فصول أول\ امتحانات

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Sleep is an essential part of life. Although we think of sleep as a time when we rest completely, it’s actually a very busy period for the brain. Scientists claim that sleep is the time when information is stored and stored by the brain. Sleep is important for reducing stress and keeping the heart, the immune system, and the memory healthy. Scientists have already identified five sleep stages by studying brainwaves, Stage 1 is when we begin to fall asleep. The brain tells the muscles to relax and the heart to beat slowly.

This stage makes up about 5% of a young adult’s sleeping time. Stage 2 is a period of deeper sleep. The heartbeat and breathing become slower. This stage makes up about 44% to 55% of a young adult’s sleeping time.

Stage 3 and 4 are when we sleep most soundly. Now the brainwaves and heartbeat are at their slowest and our muscles become very relaxed. We might have some dreams in this stage, which makes up about 15% to 23% of a young adult’s sleeping time. Stage 5 is called the REM (Rapid Eye Movements) stage. Although our body is resting, our eyes are moving very quickly beneath our eyelids during this stage. Our heartbeat and breathing become faster and this is when dreams are most frequent.

1: In which sleep stage do most people see dreams?

2: According to the text, sleeping has two advantages, write down them:

3: Write down the sentence which indicated that brainwaves give scientists The knowledge about sleep stages:

4: Find a word in paragraph one which means "very worried".

1: What does the underlined word (their) refer to?

2: According to the text, scientists claim that sleep is actually a very busy period for the brain, explain this statement, justifying your answer:
Q1:- Complete each of the following sentences:

Grateful / procession / confident / insomnia / cherish

1: Many people around the world suffer from ________________________.

2: I felt very _________________ on the day of the exam because I had studied very hard.

1: If you go to Aqaba you'll ______________ your memories with its clear sky.

2: The festival will include a ________________ Of camels and elephant.

Q2:

1: If you ________________ to pole, you would see snow and ice. (go)

2: If I ________________ You, I'd inform the police. (be)

3: Nobody ________________ ever ________________ that to me before. (said)

4: I ________________ Already ________________ three coffees this morning. (drink)

1: Someone takes this seat
   This seat ________________________________

2: I lost my wallet in the bus.
   My wallet ________________________________

Q3 :- Guide writing :-

Advantages of e-learning

*organize class work
*Get information
*Save time and effort
*Make our lives more comfortable

Q4 :- Editing : Edit the mistakes there are two spelling ,o ne grammar :

Salma has two children. They were usually awake at night, so often feels tired. She needs to nap at the same time, this is how she can make her life much less tiring.

Good Luck
Sleep is an essential part of life. Although we think of sleep as a time when we rest completely, it's actually a very busy period for the brain. Scientists claim that sleep is the time when information is stored and stored by the brain. Sleep is important for reducing stress and keeping the heart, the immune system, and the memory healthy. Scientists have already identified five sleep stages by studying brainwaves. Stage 1 is when we begin to fall asleep. The brain tells the muscles to relax and the heart to beat slowly.

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1: What does happen to our brain when we sleep?

2: According to the text, in the stages 3 and 4 many changes happen to our bodies, write down two of them:

3: What does the underlined pronoun (their) refer to?

4: Find a word from the text which means "The action of your heart as it pumps blood around your body".

5: What does the abbreviation "REM" stand for?

6: Sleep has many benefits in our life, think of this statement and in two sentences, write your point of view:
Q2: Complete the sentences with the correct word from the box:

Grateful - lack - monitored - heartbeat - insomnia - essential

1: They ................. their oxygen leaves all night.
2: Laila suffers from a ................. of oxygen in her lungs.
3: Ali can't sleep at night because of .................
4: Patients are always ................. to hospital staff.
5: When you get frightened, your ................. gets faster and faster.

Q3: Correct the verb between brackets:

1: If I studied hard, I ................. the exam. (pass)
2: I'm looking for my books. Have you ................. (see) them?
3: My mum ................. a nap at the moment. (have)

Q5: Complete each of the following items has similar meaning:

1: The farmer grow rice in India.
   Rice .................
2: My aunt made this rug.
   This rug .................

Q6: Complete these sentences with your own ideas:

1: I feel stress when ..........................................................
2: I'm always grateful when people ..................................

