

امتحان مقترح للمستوى 3/ مناهج اللغة الإنجليزية الجديد

إعداد مؤلفا كورس الرسالة للغة الإنجليزية
رأفت أبو فارس & جلال أبو حشيش

Are happier people healthier - and, if so, why?

It's normal to feel sad from time to time. However, studies show that negative emotions can harm the body.

Anger can also have harmful effects on health. When you see red, 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, for example 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.

Question Number One:

A. Answer the following questions based on the text.

- Write down two bad or negative effects of anger on people.
أكتب اثنين من الآثار السلبية أو السلبية للغضب على الناس.
- According to a study, what a good result will be of having positive feelings and attitudes?
وفقا لدراسة، ما هي نتيجة جيدة ستكون لامتلاك المشاعر والمواقف الإيجابية؟
- Apart from positivity, there are other factors that can affect our health. Write down two of them.
عدا عن الإيجابية، هناك عوامل أخرى يمكن أن تؤثر على صحتنا. أكتب اثنين منهم
- According to the health experts who opposed the findings of the study, what is the reason of heart disease?
وفقا لخبراء الصحة الذين عارضوا نتائج الدراسة، ما هو سبب مرض القلب؟
- What do the researchers recommend that people should do to improve their children's health in the future.
بماذا أوصى الباحثون بأن على الناس القيام به لتحسين صحة أطفالهم في المستقبل.
- Find a two-word verb phrase that means the same as "to be angry".
جد فعل مركب من كلمتين يعني نفس معنى "أن يغضب".
ت "بفعل مركب/مصطلح صحيح؟" to think of" استبدل العبارة
- Replace the underlined phrase "feel sad" with the correct phrasal verb.
استبدل العبارة التي تحتها خط "feel sad" بفعل مركب/مصطلح صحيح.

امتحان مقترح للمستوى 3/ منهج اللغة الإنجليزية الجديد

إعداد مؤلفا كورس الرسالة للغة الإنجليزية
رأفت أبو فارس & جلال أبو حشيش

8. What does the underlined word "who", in paragraph 4, refer to? على ماذا يعود الضمير؟
9. Quote the sentence that indicates there has been dispute and disagreement on the findings of the study from other health experts. اقتبس/أكتب الجملة التي توضح أنه كان هناك خلاف وعدم موافقة على نتائج الدراسة من قبل خبراء الصحة الآخرين.
10. What a piece of advice do the researches give to parents so that their children will Improve their overall health in the future? ما هي النصيحة التي يقدمها الباحثون للوالدين بحيث تتحسن صحة أطفالهم العامة في المستقبل؟
11. The author states that bad lifestyle might cause heart diseases. Write down three suggestions that can protect people from heart diseases. الكاتب يقول أن أسلوب الحياة السيئ ربما يسبب أمراض القلب. اكتب 3 اقتراحات يمكن أن تحمي الناس من أمراض القلب.

B. Critical Thinking: التفكير الناقد

1. The researchers concluded that positivity reduced the risk of heart disease, while other experts believe that bad lifestyle choices are the main reason for heart disease and other illnesses. Which argument do you support? Explain your point of view. استنتج الباحثون إلى أن الإيجابية قللت من خطر الإصابة بأمراض القلب، بينما يعتقد خبراء آخرون أن خيارات نمط الحياة السيئة هي السبب الرئيسي لأمراض القلب وغيرها من الأمراض. أي حجة/وجهة نظر تؤيد؟ أشرح وجهة نظرك.
2. Imagine that you were one of the researchers who conducted the study. Write down two suggestions that might prevent illnesses. تخيل أنك كنت أحد الباحثين الذين أجروا الدراسة. أكتب اثنين من الاقتراحات التي يمكن من خلالها الوقاية من الأمراض.

B. Literature spot: (2 points) بقعة الأدب

1. Read the following extract from *The old man and the sea* carefully, then answer the question that follows:

اقرأ النص التالي من قصة "العجوز والبحر" بعناية، ثم أجب عن السؤال في الأسفل.
As night falls, he wraps the fishing line around himself, and goes to sleep, leaving his left hand on the rope to wake him if the marlin **surfaces**.

Why does Santiago go to sleep that night with the line tied around himself?

2. Read the following lines from "I remember I remember" carefully, then answer the question that follows:

اقرأ الأسطر التالية من قصيدة "إنني أتذكر أنني أتذكر" بعناية، ثم أجب عن الأسئلة في الأسفل.

The little window where the sun
Came peeping in at morn;
He never came a wink too soon,

حيث الشمس من النافذة الصغيرة
كانت تأتي تختلس النظر في الصباح
لم تأت الشمس أبدا قبل موعدها،

- a. Why does the poet describe the sun as peeping ?

لماذا يصف الشاعر الشمس بأنها تسترق النظر؟

- b. What rhetorical device is used in these lines?

