

Mega Goal 1- Worksheets



FIRST SECONDARY
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EXAM - FORMAT EXERCISES

Grade : 1st Secondary

Student's name :

Class : 1 /

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Unit (1) Big Changes



1- Match the word(s) in column (A) with their meanings in column (B):

(A)		(B)	
1	A gifted		A) satellite
2	National		B) leader
3	Science		C) language
4	A thriving		D) economy
5-	Artificial		E) fiction
			F) discovery

2-Fill in the spaces with the correct word from the list below:

Pollution - endangered - launched - leader - oil - responsible

- discovery has led to better economy for most Gulf countries.
- Car fumes are the main cause of air.....
- King Abdelaziz was a gifted as he united all the parts of Saudi Arabia.
- We should protect species from extinction.
- The Russians the world's first artificial satellite.
- Who is for breaking the vase?

3 - Match the word(s) in column (A) with their meanings in column (B):

(A)		(B)	
1	To affect		A) to set up, start
2	To launch		B) to send into space
3	To take for granted		C) to produce a change
4	To establish		D) to accept as part of life
5-	To host		E) to provide a place for
			F) to meditate



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

economy	building	warming	activities	currency	land	fiction
---------	----------	---------	------------	----------	------	---------

- 1- Dirham is the of U.A.E.
- 2- He made a research study about global.....
- 3- Burj Khalifa is the tallest in the world.
- 4- Vision 2030 is a good step for a thriving.....
- 5- I like reading science... stories
- 6- Neil Armstrong was the first one to on the moon.

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

voyage	immigrants	Sick	delete	island	settle
--------	------------	------	--------	--------	--------

1. Many African came to the United States in the past.
- 2 people should go to hospital.
3. New students into dorms when they join university.
4. I can't imagine life on that
5. Don't this file. It is important.
6. I enjoyed the across the Red Sea.

6. Select the correct words

1. The Russians... the first artificial satellite in the world.
a. went b. launched c. walked d. moved
2. The world is constantly going through some.....
a. changes b. effects c. lives d. parts
3. King Abdelaziz was responsible the event of unifying Saudi Arabia.
a. in b. to c. for d. by
4. The federation of the United Arab Emirates of seven sheikhdoms.
a. consists b. includes c. contains d. takes



5. Teenagers have up in a digital world.
a. grown b. given c. gone d. taken
6. Global.... comes as a result of air pollution.
a. warning b. warming c. burning d. building
7. By the , I will pay the debt.
a. day b. fact c. way d. general
8. Vision 2030 is based on three and themes.
a. pillars b. hubs c. facts d. forms
9. Vision 2030 creates economic.....
a. careers b opportunities c. functions d. work
10. E-Learning has made it possible for people to courses online.

Grammar

7. Choose the correct answer

1. They the movie now.
a. watched b. are watching c. watching d. watch

2. She her uncle last week.
a. visited b. visits c. visit d. visiting

3. He hasn't finished the report.....
a. already b. yet c. ever d. never

4. Have you tried out French food?
a. never b. yet c. ever d. before

5. He has worked in this factory 2010.
a. since b. for c. ago d. yet

6. She has lived in Riyadh five years.
a. since b. for c. ago d. yet

7. He always... magazines in his free time.
a. read b. is read c. reads d. reading

8. He to London this week.
a. is flying b. fly c. flying d. flew

9. He my help.
a. needs b. is needing c. need d. is need

10. They meet the manager yesterday.
a. don't b. weren't c. didn't d. wasn't



8. Do as shown in brackets :

1. Water (boil)..... if we heat it. (Correct)



English Language Department

2. He (write)a report when the telephone rang. (Correct)

3. They were sitting in the garden. They saw a bird. (Use: While)
.....

4. He (want)to fix his own car himself. (Correct)

5. He was playing when he fell. (Yes/No question)
.....?

6. He (study)..... Math this year. (Correct)

7. She was cooking food. Her daughter cried loudly. (Use: when)
.....

8. He likes red color (Change into negative)

9. He played computer games last night. (Change into negative)
.....

10. He hasn't (do)..... his homework yet. (Correct)

11. They have (be)to London. (Correct)

9- Match the word(s) in column (A) with their meanings in column (B):



(A)		(B)	
1	Hub		A) strong and active
2	Transforming		B) prosperous
3	Vibrant		C) center
4	Ambitious		D) changing completely
5-	Thriving		E) loyal
			F) determined to succeed

