

Reading

A) Vocabulary

a) Read and choose the suitable answer.

1- Good help you live a good life.

- | | |
|-----------|-----------|
| a) trips | b) seats |
| c) habits | d) events |

2-I always my nails weekly.

- | | |
|----------|----------|
| a) comb | b) clip |
| c) spend | d) relax |

3-There are six groups in the food

- | | |
|------------|----------|
| a) pyramid | b) match |
| c) golf | d) hokey |

4-You can wear clean pyjamas to get a sleep .

- | | |
|-----------|--------------|
| a) enough | b) clever |
| c) deep | d) favourite |



Reading

B) Reading Comprehension.



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Sleeping is very important to your health. It makes you feel better and work harder. Sleeping is very useful for your body. **It** is just as important as eating healthy food and doing exercises. If you want to sleep well at night you should relax your body and mind by taking a warm shower early in the evening. Heavy meals or coffee are not good before bedtime. Also, watching television or using computer before going to bed are bad. Remember, you can't have **good** health without taking care of your sleep.

a) Read and choose the suitable answer.

1- A good title for the passage is..... .

- a) Good Sleep
- b) Healthy Food
- c) Exercising
- d) Heavy meals

2- The underlined word " it " in line two refers to ...

- a) television
- b) computer
- c) sleeping
- d) body

3- You can relax your body by taking a

- a) night
- b) meal
- c) coffee
- d) shower

4- The opposite of the underlined word " good " in line 11 is

- a) clean
- b) deep
- c) full
- d) bad

b) Answer the following questions.

5- Why is sleeping important?

.....

6- What shouldn't you do before bedtime?

.....



Writing

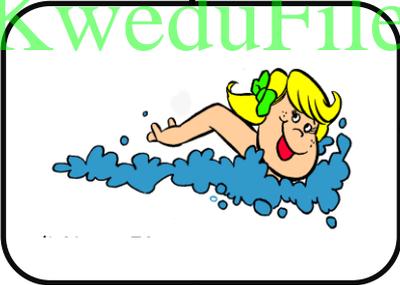
B) Writing.

a) Fill in the graphic organizer using guide words and pictures, then use it to write a paragraph of four sentences.

weekend - club - friends - swimming

Where you swim
.....

favourite sport
.....



With whom you swim
.....

When you swim
.....

Swimming

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



Writing

A) Grammar.

a) Choose the correct answer between brackets.

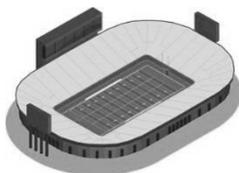
Last Monday , Haya (go - goes - went) to the beach.

She likes (plays - played - playing) tennis with (her - your - his) sister, Dana.

B) Writing.

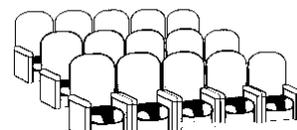
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Jaber Al-Ahmad



..... is opened in

December 2015. There are 60000



There is a football



..... in it next week. I

am going to go there with my friends and take some



..... with me.