

النور في

اللغة الانجليزية



زيد حنان



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QUESTION NUMBER ONE

For questions (1 - 52), choose the correct answer from A, B, C or D to complete each of the following sentences.

1) These days, many family doctors study complementary medicine alongside conventional treatments, and many complementary medicine consultants also have medical degrees.

-These days, many family doctors.....

- A) study only conventional medicine.
- B) study only non-conventional medicine.
- C) study both modern and non-conventional medicine.
- D) have medical degrees.

2) At a surgery in London, 70 per cent of patients who were offered the choice between a herbal or a conventional medicine for common complaints such as insomnia, arthritis and stress chose the herbal remedy. Fifty per cent of patients then said that the treatment helped. One doctor said, "I now consider homoeopathy to be a viable option for many different conditions, including anxiety, depression and certain allergies.

-The medical conditions that herbal remedy could treat are:

- A) Anxiety, depression and certain allergies.
- B) Arthritis, insomnia and stress.
- C) Arthritis, depression and certain allergies.
- D) Anxiety, insomnia and stress.

3) One doctor said, "I will always turn to conventional medical treatment first to ensure that no underlying condition is missed. However, the idea of complementary treatments is no longer an alien concept. In my opinion, it should work alongside modern medicine, and not against it."

-Doctors always resort to modern medical treatment first because:

- A) the idea of complementary treatments is no longer an alien concept.
- B) the idea of complementary treatments is an alien concept.
- C) they want to ensure that no underlying condition is missed.
- D) they want to ensure that it should work alongside complementary medicine.

4) It's normal to feel a bit blue from time to time. However, studies show that negative emotions can harm the body. Anger can also have harmful effects on health. When you see red, your blood pressure is raised and you can suffer from headaches, sleep problems and digestive problems. However, what about positive feelings and attitudes?

- The two factors that can have bad effects on our health are:

- A) Headaches and sleep problems.
- B) Digestive problems and sleep problems.
- C) Negative emotions and anger.
- D) Positive feelings and attitudes.

5) The study has been controversial. Some health professionals believe that bad lifestyle choices, such as smoking or lack of exercise, are the reason for heart disease and other illnesses, and not an individual's attitude. The researchers appreciate that not everyone's personal circumstances and environment make it possible to live without worry.

- The two bad lifestyle decisions mentioned in this extract are:

- A) Smoking and lack of exercise.
- B) Heart disease and other illnesses.
- C) Personal circumstances and environment.
- D) An individual's attitude and feeling.

6) An increasing number of people are overweight or even obese. One reason for this is the growing popularity of fast food. 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.

-The sentence which indicates that a lot of people all over the world are too fat is:

- A) One reason for this is the growing popularity of fast food.
- B) Modern technology has also played its part.
- C) Another big factor is lack of exercise.
- D) An increasing number of people are overweight or even obese.

7) According to UNICEF statistics, between 1981 CE and 1991 CE, Jordan's infant mortality rates declined more rapidly than anywhere else in the world - from 70 deaths per 1,000 births to only 15 deaths per 1,000 births in 2017 CE.

-The word in the text which means "death, especially on a large scale" is:

- A) statistics
- B) infant
- C) mortality
- D) births

8) 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.

-The underlined word "their" in the text refers to:

- A) This trend. B) Health experts. C) Adults. D) Teenagers.

9) Many serious diseases can be prevented by....., which helps the body to build antibodies.

- A) obesity B) arthritis C) immunization D) homoeopathy

10) Life in Europe has increased greatly in the twentieth century.

- A) expectancy B) expect C) expected D) expectantly

11) His doctor advised him not to take any exercise.

- A) obese B) strenuous C) viable D) alien

12) Liverpool's footballers hope toafter their defeat last week.

- A) bounce back B) setback C) cope with D) protect against

13) Thank you for your help, I really.....it.

- A) appreciation B) appreciate C) appreciative D) appreciated

14) Luckily, the police arrived and the thief was caught.....

- A) red-handed B) out of the blue
C) white elephant D) the green light

15) People who don't finish their work properly make me

- A) see red B) out of the blue C) white elephant D) the green light

16) It's normal to feel blue when you fail your exams.

The feeling that the underlined colour idiom "feel blue" expresses is:

- A) fear B) anger C) happiness D) sadness

17) Ibn Sina wrote manybooks.

