

لا تحسبن المجد تمرا انت آكله..... لن تبلغ المجد حتى تلحق الصبرا

HEALTHY LIFE تدريبات مكثفة للوحدة الثانية

فوج التحدي 2003

I can't  
do it

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**READING: For questions( 1-78),read the following text carefully , and then choose the correct answer from A,B,C or D to complete the sentence below each text:**

\* Most doctors used to be sceptical about the validity of homoeopathy, acupuncture and other forms of complementary medicine. If patients wanted to receive this kind of non-conventional treatment, **they** used to have to consult a private practitioner who was likely not to have a medical degree. However, in recent years, the perception of this type of treatment has changed. These days, many family doctors study complementary medicine alongside conventional treatments, and many complementary medicine consultants also have medical degrees.

**1) One of the following sentences is false (isn't true) option. Choose the false option.**

- A) Doctors used to be convinced that only conventional forms of medicine worked.
- B) Doctors used to be convinced that only non- conventional forms of medicine worked.
- C) Doctors didn't use to be easily convinced of the effectiveness of complementary medicine and its forms.
- D) Doctors didn't use to have doubts that only modern forms of medicine worked.

**2)The person who was consulted in the past by the patients about the complementary medicine is .....**

- A) a doctor
- B) a medicine consultant
- C) a nurse
- D) a practitioner

**3) The underlined word ( they ) in the text refers to.....**

- A) patients
- B) doctors
- C) treatments
- D) medical degrees

**4) A word that has the same meaning as “ a form of complementary medicine which uses thin needles in the skin “ is.....**

- A) acupuncture
- B) sceptical
- C) practitioner
- D) perception

**5) The evidence which shows that people's perception of complementary medicine has changed over time is.....**

- A) patients wanted to receive this kind of non-conventional treatment .
- B) many complementary medicine consultants also have medical degrees.
- C) patients used to have to consult a private practitioner.
- D) most doctors used to be sceptical about the validity of homoeopathy.

**6) The fundamental difference between practitioner and complementary medicine consultants is having .....**

- A) experience
- B) perception
- C)patients
- D) medical degrees

7) **The evidence which shows that people’s perception of complementary medicine has changed over time is.....**

- A) patients wanted to receive this kind of non-conventional treatment .
- B) patients used to have to consult a private practitioner.
- C) many family doctors study complementary medicine alongside conventional treatments.
- D) most doctors used to be sceptical about the validity of homoeopathy.

8) **The sentence that shows that a large number of doctors didn’t use to be easily convinced of the effectiveness of complementary medicine and its forms.**

- A) most doctors advised to receive this kind of non-conventional treatment .
- B) most doctors used to be sceptical about the validity of homoeopathy, acupuncture and other forms of complementary medicine.
- C) most doctors study complementary medicine alongside conventional treatments.
- D) most doctors have medical degrees.

\*Whereas critics used to say that there was no scientific evidence that non-conventional treatments actually worked, now it is more common for medical experts to recognise that conventional medicine may not always be the only way to treat an ailment.

9) **The medical experts believe that.....**

- A) complementary medicine should work alongside modern medicine, and not against it.
- B) there was no scientific evidence that complementary medicine treatments actually worked.
- C) complementary medicine may always be the only way to treat an ailment.
- D) modern medicine may always be the only way to treat an ailment.

10) **A word that has the same meaning as “an illness or disease which is not very serious“ is....**

- A) a herbal remedy
- B) a sceptical
- C) a practitioner
- D) an ailment

11) **The critics say that.....**

- A) complementary medicine should work alongside modern medicine, and not against it.
- B) there was no scientific evidence that complementary medicine treatments actually worked.
- C) complementary medicine may always be the only way to treat an ailment.
- D) modern medicine may always be the only way to treat an ailment.

\*At a surgery in London, 70 per cent of patients who were offered the choice between a herbal or a conventional medicine for common complaints such as insomnia, arthritis and migraines chose the herbal remedy. Fifty per cent of patients then said that the treatment helped. One doctor said, "I now consider homoeopathy to be a viable option for many different conditions, including anxiety, depression and certain allergies. It provides another option when conventional medicine does not address the problem adequately."

12) A word that has the same meaning as "an extract of a plant used to cure disease" is....

