

## I. LANGUAGE: (12 marks)

### 1- Put the bracketed words in the correct tense or form: (4 marks)

Learning a language can be a difficult task. You will have to acquire the necessary skills. It would be easier if you **(to start)** ..... learning at an early age. But being exposed to the language as much as **(possibility)** ..... helps you get familiar with the vocabulary, structures and **(pronounce)**..... You should also **(to read)** ..... and write, and don't worry if you mistake because practice makes perfect. If you speak a language that comes from a Latin family such as French, then it can be easy to learn languages like Italian, **(Spain)** ..... and **(Portugal)** ..... All you need is to be **(interest)** ..... and motivated. Speaking different languages **(be)** ..... very beneficial and helps us in jobs, traveling and meeting people.

### 2- Circle the right alternative (4 marks).

Every family has problems. But sometimes family conflict becomes **(too many, too much, very few)**. Often, this is because of trouble understanding **(one another, themselves, each other)**, changing expectations as you grow **(oldest, older, old)** or lack of trust among family members. It might also be because your parents see things differently from you since they are from a different generation, and maybe also raised in a different country. When conflicts happen you might find yourself changing your behaviour or reacting **(better, differently, clearly)** than usual. This is one way of showing your family that you dislike a situation. It may even make you **(to feel, feeling, feel)** like you have more control over the situation. But in the end, your reactions might confuse your family and distract them **(of, from, off)** the real problems. Try having a straight-forward talk with your family about **(what, how, why )** you are feeling. For example, if you rebel against your overprotective parents by staying out late **(at, on, in)** a Saturday night, they will get upset and ground you.

### 3- Fill in the blanks with 8 words from the list. (4 marks)

**healthfully / follow / that / as / leafy / vitamins / longer / like / circulation / these**

"What we eat determines the quality of our blood, which has a direct effect on our blood vessels and the heart," says nutritionist and yoga instructor, Christa Orecchio. Blood vessels carry oxygen-rich blood, nutrients, minerals and ..... to all areas and organs in the body. Improving blood..... , quality and flow will take your health to an entirely new level. Christa recommends incorporating some of.....foods into your diet for a blood-building boost: green.....vegetables such.....broccoli sprouts, kale, spinach and collards to detoxify the bloodstream, improve respiratory function and create a feeling of lightness. Stop smoking, exercise, lose weight, and eat ..... . That's because diet and lifestyle changes can help prevent heart

disease, ameliorate your cardiovascular function, and help you live a.....life. Encouraging everyone to .....a heart-healthy diet and lifestyle could substantially cut the number of deaths from heart disease.

## II. LISTENING: (8 marks)



1) The listening passage is: - an announcement -an interview - a letter (:

2) Circle the appropriate alternative: (3 marks)

- The number of blood donations needed every day in the U.S is	a-14.000	b-24.000	c-40.000
- The number of people who donate blood every year is	a-92.000	b-920.000	c-9.200.000
- Any person can donate blood every	a-56 days	b-66 days	c-76 days

3) Why do some people don't donate blood? (1 mark)

.....

4) Which step for donating blood was not mentioned in the recording? (1 mark)

a- signing up for a time      b- medical history      c- eating food before you donate

5) Listen and complete with words you hear: (1 mark)

"And without the help of.....like you, it is impossible to.....this need".

6) Say whether the underlined sounds are similar (S) or different (D): (1 mark)

a- cells - medical (u)      b- becoming - donating (...)

There is a great need for blood donations around the world, and you can be the **means** of saving lives. According to the American Red Cross, over 40,000 blood donations are needed every single day in the United States alone, and without the help of volunteers like you, it is impossible to fill this need. About 9.2 people **donate** every year in the US, and although approximately 38% of the population is **eligible** to donate, less than 10% of them actually do.

Sometimes people don't donate out of fear, but the process is relatively simple following a four-step process: **registering**, getting your medical history checked, donating, and having some refreshments (food and drink that you are given right after you donate to replenish your fluids and energy). And once you donate, you have the ability to donate red blood cells every 56 days.

So, carefully **consider** becoming a donor. You can save lives.



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