- A) medical B) medically C) medicine D) medication

18) That relationship was not always peaceful and

- A) agreeable B) agreement C) agree D) agreeably

19) Many experts remain about all his claims.

- A) complementary B) arthritis C) skeptical D) obese

20) After the students have finished, have them exchange roles and the procedure.

- A) repetition B) repeat C) repetitive D) repeated

21) Is that newly- appointed doctorhow to deal with such urgent cases?

- A) used to knowing B) use to knowing C) used to know D) is used to know

22) We always go to the market across the street, so we.....eating fresh vegetables.

- A) were used to B) used to C) are used to D) are use to

23) It is normal for me to live in such crowded places.

The sentence that has a similar meaning to the one above is:

- A) I am used to living in such crowded places.
B) I am used to live in such crowded places.
C) I used to living in such crowded places.
D) I was used to living in such crowded places.

24) When you were younger, did you..... in the park?

- A) use to play B) used to playing C) used to play D) are used to play

25) I go shopping in the local supermarket, but now I have to drive into town to shop.

- A) use to B) am used to C) used to D) was used to

26) Farahher homework for two hours when I saw her.

- A) has been doing B) had been doing C) has done D) had done

27) When we were younger, we..... live in a village. We moved to the city when I was about ten years old.

- A) use to B) are used to C) used to D) were used to

38) I am used to teaching my students through social media.

The sentence that has a similar meaning to the one above is:

- A) It has been normal for me to teaching my students through social media.
- B) It was normal for me to teaching my students through social media.
- C) It isn't normal for me to teach my students through social media.
- D) It is normal for me to teach my students through social media.

39) My friend has lived in Egypt for a year. He says he.....living there now.

- A) didn't use to
- B) isn't use to
- C) is used to
- D) used to

40) Aliabout his friend for an hour when he received an email from him.

- A) has been thinking
- B) has thought
- C) have thought
- D) had been thinking

41) The town which I live in is near Irbid.

- A) am used to
- B) use to
- C) used to
- D) was used to

42) I am used to living on my own. I've done it for quite a long time.

The function of the underlined words is:

- A) Describing things that are familiar or customary.
- B) Describing past habits that have now changed.
- C) Describing past states that have now changed.
- D) Describing things that were familiar or customary.

43) I had been studying for two hours before the lights went out.

The function of the underlined past perfect continuous verb is:

- A) Actions that were happening at a specific moment in the past.
- B) Actions that were happening before a specific moment in the past.
- C) Actions that were happening up to a specific moment in the past.
- D) Actions that were happening after a specific moment in the past.

44) I am used to living on my own.

The sentence that has a similar meaning to the one above is:

- A) It is normal for me to living on my own.
- B) It is not normal for me to living on my own.
- C) It is normal for me to live on my own.
- D) It is not normal for me to live on my own.

45) Considering the amount of stress he is under, it's not surprising that he keeps getting.....

- A) maigraines B) migranes C) migraines D) migreins

46)is the treatment of pain in which thin needles are positioned just under the surface of the skin at special nerve centers.

- A) Accupuncture B) Acupuncture
C) Acupunture D) Accupunture

47) Farah is.....about her chances of winning the gold medal.

- A) optemistic B) optimistic
C) optimistec D) optemestic

48) The sentence that has been written correctly is:

- A) My friend used to have an allergy to cats.
B) My friend is used to have an allergy to cats.
C) My friend used to have an allergy from cats.
D) My friend is used to having an allergy from cats.

49) The sentence that has been written correctly is:

- A) Where you have been? I for have been waiting ages.
B) Where been have you? I have been waiting for ages.
C) Where have you been? I been have waiting for ages.
D) Where have you been? I have been waiting for ages.

50) Farah is known chiefly for her.....to nuclear disarmament.

- A) commitment B) comitment C) comittment D) comitment

51) The sentence that has been written correctly is:

- A) Unless you have got experience you can't get a job.
B) Unless you have got experience: you can't get a job.
C) Unless you have got experience; you can't get a job.
D) Unless you have got experience, you can't get a job.

52) The sentence that has been written correctly is:

- A) The whole report is badly written. Moreover, it's inaccurate?
B) The whole report is badly written. Moreover it's inaccurate.
C) The whole report is badly written. Moreover, it's inaccurate.
D) The whole report is badly written? Moreover, it's inaccurate.

