction of forests both leads to more CO₂ in the atmosphere and takes away habitats for many animal species. Alongside deforestation, hunting also has an impact in these natural spaces. This is because the animals that are hunted may be the natural food of other species, and killing them effects the balance of the natural ecosystem in an area. Animals are hunted for many reasons, whether for food, sport or obtaining luxury items. It has, however, led to some species being endangered, something that could have been prevented. If they had been protected through acts like the protected status of the 1970s, they might not be in this position now. However, there are examples of responsible hunting such as that which controls species and stops them becoming too many in number.

1- Paragraph two outlines

- a. reasons that sea animals live in coral reefs
- b. the reason plastic is the biggest environmental problem
- c. the effects of environmental damage to the ocean

2- Warming of the ocean is chiefly caused by

- a- the loss of coral reefs
- b- Chemicals that come from plastic
- c- the product of burning certain fuels

3..... % of an important habitat in the ocean might be gone soon.

- a. 20
- b. 75
- c. 80

4-The term BPA relates to a

- A-group that studies environmental problems
- B-dangerous chemical from plastic
- C-pollutant that goes into the atmosphere

5- The environmental expert's organisation now studies

- A-the loss of trees
- b- Plastic in the ocean
- C-rising Earth temperature

6- Hunting has a negative impact on the environment as it

- a- causes there to be too much of a certain species
- b- leads to destruction of forests
- C-removes a source of food for other animals

7- A main reason certain species are endangered is

- a- too many of them were killed in the 70s
- b- they needed to get a special status earlier
- C we need to hunt them for food

8- All of the environmental issues mentioned have effects on

- a- the safety of oceans
- b-the Earth's temperature
- C-animal species

Reading Part 4

Meditation

Meditation is becoming more popular- some schools offer it in classes. Offices set aside half an hour from the work day for it. Many people gather in parks to enjoy it. Meditation is not just an exercise but also big business. And one company in Iceland has a new offer - so as to create the maximum feeling of calm, they offer meditation classes near a thermal spring.

Hind practices meditation but spent years only practising at clubs and at her work. A friend of hers encouraged her to meditate in a range of natural spaces. "I wish I had tried this many years ago", she told us. After the effect it had on her, she wasn't surprised to hear about the Icelandic Company's idea.

Hind says that she really felt the benefits of this practice one particular time. She was . meditating near a waterfall and relaxed by focusing on the sound of the water. At the time, she a bad injury in her neck - and was amazed to find that this meditation really helps with her healing!

Meditating in various buildings was more difficult for Hind than meditating in any natural space. I even once meditated near a volcano! And yet, strangely, meditation in this environment was easier than meditating in my bedroom or living room. The outside noises were a big problem for me.

No matter where you meditate, the most important thing is to concentrate on that constant talking you have in your own mind and make it quiet. In outside spaces, you might achieve that by listening to the noises outside of you. In indoor spaces, you probably need to try and ignore those distracting noises. But the key is to try and forget all your little worries from the events of that day.

1- A company in Iceland provides meditation programmes near a

- A) school
- B) thermal spring
- C) park

2- Hind regrets that

- A) She didn't start meditating in natural spaces sooner
- B) She tried to meditate near a volcano
- C) She learned another company had the same idea

3- Paragraph 3 is mostly about

- A) different ways to help healing
- B) the danger of waterfalls
- C) one person's best experience

4- The most difficult place for Hind to meditate was

- A) her home
- B) a volcano
- C) Waterfall

5- Meditating both inside and outside needs you to focus on

- A) the range of noises outside you
- B) relaxing the noise in your mind
- C) what has happened to you that day

6- Hind's friends and the company in Iceland both encouraged people to

- A) go for long walks in nature
- B) start meditating at work
- C) meditate in new spaces

7- How does Hind's experience reflect the potential benefits of meditating in natural environments compared to indoor settings?

- A) By suggesting that meditation is equally effective in any environment
- B) By emphasizing the calming effects of natural sounds and surroundings
- C) By indicating that indoor meditation is more conducive to healing

8- What might be the underlying motivations for companies, like the one in Iceland mentioned in the passage, to offer meditation classes near natural elements such as thermal springs?

- A) To capitalize on the popularity of outdoor activities
- B) To minimize costs associated with indoor facilities
- C) To create a unique and tranquil meditation experience for customers

Reading Part 5

The Big Race

My name is Sara, and when I decided to take part in a national running race, I asked my old PE teacher, Fatema, to train me. She is retired now and I always liked her - compared to my other PE teachers, who were a bit lazier. At first, I was worried that Fatema was always very strict with me. She made sure I followed her rules and was always pushing me. Soon, though, I knew she was like this in order to stop me being a runner-up.

It was the day of the race and we were off! I didn't think about all the fans in the crowd, cheering on different runners. I was, though, sad that my brother wasn't there to see me - he always supported me. However, I knew Fatema was there in the crowd and I focused my thoughts on her.

In the end, I came third in the race. I know I tried my best and I wasn't too upset about not winning. I also met the other racers after and we became friendly. When I got back to the crowd, I was worried about what Fatema would say - but Fatema told me she was made proud by me and this was my biggest concern because she's such a role model for me. I do still plan to win a race and I would like to race in a big, famous stadium. Many athletes think

about racing in stadiums in famous cities like London, Paris and New York - even Dubai has some famous stadiums. However, I intend to run in a stadium that was built in my home Emirate, Sharjah.