Reading

10. Read the following comprehension passage and answer the questions:



Coronavirus is a group of viruses that can cause some diseases such as flu, severe acute respiratory infection and Middle East respiratory syndrome. In 2019, new types of coronaviruses were discovered after getting information about it as a main cause for an epidemic that spread in China. Nowadays, the virus is known as severe acute respiratory syndrome coronavirus too. This virus results in a disease named coronavirus disease 2019. The symptoms of coronavirus 2019 may appear within two to fourteen days after getting infected. These symptoms include: fever, cough and shortness or difficulty in breath. The severity of coronavirus 2019 symptoms may be mild or acute. The elders or those who have diabetes as well as heart diseases may be more affected by the acute coronavirus. This is similar to what occurs if those people are affected by other respiratory system diseases such as flu.

Answer the following questions :

1. What is Coronavirus?

.....

2. Where did Coronavirus spread first?

.....

3-Put (T) or (F)

A. The symptoms of coronavirus 2019 may disappear within ten to fourteen days. ()

B. People who suffer from chronic diseases may be more affected by the acute coronavirus. ()

4. From the passage, find and write the antonyms of the following words:

Disappear X..... Different X.....

5. From the passage, find and write the synonyms of the following words:

Happen =..... Old people =.....

Writing

11. Writing (Guided composition)

Write a paragraph of no less than 70 words about (A place you visited).
You may use the following guiding questions:

- 1- Where and when did you go? 2-
- How did you go there?
- 3- How long did you stay there?
- 4- What activities did you do there?
- 5- What did you see? Was your visit enjoyable?

A Place I Visited

12. Writing (Free composition):

Select one of the topics to write a paragraph not less than 50 words.

1. Saudi Arabia's Vision 2030
2. King Abdulaziz was a great leader



Unit (2) Careers

Vocabulary

1-Match each word in Column 1 with its correct definition in Column 2:

Column 1		Column 2
1. Interpersonal skills		A. ability to use technology

2. Communication skills		B. ability to use time and space wisely
3. Computer skills		C. ability to get along with other people
4. Organizational skills		D. ability to write and speak clearly
5. Analytical skills		E. ability to solve problems



2. Match the following synonyms :

(A)		(B)
1	Discover	A) difficult
2	Chance	B) find out
3	Friendly	C) give
4	Provide	D) very bored
5	Bored to death	E) outgoing
6	Hard	F) fluency
		G) opportunity

3. Choose the correct words to complete the sentences

1. Working with clay is normally associated with.....
a. artists b. doctors c. teachers d. students
2. Matthew Duval has several new flavors.
a. vanished b. created c. given d. instructed
3. Matthew Duval is good at presenting new products to.....
a. managers b. person c. customers d. sellers
4. Animators need to understand development.
a. body b. mind c. appearance d. character
5. Animation projects many people who work as a team.
a. involve b. consist c. receive d. find
6. He will be able to a lot of money throughout this job.
a. do b. find c. make d. send
7. Applicants for jobs need to be in English language.
a. fluent b. fluency c. influent d. flu

8. Civil engineering receives in different work sectors.
a. train b. training c. trains d. trained

9. He wanted to for a job in a big company.
a. apply b. request c. get d. do

10. When you apply for a job, try to your resume.
a. include b. contain c. enclose d. consist



4- Fill in the spaces with the correct words from the list:

opportunity network outdoors Skills College

1. He has been working for this company since he left.....

2 .He has an to complete his study abroad.

3 .Why don't you with your friends to find out available jobs.

4 .I prefer working to working indoors.

5 .Teamwork are required when looking for a job.



Grammar

5. Choose the correct answer

1. We have [live – lives – lived] in this city for fifteen years.

2. Jane has just [go – gone – went] out.

3. She [worked – have worked - has worked] with me since 2008. 4- Have you (yet – before – ever) seen a tiger?

5- Tom has (ever – already – since) come back from the supermarket.

6-Fahad has never (been – gone – for) to America.

7- I haven't seen Ali (for – already – since) we finished school.



6. Do as shown in brackets

1. He has been (work) for this company for ten years. (Correct)

2. He is interested.....this book. (Preposition)

3. She is good at (speak)..... French. (Correct)

4. That is the jacket. I bought it last week. (Use: which)

.....

