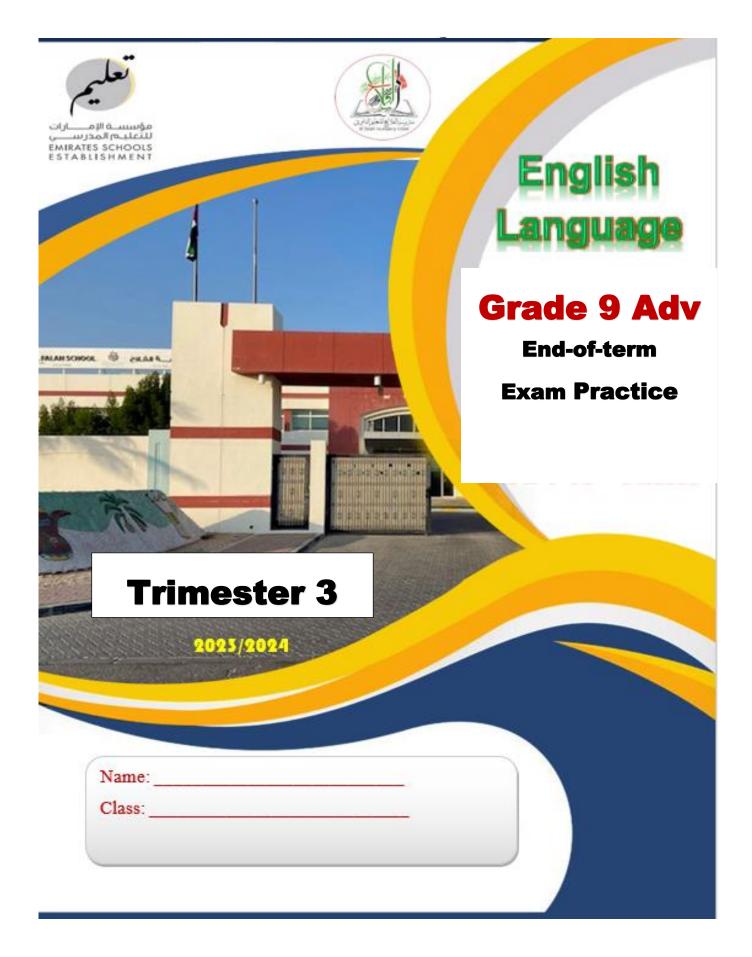


إعداد: مدرسة الفلاح للتعليم الثانوي

التواصل الاجتماعي بحسب الصف التاسع					
		CUMPTER			
	<u>ميع روابط "الصف التاسع"</u>	اضغط هنا للحصول على ج			
روابط مواد الصف التاسع على تلغرام					
التربية الاسلامية العربية العربية المرابية المعالي اللغة الانجليزية المعالي الرياضيات					

المزيد من الملفات بحسب الصف التاسع والمادة لغة انجليزية في الفصل الثالث			
أوراق عمل مراجعة على شاكلة الامتحان المسار المتقدم			
مراجعة قواعد وكتابة وفق الهيكل الوزاري المسار المتقدم	2		
نماذج مواضيع الكتابة المسار المتقدم	3		
الدليل الإرشادي للقواعد المقررة في الامتحان النهائي المسار	4		

م والمادة لغة انجليزية في الفصل الثالث	المزيد من الملفات بحسب الصف التاس
العام	
الدليل الإرشادي للقواعد المقررة في الامتحان النهائي المسار. <u>المتقدم</u>	5









Writing Essay: Topic 1

## **Topic: Best film**

#### Part 1: Opinion question

Write your answer below. Use two full sentences

What do you think of watching films, and why?

Write at least two sentences below

# Part 1: Opinion question

Write your answer below

Write a plan for your essay below. Please note – this question asks for a plan, not a full essay. You will write the full essay in the next question.

Write about your favourite film.

Include information about:

- details about the film
- why you recommend seeing it
- How has this movie impacted your life





#### Writing Essay: The plan

#### Introduction:

- Introduce different movie choices·
- Share "Under the Sun" as the favorite due to its Dubai portrayal·

#### **Body Paragraph 1: Film Details**

- Name the director and year
- Describe Dubai's life shown in the film·
- Talk about multiple stories and nice visuals.

#### Body Paragraph 2: Why Recommend It

- Discuss how it shows real Dubai·
- Explain characters and good stories.
- Touch on nice visuals and sound.

#### Body Paragraph 3: Personal Impact

- Explain how it taught about Dubai's culture.
- Share inspiration for own filmmaking.
- Reflect on importance of honesty in storytelling.
- •

#### **Conclusion:**

- Summarize points quickly.
- Recommend the film·
- Talk about its impact on the author's views·





# Writing Essay: Model Essay

Everybody has their own favorite type of movie. Some like exciting action movies, others enjoy romantic stories, and some find mysteries fascinating. For me, "Under the Sun" directed by Ali F. Mostafa is the one I love the most. It was released in 2005 and tells stories about life in Dubai, a city in the United Arab Emirates.

"Under the Sun," released in 2005, tells the stories of different people living in Dubai· It shows their dreams, struggles, and how they navigate the mix of old traditions and modern life· Ali F· Mostafa did an amazing job directing "Under the Sun·" He tells many stories at the same time, and they all feel very real and touching· The movie shows Dubai in a beautiful way, with fantastic shots of the city's streets, buildings, and people· It makes you feel like you're right there experiencing it all·

I recommend "Under the Sun" because it shows the real life of people in Dubai· It's not just about fancy things; it talks about culture, family, and the challenges people face in their daily lives· The characters in the movie are easy to relate to, and their stories stay with you even after the movie is over· Plus, the movie looks and sounds amazing, which makes it even more enjoyable to watch·

"Under the Sun" taught me a lot about Dubai's culture and how it's changing over time  $\cdot$  I dream of making movies myself one day, and this movie inspires me to tell stories that are true and meaningful, just like this one  $\cdot$ 

In conclusion, "Under the Sun" is a movie that everyone should watch. It tells stories that touch your heart and show a different side of Dubai—a side that's not just about luxury and skyscrapers but about real people living real lives, facing their own joys and struggles.







# Writing Essay: Topic 3

# **Topic: Best restaurant**

#### Part 1: Opinion question

Write your answer below. Use full sentences

What do you think of eating at restaurants, and why?

Write at least two sentences below

# Part 1: Opinion question

Write your answer below

Write a plan for your essay below. Please note – this question asks for a plan, not a full essay. You will write the full essay in the next question.

Write about your **best restaurant**.

Include information about:

- Name some restaurants in your area and describe the types of food they offer.
- Discuss what makes a restaurant stand out.
- Explore how restaurateurs market their restaurants to attract customers.







#### Writing Essay: The plan

#### Introduction:

- Importance of restaurants in daily life.
- Overview of essay topics: local restaurants, standout factors, marketing strategies.