- A) a herbal remedy                      B) a sceptical                      C) a practitioner                      D) an ailment

13) At the surgery mentioned in the article, .....of patients found that the herbal remedy was useless.

- A) the majority                      B) half                      C) 70 percent                      D) the minority

14) The common complaints which cannot be treated by the complementary medicine are.....

- A) malaria and immunisations                      B) insomnia and arthritis  
C) migraines and anxiety                      D) depression and certain allergies

15) The underlined word ( It ) in the text refers to.....

- A) homoeopathy                      B) depression                      C) option                      D) anxiety

16) At the surgery mentioned in the article, .....of patients chose the herbal remedy.

- A) the majority                      B) half                      C) 50 percent                      D) the minority

17) The common complaints that can be treated by the complementary medicine are.....

- A) depression and certain allergies                      B) insomnia and arthritis  
C) migraines and anxiety                      D) all of them

18) One doctor said that.....

- A) complementary medicine should work alongside modern medicine, and not against it.  
B) modern medicine may always be the only way to treat an ailment.  
C) complementary medicine is an effective option when the modern medicine doesn't work sufficiently  
D) A+C

\*However, complementary medicine cannot be used for all medical treatments. It can never substitute for immunisations as it will not produce the antibodies needed to protect against childhood diseases. It also cannot be used to protect against malaria.

19) The medical conditions that cannot be treated by the complementary medicine.....

- A) malaria and immunisations                      B) insomnia and arthritis  
C) migraines and anxiety                      D) depression and certain allergies

20) Complementary medicine can never be alternative for immunisations because it will not...

- A) produce childhood diseases                      B) produce substance by the body to fight disease  
C) produce medical treatments                      D) produce pills for malaria

21) The underlined word ( It ) in the text refers to.....

- A) complementary medicine                      B) treatment                      C) antibody                      D) malaria

22) The underlined word ( malaria ) means.....

- A) a disease that causes pain in joints                      B) a very bad headache  
C) a serious illness that is spread by mosquitoes                      D) a disease which is not very serious

\*One doctor said, "I will always turn to conventional medical treatment first to ensure that no underlying condition is missed. However, the idea of complementary treatments is no longer an alien concept. In my opinion, it should work alongside modern medicine, and not against it."

23) The underlined word ( it ) in the text refers to.....

- A) complementary medicine                      B) opinion                      C) work                      D) modern medicine

24) **However**, the idea of complementary treatments is no longer an alien concept.

The function of using " However" in the above sentence is:

- A) indicating opposition                      B) indicating consequences  
C) showing opinion                      D) discussing viewpoint

25) In my opinion, it should work alongside modern medicine, and not against it.

The function of the above sentence is:

- A) indicating opposition                      B) indicating consequences  
C) showing opinion                      A) indicating contrast

26) The idea of complementary treatments is no longer a ..... concept.

- A) well-known                      B) viable                      C) strange                      D) serious

\* It's normal to feel a bit blue from time to time. However, studies show that negative emotions can harm the body.

27) The underlined idiom ( feel a bit blue ) in the text means.....

- A) angry                      B) sadness                      C) unexpectedly                      D) permission

\*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.

28) The underlined idiom ( see red ) in the text means.....

- A) to be angry                      B) sadness                      C) unexpectedly                      D) permission

29) Some effects of anger on someone's healthcare are.....

- A) blood pressure is raised and headaches
- B) sleep problems and digestive problems
- C) positive feelings and good health
- D) A+B

30) One of the following sentences is true.....

- A) scientists were unsure whether there is a link between positive feelings and good health or not.
- B) scientists checked whether there is a link between positive feelings and good health.
- C) scientists examined whether there is a link between positive feelings and good health.
- D) scientists were sure that 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. They also found other factors that influence health positively such as a supportive network of family and friends, and an optimistic outlook on life.

31) One of the other factors that influence the health positively was .....

- A) reducing the risk of heart disease
- B) an optimistic outlook of life
- C) the study that followed on men and women
- D) the age of men and woman

32) The underlined word ( They ) in the text refers to.....

- A) factors
- B) studies
- C) researchers
- D) diseases

33) One of the other factors that influence the health positively was .....

- A) reducing the risk of heart disease
- B) the age of men and woman
- C) the study that followed on men and women
- D) supportive network of family and friends.

\*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?

