

رسالة الى ولي الأمر:

أوراق العمل هذه عبارة عن تدريبات  
لتدريب الطالب على الأنماط القديمة  
والجديدة للأسئلة وهي لا تغني عن  
الكتاب المدرسي.

Over to  
you!

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**Secondary School**

# Grade 10

First Term

Remedial Worksheets

2019 / 2020



Name : .....

Class : .....

**Module One / Unit One**

**Lessons 1 & 2**

<b>absorb (V)</b>		<b>iron (N)</b>	
<b>antioxidant (N)</b>		<b>metabolise (V)</b>	
<b>arthritis (N)</b>		<b>neutralize (V)</b>	
<b>caffeine (N)</b>		<b>nutrition (N)</b>	
<b>calcium (N)</b>		<b>probiotic (Adj)</b>	
<b>cholesterol (N)</b>		<b>protein (N)</b>	
<b>combat (V)</b>		<b>saturated fat (N)</b>	
<b>dietician (N)</b>		<b>stimulant (N)</b>	
<b>digestive (Adj)</b>		<b>unsaturated fat (N)</b>	
<b>fiber (N)</b>		<b>vitamin (N)</b>	

**Fill in the spaces with words from the list:**

(stimulant – antioxidants – calcium – unsaturated fats – nutrition – neutralize – combat)

- 1- Probiotic drinks help to ..... bad bacteria.
- 2- ..... is very important to build your teeth and your bones.
- 3- Fish, olive oil and nuts are very rich in .....
- 4- Poor ..... can cause heart disease and anemia in later life.
- 5- It's our duty to find solutions to ..... harmful social network sites.

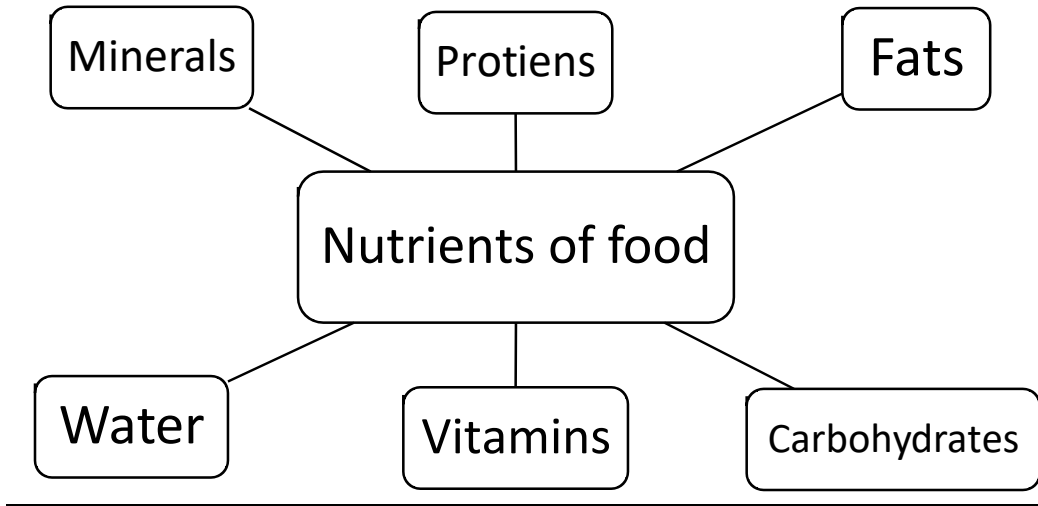
**Set book Questions**

**Answer the following questions:**

- 1- What's the importance of probiotic drinks to the body?  
.....  
.....
- 2- What is the difference between good and bad bacteria?  
.....  
.....
- 3- Why are antioxidants good for our body?  
.....  
.....
- 4- Dark chocolate is important to our bodies. Explain  
.....  
.....
- 5- Why do you think most vegetables have more nutritional values when eaten raw?  
.....  
.....

**Lesson 3**

boost (V)		dehydration (N)	
comprise (V)		fatigue (N)	
obesity (N)			



**Fill in the spaces with words from the list:**

(boost– comprise – dehydration – fatigue – obesity)

- 1- Some children die due to ..... caused by diarrhea.
- 2- Eating fast food leads to ..... and heart diseases.
- 3- She suffered from ....., so she took a rest at home.
- 4- A healthy diet should ..... carbohydrates.

**Set book Questions**

**Answer the following questions:**

- 1- In your point of view, what are the nutrients the human body needs to be healthy?  
.....  
.....
- 2- Carbohydrates are vital for all athletes. Give reasons.  
.....  
.....
- 3- "Fats are a double-edged weapon." Comment.  
.....  
.....
- 4- Why are vitamins very essential for our bodies?  
.....  
.....
- 5- Water is vital to our body. Do you agree or not? Why?  
.....  
.....

## Lessons 4 & 5

deficiency (N)		pomegranate (N)	
grilled (Adj)		RDA (Abbr)	
metabolism (N)		sodium (N)	
organic (Adj)		supplement (N)	

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

- 1- A ..... of vitamins leads to health problems.  
 a- deficiency                      b- metabolism                      c- pomegranate                      d- sodium
- 2- I like eating ..... food because it's free of chemicals.  
 a- grilled                              b- stimulant                              c- organic                              d- digestive
- 3- Drinking ..... juice is very healthy.  
 a- sodium                              b- iron                                      c- pomegranate                      d- dehydration
- 4- The money I get from business is a ..... to my income.  
 a- metabolism                      b- deficiency                              c- obesity                              d- supplement
- 5- Fruit and vegetables are rich in .....  
 a- metabolism                      b- fiber                                      c- pomegranate                      d- cholesterol

## Grammar

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

1. While I ..... back home, I met two of my neighbours.  
 a) walked                              b) am walking                              c) was walking                              d) walks
2. My friend and I were swimming in the sea when we ..... a huge shark.  
 a) see                                      b) saw                                      c) had seen                              d) have seen
3. What were you doing when Fahd ..... you?  
 a) call                                      b) called                                      c) was calling                              d) were calling
4. They ..... English when their mother walked in. They were studying chemistry.  
 a) were studying                      b) study                                      c) wasn't studying                      d) weren't studying
5. Who ..... in the living room when you came home?  
 a) is sleeping                              b) was sleeping                              c) sleep                                      d) slept

