

Read the following article carefully, and then in your ANSWER BOOKLET answer all the questions that follow. Your answers should be based on the article.

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. Modern technology has also played its part; we spend more and more time focusing on computer screens.

Health experts have been warning about this trend for years, and <u>their</u> 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. Recent research shows that less than 50% of the British population manages this.

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. 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.

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.

### Question Number One (20 points)

- A. 1. The author suggests some ways of including exercise in our normal daily lives. Give two examples from the article.
   (4 points)
  - 2. Find a phrasal verb that means "to deal successfully with a situation".

(2 points)

- Quote the sentence which shows that most British people don't get enough exercise. (2 points)
- The article states some reasons for higher rates of obesity. Write down two of these reasons. (2 points)
- What does the underlined word "their" refer to? (2 points)
- "It is known that bad eating habits may cause some health problems". Mention three of these bad eating habits. (3 points)

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- 7. It is said that school children are less physically active than they used to be. Think of this statement and, in two sentences, write down your point of view.
- B. Literature spot: (3 points)

Read the following extract from "The Old Man and the Sea" carefully, then answer the question that follows:

The tourists misunderstand and assume that is what the skeleton is. They don't realise that it is actually a marlin, the biggest fish ever caught in the village, at more than five metres long. Meanwhile, Santiago is sleeping and once again, dreaming of the lions he saw in Africa long ago, when he was young.

1. How does the author describe the fish?

(2 points)

2. What do lions represent?

## Question Number Two (15 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. Write the answers down in your ANSWER BOOKLET. (8 points)

major , attend , make , legacy , side effects

- 1. Although Ibn Bassal's name is not widely known, his ..... to the world has been great.
- 2. Medicine companies usually support researches which try to minimize the ..... of many drugs.
- 3. Fatima plans to ..... several courses on prosthetic with specialized people.
- 4. King Hussein was a ..... world figure in the twentieth century.
- B. Study the following sentence and answer the question that follows. Write the answer down in your ANSWER BOOKLET. (3 points) Have you heard the good news! We have got the permission to go ahead with our project.

Replace the underlined phrase with the suitable colour idiom.

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(1 point)

(2 points)

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C. Complete the following sentences with the suitable words derived from the
words in brackets and write the answers down in your ANSWER BOOKLET.
(4 points)
<ol> <li>Many candy advertisements are usually presented in an manner in the TV. (attract)</li> </ol>
<ol> <li>Markets have different types of food which are prepared from animal products. (artificial)</li> </ol>
Question Number Three (12 points)
A. Correct the verbs between brackets then write your answers down in your
ANSWER BOOKLET. (6 points)
<ol> <li>By the time we arrived, they had for an hour. (be, talk)</li> </ol>
<ol><li>Next month, our family in this house for a year. (have, live)</li></ol>
<ol> <li>If a city everything and doesn't throw anything away, it is zero waste. (recycle)</li> </ol>
B. Complete each of the following items so that the new item has a similar
meaning to the one before it, and write it down in your ANSWER BOOKLET.
(6 points)
<ol> <li>Taha Hussein is especially famous for his work in literature.</li> </ol>
It is
<ol><li>My parents have saved enough money to fund our university courses.</li></ol>
Enough money
<ol><li>"We will prepare a presentation about the usage of solar power in the area." The students said</li></ol>
Question Number Four (8 points)
A. The underlined words in the following sentence are not used correctly. Replace
these words with the correct ones, and write the answers down in your
ANSWER BOOKLET. (2 points)
Zaid's friends <u>are used to</u> go fishing once a month, but they stopped doing that when they moved to <u>a</u> city of Irbid.
B. The following sentences are in American English, rewrite them in British
English, and write them down in your ANSWER BOOKLET. (4 points)
1. Did you see the new fashion catalog?
2. I have a brother who lives in a wide apartment.
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C. Study the following sentence and answer the question that follows. (2 points) Eating well is important for good health. <u>Furthermore</u>, it helps to make you more active.