34) One of the research findings about children who were in better health 30 years later is....

- A) children are making bad lifestyle decisions.
- B) more optimistic children make better and healthier lifestyle choices.
- C) children who were more able to stay focused on a task.
- D) supportive network of family and friends.

35) The underlined word ( who ) in the text refers to.....

- A) researchers
- B) children
- C) professional
- D) illnesses

36) One of the research findings about children who were in better health 30 years later is....

- A) children had a more positive attitude to life at age seven.
- B) more optimistic children make better and healthier lifestyle choices.
- C) children are making bad lifestyle decisions.
- D) children affects with supportive network of family and friends

37) The examples of bad lifestyle choices are.....

- A) heart diseases and other illnesses
- B) smoking and lack of exercise.
- C) children and bad lifestyle decisions.
- D) network of family and friends

38) The reasons for heart diseases are.....

- A) heart diseases and other illnesses
- B) smoking and lack of exercise.
- C) children and bad lifestyle decisions.
- D) network of family and friends

39) What is controversial about the researchers' study?

- A) the bad lifestyle choices are the reasons of the illnesses.
- B) the individuals' attitudes are the reasons of the illnesses.
- C) the sleep and digestive problems are the reasons of the illnesses.
- D) children had more positive attitude to life at age seven.

\*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.

40) The underlined word (they) in the text refers to.....

- A) researchers
- B) children
- C) circumstances
- D) qualities

41) The qualities that will improve children' overall health in the future are.....

- A) developing positive thinking
- B) personal circumstances and environment
- C) starting to be successful again after a problem
- D) A+C

42) The word that means (a problem that delays or stops progress) in the text is.....

- A) bounce back
- B) appreciate
- C) setback
- D) circumstance

43) The underlined phrase (these qualities) in the text means .....

- A) developing positive thinking
- B) personal circumstances and environment
- C) starting to be successful again after a problem
- D) A+C

\* Health conditions in Jordan are among the best in the Middle East. This is largely due to the country's commitment to making healthcare for all a top priority. Advances in education, economic conditions, sanitation, clean water, diet and housing have made our community healthier.

**44) Why are the health conditions in Jordan among the best in the Middle East? Because.....**

- A) healthcare in Jordan is a top priority.
- B) Jordan has a lot of historical sites.
- C) advances in technology information.
- D) Jordanian children were fully immunised.

**45) What have made our community in Jordan healthier?.....**

- A) healthcare in Jordan is the best .
- B) there are a lot of historical sites.
- C) advances in sanitation ,clean water and diet
- D) Jordanian children were fully immunised.

**46) Jordan has achieved several advances. The fields of these advances include.....**

- A) computers and networks.
- B) sanitations , water , diet and housing.
- C) farming and agriculture .
- D) business and projects.

\*As a result of careful planning, the number of healthcare services has been increasing rapidly over the past years. More than 800 different kinds of healthcare centres have been built, as well as 188 dental clinics. In 2012 CE, 98per cent of Jordanian children were fully immunised, thanks to immunisation teams that had been working towards this goal for several years. Although there were remote areas of the country where people had been without consistent access to electricity and safe water, almost 99 per cent of the country's population now has access.

**47) The underlined phrase (this goal) in the text means .....**

- A) immunising the majority of the Jordanian children
- B) consistent access to electricity and safe water.
- C) more than 800 different kinds of healthcare centres have been built
- D) A+B

**48) The word that means (relating to teeth) in the text is.....**

- A) immunisations
- B) consistent
- C) access
- D) dental

**49) The underlined word (that) in the text refers to.....**

- A) dental clinics
- B) Jordanian children
- C) immunisation teams
- D) healthcare centres

**50) The two missing basic services in the remote areas are.....**

- A) dental clinics and immunisation teams
- B) electricity and safe water
- C) children and population
- D) education and housing



\*Although the country has been focusing mainly on improving its primary healthcare facilities, it has not neglected its advanced medical facilities. The reputation of Jordanian doctors has spread in the region, and now many more patients come to Jordan for open heart surgery. In Jordan, the open heart surgery programme started in 1970 CE in Amman.

