

مذكرات



الإبتداء

English

الفصل الدراسي الاول

٢٠٢٦/٢٠٢٥

66898481



12

غير مصوح
بالتصوير

Lessons 1 & 2

cardiovascular	القلب والأوعية الدموية	geriatric	المسنين
centenarian	عمره مئة عام	honour	يحترم - يكرم - يشرف
commentary	تعليق	integral	أساسي
cycle	يقود دراجة	onerous	شاق - مرهق
elderly	كبار السن	supple	لين - مرن
expectation	توقع	vigorous	نشيط - حيوي

Choose the suitable completion from a), b), c) and d):

- Gloves are made of leather so that fingers can move easily.
a) mental b) supple c) vigorous d) physical
- My parents have offered me all what they could. I must them.
a) honour b) excuse c) cycle d) tax
- My brother usually has an hour of exercising in the morning.
a) supple b) frequent c) appreciated d) vigorous
- As our team trained well, my is that we will win the cup final.
a) expectation b) admiration c) affection d) reverence
- You must wear a crash-helmet when you
a) expect b) cycle c) conceal d) tax

Fill in each space with the suitable word from the list below:

elderly – commentary – cardiovascular – integral – geriatric – onerous

- He is a/an part of the team. We can't do without him.
- It is a /an task to take care of a baby.
- Some people are still in charge of their families.
- The ward in this hospital is under renewal.
- Running for one kilometer a day improves your system.

Lesson 3

chronic	مزمّن	genetic make-up	التركيبية الجينية
deprived of	محروم من	restful	مريح - آمن
drowsy	نعسان	shallow	غير عميق - سطحي

Fill in each space with the suitable word from the list below:

deprived – chronic – shallow – genetic make-up – drowsy – restful

- My mom has been suffering from a disease for ten years.
- I like the sound of the wind in the trees.
- Children must stay in the end of the swimming pool.
- How much sleep we need depends on many factors like our
- People who are of normal sleep might gain weight.

Grade 12

Unit 7

Vocabulary

Lessons 4 & 5

blizzard	عاصفة ثلجية	excuse	عذر
conceal	يخفي	frequently	على نحو متكرر
dispute	نزاع	in spite of	بالرغم من
do away with	يتخلص من - يلغي	make up	(يخترق قصة)
do up	يربط - يثبت	make up for	يعوض
do without	يستغني عن	vicinity	قرب - جوار

Choose the suitable completion from a), b), c) and d):

16. Children are usually unable to the laces of their shoes.
a) make up b) do up c) make up for d) do away with
17. Doctors often advise their aging patients to sugar and salt.
a) do without b) make up for c) do up d) make up
18. He is hurrying on to the lost time.
a) do up b) do away with c) do without d) make up for
19. There is a serious between the manager and the worker.
a) blizzard b) vicinity c) excuse d) dispute
20. A sudden may expose the mountaineers to death.
a) vicinity b) dispute c) blizzard d) excuse

Fill in each space with the suitable word from the list below:

blizzard – make up – in spite of – conceal – vicinity – do away with

21. A new road is being constructed in the of our school.
22. Your room is messy; you must many unnecessary things.
23. their great efforts, they couldn't win the match.
24. Two mountaineers got lost during a in the Alps yesterday.
25. He was late for the meeting and had to an excuse.

Lessons 7 & 8

admiration	إعجاب	due	متوقع - واجب الأداء
affection	محبة - عاطفة	fatal	قاتل - مميت
ailment	مرض - وعكة صحية	life expectancy	العمر المتوقع
bestow	يعطي - يمنح	reverence	تجليل - احترام
deserve	يستحق		

Choose the suitable completion from a), b), c) and d):

26. A headache is a/an that can be cured easily.
a) affection b) ailment c) reverence d) life expectancy
27. Due to the progress made in healthcare, has increased.
a) reverence b) ailment c) admiration d) life expectancy
28. Good health is one of the greatest things Allah upon us.
a) bestows b) deserves c) exports d) does up
29. My for that hardworking man grows every day.
a) obligation b) expression c) admiration d) commentary
30. Mothers have overwhelming for their children.
a) ailment b) affection c) blizzard d) life expectancy