1- Fatima was strict with Sara because she

- A) was worried about her
- B) knew Sara was lazy
- C) wanted her to win

2- Sara thought about her Watching her run.

- A) teacher
- B) brother
- C) fans

3- The most important opinion for Sara was that

- A) the other racers liked her
- B) People saw her as a winner
- C) her role model was proud

4- Sara wants to race in a stadium in

- A) Dubai
- B) Sharjah
- C) London

5- The last paragraph is about

- A) what makes stadium special
- B) Sara's hopes for the future
- C) the results of running

6- Which word best sums up how Sara thinks about Fatima?

- A) retired
- B) easy-going
- C) inspiring

7- Who does Sara most likely want to see her success in future races?

- A) a select number of people close to her
- B) a global audience of racing spectators
- C) her peers who she races against

Reading Part 6

Jabal Jais

Jabal Jais is located in RAK. At 1,934 m high, it is the tallest mountain in the UAE. Driving to the mountains is such an incredible experience. In winter, it gets really cold, and the temperature drops to -5 degrees Celsius. It even snows there! I've always wanted to see snow in UAE!

Jabal Jais is such a wonderful place that it's a very popular destination and there are plentiful activities there for the entire family. Most people go hiking, but others camp for a day or two and some even go stargazing. A friend of mine witnessed a meteor shower there once. I reckon I could plan a trip to see one myself one day. However, they don't happen very often.

If you're looking for some adventure, try their zipline. It might not be the fastest, but it's definitely the longest zipline ever. Even though I was hesitant and terrified, I was excited enough to give it a try! To be honest, it was such a rush, but never again!

Another attraction is their '1484 by Puro' restaurant. They serve a variety of delicious pizzas and pastas. However, the one dish I enjoyed the most was the tenderloin steak. It was so tender and juicy! Without a doubt, one of the best steaks I've ever had! I'm definitely coming back for it! You could either sit outside and enjoy the breeze or sit indoors where it's warm. In the lounge, you could smell the bittersweet aroma as the coffee is being prepared.

If you're planning to stay until evening, I recommend you watch the golden colours of the sun reflecting on the mountains as the sun is setting; it is breathtaking!

1- Paragraph 1 is mainly aboutJabal Jais.

- A) activities on
- B) describing
- C) how to reach

2- The author hoped to

- A) experience looking at snow on the mountain
- B) try visiting the top of the mountain in winter
- C) enjoy driving up Jabal Jais mountain by herself

3- The author believes that Jabal Jais is one of the top tourist attractions because

- A) people camp out on the mountain for days
- B) you can easily see a meteor shower
- C) there are various things for everyone to do

4- As a result of never seeing a meteor shower before, the author is going to

- A) try other activities instead
- B) go with her friend someday
- C) arrange a journey herself

5- Why did the author plan to come back to the restaurant?

- A) She loved the fresh air
- B) She had the best meal ever
- C) She enjoyed the flavorful coffee

6- How would you compare the author's zipline activity to her dining experience?

- A) Her dining experience was delightful from beginning to end, whereas she disliked the zipline.
- B) Both experiences were unpleasant at first, but she then changed her mind and wanted to try them again.
- C) She ended up disappointed with both experiences, even though she was happy at the beginning.

Reading Part 7

Sport Injury Treatment

It is often believed that sports and exercise are an essential part of a balanced and healthy style- and they certainly are for most. However, it is also often reported how a simple injury or lack of care when doing particularly hard exercise can soon develop into a life-threatening condition. This can be particularly important exercising in hot weather. While building a sweat in heat has certain benefits, you do need to occasionally get some shade - however, the key is hydration. The less water you drink in these conditions, the more likely you are to develop a serious condition.

One such case of this was Brian. A heavy jogging session soon ended when he had a nasty fall and hit his head. He had very few symptoms, a bit of dizziness and a headache which soon passed. He had been planning to pick up some over-the-counter medicine on the way home to treat his symptoms. However, he remembered the possibilities he had read about and decided to treat it as if the symptoms had been more serious. He got medical attention at his local hospital and his doctor told him he was very lucky - he was showing first symptoms of a serious head injury called a concussion, and could have been brought in in an ambulance if he hadn't acted sooner. His *dehydration had also made his condition worse*.

Science has brought us a range of treatments for sporting injuries and we are excited to see what new ones will soon be available. More modern treatments, such as stem-cell therapy can even cure the most serious injuries, since these work by helping people rebuild muscles. They are currently extremely expensive but, maybe, such treatment will one day be available to all.

1-The most important aspect of satisfying safe while exercising from the first paragraph

- A) never exercising in the heat
- B) remembering to drink water
- C) always staying in the shade

2- Brian's initial response was to

- A) get some pharmacy medicine
- B) go to the hospital
- C) Call an ambulance

3- Her decision to see a doctor came from

- A) an article he read about dehydration sickness
- B) the medicines he took not working
- C) imagining that he had more serious symptoms

4- What does both the introduction and the example of Brian try to explain?