Q7: What advice would you give to these people who have problems:

1: "I fell tired and I spend all evening studying my lessons."
   ..........................................................
2: "I feel ill and I can't sleep well"
   ..........................................................

Q8: EDITING:

iam studing Civial Engineering at university. I love studied hard. but my final exams begins tomorrow, and I'm very nirvous

Good Luck

Tahani
Q1: Read the text then answer the following questions:

People have celebrated festivals from the earliest times in history, and many countries love to celebrate nature. Many countries around the world hold flower festivals. Most of these celebrate the flower that represents either the whole country, there are parties entertainments, family gatherings, and a commemoration of traditions and culture.

In Henan Province in China, people celebrate the Luoyang Peony Festival from 15th to 25th April every year. The peony symbolizes wealth and nobility in China, but the coloured flower also has a legend attached! It is said that Empress Wu of the Tang Dynasty banished the peony from her city to the city of Luoyang, where it has bloomed abundantly every year since. Certainly, if you go to Luoyang at this time of year, you will see millions of peony plants in the Luoyang Peony Garden. You can also take part in celebrations such as dance competitions and cultural fairs, as well as watch music and drama spectacles.

Jordan's national flower is the beautiful black iris, a rare flowering plant that is remarkable because it grows among rocks. It is admired for its unique beauty and strength. It is found mainly in the district of Ajloun, north of Jordan, during February and March. Every year, Jordanians honour their national flower by putting on a day of festivities. There are classic car displays, local craft stalls, dance displays, comedians, and entertainment designed for children too. All the money that is raised during the Black Iris Festival is donated to local charities.

1: Why do people celebrate flower festivals?

2: Complete the following table by correct words:

<table>
<thead>
<tr>
<th>festival</th>
<th>Reason</th>
<th>Place, time</th>
<th>Activities in it</th>
</tr>
</thead>
<tbody>
<tr>
<td>Luoyang peony</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Black iris</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

3: Find out a phrasal verb in the text that means:

"participate" ................................ , happen .................................
4: What does the underlined pronoun (it) represent? (there)
5: Give a word which means "in large quantities".

Q2: Complete the following sentences by choosing the suitable item:

Confident / world-renowned / fair / insomnia / muscles

1: I fell ______________. When I face any problem.
2: Jerash hosts the ______________. Jarash international festival.
3: First stage is when we begin to fall asleep, the brain tells the ______________.
4: I can’t sleep at night and I feel tired all the day because of ______________.

Q3: Correct the words:

1: I’m not sure I think I ______________. At about ten o’clock the Center ______________. At about nine o’clock.
2: This Monday, we ______________. My brother birthday.
3: There are a lot of black clouds, it is ______________.

Q4: Complete the following question with the suitable phrasal verbs:

Wake up / meet up / take place

1: Where do you like to ______________ with your friends at the weekend.
2: What time did you ______________ this morning.
3: What events and celebrations ______________ in Jordan.

Q5: Correct the verb between brackets:

1: If you press that button, the picture ______________ (move).
2: If I were you, I ______________. Hard for the final exam (study).
3: I won’t go shopping if it ______________ (not/rain).

Q6: Write short paragraph about any celebration festival in or outside Jordan.

Good Luck
Tahani
Q1: Read the text then answer the following questions:

People have celebrated festivals from the earliest times in history, and many countries love to celebrate nature. Many countries around the world hold flower festivals. Most of these celebrate the flower that represents either the whole country, there are parties and entertainments, family get-together and a commemoration of traditions and culture. Jordan's national flower is the beautiful black iris, a rare flowering plant that is remarkable because it grows among rocks. It is admired for its unique beauty and strength. It is found mainly in the district of Ajloun, north of Jordan, during February and March. Every year, Jordanians honour their national flower by putting on a day of festivities. There are classic car displays, local craft stalls, dance displays, comedians and entertainment designed for children too. All the money that is raised during the Black Iris Festival is donated to local charities.

1: Quote sentences which indicates that "Jordan show respect to black iris"

2: Where does black iris grow in Jordan?

3: What do they do by the money that is raised in the festival?

4: There are several in black iris festival, mention two of them?

5: Find a word in the text which mean "remember an important event"

6: What does the underlined word (their) refer to?