ما هو الأسلوب البلاغي المستعمل في هذه الأسطر؟

3
امتحان مقترح للمستوى 3/ منهاج اللغة الإنجليزية الجديد
إعداد مؤلفا كورس الرسالة للغة الإنجليزية
رأفت أبو فارس & جلال أبو حشيش

Question Number Two: (15 points)

A. Choose the suitable item from those given in the box to complete each of the following sentences. There are more words than you need. Write down the answer in your ANSWER BOOKLET. (8 points)

arthritis, catch, red-handed, share, out of the blue

1. Babies sometimes begin to cry just to _____ your attention.
2. My grandmother can't climb up the stairs. She suffers from _____.
3. _____, a lion appeared while we were wandering in the forest.
4. The police caught the criminal _____. He was trying to open the safe.

B. Study the following sentence and answer the question that follows. Write the answer down in your ANSWER BOOKLET. (3 points)

أدرس الجملة التالية ثم أجب عن السؤال الذي يليها. أكتب الجواب في دفتر الإجابة.

- We took the elevator to the 10th floor.

Replace the underlined American word with an equivalent (similar meaning) British word.

استبدل الكلمة الأمريكية التي تحتها خط مع ما يعادلها (نفس المعنى) كلمة بريطانية .

C. Complete the following sentences with the suitable words derived from the words in brackets and write the answers down in your ANSWER BOOKLET.

(4 points)

أكمل الجمل التالية باستعمال الاشتقاق الصحيح للكلمة التي بين الأقواس.

1. One of the engines failed, but the pilot landed the plane _____. (successful)
2. Penicillin was one of the most important _____ in the history of medicine. (discover)

Question Number Three: (13 points)

A. Correct the verbs between brackets then write your answers down in your ANSWER BOOKLET (4 points) صحح الفعل الذي بين الأقواس.

1. Jordan _____ (buy) much quantities of oil and gas from Qatar last year.
2. My children _____ (used to) waking up early.
3. Ahmad _____ (finish) studying for his exam by this time tomorrow, so he can go with us.
4. My computer has recently _____ (be, upgrade)

امتحان مقترح للمستوى 3/ مناهج اللغة الإنجليزية الجديد

إعداد مؤلفاً كورس الرسالة للغة الإنجليزية
رأفت أبو فارس & جلال أبو حشيش

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.

(9 points) أكمل الجمل التالية بحيث تكون الجملة نفس المعنى التي قبلها

1. Majed started studying at 5 p.m. It's 10 p.m., and he's still studying.

Majed has _____.

2. I found it very difficult in the beginning to drive my car on the right, but later I was accustomed to it.

I was _____.

3. I think you should revise your composition before you hand it.

If I _____.

4. "I have gone through many painful experiences in my life."

My grandfather told us that _____.

Question Number Four:

A. Complete the following sentences to emphasis the words written in bold using the word in brackets. Write the answer down in your ANSWER BOOKLET. (4 points)

أكمل الجمل التالية لتؤكد على الكلمات المكتوبة بالخط الغامق، واستعمل الكلمات التي بين الأقواس.

1. **Ali** won the world heavyweight championship in 1964. (who)

The person _____.

2. My mother has bought **a new washing machine**. (which)

It was _____.

3. My uncle visited Paris **in 2008**. (when)

It was _____.

B. Rewrite the following sentences using American English grammar and words. أعد كتاب الجمل التالية باستعمال قواعد وكلمات اللغة الإنجليزية الأمريكية

1. Have you seen my brother lately?

2. I really need to have a break.

3. I've recently had a holiday.

C. Write the words for the following phonetic transcriptions:

أكتب الكلمات للكلمات المكتوبة بالكتابة الصوتية التالية:

1. /ɑ:trɪ'fɪʃl/: _____

2. /'kəʊmə/: _____

3. /'sɪmptəm/: _____

Question Number Five (15 points)

A. EDITING التحرير (4 points)

Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have four mistakes. (one grammar mistake, one punctuation mistake and two spelling mistakes). Find out these four mistakes and correct them. Write the correct answer down in your ANSWER BOOKLET.

تخيل بأنك محرر في جريدة الجوردان تايمز. طلب منك أن تحرر الأسطر التالية والتي تحتوي على أربعة أخطاء (خطأ واحد قواعد، وخطأ في علامات الترقيم وخطأين في الإملاء). جد الأخطاء الأربعة وصححها. اكتب الإجابات الصحيحة في دفتر الإجابة.

امتحان مقترح للمستوى 3/ منهاج اللغة الإنجليزية الجديد

إعداد مؤلفا كورس الرسالة للغة الإنجليزية
رأفت أبو فارس & جلال أبو حشيش

It was the time when arab and Islamic rulers established one of the largest empires in history. During this period, artists, engineers, scholars, poets, philosophers, geographers and traders in the Islamic world make ground breaking advancements in many different areas, from agriculture and industry to philosophy, science and technology, literature, music and the arts.