- A) how a small injury may become something more serious
- B) how we should try and keep going through injuries
- C) how drinking water can make exercise more effective

5- The newer treatments for injuries mentioned

- A) are available for everyone
- B) help to grow muscles again
- C) will be cheaper very soon

6- The last paragraph describes

- A) the history of sports treatment
- B) who invented stem-cell therapy
- C) the author's hope for the future

Reading Part 7

Having been the exclusive preserve of scientists and highly trained astronauts, space is now opening up to commercial interests and there are many innovative companies, as well as slightly less conscientious ones, that vie for the currently niche market. Sent into Space is a ground-breaking company, offering a unique service that has captured the imaginations of the marketing teams of many large multi nationals. Surprisingly, given the prestige of the corporations the company is associated with and the nature of their work, the company operates out of Sheffield, an unassuming city in the north of England and a seemingly unusual choice for a company with aspirations that are out of this world. However, having discovered that this is the city where founders Drs Chris Rose and Alex Keen achieved their .PhDs, the location of the location of their headquarters seems less obscure

Sent into Space has a glossy website that allows the casual browser as well as the inspiration-hungry marketing executive an insight into their selling point a carefully curated object of the person's choice is launched into space and the resulting pictures and videos

recovered for use in marketing campaigns. The premise is almost disturbingly simple, and many space entrepreneurs must be crestfallen that they failed to consider it first. A sophisticated flight computer, camera and the object are attached to a sturdy biodegradable balloon that is inflated with renewable hydrogen gas and carries them over 36km above the Earth and into space. Since there is no rocket involved in the propulsion system that would release polluting black carbon, Sent into Space can boast of being one of the cleanest companies that venture beyond the firmament. Once the object is located in the inky blackness of space, with the azure blue of the curvature of the Earth visible behind it, the camera takes stunning high-resolution video and still images. Due to the vacuum of space, the balloon expands to the size of a two-story house, and after the galactic trip has been recorded for posterity, it bursts, sending and both object and camera floating gently back to Earth using a parachute.

It is then that the painstaking work of recovery begins. Being environmentally responsible space entrepreneurs, in contrast to others participating in the corporate space race, Sent into Space meticulously recover everything that they launch. Tracking devices within the flight computer advertise the location of the precious footage and the team that launched the balloon often receive visual confirmation of the fall site. Unfortunately, weather conditions in the upper atmosphere can affect the parachute's trajectory, and sometimes, an extensive hunt is required to locate it. One notable recovery effort for samples collected for the University of Sheffield - yes, Sent Into Space conducts scientific research as well as for the University of Sheffield - yes, Sent into Space conducts scientific research as well as commercial trips, something other space ventures cannot vaunt - involved a 20 mile trip on foot into the Bonneville Salt Flats in blistering heat. Despite the difficulties involved in ensuring individuals both retain the items they entrusted to the company and receive the footage they requested, Sent into Space has a perfect recovery record, which is quite impressive considering objects could potentially land anywhere, including large bodies of water. Given the success of Sent into Space, it has me wondering - who wants to actually go to space, when you can avoid all the risk, the environmental impact, and receive wonderful souvenir images from the comfort of a city in the north of England?

1-What is the primary service offered by Sent into Space?

- A) Launching satellites into orbit
- B) Sending astronauts to the International Space Station
- C) Launching objects of choice into space for marketing purposes
- D) Conducting scientific research in outer space

2) What distinguishes Sent into Space from other space ventures regarding environmental impact?

- A) They use reusable rockets for propulsion.
- B) They deploy biodegradable balloons inflated with renewable hydrogen gas.
- C) They employ eco-friendly space suits for their astronauts.
- D) They utilize solar-powered spacecraft for their missions.

3- What challenges are associated with the recovery of objects launched by Sent into Space?

- A) Objects could potentially land in large bodies of water.
- B) Weather conditions in the upper atmosphere can affect the parachute's trajectory.
- C) Both A and B
- D) None of the above

4- What sets Sent into Space apart from other space ventures according to the passage?

- A) They offer trips for individuals to experience space travel firsthand.
- B) They conduct scientific research in addition to commercial trips.
- C) They exclusively cater to the needs of large multinational corporations.
- D) They operate their headquarters in major metropolitan cities.

5- According to the passage, what happens to the balloon carrying the object and camera once it reaches space?

- A) It remains intact and continues its journey through space.
- B) It bursts due to the vacuum of space, sending both object and camera back to Earth.
- C) It deflates gradually, allowing for a controlled descent back to Earth.
- D) It releases the object into space while the camera returns to Earth.

Maze Reading 1

Green Fitness

..... (1) to keep fit and look after the environment? Most of us know we (2) more to protect the environment. One of (3) is needing to reduce car emissions. I(4) to work at the moment, but I(5) walking to work more in the future. I spoke to someone (6) has been cycling to work (7) 2019. "It(8) me a long time to cycle to work but I cycle much.....(9) now. With the exercise, I (10) before." Exercise is hard if you don't drink(11) water . However, you(12) use a new plastic bottle every time. Millions of plastic bottles(13) away every year.(14) the same reusable bottle every time you can exercise ? I(15) the same bottle for the last six months now.(16) your neighbourhood needs a clean ? I'll help you tidy it up if you(17) it does. While I(18) in my old apartment block, I started a fast tidy-up energetic music. You can get a good workout just by tidying up your local area(19) . Over the last few years, I(20) over fifteen community workout tidy-ups.