### **Do as shown:**

- 1- I was taking a shower ..... (Complete the sentence)
- 2- When the light (go) out, I was studying with my friends. .... (Correct the verb)
- 3- My father was driving fast when I called him. (Make a question)

Order of adjectives	1	2	3	4	5	6	7
	opinion	size	Age	shape	colour	origin	material
	beautiful	small	old	round	yellow	Kuwaiti	cotton
	amazing	huge	young	thin	red	American	metal

**Complete the phrases with the given adjectives:**

- 1- a ..... house (wonderful – green – big)
- 2- a ..... girl (tall – American – beautiful)
- 3- an ..... car. (old fashioned – amazing – black)
- 4- a ..... piece of meat. (big – delicious – round)
- 5- a ..... dress. (short – new – cotton)

**Lessons 7 & 8**

appeal to (V)		irresponsibly (Adv)	
atmospheric (Adj)		malnutrition (N)	
crammed (Adj)		salad bar (N)	
eatery (N)		specialty (N)	
fanatic (N)		vegetarian (Adj)	
		wholesome (Adj)	

(eatery – irresponsibly – appeal to – malnutrition – vegetarian – crammed)

- 1- My wife and I don't eat meat because we are .....
- 2- In poor countries, children suffer from .....
- 3- Yesterday, we went to a wonderful ..... where we had Shawarma.
- 4- Some teenagers drive ..... causing fatal car accidents.
- 5- The new restaurant is ..... with a lot of people.

**Language Functions**

**Write what you would say in the following situations:**

- 1- You have had food in a new restaurant and you liked the food they served.  
.....
- 2- Your friend asks you about the most beneficial food.  
.....
- 3- Your mother asks you about your favourite activities at school.  
.....

**Translation**

**Translate the following into good English:**

1- ان اتباع نظام غذائي نباتي بشكل غير مسئول قد يؤدي الى سوء التغذية.

.....

2- ان مضادات الاكسدة تعمل على تنقية الجسم من الأجسام الضارة.

.....

**Set Book Questions**

1- Which of your favourite foods are the most beneficial to your health? Why?

.....  
.....

2- Following a vegetarian lifestyle is a double-edged weapon. Explain

.....  
.....

**Writing**

**Expository topic**

**Write on the following topic:**

There are many different habits that people can do in order to lead a healthy lifestyle. This includes eating a balanced diet, healthy sleeping patterns, and exercising regularly.

In (10) sentences, plan and write an essay about the importance of eating healthy food and the disadvantages of fast food.

**Outline**

**I- Introduction:**

.....  
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.....

**II- Body**

Part 1:

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.....  
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Part 2:

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.....

**III- Conclusion:**

.....  
.....  
.....  
.....



**Module One / Unit Two**  
**Lessons 1 & 2**

aspiration (N)		initiative (N)	
creed (N)		interfaith (N)	
delegate (N)		mentor (N)	
diversity (N)		seminar (N)	
tolerance (N)			

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

- Our school students have a high level of ..... for passing the exams with flying colours.  
**a. tolerance**                      **b. aspiration**                      **c. diversity**                      **d. creed**
- Sara was chosen as a ..... to represent our school at the English language conference.  
**a. seminar**                      **b. initiative**                      **c. delegate**                      **d. aspiration**
- ..... dialogue refers to cooperative and positive interaction between people.  
**a. interfaith**                      **b- tolerance**                      **c. seminar**                      **d. aspiration**

**Set book Questions**

**Answer the following questions:**

- How far do you think mentoring schemes help build up relationships in your community?  
.....  
.....
- As a student, what can you do to further the culture of peace and respect.  
.....  
.....  
.....
- What are the main purposes of the United Nations?  
.....  
.....  
.....

**Lesson 3**

adorn (V)		embellish (V)	
commemorate (V)		paraphrase (V)	
cursive (Adj)			

**Fill in the spaces with words from the list:**

(embellished – cursive – paraphrase – commemorate – adorn)

- Sometimes, I don't understand ..... handwriting.
- The walls of the theatre were ..... with flowers and leaves.
- On the Liberation Day, we..... the soldiers who lost their lives in the wars.
- Could you ..... this story in a simpler form that makes the meaning clearer?



## Lessons 4 & 5

calligraphy (N)		inspirational (Adj)	
consistently (Adv)		master (V)	
diverse (Adj)		richly (Adv)	

**Fill in the spaces with words from the list:**

(diverse – master – calligraphy – inspirational – consistently)

1. Messi has proven an ..... figure in last night's football match.
2. Fahd joined an intensive English language course to ..... fluency.
3. The criminal has ..... denied committing the crime.
4. New York is a very culturally ..... city.

## Grammar

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

1. I have been here ..... a long time.  
 a. for                      b. ever                      c. ago                      d. since
2. I haven't finished my homework .....  
 a. since                      b. never                      c. ago                      d. yet
3. I usually go swimming ..... Thursday.  
 a. in                      b. on                      c. at                      d. of

**Do as shown:**

1. The sea is **blue dangerous deep** water. .... (Reorder the adjectives)
2. I have known Laila (**for**) 2003. .... (Correct)
3. The weather is dry. It (**not rain**) for months. .... (Correct the verb)
4. The price of electricity is going up (**at**) December. .... (Correct the preposition)

## Lessons 7 & 8

account (N)		high-ranking (Adj)	
conduct (V)		pilgrimage (N)	
cover (V)		relevant (Adj)	
figure (N)		review (N)	
ground-breaking (Adj)			

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

1. TV programs should be ..... to the child's needs.  
 a. relevant                      b. high-ranking                      c. ground-breaking                      d. historical
2. Most Muslims try to go on a ..... to Mecca.  
 a. account                      b. review                      c. pilgrimage                      d. figure

## Set book Questions

### Answer the following questions:

1. What does Ibn Battuta's account include?

.....  
.....

