

### Vocabulary

**\*Choose the correct answer from a, b, c and d:**

1- Some exercises make you more ..... such as yoga.

- a- adequate                      b- flexible                      c- capable                      d- casual

2- Smoking may ..... to cancer disease.

- a- lead                      b- float                      c- require                      d- lack

3- ..... is the power to pull things to the Earth.

- a- Sight                      b- Amount                      c- Theme                      d- Gravity

4- Car accidents happen ..... in the morning because of traffic jam.

- a- recently                      b- extremely                      c- incredibly                      d- frequently

**\*Fill in the spaces with the most suitable word from the list:**

(obesity / cool down / risk / dispose of / trap)

5- The doctor advised me to ....**dispose of**... all expired medicines.

6- The bird was caught due to a .....**trap**.....

7- Stretching is good to .....**cool down**.... your body.

8- My neighbor was sent to the hospital because of ...**obesity**....



**\* Answer the following questions about the passage:**

1- Why computers won't replace books entirely?

-One reason is that books on paper are much cheaper than computers

-Books don't need a power source either

-You can read a book for as long as you want and wherever you want.

2- Do you think the electronic book will be ready in the future? How do you know?

-Yes, I think. Professor Joseph Jacobson is working on this book these days.

**-Grammar-**

**\* -Read the paragraph and choose the correct answer:-**

Jassim has (wait – **waited** – waiting) for the bus for thirty minutes. The bus didn't arrive. He (ride – **rode** – ridden) his own bike to arrive his work. (**Riding** – Ride – Ridden) a bike is good for our body. It (strengthen – **strengthens** – strengthening) our muscles.

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**\*-Do as shown between brackets:-**

1- My brother is short. He can't play with the basketball team. (Join: too....to)

...**My brother is too short to play with the basketball team**.....

2- It is important to studies early for the exam. (Correct)

...**It is important to study early for the exam**.....

3- The merchant travels to Japan three times a year. (Ask a question)

...**How often does the merchant travel to Japan?**.....

## Writing

Plan and write two paragraphs of (10 sentences) on "**How to keep fit**". The following main ideas may help you:

**1<sup>st</sup> main idea: importance of being fit**

**2<sup>nd</sup> main idea: Types of exercise**

**Plan your topic here**

**How to keep fit**

**Importance  
of being fit**

- keep fit
- daily tasks
- equipment
- walking
- stairs

**Types of  
exercise**

- aerobic
- heart and lungs
- resistance
- muscles
- stretching

## **How to Keep Fit**

**It is important to keep fit. When you are fit, you can do daily tasks easily. Most exercises don't need any equipment. For example, walking is very easy exercise. Also, you can take the stairs rather than the lift.**

**There are three types of exercise. Aerobic exercise, such as swimming, makes your hearts and lungs work hard. Resistance exercise, such as weight-lifting, builds our muscles. Stretching exercise, such as yoga, makes you flexible. It is important to try all the types of exercise.**

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<b>Rubrics</b>	<b>Mark</b>	<b>Total Mark</b>
<b>Planning (mind mapping / graphic organizers)</b>	<b>3</b>	
<b>Exposition of ideas and coherence</b>	<b>10</b>	
<b>Paragraphing and number of sentences</b>	<b>3</b>	
<b>Grammar</b>	<b>1</b>	
<b>Spelling</b>	<b>1</b>	
<b>Handwriting and punctuation</b>	<b>2</b>	