#### Paragraph 1: Local Restaurants:

- Examples: "Ain Al Khaleej," "," "Rashed Ali·"
- Cuisines offered: Italian, Japanese, Mexican

#### Paragraph 2: Standout Factors:

- Food quality: Fresh and tasty dishes.
- Customer service: Friendly and helpful staff.
- Atmosphere: Clean, comfortable, and appealing.

#### Paragraph 3: Marketing Strategies:

- Social media promotion.
- Discounts and special offers.
- Loyalty programs.
- Collaborations and events.

#### Conclusion: Recap of key points.

- Importance of focusing on quality, service, atmosphere, and marketing for restaurant success.





Writing Essay: Model Essay

Restaurants are a big part of our lives. They are places where we can enjoy good food and spend time with family and friends. This essay will talk about some restaurants in my area, what makes a restaurant special, and how restaurant owners get customers to visit their places.

In my area, there are several good restaurants with different types of food· For example, "Ain AI Khaleej" offers Arabic dishes such as Biryani, Mandi, and Mashawi, with inside seating suitable for families· "Rashed Ali" is famous for its delicious Francesco sandwiches, which are very appealing to children· Additionally, there are some fast food restaurants, including the newly opened McDonalds and KFC··

A restaurant stands out because of a few important things. First, the food needs to be really good. Fresh and tasty dishes can make people want to come back. Second, good customer service is important. Friendly and helpful staff make the dining experience better. The look and feel of the restaurant also matter. A clean, comfortable, and nicely decorated place can make the experience more enjoyable.

Restaurant owners use different ways to get people to visit their restaurants. Social media is a big help, allowing them to show pictures and videos of their food and special deals. Offering discounts or special prices can attract more customers. Loyalty programs that give rewards to repeat customers make people want to come back. Working with local influencers or hosting special events can also make the restaurant more popular.

In conclusion, by focusing on good food, excellent service, a nice atmosphere, and smart marketing, restaurants can become successful and attract many customers.







# **Topic: Looking back**

## Part 1: Opinion question

Write your answer below. Use full sentences

Life in the UAE was quite hard. Do you agree or disagree? Why?

Write at least two sentences below

# Part 1: Opinion question

#### Write your answer below

Write a plan for your essay below. Please note – this question asks for a plan, not a full essay. You will write the full essay in the next question.

# Life in the UAE: Now and Then

Include information about:

- Means of Entertainment
- Food and Drink
- The Impact of the Past on the Present





#### Writing Essay: The plan

#### Introduction:

- Overview of UAE's transformation
- Mention focus: entertainment, food and drink, cultural impact

#### Paragraph 1: Means of Entertainment

- Past: Storytelling, poetry, music, falconry, camel racing
- Present: Malls, theme parks, nightlife, digital media
- Link: Traditional activities in festivals

#### Paragraph 2: Food and Drink

- Past: Dates, fish, rice, local spices, shared meals, coffee, tea
- Present: International restaurants, fast food, fine dining
- Link: Traditional dishes during events

#### Paragraph 3: The Impact of the Past on the Present

- Traditional designs in modern buildings
- Festivals mixing old and new
- Social values: hospitality, respect for elders, family ties

#### Conclusion: Recap of key points.

- Summary of UAE's changes
- Strong core of Emirati culture
- Blend of past and future ensuring lasting heritage





#### Writing Essay: Model Essay

The United Arab Emirates (UAE) has changed a lot over the years, from small villages to a modern, global city  $\cdot$  However, the UAE keeps its rich culture alive  $\cdot$  This essay looks at life in the UAE in the past and now, focusing on entertainment, food and drink, and how the past still affects the present  $\cdot$ 

In the past, entertainment in the UAE was simple People enjoyed storytelling, poetry, and music at gatherings Outdoor activities like falconry and camel racing were also popular Today, entertainment is very different There are huge shopping malls, theme parks, and a lively nightlife People can watch movies, go to concerts, and use digital media Traditional activities like falconry and camel racing are still enjoyed during cultural festivals, connecting the past with the present

Traditional Emirati food was simple and used local ingredients. Common foods included dates, fish, and rice, often with local spices. Meals were shared, strengthening family and social ties. Coffee (gahwa) and tea, served with dates, were important parts of hospitality. Today, the UAE has many international restaurants and fast-food places. Fine dining is also very popular. However, traditional dishes like machboos and luqaimat are still loved, especially during cultural events and family meals, keeping a connection to the past.

The UAE has modernized quickly, but it still values its cultural heritage First, many modern buildings include traditional designs, like wind towers and geometric patterns. Second, festivals like National Day and the Dubai Shopping Festival celebrate both old and new, featuring traditional music, dance, and crafts along with modern performances. Finally, social values like hospitality, respect for elders, and strong family ties are still important in Emirati society. These traditions give people a sense of identity in a rapidly changing world.

In conclusion, the UAE's journey from small villages to a global city shows its strength and vision. While many things have changed, the core of Emirati culture—traditional entertainment, food, and values—remains strong. It will continue to be an important part of life for many years to come.





#### Writing part 4: Inference

Hamdan's grandparents always dreamed of going to Spain, so he had planned for a dozen of his family members to participate in the trip. However, while booking flights and hotels for such a large group, he encountered some issues. He had enjoyed planning trips for his family in the past, but he felt that the small things that he had to compromise on negatively impacted the trip for his grandparents; he was frustrated with the time he spent quarrelling with customer service staff when his family's needs and desires were not met. Hamdan believed that airlines and hotels should consider the needs of their customers more carefully. With more information and better assistance, Hamdan felt as if he could have planned a better trip.

Weeks later as Hamdan drove to work, he realized that he was no longer ambitious in his current position as a civil engineer. It wasn't that he loathed his profession, but his role at the company where the management was poor, and colleagues left him to do most of the work resulted in him feeling exhausted and unfulfilled. The fact was Hamdan felt as though he had dragged himself to the office kicking and screaming every day for weeks after the vacation. He contemplated applying at different construction companies in the area, but he would have to settle for a much lower salary. To achieve his goal of having an innovative work environment that was prosperous to maintain the stability needed for his family's lifestyle, he considered starting his own engineering firm. Although he was miserable, he could have stayed in his current job; however, Hamdan drafted a letter to resign from his position, deciding to establish his own business.

Never before had Hamdan worked for himself, but he was certain that he could have a profitable business while working in an environment that could re-ignite his passion. Noticing that there was a career fair in the next week, Hamdan registered to attend. At the event, not only did he listen to many different presentations, but he also reviewed the information at several exhibitions. Hamdan met Ali, a young entrepreneur and discussed the potential for businesses in his current field. He walked away from Ali thinking My own engineering business could be an option for me. Feeling refreshed at the thought of a new opportunity, Hamdan was headed for the exit but decided to explore another area of the exhibition hall before leaving. Just as he was passing an informational booth about medical careers, he was drawn like a magnet to a brightly colored stand decorated with images of sunny, exotic places. Finally, Hamdan knew that he had discovered the perfect idea for his new business.

