

**Read the following text carefully, and then answer the questions that follow. Your answers should be based on the information in the text.**

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 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, 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.

### **Question Number One**

**A**

- 1- The writer mentions two qualities that help children improve their whole health in the future. Write down the two qualities.
- 2- Quote the sentence which includes the number and the age of the people in the study.
- 3- Find a word in the text which means the same as "**believing that good things will happen in the future**".
- 4- What does the underlined word "**who**" refer to?
- 5- The writer mentions many factors that influence the body positively and reduce the risk of heart diseases. Write down two of these factors.

## PAGE TWO

- 6- "Recent studies show that negative emotions can harm the body." Think of this statement and, in two sentences, write down your point of view.
- 7- Bad lifestyles choices cause heart diseases and other illnesses. Write down two examples of these bad lifestyle choices.
- 8- Feeling angry raises blood pressure and consequently causes harmful problems to the body. Write down two of these problems.

### Literature Spot:

**Study the following extract from " *Around the world in 80 days*" and then answer the questions that follow.**

The next morning, Santiago leaves early and sails far out to sea to try his luck again. Eventually, he feels a bite on one of his hooks, and he works out that it must be a big fish, perhaps a marlin. The fish is strong, though, and does not come up to the surface. Instead, the fish swims away, dragging the old man and his boat along.

- 1- What does the underlined word "**dragging**" mean?
- 2- Santiago mentions two reasons why the fish is big. Write down two of them.

### Question Number Two

**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.**

monitor, pedestrian, arthritis , polymath, physician , coma

- 1- My grandfather has .....in his fingers, so he finds it difficult to write.
- 2- After Ali's accident, he lay in .....for two weeks.
- 3- Mr. Shahin is a true ....., working in all kinds of creative and scientific fields.
- 4- When our neighbour had a heart attack, the doctors attached a special .....to his chest.
- 5- A place where no cars are allowed is a car-free zone, and it is .....friendly

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

Everywhere we go we will hear the constant **hum** and **buzz** of technology.

**What is the function of the information in the above sentence?**

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

- 1- Petra is one of the most important .....sites in the world.  
(archaeology, archaeological y, archaeologically)
- 2- They are going to .....a new air conditioning unit in our flat.  
(install, installation, installed)
- 3- If the project is not ....., there is no reason for us to consider it.  
(viably, viable, viability)
- 4- In our Maths exam, we have to write our .....as well as the answers.  
(calculation, calculate, calculated)

**Question Number Three**

**A. Replace the underlined misused word in the following sentence with the correct one.**

Teachers use **blogs** to show students educational programs in class.

**What is the function of the underlined relative clause?**

**B. Replace the underlined misused verb in the following sentence to form a correct collocation.**

My brother usually **catches** his ideas for his inventions from watching TV.

**C. Choose the suitable item from those given to fill in the blanks in each of the following items, then write it down in your ANSWER BOOKLET.**

- 1- Many types of smartphones ..... designed since 2007 CE.  
(have been, had been, has been)
- 2- What do you think Laila .....in three years' time?  
(will be do, will doing, will be doing)
- 3- By the end of this decade, will your father ..... a European country?  
(have visited, has visited, had visited)
- 4- My brother .....wearing heavy clothes in the winter.  
(didn't use to, isn't used to, isn't use to)
- 5- By the time I was ten, I .....English for four hours.  
(have been studying, had been studying, has been studying)
- 6- Can I phone you after 8 tonight, or will you.....dinner with your family?  
(be having, been having, be have)
- 7- Fatima plans .....her grandmother next week.  
(visiting, to visiting, to visit)
- 8- The Prime Minister has given .....information about the new project.  
(in, with, out)
- 9- Will Lamia .....all her homework by eight o'clock tonight?  
(have done, has done, had done)
- 10- Our teacher usually .....school every day at 1 p.m.  
(leave, leaves, leaving)
- 11- A: When I saw you yesterday morning, you looked tired.  
B: Yes, I hadn't .....for three days. (been sleep, been sleeping, be sleeping)
- 12- If I .....enough time, I'd visit the National Museum.  
(had, has, have)
- 13- Jerash historical site .....by hundreds of tourists every day.  
(is visited, are visited, was visited)
- 14- Maram .....her mother when her father left the house.  
(was helping, is helping, were helping)
- 15- Is there .....art museum in Amman?  
(the, an, a, X)

## Question Number Four

**A. 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.**

1. Jordanian people prefer to spend a few days **in Aqaba**.  
The city .....
2. It isn't normal for my friends to work on Fridays.  
My friends .....
3. Scientists have recently many medical devices.  
Many medical devices.....
- 5- Mahmoud watered the trees and then he did his homework.  
Before .....
- 6- "Our teacher told us to revise well for the final exams."  
Sara said that.....
- 7- The workers stopped collecting rubbish at 2 p.m.  
The time .....
- 8- Rakan intends to start his project tomorrow.  
Rakan is .....
- 9- The book belongs to Amani. It is about fitness.  
The book, .....