Lessons 1 & 2

almond	لوز	public services	خدمات عامة
depopulation	إخلاء من السكان	reverse	يعكس الاتجاه
deserted	مهجور	rural	ريفي
export	تصدير	socioeconomic	اجتماعي اقتصادي
graduated	مقسم إل درجات	unemployment	البطالة
infrastructure	بنية تحتية	vacant	خالي - شاغر
overcrowding	تكديس سكان	vice versa	العكس بالعكس

Choose the suitable completion from a), b), c) and d):

- Farmers believe that planting trees is very profitable.
a) almond b) depopulation c) export d) unemployment
- The in cities makes many people move to the countryside.
a) export b) overcrowding c) infrastructure d) public services
- There were many seats on the plane during the trip.
a) rural b) graduated c) vacant d) socioeconomic
- Many factors may force people to migrate.
a) vacant b) deserted c) graduated d) socioeconomic
- In laboratories, liquids are often measured by using containers.
a) graduated b) rural c) deserted d) socioeconomic

Fill in each space with the suitable word from the list below:

reverse – rural – depopulation – graduated – vice versa – export

- Farming is the most dominant economic activity in some areas.
- Husbands should respect their wives and
- The new player managed to the result in favour of his team.
- in the countryside may be the result of unemployment.
- The of oil brings many profits to some countries.

Lesson 3

contentment	قناعة ورضا	skyline	خط الأفق
crown jewel	شيء ثمين للغاية	vertical village	مبنى عملاق
demarcation	ترسيم الحدود		

Fill in each space with the suitable word from the list below:

crown jewel – demarcation – vertical villages – skyline – contentment

- When the results were announced, appeared on his face.
- You can get a good view of Kuwait City from the Towers.
- Kuwait Towers are the of the tourist places in Kuwait.
- The river serves as the line of between the two countries.
- help a lot to save farmland as a part of our environment.

Grade 12	Unit 7	Model Answers
1. b)	2. a)	3. d)
5. b)	6. integral	7. onerous
9. elderly	10. cardiovascular	11. chronic
13. shallow	14. genetic make-up	15. deprived
17. a)	18. d)	19. d)
21. vicinity	22. do away with	23. in spite of
25. make up	26. b)	27. d)
		4. a)
		8. geriatric
		12. restful
		16. b)
		20. c)
		24. blizzard
		28. a)

Grade 12	Unit 8	Model Answers
1. a)	2. b)	3. c)
5. a)	6. rural	7. vice versa
9. depopulation	10. export	11. contentment
13. crown jewel	14. demarcation	15. vertical village
17. d)	18. a)	19. d)
21. tranquil	22. hustle and bustle	23. densely
25. narrates	26. leafy	27. residents' parking
		4. d)
		8. reverse
		12. skyline
		16. c)
		20. b)
		24. Hub
		28. palatial

Grade 12	Unit 9	Model Answers
1. a)	2. c)	3. a)
5. b)	6. cookery	7. mass-produced
9. competent	10. fix	11. in parallel
13. contemporary	14. seamlessly	15. platform
17. d)	18. c)	19. b)
21. immobile	22. call the shots	23. ungentlemanly
25. toe the line	26. b)	27. a)
		4. a)
		8. workshop
		12. socialize
		16. a)
		20. d)
		24. put to
		28. b)

Grade 12	Unit 10	Model Answers
1. a)	2. c)	3. b)
5. d)	6. ascend	7. reconstruction
9. exhaustion	10. highlight	11. set a record
13. manned	14. submerged	15. c)
17. b)	18. d)	19. a)
21. visible	22. arson	23. came up with
25. b)	26. a)	27. c)
		4. b)
		8. dizzying
		12. clamber
		16. b)
		20. alight
		24. afflicted
		28. d)

Grade 12	Unit 11	Model Answers
1. c)	2. a)	3. b)
5. d)	6. universe	7. executed
9. sentient	10. revolved	11. dispatched
13. scrutinized	14. approximately	15. perceivable
17. b)	18. c)	19. d)
21. habitation	22. exceptionally	23. astronomical
25. on board	26. abnormal	27. monitor
29. specifically	30. alert	
		4. d)
		8. detriment
		12. obscured
		16. a)
		20. a)
		24. wane
		28. dual

Grade 12	Unit 12	Model Answers
1. d)	2. b)	3. a)
5. c)	6. tour	7. prodigy
9. digits	10. randomly	11. attire
13. sponsor	14. unprecedented	15. reactor
17. accusation	18. highlight	19. extravagantly
21. d)	22. c)	23. a)
25. b)	26. non-invasive	27. recipient
		4. d)
		8. MSc
		12. sewage
		16. agonized
		20. repudiate
		24. c)
		28. gifted

