



Remedial Exercises

Grade 10
First Period



Remedial Exercises

I. Vocabulary

A) Choose the most suitable answers from a, b, c and d:

1. In cold climate, houses need to have walls that..... heat.
- a) neutralise b) absorb c) boost d) metabolise
2. Many ensure the importance of selecting the healthy food.
- a) vitamins b) proteins c) dieticians d) antioxidants
3. Caffeine, which is found in coffee, is a mild.....
- a) stimulant b) eatery c) arthritis d) nutrition
4. This train is with people. Let's find a taxi.
- a) atmospheric b) grilled c) crammed d) organic
5. I think he doesn't eat meat because he is.....
- a) vegetarian b) probiotic c) digestive d) wholesome

B) Choose the most suitable answers from a, b, c and d

1. We should our classroom with beautiful designs.
- a) benefit b) combat c) evoke d) adorn
2. Good prevents diseases and makes our bodies strong.
- a) obesity b) arthritis c) fatigue d) nutrition
3. I prefer meat because it tastes more delicious.
- a) residential b) substantial c) cursive d) grilled
4. He was fired from his work because he had behaved.....
- a) irresponsibly b) slightly c) richly d) consistently

5. People in some areas of Africa and Asia suffer from.....
- a) malnutrition b) eatery c) specialty d) fanatic

C) Choose the most suitable answers from a, b, c and d

1. The manager will not attend the meeting in Dubai, he will send a/an
- a) tolerance b) delegate c) creed d) account
2. We need to go on international dialogues for a peaceful life.
- a) calligraphy b) deficiency c) tolerance d) interfaith
3. We usually this distance in three hours.
- a) conduct b) embellish c) cover d) adorn
4. Education should be to the child's needs.
- a) relevant b) interfaith c) cursive d) high-ranking
5. This statue has been built to the 5th anniversary of Kuwait liberation.
- a) master b) paraphrase c) combat d) commemorate

D) Choose the most suitable answers from a, b, c and d

1. You should consult a/an To help you lose weight.
- a) vitamin b) aspiration c) dietician d) tolerance
2. We should our classroom with beautiful designs.
- a) benefit b) combat c) evoke d) adorn
3. We will move to a villa with a big garden
- a) cramped b) spacious c) sturdy d) diverse

4. Mc Donalds is one of the best in town.

- a) seminars b) boutiques c) councils d) eateries

5. I'm..... upset because she forgot my birthday.

- a) slightly b) richly c) irresponsibly d) consistently

E) Choose the most suitable answers from a, b, c and d

1- People in some areas of Africa and Asia suffer from.....

- a) malnutrition b) eatery c) specialty d) fanatic (repeated)

2- I prefer the new restaurant because it is so relaxing and

- a) wholesome b) vegetarian c) crammed d) atmospheric

3- Warm countries old people who suffer from arthritis.

- a) appeal to b) comprise c) boost d) combat

4-is a chemical substance found in coffee and tea.

- a) Caffeine b) Protein c) Dietician d) Vitamin

5- It's better to eat food which is rich inlike spinach.

- a) stimulant b) caffeine c) iron d) deficiency

A) Fill in the spaces with words from the list:

(master- evoke - interfaith - forecourt - vitamins - appeals to)

1. The new restaurant provides a menu that everyone.

2. Vegetables and fruits are rich in Eat as much as you can.

3. In order to.....the English language ,you need to take an extensive course.

4. The best way for establishing peace is throughdialogues.

5. The new villa is really spacious, besides, the.....can be used for open parties.

B) Fill in the spaces with suitable words from the list :

(**chic - apprehensive - benefited - evokes - renowned - forecourt**)

1. Most students wereabout their forthcoming exams.
2. The Sydney Opera Housethe style of a ship.
3. Most people admire a person who always looks very
4. William Shakespeare is a/an.....dramatist in the English literature.
5. Most people have greatlyfrom the Internet.