**51) The phrasal verb that means (directing your attention or effort at something) in the text is**

- A) focusing on                      B) neglecting to                      C) starting at                      D) spreading from

**52) The underlined word (its) in the text refers to.....**

- A) programme                      B) surgery                      C) country                      D) reputation

**53) The sentence which shows the year of starting the open heart surgery in Jordan is .....**

- A) Jordan has not neglected its advanced medical facilities.  
 B) Many more patients come to Jordan for open heart surgery.  
 C) In Jordan, the open heart surgery programme started in 1970 CE in Amman.  
 D) The reputation of Jordanian doctors has spread in the region.

\*The life expectancy figures show that Jordan's healthcare system is successful. In 1965 CE, the average Jordanian's life expectancy was age 50. In 2012 CE, this average life expectancy had risen to 74.6. According to UNICEF statistics, between 1981 CE and 1991 CE, Jordan's infant mortality rates declined more rapidly than anywhere else in the world – from 70 deaths per 1,000 births in 1981 CE to only 15 deaths per 1,000 births in 2018 CE.

**54) The word that means (deaths amongst babies or young children) in the text is.....**

- A) statistics                      B) declined                      C) life expectancy                      D) infant mortality

**55) Jordan's infant mortality rates declined from 70 deaths per 1,000 births in 1981 CE to only ..... deaths per 2,000 births in 2018 CE.**

- A) 15                      B) 70                      C) 30                      D) 50

**56) The underlined word (declined) in the text means .....**

- A) increased in quantity.                      B) decreased in quantity.  
 C) directed your attention at something.                      D) promised to do something.

\*The low infant mortality rate, as well as the excellent healthcare system, have been contributing factors to Jordan's healthy population growth, which will result in a strong work force with economic benefits for the whole country.

**57) One of Jordan's healthy population growth results is.....**

- A) strong work force.                      B) low infant mortality.  
 C) excellent healthcare                      D) imunisation teams.

58) One of the contributing factors of Jordan’s healthy population growth is.....

- A) strong work force.
- B) low infant mortality.
- C) popularity of fast food
- D) economic benefits.

\*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.

59) The underlined word (this) in the text means .....

- A) lack of exercise
- B) fast food
- C) young people and adults
- D) overweight or obesity

60) The reasons of higher rates of obesity are.....

- A) lack of exercise
- B) fast food
- C) modern technology
- D) all answers are correct

61) The underlined word (its) in the text refers to.....

- A) lack of exercise
- B) fast food
- C) modern technology
- D) sofa

62) The word that means (extremely fat) in the text is.....

- A) obese
- B) focus on
- C) popularity
- D) common

63) The public transport that the underlined word “ drive” refers to is.....

- A)a bus
- B) a car
- C) a train
- D) a plane

64) According to the text , one of the following sentences is true .....

- A) Before the Internet was invented, people had dreamt of online shopping.
- B) After the Internet was invented, people had dreamt of online shopping.
- C) After the Internet was invented, nobody had dreamt of online shopping.
- D) Before the Internet was invented, we can buy almost anything without leaving the sofa.

65) The invention which will enable us to buy anything without leaving the sofa is the.....

- A) computer screen
- B) transport
- C) internet
- D) fast food

65) We can buy almost anything without leaving the sofa because of the.....

- A) online shopping
- B) computer screen
- C) internet
- D) fast food

\*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 they used to be. Girls in particular often dislike PE. This can lead to serious health problems.

66) The average of the adults' exercises should be at least .....hours every month.

- A) two and half      B) five      C) seven and half      D) ten

67) The average of the children and teenagers' exercises should be at least ..... a week.

- A) an hour      B) two hours      C) seven hours      D) ten hours

68) The underlined word (they) in the text refers to.....

- A) school children      B) health experts      C) adults      D) teenagers

69) The recent research shows that .....the British population manages this.

- A) under 50%      B) more than 50%      C) exactly 50%      D) nearly 50%

70) The underlined word (this) in the text means.....

- A) British population      B) get enough exercise  
C) recent research      D) don't get enough exercise

\*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.

71) The two types of the exercises that are mentioned in the text are.....

- A) moderate and strenuous exercises      B) muscles and calories  
C) sit-ups and a mixture of activities      D) depression and stress

72) The exercise that strengthens your muscles is .....

- A) fast walking      B) running      C) sit-ups      D) calories

73) The underlined word (they) in the text refers to.....

- A) a mixture of activities      B) experts      C) adults      D) calories

74) The two ways that help us to build our muscles positively are .....