Direct Statements (جمل مباشرة) ⇨ Reported Statements (جمل منقولة)

am/is ⇨ was	has ⇨ had	will ⇨ would	play ⇨ played	played ⇨ had played
are ⇨ were	have ⇨ had	can ⇨ could	plays ⇨ played	saw ⇨ had seen
I ⇨ He/She	me ⇨ him/her	my ⇨ his/her	you ⇨ me/us	yesterday ⇨ the day before
We ⇨ They	us ⇨ them	our ⇨ their	your ⇨ my/our	tomorrow ⇨ the day after
today ⇨ that day	now ⇨ then	... ago ⇨ ... before	this ⇨ that	last ... ⇨ the ... before
tonight ⇨ that night	here ⇨ there		these ⇨ those	next ... ⇨ the following ...

* Ahmed said, "I go to *this* mall by bus."

⇨ Ahmed said (that) he went to *that* mall by bus.

* Sara said, "We are travelling to Dubai."

⇨ Sara said (that) they were travelling to Dubai.

* He said to me, "You came *here* late."

⇨ He told me (that) I had come *there* late.

* Amal said, "My mom is very happy *today*."

⇨ Amal said her mom was very happy *that* day.

* Omar, "I was doing my homework."

⇨ Omar said he had been doing his homework.

Change into reported speech:

1. My friends said, "We went shopping yesterday."

.....

2. The coach told me, "Your brother plays very well."

.....

3. He said to Salim, "I've forgotten your book at home."

.....

4. Huda said, "I will watch the football match with my father."

.....

5. The officer said to her, "You were using the mobile while driving."

.....

From a), b), and c), choose the correct answer as required:

6. My friend told me that he (buy) a new mobile the day before. (Correct the verb)

a) My friend told me that he will buy a new mobile the day before.

b) My friend told me that he had bought a new mobile the day before.

c) My friend told me that he bought a new mobile the day before.

7. "My uncle will start a business project," said Saad. (Report the speech)

a) Saad said that his uncle will start a business project.

b) Saad said that his uncle had started a business project.

c) Saad said that his uncle would start a business project.

8. They said, "We will fly to Austria with our families tomorrow." (Report)

a) They said they would fly to Austria with their families the day after.

b) They said they will fly to Austria with their families the day after.

c) They said they flew to Austria with their families the day after.

9. He told us, "You have to submit your homework next week." (Report the speech)

a) He told us that we had to submit our homework the following week.

b) He told us that we had submitted our homework the following week.

c) He told us that I had to submit my homework the following week.

10. My brother said that he (watch) a film then. (Correct the verb)

a) My brother said that he is watching a film then.

b) My brother said that he watched a film then.

c) My brother said that he was watching a film then.

Direct Question (سؤال مباشر) ⇨ Reported Question (سؤال منقول)

have you? ⇨ I had. are you? ⇨ I was.	will you? ⇨ I would. can you? ⇨ I could.	do you eat? ⇨ I ate. does he go? ⇨ he went.	did you see? ⇨ I had seen. did you go? ⇨ I had gone.
I ⇨ He/She We ⇨ They	me ⇨ him/her us ⇨ them	my ⇨ his/her our ⇨ their	you ⇨ me/us your ⇨ my/our
today ⇨ that day tonight ⇨ that night	now ⇨ then here ⇨ there	... ago ⇨ ... before	yesterday ⇨ the day before tomorrow ⇨ the day after last ... ⇨ the ... before next ... ⇨ the following ...

- * He said to us, "Where are you from?" ⇨ He asked us where we were from.
 * Bader asked Saleh, "How do you feel here?" ⇨ Bader asked Saleh how he felt there.
 * "What have you put in this box?" she asked me. ⇨ She asked me what I had put in that box.
 * I asked Ola, "Did you meet your uncle yesterday?" ⇨ I asked Ola if she had met her uncle the day before.
 * "Do you want eggs for breakfast?" he asked me. ⇨ He asked me if I wanted eggs for breakfast.

Change into reported speech:

11. I asked the man, "How long will you stay there?"

.....

12. Mona said to Nora, "Do you want to play with me?"

.....

13. I said to my friend, "Where did your father park the car?"

.....

14. My friend asked me, "What time is it now?"

.....