C) Fill in the spaces with the suitable words from the list :

(**consistently - pilgrimage - aspiration - seminars - mentor - richly**)

1. This villa is very expensive. It is..... decorated.
2. You are the best..... , without you , I wouldn't have been in this position.
3. Being a doctor is Mona's.....
4. Kuwait arranged many to raise the awareness between people.
5. My sister.....rejects my ideas about the way we should spend free time.

D) Fill in the spaces with the suitable words from the list :

(**arthritis - irresponsibly - malnutrition - proteins - pomegranate - comprises**)

6. Behaving so..... is John's nature.
7. Many children die every year because of.....
8. My flat.....2 bedrooms, a bathroom and a living room.
- 9- Eggs and milk provide children with the their bodies need.
- 10- My grandfather suffers from..... He is over seventy.

E) Fill in the spaces with the suitable words from the list :

(design - foundations - slightly - evoke - gourmand - brand)

1. Fatma is better now. She was suffering a lot in the morning.
 2. Old songs sometimes..... memories of the past.
 3. He enjoys eating good food as he considers himself a
 4. The explosion was heard over a mile away. It shook the of the houses nearby.
 5. This appeals to me. It is fashionable and very popular.
-

II. Grammar

A) Choose the correct answers from a, b, c and d :

1. While I back to my home , I met two of my neighbours.
a) walked b) am walking
c) was walking d) walks
2. My friend and I were swimming in the sea when we a huge shark.
a) see b) saw
c) had seen d) have seen
3. We've been watching TV. two hours.
a) since b) for
c) ago d) just
4. I saw a terrible accident on the cornerthe street.
a) of b) for
c) with d) at
5. My birthday is the second of July.
a) in b) at
c) by d) on

1-B) Choose the correct answers from a, b, c and d:

1. I bought that..... car. It was the best in the market.
a) American red big b) big red American
c) red big American d) American big red
2. Was he playing basketball well? Yes.....
a) he does b) he is
c) he doesn't d) he was
3. I want to build a villa in Kuwait City.
a) grey round small b) round grey small
c) grey small round d) small round grey

4. My friend fell down he was playing football.
- a) while
b) if
c) so
d) whether
5. What do you think of that.....building?
- a) grey – big - round
b) big – grey - round
c) grey – round - big
d) round – big - grey

C) Choose the correct answers from a, b, c and d :

1. I have been studying English 1999.
- a) yet
b) ever
c) since
d) for
2. To be honest, I a musical instrument.
- a) have ever played
b) have never played
c) ever have played
d) has never played.
3. This sofa is even..... than the red one.
- a) more comfortable
b) comfortable
c) as comfortable
d) the most comfortable
4. I think English is one of languages in the world today.
- a) important
b) more important
c)most important
d) the most important
5. This story is than the old one.
- a) good
b) better
c) best
d) the best

D) Choose the correct answers from a, b, c and d

1.Sara nor Mariam can drive a car.
- a) Both
b) Either
c) Neither
d) Not only
2. does he swim, but he can also skate.
- a) Neither
b) Not only
c) Both
d) Either

3. I can't forget the places we used to play.

- a) what
- b) where
- c) which
- d) when

4. this man is weak, he insists on doing his work.

- a) In spite of
- b) Because
- c) Although
- d) After

5. I visited Italy Monday.

- a) on
- b) at
- c) in
- d) for

A) Do as shown between brackets:

1. We stayed in a super hotel during our last holiday. **(Form a question)**

.....

2. He gives us homework daily, ? **(Tag question)**

3. They have already finished writing the reports. **(Make negative)**

.....

4. The government built some big hospitals. **(Change to Passive)**

.....

5. If you walk fast, you will arrive early. **(Begin with: The faster)**

.....

B) Do as shown between brackets:

1. She will either study French or English. **(Make negative)**

.....

2. Ali travelled to Spain with his friends. **(Form a question)**

.....