5. She (stay) in the hotel for ten days now. (Correct the verb)

6. The man got the job, lives next door to us. (Relative pronoun)

7. He has been learning English **(since)** three years. (Correct)
8. They have been **(live)** in Riyadh for three months now. (Correct the verb)
9. **(On)**....my free time, I play computer games. (Correct the preposition)
10. He shouted while we **(watch)** the movie. (Correct)

7. Choose the correct answer

1. I know the player scored the goal.
a. who b. which c. where d. when
2. A camel is an animal lives in the desert.
a. who b. where c. which d. when
3. They are good reading.
a. in b. at c. on d. by
4. I meet my friends weekdays.
a. at b. in c. by d. on
5. He studies English nine to eleven o'clock.
a. from b. to c. on d. in
6. He has been waiting his uncle an hour.
a. since b. ago c. for d. with
7. They have been here since 2010.
a. living b. lives c. lived d. live
8. Are you interested..... that book?
a. in b. at c. by d. for

Reading

8- Read the following comprehension passage and answer the questions:

Petra is a historical and archaeological city in southern Jordan. **It** is surrounded by mountains. The area around Petra has been inhabited from as early as 7.000 BC. Petra is known as the capital city of Nabataeans during the 4th century. The Nabataeans were nomadic Arabs who established a major trading hub. In 106 AD, Petra lost its independence as it fell to the Romans. Many structures of Petra were destroyed by an earthquake in 363 AD. Petra is called the "Rose City" because of the color of the stone from which it is carved. It has been a UNESCO World Heritage Site since 1985. UNESCO has described Petra as one of the most precious cultural properties of man's cultural heritage. In 2019, the number of people visited Petra was 1.1 million tourists.



Answer the following questions :

1. Where is Petra located?

.....

2. Why is Petra called the "Rose City"?

.....

Put (T) for true or (F) for false :

3. Petra is considered as the capital city of Nabataeans before the 4th century. ()
4. Petra is located in Asia. () **Choose the correct answer:**
5. Many structures of Petra were destroyed by an in 363 AD.
a. **volcano** b. **earthquake** c. **tornado** d. **storm**
6. UNESCO has considered Petra a World Heritage Site since.....
a. **1995** b. **1985** c. **363** d. **2019**

From the passage, find and write the synonyms of the following words

11. Construct = Damage=



Writing

9. Writing (Guided Composition)

Use the following guided phrases to write a paragraph of not less than 70 words about **(Qualities that employee should have to get a job)**

Communication skills - interpersonal skills - work ethics - motivation- computer skills- problem solving skills - flexibility

Employee's qualities

Über Anhänger

10. Writing (Free composition):

Select one of the topics to write a paragraph not less than 50 words.

1. Your Future Job
2. You have seen an advertisement for Extra Stores online seeking a cashier. You believe that the requirements for the job match your personality and qualifications. **Write a cover letter.** Include your personal details, skills, qualifications and experience.

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Unit (3) What will Be, will Be.

1. Match the words in column (A) with their meanings in column (B):

(A)		(B)	
1	Withstand		A) to express surprise
2	Bobby pin		B) resist
3	Witness		C) hairpin
4	To gather		D) to see an event
5	No kidding?		E) outgoing
6	Vault		F) a safe
			F) to come together

2- Match the words in column (A) with their meanings in column (B) :

(A)		(B)	
1	Obsolete		A) a way
2	Come true		B) outdated
3	On their own		C) happen
4	Path		D) alone
			E) grown

3-Fill in the spaces with the correct words from the list:

steel disaster traffic qualifications microscope

1. Ali's for this job include language skills.
2. A lot of is used to construct tall buildings.
- 3 in some cities is a big problem.
4. A hurricane is a natural
5. A is used to see very small things.



