



وزارة التربية والتعليم

مدارس تقارب



الفصل الدراسي الأول
للعام الدراسي 2022/2021م
Eleventh grade

_____/3

اسم الطالب/ة:
الصف والشعبة:
المادة:
اليوم التاريخ:

Question Number One (10 Points)

Read the following text carefully, and answer all the questions that follow. Your answer should be based on the text .

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 sorted 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. Stages 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 Movement) 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. This stage makes up about 20% to 25% of a young adult's sleeping time.

1. What happens in our brains when we sleep? (2 points)

.....

2. Write down two of sleep benefits. (2 points)

.....

3. According to the five stages of sleep, which one of these stages lasts for the longest time? (2 points)

.....

4. Write the sentence which shows that stage 5 represents mostly 25% of adult's sleeping time. (2 points)

.....

5. What does the underlined word "their" refer to? _____ (1 points)

6. Find out a word that means "deeply and peacefully" _____(1 points)

Question Number Two (6 Points)

- 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. (6 points)**

insomnia / terrified / confident/ snore / muscles / grateful/disorder

1. By the time she reached the top of the hill, the _____ in her legs were aching
2. An example of _____ is how you feel when you are thirsty and someone brings you an icy glass of water.
3. He suffered from _____ and was taking sleeping pills each night.
4. He clearly has some kind of personality _____.
5. She was in a relaxed, _____ mood.
6. People may _____ because they can't breathe well through their nasal cavities

Question Number Three (11 Points)

- A. Choose the correct answer.**

1. "My sister speaks good English." Which word is a verb?
 - a. Sister
 - b. Speaks
 - c. good
2. "Let's watch a funny movie." Which word is a noun?
 - a. Watch
 - b. Funny
 - c. movie
3. "Do you like your new teacher?" Which word is an adjective?
 - a. Like
 - b. New
 - c. teacher
4. I _____ at a bank.
 - a. Work

- b. Works
 - c. working
5. She _____ with her parents.
- a. live
 - b. lives
 - c. living
6. Last year I _____ my holiday in Ireland.
- a. Spent
 - b. Spend
 - c. spending
7. It _____ great.
- a. Is
 - b. Was
 - c. am
8. You and I at the same age.
- a. Am
 - b. Isn't
 - c. Are

B. Arrange the words to make sentences.

- 1. Like/ Andy and John / don't / cola/.
- 2. they / their parents/ help/didn't/ .
- 3. Doesn't/she/have/a./cat
- 4. they / play / a game/ do/?

C. Put the verbs into the correct form.

- 1. I always _____ (not / use) that dictionary.
- 2. We _____ (buy) a new lamp yesterday.
- 3. We _____ (not / plan) our holiday yet.
- 4. Where (be / you) since last week?
- 5. He usually _____ (write) five letters .
- 6. She _____ (not / see) him for a long time.
- 7. School ____ already _____ (start) .