3. I bought a (leather – French – green) bag. **(Reorder the adjectives)**

.....

4. Our Flat has three bedrooms. **(Use a compound adjective)**

It's a flat.

C) Do as shown in brackets :

1. It is a journey of 20 kilometres. (Use compound adjective)
.....
2. He is tall. His father is tall. (Use as.....as)
.....
3. She studies hard. She attends regularly. (Join using: not only.....but also)
.....
4. I bought a (plastic , beautiful, large) toy house. (Reorder the adjectives)
.....
5. They arrived yesterday. (Form a question)
.....

D) Do as shown in brackets:

1. The United Nation was formed in 1945. (Form a question)
.....
2. Mr. Adam will open a new eatery in our area. (Make negative)
.....
3. They have finished their project (Make negative).
.....
4. My brother gave me (red/ beautiful / large) roses (Reorder the adjectives)
.....
5. If I forget to warm up, I (Complete)

E) Do as shown in brackets :

1-My father was driving fast when I phoned him.

(Form a question)

.....

2-They played tennis although the weather was bad.

(Use In spite of)

.....

3- She had a meal with three courses.

(Use compound adjectives)

.....

4- I bought a (plastic, beautiful, large) toy house.

(Reorder the adjectives)

.....

5- He goes to the club three times a week.

(Form a question)

.....

III. language Functions

A) Write what you would say in the following situations:

1. You are in a restaurant and your friend is not sure what to order.

.....

2. Your brother wants to drive your father's car without a license.

.....

3. Your friend would like to go to a party instead of revising for the exam.

.....

4. My brother passed the final examinations with flying colours.

.....

5. Your teacher says that practicing sports is good for health.

.....

B) Write what you would say in the following situations:

1. Someone tells you that it is not important to study English.

.....

2. Your friend didn't come to school today.

.....

3. Your father asks how you would like to spend the holidays.

.....

4. You didn't understand what your teacher explained in the class.

.....

5. Your father has cholesterol but he orders fatty food at the restaurant.

.....

C) Write what you would say in the following situations:

1. Your sister always complains of a terrible headache

.....

2. Your father is very tired. He has been working very hard.

.....

3. Your sister asks an opinion of a picture she has drawn.

.....

4. A friend of yours is playing with a sharp knife

.....

5. The Ministry of Transport is going to build a new airport in Al Wafra

.....

D) Write what you would say in the following situations:

1- Your dad eats food that is full of saturated fat.

.....

2- Your friend thinks e-books are useful nowadays.

.....

3- You want to talk about your plans after graduation.

.....

4- Your sister thinks that learning about the past has no value for us.

.....

5- Your mother bought you a new mobile for your birthday.

.....

IV. Set book Questions

Answer the following questions:

1) Why is green tea important for the body?

.....
.....

2) What are the benefits of good bacteria?

.....
.....

3) What is the role of the United Nations (UN)?

.....

4) Why is 360° Kuwait described as monumental?

.....

5) Antioxidants are good for the body. Give reasons.

.....

6) Why do you think building impressive buildings is important?

.....

7) In your opinion, what are the benefits of wearing traditional clothes in our country?

.....
.....

8) How can we show respect to other cultures?

.....
.....

9) Following a vegetarian diet irresponsibly might be dangerous. Comment.

.....
.....

10) Water is important for a healthy body. Explain.

.....
.....

11) Why are carbohydrates vital for all athletes?

.....
.....

12) What is the importance of mentoring in our life?

.....
.....

13) Why is it important to respect and tolerate other faiths and creeds?

.....
.....

14) Mention two examples of Islamic Arts.

.....
.....

15) The book of Ibn Khaldoun is well-organized and well written. How?(not general)

.....
.....

16) Name some famous buildings in the world.

.....
.....

17) Why are antioxidants good for our body?

.....
.....

18) What has Kuwait done to promote religious tolerance?

.....
.....

19) Why is the 360 mall called an edutainment centre?