15. "Will you come to my party tonight?" said Salim to me.

.....

From a), b), and c), choose the correct answer as required:

16. "Have you ever visited a museum before?" said my friend. (Indirect speech)
 a) My friend asked me if I had visited a museum before.
 b) My friend asked me if I have visited a museum before.
 c) My friend asked me if I visited a museum before.
17. "What did you have for your lunch?" said my mother. (Reported speech)
 a) My mother asked me what I had for my lunch.
 b) My mother asked me what I had had for my lunch.
 c) My mother asked me what I am having for my lunch.
18. "Did you do your homework yesterday?" the teacher asked us. (Report)
 a) The teacher asked us if we did our homework the day before.
 b) The teacher asked us if I had done my homework the day before.
 c) The teacher asked us if we had done our homework the day before.
19. My father asked my brother, "Where were you two hours ago?" (Report)
 a) My father asked my brother where he was two hours before.
 b) My father asked my brother where he had been two hours before.
 c) My father asked my brother where he had been two hours ago.
20. The principal asked students, "Why do you always come late?" (Report)
 a) The principal asked students why they always came late.
 b) The principal asked students why we always came late.
 c) The principal asked students why did they always come late.

Reported commands, requests & negatives (الأمر والطلب في المبني للمجهول)

Command	<i>Direct</i> ⇒	The teacher said to the students, "Write in <i>your</i> notebooks."		
	<i>Indirect</i> ⇒	The teacher ordered the students to write in <i>their</i> notebooks.		
Request	<i>Direct</i> ⇒	Mohammed said to me, "Please give <i>this</i> book to <i>my</i> teacher."		
	<i>Indirect</i> ⇒	Mohammed asked me to give <i>that</i> book to <i>his</i> teacher.		
Negative	<i>Direct</i> ⇒	My doctor said to me, "Don't go to bed very late"		
	<i>Indirect</i> ⇒	My doctor advised me not to go to bed very late.		
I ⇒ He/She We ⇒ They	me ⇒ him/her us ⇒ them	my ⇒ his/her our ⇒ their	you ⇒ me/us your ⇒ my/our	yesterday ⇒ the day before tomorrow ⇒ the day after
today ⇒ that day tonight ⇒ that night	now ⇒ then here ⇒ there	... ago ⇒ ... before	this ⇒ that these ⇒ those	last ... ⇒ the ... before next ... ⇒ the following ...

Change into reported speech:

21. The police officer said to her, "Open the door."
.....
22. My father said to my brother, "Don't waste your time on TV."
.....
23. My sister said to me, "Please help me with my homework."
.....
24. The policeman said to the taxi driver, "Never park your car on the pavement."
.....
25. Our teacher said to Abdulah, "Help your friend with his school project."
.....

From a), b), and c), choose the correct answer as required:

26. The doctor said to him, "Be careful when you use the stairs." (*Report*)
 a) The doctor advised him be careful when he used the stairs.
 b) The doctor advised him to be careful when he used the stairs.
 c) The doctor advised him to be careful when he was using the stairs.
27. "Don't leave me alone here," the wife said to her husband. (*Indirect speech*)
 a) The wife asked her husband not to leave him alone there.
 b) The wife asked her husband not to leave her alone there.
 c) The wife asked her husband to leave her alone there.
28. "Don't forget your passports," said the travel agent to them. (*Indirect speech*)
 a) The travel agent asked them not to forget their passports.
 b) The travel agent asked them not to forgot their passports.
 c) The travel agent asked them not to forget our passports.
29. "Never play with matches in your room," Mr. Meshal said to Bader. (*Report*)
 a) Mr. Meshal advised Bader not to play with matches in her room.
 b) Mr. Meshal advised Bader to play with matches in his room.
 c) Mr. Meshal advised Bader not to play with matches in his room.
30. My mother said to my sister, "Do your best at school." (*Reported speech*)
 a) My mother asked my sister to do my best at school.
 b) My mother asked my sister to do her best at school.
 c) My mother asked my sister do her best at school.