2. Ibn Khaldun wrote a great book "Mukadimah" What is this book famous for?

.....  
.....

### Language Functions

#### Write what you would say in the following situations:

1. Your sister says that young people are more experienced than old ones.

.....

2. Your father is asking you to buy him some medicine.

.....

## Module One/ Unit Three

### Lessons 1 & 2

concrete (Adj)		framework (N)	
design (N)		geometric (Adj)	
drill (V)		renowned (Adj)	
evoke (V)		slightly (Adv)	
expressionist (Adj)		studio (N)	
forecourt (N)		venue (N)	
foundation (N)			

#### Fill in the spaces with words from the list:

(design – evoke – drill – foundations – studio)

1- This table ..... appeals to me; it's fashionable and attractive.

2- We need to ..... some holes on the wall to hang these paintings.

3- These photographs ..... strong memories of our holidays in France.

4- The last earthquake shook the ..... of most of the houses in the city.

## Set book Questions

### Answer the following questions:

1- What touristic places can tourists visit in Kuwait?

.....  
.....

2- Why do you think building impressive buildings is important?

.....  
.....

3- What makes malls good destinations for most of the shoppers in Kuwait?

.....  
.....

### Lesson 3

boutique (N)		gourmand (N)	
brand (N)		mainstream (Adj)	
edutainment (N)		state-of-the-art (Adj)	

#### **Fill in the spaces with words from the list:**

(edutainment – state of the art – boutique)

- 1- There is a modern..... behind the post office where you can find fashionable clothes.
- 2- Many media networks provide ..... in order to teach children.

#### **Set book Questions**

#### **Answer the following questions:**

- 1- Why is the 360° Shopping Centre in Kuwait described as monumental?  
.....  
.....

- 2- How is the 360° Shopping Centre in Kuwait considered educational?  
.....  
.....

- 3- Who can the 360° Shopping Centre in Kuwait appeal to? Why?  
.....  
.....

### Lessons 4 & 5

chic (Adj)		spacious (Adj)	
governmental (Adj)		state (Adj)	
modernistic (Adj)		sturdy (Adj)	
public (Adj)		substantial (Adj)	
residential (Adj)			

#### **Fill in the spaces with words from the list:**

(residential – spacious – governmental – substantial)

- 1- Motorists who exceed the speed limit in ..... areas should be banned from driving.
- 2- Bayt Azzakat is a non-..... organization aiming at lending a hand to needy people.

#### **Choose the correct Adjectives**

1. I enjoyed the football match last night. It was really (**exciting – excited**).
2. I am (**interesting – interested**) in this book. In fact, I am keen on reading.
3. We had very (**tired – tiring**) summer holidays. We got extremely (**tiring – tired**).
4. This film is really (**bore – boring**). I got (**bored – boring**) after five minutes from its start.

## Grammar

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

- 1 - I think English is one of ..... languages in the world today.  
a- important                      b- more important                      c- most important                      d- the most important
- 2- The more English books you read, the ..... your English will be.  
a- good                      b- the best                      c- best                      d- better
- 3- German is ..... than English.  
a- much difficult                      b- most difficult                      c- so difficult                      d- more difficult
- 4- Isn't it ..... for him to stop smoking than keeping suffering from respiratory problems?  
a- worst                      b- bad                      c- better                      d- worse

### **Do as shown: (Correct)**

1. We stayed in a (**cheapest**) hotel during our last holidays in Lebanon. ....
2. The weather is (**good**) today than it was yesterday. Let's have a walk on the beach. ....

## Lessons 7 & 8

advocate (V)		influx (N)	
apprehensive (Adj)		objective (N)	
benefit (V)		profitable (Adj)	
council (N)		voice (V)	
detrimental (Adj)			

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

- 1- We should work together to ..... the whole community.  
a- voice                      b- benefit                      c- advocate                      d- drill
- 2- The town ..... members have decided to build a new school in the area.  
a- council                      b- influx                      c- area                      d- objective
- 3- The manager was clear enough when he ..... the importance of group work.  
a- benefitted                      b- voiced                      c- drilled                      d- evoked

## Set Book Questions

- What are the advantages and disadvantages of building new airports in residential areas?

### **Advantages**

.....

.....

.....

.....

### **Disadvantages**

.....

.....

.....

.....



**Translate the following sentences into English:**

1- ان بناء مطار جديد سوف يعود بالنفع على السكان المحليين.

.....

2- تهتم الحكومة ببناء مجمعات تجارية جديدة مثل مجمع 360 .

.....

**Focus on**

1- Mention some of traditional men's clothes in Kuwait?

.....

2- In your opinion, what are the benefits of wearing traditional clothes in our country?

.....

**First Period Quiz**  
**(60 Marks)**  
**I-Vocabulary (4 x 5 = 20 M)**

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

- 1- We all agree upon the fact that education should be improved in order to ..... illiteracy.  
**a- adorn                      b- evoke                      c- combat                      d- boost**
- 2- Nowadays, people need ..... to end up wars, fights and disagreements.  
**a- tolerance                      b- foundation                      c- specialty                      d- deficiency**
- 3-The..... structure of the Eiffel Tower in France is spectacular.  
**a- relevant                      b- digestive                      c- grilled                      d- geometric**
- 4- Some people take drugs to .....their performance in some sports.  
**a- comprise                      b- boost                      c- metabolise                      d- neutralise**

**II- Grammar (2 x 5 = 10 M)**

**B) Do as shown:**

- 4- I (**watch**) television when the doorbell rang. .... (Correct the verb)  
.....?
- 5- Abdallah is fast, but Mohammed is **fast** than him. .... (Correct the adjective)

**III-Writing: (30M)**

Respect is a very important value. Not only is it important among people, but it is also important between countries as well. Plan and write a short paragraph of 6 sentences discussing the importance of respect between people and countries and give some of its benefits.

