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للحصول على جميع روابط الصفوف على تلغرام وفيسبوك من قنوات وصفحات: اضغط هنا

الروابط التالية هي روابط الصف الثاني عشر على مواقع التواصل الاجتماعي

مجموعة الفيسبوك

صفحة الفيسبوك

مجموعة التلغرام

بوت التلغرام

قناة التلغرام

رياضيات على التلغرام

Total Mark (160 Marks)**I. VOCABULARY (24 Marks)**

24

A - Choose the correct answer from a, b, c and d: (4 x 3½ = 14)

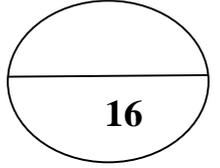
1. All the rooms in that hotel are tastefully decorated to create a homey atmosphere and to ensure a pleasant and.....stay.
 - a. ungentlemanly
 - b. restful
 - c. leafy
 - d. fatal
2. So confident was my brother that he managed tohis nervousness during the interview and joined the university.
 - a. appoint
 - b. honour
 - c. conceal
 - d. narrate
3. Some people believe that strong family ties, living simply and a sense of achievement can bring
 - a. contentment
 - b. cookery
 - c. disturbance
 - d. commentary
4. The event was a great success providing a /an.....opportunity for teachers to promote their presentation skills.
 - a. vacant
 - b. embarrassed
 - c. unique
 - d. chronic

B- Fill in the spaces with words from the list below : (4 x 2½ = 10)

(astounded / customarily / do without / vicinity / neck and neck)

5. The two companies are..... in the competition to improve the quality of their products.
6. It was midnight and there were no restaurants open in theof our house so we had to have a home-made meal.
7. We didn't expect my elder brother to resign at an early age. We were really to hear that.
8. It is said that children in families that watch television during meals are obese and overweight.

IV- Set-Book (16 Marks)



A- Answer only TWO of the following questions : (2x6=12)

19. In your opinion, why is it important to stay physically and mentally active?

.....
.....

20. How much sleep we need depends on many factors. Give examples.

.....
.....

21. Traditionally, only men had represented Kuwaitis in the government. How have things changed today?

.....
.....

B- Literature Time:

Answer only ONE of the following questions : (1x4=4)

22. Are you for or against children's labour? Why / Why not?

.....
.....

23. How can any person make his dreams come true?

.....
.....

V- Writing (30 Marks)

30

Attempt the following topic:

A lot of people enjoy the hustle and bustle of city life whereas others like to enjoy the tranquil style of the country.

In not more than (12 sentences / 140 words), plan and write a report about the reasons that drive people to move to the city.

You can make use of the following ideas:

- The advantages and disadvantages of living in the country
- The reasons why some people prefer to live in big cities
- The government's efforts to make life less stressful in both places
- Where you'd prefer to live and the reasons behind your choice

NB: (Your writing should include an introduction, a body and a conclusion)

Outline (3 marks)

Write your topic here (27 Marks)

40

Outlining	Exposition of Ideas	Sp. & Gram.	HW, Spacing & Punct.	Total
3	22	3	2	30

V1- Reading Comprehension& Summary Making (40 Marks)

Read the following passage carefully, then answer the questions below:

Collagen is a protein produced by our cells that helps hold the skin together, giving it firmness and elasticity. It is referred to, as the cement which holds everything together. When you are young, you have an abundance of collagen that is why young children have such lovely smooth skin. As you age, collagen production declines, skin wrinkles, necks become saggy and fine lines form around eyes and mouth.

Always remember that anti-aging creams with chemicals in them can actually age you instead of reversing aging. If these anti-aging products are not effective, they may, in fact, do more harm than good and your skin may be vulnerable to irritation and sunburn whenever you use them.

However, there are several ways to help you increase the collagen in your skin. You have to know what nutrients your body really needs to help boost collagen. Dark green vegetables such as spinach and cabbage are excellent examples of food containing collagen producing agents. They are packed with antioxidants. You need 10 mg everyday for better results. A recent French research suggests that eating dark vegetables will boost skin hydration and fight wrinkles. They help to strengthen the body's ability to manufacture collagen and to utilise the protein effectively. Vitamin C- rich fruits and vegetables are also natural sources of collagen production. You should try to include fruits like oranges, lemons and strawberries into your daily diet. Similarly Omega Acids help to create an ideal environment for collagen production. Fish such as salmon and tuna are excellent sources of omega fatty acids. Nuts such as cashews and almonds contain healthy amounts as well.

If you really want to build your skin's elasticity and overall health, go the natural route. Drink the prescribed eight glasses of water a day and eat a balanced diet. Massaging is another secret. As when you massage your face daily, this will boost the production of collagen and give skin a more **plump** appearance. It's advisable to stop smoking as smoking creates enzymes which damage the collagen in your skin. Start shopping for foods **that** will actually help you re-grow the collagen you have lost instead of investing in expensive anti-aging creams. Consequently, you will soon see a difference in the quality of your skin tone, as well as have an improved sense of overall health.

A-Choose the correct answer from a, b, c and d: (4x 4½=18)

24. The **best title** for the passage could be
- a. Collagen and Sunburn
 - b. Collagen: Loss and Decline
 - c. Collagen and Anti-aging products
 - d. Collagen: Boosting and Production
25. The underlined word "**plump**" in the **last paragraph** means.....
- a. full or fat
 - b. thin or skinny
 - c. rough and dry
 - d. shiny and fair
26. The underlined word "**that**" in the **last paragraph** refers to.....
- a. skin
 - b. foods
 - c. enzymes
 - d. collagen
27. We can understand from **paragraph (3)** that.....
- a. the food we eat doesn't affect our overall health
 - b. it is not recommended to add nuts to our daily diet
 - c. nuts such as cashews and almonds are rich in Omega Acids
 - d. vitamin C- rich fruits and vegetables can actually age us

B- Answer the following questions: (3 x 4=12)

28. What makes collagen important to our skin?
.....
29. According to the passage, how can age affect our skin?
.....
30. Why are anti-aging creams with chemicals dangerous?
.....

C- Summary Making (10 Marks)

40

In not less than **4 sentences**, summarize the 4th paragraph in answer to the following question:

How can we maintain a healthy elastic skin?

.....
.....
.....
.....

V11- Translation (10 Marks)

10

A-With reference to the 3rd paragraph translate the following into good Arabic:

(6 marks)

There are several ways to help you increase the collagen in your skin. You have to know what nutrients your body really needs to help boost collagen. Dark green vegetables such as spinach and cabbage are excellent examples of food containing collagen producing agents. They are packed with antioxidants.

.....
.....
.....
.....

B-Translate the following into good English: (4 marks)

أحمد: يستحق كبار السن كل الإحترام والتقدير .

جاسم: بالطبع , فنحن إذا إعتينا بهم , سنحظى بنفس الإهتمام و التعاطف

Ahmed:

Jassim :

End of Exam

Good Luck