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ith Education Office <sup>h</sup> Secondary School		KINGDOM OF SAUDI ARABIA	Time: 2 hours & 30 m No. of pages: 3 Questions: 4	
F. C		12		
I - Composition: A - Guided Composition	acition:	12		6
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3- Free Composi	TION •			
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# II -Grammar: A-Choose the correct answers: 6 1- The manager insisted that he (work - works- worked ) late. 2- It (is that necessary - necessary that is - is necessary that) you sleep early. 3- He is our English teacher, ( he isn't? - he is? - isn't he? ) 4- We have been working for the company ( since - for - all day) 2020. 5- Father wants (conserve - to conserving) energy. 6- It's (small too- too small -. enough small) car B-Do as shown between brackets: 1- You (must) stop when you see a 'STOP' sign. [ Change into past] 2- repeat / Could / that, please? / you. (Unscramble) 3 - Amal is a slow writer. (Use an adverb of manner) III - Vocabulary: A-Match between the words and their pictures: 4- Zoologist 5-Ski 1- 1-tourch 2-Organic Food 3-A grand 2-Match the words with the meanings:

1- revived	a large amount of money
2- income	Very easy
3- A piece of cake	money received or earned
4- an arm and a leg	brought back to life
5- Practice	

4-Give the antonyms for the words:	 
a-different #	3- Circle the Odd words
b-reusable#	a- arborist, surgeon, zoologist, air conditioner
	b- Alpine skiing-ice hockey-ski jumping-medal

and food.

in Greece in 776 B.C.E.

a - People who live in poverty often have no \_\_\_\_\_

b- The Olympic Games \_\_\_\_\_

### IV-Reading

# Read the following passage then answer the questions below:

There is a famous expression in English: "Stop the world, I want to get off!" This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.

It is obvious that stress is a serious problem. It attacks the body. It affects emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

#### A- Answer these questions:

1- \	What	are	common	problems	caused b	y stress?
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2-Mention <u>two</u> of the physical effects by stress	5?
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3-Are emotions affected easily by stress?

# B- Write [ T] for True or [ F ] for False :

- 1- 'Stress' means pressure or tension
- 2- Stress may not eventually result in mental illness

#### C- Choose the right answer:

- 1. Stress can affect the respiratory system by
  - a-causing stomach problems b- causing asthma c- a loss of carbon dioxide.
- 2. Symptoms of emotional stress include
  - a- feeling joyous b- feeling hungry c- feeling tired.

#### D-Put a title for the passage:

E <u>- Complete:</u>	"Stop the world, I wa	nt to get off!"	refers to.
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Kingdom of Saudi Arabia Ministry of Education		VISION ÜLÜÜ	_	anguage Final Exam ond Trimester,1 <sup>st</sup> Se	ssion, 1444
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14 <sup>th</sup> Secondary School		12	No. of p	ages: 3 Questions: 4	6
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### II -Grammar:

6

### A-Choose the correct answers: $[\frac{1}{2}$ for each]

6

- 1- The manager insisted that he (work works- worked ) late.
- 2- It (is that necessary necessary that is is necessary that) you sleep early.
- 3- We have been working for the company ( since for all day) 2020.
- 4- He is our English teacher, ( he isn't? he is? isn't he? )
- 5- Father wants (conserve to conserving) energy.
- 6- It's (small too- too small -. enough small) car

### B-Do as shown between brackets: [ (1) for each]

- 1- You (MUST) \_\_\_\_stop when you see a 'STOP' sign. [ Change into past]
- 2- repeat / Could / that, please? / you.

(Unscramble)

Could you repeat that, please?.....

(Use an adverb of manner)

Amal is writing slowly.....

3 - Amal is a slow writer.



### III - Vocabulary:

# A-Match between the words and their pictures: [1/2 for each]

1- 1-tourch 2-Organic Food 3-A grand 4- Zoologist 5-Ski









# 2- Match the words with the meanings:

1- revived	4	a large amount of money
2- income	3	Very easy
3- A piece of cake	2	money received or earned
4- an arm and a leg	1	brought back to life
<b>5</b> - Practice		

### 4-Give the antonyms for the words:

a-different #....identical....

b-reusable#....usable....

#### 3- Circle the Odd words

a- arborist, surgeon, zoologist, air conditioner

b- Alpine skiing-ice hockey-ski jumping-medal

# 5- Fill in the blanks with the correct words: [originated -Shelter-penalty]

a - People who live in poverty often have no <u>Shelter</u> and food.

b- The Olympic Games <u>originated</u> in Greece in 776 B.C.E.

### 6

### IV-Reading

# Read the following passage then answer the questions below:

6

There is a famous expression in English: "Stop the world, I want to get off!" This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.

It is obvious that stress is a serious problem. It attacks the body. It affects emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

### A- Answer these questions: : [ (1) for each]

1-What are common problems caused by stress?

#### health problems in modern life

- 2-Mention two of the physical effects by stress?
- a-..... the heart .....b-...... respiratory system
- 3-Are emotions affected easily by stress?

...Yes, they are.

# B- Write [T] for True or [F] for False: : [1/2 for each]

2- 'Stress' means pressure or tension	<u></u>
3- Stress may not eventually result in mental illness	F

#### C- Choose the right answer:

- 1. Stress can affect the respiratory system by
  - a-causing stomach problems b- causing asthma c- a loss of carbon dioxide.
- 2. Symptoms of emotional stress include
  - a- feeling joyousb- feeling hung

b- feeling hungry c- feeling tired.

D-Put a title for the passage: ......Any Possible Title.....

E- Complete: "Stop the world, I want to get off!" refers to. a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again.