**Outline**

**I- Topic sentence:**

.....  
.....  
.....

**II- Supporting details:**

.....  
.....  
.....  
.....

**III- Concluding sentence:**

.....  
.....

**Write your paragraph here**

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....





**First Period Quiz**  
**(60 Marks)**

**I-Vocabulary ( 3 x 5 = 15 M)**

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

1. You look pale! You may have a problem with the ..... system.  
**a. saturated                      b. digestive                      c. probiotic                      d. unsaturated**
2. Each union elects one..... to the annual conference.  
**a. delegate                      b. seminar                      c. eatery                      d. nutrition**
3. The government is spending millions of dollars in its attempt to ..... drug abuse.  
**a. absorbs                      b. combat                      c. neutralize                      d. metabolize**

**II-Grammar: ( 3 x 5 = 15 M)**

**B) Do as shown:**

- 4- While Ahmad (**eat**), I walked in. .... (Complete)
- 5- They have already finished their project. .... (Make negative)
- .....

**III-Writing (30M)**

**Attempt the following topic:**

Being a vegetarian has its benefits and drawbacks. In no less than 6 sentences, plan and write a report about the advantages and disadvantages of being a vegetarian.

**Outline**

**Topic sentence:**

.....

.....

.....

**Supporting details:**

.....

.....

.....

.....

.....

**Concluding sentence:**

.....

.....

.....

**Write your paragraph here**

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

**First Period Quiz (60 Marks)**

**I-Vocabulary ( 3 x 5 = 15 M)**

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

1- Following a vegetarian lifestyle can lead to .....

a- delegate                      b- malnutrition                      c- state                      d- calligraphy

2. This sponge is so efficient that it can ..... all the liquids.

a- conduct                      b- drill                      c- boost                      d- absorb

3. Green tea is perfect for the .....system

a- digestive                      b- grilled                      c- geometric                      d- diverse

**II- Grammar: ( 3 x 5 = 15 M)**

**B) Do as shown:**

1. The children have already finished their homework. (Make negative)

.....

4. My brother gave me (red / beautiful / large) roses (Reorder the adjectives)

.....

**III-Writing (30M)**

**Attempt the following topic:**

**In a 6-sentence paragraph, plan and write on why sport should be an essential part of our daily life.**

**Outline**

**Topic sentence:**

.....  
.....  
.....

**Supporting details:**

.....  
.....  
.....  
.....  
.....

**Concluding sentence:**

.....  
.....  
.....

**Write your paragraph here**

.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....  
.....

**Module Two / Unit Four**

**Lessons 1 + 2**

anti-reflective (Adj)		naturalistic (Adj)	
artificial Intelligence (N)		perception (N)	
compete (V)		rival (Adj)	
competitive (Adj)		sensor (N)	
console (N)		simulate (V)	
convoluted (Adj)		speech Recognition (N)	
discourse (N)		visual effects (N)	
employ (V)		wizard (N)	

**Fill in the spaces with words from the list:**

(visual effects – antireflective – convoluted – employ – discourse – wizard)

- 1- In horror movies, directors resort to ..... to attract the viewers.
- 2- In modern computer games, the characters' ..... is extremely important.
- 3- Our company is intending to ..... professional computer programmers.
- 4- ..... screens cut down on the amount of light that reflects off the display.
- 5- When you write your essay, try to avoid long paragraphs and ..... sentences.

**Set book Questions**

**Answer the following questions:**

- 1- How will computer games be like in the future?  
.....
- 2- Why do game characters have to be more intelligent?  
.....
- 3- Why will game designers be working hard in the future?  
.....

### Lesson 3

idle (adj)		mundane (adj)	
incredibly (adv)		out of shape (exp)	

**Fill in the spaces with words from the list:**

(incredibly– mundane – out of shape – discourse)

- 1- This building is ..... impressive.
- 2- Eating too much and not doing exercises will make you .....
- 3- This new computer game is too ..... to play. I don't like it.

**Set book Questions**

**Answer the following questions:**

1- What are the pros and cons of playing computer games?

The pros: .....

The cons: .....

2- Why don't many parents want their children to spend too much time on playing video games?

.....

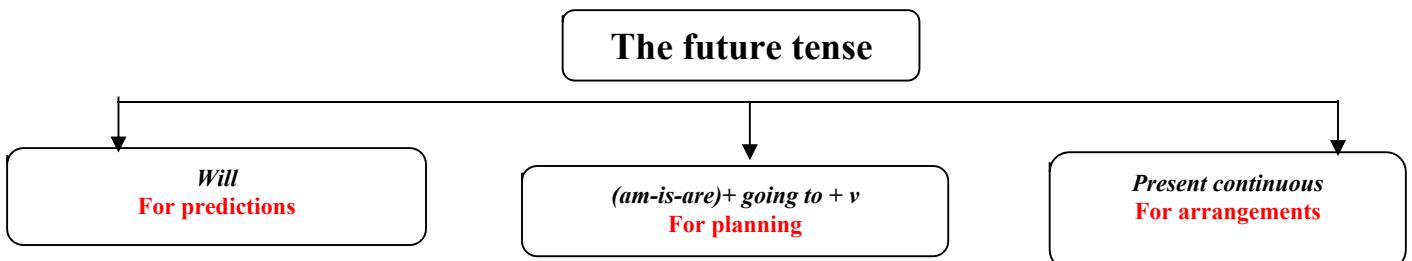
### Lessons 4 & 5

analogue (Adj)		hold button (N)	
computer-friendly (Adj)		touchscreen (N)	
drive (N)		wireless (Adj)	

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

- 1- To see this picture, just move your thumb on the .....  
 a- drive            b- touch screen            c- analogue            d- discourse
- 2- The team seems to have lost its .....edge recently.  
 a- wireless            b- computer-friendly            c- competitive            d- naturalistic
- 3- The ..... in my computer needs changing. It no longer stores information.  
 a- drive            b- rival            c- touch screen            d- analogue