- A) moderate and strenuous exercises      B) running and fast walking  
C) depression and stress      D) sit-ups and burning more calories

75) The word that means (to deal successfully with a situation) in the text is.....

- A) recommend      B) cope with      C) strengthen      D) report

\*Of course this **raises a question**: how can I manage to fit in all this extra exercise? The best way is to build it into our daily lives so that it becomes a routine. It doesn't have to take much extra time. You could get off the bus one stop earlier than usual, or stand up when you're on the phone!

Most importantly, we should find a sport **that** we enjoy doing. That way, we will all become fitter, healthier and happier.

76) The underlined phrase (raises a question) in the text means .....

- A) brings up the problem or casts doubt on something
- B) believes that good things will happen in the future
- C) stops progress or makes a situation worse
- D) starts to be successful again

77) The underlined word (that) in the text refers to.....

- A) phone
- B) sport
- C) bus stop
- D) enjoy doing

78) The two ways of including exercise in our normal daily lives are.....

- A) You could get off the bus one stop earlier than usual.
- B) You could stand up when you're on the phone.
- C) You could find a sport that you enjoy doing.
- D) A+B

**Vocabulary:** For questions( 79-106), choose the correct answer from A,B,C or D to complete each of the following sentences :

79) I was shocked when I heard the news. It came completely **out of the blue**.

The underlined colour idiom in the sentence above means .....

- A) unexpectedly
- B) angry
- C) permission
- D) a useless possession

80) Have you heard the good news? We've got **the permission** to go ahead with our project.

The suitable colour idiom for the underlined phrase is.....

- A)out of the blue
- B) white elephant
- C) red - handed
- D) the green light

81) Luckily, the police arrived and the thief was caught **the green light**.

The appropriate colour idiom for the underlined misused colour idiom is.....

- A)out of the blue
- B) white elephant
- C) red - handed
- D) see red

82) Nobody goes to the new private sports club. The building is a .....

- A) out of the blue
- B) white elephant
- C) red - handed
- D) the green light

83) My grandfather has ..... in his fingers, so he sometimes finds it difficult to write.

- A) arthritis
- B) ailment
- C) allergies
- D) migraine

- 84) ..... to nuts and milk are becoming more common.  
A) A homoeopathy                      B) An ailment                      C) Allergies                      D) A migraine
- 85) Many serious diseases can be prevented by..... , which helps the body to build antibodies.  
A) immunisations                      B) malaria                      C) allergies                      D) acupuncture
- 86) Headaches and colds are common.....s, especially in winter.  
A) immunisations                      B) ailment                      C) allergies                      D) a migraine
- 87) If you have a ..... , the best thing to do is take some medicine and rest somewhere quiet.  
A) homoeopathy                      B) ailment                      C) allergies                      D) migraine
- 88) I don't really believe that story – I'm very .....  
A) homoeopathy                      B) ailment                      C) allergies                      D) sceptical
- 89) Doctors often treat infections with antibiotics; that is the ..... approach.  
A) complementary                      B) alien                      C) conventional                      D) sceptical
- 90) Medicines that are not the normal, traditionally accepted treatments are known as .....  
A) complementary                      B) alien                      C) conventional                      D) sceptical
- 91) Another way of saying that something could be successful is to say it is .....  
A) viable                      B) alien                      C) conventional                      D) migraine
- 92) If something seems very strange, we sometimes say it is .....  
A) viable                      B) alien                      C) conventional                      D) ailment
- 93) You can immunise yourself using conventional medicine because it produces .....  
A) antibodies                      B) stress                      C) conventional                      D) sceptical
- 94) ..... medicine can be used to immunise people.  
A) complementary                      B) stress                      C) conventional                      D) sceptical
- 95) Patients have to ..... a private practitioner.  
A) consultation                      B) consult                      C) consultative                      D) consultant
- 96) There was no ..... evidence that non- conventional treatment actually worked.  
A) scientific                      B) scientifically                      C) science                      D) scientist
- 97) You can suffer from ..... problems if you are angry.  
A) digestion                      B) digestively                      C) digest                      D) digestive
- 98) We appreciate the country's ..... to making healthcare for all a top priority.  
A) commit                      B) committed                      C) commitment                      D) committedly

99) Jordan's infant mortality rates declined more .....than anywhere else in the world.