4. Select the correct words

1. They dove through the depths of the ocean by a
a. submarine b. car c. plane d. ship
2. The haircut of a man an average of \$28.
a. gives b. costs c. takes d. makes
3. The word **obsolete** means
a. new b. modern c. updated d. outdated
4. The house will be with a robot.
a. equipped b. furnished c. filled d. prepared
5. A crowd of people outside the house.
a. collected b. got c. gained d. gathered
6. I need five of gas.
a. gallons b. bottles c. slices d. packets
7. The tomb was unable to the car from moisture.
a. protect b. prevent c. paint d. clean
8. Someone who competes in a contest is called a
a. viewer b. contestant c. referee d. host
9. He realized that he had made a great
a. discover b. discovers c. discovered d. discovery

Grammar

5. Do as shown in brackets:

1. He will fix the lights. (Use: going)
.....
2. He is going to study the previous lessons. (Use: will)
.....
3. I am (going –will) to spend four days in Dammam. (Choose)
4. We (fly)..... to Jeddah tonight. (Correct)
5. At this time tomorrow, he (take)..... an exam. (Correct)
6. How about (watch)..... the match at the stadium? (Correct)
7. Let's do our homework. (How about)
.....
8.don't we meet the manager? (Why-What- How)
9. By the year 2050, I (live) in a palace. (Correct)
10. He will (making) a good plan for the project. (Correct)



6. Add tag questions:

1. She is going to prepare food, ?
2. They won't find the treasure, ?
3. He is reading a new book, ?
4. She will do shopping tomorrow, ?
5. He doesn't meet his friends at the weekends, ?

6. She studies her lessons every day.



Reading

8. Read the following comprehension passage and answer the questions:

Robots are machines that are capable of carrying out complex actions automatically. They can be guided by an external control device. Robots may be constructed on the lines of human form. A robot may convey a sense of intelligence or thought of its own. The branch of technology that deals with the design, construction, operation and application of robots is robotics. Robots can be used at home, in factories and in medicine field. The word "robot" was first used in 1920 by Karel Capek. The first commercial digital robot was built by George Devol in 1954 and was named the Unimate. We can say that robots replaced humans in performing dangerous tasks which humans are unable to do. Also, robots can be used in performing tasks which take place in extreme environments such as outer space or the bottom of the sea.

Answer the following questions :

1. What are robots?
2. Where can robots be used?

Put (T) for true or (F) for false :

3. Robots can be used in performing dangerous tasks. ()

4. Robots can be controlled by an internal control only. () Choose the correct answer :

5. The best **title** for the passage is.....

a. Robots b. Computers c. Smartphones d. Karl Capek

6. The underlined pronoun "they" refers to.....

a. machines b. actions c. robots d. people

7- From the passage, find the antonyms of the following words

Internal X..... top X.....

Safe X..... able X.....

9. Writing (Guided Composition)

Use the following guide words to write a paragraph of not less than 70 words about (A **vision of the future**):

gas - powered cars – skyscrapers - center of the earth – restaurants - robots - sports stars – computers - smartphones

10. Writing (Free composition):

write a paragraph not less than 50 words about: A celebrity you 've recently met



Unit (4) The Art of advertising

1. Match the words in column (A) with their meanings in column (B):

(A)		(B)	
1	Inconceivable		A) greatly change
2	Revolutionize		B) belonging to the state
3	Impractical		C) to make money from
4	Limited		D) impossible to imagine

5	Cash in		E) branch of a company
6	Franchise		F) kept within a boundary
			G) not convenient

2- Match the words in column (A) with their meanings in column (B) :

(A)		(B)	
1	What are you up to ?		A) give
2	What on earth ?		B) what are you doing now ?
3	Invention		C) to increase in size, number , or importance
4	To Expand		D) something created
5	Provide		E) expression to show surprise
			F) valuable

3. Choose the correct words to complete the sentences

1. Dr. Martin Cooper is considered to be the of the first portable cellular phone.
a. Invent b. inventor c. invention d. invents
2. This company is one of the largest companies with billions of
a. users b. use c. user d. used
3. Credit card is used to pay for and services.
a. good b. god c. goods d. goads
4. Diner's club card was by thousands of businesses across the United States.
a. accepted b. expected c. except d. suspected
5. The idea of credit card outside the United States quickly.
a. declined b. expanded c. included d. involved

4. Fill in the gaps to complete the sentences:

look wheels available commercial law



1. The first bikes had large front.....
2. Credit cards are for anyone nowadays.
3. You like a businessman with that new haircut.
4. The of gravity was discovered by Isaac Newton.
5. Advertisements can be used for a television.....