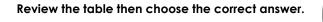
#### Write your answer below. Use full sentences.

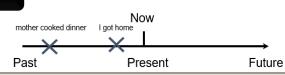
- In which sector will Hamdan's new business be? Write your answer below. Use full sentences.
- 2. Why is your answer to the inference question the best answer? Use the information in the text above to support your answer.





1: Past time: Past Perfect





By the time I got	By the time I got home, my mother <u>had already cooked</u> dinner.		
Meaning The sentence describes two actions that happened in the past. Cooking dinner was finished before getting home.			
Grammatical structure			
Usage We can use the past perfect when we want to talk about two completed past actions. use the past perfect when an action happens before another past action. We can also it when we want to say an action was done up to a certain time in the past. In the exa below, the man was a teacher for 10 years then changed his job.			
Other examples	He <u>had worked</u> as a teacher for 10 years before he became a principal. She <u>hadn't been</u> to the hotel before she began working there. I <u>had fallen</u> asleep before the end of the documentary.		

#### 1. What \_\_\_\_ before the guests arrived for dinner?

	a) were you cooking	b) had you cooked	c) did you cook		
2.	By the time Sarah arrived, John all the coffee.				
	a) drinks	b) drank	c) had drunk		
3.	Before they left the res	taurant, the waiter the bill.			
	a) had brought	b) brought	c) has brought		
4.	When I got home, my r	oommate all the pizza.			
	a) ate	b) had eaten	c) eats		
5.	By the time the party _	, Julia had baked all the	cupcakes.		
	a) bake	b) bakes	c) baked		
6.	Before the event, the caterers all the food for the buffet.				
	a) prepares	b) had prepared	c) prepared		
7.	When we	at the café, they had eaten the	last piece of cheesecake.		
	a) arrived	b) arrive	c) had arrived		
8.	By the time the restaurant closed, the chef all the ingredients.				
	a) had used	b) have used	c) uses		
9.	Before the picnic, Sarah all the sandwiches.				
	a) makes	b) had made	c) have made		
10.	When the party ended,	, the guests all the punch.			







a) had drunk

b) have drunk c) drunk

2: Conditional (Second)

Г

<u>I wish</u> you cooked traditional food more often.		
Meaning	The speaker wished that the cook prepared more food like the food that used to be eaten in the past.	
Grammatical structure	Conditionals (second): I wish/if only 'wish/if only' + VP (past simple)	
Usage	We can use 'wish' and 'if only' with past simple to talk about something we regret and would like to change. 'If only' is usually a bit stronger than 'I wish'.	
Other examples	<u>I wish</u> I found healthy food as enjoyable as fast food. <u>If only</u> she knew how unhealthy pizza was! <u>If only</u> I made <u>lugaimat</u> like my mother makes it.	

1.	In the world of filmmakir	ng, if only the director	more con	trol over the casting
	process.	(a) has	(b) had	(c) have
2.	I wish the studio nurturing creativity.		-	
3.	If only the location	closer to the ci	ty, commuting to the s	set wouldn't be such a
	hassle.	(a) is	(b) were	(c) are
4.	I wish the shoot	smoother; consta	nt interruptions are di	srupting the flow of
	creativity.	(a) is	b) are	c) were
5.	If only the documentary	a bigger b	oudget, we could explo	ore more diverse
	storytelling techniques.			
6.	I wish the director	more time for p	pre-production plannir	ng; it would have avoided
	many logistical issues.	(a) has	b) had	c) have
7.	If only the studio	more open to ex	perimental projects, w	ve could push the
	boundaries of filmmakin	g. <b>(a) are</b>	b) is	c) were
8.	I wish the location	more versatile;	finding suitable settin	gs for various scenes has
	been challenging.	(a) is	b) were	c) are
9.	If only the shoot	in a different sea	son, we wouldn't have	to deal with unpredictable
	weather conditions.	(a) is	b) are	c) were
10	. I wish the documentary _	more reco	ognition at film festival	s; it deserves to reach a
	wider audience.	(a) receives	b) receiving	c) received





# 3: Conditional (First / Second)

<u>Even if</u> I <u>practise</u> very hard, I will not cook as well as my mother.		
Meaning	The second clause is talking about a likely outcome. Whether the person works hard or not, they will still not be better than their mother.	
Grammatical structure	Conditionals ( <u>first</u> / <u>second</u> ) 'even if' + first/second conditional	
Usage	We can use 'even if' with a conditional to say that if the condition happens or not, the outcome will be the same. When we want to talk about an outcome that is real and possible, we use first conditional. Second conditional is used to describe a situation that is unlikely.	
Other examples	<u>Even if</u> you take a taxi, you'll still be late. <u>Even if</u> they have very little money, the family will always eat well. I would still go to university, <u>even if</u> I had no money.	

- 1. Even if the UAE (increased / increases / increasing) its efforts to keep old skills alive, some may still vanish.
- 2. If just a few people **(explored / explores / exploring)** old trade routes, it could help us understand our history better.
- 3. Even if modern life (impacted / impacts / impacting) our traditions, the UAE's customs stay strong.
- 4. If more events (are organized / organizes / organizing) by the coast, it will attract different tourists.
- 5. Even if the economy (failed / fails / failing) to change, traditional jobs still matter.
- 6. If some old sites (are preserved / is preserve /are preserving), it would help keep our heritage alive.
- 7. Even if tourism (decreased / decreases / decreasing), the UAE will still show off its history.
- 8. If more projects (launched / launches / are launched) for cultural exchange, it could help us learn from others.
- 9. Even if the population (slowed / slows / slowing) down, people might still want old things.
- 10. If some old traditions (lose / lost / losing), we should try to bring them back.





# 4. Passives: Sub+get/got+v

She <u>got upset</u> when she heard that she'd failed the exam.			
Meaning	The speaker suddenly had a dramatic change as soon as she heard her exam result.		
Grammatical structure	Passives subject + get / got + verb		
Usage	Get / got can be used to with a verb to show a sudden or unexpected change of state. The passive voice is used as the focus is on the action being described rather than on who or what is performing the action. To use the passive voice, the object of the active sentence is moved into the subject position. A range of tenses can be used.		
Other examples	He <u>got caught</u> cheating in the test. You'll <u>get sick</u> if you don't take better care of yourself. She <u>got told</u> to finish her work quickly.		

- 1. The director **(has got / got / getting)** praised for their innovative approach to storytelling last month.
- 2. The studio (has got / gets / getting) flooded with scripts from aspiring writers every time we have a contest.
- 3. The location (got / had gotten / getting) transformed into a bustling cityscape for the shoot taken yesterday.
- 4. Last week, the documentary (got / gets / getting) awarded for its powerful message about environmental conservation.
- 5. The actors (got / gets /are getting) trained extensively to prepare for their roles in the film at the moment.
- 6. The crew (got / gets / getting) hired based on their experience and expertise in cinematography.
- 7. The script (/ gets / getting / had got) revised multiple times before the shooting began.
- 8. The audience (gets / had got / getting) excited as the release date of the movie approached.
- 9. The special effects (got / get / getting) added in post-production to enhance the visual experience.
- 10. The soundtrack usually (got / gets / getting) composed by a renowned musician to complement the film's mood.







