

Read the following two texts carefully, and then answer all the questions that follow. Your answers should be based on the text.

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. People would often walk to school or work, but these days many more of us drive. Modern technology has also played its part; we spend more and more time focusing on computer screens.

Before the Internet was invented, nobody had dreamt of online shopping, but now we can buy almost anything without leaving the sofa.

Health experts have been warning about this trend for years, and their 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. However, recent research shows that less than 50% of the British population manages this. School children are less physically active than they used to be. Girls in particular often dislike PE. This can lead to serious health problems.

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, and the fitter we become. 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.

Question Number One (60points)

A.

1. According to the experts, what is the solution for adult's overweight or obesity. **(8points)**
2. There are many reasons for higher rates in obesity. Write them down. **(12points)**
3. What does the underlined pronoun "which" refer to? **(5points)**
4. Quote the sentence which indicates that physical exercises help in treating stress. **(6 points)**
5. According to the text, there are many types of exercises experts recommend. Write down two of them. **(8 points)**
6. Find a word which means " **needs a lot of efforts**" **(5points)**
7. There are many benefits of doing sports or physical activities. Suggest three of these benefits. **(6points)**
8. Eating junk food threatens the body. Think of this statement, and in two sentences write down your point of view. **(6 points)**

B. Study the following sentence and then answer the question that follows.

In real life, nobody was all bad nor, conversely, all good. (4 points)

Identify the function of the underlined linking word.

Question Number Two (40 points)**A. Choose the suitable item from those given in the box to complete each of the following sentences. (16 points)**

dementia – zero waste – cope with - sustainability – strenuous

1. The nature reserve uses recycled water, which helps the of the environment.
2. If a city recycles everything and doesn't throw anything away, it is a
3. His ability to depression was great.
4. Elderly people often suffer from, which is difficult to treat.

B. Replace the underlined misused verb in the sentence below with the correct one to form the appropriate collocation. (4 points)

Sheikh Hamdan bin Mohammad has got a special interest in Adeeb.

C. Choose the suitable item from those given in the box to complete each of the following sentence. (20 points)

1. Some people take out an insurance that pays for private care.
(medicine , medical , medically , medication)
2. The Middle East is famous for the of olive oil.
(productive , produce , production , productively)
3. A lot of cancers can now be traeted in many advanced countries.
(success , succeed , successful , successfully)
4. The new workers can the machine.
(operational , operate , operation , operated)

Question Number Three (50 points)

A. Choose the correct form of the verbs from those given below to complete each of the following sentences. (20 points)

- In three years' time, my brother from university.
(has graduated, will have graduated, are going to graduate)
- For several weeks, her parents a special vacation to spend in Turkey.
(has been planning, are planning, will be planning, had been planning)
- The tunnel by an American engineer two years ago.
(has been designed, are designed, had been designed, was designed)
- I'm planning some work experience before I go to the university.
(get, getting, to get)

B. Complete each of the following items so that the new item has a similar meaning to the one before it. (30points)

- Al-Jazari invented the mechanical clock in the twelfth century.
The mechanical clock
- It isn't normal for us to drive in traffic jam because we have lived in the city.
We
- Rashed planned the trip and then he decided to tell his friends.
Before
- Jordan imports 96% of its energy from the neighboring countries.
96% of its energy
- " My friends are going to travel next week."
Sara said
- Doing exercises regularly helps people to keep their brain active.
The thing

Question Number Four (20 points)

A. Choose the suitable item from those given in the box to complete each of the following sentences.

- The Architect of the tower was Ahmad Ben Baso, began work in 1184CE.
(whose, x, who, which)
- I didn't like to get up early in the past, but I it now.
('m used to, used to, don't use to, didn't use to)
- In the past, most letters by hands but these days they are usually typed.
(are written, were written, wrote, is written)
- I will buy the book if it..... not expensive.
(was, are, is, am)
- By the time my friend phoned me, I for three hours.
(has been sleeping, had been sleeping, have been sleeping, was sleeping)

Question Number Five (30points)**A. EDITING****(10 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 three spelling mistakes). Find out these four mistakes and correct them.

At a surgery in London, 70 per cent of patients who is offered the choice between herpal and convintional medicine for commom complaints such as insomnia, arthrites and migrains chose the herbal remedy.

B. GUIDED WRITING**(6 points)**

Read the information below, and then write two sentences using all the given notes about

The impacts of the Arts on Learning.....

- changing the learning environment .
- providing challenges to students.
- teaching students to be self-directed learners.
- teaching students ways and methods not normally used.

c. Free writing**(14points)**

1. The rising of traffic jam and air pollution found in most of the world cities can be attributed directly to the rapidly increasing number of private cars in use. In order to reverse this decline in the quality of life in cities, attempts must be made to encourage people to use their cars less and public transport more. Write an essay discussing possible ways to encourage the use of public transport.

2. Books have a powerful influence on people. Write an article about the effect of reading books on young children describing how parents and teachers can help them to make reading a daily habit.

THE END**RA'ED ODEH****0795771105- FACEBOOK: Ra'ed hamed odeh**