Grammar**6. Do as shown in brackets**

1. Graham Bell invented the first telephone. (Change into **passive** voice)
.....
2. They will wash the car. (Change into **passive**)
.....
3. A plane is (fast) than a train. (Correct)
.....
4. Ahmed is as tall as Ali (Change into **negative**)
.....
5. He has decorated the house. (Change into **passive**)
.....
6. That is your car. (Ask using: **Whose**)
.....
7. Those are our bags. (Use: **ours** and make any necessary changes)
.....
8. He writes a report every day (Change into **passive**)
.....
9. This is my dictionary (Plural)
.....
10. Take out the desk (Negative)
.....
11. The exam was difficult to answer. (too/enough) (Choose) 12. I don't have money to buy the car. (too/enough) (Choose) 13. A) Which boots do you want to buy?
B) I want the leather..... (one/ones) (Choose)

**7. Choose the correct answer**

1. Bicycles in France in 1790.

a. invent	b. were invented	c. invents	d. inventing
-----------	------------------	------------	--------------
2. The first bikes were made wood.

a. of	b. in	c. at	d. for
-------	-------	-------	--------
3.book is that? It's mine.

a. What	b. Who	c. Whose	d. Why
---------	--------	----------	--------

A) Which coat do you like? B) The green.....

a. ones	b. one	c. own	d. owe
5. Computers everywhere.			
a. use	b. using	c. uses	d. are used
6. Talal is the student in my class.			
a. most intelligent	b. more intelligent	c. intelligent	d. intelligence



Reading

8. Reading: Read the following passage and answer the questions

American swimmer Michael Phelps consumes an amazing 12,000 calories a day. He starts off by eating three fried-egg sandwiches loaded with cheese, lettuce, tomatoes, fried onions and mayonnaise. He follows this up with two cups of coffee, a five-egg omelet, a bowl of cereal and three slices of toast topped with powdered sugar and three chocolate-chip pancakes. For lunch, Phelps has half a kilo of enriched pasta and two large cheese sandwiches covered with mayonnaise. He finishes the meal by downing 1,000 calories worth of energy drinks. For dinner, Phelps loads up the carbohydrates with another half a kilo of pasta and a whole pizza. Then he drinks another 1,000 calories worth of energy drinks. His diet is designed to give him the energy he needs to complete his five-hours a day, six-days-a-week training regime.

1. How many hours does Phelps train per week?

.....

2. What does the underlined pronoun "he" refer to?

.....

Put (T) for true or (F) for false:

3. Michael Phelps consumes an amazing 12,000 calories a day. () 4. For breakfast, Phelps loads up the carbohydrates with another half a kilo of pasta and a whole pizza. ()

5. From the passage, find and write the **synonyms** of the following:

An entire =.....

Provide =.....

6. From the passage, find and write the **antonyms** of the following:

Small X.....

uncovered X.....

9- Writing (Guided writing)

Write a paragraph of not less than 70 words about **(The importance of the Cell Phone)**.

You may use the following guiding words:

Do without – keep in touch - send - surf the net – do business - book tickets – study

The Cell Phone

10- Writing (Free composition)

Write a paragraph of not less than 50 words about **(inventions)**

Inventions

Unit (5) Did You Hurt Yourself?

1. Choose the correct words:

1. Turnthe lights before you leave.

a. of b. off c. out d. at

2. He is wearing ato protect his head.

a. helmet b. gloves c. socks d. pants

3. I opened the can using a.....

a. knife b. sharpener c. saw d. keyboard

4. Some drivers don't pay.....to the road, so they have accidents.

a. intention b. tension c. attention d. mention

5. Hehis finger with the knife.

a. wrapped b. healed c. pulled d. cut

6. I fell off my bike and broke a.....

a. bone b. tongue c. heart d. hair

7. The car.....into a tree. Luckily, nobody was hurt .

a. grabbed b. cut c. crashed d. planted

8. The young boy.....his father to go out.

a. begged b. pegged c. bagged d. big

9. My friendme up from school and drove me to my house.

a. packed b. picked c. booked d. peaked

10. I was riding in the backof the plane.

a. seat b. chair c. armchair d. ladder

11. He jumped out of the airplane throughout

a. a parachute b. a robe c. a belt d. an umbrella

12. I was wearing my seat.....before the accident.

a. shoe b. hand c. glasses d. belt

2. Fill in gaps with words from the box:



land - lucky day - escape - dynamite - belts - agreed - distracted

1. Ahmed.....to take his son to his friend's house.
2. The pilot was able to.....the plane safely.
3. After spending five years in the prison, he could.....
4. A is a day of good fortune.
5. Hani was working with some.....when it exploded unexpectedly.
6. drivers do not pay attention to the road.