#### 5. Modal: Present Modals

The plate is empty. My brother <u>must have</u> eaten all the cake.			
Meaning	When he sees an empty plate, the speaker deduces that his brother ate the cake.		
Grammatical structure	Modals: present modals (deduction) subject + modal ('must have') + perfect participle for inferences about the past		
Usage	The modal 'must' combined with 'have' can be used to make conclusions or observations about events in the past. We use the information given to us at the moment of speaking to make guesses about past events.		
Other examples	That's not right! She <u>must have</u> made a mistake. He's very good at running. He <u>must have</u> trained hard. It <u>must have</u> rained last night. The roads are wet.		

- 1. The pie is too sweet. They \_\_\_\_\_ (must have added should have added could have added) too much sugar.
- The milk smells bad. It \_\_\_\_\_ (can have expired must have expired might have expired) already.
- 3. The salad tastes bland. They \_\_\_\_\_ (must have forgotten might have forgotten should have forgotten) to add spices.
- The bread is stale. It \_\_\_\_\_ (can have been must have been might have been) left out overnight.
- The cake is very dry. They \_\_\_\_\_ (could have overbaked must have overbaked might have overbaked) it.
- 6. The sauce is very salty. The chef \_\_\_\_\_\_ (might have added must have added can have added) too much salt.
- 7. The yogurt tastes sour. It \_\_\_\_\_ (can have gone should have gone must have gone) bad.
- 8. The pasta is not cooked properly. They \_\_\_\_\_\_ (can have not boiled must have not boiled might have not boiled) it long enough.
- The fish smells fresh. They \_\_\_\_\_ (might have bought must have bought could have bought) it today.
- **10.** The soup is very spicy. They \_\_\_\_\_ (must have used might have used should have used) too many hot peppers.







Reading Maze # 1

Read the following text and circle the correct answer.

As you entered the busy bakery, the aroma of freshly baked bread surrounded you. You wished you (1) [had tried – tried - tries] the warm baguettes right away. Even if you (2) [won't like- don't like - didn't like] the idea of trying something new, the friendly baker insisted you sample their famous cinnamon rolls.

Moving along, you stumbled upon a quaint café where the barista got (3) [brewing – brewed - brew] a steaming cup of espresso with expert precision. While sipping the rich coffee, you wished you (4) [could have visited – visiting - had visited] the café sooner to experience its cozy ambiance.

Continuing your journey, you arrived at a vibrant market where the vendors were selling exotic spices from around the world. You couldn't help but marvel at the colorful array of seasonings, imagining the delicious dishes they (5) \_\_\_\_\_ [could enhance -enhance - must have enhanced]. Despite your initial hesitation, you decided to try a sample of the fiery hot sauce. Even if it (6) \_\_\_\_\_ [makes – make -made] your eyes water, you were determined to taste the authentic flavors.

Suddenly, you remembered a recipe you had seen online. If only you (7) \_\_\_\_\_ [try - tried - would try] making the dish at home before, you could recreate it using the unique ingredients from the market. As you browsed through the produce section, you noticed a basket of ripe strawberries. They looked so tempting that you wished you (8) \_\_\_\_\_ [could have bought – buy - would have bought – had bought] some to enjoy later.

Feeling adventurous, you decided to sample a slice of the mysterious fruit offered by the vendor. It was so delicious that you were certain it (9) [grew- must have grown - growing] in a tropical paradise. Reflecting on your culinary adventure, you realized that even if you(10) [won't try -didn't try - haven't tried] every dish, each taste and experience had enriched your journey through the world of food and drinks.







Reading Maze # 2

Read the following text and circle the correct answer.

As the director arrived on set, he wished he (1) \_\_\_\_\_\_ (-could have chosen- -had chosen- choose) a sunnier location for the shoot. Even if the actors (2) \_\_\_\_\_\_ (-didn't arrive- hadn't arrived -won't arrive- -) on time, the crew was ready to start filming the breathtaking documentary. While reviewing the script, the director realized he wished he (3) \_\_\_\_\_\_ (-had added- added- -add) more emotional depth to the protagonist's character.

Even if the studio(4) \_\_\_\_\_\_ (-doesn't provide- -didn't provide-won't provide-) the necessary funding, the director was determined to bring his vision to life. As the crew prepared for the shoot, they got (5) \_\_\_\_\_\_ (organized – organizing - organize) props and costumes for the period drama.

Reflecting on past projects, the director realized he must have (6) \_\_\_\_\_\_ (overlooking – overlooked - overlook) the importance of sound design in creating an immersive experience. Even if the weather (7) \_\_\_\_\_\_ (won't be ideal - hadn't been ideal – weren't ideal) for outdoor scenes, the cinematographer captured stunning visuals of the rugged landscape.

As the documentary premiered at the film festival, the director got (8) \_\_\_\_\_\_ (received - receiving- receive) praise for its compelling storytelling. While editing the footage, the director realized he wished he (9) \_\_\_\_\_\_ (include- - had included - including) more interviews with experts to provide additional insights.

Reflecting on the entire filmmaking process, the director realized he must have (10)
(underestimated- -underestimating - underestimate) the challenges but found the
journey incredibly rewarding.







Read the following text and circle the correct answer.

1.	In filmmaking, succes passion can drive you	ss doesn't come overnight. I u forward.	Even if you	_ prior experience,
	a) didn't have	b) haven't had	c) don't have	
2.	_	ene, directors often wish the		horoughly.
	a) would plan	b) had planned	c) have planned	
3.	Despite the challeng they tou	es, actors push themselves t Igh conditions.	to deliver their best pe	rformance, even if
	a) faced	b) face	c) have faced	
4.	The cinematographer more attention to de	r regretted not getting the lig tail.	ghting right. She wished	d she
	a) had paid	b) has paid	c) pays	
5.	. Editing can transform a film completely. Filmmakers must have crucial decisions during this process.			
	a) made	b) make	c) making	
6.	Even if the script	yet, the production	n team started preppir	ng for the shoot.
	a) hasn't finalized	b) didn't finalize	c) hasn't bee	n finalized
7.	The director wish he	a different loca	ation for the crucial sce	ene.
	a) choose	b) chooses	c) has chosen	
8.	Despite the setbacks,	, the producer got the film _	on time.	
	a) completed	b) completes	c) completing	
9.	The sound designer r experience.	must have tirele	essly to create the peri	fect auditory
	a) working	b) work	c) worked	
10	a) is carefully conside		by the di	rector.
	<ul><li>b) was carefully cons</li><li>c) has been carefully</li></ul>			





Reading Maze #3

Read the following text and circle the correct answer.