### Grammar



**Do as shown**

- 1- Next time, our team (**beat**) your team, three goals to one. .... (Correct)
- 2- I will go to the Avenues on the weekend. (Ask a question)
- .....
- 3- When I travel to London, ..... (Complete)

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

- 1-The principal declares that all the members of staff..... a meeting next Monday.  
a) is having            b) are having            c) were having            d) was having
- 2- At this time next week, we ..... camping in the Olympic National park.  
a) are going to            b) will be            c) will going            d) were going
- 3-The earlier you go to school every day, the ..... you will reach there.  
a) fast            b) faster            c) fastest            d) the faster
- 4-The more you....., the more information you gain.  
a) study            b) studied            c) studying            d) studies
- 5-I'm extremely exhausted today. I'm .....any work this evening.  
a) will do            b) won't do            c) going to do            d) not going to do

**Lessons 7 & 8**

arcade (N)		exclusive (Adj)	
bonus (N)		helpline (N)	
breathtaking (Adj)		joystick (N)	
built-in (Adj)		keypad (N)	
caller (N)		mode (N)	

**Fill in the spaces with words from the list:**

(built in – breathtaking– joystick – mode – helpline)

- 1. This new video game is ..... because it's full of suspense.
- 2. I am going to buy a new ..... for my Playstation to enjoy it more.
- 3. My laptop has a ..... keyboard. It is more practical than an external one.

## **Language Functions**

### **What would you say in the following situations?**

1- Your friend bought a new computer game.

.....

2- Your friend is in trouble and needs your advice.

.....

### **Translation**

#### **Translate the following into good English:**

1- يقضى الشباب ساعات عديدة يلعبون ألعاب الكمبيوتر.

.....

2- اذا كانت لديك مشكلة يمكنك الاتصال بخط المساعدة.

.....

### **Composition:**

Computer games can be beneficial, but they can also be harmful if used incorrectly. In 10 sentences, Plan and write an essay stating the advantages and disadvantages of playing video games.

### **Outline**

#### **I- Introduction:**

.....  
.....  
.....  
.....

#### **II- Body**

Part 1:

.....  
.....  
.....  
.....

Part 2:

.....  
.....  
.....  
.....

#### **III- Conclusion:**

.....  
.....  
.....  
.....



**Module Two / Unit Five**

**Lessons 1 & 2**

able-bodied (Adj)		neurologist (N)	
adversity (N)		observe (V)	
equestrian (Adj)		rehabilitation (N)	
paralympics (N)		self-discipline (N)	
phenomenon (N)		virtue (N)	
physiotherapy (N)			

**Fill in the spaces with words from the list:**

(virtues – equestrian – self-discipline – observed – able-bodied – rehabilitation)

- 1- So far, the ceasefire has been ..... by both sides.
- 2- Among Muslims' many ..... are loyalty, courage and truthfulness.
- 3- In times of war, very ..... men and women have to fight for their country.
- 4- The neurologists' prime concern was the ..... of every mentally ill patient.
- 5- Horse-riding is one of the most famous ..... sports in the Arabian Civilization.

**Set book Questions**

**Answer the following questions:**

- 1- In Your opinion, why are the Paralympic Games important?  
.....
- 2-From your point of view, how can we help the disabled?  
.....
- 3- What are the pressures of being a world champion?  
.....

**Lesson 3**

interpersonal (Adj)		personal trainer (N)	
navigate (V)		stamina (N)	

**Fill in the spaces with words from the list:**

(interpersonal – navigate – stamina – personal trainer)

- 1- Early explorers and sailors used to ..... by the stars and the moon at night.
- 2- A successful leader has to master ..... skills to be able to realize his objectives.
- 3- Long distance runners not only need training on a daily basis, but also .....



### **Set Book Questions**

1- If you want to become a formula 1 driver, you have to own lots of skills. Mention some:  
.....

2- What are the skills needed for winning a marathon racing?  
.....

### **Lessons 4 & 5**

aggression (N)		mentality (N)	
determination (N)		motivation (N)	
extrovert (N)		opponent (N)	
feedback (N)		sportsmanship (N)	
introvert (N)		stimulation (N)	
teammate (N)			

### **Fill in the spaces with words from the list:**

(mentality – opponent – teammates – determination – introvert)

1. A professional boxer can beat his ..... during the first round.
2. If you want to win, you need training, fitness and great .....
3. We should respect our ..... and help them when needed.
4. My friend is always shy. In fact, he is a /an ..... person.

### **Set book Questions**

#### **Answer the following questions:**

1-What games would you advise introverts to play? Why?  
.....

2- In your opinion, how can we help athletes stay motivated?  
.....

3- Which sport do you find the most exciting?  
.....

### **Grammar**

#### **From a, b, c and d choose the right answer:**

- 1- Hassan ..... ride a horse at the age of twelve. In fact, he is too young.  
a. can                      b. can't                      c. could                      d. should
- 2- I'm afraid I ..... come to your party. I will be busy revising for my final exams.  
a. can                      b. couldn't                      c. can't                      d. shouldn't
- 3- You ..... help your parents more often. Now, they need you more than before.  
a. could                      b. should                      c. would                      d. couldn't

**What would you say in the following situations?**

- 1- Your sister doesn't know what to study after high-school.  
.....
- 2- Your friend wants to travel in the summer vacation but doesn't know where to.  
.....
- 3- You want to ask the waiter in the restaurant for food.  
.....

**Lessons 7 & 8**

application (N)		member (N)	
badminton ((N)		sauna (N)	
gymnastics (N)		solarium (N)	

**From a, b, c and choose the correct words:**

- 1- To join the club, you must fill in this ..... form.  
a. solarium                      b. sauna                      c. member                      d. application
- 2- To have a flexible body, you should practice ..... on daily basis.  
a. gymnastics                      b. sauna                      c. badminton                      d. solarium
- 3- I must pay the necessary fees in order to be a / an ..... in this club.  
a. member                      b. badminton                      c. introvert                      d. extrovert

**Language Functions**

**Write what you would say in these situations:**

- 1- You want some help from your personal trainer.  
.....
- 2- A sportsman asks for your advice to stay motivated.  
.....

