



Read the following text carefully, and then in your ANSWER BOOKLET answer all the questions that follow. Your answer should be based on the article.

A. growing problem

In many countries, an increasing number of young people and adults are overweight or even obese. One reason for this is the growing popularity of fast food, which didn't use to be as common as it is now.

Another big factor is lack of exercise. People would often walk to school or work, but these days many more of us drive. Modern technology has also played its part; we spend more and more time focusing on computer screens. Before the Internet was invented, nobody had dreamt of online shopping, but now we can buy almost anything without leaving the sofa.

B Time to listen

Health experts have been warning about this trend for years, and their advice is clear. Adults should aim to exercise for at least two and a half hours every week; for children and teenagers the target should be at least an hour a day. This might not sound very much. However, recent research shows that less than 50% of the British population manages this. School children are less physically active than they used to be. Girls in particular often dislike PE. This can lead to serious health problems.

C It's good for you

Experts recommend a mixture of activities. These should include moderate exercise, such as fast walking, and more strenuous exercise, like running. They also advise exercise that strengthens the muscles, for example sit-ups. The more muscle we build, the more calories we burn, and the fitter we become. In addition, exercise is a great way to cope with stress. In a recent study, patients who had been suffering from depression reported a great improvement after increased physical activity.

**Question Number One ( 54 points )**

1. The article states three reasons for higher rates of obesity .Write down these three reasons down. (12 points)
2. The article states two benefits of exercise. Write down these two benefits.(8 points)
3. Quote the sentence which shows the two types of activities that experts recommend. ( 5 points )
4. Find a word in the text which means ( **extremely fat** ) ( 5 points)
5. What does the underlined pronoun ( **they** ) refer to? ( 6 points)
6. The article states two research findings about the British school children and girls. Write these two findings down. ( 6 points )
7. An increasing number of school children are overweight or even obese. Suggest three possible ways that can help school children overcome obesity . (6 points)
8. It is said that patients who had been suffering from depression reported a great improvement after physical activity .Think of this statement and, in two sentences, write down your point of view. ( 6 points )

**SEE PAGE TWO/....**

**Question Number Two (40 points)**

**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 the answers down in your ANSWER BOOKLET. ( 20 points)**

**red handed , practitioner , bounce back ,alien, complementary , conventional**

1. Doctors often treat infections with antibodies; that it is the ----- approach.
2. Medicines that are not the normal, traditionally accepted treatments are known as -----.
3. Luckily, the police arrived and the thief was caught -----.
4. It is common for patients to consult a private -----who is likely not to have a medical degree.
5. Parents should teach their children how to ----- after a setback.

**B. Choose the suitable item from those given to complete each of the following sentences and write it down in your ANSWER BOOKLET. ( 20 points )**

1. Many more patients come to Jordan because of the ----- of Jordanian doctors.  
( repute , reputedly , reputation , reputed )
2. We are firmly -----to reducing unemployment.  
(commit , committed , commitment , committing)
3. The new treatment will improve patients' life ----- and quality of life .  
( expectancy , expect , expectantly , expectation )
4. His written English is very good, but he needs to ----- speaking it.  
( practise , practical , practically , practitioner)

**Question Number Three (40 points)**

**A. Choose the correct form of the verb from those given below to complete each of the following sentences and write it down in your ANSWER BOOKLET.**

**( 20 points)**

1. Safwan -----his homework three hours ago.  
( is finished, has finished , finishes, finished )
2. By the end of 2010 ,my friend ----- for the USA to study medicine.  
( had been left , have left , will have left , had left)
3. According to Safwan's schedule, he ----- his relatives in Madaba next Friday.  
(would visit , will be visited ,was going to visit, is going to visit)
4. While the nurses ----- the patient , the ambulance arrived .  
( have been waiting , had been waited , were waiting , would wait )
5. Before the guests arrived , my mum ----- a meal for half an hour.  
( has been preparing , is preparing , had been prepared, had been preparing)

**SEE PAGE THREE...**

**B. Complete each of the following items so that the new item has a similar meaning to the one before it. (20 points)**

1. "My mother will celebrate her birthday next week ."  
Rami said that -----
2. I think you should earn the respect of your parents.  
If -----
3. Marwan did his homework and then he went bed.  
After -----.
4. It is customary for Japanese doctors to use robots in hospitals.  
Japanese doctors -----

**Question Number Four ( 30 points)**

**A. Choose the suitable item from those given to complete each of the following sentences.**

1. I ----- understand English, but now I do.  
( didn't used to , are used to , am not used to , is used to )
2. Joining a gym can be very tiring at first if you ----- doing much exercise.  
( aren't used to , used to , didn't use to , am not used to )
3. When you were younger, did you ----- in the park?  
(are used to play , used to play , is used to play , use to play )
4. Muna didn't freeze the meat. She had it -----.  
( freezed, had freezed, freeze ,freezing)
5. I want to get a tablet , but I can't afford ----- one at the moment .  
( buying, bought , to buy, buy )

**Question Number Five ( 30 points)**

**A. EDITING ( 10 points )**

**Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that has five mistakes. Find out these five mistakes and correct them.**

The low infant mortalety rate, as well as the excellent healthkare system, have been contributing factors to Jordan's healthy population growth . which will resulted in a strong work forse with economic benefits for the whole country.

**B. GUIDED WRITING ( 6 points)**

**Read the information in the table below , and then write two sentences about benefit of hobbies for all people . Use the appropriate linking words .**

How to make use of unwanted books
<ul style="list-style-type: none"><li>• exchange them with others.</li><li>• sell them to bookstores.</li><li>• recycle them.</li><li>• donate them to local libraries .</li></ul>

**C.FREE EWRTING ( 14 points )**

In modern world ,experts tell us that what we eat affects how healthy we are and how long we live .write an essay suggesting ways in which you can keep your body healthy.