Looking back at the history of the UAE, I wish I (1) \_\_\_\_\_ (could have witnessed - witness - witnessed) the founding of the seven emirates. Even if the early settlers (2) \_\_\_\_\_\_ (don't face - won't face - hadn't faced) harsh conditions, they were determined to build a thriving community.

Reflecting on the past, the leaders realized they wished they (3) \_\_\_\_\_\_ (had preserved - preserved - preserving) more of the traditional way of life. Even if the region (4) \_\_\_\_\_\_ (- won't be - wasn't - haven't been) as developed as it is now, its strategic location attracted traders from around the world.

As the nation got (5) \_\_\_\_\_\_ (growing - grew - grow) in prosperity, it emerged as a key player in the global economy. Looking back, it's evident that the thinkers must have (6) \_\_\_\_\_\_ (envisioning - envisioned - envision -) the transformation of the UAE into a modern metropolis. Even if challenges (7) \_\_\_\_\_\_ (arise - arise - arose) along the way, the resilience of the Emirati people ensured progress and growth.

Reflecting on the achievements, it's clear that the pioneers got (8) \_\_\_\_\_\_ (achieving – achieve - achieved) remarkable milestones against all odds. Looking back at the historical landmarks, one must have (9) \_\_\_\_\_\_ (admire – admiring - admired) the architectural marvels that symbolize the nation's heritage.

As we journey through history, let's remember the sacrifices made by our ancestors, who must have (10) \_\_\_\_\_\_ (strived - striving - strive) to shape the UAE into the vibrant nation it is today.







Improving the Environment

# Paragraph A

Scientists have been warming us about Earth's rising temperatures for a very long time and I think it is time we take some action. There are many ways to protect the environment, one of which is preserving water. Wasting a lot of water or using it without care means that governments and water companies need to use more energy in treating water to make it clean. This is, of course, bad for the environment.

# Paragraph B

There are actually a lot of eco-friendly conservations and initiatives. A great example is the Dubai Expo 2020 and the building in which it will be held. It will include solar trees that will take energy from the sun to provide power to the event. The building's low carbon footprint will send a message to the world that it is important to promote ecology and sustainability. Also, people will have the opportunity to discuss and exchange ideas about global issues and solutions.

# Paragraph C

Another initiative that will protect the environment is the driverless car. I think driverless 'electric cars will be something of the future. They will cut greenhouse gases as they will use electrically-powered engines. They will also reduce noise pollution as they are much quieter than regular cars. The fact that these cars do not need petrol or diesel fuel means that no harmful emissions are being produced. I think if we all drove electric cars, we would definitely live in cleaner and quieter cities.

#### Paragraph D

Not only do we need to make sure the environment is cleaner for us, but for animals too Many of the UAE.'s most beautiful animals are slowly becoming endangered. I believe it is the responsibility of the government to work toward informing people about the importance of conservation and the dangers facing the environment. There are many initiatives throughout the country such as the World Wildlife Association. They offer workshops and activities to inform people of the value of protecting animals11:51





Choose the best heading for each paragraph.

- 1. We need to take action
- 2. A building to improve the environment
- 3. Changing transportation to improve the environment \_\_\_\_
- 4. The government should make a start

Choose the best paragraph for each question.

- 1. Which paragraph mentions the government raising awareness of the environment?
  - a. Paragraph A
  - b. Paragraph B
  - c. Paragraph C
  - d. Paragraph D
- 2. Which paragraph talks about a new invention that will be good for the environment?
  - a. Paragraph A
  - b. Paragraph B
  - c. Paragraph C
  - d. Paragraph D
- 3. Which paragraph mentions the need to reduce water use?11:53
  - a. Paragraph A
  - b. Paragraph B
  - c. Paragraph C
  - d. Paragraph D







Read the text and match the correct paragraphs (A-D) to the number (1-7). You can use each letter more than once.

## Living a Healthier Life

# Paragraph A

When trying to get healthier, exercise is equally as important as a good diet so take up a sport you like doing. If you are into technology, there are a range of gadgets on the market to help motivate you. If you swim, there is something which attaches to your goggles so that you can hear music underwater. If you are a runner, there are socks available which link to your smartphone and give you personal feedback and tips on how to improve.

#### Paragraph B

If you spend a lot of the day at a desk feeling stressed and worried about not being more active, monitor how much exercise you get in a typical day by downloading an app and keeping your phone in your pocket. It will record how many steps you take or the distance you walk. This may inspire you to take the stairs, rather than the lift - or walk home, rather than take the bus-in an effort to reach the recommended 10,000 steps a day.

#### Paragraph C

Reducing obesity is a very important global issue nowadays if we want to prevent heart attacks and diabetes. Young people especially must be encouraged to eat more fresh food like fruit and vegetables. Also, they should eat less sugar to lead healthy lives and increase their life expectancy. Smart scales will inspire them to lose weight by sending the data to a computer, which will give them regular progress reports and targets. They may find that they enjoy the challenge!

#### Paragraph D

Many people these days suffer from stress-related illnesses, so you need to be aware of when you are overworking so that you can adjust your lifestyle. Activities such as yoga or visits to the spa will help you to relax body and mind. Getting enough sleep is also important and a smart watch or phone can monitor your sleep patterns. Finally, use traditional remedies, rather than medicine, unless you really need to see a doctor.





Choose the best heading for each paragraph.

- 1. Keeping track of your movements
- 2. Making healthy eating motivating
- 3. Dealing with pressure
- 4. Different gadgets for different exercise

Choose the best paragraph for each question.

- 5. Which paragraph suggests a specific goal?
  - a. Paragraph A
  - b. Paragraph B
  - c. Paragraph C
  - d. Paragraph D
- 6. Which paragraph advises a natural approach to health through diet?
  - a. Paragraph A
  - b. Paragraph B
  - c. Paragraph C
  - d. Paragraph D
- 7. Which paragraph tells you to do what you enjoy?
  - a. Paragraph A
  - b. Paragraph B
  - c. Paragraph C
  - d. Paragraph D







Read the text and answer the questions. For each question (1-7), choose the correct answer A, B or C.

# Ahmad and His Interest in Transport

My name is Ahmad. I live in Dubai with my mother, my father, my two older brothers and my baby sister. I am going to tell you about our family's interest in Dubai transport system.

Buses, the Metro and taxis make up the transport network in Dubai. I almost never take taxis and I think buses are sometimes difficult to use. I really like travelling on the Metro because it has very advanced trains and stations. My favourite Dubai Metro station is called the Union station. The station is underground and it connects the red and the green lines of the Metro network. It is in Deira, near big shopping centres, hotels and government buildings. Buses to other emirates have stops close to the station. I have enjoyed travelling to Sharjah and Ajman from there.

My father has worked in the office near the station for a long time. There is a lot of congestion with all the cars in the area, so he prefers using the Metro to get to work. My father thinks the driverless trains and pre-paid smart cards are very smart but what he likes most are the air-conditioned platforms.