What is the function of using furthermore in the above sentence?

## Question Number Five (15 points)

A. EDITING (4 points)

Imagine you are an editor in the Jordan Times. You are asked to edit the following lines that have four mistakes (one grammar mistake, one punctuation mistake and two spelling mistakes). Find out these four mistakes and correct them. Write the correct answers down in your ANSWER BOOKLET.

Coffee, chess, flying, the clock, windmills, algebra, soap, the foantain pen, crystal glasses, inokulation, and carpets...What all these items have in common is their origins, They all have their roots in Arab or Islamic discoveries or inventions make in the past. It was the time when Arab and Islamic rulers established one of the largest empires in history.

# B. GUIDED WRITING (4 points)

Read the information below, and then in your ANSWER BOOKLET, write two sentences using the given notes below about Qasr Bashir. Use the appropriate linking words.

Location: Jordanian desert.

Date of construction: beginning of the 4<sup>th</sup> century. Purpose of building: protection of the Roman borders. Description of the building: huge towers, 23 rooms

## C. FREE WRITING (7 points)

In your ANSWER BOOKLET, write a composition of about 120 words on ONE of the following:

- Write an essay for your school magazine, describing a famous character mentioning his / her studies, most important achievements and how he / she influences you.
- Write an essay about the importance of internet safety, mentioning the possible dangers, suggesting some strategies to stay safe on the net.



بسم الله الرهمن الرهيم امتحان شهادة الدراسة الثانوية العامة لعام ٢٠١٦ / الدورة الصيفية وزارة التريب صفحة رقم (1) لمك والاغتبسارات العبيث: اللغه الانجذ به / ٣٣/ جديد القرع: الديحاري مدة الامتدان : . ب ! ! ! التاريسيني : ٥٥٠٠٠٠ Question Number One (20 points) A. 1. (4 points, 2 points each) 1) You could get off the bus one stop earlier than usual. 2) stand up when you're on the phone (2 points) to cope with. 3. (2 points) Recent research shows that less than 50% of the British population manages this. 4. (2 points, 1 point each) Any two of the following : 1) the growing popularity of fast food. 2) lack of exercise. modern technology. 5. (2 points) Health experts. 6. (3 points) Any acceptable answer. 7. (2 points) Any acceptable answer. B. Literature spot: (3 points) 1. (2 points, 1 point each) 1) the biggest fish ever caught in the village. it is more than five metres long. 2. (1 point) strength Question Number Two (15 points) A. (8 points, 2 points each) 1. legacy 2. side effects 3. attend 4. major s the B. (3 points)/green light C. (4 points, 2 points each) 1. attractive 2. artificially 1



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B: (2 points - 1 point each). the biggest fish ever caught in the village. 1 or more wan & meters long. ) (1) point. (1 strength)) bravery / power 0× ه خی نوج لا لا م ت م 3 1.5

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Istrion # Three 12 points. ) 1. been tarking 2: Will have lived or will have been living. 3. recycles It ( points, 2 points cach). If (2 pts) . It is for his work in literature that Taha Hussein is especially famous. اذا متن إلى في الله المعامة من برما به لا تعم له الاست - ادا من الله الله الله لا يحد ما في لا تسول الا مرية and at 131 -It is Taka Hussien (who') is especially Faquous for his work in literation. Ties and just [ Enough money has been saved to hind ] @ our university courses. (epts) The students said that they would prepare a preatable about the usage of solar power in the area. اذا عدل: الناب نعف باذا عدل: الناب سعاد - بعد will prepare - would prepare and if

A (Sph) A -> (2 pts - 1 each) 1. Used to 2. the لا سرا عل B. (4pts - 2 each). 1. Have you seen the new fashion catalogue 2. I have got abrother who lives in a wide flat 215 Sxc C) (2 ph). Expressing Continuation or addition ادا ذا ات بر الف مي مد مد مر مرم.

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