.....
.....

20) What will happen if game characters become more intelligent? (not general)

.....
.....

21) Mention some virtues that Ramadan teaches us.

.....
.....

22) How can you help to protect wildlife in your area?

.....
.....

23) Why is home-made food considered to be healthier?

.....
.....

24) What are the benefits of dark chocolate?

.....
.....

25) What are the benefits of vitamins?

.....
.....

26) What are the disadvantages of a vegetarian lifestyle?

.....
.....

27) In what ways can people show respect to other cultures?

.....
.....

28) Mention two things that should be included in a book review.

.....
.....

29) What is the importance of mentoring in our life?

.....
.....

V. Literature Time

Answer the following questions:

1. What are the qualities of good friends?

.....
.....

2. What do you think we should do to avoid boredom and stress?

.....
.....

3. In your opinion, what makes a sea trip more dangerous than a river trip?

.....
.....

4. In your point of view, how can people be successful at work?

.....
.....

5. If you intend to go on a camping trip, what precautions will you take to ensure your safety?

.....
.....

6. In your opinion, how can people be successful at work?

.....
.....

7. What makes a story appealing to most readers?

.....
.....

8. It is very important to be hopeful. Explain.

.....

9. Why do people go on a holiday?

.....

10. What preparations would you make before going on a river trip?

.....

.....

11. What kinds of dangers would you face on a sea trip?

.....

12. Change is important in life. Explain.

.....

.....

13. If you were suffering from health problems, would you decide to go on a river trip?

Why? Why not?

.....

.....

14. Having too much luggage while travelling is really a great problem .Justify your answer.

.....

.....

VI. Writing

1) The world needs peace. Most often countries fight due to disagreements and lack of cooperation and this disturbs the peace of the world

Write a report of (10 sentences) about the importance of peace and how we can ensure peace and safety in our world.

The following ideas might help you:

The Importance of peace

How to spread peace and understanding.

How to respect other cultures

Outline

2) Kuwait is a beautiful country with many sites that attract tourists from all over the world. It has traditional and modern buildings that can make it a special place to visit.

Write an email, not less than 10 sentences to your friend Emily in U. K, inviting her to visit Kuwait and stating the most interesting places and things you can do in Kuwait. Your name is Amal.

These ideas might help you:

- Interesting places to visit in Kuwait
- Things that you both can do

Outline



Write your topic here

A series of 25 horizontal dotted lines for writing.

- 3) Living a healthier life can not only extend your life, it can also improve its quality. Feeling physically better and having control over your own life can greatly increase your mental health as well.

Plan and write a report of (10 sentences) about how to improve your quality of your life.

These ideas could help you:

- Improving your diet
- Exercising regularly
- Improving your mental health.

Outline



4) Some people regard video games as harmless fun, or even as a useful educational tool. Others, however, believe that video games are having an adverse effect on the people who play them. In your opinion, do the problems of video games outweigh the benefits?

Plan and write a report of (10 sentences) arguing and stating your opinion. Justify your opinion with specific reasons

These ideas can help you:

- Explain the benefits of video games
- State the problems and the drawbacks
- Write your opinion

Outline

Reading Comprehension

Read the following passage, then answer the questions below:

Christopher Columbus was the first to take cacao beans from the New World to Europe in around 1502. But the history of chocolate goes back at least 4,000 years! The Spanish explorer Hernando Cortez went to America in 1519. He visited the Mexican emperor Montezuma. He saw that Montezuma drank cacao mixed with vanilla and spices. Cortez took some cacao home as a gift to the Spanish king Charles. In Spain, people began to drink Cortez's chocolate in a drink with chili peppers. However, the natural taste of cacao was too bitter for most people. To sweeten the drink, Europeans added sugar to the cacao drink. As a sweet drink, it became more popular. By the 17th century, rich people in Europe were drinking it. Later, people started using chocolate in pastries, like pies and cakes.

