

It's normal to feel a bit 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 of heart diseases and other illnesses, and not an individual's attitude . The researchers, while agreeing, raise the question : why are people making bad lifestyles 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. What does the underlined word (**bounce back**) mean ?
2. Find a word which means (**a problem that stops progress**)
3. Find a word which means (**cast doubt on something**)
4. Replace the underlined words (**feel a bit sad**) with the colour idiom which has the similar meaning .
5. There are many possible effects of anger on health . Write down two of these effects .
6. The researchers found that teaching children some qualities will improve their overall health in the future . Write down two of these qualities .
7. The article mentions many examples of bad lifestyle choices . Write down two of these bad choices .
8. The study that had followed more than 6,000 men and women has many findings . Write down two of these findings .
9. According to a study , one (you) can judge what a child's health will be from doing or having two attitudes (behaviors) .Write down them .

10. Many factors reduce the risk of heart disease . Write down two of these factors .
11. Quote the sentence which shows that when a person gets angry , he or she may have a stomachache
12. Quote the sentence which shows that up to now there is no evidence if there is a relationship (connection) between good health and positivity .
13. Quote the sentence which shows that the study caused a lot of disagreement and discussion .
14. Suggest three strategies to manage anger .
15. Suggest three individual attitudes that cause heart diseases and other illnesses .
16. Eating in Fast Food restaurants is unhealthy lifestyle . Suggest three reasons that make people take unhealthy lifestyle decisions and eat in such restaurants .

Question Two : Choose the suitable item from those given in the box to complete each of the following sentences .

textiles , ground-breaking , heritage , negative effects , sceptical, fertile, acupuncture

1. Scholars and philosophers in the Islamic world made advancements in many different areas .
2. Many megaprojects have been criticized because of their on the environment and community .
3. Are you more of a person or a trusting person ?
4. My sister wants to be a fashion designer and work with
5. The land became wonderfully and produced more than enough food .

Question Three :

A: The underlined words in the following sentences are not used correctly . Replace these words with the correct ones .

1. People which love exploring historical Roman ruins will certainly find the visit to Qasr Bashir very rewarding .

2. One reason for the growing popularity of fast food , whose aren't used to be as common as it was now .

3. Firas has been practising an oud really hard and he now used to playing it .

B: The following sentences are in American English , rewrite them in British English .

1. You have gotten tired after walking to the drugstore .
2. Did you already buy your favorite car ?

Question four : Complete each of the following items so that the new item has a similar meaning to the one before it .

1. It is not necessary to bring your passport with you.

You don't

2. The Great Mosque in Cordoba was built in 784 CE by Abd al-Rahman 1 .

Abd al-Rahman 1 *was* the

3. "I was walking home when the rain started " .

Firas said that

4. Open the curtain to make the sun get in .

If you.....

B. Correct the verbs between brackets .

1. He's.....all day .(not, be , read)

2. In three year's time , my brotherfrom university .
(have , graduate)

3. Soon wefor our holiday to Morocco . (be , pack)

4. Now, about one billion smartphones.....around the world each year .(sell)

Question FIVE : A : Complete the following sentences with the suitable words derived from the words in brackets.

1. The museum has one of the largests of Islamic art in the world .
(collect)
2. Mr Zein is a true polymath working in all kinds ofand scientific fields .
(create)

3. Medicines that are not the normal ,accepted treatments are known as complementary . (tradition)
4. Scientists haveinvented a prosthetic hand with a sense of touch . (succeed)

B: Study the following sentence and answer the question that follows .

1. Driverless cars would make travelling simple . However , if they went wrong , they could be very dangerous .

What is the function of however in the above sentence ?

2. Your fridge will know when you need more milk .
What is rhetorical device used in this sentence ?

Question SIX : A : Editing

(3 grammar mistakes , 2 punctuation mistakes, 7 spelling mistakes)

The Jordan National Gallery of Fine Arts is one of a most important art museums in a Middle East ,The collection includes over 2,000 works of art , including paintings , scalptures , photographs , instollations , tixtiles and seramics , In 2013 CE, it hold Jordan's largest art exhipation called "70 Years of Contemporary Jordanian Art".

B:Guided Writing

Read the following sentences , and then write two sentences about the uses of robots in the future

- collect drugs from the hospital pharmacies
- visit patients in the ward
- carry out surgery
- lift patients off the floor