- A) rapid                      B) rapidly                      C) rapided                      D) rapidity

100) Finally , the study has been .....

- A) controversial                      B) controversy                      C) controvert                      D) controversially

101) The life expectancy figures show that Jordan's healthcare system is .....

- A) successful                      B) successfully                      C) success                      D) succeed

102) Patients who had been suffering from depression reported a great .....

- A) improve                      B) improved                      C) improving                      D) improvement

103) Experts ..... a mixture of activities.

- A) recommendation                      B) recommended                      C) recommend                      D) recommendedly

104) Experts also advise exercises that ..... the muscles.

- A) strongly                      B) strong                      C) strength                      D) strengthen

105) School children are less ..... active they used to be.

- A) physical                      B) physically                      C) physician                      D) physics

106) Many people had to be ..... after being exposed to the disease.

- A) immunity                      B) immune                      C) immunisation                      D) immunised

**GRAMMAR: For questions ( 107-166), choose the correct answer from A,B,C or D.**

107) Rashed .....swimming every morning, but now he doesn't.

- A) are used to going                      B) used to go                      C) use to go                      D) am used to going

108) When I was young, I .....on foot to my school.

- A) are used to going                      B) used to go                      C) use to go                      D) am used to going

109) My friend has lived in Egypt for a year. She says she ..... living there now.

- A) is used to                      B) used to                      C) didn't use to                      D) am not used to

110) Ali ..... the duck in the park with his father when he was young.

- A) is used to feeding                      B) used to feed                      C) am used to feeding                      D) are used to feeding

111) Ali ..... about his friend when he received an email from him.

- A) has been thinking                      B) have been thinking                      C) is thinking                      D) had been thinking

112) By the time we arrived, they ..... for an hour.

- A) has been thinking                      B) had been thinking                      C) are thinking                      D) were thinking

113) The children ..... in the yard for two hours.

- A) had been playing                      B) is playing                      C) was playing                      D) has been playing

114) We've lived in the city a long time, so we..... the traffic.

- A) were used to                      B) used to                      C) are used to                      D) use to

115) It is normal for my friend now to send emails.

**The sentence that has a similar meaning to the one above is:**

- A) My friend was used to sending emails.  
B) My friend is used to sending emails.  
C) My friend had been used to sending emails.  
D) My friend is used to send emails.

116) It is not normal for American people to eat steak for lunch and dinner everyday.

**The sentence that has a similar meaning to the one above is:**

- A) American people are used to eating steak for lunch and dinner everyday .  
B) American people were used to eating steak for lunch and dinner every day.  
C) American people are used to eat steak for lunch and dinner every day.  
D) American people aren't used to eating steak for lunch and dinner every day.

117) It is normal for my younger brother to use his electronic dictionary.

**The sentence that has a similar meaning to the one above is:**

- A) My younger brother is used to using his electronic dictionary.  
B) My younger brother isn't used to using his electronic dictionary.  
C) My younger brother was used to using his electronic dictionary.  
D) My younger brother are used to using his electronic dictionary.

118) I didn't like getting up early, but I..... it now.

- A) am used to                      B) was used to                      C) used to                      D) use to

119) My mother ..... buy my clothes, but now I choose my own.

- A) am used to                      B) was used to                      C) used to                      D) use to

120) I ..... understand English, but now I do.

- A) am not used to                      B) wasn't used to                      C) don't use to                      D) didn't use to

121) My grandparents didn't..... send emails when they were my age.

- A) are used to                      B) used to                      C) use to                      D) am used to

122) She used to ..... a teacher, but now she's retired.

- A) be                      B) is                      C) was                      D) were

123) She's lived in the UK for a year. She's used to ..... English now.