Grade 12

Unit 7

Model Answers

1. My friends said that they had gone shopping the day before.
2. The coach told me that my brother played very well.
3. He said to Salim he I had forgotten his book at home.
4. Huda said she would watch the football match with her father.
5. The officer said to her that she had been using the mobile while driving.
6. b) 7. c) 8. a) 9. a) 10. c)
11. I asked the man how long he would stay there.
12. Mona asked Nora if she wanted to play with her.
13. I said asked my friend where his father had parked the car.
14. My friend asked me what time it was then.
15. Salim asked me if I would come to his party that night.
16. a) 17. b) 18. c) 19. b) 20. a)
21. The police officer ordered her to open the door.
22. My father told my brother not to waste his time on TV.
23. My sister asked me to help her with her homework.
24. The policeman told the taxi driver not to park his car on the pavement.
25. Our teacher asked Abdulah to help his friend with his school project.
26. b) 27. b) 28. a) 29. c) 30. b)
31. made 32. made 33. do 34. make 35. done
36. did 37. Do 38. make 39. do 40. doing
41. a) 42. d) 43. c) 44. b) 45. c)
46. a) 47. d)

Grade 12

Unit 8

Model Answers

1. Seldom have I been so upset about something.
2. Never have I been so proud of you!
3. Only did she now understand the problem.
4. So strange was the situation that I could not sleep.
5. Rarely had he seen something that made him so happy.
6. Never had they seen such a beautiful sight.
7. Little did I expect to see my friend at the library.
8. Not only did they rob the house but also smashed everything.
9. c) 10. a) 11. c) 12. c) 13. b)
14. a) 15. c) 16. c) 17. a) 18. b)

Grade 12

Unit 9

Model Answers

1. I had my car repaired.
2. Amal would have the dress made for her.
3. Salim is going to have his photo taken.
4. My father has his car washed.
5. We have had the trees cut down in our garden.
6. You have your garden watered.
7. She will have the files arranged in the morning.
8. He has had the lectures presented.
9. No, he was having the computer fixed.
10. I have the trees cut.
11. b) 12. a) 13. c) 14. d) 15. a)

Language Functions

1) Invitation (توجيه الدعوة)

- | | |
|--|--|
| ◆ I'd like to invite you to | ◆ Would you like to come to |
| ◆ How about (v+ing)? | ◆ Do you want to |
| Accepting an invitation (قبول الدعوة) | Refusing an invitation (رفض الدعوة) |
| ♣ Thank you. I'd love to. | ♣ I'm sorry I can't. |
| ♣ I'd be pleased to come. | ♣ I wish I could, but I have work to do. |

2) Agreeing and Disagreeing (الموافقة وعدم الموافقة على الرأي)

Agreeing (الموافقة)

- ◆ I completely agree.
- ◆ That's what I think.
- ◆ Absolutely! / Exactly!
- ◆ I can't agree more.

Disagreeing (عدم الموافقة)

- ◆ No, I disagree (with you).
- ◆ Yes. / OK, but
- ◆ You're right, but
- ◆ I don't think so.

3) Asking for Advice (طلب النصيحة)

- ◆ Can you give me some advice about
- ◆ Can I ask your advice about
- ◆ What do you think I should do about ...?
- ◆ What would you do if you were me?

4) Giving Advice (إعطاء النصيحة)

- | | |
|-----------------------------------|----------------------------|
| ◆ If you ask me, you should | ◆ Why don't you |
| ◆ If I were you, I'd | ◆ How about (v+ing)? |
| ◆ You ought to | ◆ You'd better |

5) Asking People for Help (طلب المساعدة)

- | | |
|-------------------------------------|---------------------------------------|
| ◆ Could you, please? | ◆ Can you, please? |
| ◆ Would you do me a favour, please? | ◆ I wonder if you could help me |

6) Asking for Permission (طلب الإذن)

- | | |
|--|--|
| ◆ May/Could/Can I | ◆ Is it all right to |
| ◆ Is it Ok if I | ◆ Do you mind if I |
| Giving permission (إعطاء الإذن) | Refusing permission (رفض إعطاء الإذن) |
| ♣ Certainly./Sure./Here you are. | ♣ Sorry, you can't/couldn't/may not. |
| ♣ Yes, of course./Of course. | ♣ Well, I'd rather you didn't. |

7) Gratitude (الشكر)

Thanking (الشكر)

- ◆ Thank you.
- ◆ Thanks a lot.
- ◆ Kind of you.
- ◆ I appreciate it.

Replying (الرد على الشكر)

- ♣ You're welcome.
- ♣ Not at all.
- ♣ Don't mention it.
- ♣ It's a pleasure.