**Composition**

There are numerous factors that contributes to the becoming and success of an athlete. A part of those factors is the psychological and mental state that an athlete should have in order to be successful.

**In 10 -12 sentences, write an essay discussing some of psychological factors that an athlete has to have in order to be successful.**



**Module Two / Unit Six**

**Lessons 1 & 2**

conservation (N)		hectare (N)	
deserve (V)		marsh (N)	
effluent (N)		propagation (N)	
fauna (N)		sanctuary (N)	
fence off (V)		vegetation (N)	
flora (N)			

**From a, b, c and d choose the correct answer:**

1- Look at that ..... over there. It has water and mud all the time.

- a)- hectare                                      b)- marsh                                      c)- propagation                                      d)- flora

2- This park is the largest wildlife ..... in the United States of America.

- a)- sanctuary                                      b)- fence                                      c)- marsh                                      d)- fauna

**Set book Questions**

**Answer the following questions:**

1. What has Al Jahra Pools Nature Reserve been a crucial center for?  
.....
2. It is important that governments protect wild animals and birds. Why?  
.....
3. How does Al Jahra Pools Nature Reserve offer protection for birds?  
.....

**Lesson 3**

call (N)		poacher (N)	
genus (N)		underpart (N)	
pesticide (N)		widespread (Adj)	

**Fill in the spaces with words from the list:**

(poacher – pesticides – call – underpart – genus – widespread)

- 1- Farmers need ..... to save their crops from insects and small animals.
- 2- The ..... of an owl at night is traditionally connected to sadness and misery.
- 3- A/An ..... includes fewer members than family and more members than species.
- 4- The floods have unfortunately caused ....., serious and environmental damage.

## Set book Questions

### Answer the following question:

Why are animals and plants in danger?  
 .....

### Lessons 4 & 5

aggressive (Adj)		proud (Adj)	
fierce (Adj)		stubborn (Adj)	
herbivore (N)		sustenance (N)	
hostile (Adj)		tame (Adj)	

### Grammar

#### Do as shown:

- 1- I (go) to France recently. (Correct)  
 .....
- 2- Ahmad has waited for Nasser (for – since – yet) 3 hours (Choose)  
 .....
- 3- The children have seen this film before. (Make Negative)  
 .....
- 4- It has been raining since Sunday. (Ask a question)  
 .....

#### From a , b , c and d choose the correct answer :

- 1- There is ..... milk in the fridge. We'll have to buy some more soon.  
 a- many                      b- few                      c- a few                      d- little
- 2- My friends gave me ..... presents on my birthday. They are really good friends .  
 a- a few                      b- little                      c- a little                      d- many
- 3- I like my coffee with ..... sugar .  
 a- a few                      b- a little                      c- few                      d- many
- 4- Fortunately, ..... people were injured in the accident. They were very lucky  
 a- a few                      b- little                      c- few                      d- a little

### Lessons 7 & 8

adjacent (Adj)		imperative (Adj)	
bed out (Ph. V)		mammal (N)	
carbon monoxide (N)		nest (N)	
cleanup (N)		on behalf of (exp)	
exotic (Adj)		toxin (N)	
finance (V)		wasteland (N)	
global (Adj)			

**Fill in the spaces with words from the list:**

( cleanup – nest – finance – imperative – exotic – on behalf of – global – mammals )

- 1- Pollution is a ..... problem that we should solve to avoid worse disasters.
- 2- It's ..... to find a solution to traffic jam. The city is getting more and more crowded.
- 3- Before we start our project, let's know who will ..... us. We don't have enough money.
- 4- Ali is so courageous that he will speak ..... his colleagues in today's morning assembly.
- 5- Next week, I'll take part in the ..... campaign in my school.

**Set book Questions**

**Answer the following question:**

Why should we protect wild life?

.....

**Focus on**

- 1- Kuwait is a shopper's paradise. Explain!  
.....
- 2- How do you know that someone is shopaholic?  
.....
- 3- What makes a mall a successful destination for shopping?  
.....

**Language Functions**

**What would you say in the following situations?**

- 1. Your father says that he wants you to study engineering.  
.....
- 2. Your friend Jassem has lost his expensive mobile.  
.....
- 3. Your friend wants to know more information about new inventions.  
.....

**Writing**

Despite the fact that many people have been trying to save the environment, human development in many countries is seen to be more important than animal welfare. As a result, some species of animals are becoming rare and in danger of extinction.

**In 12 sentences, plan and write an essay about the importance of saving these endangered animals and what can people and the governments do to protect them.**







**Answers the following questions:**

6. For what reasons do human beings carry on cutting down forests?

-----

7. It is not easy to cut down forests to grow again. Why?

-----

**Translate the following sentences into good Arabic**

1- ان اتباع نظام غذائي نباتي بشكل غير مسئول قد يؤدي الى سوء تغذيه.

-----

2- يشكل الماء 70% من تكوين الجسم ويمنع الجفاف وينقى الاعضاء من السموم.

-----



(Total 420 Marks)

I- **Vocabulary** (50 Marks)

A) From a, b, c, and d, choose the most suitable word that best completes each of the following sentences: (5 x 5 = 25)

1- Light blue colors make rooms look brighter and more .....

- a. diverse                      b. grilled                      c. spacious                      d. exclusive

2- Successful companies ..... only people with the right qualifications.

- a. cover                      b. navigate                      c. employ                      d. voice

3- Consumers need a telephone ..... to save time and effort for any inquiry.

- a. adversity                      b. sanctuary                      c. member                      d. helpline

4- The technician has to ..... four holes into the ceiling to fix the spotlight.

- a. absorb                      b. drill                      c. observe                      d. compete

5- ..... feature in Smartphones is faster, safer and more accurate than typing.

- a. Personal trainer                      b. Unsaturated fat                      c. Saturated fat                      d. Speech recognition

B) Fill in the spaces with the suitable words from the list below: (5 x 5 = 25)

(slightly / fence off / touchscreen / seminar / richly / bed out)

6- I should ..... my garden in a way cats will not be able to climb over.