- | | | |
|-----------------------------|--------------------------|--------------------------|
| 1- a) who do you like | b) who is like | c) who likes |
| 2- a) must doing | b) must do | c) must to do |
| 3- a) bigger than | b) the biggest | c) more bigger |
| 4- a) am driving | b) was driven | c) will drove |
| 5- a) am going to start | b) going to start | c) going to starting |
| 6- a) what | b) which | c) who |
| 7- a) since | b) for | c) when |
| 8- a) will be taking | b) used to take | c) needed to took |
| 9- a) quicker more | b) most quick | c) more quickly |
| 10- a) am happier than | b) am more happy | c) happier than when |
| 11- a) many | b) any | c) none |
| 12- a) must to | b) can't be | c) don't have to |
| 13- a) are thrown | b) are throwing | c) they throw |
| 14- a) what about to use | b) why about use it | c) How about using |
| 15- a) have been reusing | b) will reuse | c) will being reused |
| 16-a) Are you ever thinking | b) Have you ever thought | c) Ever have you thought |
| 17-a) will think | b) was thought | c) think |

18-a) was living	b) were living	c) have lived
19-a) you	b) yours	c) yourself
20- a) has organizing	b) am organizing	c) have organized

Maze Reading 2

Green Hill Camp

Green Hill Camp specializes in sport science to maximize athletes' performance **1 (whether / whereas / while)** reducing the risk of injury. The trainers were **2 (hoping / hoped / hope)** to help athletes develop new skills to defeat their opponents. The camp director explained that **3 (it is the athletes who – what every athlete wants – it was the athletes that)** is to always win.

Khalid Ali, a professional runner, competed last year. He **4 (thought that he would / think that he never could / thought he had to)** win but failed to. In just three months **5 (when / as soon as / after)** joining us, Ali won two races. "I **6 (should have won / could have won / must have won)** the race last year if I had joined the camp then."

Maze Reading 3

Exercise

1 (It is believed that / They are believing that / It believes it is) around half of humans will be obsess by the year 2035. **2 (The cost is – It will cost- The cost)** for health systems will be greater than the current overall budget of their countries.

We asked one gym-goer: When **3 (was it / it was / does it)** that you started thinking about integrating more exercise into your routine?

"I used to act as if I **4 (will never heard – had never heard – have been hearing)** of exercise before. In seriousness, I **5 (will be planned / am to plan / had been planning)** to join a gym for a long time but, **6 (due to / since / because of)** I worked a very intensive job, I rarely found the time to work out. Now I go every day."

Maze Reading 4

A Practice Run

I have taken up running recently **(in order to / so it will / because I have)** get more fit and healthy. There is a half marathon soon, and I **(intend run – intend to run – am intend run)**

in the event. One day, I decided to practice by going on a really fast run. I started running **(fast and fast / fast and faster / faster and faster)** until my legs began to hurt. This kind of intense exercise is important for muscle strength. The muscles in my legs **(were made / was making / will make)** stronger by the level of work I put in. It was (so / really / such a) good day of exercise that I know it will help me for the marathon.

Maze Reading 5

A Month to Go

As my new training schedule **(to be prepare / is being prepared / are being preparing)** by my fitness instructor, I had the time to think about the **(loveliest meal plan ever-finest meal plan of all the time-loveliest meal plan at any time)**. I was **(plan to including / planned to included / planning to include)** lots of nutrients. **(I strongly believe- My opinion - Frankly)** that increasing my carbohydrates and protein intake will help me perform better in the tournament next month. The opponents I am competing against are considered the best in their countries. **(Due to / The reason for this / Therefore)**, the odds are against us. **(In contrast to / However / Even though)**, I have a feeling I'll do great.

Maze Reading 6

Kinetikz

(To speak general- Generally speaking – To generally speak), most people don't often think of exercise and environment together. The new Kintikz exercise machine by EcoSweat plans to change that with its renewable energy source.

At first they **(were think to make – were thinking of making – were thought of making)** it powered by body heat, but they decided on a simple solar panel. **(Since – So – While)** it is solar powered, the savings made electricity bills are greater than **(the initial cost of – you are paying for – the more expensive of)** the product. EcoSweat hopes that, by July next year, ten thousand models **(will be – will have been – will be have)** sold.

Writing Section (Inference and Justification)

Task 1

Having been the exclusive preserve of scientists and highly trained astronauts, space is now opening up to commercial interests and there are many innovative companies, as well as slightly less conscientious ones, that vie for the currently niche market. Sent into Space is a ground-breaking company, offering a unique service that has captured the imaginations of the marketing teams of many large multi nationals. Surprisingly, given the prestige of the corporations the company is associated with and the nature of their work, the company operates out of Sheffield, an unassuming city in the north of England and a seemingly unusual choice for a company with aspirations that are out of this world. However, having discovered that this is the city where founders Drs Chris Rose and Alex Keen achieved their PhDs, the location of the location of their headquarters seems less obscure

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Inference Question:

Write your answer below. Use full sentences.

- What does the author think about companies that take members of the public into space?

.....
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.....

Justification Question:

Why is your answer to the inference question the best answer?

Use the information in the text above to support your answer.