8) Making Offers (تقديم عرض أو خدمة)

- | | |
|------------------------------|------------------------------|
| ◆ Shall/Can I for you? | ◆ Would you like me to |
|------------------------------|------------------------------|

Grade 12

Unit 7

Set Book Questions

1. **Sleep is essential for a person's health and well-being. Explain**
 - Sleep helps the body to relax and to regain activity and energy and helps the brain to retain information.
2. **How can you keep mentally and physically fit and active?**
 - We can solve crossword puzzles.
 - We should read books.
 - We should play sport.
 - We should eat healthy food.
3. **What are the best ways of ensuring a long life?**
 - Staying active physically and mentally.
 - Having a good social life
4. **Suggest practical ways to show appreciation and respect to the elderly.**
 - We can hold the door open for them.
 - We should visit them very often.
5. **Staying physically active ensures a long life. Explain.**
 - It helps us sleep well.
 - It helps to keep muscles supple.
6. **Why has life expectancy been raised in Kuwait recently?**
 - Because of the advanced medical care.
 - Because of following a healthy lifestyle.
7. **Lack of sleep leads to bad effects. Discuss.**
 - It can lead to obesity.
 - It can cause accidents.
8. **Why do you think it is important to get enough sleep?**
 - It helps retain information.
 - It reduces mistakes.
9. **Geriatric homes are very rare in Kuwait and the Arab world. Explain.**
 - Islam teaches us to take care of the elderly.
 - Because our traditions force us to care for the elderly.
10. **Why should we show respect to the elderly?**
 - Because Islam teaches us to respect them.

1. What are the consequences of rural depopulation?

- Deserted villages
- Overcrowded cities

2. How can we make life in the city better?

- Solving the problem of over crowdedness.
- Reducing noise and pollution.

3. Why do more wealthy people move to the countryside?

- To escape from the pollution in the cities.
- To enjoy the fresh air there.

4. Why do some people leave their homes in villages to live in cities?

- To get better jobs.
- To be near public services.

5. City life has many disadvantages. Mention some

- Overcrowding problems.
- Traffic jams.

6. Village life has many disadvantages. Mention some

- Fewer job chances.
- No fun places.

7. Describe a place you like to live in.

- It should be pollution free and calm.

8. Living in a village or in a city; which would you choose? Why?

- I would choose to live in the city to enjoy all the modern life there.

9. Why do some people prefer living in the countryside?

- They enjoy healthy environment and like living in a friendly community.

10. Suggest solutions to make city life less stressful for the people who live there.

- People should join sport clubs, attend concerts, and engage in cultural activities.

Health and healthy mind (How to ensure a long life)

Introduction: Health is better than wealth.

Body 1: Health of the body:

- a balanced diet
- vegetables, fruits, dates
- homemade (no junk foods)
- doing exercise

Body 2: Health of the mind:

- reading books
- crossword puzzle
- playing chess
- reading Quran

Conclusion: We must be aware of the importance of healthy habits and lifestyles.

“Health is better than wealth.” This is a very old proverb. It means that there is nothing better than good health and nothing worse than bad health. As we know that we can't separate a healthy body from a healthy mind as they are interrelated together.

We should do a lot of things to have a healthy body. We should follow a balanced diet. We should **also** focus on vegetables, fruit, dates, and fish. **Moreover**, we should eat homemade food and avoid junk food. **In addition**, we should do exercises to make our bodies fit and strong.

How can we make our minds healthy? Reading books is one of the best ways. **Also**, doing a crossword puzzle is a useful way to exercise our minds and help to keep us mentally fit. **Moreover**, we may play chess every now and then. **In addition**, we should recite the Holy Quran daily.

We must be aware of the importance of healthy habits and lifestyle. If one loses their health, they can never enjoy life. In my opinion, So, it's not difficult to stay healthy only if we want to.



The importance of sleep

Introduction: Experts frequently state that sleep is essential for a person's health and wellbeing.

Body 1: Why we need sleep:

- rest after being tired
- keep fit
- good memory
- avoid mistakes

Body 2: What would happen if we didn't get enough sleep?

- bad memory
- inability to concentrate
- physically unfit
- in a bad mood

Conclusion: Sleep is a real blessing.

Experts frequently state that sleep is essential for a person's health and wellbeing. They say that we need it for many reasons. They also warn us that sleep loss leads to many health problems.