7- Some engineers will attend a ..... about water desalination in Kuwait.

8- The bridegroom's bisht is ..... embroidered with gold and silver threads.

9- A ..... requires less concentration to use than a mouse and a keyboard do.

10- The doctor informed us that the patient had just moved his eyelashes .....

II- **Grammar** (60Marks)

**A) From a, b, c, and d, choose the correct word that best completes each of the following sentences: (4 x 5 = 20)**

- 11- Farmers ..... their plants joyfully when it started raining heavily.  
a. watered                      b. were watering                      c. are watering                      d. waters
- 12- I've been studying English ..... 10 years now, and I still need to improve it.  
a. since                      b. yet                      c. for                      d. ago
- 13- I am sending this message just to say that I am going to be ..... minutes late.  
a. much                      b. a little                      c. little                      d. a few
- 14- Our Fine Arts teacher asked us to design a ..... box as an end of term project.  
a. wooden black square                      b. black wooden square  
c. square black wooden                      d. wooden square black

**B) Do as required: (4 x 5 = 20)**

- 15- I have already checked my friends' messages on Facebook.  
..... (Make negative)
- 16- I have just finished reading a book consisting of 200 pages.  
..... (Make a compound adjective)
- 17- If you listen to English speaking materials, you will be fluent.  
The more ..... (Complete)
- 18- Ibn Battuta's account includes descriptions of his pilgrimages.  
.....? (Make a question)

**III- *Language Functions* (40 Marks)**

**Write what you would say in the following situations: (4 x 10 = 40)**

- 19- Your close friend has a problem with the processor of his iPad.  
.....
- 20- While onboard, a flight attendant asks you what you would like to drink.  
.....
- 21- The weather is getting colder and colder and the clouds are getting dark grey.  
.....
- 22- On the occasion of your birthday, your mother bought you a new PlayStation.  
.....

**IV- *Set Book Questions* (30 Marks)**

**Answer only THREE of the following questions: (3 x 10 = 30)**

23- How can you keep your mind and body in tip-top shape?

.....  
.....

24- Why is it important to respect and tolerate other faiths of people?

.....  
.....

25- What are the disadvantages of building new airports in residential areas?

.....  
.....

26- What benefits does Al-Jahra Pools Nature Reserve provide for the region?

.....  
.....

**Any reasonable answer is acceptable**

V- ~~Writing~~ **Writing (100 Marks)**

**Write on the following topic:**

Mobile applications have gradually made mobile phone users forget about computer games.

**Plan and write** a 12-sentence essay about **the benefits of these applications** and **how they have changed our daily behaviour**.

**Outline (20)**

**I- Introduction:**

.....  
.....  
.....

**II- Body:**

**Part 1:** .....

**Supporting Details:**

.....  
.....  
.....

**Part 2:** .....

**Supporting Details:**

.....  
.....  
.....

**III- Conclusion:**

.....  
.....

**Write your essay here (80)**



**Read the following passage carefully, and then answer the questions below:**

1. After Danielle Sheehan had reached 146 kilograms, she shed more than half her bodyweight - and is now size 10. Danielle used to feed on junk food and sit in front of the television watching movies every day, resulting in her becoming **obese**. Her size 26 frame was so big that she would not go on public transport because she took up two seats.

2. After three years of hard work and determination, she now weighs just 64 kgs. She has dropped to size 10 and lost 44 kgs. in just six months. Before, Danielle's diet consisted of a "Full English" for breakfast, big baguettes and crisps for lunch and fatty meals like lasagne and chips in the evening with at least 12 bars of chocolate a day as snacks. Danielle, 23, from Nottingham, said: "It was more the quantity, the amount of food I was eating, and I did not exercise - I was so lazy."

3. "At 128 kilograms, I was miserable. I wanted to look like Angelina Jolie, not Mandy Dingle. My confidence evaporated, and I stopped going out with my mates. Instead, I stayed at home, gorging on cakes and chocolate." After being told by doctors she would suffer from a chronic respiratory disease if she didn't dramatically change her lifestyle, Danielle decided to use this blow as her 'trigger warning' to take action. She became a fitness fanatic, embarking on long runs five days a week, going to the gym and doing spinning classes, and stripped back to a diet of fruit, vegetables, lean meat and fish. She said: "I decided enough was enough. I looked like a round melon, but I was the only **one** who could change that."

4. Recalling the start of her diet in September 2009, she said: "It was like a drug addiction. I was aggressive at first, but then I would go for a run and it would make me feel amazing. The dramatic weight loss helped Danielle to give birth to Maria. That gave her even more motivation to continue with her new regime, and she is now enjoying a new lifestyle and her new slim frame after three years of hard work. "I feel a lot more confident now. I have lost the old me and gained this amazing confidence. Now people compare me to Angelina Jolie instead of Mandy Dingle, which is a huge compliment.

**From a, b, c and d choose the correct answer: (8 x 10 = 80)**

**27- What is the main idea of the passage?**

- a- A strongly-willing woman who managed to drop half her weight
- b- A brave lady who went on a healthy diet for a few weeks to keep fit
- c- A fat young lady who could lose weight after giving birth to her first baby
- d- A fat young lady whose weight was an obstacle for giving birth to her first baby

**28- Which best defines the words "obese" as used in paragraph 1?**

- a- Obese means tired and ready to sleep.
- b- Obese means very fat in a way that is unhealthy.
- c- Obese means someone who likes to eat and drink a lot.
- d- Obese means anxious or fearful that something bad will happen.

**29- What does the underlined pronoun "one" in paragraph 3 refer to?**

- a- gym
- b- melon
- c- Danielle
- d- Coffee shop

**30- Which of the following statements is NOT TRUE?**

- a- Angelina Jolie is Danielle’s best role model and reference.
- b- Eating fast food and having an inactive lifestyle lead to overweight.
- c- Danielle gave birth to Maria after taking the decision to go on a diet.
- d- Despite her overweight, Daniel had never stopped socializing with her friends.