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Planning an essay using graphic organizers

Graphic Organizer for A Four- Paragraph Essay

Paragraph 1: Introduction

Background information :

Thesis Statement :

Paragraph 2: First Body Paragraph

Topic Sentence :

Supporting Details:

Paragraph 3: Second Body Paragraph

Topic Sentence :

Supporting Details:

Paragraph 4: Conclusion

Persuasive Writing Graphic Organizer

Paragraph # 1- Introduction

- Attention-grabbing beginning
- Description of issue
- Opinion statement

Paragraph #2

Reason # 1 –

Evidence to support
(details and examples)

-
-
-
-
-
-

Paragraph #3

Reason # 2 –

Evidence to support
(details and examples)

-
-
-
-
-
-

Paragraph #4

Reason # 3 –

Evidence to support
(details and examples)

-
-

Paragraph #5 – Conclusion

- Restate opinion
- Summarize the three reasons.
- Call to action or closing statement

General Tips on Writing an Essay:

- 1- Analyze the question and understand it well before starting planning.
- 2- If you are asked to write an essay, you should write in separate paragraphs.
- 3- Make your introduction to-the-point and concise. Keep in mind that you are paving the way to the topic and you are only introducing the topic to the reader. Do not spend too much in the introduction.
- 4- Using proper linkers and transitional phrases are essential to ensure that your piece of writing is cohesive and coherent.
- 5- After finishing your piece of writing, it's recommended to proofread it trying to correct your mistakes.
- 6 Always start the sentences with a capital letter and end them with the proper end marks.
- 7- Vary sentences length by incorporating simple, compound, complex and compound-complex sentences into your writing.

Sentence starters, linking words, transitional phrases

Using linking words within and between sentences and paragraphs helps to make your writing flow logically. These words act as signposts, assisting your reader to move easily from one idea to the next, and to see relationships between sentences or paragraphs. Linking words are particularly useful for indicating that you are going to explain something, to give an example or to use a time sequence, or to offer a contrasting view.

To show similarity

Likewise
Similarly

To express causality

Accordingly
Consequently
For this reason

To give an example

For example
For instance
To illustrate
.... such as

To show order of time or importance

First, Second etc
First of all
Then
Next
Afterwards
Finally
Subsequently
Recently
At the same time
In the meantime
Sometimes
Preceding this
Until

To offer a contrast

However
In contrast
Nevertheless
On the contrary
On the other hand
Alternatively
Despite this
Although

To generalise

On the whole
In general
Generally speaking
Broadly speaking

To conclude

To summarise
In conclusion

To emphasise something

Above all
Certainly
Clearly
Indeed
In fact
Obviously

To amplify

Again
Also
Apparently
Equally important
Furthermore
In addition
Moreover
Finally

To introduce detail

Especially
In particular
Specifically
Namely

To interpret something

Fortunately (unfortunately)
Interestingly
Surprisingly (unsurprisingly)
Significantly

Addition
Additionally / an additional
Furthermore
Also
Too
As well as that
Along with
Besides
In addition
Moreover
Not only...but also
In addition to this
Apart from this

Prepared by Mr. Mohammed Sobhy Younes
Emirates Private School in Sharjah

Health and Fitness: A Balanced Approach

Maintaining optimal health and fitness requires a multifaceted approach, integrating proper nutrition, consistent physical activity, and mental well-being. A well-rounded diet should emphasize whole, unprocessed foods—such as leafy greens, lean proteins, and complex carbohydrates—while minimizing refined sugars and trans fats, which are linked to obesity and cardiovascular diseases. Hydration is equally critical, as water supports metabolic functions and aids digestion.

Exercise recommendations vary based on individual fitness levels, but general guidelines suggest at least 150 minutes of moderate aerobic activity (e.g., swimming, cycling) or 75 minutes of vigorous exercise (e.g., running, HIIT) weekly, supplemented by muscle-strengthening activities twice per week. However, excessive training without adequate recovery can lead to overtraining syndrome, characterized by fatigue, decreased performance, and increased injury risk.

Mental resilience is another cornerstone of wellness. Chronic stress elevates cortisol levels, impairing immune function and cognitive performance. Mindfulness practices, such as yoga and journaling, can mitigate these effects by promoting relaxation. Furthermore, 7–9 hours of quality sleep per night is essential for cellular repair, memory consolidation, and hormonal balance.

Sustainable habits—rather than extreme diets or sporadic workout regimens—yield the best long-term results. Incremental lifestyle adjustments, such as taking the stairs instead of the elevator or substituting sugary

drinks with herbal tea, compound over time, fostering lasting health benefits.

Read and Choose the Correct Options:

1. Which dietary components are explicitly discouraged due to their association with chronic diseases?

- a) Leafy greens and lean proteins
- b) Refined sugars and trans fats
- c) Complex carbohydrates and plant-based fats

2. According to the passage, what is a potential consequence of overtraining without sufficient recovery?

- a) Enhanced endurance and stamina
- b) Improved muscle growth and metabolic rate
- c) Overtraining syndrome, marked by fatigue and injury risk

3. How does chronic stress physiologically affect the body?

- a) Boosts immune function and sharpens focus
- b) Elevates cortisol levels, impairing immunity and cognition
- c) Reduces blood pressure and enhances sleep quality

4. What is the recommended duration of vigorous aerobic exercise per week for general health?

- a) 75 minutes
- b) 150 minutes
- c) 300 minutes

5. Which of the following strategies is suggested for sustainable health improvements?

- a) Adopting extreme calorie-restrictive diets
- b) Making gradual lifestyle adjustments like choosing stairs over elevators
- c) Engaging in high-intensity workouts exclusively

6. What is the primary function of adequate sleep with health?

- a) Facilitating cellular repair and hormonal balance
- b) Increasing social engagement and productivity
- c) Reducing the need for dietary protein intake

Student's Name:

Date:

Green Fitness

1 _____ to get fit - and help the environment? Most of us know we 2 _____ the environment more.