QUESTION NUMBER TWO

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

Health conditions in Jordan are among the best in the Middle East. This is largely due to the country's commitment to making healthcare for all a top priority. Advances in education, economic conditions, sanitation, clean water, diet and housing have made our community healthier.

As a result of careful planning, the number of healthcare services has been increasing rapidly over the past years. More than 800 different kinds of healthcare centres have been built, as well as 188 dental clinics.

Although there were remote areas of the country where people had been without consistent access to electricity and safe water, almost 99 per cent of the country's population now has access.

Although the country has been focusing mainly on improving its primary healthcare facilities, it has not neglected its advanced medical facilities. The reputation of Jordanian doctors has spread in the region, and now many more patients come to Jordan for open heart surgery. In Jordan, the open heart surgery programme started in 1970 CE in Amman.

Jordan's infant mortality rates declined more rapidly than anywhere else in the world - from 70 deaths per 1,000 births in 1981 CE to only 15 deaths per 1,000 births in 2017 CE.

1. Jordan's commitment to making healthcare for all people a top priority has made our community healthier. Write down three practical procedures which made this come true.

Advances in education, economic conditions, sanitation, clean water, diet and housing have made our community healthier.

2. Careful planning in the field of health has led to the rapid increase in the number of healthcare services in Jordan over the past years. Write down two examples to prove this.

- a. More than 800 different kinds of healthcare centres have been built.
- b. 188 dental clinics have been built.

3. In the past, some remote areas in Jordan suffered from the lack of two essential needs. Write down these two essential needs.

Electricity and safe water.

4. In the field of hospitals, Jordan has been focusing on improving two lively facilities. Write down these two facilities.

- a. Improving its primary healthcare facilities.
- b. Improving its advanced medical facilities.

5. The writer says that many patients come to Jordan for open heart surgery for two main reasons. Write down these two reasons.

- a. The reputation of Jordanian doctors has spread in the region.
- b. In Jordan, the open heart surgery programme started in 1970 CE in Amman.

6. According to the text, the writer says that Jordan's infant mortality rates declined more rapidly than anywhere else in the world. Suggest three reasons that may have led to this result.

Suggested answers:

- a. The excellent healthcare system in Jordan.
 - b. The excellent and professional doctors whose reputation has spread all over the world.
 - c. People's awareness of the importance of healthy food and doing exercise has increased dramatically over the past few decades.
- OR any relevant answer**

QUESTION NUMBER THREE

Read the following text carefully, and then in your ANSWER BOOKLET 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. Modern technology has also played its part.

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. Recent research shows that less than 50% of the British population manages this.

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.

The best way fit in all this extra exercise is to build it into our daily lives so that it becomes a routine. You could get off the bus one stop earlier than usual, or stand up when you're on the phone! That way, we will all become fitter, healthier and happier.

1. The author suggests some ways of including exercise in our normal daily lives. Give two examples from the article

a. You could get off the bus one stop earlier than usual.

b. You could stand up when you're on the phone.

2. Find a phrasal verb that means "**to deal successfully with a situation**".

to cope with

3. What does the underlined word "**their**" refer to?

Health experts.

4. Quote the sentence which shows that most British people don't get enough exercise.

Recent research shows that less than 50% of the British population manages this.

5. The article states some reasons for higher rates of obesity. Write down two of these reasons.

a. The growing popularity of fast food.

b. Lack of exercise.

c. Modern technology.

6. "It is known that bad eating habits may cause some health problems." Mention three of these bad habits.

Suggested answers:

The following bad eating habits may cause some health problems:

a. Eating late at night; this might cause digestive problems.

b. Eating fast and quickly, so you won't be able to chew your food enough- that's why you get indigestion.

c. Eating too much fast food.

OR any relevant answer

GOOD LUCK
ZYAD ADNAN

MODEL ANSWERS

QUESTION NUMBER ONE

1	2	3	4	5	6	7	8	9	10
C	B	C	C	A	D	C	B	C	A

11	12	13	14	15	16	17	18	19	20
B	A	B	A	A	D	A	A	C	B

21	22	23	24	25	26	27	28	29	30
A	C	A	A	C	B	C	D	D	A

31	32	33	34	35	36	37	38	39	40
C	B	A	C	B	A	C	D	C	D

41	42	43	44	45	46	47	48	49	50
C	A	C	C	C	B	B	A	D	A

51	52
D	C

GOOD LUCK
ZEYAD ADNAN