In 1828, Dutch chocolate makers started using a new process for removing the fat from cacao beans. The Dutch chocolate maker Conrad J. Van made a machine that pressed the fat from the bean. The resulting powder mixed better with water. Now, some call Van's chocolate "Dutch chocolate". It was easy to mix Dutch chocolate powder with sugar. So other chocolate makers started trying new recipes that used powdered chocolate. In the 19th century, the Swiss started making milk chocolate by mixing milk powder with sweetened chocolate. Milk chocolate has not changed much since then.

Today, Brazil owns almost half of the world's chocolate. The United States imports most of the chocolate in the world, but the Swiss eat the most chocolate in the world. The most chocolate eaten today is sweet milk chocolate. People also eat white chocolate and dark chocolate. Cocoa and dark chocolate are believed to help prevent heart attacks, or help keep them from happening. They are supposed to be good for the circulatory system. They help the body's cell resist damage caused by pollution. On the other hand, the high fat content of chocolate can cause weight gain which is not good for people's health. Some researches show that chocolate could be good for the brain.

A. From a, b, c and d choose the best answer: (4x 10=40)

1. The title for the passage is

a) The journey of Christopher Columbus.	b) The European Food.
c) The History of Chocolate.	d) The Good Food for the Brain.

2. The best synonym for pastries is

a) sweet baked goods.	b) bitter-tasting drinks.
c) chocolate bars.	d) fizzy drinks.

3. The word it in the first paragraph refers to

a) sugar	b) cacao drink
c) Europe	d) vanilla

4. The main idea of paragraph two is

a) The chocolate for the brain.	b) The discovery of chocolate.
c) The process of changing chocolate.	d) The most chocolate eaten.

B. Answer the following questions:

5. What did Europeans add to sweeten the cacao drink?

6. How did the Swiss make milk chocolate?

Summary Making

In not less than 4 sentences, summarize paragraph 3 stating how eating chocolate can help human body.

.....

.....

.....

.....

.....

Translation

Translate the following into good Arabic

In Spain people began to drink Cortez's chocolate in a drink with chili peppers. However, the natural taste of cacao was too bitter for most people. To sweeten the drink, Europeans added sugar to the cacao drink. As a sweet drink, it became more popular.

.....

.....

.....

.....

.....

Translate into good English

1- اثبت الباحثون بانه عندما تأكل 100 جرام من الشوكولاتة الداكنة، فانها تساعد على خفض ضغط الدم.

.....

.....

2- العقل السليم في الجسم السليم.

.....

.....

2) Reading comprehension

A -Read the following passage then answer the questions below:

For many people who live in cities, parks are an important part of the landscape. They provide a place for people to relax and play sports, as well as a refuge from the often harsh environment of a city. What people often overlook is that parks also provide considerable environmental benefits.

One benefit of parks is that plants absorb carbon dioxide—a key pollutant—and **emit** oxygen, which humans need to breathe. According to one study, an acre of trees can absorb the same amount of carbon dioxide that a typical car emits in 11,000 miles of driving. Parks also make cities cooler. Scientists have long noted what is called the Urban Heat Island Effect: building materials such as metal, concrete, and asphalt absorb much more of the sun's heat and release **it** much more quickly than organic surfaces like trees and grass. Because city landscapes contain so much of these building materials, cities are usually warmer than surrounding rural areas. Parks and other green spaces help to alleviate the Urban Heat Island Effect.

Unfortunately, many cities cannot easily create more parks because most land is already being used for buildings, roads, parking lots, and other essential parts of the **urban** environment. However, cities could benefit from many of the positive effects of parks by encouraging citizens to create another type of green space: rooftop gardens. While most people would not think of starting a garden on their roof, human beings have been planting gardens on rooftops for thousands of years. Some rooftop gardens are very complex and require complicated engineering, but others are simple container gardens that anyone can create with the investment of a few hundred dollars and a few hours of work.