**31- Which proverb best describes the author's main purpose in writing this text?**

- a- Don’t bite the hand that feeds you.
- b- When there is a will, there is a way.
- c- A party without a cake is just a meeting.
- d- Don't put off till tomorrow what can be done today.

**32- According to the passage, what is meant by “I have lost the old me”?**

- a- She became a fitness fanatic.
- b- She has totally lost her self-confidence.
- c- She has radically changed her personality.
- d- She has eventually regained her cool temper.

**Answer the following questions:**

**33- What are the things that people should do not to become obese?**

.....  
 .....

**34- What can motivate people to lose weight?**

.....  
 .....

**VII- Summary Making (60 Marks)**

In FOUR sentences, summarize and paraphrase the following passage in an answer to the following question:

**What are the best strategies to get ready for the exams? (4 x 15 = 60)**

Many students find that preparing for an individual class for 60-90 minutes per day, five or six days per week, will leave them well prepared at exam time. For some students, it does not pay off. Experts think that students should not cram at the last second. All-nighters simply do not work for most people and students experience declining returns on their efforts when they attempt to study for four or five hours straight. They would recommend that students should keep their ears open in class. Their teachers will sometimes tell them about the exam study strategies. They should be in class every day to receive such help. They insist that students review their class notes on a regular basis.

.....  
 .....



.....  
.....  
.....

**VIII- Translation (20 Marks)**

**Translate the following 2 sentences into good English: (2 x 10 = 20)**

1- ان الكويتيين يفتخرون ببلدهم وبتقاليده وهذا ينعكس في اللباس الذي يرتدونه.

.....  
.....

2- ان الأخصائيين في التكنولوجيا يتنبؤون بأن ألعاب الكمبيوتر سوف تكون أكثر واقعية.

.....  
.....

**Good Luck**

The most common irregular verbs

<i>Infinitive</i>	Past	P.P.	المعنى	<i>Infinitive</i>	Past	P.P.	المعنى
read	read	read	يقرأ	build	built	built	يبني
put	put	put	يضع	send	sent	sent	يُرسل
hit	hit	hit	يضرب	lend	lent	lent	يُقرض
hurt	hurt	hurt	يؤذي	spend	spent	spent	يقضي بِنُفوق
cost	cost	cost	يُكلف	bend	bent	bent	يثنى
split	split	split	يُمزق	become	became	become	يصبح
drink	drank	drunk	يشرب	overcome	overcame	overcome	يهزم
swim	swam	swum	يسبح	come	came	come	يأتي
sing	sang	sung	يُغني	run	ran	run	يركض
ring	rang	rung	يتصل يرّ	buy	bought	bought	يشترى
sink	sank	sunk	يغطس	fight	fought	fought	يحارب
spring	sprang	sprung	ينبثق - يُنبث	bring	brought	brought	يجلب
begin	began	begun	يبدأ	think	thought	thought	يعتقد
wear	wore	worn	يلبس	seek	sought	sought	يُتشد
tear	tore	torn	يمزق	teach	taught	taught	يدرّس
deal	dealt	dealt	يعامل	catch	caught	caught	يصطاد
lose	lost	lost	يضيع	hear	heard	heard	يسمّع
get	got	got	ينال	lead	led	led	يُرشد
leave	left	left	يترك	bleed	bled	bled	ينزف
feel	felt	felt	يشعر	say	said	said	يقول
keep	kept	kept	يحتفظ	pay	paid	paid	يدفع
sleep	slept	slept	ينام	hold	held	held	يُمسك بـ
shoot	shot	shot	يُطلق الرصاص	tell	told	told	يُخبر
sit	sat	sat	يُجلس	sell	sold	sold	يبيع
meet	met	met	يقابل	stand	stood	stood	يقف
eat	ate	eaten	يأكل	find	found	found	يجد
take	took	taken	يأخذ	make	made	made	يُصنّع
forget	forgot	forgotten	ينسى	speak	spoke	spoken	يتكلم
fall	fell	fallen	يسقط	break	broke	broken	يكسر
choose	chose	chosen	يختار	steal	stole	stolen	يسرق
grow	grew	grown	يزرع	write	wrote	written	يكتب
know	knew	known	يعرف	see	saw	seen	يرى
fly	flew	flown	يُطير	give	gave	given	يعطي
go	went	gone	يذهب	ride	rode	ridden	يركب
be	were / were	been	الكيونة	have	had	had	يمتلك
do	did	done	يفعل	leave	left	left	يغادر

Personal pronouns	Simple present				Present continuous	Present perfect	Future	Past continuous	Past perfect	past Simple (be) (do) (have) (V)
	<i>be</i>	<i>do</i>	<i>have</i>	<i>v</i>						
I	am	do	have	v	am + v + ing	have + (V3)	will + v	was + v + ing	had + (V3)	was - did - had - ved
You	are	do	have	v	are + v + ing	have + (V3)	will + v	were + v + ing	had + (V3)	were - did - had - ved
He	is	does	has	vs	is + v + ing	has + (V3)	will + v	was + v + ing	had + (V3)	was - did - had - ved
She	is	does	has	vs	is + v + ing	has + (V3)	will + v	was + v + ing	had + (V3)	was - did - had - ved
It	is	does	has	vs	is + v + ing	has + (V3)	will + v	was + v + ing	had + (V3)	was - did - had - ved
We	are	do	have	v	are + v + ing	have + (V3)	will + v	were + v + ing	had + (V3)	were - did - had - ved
They	are	do	have	v	are + v + ing	have + (V3)	will + v	were + v + ing	had + (V3)	were - did - had - ved
Key Words الكلمات المساعدة	usually - sometimes - always - often - every ... - rarely - seldom إذا كان معنى الجملة يدل على حقيقة				now - look - listen - at the moment - at the present	already - just - never - ever - lately - recently - yet - since - for	next - tomorrow - in the future - in two days - soon	while - as - when	after - before - by the time	ago - last - once - yesterday