One of 3 _____ problems we have is plastic pollution. Of course, exercise 4 _____ if you don't drink 5 _____ water. I 6 _____ plastic bottles at the moment but I 7 _____ a reusable bottle more in the future. I spoke to someone 8 _____ said that she 9 _____ from plastic bottles but learnt how many millions of new bottles 10 _____ every year.

11 _____ to work? I have been jogging to work 12 _____ three years. It was hard at first but I run much 13 _____ now. You 14 _____ really fit to start, everyone needs to start somewhere.

15 _____ part in a neighborhood clean? I 16 _____ you join one if you want. I 17 _____ community workout tidy-ups since 2015, and I 18 _____ over fifteen of these events this year alone all by 19 _____. I first 20 _____ the idea while I was living in my old, dirty apartment block.

- | | | |
|-------------------------|---------------------|--------------------|
| 1. Who do you want | Who wants | Who is want |
| 2. must to help | must helping | must help |
| 3. the largest | more larger | larger than |
| 4. is harder | is more hard | harden when |
| 5. a lot | any | not |
| 6. am using | to use | was used |
| 7. going to be used | go to using | am going to use |
| 8. what | who | which |
| 9. was been drank | used to drink | needing a drink |
| 10. are produced | are producing | they produce |
| 11. What about to run | How about running | Why run about it |
| 12. Since | for | on |
| 13. energetic more | most energetic | more energetically |
| 14. mustn't to be | don't have to be | can't have been |
| 15. Are you ever taking | Have you ever taken | Ever have you took |

16. Help	was helped	will help
17. will organize	have been organizing	was being organised
18. am organizing	has organizing	have organised
19. mine	myself	my
20. was having	have been had	had

Awatif's Career

Awatif was coming to the end of Grade 12, and it was time for her to think about what she wanted to do when she finished school. She knew she wanted a job which had a good income, but she wanted to start by doing something in her community. She decided to get her parent's opinion on what to do. They told her that they had noticed that there was a visible decline in the environment in their local area. This inspired Awatif to start her project. She always liked to take on challenges and was always determined to succeed in what she does. She always tried to be confident in new initiatives and didn't let her nerves get to her.

Awatif decided she wanted to set up a display stall where she could give talks about the environment. She started by going to a talk on the environment at her local college in order to do some research. She thought she might give her presentation in the park but she was worried about the heat. But, luckily, her local library had an area that was open to the public and she was allowed to convert a space for her environmental displays.

On her first talk, she felt confident that her research she did in the college would be really helpful. She noticed faces in the crowd as people were trying to focus on what she was saying. *It seems as if they can't hear me*, she thought to herself. Awatif finished her talk and felt a sense of uncertainty. Was she doing the right thing? She had never done public speaking before and knew she would have to work on making herself louder.

As she was preparing for her second talk, Awatif was looking at her new display and proud of how smart and attractive it looked. It was a Saturday when she was giving this talk, and she hoped this would help draw a crowd. However, the library was surprisingly quiet for a weekend and she'd rather that there were more people there to hear her talk. She soon got into her topic though. She realised that a good way to reach people would be to make the talk relevant to them. Her previous talk focussed on the rainforest, which maybe was harder to imagine for people living in a desert community. This time she focussed on recycling, knowing this was relevant to people because of the large recycling centre in the town. Awatif's voice was loud and clear and she knew that people were listening intently. She felt that she had made great progress in this project. Making money could wait, Awatif now had a teaching mission.

1. Awatif made her decision because of _____.

- A. wanting a high-paying job
- B. her opinion on the environment
- C. speaking to her parents

2. Awatif is shown to be _____ individual.

- A. a nervous
- B. an ambitious
- C. a relaxed

3. Awatif used _____ to give her first presentation.

- A. a public building
- B. a nearby college
- C. a local park

4. Awatif was worried during her first talk that _____.

- A. people weren't paying attention
- B. her voice was too quiet
- C. she didn't research the subject

5. During her second talk, Awatif regrets _____.

- A. her displays weren't smart
- B. it was taking place on the weekend
- C. it wasn't very busy

6. Awatif made people more interested when she spoke about _____.

- A. the rainforest
- B. deserts
- C. recycling

7. From the first talk to the second talk, Awatif _____.

- A. made more money
- B. became a better speaker
- C. lost people's interest

8. A better title for the text would be _____.

- A. Teaching on the Environment
- B. New Recycling Centre
- C. Starting a New Job

Global Warming

Many people are familiar with the fact that a variety of impacts which humanity is having on the planet are causing it to warm up. We spoke with Dr. Sara, an environmental expert on the various environmental issues we see around us.

One key factor is the destruction of forests. This both leads to more CO₂ in the atmosphere and takes away habitats for many animal species. Alongside deforestation, hunting also has an impact in these natural spaces. This is because the animals that are hunted may be the natural food of other species, and killing them has an effect on the balance of the natural ecosystem in an area. Animals are hunted for many reasons, whether for food, sport or obtaining luxury items. It has, however, led to some species being endangered, something that could have been prevented. If the sale of certain luxury animal items had been banned earlier, they might not be in this position now. However, there are examples of responsible hunting, such as that which controls species and stops them becoming too many in number.