Rooftop gardens provide many of the same benefits as other urban park and garden spaces, but without taking up the much-needed land. Like parks, rooftop gardens help to replace carbon dioxide in the air with nourishing oxygen, to reduce the choking air that people are continuously breathing. They also help to lessen the Urban Heat Island Effect, which can save people money. In the summer, rooftop gardens prevent buildings from absorbing heat from the sun, which can significantly reduce cooling bills. In the winter, gardens help hold in the heat that materials like brick and concrete radiate so quickly, leading to savings on heating bills. Rooftop vegetable and herb gardens can also provide fresh food for city dwellers, saving them money. These vegetables make their diets healthier and so they rarely pay for the doctors. Rooftop gardens are not only something everyone can enjoy, they are also a smart environmental investment.

A- Choose the correct answer :

1- The best title for this passage could be

- a- rooftop gardens
- b- the benefits of parks and gardens
- c- parks in cities
- c- parks and oxygen

2- The underlined word "it" in line 10 refers to

- a- asphalt
- b- concrete
- b- metal
- d- sun's heat

3- The word "emit" in line 6 means

- a- take
- b- send out
- c-save
- d- prevent

4- The opposite of "urban" in line 17 is

- a- rural
- b- fresh
- b- harsh
- d- complex

B- Answer the following questions:

5- Why are cities warmer than rural areas?

.....

.....

6- How could cities benefit from the positive effects of parks?

.....

.....

Summary Making

With reference to paragraph (4) and in not less than four sentences of your own, write about how rooftop gardens can save city dwellers' money.

.....

.....

.....

.....

Translation

Translate the following paragraph into Arabic:

For many people who live in cities, parks are an important part of the landscape. They provide a place for people to relax and play sports, as well as a refuge from the often harsh environment of a city. What people often overlook is that parks also provide considerable environmental benefits.

.....

.....

.....

.....

Translate the following sentences into English :

1. يحتوي الشاي الأخضر على مضادات الأكسدة التي تزيل المواد الضارة من الجسم .

.....

2. إتباع حمية غذائية نباتية قد يؤدي إلى سوء تغذية ومشاكل صحية .

.....

3) Reading comprehension

Read the following passage and answer the questions below:

If you are looking to enhance your reading experience, then I highly suggest you consider purchasing an e-reader.

An e-reader is a device that allows you to read e-books. An e-book is a book-length publication in digital form, consisting of text, images or both; readable on computers or other electronic devices. The Oxford Dictionary of English defines the e-book as “an electronic version of a printed book”, but e-books can exist without any printed equivalent.

E-readers are superior to printed books because they save space. The average e-reader can store thousands of digital books, providing a veritable library at your fingertips. What is more, the e-reader itself is relatively small. It’s easy to hold and can fit in a suitcase easily. This makes handling **ponderous** books a breeze.

In addition, e-readers are environmentally friendly. The average novel is about 300 papers long. If one piece of paper holds four pages of text (split in half, written on both sides front and back) , then this means it takes 75 pieces of paper to compose it. So, if a novel is printed 1000 times, it will use 75,000 pieces of paper. That’s a lot of paper! This means it takes a whole tree to make these 1000 copies. Now, we know that a best-seller sells about 20.000 copies per week. That means that it takes 20 trees each month to sustain this rate. For example, the Harry Potter book series has sold over 450 million copies. That’s almost a half million trees! Since e-books use no trees, **they** represent a significant amount of preservation in terms of the environment and its resources.

Finally, e-readers provide helpful reading tips and tools that printed books do not. The typical e-reader allows its user to customize letter size, font and line spacing. It also allows highlighting and electrical bookmarking. Furthermore, it grants users the ability to get an overview of a book then jump to a **specific** location based on that overview. While these are all nice features, perhaps the most helpful of all is the ability to get dictionary definitions at the touch of a finger. The most basic e-reader users can find instant definitions without having to hunt through a physical dictionary.