Of course everybody needs to sleep for many reasons. **First**, we need sleep when we are tired after too much work or effort. **In addition**, enough sleep is essential for being fit. **Moreover**, sleep gives you a better memory. **Also**, when you get enough sleep, you are sober and avoid mistakes.

But what would happen if we didn't get enough sleep? **First**, we would have a bad memory. We would **also** be unable to concentrate on our daily tasks. **Moreover**, we would be physically unfit. In addition, having few hours of sleep makes you in a bad mood most of the time.

Finally, sleep is a real blessing from Allah. If we use it properly, we can enjoy our life mentally and physically. If we don't get enough sleep, we will suffer bad results.

Grade 12

Reading Comprehension 1

Read the following passage carefully, then answer the questions below:

Who do you think is the most successful? Who do you think is the least successful? To answer these questions, we first need to define success. Everyone has a different definition. Many of us place great value on performance, on achievements, or on reaching various goals. Others associate success with material things, measuring it by how much one can **acquire**. Others measure success by how much they can contribute to the well-being of their families, or to the community and society in general. There are many other definitions, but mostly success is associated with becoming rich, famous, and respected at work.

Yet, it doesn't have to be that way. Being successful could mean simply being satisfied with oneself and one's career. For many people, a successful person is someone who feels that their work and life in general offer an exceptionally high degree of satisfaction. It seems that successful people consistently do two things. First, they use their natural abilities in their work. Second, they set career and life goals.

In other words, successful people choose careers where they can use their natural abilities. Successful people know where **they** are starting from, and what direction they want to give their lives and careers, even if it is something as simple as raising a happy family. In short, knowing your natural abilities and setting your life goals put you on your way to having a successful life.

a) Choose the best completion from a), b), c) and d):

- The best title for this passage can be:
 - Becoming rich
 - Tips for success
 - Being satisfied
 - The community and society
- The main idea of the 2nd paragraph is:
 - success is only about material achievements
 - successful people depend only on their natural abilities
 - satisfaction is the true measurement of success
 - only intelligence leads to success
- The underlined word "**acquire**" in the 1st paragraph means:
 - measure
 - define
 - value
 - earn
- The underlined pronoun "**they**" in the 3rd paragraph refers to:
 - successful people
 - natural abilities
 - life goals
 - satisfactions
- The writer's purpose of writing this passage is to:
 - show us how to be rich
 - state what success is about
 - convince us to have a family
 - tell us about the best career

b) Answer the following questions about the passage:

6. How can society benefit from successful people?

.....

7. Why isn't success easy?

.....

8. What puts you on the right way to success?

.....

9. How can you define the word "success"?

.....

Grade 12**Reading Comprehension 1**

1. b) 2. c) 3. d) 4. a) 5. b)
6. They contribute to the community and society in general.
7. Because it needs a lot of effort and determination.
8. When I use my natural abilities and set goals for myself.
9. I think it means having a good job and a happy family.

Grade 12**Reading Comprehension 2**

1. c) 2. b) 3. c) 4. d) 5. d)
6. They recommend flossing every day.
7. They get into the blood and the blood gets into the heart.
8. It removes the food stuck between teeth.
9. Because of the germs found in the mouth.

Grade 12**Reading Comprehension 3**

1. a) 2. a) 3. c) 4. d) 5. c)
6. She told him that she had to catch the train which leaves at two-thirty.
7. To wait for Helen to get on the bus.
8. Because they crashed into each other.
9. She would have missed the train.

Grade 12**Reading Comprehension 4**

1. c) 2. a) 3. b) 4. d) 5. b)
6. You will need to buy only one book in the future.
7. The problem I might face is the power cut.
8. Because they are much cheaper than e-books./Books need no power source.
9. I'd like to have e-books because they are easy to carry around wherever I go.

Grade 12**Reading Comprehension 5**

1. c) 2. d) 3. c) 4. b) 5. a)
6. Because they are cheaper and easy to wash./They can last longer.
7. Animals supply wool, silk, leather and fur for making clothes.
8. The natural material that can be taken from plants is cotton.
9. Because all types of clothes are available at the markets now.

Grade 12**Reading Comprehension 6**

1. d) 2. d) 3. b) 4. a) 5. c)
6. He always chooses the one with no wrinkles.
7. So that it will not get soggy from contact with other ingredients, the lights, or the humidity in the room.
8. The inside is left raw so that the meat remains moist.
9. They are either painted on or seared into the meat using hot metal skewers.