Dr. Sara emphasises that land spaces are not the only ecosystem impacted. Of particular interest to her organisation, and the focus of their current research, is the warming of the oceans. Many people are familiar with the fact that the burning of fossil fuels releases greenhouse gases and the more that we release these gases, the hotter that the ocean water becomes. Coral reefs are just one part of the ocean affected by this. Dr. Sara estimates that, by 2040, 75% of the coral reefs will have been destroyed due to this. These coral reefs provide a vital ecosystem in which many different species of fish live. Ocean ecosystems and the species living in them are also threatened by plastic waste, such as the Pacific Garbage Patch. 80% of the plastic rubbish in this island of plastic waste comes from countries in North America and Asia with the remaining 20% coming from boats. This plastic waste is particularly dangerous because it releases a dangerous chemical known as BPA into the ocean. This is particularly dangerous to the health of sea animals, something that had been studied a few years ago by Dr. Sara's organisation.

1. Paragraph two outlines _____.
 - A. environmental impacts on trees and animals
 - B. the main reason that animals are hunted
 - C. how much CO₂ is in the atmosphere
2. The impact of hunting on the environment is _____.
 - A. it affects the balance of food sources
 - B. it means there are too many of a certain species
 - C. it is a cause of deforestation
3. A main reason certain species are endangered is _____.
 - A. too many of them were killed to control the species
 - B. certain products needed to be banned sooner
 - C. humans don't have enough of this food

4. The original research into the Great Pacific Garbage Patch was conducted in the _____.
A. 1950s
B. 1980s
C. 1990s
5. The garbage patch affects the ecosystem through _____.
A. the food chain losing its microplastics
B. causing harm to marine species
C. concentrating the amount of light penetrating the water
6. The third paragraph _____.
A. explains the cultural factors behind low recycling rates
B. outlines the risks of human consumption of plastic
C. describes the reasons an environmental event occurred
7. As well as issues with the amount of waste thrown, the patch _____.
A. is caused by flows in the ocean
B. is having a major impact on boats
C. is caused by an excess of recycling of plastic
8. The connection between the main problem in the text and carbon emissions is they _____.
A. require a similar approach to solve
B. are generated from the same product
C. can enter the human food chain
9. Compared to carbon emissions, _____.
A. ocean plastic waste needs various solutions
B. plastic is more difficult to reduce
C. the solution to the garbage patch has a single focus
10. The initiatives to solve the ocean garbage problem _____.
A. have campaigned for a freeze on new plastic productions
B. have involved the opening of new recycling centres
C. try to change the perception of what we do with plastic
11. A benefit of the response has been the _____.
A. huge decrease in the patch's volume
B. discovery of new renewable materials
C. improvement of recycling technologies

Grade 11/12 Advanced Reading Practice (Term 3-2024)

Mental Health: A Crucial Aspect of Well-Being

Mental health is an essential component of overall well-being, influencing how individuals think, feel, and behave in daily life. It affects one's ability to handle anxiety, manage stressful situations, build rewarding relationships, and maintain a balanced life. The importance of mental health is increasingly recognized in various spheres, from personal life to professional settings.

Anxiety is a common mental health issue that can significantly impact one's quality of life. It manifests in different ways, including persistent worry, restlessness, and physical symptoms like increased heart rate. When anxiety becomes overwhelming, it can hinder productivity and affect one's vision for the future, making it challenging to pursue personal and professional goals.

The modern world often presents a stressful environment, with high expectations and demanding workloads. The pressure to perform and meet deadlines can lead to burnout, a state of emotional, physical, and mental exhaustion. It's essential to recognize and address these stressors to prevent long-term damage to mental health. Implementing effective stress management techniques, such as mindfulness, exercise, and adequate rest, can help mitigate these effects and promote a healthier mindset.

Mental health is not just about the absence of illness but also about the presence of positive attributes like resilience and emotional intelligence. These traits enable individuals to navigate life's challenges and find rewarding experiences even in difficult times. A balanced workload and a supportive environment are crucial in fostering these positive attributes, providing a foundation for mental well-being.

One of the key aspects of mental health is that it is measurable. Various tools and assessments can gauge an individual's mental health status, providing insights into areas that need attention. Regular mental health check-ups can help identify issues early, allowing for timely intervention and support.

A comprehensive vision for mental health involves creating environments that support mental well-being, both at home and in the workplace. This includes promoting open communication, reducing stigma around mental health issues, and providing resources for those in need. By prioritizing mental health, we can create a society where individuals feel valued and supported, leading to better overall outcomes for everyone.

In conclusion, mental health is a critical aspect of our lives that requires ongoing attention and care. By understanding and addressing anxiety, managing stress, and fostering a supportive environment, we can improve our mental well-being and lead more fulfilling lives. It is a collective responsibility to ensure that mental health is prioritized and integrated into all aspects of society.

This is a draft designed by **Mr. Ahmed Abdelfattah** to help students improve their reading skills.

For further inquiries, please don't hesitate to WhatsApp (0505216608).

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Free-response inference question:

1- How can individuals and organizations support mental well-being, according to the passage? Provide specific examples mentioned in the text.

As easily inferred from the text, individuals and organizations can create supportive environments for mental well-being by promoting open communication, reducing stigma around mental health issues, and providing necessary resources. Implementing stress management techniques like mindfulness, exercise, and adequate rest is essential. Regular mental health check-ups help identify issues early, enabling timely intervention. These measures foster resilience and emotional intelligence, leading to a healthier, more productive society.

Choose the correct answer:

1- What is one common mental health issue that can significantly impact quality of life?

- A) diabetes
- B) Anxiety
- C) Burnout

2- Where can stress management techniques be implemented to mitigate the effects of a stressful environment?