I would like to work for Dubai Metro when I finish university. I like studying Computer Science and Physics the most. I like these subjects even more than CDI or Maths and I hope to get good grades in my exams. When I leave school, I am going to go to university. After that, I am going to be an engineer like my older brother Essa. Essa has worked for Dubai Metro for four years and he says it is great. First, he worked at the Business Bay station for a year after he finished university. Then he moved to the Union Station and he still works there. Essa does not work far from our father's office.







- 1. Who is the youngest person in Ahmad's family?
  - A) Ahmad
  - B) Ahmad's sister
  - C) Ahmad's brother
- 2. Ahmad thinks using \_\_\_\_\_\_is not easy.
  - A) buses
  - B) taxis
  - C) the Metro
- 3. Ahmad has travelled from the area of the Union Station to \_\_\_\_\_
  - A) a government office
  - B) Deira
  - C) Sharjah
- 4. What does Ahmad's father like the most about the Metro?
  - A) the smart cards
  - B) the platforms
  - C) the trains
- 5. What are Ahmad's favourite subjects?
  - A) Maths and Computer Science
  - B) Maths and CDI
  - C) Physics and Computer Science
- 6. Essa now works near \_\_\_\_\_\_.
  - A) his father
  - B) Ajman
  - C) his home
- 7. What is Ahmad and his family's opinion of Dubai transport system?
  - A) They do not have an opinion.
  - B) They think it is bad.
  - C) They generally like it.







Read the text and answer the questions. For each question (1-7), choose the correct answer A, B or C.

My Favourite Book

My favourite book is 'The Adventures of Andy Smith'. It is not a biography, so the story is not real, but it is a very interesting book. It is about a Canadian man who was a scientist and inventor. However, he was a tour guide in Africa before that.

When Andy was young, he lived in Kenya, where he got his first job. He worked with his father and uncle in a national park and learned from them about wildlife and animal protection. He also learned to work with different machines. However, Andy liked creating new, innovative gadgets more than anything else. One day, he invented a device to help check the population of wild animals.

When Andy was 21, he moved to a big city to study at university. Although he studied there to become an engineer, he also learnt five languages and designed a device for flying cars. At the same time, he designed a drone made only from wood.

When Andy left university, he met a Japanese man called Dr Kaito, who worked for the government. Dr Kaito was an unusual man. He was the best inventor in the country and always took his tablet and a calculator everywhere he went. He was famous for designing a vending machine with hot food and ice cream.

Andy and his friend worked and travelled together. Their biggest adventure was in Dubai, where they designed a face recognition device for pets. Before that, however, they had visited Iceland to find the coldest glacier before going to London to do some special work in the Science Museum.







- 1. What was Andy Smith's first job?
  - A) a book writer
  - B) a tour guide
  - C) a scientist
- 2. What did Andy Smith like doing most when he lived in Kenya?
  - A) working with machines
  - B) learning about wildlife
  - C) making new things
- 3. Why did Andy Smith go to university?
  - A) to see the world
  - B) to be a language teacher
  - C) to be an engineer
- 4. The drone Andy Smith designed was special because
  - A) of the material used
  - B) of the features it had
  - C) it was made by an old man
- 5. Dr Kaito always
  - A) invented things for the governmentB) had some devices with himC)ate hot food with ice cream
- 6. Andy Smith and Dr Kaito first went to
  - A) Iceland
  - B) London
  - C) Dubai
- 7. What kind of text is it?
  - A) a letter to a friendB) a travel blogC) a school essay







Read the text and answer the questions. For each question (1-7), choose the correct answer A, B or C

#### Shaikha

I live with my mother and father, my two older brothers and a sister who is still a toddler. We live in a big house quite near the centre of the city and close to the sea. I love it My father's family also lives close to us in a beautiful apartment.

My school is not far from the city centre. It is an old school. However, it has a big new reception and new classrooms. The labs have old wooden desks and the teachers are going to have a new office soon. I sometimes take a bus to school but the journey can take over 60 minutes because of congestion. There is a Metro station near our house, so I usually take the Metro because it is faster. If I take the Metro, I can get to school in 40 minutes.

My uncle, Rashid, is my father's brother. Rashid's wife is my aunt Maryam. Their daughters are my cousins, Fowzia and Khadija. My cousins are a little older than me, and I see them almost every day. My aunt and uncle work for the government but Fowzia and Khadija want different careers. Fowzia likes Maths and Science and wants to be a scientist, just like me. Khadija enjoys Geography and History classes and is going to study to be a tour guide. However, she would not like to be a teacher.

My grandparents live near us too. They are really nice, and I visit them almost every week with my father, who is their son. My great-grandmother lives with them as well. She is 92 and she is the oldest person in my family. She is very funny and I love her stories. She told me that when she moved to Dubai, only one tall building had been finished in the whole city.







- 1. Who is the youngest person in Shaikha's family?
  - A) Shaikha
  - B) Shaikha's brother
  - C) Shaikha's sister
- 2. Where does Shaikha live?
  - A) near the city centre
  - B) in a small villa
  - C) in a beautiful apartment
- 3. Shaikha's school has got
  - A) an old reception
  - B) a new office
  - C) new classrooms
- 4. If Shaikha goes to school by bus, it usually takes
  - A) less than 60 minutes
  - B) more than 60 minutes
  - C) about 40 minutes
- 5. Who is Rashid?
  - A) Maryam's cousin
  - B) Fowzia's father
  - C) Shaikha's brother
- 6. Khadija is going to
  - A) be a tour guide
  - B) work in a bank
  - C) become a teacher
- 7. When was the first tall building in Dubai finished?
  - A) at the time when Shaika moved to Dubai
  - B) after Shaika's great-grandmother moved to Dubai
  - C) before Shaika's great-grandmother moved to Dubai







For each question (1-13), choose the correct answer according to the text. True, False or Not Given.

Trends in Entertainment

**A.** There are so many different kinds of television shows today, from reality TV to talk shows. They provide entertainment for people around the world. Personally, I do not like many programmes that are shown though. I also worry that watching too much TV is not good for society. However, I do use the television for news. It is certainly valuable to know what is happening internationally.

**B.** In my opinion, it is important to go out for entertainment rather than being in front of a screen or device all the time. It is no good for your eyes! One way that I like to do this is by going to the theatre. In my country, the older generation love to go out to watch performing arts but, sadly, young people do not. I think plays provide an amazing opportunity to learn about history and culture. I try to go regularly and I wish more people did.

**C**, Another way to learn about the world is by watching documentaries. They can be very informative. I tend not to watch them often in the evenings though because I find that having all that information in my head does not help me sleep.

**D**, In contrast, novels allow me to escape into a different world. I enjoy many different authors and genres. I also love writing stories. At school, we studied and wrote poetry. Frankly, I found it quite boring but I realise now that it is a valuable part of everyone's education. Some of my classmates were really good at writing them but I do not have the talent for it.

**E.** A lot of people have recommended watching films as an effective way to learn. They can be especially helpful for studying a language. I have heard that the best way is to use subtitles in your own language whilst listening to the actors. It is better to start with easy films such as children's films. However, I have not had much success yet even though I tried all these things. I will keep trying!