B. GUIDED WRITING (4 points)

Read the information below, and write two sentences about Jabir ibn Hayyan.

Name: Jabir ibn Hayyan

Place/Date of birth: Iran, 722 CE

Place/Date of death: Iraq 815 CE

Profession: chemist

Achievements: produced sulphuric acid
Father of chemistry.

C. FREE WRITING (7 points) الإنشاء الحر

In your ANSWER BOOKLET, write a composition of about 120 words on ONE of the following: أكتب موضوع إنشائي تقريبا 120 كلمة في أحد الموضوعين التاليين.

1. Jordan attempts to keep up with modern technology in education. Write an article about how new technology can be used in schools; explaining the advantages (benefits) and the disadvantages if there are any.
2. Keeping fit and healthy is very important for us. Write an essay explaining how we can keep fit and healthy, giving examples.

THE END

الإجابات النموذجية:

Question Number One:

A.

1. a. your blood pressure is raised
b. and you can suffer from headaches, sleep problems and digestive problems.
2. Researchers found that positivity reduced the risk of heart disease.
3. a. a supportive network of family and friends, b. and an optimistic outlook on life.
4. Some health professionals believe that bad lifestyle choices, for example smoking or lack of exercise, are the reason for heart disease and other illnesses.
5. 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.
6. see red
7. feel blue
8. children
9. The study has been controversial.
10. Parents should teach children to develop positive thinking, and to 'bounce back' after a setback.
11. a) people should avoid smoking.

يجب على الناس تجنب التدخين.

امتحان مقترح للمستوى 3/ منهاج اللغة الإنجليزية الجديد

إعداد مؤلفا كورس الرسالة للغة الإنجليزية
رأفت أبو فارس & جلال أبو حشيش

- b) people should do physical exercises regularly. عليهم القيام بتمارين بانتظام.
c) people should avoid eating much fat and meat. عليهم تجنب تناول الكثير من الدهن واللحوم.

B. Critical Thinking:

- I think both of them are right but I support the belief that lifestyle choices are the main reasons for illnesses. It all depends on our decisions and lifestyle choices, for example some people might have positive attitudes and be optimistic, but if they smoke and don't do exercises, it is very possible they will suffer from illnesses.
- I recommend that people should have good relations with their friends and family members.
 - I recommend people should be optimistic and develop positive thinking after they pass through difficult experiences.

B. Literature spot: (2 points) بقعة الأدب

1. Santiago ties the line round himself so that he doesn't lose the fish in the water and also so that he feels the tug when the fish pulls on the line.

ربط سانتياغو الحبل حول نفسه من أجل أن لا يفقد السمكة في الماء وأيضا من أجل أن يشعر بالشدة/بجرة الحبل عندما تسحب السمكة حبل الصيد.

2.

a. It suggests that the sun slowly got brighter and brighter; at first it wasn't very bright. ان ذلك يوحي بأن الشمس تصبح أكثر اشرفا شيئا فشيئا؛ في البداية لم تكن مشرقة جدا.

b. personification: التشخيص

Question Number Two: (15 points)

- A.** 1. catch 2. arthritis 3. Out of the blue 5. red-handed
B. lift
C. 1. successfully 2. discoveries

Question Number Three: (13 points)

- A.** 1. bought 2. are used to 3. will have finished 4. been upgraded

B.

- been studying since 5 pm.m
- I was used to driving on the right.
- If I were you, I would revised my composition before I hand it.
- My grandfather told us that he had gone through many painful experiences in his life.

Question Number Four:

A.

- The person who won the world heavyweight championship in 1964 was Ali.
- It was a new washing machine which my mother has bought.
- It was in 2008 when my uncle visited Paris.

- B.** 1. Did you see brother lately?
2. I really need to take a recess.
3. I had a vacation recently.

امتحان مقترح للمستوى 3/ منهاج اللغة الإنجليزية الجديد

إعداد مؤلفا كورس الرسالة للغة الإنجليزية
رأفت أبو فارس & جلال أبو حشيش

C. 1. artificial 2. coma 3. symptoms

Question Number Five**A. EDITING** التحرير

Grammar mistakes: أخطاء قواعد

2. made (the Islamic world made (الجملة تتحدث عن ماضي العالم الإسلامي، نستخدم تصريف ثاني

Spelling mistakes: أخطاء إملاء

1. Arab: الأسماء يجب ان تبدأ بحرف كبير

2. ground

Punctuation: خطأ علامة ترقيم

artists, (نستعمل الفاصلة عندما نعدد قائمة من الأشياء)

B. GUIDED WRITING

Jabir ibn Hayyan, who was born in Iran in 722 CE and died in Iraq in 815 CE, was one of the most chemists in the history. His main achievement was producing sulphuric acid, and he is considered Father of chemistry.

C. FREE WRITING: Open answers.