- A) At work
- B) At home
- C) Both at work and at home

3- When can anxiety become overwhelming, according to the essay?

- A) When it affects productivity and future vision
- B) When it leads to physical symptoms
- C) When it causes worry

4- How can mental health be measured?

- A) Through physical exams
- B) Using various tools and assessments
- C) By tracking work performance

5- Why is it important to have a balanced workload for mental health?

- A) To increase productivity
- B) To prevent burnout
- C) To enhance emotional intelligence

6- What is the main idea of the second paragraph?

- A) Anxiety's impact on quality of life
- B) Setting one's personal and professional roles
- C) Heart problems

7- Long-term damage to mental health can happen if

- A) we work harder
- B) we consider doing a balanced workload
- C) if we decrease resilience

8- What is the main idea of the entire text?

- A) The impact of anxiety on daily life

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B) The importance of mental health and how to support it

C) Techniques for managing stress

9- Why might regular mental health check-ups be beneficial?

A) They improve physical health

B) They identify issues early for timely intervention

C) They enhance productivity at work

10- What can be inferred about the author's opinion on mental health in the workplace?

A) Workplaces should focus solely on productivity

B) Workplaces should minimize workloads

C) Workplaces should prioritize mental health and provide support

11- What is the author's vision for mental health?

A) Creating environments that support mental well-being in all aspects of society

B) Reducing the need for mental health assessments

C) Focusing on physical health over mental health

Grade 11A/12A Advanced Reading Practice (Term 3-2025)

Health and Fitness

By Mr. Ahmed Abdelfattah

Mental health is an essential component of overall well-being, influencing how individuals think, feel, and behave in daily life. It affects one's ability to handle anxiety, manage stressful situations, build rewarding relationships, and maintain a balanced life. The importance of mental health is increasingly recognized in various spheres, from personal life to professional settings.

Anxiety is a common mental health issue that can significantly impact one's quality of life. It manifests in different ways, including persistent worry, restlessness, and physical symptoms like increased heart rate. When anxiety becomes overwhelming, it can hinder productivity and affect one's vision for the future, making it challenging to pursue personal and professional goals.

The modern world often presents a stressful environment, with high expectations and demanding workloads. The pressure to perform and meet deadlines can lead to burnout, a state of emotional, physical, and mental exhaustion. It's essential to recognize and address these stressors to prevent long-term damage to mental health. Implementing effective stress management techniques, such as mindfulness, exercise, and adequate rest, can help mitigate these effects and promote a healthier mindset.

Mental health is not just about the absence of illness but also about the presence of positive attributes like resilience and emotional intelligence. These traits enable individuals to navigate life's challenges and find rewarding experiences even in difficult times. A balanced workload and a supportive environment are crucial in fostering these positive attributes, providing a foundation for mental well-being.

One of the key aspects of mental health is that it is measurable. Various tools and assessments can gauge an individual's mental health status, providing insights into areas that need attention. Regular mental health check-ups can help identify issues early, allowing for timely intervention and support.

A comprehensive vision for mental health involves creating environments that support mental well-being, both at home and in the workplace. This includes promoting open communication, reducing stigma around mental health issues, and providing resources for those in need. By prioritizing mental health, we can create a society where individuals feel valued and supported, leading to better overall outcomes for everyone.

In conclusion, mental health is a critical aspect of our lives that requires ongoing attention and care. By understanding and addressing anxiety, managing stress, and fostering a supportive environment, we can improve our mental well-being and lead more fulfilling lives. It is a collective responsibility to ensure that mental health is prioritized and integrated into all aspects of society.

Choose the correct answer:

1- A common mental health issue that can significantly impact our quality of life is

- A) diabetes
- B) Anxiety
- C) Burnout

2- Stress management techniques can be implemented to mitigate the effects of a stressful environment

- A) At work
- B) At home
- C) Both at work and at home

3- When can anxiety become overwhelming, according to the essay?

- A) When it affects productivity and future vision
- B) When it leads to physical symptoms

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C) When it causes worry

4- Mental health can be measured

A) Through physical exams

B) Using various tools and assessments

C) By tracking work performance

5- Why is it important to have a balanced workload for mental health?

A) To increase productivity

B) To prevent burnout

C) To enhance emotional intelligence

6- What is the main idea of the second paragraph?

A) Anxiety's impact on quality of life

B) Setting one's personal and professional roles

C) Heart problems

7- Long-term damage to mental health can happen if

A) we work harder

B) we consider doing a balanced workload

C) if we decrease resilience

8- A suitable title for this text would be

A) The impact of anxiety on daily life

B) The importance of mental health and how to support it

C) Techniques for managing stress

9- Why might regular mental health check-ups be beneficial?

A) They improve physical health

B) They identify issues early for timely intervention

C) They enhance productivity at work

10- What can be inferred about the author's opinion on mental health in the workplace?

A) Workplaces should focus solely on productivity

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C) Workplaces should prioritize mental health and provide support

11- What is the author's vision for mental health?

A) Creating environments that support mental well-being in all aspects of society

B) Reducing the need for mental health assessments

C) Focusing on physical health over mental health

Inference Question (5 marks)

Write your answer below. Use full sentences.

1- How can individuals and organizations support mental well-being, according to the passage?

(Yes/No question) (2 marks)

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Justification Question

Write your answer below. Use full sentences.

2- Why is your answer to the inference question the best answer? (3 marks)

Use the information in the text above to support your answer

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