- A) speak                      B) speaks                      C) speaking                      D) spoken

- 124) I used to ..... cartoon films when I was younger. These days I prefer action films.  
A) likes                      B) like                      C) liking                      D) liked
- 125) My family and I ..... go camping once a month, but we stopped doing that when we moved to the city.  
A) am used to                      B) used to                      C) was used to                      D) use to
- 126) Joining a gym can be very tiring at first if you ..... doing much exercise.  
A) am used to                      B) used to                      C) are used to                      D) use to
- 127) When I was young, I ..... go fishing with my dad every weekend. Now I don't, unfortunately!  
A) am used to                      B) used to                      C) are used to                      D) use to
- 128) My cousin has lived in Lebanon for a year. He says he is used to ..... there now.  
A) living                      B) lived                      C) live                      D) lives
- 129) By the time the bus arrived, we ..... for an hour.  
A) had been waiting                      B) have been waiting                      C) are waiting                      D) waited
- 130) You looked really tired. I ..... for half an hour.  
A) have been running                      B) had been running                      C) am running                      D) running
- 131) My mother lost her purse yesterday. She ..... in the market.  
A) has been shopping                      B) have been shopping                      C) is shopping                      D) had been shopping
- 132) I made my mother a cup of tea. She ..... all afternoon for a special family dinner.  
A) had been cooking                      B) have been cooking                      C) is cooking                      D) has been cooking
- 133) We needed warm clothes when we went to London. We ..... the cold weather.  
A) aren't used to                      B) weren't used to                      C) used to                      D) didn't use to
- 134) We always go to the market across the street, so we ..... eating fresh vegetables.  
A) are used to                      B) used to                      C) use to                      D) were used to
- 135) Please slow down. I ..... walking so fast!  
A) aren't used to                      B) weren't used to                      C) am not used to                      D) didn't use to
- 136) When you were younger, did you ..... play in the park?  
A) are used to                      B) used to                      C) use to                      D) were used to
- 137) I ..... go shopping in the local supermarket, but it closed two years ago, so now I have to drive into town to shop.  
A) am used to                      B) used to                      C) use to                      D) are used to
- 138) There ..... be so much pollution, but these days it is a global problem.  
A) aren't used to                      B) wasn't used to                      C) isn't used to                      D) didn't use to



- 139) I think television ..... be better than it is now. Most of the programmes these days are just reality TV.  
A) am used to      B) used to      C) use to      D) is used to
- 140) Most Jordanians ..... the hot weather that we have in summer.  
A) are used to      B) were used to      C) used to      D) use to
- 141) There ..... be a lot more wild animals in the past, but they are becoming rare nowadays.  
A) is used to      B) were used to      C) used to      D) was used to
- 142) Salma has been practising the oud really hard and she ..... playing it.  
A) is now used to      B) are now used to      C) now used to      D) am now used to
- 143) When I was a student, I used to ..... very hard.  
A) works      B) working      C) work      D) worked
- 144) I used to ..... very early and study alone before my lectures, attend lectures all day.  
A) get up      B) getting up      C) gets up      D) got up
- 145) Are you..... in Jordan yet? You've only been here for two months.  
A) used to live      B) use to live      C) used to living      D) use to living
- 146) When I was a child, my grandmother.....cakes for us all the time.  
A) used to make      B) use to make      C) was used to making      D) is used to making
- 147) My grandfather retired a month ago. He isn't ..... nothing to do all day. He says he needs a project to concentrate on.  
A) used to have      B) used to having      C) use to having      D) use to have
- 148) I just got glasses this week, and I'm not ..... them yet, so I'm still having difficulty.  
A) used to wearing      B) used to wear      C) use to wearing      D) use to wear
- 149) Zaid's friends ..... go fishing once a month , but they stopped doing that when they moved to the city of Irbid.  
A) used to      B) are used to      C) use to      D) is used to
- 150) It is normal for my children to eat fresh vegetables.  
**The sentence that has a similar meaning to the one above is:**  
A) My children had been used to eating fresh vegetables.  
B) My children were used to eating fresh vegetables.  
C) My children are used to eating fresh vegetables.  
D) My children aren't used to eating fresh vegetables.

151) It is not normal for my grandfather to have nothing to do all day.

**The sentence that has a similar meaning to the one above is:**

- A) My grandfather isn't used to have nothing to do all day.
- B) My grandfather is used to having nothing to do all day.
- C) My grandfather isn't used to having nothing to do all day.
- D) My grandfather was used to having nothing to do all day.

152) The teacher strongly recommended that the time that students spend at school should be decreased into five hours.

**The function of using the above sentence is:**

- A) introduction for a report
- B) reporting information
- C) conclusion / recommendations
- D) discussing viewpoint

153) In this report, the negative effects of pollution will be examined.