**B. Study the following sentence and then answer the question that follows.**

Treatment and medicines will taste **as delicious as** real food.

**What type of rhetorical device is used in the above sentence?**

## Question Number Five

### **A. EDITING:**

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

Al-Kindi was a physician, philosopher, mathematician, chemist, musician and astronomer – a true **polimath**. He made ground-breaking discoveries in many of these fields. but it is probably his work in arithmetic and **geomatry** that has make him most famous

### **B. GUIDED WRITING:**

**Read the information in the table below, and then in your ANSWER BOOKLET, write two sentences about the city. Use the appropriate linking words such as: and, too, also, etc.**

<b>The advantages of recycling waste materials</b>
<ul style="list-style-type: none"><li>- Save energy.</li><li>- Protect natural resources.</li><li>- Reduce air and water pollution.</li><li>- Limit waste in landfills</li></ul>

### **C. FREE WRITING:**

In your ANSWER BOOKLET, write a composition of about 80 words on ONE of the following:

- 1- Free-time activities are available for people in every city and town. Write a report about the activities that the people in your city/ village can practise.
- 2- Some people find shopping online exciting and challenging. Write an essay about the advantages of online shopping.

### **THE END**

تمنيتي للجميع بالنجاح والتوفيق

**ADNAN AL SUKHNI**

#### **Free-time activities**

People spend their free time in different ways. Such a thing depends on what people like to do during their leisure time. Some people like reading books, whereas others like watching TV or playing chess.

Of all the free-time activities, I like reading books most because it brings me many good aspects. First and foremost, books are cheap ways to get information so I have a good chance to widen my knowledge not only in the fields I study but also in other sections in life. Moreover, reading books makes me know better about people around the world and the way they live. Besides, there is no denial that books always help me relax. Whenever I am under pressure, I find a novel to read, many stories in which allow me to temporarily forget all trouble happening in my daily life. Sometimes, before I go to bed, I choose some short fairy tales to read to have a sound sleep. In addition, through romantic and meaningful stories, I can learn how to control my feeling and even learn to be more patient. One more benefit of reading book is that it makes me express words fluently, therefore, I can improve my communication skill better and better. In short, reading books is my main hobby and I will make best use of its advantages to have a happy lifestyle

#### **Shopping online**

Due to rapid growth of technology, business organizations have switched over from the traditional method of selling goods to electronic method of selling goods. Business organizations use internet as a main vehicle to conduct commercial transactions.

There are many reasons which make people shop online. They can save money and effort. They don't have to travel to countries such as Germany and France to buy their items. In addition, people find wide variety and range of products available. Discounts and lower prices are sometime good reasons for people to buy things on line. When people shop online, they get detailed information of the product.

### **MODEL ANSWERS** الأجابة النموذجية

#### **Question Number One**

A

- 1- to teach children to develop positive thinking, and to 'bounce back' after a setback
- 2- Then, in a study that had followed more than 6,000 men and women aged 25 to 74 for 20 years,
- 3- optimistic
- 4- children
- 5- positivity / a supportive network of family and friends, / and an optimistic outlook on life.
- 6- That's right. Negative feelings and emotions cause headache, sleep problems and digestive problems. They also cause different types of illnesses such as depression, insomnia and stress
- 7- Smoking // lack of exercise / drinking alcohol / staying up late / eating fast food
- 8- Sleep problems / digestive problems

**B: L:ieterautre Spot.**

1- pulling something heavy behind you

2- The fish is strong / it doesn't come up to the surface / the fish swims away dragging the old man and his boat

### **QUESTION NUMBER TWO**

A 1.arthritis 2. coma 3. polymath 4. monitor 5. pedestrian

B **Onomatopoeia:**

C 1. archaeological 2. install 3. viable 4. calculation

### **Question Number Three**

A 1- whiteboards

B 1- have been 2- will be doing 3- have visited 4. aren't used to 5. had been studying 6. be having

7. to visit 8. out 9. have done 10. leaves 11. been sleeping 12. had 13. is visited 14. was helping

15. an

### **Question Number Four**

A 1. The city where / in which Jordanian people prefer to spend a few days is Aqaba

2. My friends aren't used to working on Fridays

3. Many medical devices have recently been invented.

4. Before he did his homework, Mahmoud had watered the trees.

6. Sara said that their teacher had told them to revise well for the final exam.

7. The time when / at which the workers stopped collecting rubbish was 2 p.m.

8. Rakan is planning to start his project tomorrow.

9.The book, which is about fitness, belongs to Amani

B **took**

### **Question Number Five**

polymath , **but** polymath made