It can be seen that e-readers are superior to printed books. They save space, are environmentally friendly and provide helpful reading tips and tools that printed books do not.

Summary making:

In four sentences of your own, write down what helpful reading tips and tools an e-reader provides? (With reference to paragraph 5).

.....

.....

.....

.....

Translation

With reference to the reading passage translate the following into good Arabic:

An e-reader is a device that allows you to read e-books. An e-book is a book-length publication in digital form, consisting of text, images or both; readable on computers or other electronic devices. The Oxford Dictionary of English defines the e-book as “an electronic version of a printed book”, but e-books can exist without any printed equivalent.

.....

.....

.....

.....

Translate the following sentences into English:

1. يشعر الكويتيون بالفخر بدولتهم وتقاليدها ويعبرون عن ذلك باللباس الذي يلبسونه.

.....

2. تساعد البكتيريا النافعة على تحفيز عملية الهضم وإمتصاص الأطعمة المغذية .

.....

4) Reading comprehension

A -Read the following passage and answer the questions below:

No matter how you define happiness for yourself, there are certain universal and time-proven strategies to bring, and sustain, more happiness into your life. The following ways to live a happy life can be adapted and even customized to fit your needs.

Write out a short list of the simple things that give you pleasure .Keep them in the front of your **consciousness** and make sure you engage with **them** at least a few times a week. As you do these things, stay present and mindful of the joy they bring you. Whatever movement inspires you, do it and observe the happiness and freedom it brings. Also, take a short walk after having a meal. This not only helps with digestion, but also instantly relieves any heavy feelings. Support your body, mind and spirit with simple meals three times a day. Eating light helps us to feel lighter and also increases concentration, digestion, energy levels, and productivity. Waking up in the morning and taking a cold shower revives and wildly awakens the senses. Cold showers improve circulation and relieve **depression**. They Keep skin and hair healthy. They also Increase energy and well-being.

Talk less and listen more to your friends' tone as they share rather than thinking about how you are going to respond. Pay attention to what happens to your energy when you talk less, and how much happier you feel as you conserve more energy. Get 10 minutes of sun a day. Well-documented research shows there is a relationship between low vitamin D levels and poor health.

Also, light hitting your skin, not just your eyes, helps reverse seasonal affective disorder. Rather than watching TV, use your time more mindfully. Read, walk, meet friends, or join an evening group or class. Use your time to connect to others and yourself. Or jump in and do something different. Even if you don't consider yourself an artist there are so many ways to express creatively. Find the nature that surrounds you—really see it. Observe yourself as you witness nature and appreciate its growth and timing.

A) From a, b ,c and d choose the correct answer:

1. The best title for this passage is
 a. Sun shine b. success c. Benefits of cold showers d. How to live happily

2. The underlined word “**them**” in line 7 refers to
 a. habits b. list c. simple things d. consciousness

3. The opposite word of “**depression**” in line 14 is.....
 a. happiness b. sadness c. despair d. hopelessness

4. The word **consciousness** in line 7 means
 a. documents b. awareness c. digestion d. unconsciousness

B. Answer the following questions:

5. What are the benefits of cold showers?

6. How can you respect nature?

Summary Making

With reference to the second paragraph and in not less than four sentences of your own, write about the ways that help people live a happy and healthy life.

.....

Translation

Translate into good Arabic:

Talk less and listen more to your friends' tone as they share rather than thinking about how you are going to respond. Pay attention to what happens to your energy when you talk less, and how much happier you feel as you conserve more energy. Get 10 minutes of sun a day. Well-documented research shows there is a relationship between low vitamin D levels and poor health.

.....

.....

.....

.....

Translate into good English:

تلعب الكويت دورا هاما في نشر السلام بين دول العالم وذلك بالمساهمة في حل المشكلات وايقاف الحروب.

.....

.....

تناول الكثير من الدهون المشبعة قد يؤدي إلى أمراض القلب وكذلك السمنة.

.....