3: Match the words in column (A) with the correct word(s) in column (B):

(A)		(B)	
1	Knee		Belts
2	Outer		Pads
3	Seat		Storms
4	sand		burst
			Space

4: Match the words in column (A) with their meanings in column (B):

(A)		(B)	
1	Burst		Run away
2	Recover		Explode
3	Challenge		Having no hair on the head
4	Escape		Get better
5	Bald		Accidents
			Contest or fight a against

1. Choose the correct answer:

1. I drive the car carefully.do I.

a. So	b. Neither	c. Too	d. Enough
-------	------------	--------	-----------
2. I didn't sleep well last night.did I.

a. So	b. Neither	c. Too	d. Enough
-------	------------	--------	-----------
3. Yousmoke here. Look there is a "No smoking" sign!

a. must	b. can't	c. aren't	d. mustn't
---------	----------	-----------	------------
4. Sarah draws.....

a. good	b. bad	c. well	d. best
---------	--------	---------	---------
5. Youexercise more to keep fit.

a. should	b. mustn't	c. aren't	d. haven't
-----------	------------	-----------	------------
6. Sami is an old man, so he walks.....

a. slow	b. slowest	c. slower	d. slowly
---------	------------	-----------	-----------
7. The sunglasses are next.....the telephone.

a. with	b. to	c. on	d. from
---------	-------	-------	---------
8. It was raining heavily,.....I couldn't go out.

a. so	b. because	c. but	d. nor
-------	------------	--------	--------
9. The floor was wet,.....Ahmed slipped and fell.

a. so	b. because	c. but	d. nor
-------	------------	--------	--------
10. I put my hand under cold running water.....I burned myself.

a. so	b. because	c. but	d. nor
-------	------------	--------	--------
11. My sister cut while she was peeling potatoes.

a. himself	b. herself	c. myself	d. yourself
------------	------------	-----------	-------------
12. I burned when I was making fries.

a. himself	b. herself	c. myself	d. yourself
------------	------------	-----------	-------------

2. Do as shown in brackets:

1. He didn't attend the meeting. He was busy. (Join using: because)

.....

2. He has good skills. He can get the job. (Join using: so)

.....

3. She got low marks because she didn't study well. (Use: so)

.....

4. You had better see the doctor. (should)

.....

5. It isn't a good idea to leave early. (should)

.....

6. You aren't allowed to park your car here. (mustn't)

.....

7. It is necessary for you to come in time. (must)

.....

8. He is a good driver. (use: well and make any necessary changes)

Reading Read the passage and answer the questions:

One day in 1969, John Rendall and Anthony Burke saw a real live lion cub in a London department store window. Feeling that a lion should not be kept this way, they bought him and took him home to live in Rendall's basement.

The lion, which they named Kristian, is said to have been an affectionate and extremely cooperative cat. But when Kristian grew to almost 200 pounds (90 kilograms), it was decided that he should be released into the wild. Kristian was brought to Africa where he adapted to life in the wild.

A year later, Rendall and Burke travelled to Africa to say goodbye. They were warned that Kristian would not remember them. However, when Kristian saw his old friends, he ran towards them, stood on his back legs, and joyfully gave each of them a long and loving embrace.

A) Answer the following questions:

- 1- When did John and Antony see a real live lion cub?.....
- 2- Where did they see the real live lion cub?.....
- 3- What does the underlined pronoun: they refer to?

B) Mark these sentences True (T) or False (F):

1. Kristian is said to be an affectionate and extremely cooperative cat. ()
2. It was decided that Kristian should be released into the wild when he grew to almost 500 pounds. ()

C) .From the passage, find and write the synonyms of:

1- loving =..... 2- happily =.....