#### 1. What is the main topic of the text?

- a) The benefits of watching television for news
- b) Different forms of entertainment and their impact
- c) The importance of studying poetry



# 2. According to the author, why is watching too much TV not good for society?

- a) It provides too much entertainment
- b) It keeps people informed about international news
- c) It is not good for your eyes and health

# 3. Why does the author wish more people would go to the theatre?

- a) Plays are more entertaining than TV shows
- b) It is a good way to learn about history and culture
- c) It helps people to sleep better

# 4. Why does the author not watch documentaries often in the evenings?

- a) They are boring
- b) They contain too much information which affects sleep
- c) They are not informative

# 5. What does the word "informative" mean as used in the text?

- a) Boring
- b) Educational
- c) Entertaining

#### 6. How does the author feel about poetry?

- a) They find it exciting and love writing it
- b) They found it boring at school but recognize its value now
- c) They think it is the best part of education

# 7. What suggestion is given for using films to learn a language?

- a) Watching without subtitles
- b) Using subtitles in your own language while listening to the actors
- c) Watching difficult films

# 8. What can we infer about the author's success in using films to learn a language?

- a) The author has been very successful
- b) The author has not had much success but is still trying
- c) The author has given up on using films to learn a language







- 9. Which is the best heading for Paragraph A?
  - a) Learning Through Documentaries
  - b) The Value of Television News
  - c) Using Films for Language Learning

10. Which is the best heading for Paragraph B?

- a) Going Out for Entertainment
- b) The Joy of Reading and Writing
- c) The Value of Television News
- 11. Which is the best heading for Paragraph C?
  - a) Using Films for Language Learning
  - b) Learning Through Documentaries
  - c) Going Out for Entertainment
- 12. Which is the best heading for Paragraph D?
  - a) The Joy of Reading and Writing
  - b) Going Out for Entertainment
  - c) Learning Through Documentaries
- 13. Which is the best heading for Paragraph E?
  - a) The Value of Television News
  - b) Learning Through Documentaries
  - c) Using Films for Language Learning







# The four-minute mile

It is the nature of athletic records that they are broken and their place is taken by new ones . Yet in many sports \_\_(1)\_\_, there is a mark which is not \_\_(2)\_\_ in itself, but which becomes a legend as athletes \_\_(3)\_\_ to break it. The most \_\_(4)\_\_ of these is the attempt to run the mile in \_\_(5)\_\_ than four minutes. In 1945, the mile record was \_\_(6)\_\_ to 4 minutes, 1.5 seconds. And there, for nine years, it stuck. Then, in 1954, a medical student \_\_(7)\_\_ Roger Bannister decided to try and break the record. He had been \_\_(8)\_\_ for this day since running the mile in 4 minutes, 2 seconds the \_\_(9)\_\_ year.

Two other runners set the pace for him, and \_\_(10)\_\_ 250 yards to go he burst ahead for the finish. He wrote \_\_(11)\_\_: 'My body had exhausted all its energy, but it \_\_(12)\_\_ on running just the same. Those \_\_(13)\_\_ few seconds seemed never-ending. I could see the line of the finishing tape. I jumped like a man making a desperate attempt to save himself from danger. 'Bannister's time was 3 minutes, 59.4 seconds. \_\_(14)\_\_ this record has been broken on many \_\_(15)\_\_ since, Bannister's achievement will never be forgotten.

1. A) happenings	B) events	C) games	D) matches
2. A) central	B) major	C) significant	D) considerable
3. A) try	B) try on	C) try out	D) try for
4. A) known	B) public	C) noticeable	D) famous
5. A) smaller	B) less	C) lower	D) under
6. A) broken down	B) lessened	C) decreased	D) brought down
7. A) entitled	B) called	C) nicknamed	D) known
8. A) trying	B) studying	C) running	D) training
9. A) early	B) previous	C) past	D) former
10. A) on	B) in	C) with	D) by
11. A) afterwards	B) then	C) next	D) after
12. A) went	B) continued	C) ran	D) got
13. A) last	B) late	C) latest	D) later
14. A) But	B) In spite of	C) However	D) Although
15. A) times	B) times	C) occasions	D) incidents

	J-GI	14-D	A-£1	A-21	¥-۱۱	0-C	8-6
Q-8	8-7	<b>D-</b> 9	8-8	4-D	A-£	2-C	8-1





#### On your bike!

If you are getting fed up wasting time looking for parking space, my \_\_(1)\_\_ to you is to consider the bicycle as an alternative \_\_(2)\_\_ of transport. Cycling is probably the cheapest and healthiest way of getting \_\_(3)\_\_ in our congested city centers. \_\_(4)\_\_ it is convenient and environmentally desirable, it can be an unattractive \_\_(5)\_\_ on a cold wintry morning. It is much easier to \_\_(6)\_\_ onto a nice warm bus or jump into your car, \_\_(7)\_\_ the sight of cyclists as they weave their way in and out of the traffic may fill you with \_\_(8)\_\_ as you sit waiting in yet \_\_(9)\_\_ traffic jam. In spite of the \_\_(10)\_\_ that worsening pollution is getting many people \_\_(11)\_\_, causing more and more health problems, and \_\_(12)\_\_ it is fashionable to express one's \_\_(13)\_\_ of the environmentally safe bicycle, it is hard to \_\_(14)\_\_ the danger cyclists face in sharing the road with cars. \_\_(15)\_\_ cycling is not as risky as it looks at first sight, there are more and more accidents involving cyclists.

1. A) advice	B) warning	C) plan	D) solution
2. A) method	B) way	C) means	D) instrument
3. A) on	B) through	C) over	D) about
4. A) Despite	B) In spite	C) Although	D) Even as
5. A) choice	B) advice	C) propose	D) transport
6. A) enter	B) be	C) travel	D) get
7. A) even	B) however	C) though	D) and
8. A) approval	B) envy	C) angry	D) criticism
9 A) other	B) more	C) another	D) longer
10 A) truth	B) reality	C) fact	D) event
11 A) round	B) down	C) over	D) together
12 A) while	B) despite	C) as	D) in spite of
13 A) favor	B) agreement	C) belief	D) approval
14 A) refuse	B) criticize	C) deny	D) think
15 A) Even though	B) However	C) Whereas	D) Although
		_	

	8-9L	14-C	A-81	15-D	∀-11	10-8	D-6
A-8	<b>A-</b> 7	O-9	9-C	4-D	A-£	3-B	A-1







C. O Complete the sentences with the correct form of the words in the boxes. In some cases more than one answer may be correct. Then check your answers using a dictionary. See Using a Dictionary, p. 213.

