



(المفردات - الاستيعاب المقروء - القواعد - التعبير)  
(الدرجة الكلية: 60 درجة)

### I- READING ( 30 Marks)

#### A) Vocabulary (14 Marks)

##### A) Choose the correct answer from a, b, c and d: (4 x 2 = 8 Marks)

1. Eating unhealthy food regularly can lead to ..... especially among children.  
a) trap                      b) obesity                      c) bargain                      d) pleasure
2. The Kuwait National Museum ..... a collection of art that reflects our heritage.  
a) overcomes                      b) glows                      c) houses                      d) inhales
3. Many people prefer to wear ..... clothes when travelling on long flights.  
a) capable                      b) pure                      c) harsh                      d) casual
4. The thief couldn't get into the new house because it was ..... locked.  
a) securely                      b) incredibly                      c) unfairly                      d) instead of

##### B) Fill in the spaces with the most suitable words from the list below: (4 x 1½ = 6 Marks)

(achieve - jobless - oval - impressive - import)

5. Today, many countries ..... food from different parts of the world.
6. Burj Khalifa in Dubai is one of the largest and most ..... man-made buildings.
7. Both positive thinking and strong determination can help us ..... our dreams.
8. The most common problem of big cities is the high number of ..... people.

### **B- Reading Comprehension ( 16 Marks)**

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

Did you know that sleep is more important than food? A person who does not sleep dies at a younger age than a person who does not eat. We spend about one-third of our lives in sleep.

How much sleep do we need? The amount of sleep people need depends on different things, including age. Most healthy adults need between 7 to 9 hours of sleep each night to work at their best. Children and teens need even more. After the age of 50, people get only 5.5 to 6.5 hours of sleep each night. We need less sleep as we get older .

Most people have some nights when they cannot sleep. Poor sleep increases the **risk** of accidents and other illnesses like heart diseases. It may also lead to poor memory. Getting too much sleep may not be good for people either. Too much sleep is linked to sickness.

Many famous people in history had a problem falling asleep. Some of these people had special ideas to make them sleep. For example, King Louis XIV of France had 413 beds. He moved from one to the other hoping to fall asleep.

Making simple but important changes to your daily habits can have a great impact on how well you sleep. To sleep better at night, experts suggest exercising regularly and going to sleep at the same time every day especially on weekends. **They** also suggest avoiding heavy meals late in the evening.

**a) Choose the correct answer from a, b, c and d: ( 6 x 2 = 12 Marks)**

9. What is the main idea of the 2<sup>nd</sup> paragraph?
- Lack of sleep can lead to death.
  - We need to sleep in order to be healthy.
  - Many people face difficulty sleeping at night.
  - How much sleep we need differs from person to person.
10. The underlined word '**risk**' in the 3<sup>rd</sup> paragraph means:
- type
  - way
  - danger
  - reason
11. The underlined word '**They**' in the 5<sup>th</sup> paragraph refers to:
- changes
  - habits
  - experts
  - weekends
12. What happens when we get older?
- We sleep a lot more.
  - We sleep less than before.
  - We need 7-9 hours of sleep.
  - We can't sleep at all.
13. According to the passage, which of the following sentences is **NOT TRUE**?
- We spend one-third of our lifetime sleeping.
  - Getting too much sleep is good for us.
  - Most people find it difficult sometimes to sleep at night.
  - King Louis XIV had 413 beds to help him fall asleep.

14. What is the author's purpose in writing this text?

- a. To list the different types of sleep.
- b. To tell us about famous people in history.
- c. To compare children's and adults' sleeping habits.
- d. To give information about sleep and its importance.

**b) Answer the following questions: (2 X 2 = 4 Marks)**

15. What are the dangers of poor sleep?

.....

.....

16. How can we sleep better at night?

.....

.....

**II- WRITING ( 30 Marks )**

**A) Grammar ( 14 Marks )**

**A) Choose the correct answer from the words between brackets: (4 x 2= 8 Marks)**

17. I enjoy (read / reading / am reading) in my summer holiday. It is one of the (best / better / good) ways to improve my English. I have been doing it (since / for / ago) years. I read stories (to / in order to / so that) I can learn about people and the world.

**B) Do as shown between brackets: (3 x 2= 6 Marks)**

18. The task was very easy, .....? (Add a question tag)

19. The student is studying about different planets. (Make negative)

.....

20. My friend used a new password for the blog. (Change into passive)

.....

**B) Writing (16 Marks)**

**Write on the following topic:**

**“Was life in the past better than life today?”**

Plan and write a report of two paragraphs (10 sentences) **comparing life in Kuwait the past and nowadays.**

**NB: (Your writing should include a topic sentence, supporting details and a conclusion)**

**Plan (2 Marks)**

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graph TD; A[ ] --- B[ ]; A --- C[ ]; B --- D[ ]; B --- E[ ]; B --- F[ ]; C --- G[ ]; C --- H[ ]; C --- I[ ]; D --- J[ ]; D --- K[ ]; D --- L[ ]
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