Q2

Wares / completions / stroll / dazzling / procession

1: You can ..................... a along the seafront and relax, enjoy the charm of this city.

2: Arts students sell their skillfully created ..........................................

3: The festival will include a ........................ of elephants and camels.
Q3: Choose the correct words in the sentences:

1: Eating isn’t allowed during the classes, so students ……………………………... bring food. (can’t / shouldn’t)
2: You ……………………………. Be late to school. (mustn’t / don’t have to)
3: If you want to join our team, you ……………………………... writes your name in This list. (must / should)
4: We ……………………………... obey your parents. (don’t have to / must)

Q4: Correct the verb:

1: Next Monday we …………………………. my brother’s graduation. (celebrate)
2: There are a lots of clouds, it …………………………. (rain)
3: I think I …………………………. Pasta for lunch. (have)

Q5: Editing

Please told her I’ll lock her up next time I visit Jordan _ and wish her every happiness for the future.

Q6: Guide Writing

**Factor of healthy life**

- Do exercise
- Eat healthy food
- Sleep enough hours
- Be optimistic

Good Luck
Tahani
Q1: Read the text then answer the following questions:

Newborn baby girls are likely to be welcomed into the world with a tree-planting party, the baby's relatives typically plant two trees, which are then chopped down and sold when she gets engaged. The proceeds from this tree-planting venture are then used to buy her wedding dress. In Germany, German government has come up with a list of accepted names which parents are expected to choose from when they name their child. In Turkey, new mothers might well ask you not to give them gifts until the baby has been born, when a mother has given birth, she is supposed to stay inside with her baby for 28 to 40 days, this is to protect the baby's immune system and develop the bond between mother and baby. After this period, mother and baby will be capable of going out to visit neighbors and family, this is when you should give them gifts.

In Bali, you won't see a newborn baby lying on a blanket in any homes, tradition there means that relatives are willing to carry the baby around for about 100 days at the beginning of his or her life, This period of healthy and holding might well last longer than this, as well.

In Saudi Arabia, new parents are likely to shave the head of their week-old baby, and then weight the hair, the parents are expected to give gold and silver to charity after the birth, to thank God for blessing them with a child. The weight of the hair should be equal to the amount of gold and silver that is given.

This custom might well from a part of an aqiqah or welcoming ceremony, where the baby is given his or her name.

1: According to the article there are many traditions which they follow in the Islamic countries when a new baby born, Mention two of them.

2: How do you welcome the new baby born in Germany?

3: Find a word from the article means: "The system by which your body protects itself against disease".

4: Find a phrase which means (can)
5: The writer said in Bali, you can't find a new baby born in his bed for a long period of time. Explain.

6: What does the phrase willing to mean?

7: Prophet Mohammad (PBUH) said, "I was set (by Allah) to perfect the sublime morals." In two sentences explain your point of view:

Q2: Complete the sentences using these words. (10 points)

- Catch up with
- impolite
- immune system
- shake
- offend

1: If you eat noisily, you will ...................... people.

2: Do you ......................... hands when you want to greet each other.

3: I can .......................... you again soon.

4: In Turkey, new mothers expected to stay inside to protect the baby's

4: In Asia, it's ...................... To points to someone with your chopstick.

Q3: Choose the correct words in the sentences. (12 points)

1: We ...................... obey our parents.(must/don't have to)

2: Students ....................... to go to school on Friday.(don't have to/ should)

3: You ............................ Point at people. it's rude (shouldn't/have to)

4: When you visit another country as a tourist, you ................... check whether you need a visa. (cant/have to)

5: You aren't allowed to eat in the library, so you .................. bring food inside. (can/shouldn't)
Q 4: Rewrite the following sentences so that new item has a similar meaning to one before it:

1 - Scientist invented many important things in the 20th century.
   Many important things .................................................................

2 - Engineers will completed the project before the dead time.
   The project ................................................................................

3: Our bodies need a big amount of water daily.
   A big amount of water ................................................................

Q 5: Read the information in the table below, and then write sentences.

<table>
<thead>
<tr>
<th>How to protect children</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 - immunise them to protect their immune system</td>
</tr>
<tr>
<td>2 - sleep enough hours</td>
</tr>
<tr>
<td>3 - eat healthy food</td>
</tr>
</tbody>
</table>

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Good Luck

Tahani