D) From the passage, find and write the antonyms of

1. Unreal X 2 - Forget X

E) Complete the following sentences :

1. Rendall and Burke travelled to Africa
2. Kristian was brought to Africa where.....

Writing (Guided composition)

A. Write a composition at least 80 words about (Causes of cars accidents).

You may use the following guided phrases:

- Talking on the phone

- Reading newspaper or documents

- Being tired
- Safety rules ignorance

- High speed
- Bad weather

Writing (Free composition)

B. Write a paragraph about (The most common accidents at home)

Unit (6)

Take My Advice



1- Choose the correct words to complete the sentences:

1. Good eating habits.....to health and fitness.

a. contribute b. share c. practice d. take part

2. Anorexia is a disorder that.....people's appetites.

a. effects b. affects c. affection d. affectionate

3. Fitness is usually.....with exercising.

a. connection b. win c. studies d. associated

4. Salim wants toweight and keep fit.

a. lose b. gains c. has d. had

5. When exams come up, there is so much.....

a. pressure b. treasure c. measure d. pleasure

6. An expression used to make a statement stronger is

a. to be honest b. to be first c. to be lonely d. to be fast

7. Feeling down is to feel

a. pleased b. depressed c. happy d. glad

8. Exercise and healthy food help keep you.....

a. Fat b. far c. fit d. obese

9. You shouldspeaking on the phone while you are driving.

a. try b. play c. avoid d. start

10. means “being in good physical condition—healthy and strong.

a. Illness b. Weakness c. Fitness d. Carelessness

2. Fill in the spaces with words from the box:

selfish - junk food - dizzy – affect- classmates - turn down

1. Do you know anyone who eats too much.....?

2. I'm being....., and looking out for myself and nobody else.

3. I don't want toa friend who asks for help.

4. I tried to invite some of myduring the holiday.

5. I have a stomachache and I feel tired and.....

Grammar 1.

Choose the correct answer

1. I revise before exams?
a. Should b. Ought c. Does d. Have

2. Youbetter eat vegetables and fruit.
a. have b. had c. should d. would

3. You should.....some rest if you are tired.
a. had b. be c. have d. has

4. The manager put.....the meeting because of being busy.
a. on b. down c. off d. of

5. You had better give.....smoking as it is harmful for your health.
a. up b. down c. to d. on

6. He will takekarate.
a. up b. down c. to d. on

7. Don't throw.....your old clothes.
a. up b. down c. to d. away

8. I try to get along.....Fahd.
a. up b. down c. with d. on

9. A lot of people suffer.....asthma.
a. up b. from c. to d. on

10. Ali asked mehelp.
a. for b. down c. away d. on

11. You to obey your parents.
a. should b. may c. ought d. might

12. exercise do you do?
a. How many b. How much c. How old d. How often

13. sisters do you have?
a. How many b. How much c. How old d. How often

14. I eat vegetables every day.
a. a lot b. a lot of c. little d. less

2. Do as shown in brackets

1. **Tidy your room.** (Make advice)
.....

2. **should -You -your -brush -every day -teeth.** (Rearrange)
.....

3. **He ought not to neglect his homework.** (shouldn't)
.....

4. **It's probable that he will change the plan.** (may)

5. Don't cheat others..... (shouldn't)
 6. You had better not eat junk food as it is bad for your health. (should)

Reading

Read the following passage and answer the questions

One morning in November 2004, four people were swimming in the sea about 100 meters from the beach near Auckland, New Zealand. Suddenly about ten dolphins appeared and started to swim around them in circles.

At first the swimmers thought that the dolphins were attacking them, but they discovered that a three-meter shark was swimming towards them through the clear blue water, but it couldn't attack because the dolphins were there.

The dolphins stayed with the swimmers for forty minutes. Finally, the shark swam away and the dolphins let the swimmers return to the beach.

A-Answer the following questions:

1-Why did the dolphins swim around the swimmers?

.....

2-How long did the dolphins stay with the swimmers?.....

3- Did the shark attack the swimmers?.....

B-Choose the correct words:

4. The swimmers werepeople.

a. three b. five c. four d. seven

The shark couldn't attack because of the

a. fish b. dolphins c. swimmers d. water C-What

does the underlined pronouns refer to?

6- Them =.....it =

D-Mark these sentences True (T) or False (F)

7- The swimmers were swimming in New York. ()

8- The dolphins were trying to attack the swimmers. ()

E-From the passage give one word that means:

9- Begin =..... 10- Find out =

Writing: Guided composition

1. Write a paragraph about (Good eating habits). You may use the following guided phrases:

- Wash your hands	- Junk food
- Fats, fries	- Healthy food
- Vegetables, types of fruit	- Exercise

- Make a list of good food
 Good eating habits

2. Writing: Free composition

Write a paragraph about (How to keep fit)