match game race competition

- 1. I'm thinking of participating in a photography \_\_\_\_\_\_. What do you think?
- 2. The tennis \_\_\_\_\_ was cancelled after my opponent was badly injured.
- Most of the runners who took part in the had been training for a long time.
- **4.** American football seems very interesting, but I don't understand the rules of the

location position site spot venue

- Al Zubarah is a beautiful archaeological \_\_\_\_\_\_ in Qatar.
- **10.** From our \_\_\_\_\_\_ at the top of the mountain, we could see the ocean in the distance.
- **11.** His favourite \_\_\_\_\_\_ in the house is the armchair near the fireplace.
- 12. The gym is moving to a new \_\_\_\_\_\_ on the other side of town.
- 13. This hotel is often used as a conference

#### fan spectator viewer audience

- 5. The \_\_\_\_\_\_ applauded at the end of the performance.
- 6. Dennis is a big \_\_\_\_\_\_ of rugby. He never misses a match.
- The Olympic Games are broadcast on TV and attract billions of \_\_\_\_\_\_ worldwide.
- 8. The \_\_\_\_\_\_ stood on the side of the road and cheered the runners on.

win beat defeat fail lose

- 14. My team has \_\_\_\_\_\_ three matches in a row this season. I don't know why we're playing so badly.
- **15.** Saud is an excellent table tennis player. He always \_\_\_\_\_ me when we play.
- **16.** Jake always wanted to become a professional football player, but unfortunately he
- 17. Germany \_\_\_\_\_\_ the World Cup in 2014 by \_\_\_\_\_\_ Argentina in the final.

1. competition 2. match 3. race 4. game
 5. audience 6. fan 7. viewers 8. spectators 9. site
 10. position 11. spot 12. location 13. venue
 14. lost 15. beats 16. failed 17. won, defeating/beating







A. Read the text and the dialogue and choose a, b, c or d.

# Nothing Beats a Banana

When tennis players stop for a break, it is common for TV channels to broadcast replays of some highlights. This means 1 \_\_\_\_\_ miss out on what is happening on the court. Those at the 2 \_\_\_\_\_ will notice that most of the players have something to eat during the break. 3 \_\_\_\_\_ will see that players usually reach for their bags and take out a particular kind of fruit: a banana. During a long 4 \_\_\_\_\_, tennis players often get so tired that they can barely walk, not to mention play at the high standard needed to 5 \_\_\_\_\_. This explains why so many players are 6 \_\_\_\_\_ of the banana. This fruit is perfect as it is full of the nutrients they need to help them feel more energised. So, if you really don't want to 7 \_\_\_\_\_ to your opponent, just reach for a banana!

- a. audience
   a. venue
   a. Viewers
   a. contest
   a. win
   a. followers
- 7. a. beat

b. location
 b. Audience
 b. race

**b.** viewers

- b. beat
- **b.** viewers
- **b.** lose
- c. participants
  c. site
  c. Spectators
  c. competition
  c. defeat
- c. fans

c. defeat

- d. players
- d. positiond. Opponents
- d. match
- d. gain
- d. spectators
- d. fail
- F

	d.7	о <b>.9</b>	е <b>.</b> З
<b>₽.4</b>	<b>з.с</b>	<b>с. 2</b>	d <b>.1 .A</b>





- A: So how was that basketball 8 \_\_\_\_ your team took part in?
- B: Don't ask! We came last! Every 9 \_\_\_\_\_ we played was incredibly tough.
- A: Really? But you have brilliant players in all five 10 \_\_\_\_\_. I would have thought your team was impossible to 11 \_\_\_\_!
- B: I'm afraid the other teams were much better they were so good that we didn't stand a chance of 12 \_\_\_\_\_ any of them. Anyway, what about you? Didn't you just take part in a mountain bike 13 \_\_\_\_?
- A: Yes, last weekend. It was great fun, and the 14 \_\_\_\_\_ of the event was stunning. We cycled through some of the most beautiful countryside I've ever seen. Unfortunately, I 15 \_\_\_\_\_ to cross the finishing line. Though, as I cycled over a big rock and ended up with a flat tyre halfway through!

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- a. court
   a. race
   a. positions
   a. defeat
   a. winning
   a. game
   a. scene
- 15. a. lost
- b. competition
  b. meeting
  b. spots
  b. fail
  b. achieving
  b. match
  b. situation
  b. failed

c. contest
c. position
c. sites
c. lose
c. succeeding
c. race
c. location
c. defeated

- d. sport
  d. game
  d. locations
  d. win
  d. beating
  d. run
  d. point
- d. missed

		<b>12</b> . b	14. C	<b>13</b> . c
р <b>.21</b>	в <b>.11</b>	ь . <b>01</b>	р <b>.е</b>	d <b>.8</b>

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way v	iew generally	concerning	with	admits	currently	moreover	for
Noora goes to the gy	<mark>m tw</mark> ice a mon	th. She recogni	ses that	there are	e many pote	ntial health	benefits of
going more often bu	t1	that	she lacl	ks the mo	tivation nee	eded, even th	nough she
wants to become fitte	er. The 2		_ I see i	t, she mu	st aim to go	at least twi	ce a week if she
hopes to increase he	r fitness. As 3 _		ł	ner motiv	ation levels,	I believe that	at going to the
gym with a friend ma	y help encoura	ge her to go m	ore <mark>o</mark> fte	en. <mark>4</mark>		the nu	mber of sports
hat she plays, <mark>N</mark> oora	isn't 5	p	laying a	any sport	<mark>s. She s</mark> ays t	hat she <mark>6</mark>	
prefers team sports a	ind, in the past	she used to be	on the	volleybal	l team at sc	hool. From r	ny point of
7	, she ought to	consider rejoini	ng the	team as t	his will be a	great way to	o add more
physical activity to h	er life. 8		_, skipj	oing prac	tice won't b	e possible as	s her teammates
will be relying on her	. 9	reg	jard to t	he last tii	ne she part	icipated in a	sporting event,
this was <mark>la</mark> st summer	when she tool	part in a 10 kn	n walk f	or charity			

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<b>'S</b>	currently
4'	Concerning
3'	for
.2.	үвж
°L '8	admits







Complete with the correct form of the words in the box.



recovery innovation engage rehabilitation stamina alleviate deficiency

- 1. Those exercises I found online did very little to \_\_\_\_\_ my neck pain. I should see a doctor.
- Swimming is an activity which many people choose to \_\_\_\_\_\_ in as it offers a full-body workout.
- **3.** A severe vitamin \_\_\_\_\_ can lead to all kinds of health problems in children and even impact growth.
- **4.** In the future, as medical \_\_\_\_\_\_ are developed, it is hoped that many of the more complex surgeries will become easier to perform.
- 5. I really believe that eating well and resting lots helped to speed up my \_\_\_\_\_\_ following my motorbike accident.
- **6.** After suffering a stroke, my grandfather needed months of \_\_\_\_\_\_ before he could move his left arm again.
- 7. I'd love to participate in a marathon, but I just don't have the required \_\_\_\_\_\_ for it.

Alleviate
 Alleviate
 engage
 deficiency
 innovations
 recovery
 recovery
 recovery
 stamina