**The Hashemite Kingdom Of Jordan –Ministry of Education**

 **Al Rasheed Secondary School for Boys**

**First Semester - Second Month Exam**

**Q1/ A. Read the text carefully ,and then in your ANSWER BOOKLET answer all the questions that follow. Your answers should be based on the text. (11 points)**

It’s normal to feel a bit blue from time to time. However, studies show that negative emotions can harm the body. Anger can also have harmful effects on health. When you **get angry**, your blood pressure is raised and you can suffer from headaches, sleep problems and digestive problems. However, what about positive feelings and attitudes? Until recently, scientists had not investigated whether there is a link between positive feelings and good health. Then, in a study that had followed more than 6,000 men and women aged 25 to 74 for 20 years, researchers found that positivity reduced the risk of heart disease. Other factors influencing health included a supportive network of family and friends, and an optimistic outlook on life. The research showed that children who were more able to stay focused on a task, and who had a more positive attitude to life at age seven, were usually in better health 30 years later.

The study has been controversial. Some health professionals believe that bad lifestyle choices, such as smoking or lack of exercise, are the reason for heart disease and other illnesses, and not an individual’s attitude. The researchers, while agreeing, raise the question: why are people making bad lifestyle decisions? Do more optimistic people make better and healthier lifestyle choices? The researchers appreciate that not everyone’s personal circumstances and environment make it possible to live without worry. However, **they** believe that if we teach children to develop positive thinking, and to ‘bounce back’ after a setback, these qualities will improve their overall health in the future.

1. Quote the sentence which shows that it is customary for people nowadays to get sad.(3 points.)
2. What does the underlined pronoun "**they**" refer to? (2 points)
3. Some health professionals believe that bad lifestyle choices are the reasons for heart diseases and other illnesses. Write down two of these bad lifestyle choices.(2 points)
4. Replace the underlined word "**get angry**" with the suitable color idiom. (2 points)
5. There are two factors which make children more healthier later . Write them down (2 points)

**B- Critical Thinking (4 points)**

1. Parents play a vital part in improving and developing their children's overall health . Think of this statement and ,in two sentences ,write down your point of view .
2. According to the text ,bad life style choices affect our health .Suggest three solution for this problem.

**A Choose the suitable item from those given to complete each of the following sentences and write it down in your ANSWER BOOKLET. (8 points)**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Dementia | Irrigated | Apparatus | Obese | Ailments  |

1. when there is not enough rainfall to grow crops, the ground must be ……………
2. Being overweight or even……………………………. is a common phenomenon all over the world
3. Some …………….. can be treated effectively with homeopathic remedies.
4. Elderly people often suffer from ………………………., which is difficult to treat.

**B. Study the following dictionary entry and answer the question that follows. Write the answer in your ANSWER BOOKLET. (6 points)**

1. -Adeeb invented water**proof** helmet **.** What does the suffix " **proof"** mean ?

2. - I was shocked when I heard the news. It came completely **out of the blue**.

 What does the color idiom "**out of the blue "** mean ?

3. Tom was stealing the car when the police drove by and caught him **red handed** .

 What does the color idiom "**red handed "** mean ?

**C. Complete each of the following sentences by the suitable words derived from the word in brackets and write it down in your ANSWER BOOKLET. (4 points)**

1. there is no sugar in this gum, it only has …………………….. sweeteners. (artifice)

2. the deep ………………………. Of the Islamic heritage can be still seen in Europe, (influential)

**D. The underlined words in the following sentences aren’t used correctly. Replace those words with the correct ones, and write the answers down in your ANSWER BOOKLET. (2 points)**

Joining a gym can be very tiring at first, especially if you **aren’t use to** doing much exercises **where** is needed to keep you fit.

**Question Number Three: (21 points)**

1. **Correct the verb between brackets, then write your answers down in your ANSWER BOOKLET. (8 points)**
2. By the end of next week, they ……………………………………. their project. (complete)
3. Please slow down. I am not used to ………………………………..…..….. so fast. (walk)
4. By the bus arrived , we ………………………………………….….. for an hour . ( be, wait)
5. Don’t phone me at Seven. I ………………. ……………….. dinner with my family. (have)

**B** . **Complete each of the following items so that the new item has a similar meaning to the one before it, and write it down in your ANSWER BOOKLET (10 points)**

1. It is normal for me now to write with my left hand.

I …………………………………………………………………………………………

1. Noor finished her project last week .

 The time …………………………………………………….

1. Suzan likes **Science** the most

It …………………………………………………….

1. In the past, I always drank coffee in the morning, but now I don’t .

I …………………………………………………………..

1. Ali Ibn Nafi established the first music school in Cordoba

The place …………………………………………………………..

1. **Read the following information in the table below about Muhanna AL Durra , and then in your ANSWER BOOKLET, write two sentences about Muhanna Al Durra. (3 points)**

|  |  |
| --- | --- |
| **Name** | Muhanna Al Durra |
| **Place /Date of birth** | Amman, 1938 |
| **profession** | painter |
| **Achievements**  | Established Jordan institute of Fine Arts in 1970, received the first appreciation award for his contribution to the cultural development of Jordan |

**Best Wishes**

**Omar Khaled Awwad**