**The function of using the above sentence is:**

- A) introduction for a report
- B) reporting information
- C) conclusion
- D) recommendations

154) The number of infant mortality has declined since 2018.

**The function of using the above sentence is:**

- A) introduction for a report
- B) reporting information
- C) conclusion
- D) recommendations

155) My uncle .....working at the company for five years when he got a promotion.

- A) is
- B) have been
- C) had been
- D) will be

156) It is normal for me now to have a traffic jam on my way to work.

**The sentence that has a similar meaning to the one above is:**

- A) I am used to having a traffic jam on my way to work.
- B) I was used to having a traffic jam on my way to work.
- C) I am not used to having a traffic jam on my way to work.
- D) I had been used to having a traffic jam on my way to work.

157) My father .....to drink coffee, but now he does.

- A) hasn't used
- B) didn't use
- C) wasn't used
- D) doesn't use

158) Fatima ..... her work for two hours before she left the house.

- A) am doing
- B) is doing
- C) had been doing
- D) have been doing

159) Where did they ..... to school?

- A) are used to go
- B) used to go
- C) is used to go
- D) use to go

160) I am used to teaching my students through social media.

The sentence that has a similar meaning to the one above is:

- A) It had been normal for me to teach my students through social media.
- B) It was normal for me to teaching my students through social media.
- C) It is normal for me to teach my students through social media.
- D) It isn't normal for me to teach my students through social media.

161) My grandfather is used to having nothing to do all day.

The function of the above sentence is .....

- A) describing things that are familiar or customary.
- B) talking about a continuous action in the future.
- C) describing past habits or past states that have now changed.
- D) talking about an action that will be completed by a particular time in the future.

162) One of the following sentences describes past habits or past states that have now changed.

- A) What will we be doing in ten years' time?.
- B) She's lived in the UK for a year. She's used to speaking English now.
- C) She used to be a teacher, but now she's retired.
- D) It is possible that public transport will have improved so much that no one will need their own cars.

163) My grandparents didn't use to send emails when they were my age.

The function of the above sentence is .....

- A) describing things that are familiar or customary.
- B) talking about a continuous action in the future.
- C) describing past habits or past states that have now changed.
- D) talking about an action that will be completed by a particular time in the future.

164) One of the following sentences describes things that are familiar or customary.

- A) What will we be doing in ten years' time?.
- B) She's lived in the UK for a year. She's used to speaking English now.
- C) She used to be a teacher, but now she's retired.
- D) It is possible that public transport will have improved so much that no one will need their own cars.

165) The children had been playing in the yard for two hours.

The function of the above sentence is .....

- A) describing things that are familiar or customary.
- B) talking about actions or situations that were happening up to a specific moment in the past.
- C) describing past habits or past states that have now changed.
- D) talking about an action that will be completed by a particular time in the future.

166) One of the following sentences talks about actions or situations that were happening up to a specific moment in the past.

- A) She **had been cooking** for lunch all morning.
- B) She's lived in the UK for a year. She's **used to speaking** English now.
- C) She **used to be** a teacher, but now she's retired.
- D) It is possible that public transport **will have improved** so much that no one will need their own cars.

**WRITING: For questions ( 167-171), choose the correct answer from A,B,C or D.**

167) These should include moderate exercise and more .....exercise.

- A) strinuous
- B) stranium
- C) strinous
- D) strenuous

168) Different kinds of healthcare centres ....., as well as 188 ..... clinics.

- A) have built / dintal
- B) have been built / dental
- C) has been built / dantel
- D) was built / dential

169) The low infant ..... rate have been ..... factors to Jordan's healthy population growth.

- A) marolity / contribute
- B) murality / contributes
- C) mortality / contributing
- D) mortalety / is contributed

170) The sentence that has been written correctly is:

- A) Doctors often treat infections with antibiotics.
- B) Doctors treat often infections with antibiotics.
- C) Infections often treat with doctors antibiotics.
- D) Antibiotics infection often doctors treat.

171) serious / immunisation / can / prevented / many / be / diseases / by.

The sentence that has the correct order of the words and phrases above is:

- A) Immunisation can be prevented by many serious diseases.
- B) Many serious immunisation can be prevented by diseases.
- C) Many serious diseases can be prevented by immunisation.
- D) Serious diseases can prevented by immunisation be.

**THE END**

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