

تم تحميل هذا الملف من موقع المناهج البحرينية



## مراجعة عامة وأسئلة شاملة 2

موقع المناهج ← المناهج البحرينية ← الصف الأول الثانوي ← لغة انجليزية ← الفصل الأول ← ملفات متنوعة ← الملف

تاريخ إضافة الملف على موقع المناهج: 18:20:07 2024-12-14

ملفات اكتب للمعلم اكتب للطالب الاختبارات الكترونية | اختبارات | حلول | عروض بوربوينت | أوراق عمل  
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المزيد من مادة  
لغة انجليزية:

## التواصل الاجتماعي بحسب الصف الأول الثانوي



صفحة المناهج  
البحرينية على  
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

## المزيد من الملفات بحسب الصف الأول الثانوي والمادة لغة انجليزية في الفصل الأول

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**KINGDOM OF BAHRAIN  
MINISTRY OF EDUCATION  
Internal Exams Section  
SECONDARY EDUCATION / UNIFIED TRACKS & RELIGIOUS  
FIRST SEMESTER EXAM 2023-2024**

**COURSE NAME:** English Language  
**COURSE CODE:** Eng. 101

**TRACK:** UNIFIED TRACKS  
**TIME:** 2 Hours



**Part 1: Listening (20 Marks)**

**A) Listening One (10 Marks)**

You are going to listen to Mike talking about how his stressful life has made getting a good night's sleep impossible. Listen and decide whether the following statements are true or false. Put a tick ( ✓ ) in the right box.

Statement	True	False
1. Mike has just started to experience sleeping problems last night.		
2. Though Mike didn't get enough sleep, he felt very active to go to work.		
3. Mike's job requires working all the time outside his office.		
4. Mike has some financial issues.		
5. Mike is addicted to sleeping pills.		

**B) Listening Two: (10 Marks)**

You are going to listen to a job interview between a HR manager and a candidate. Complete each statement with one word from the conversation.

1. Mark Turner has a major in .....
2. In his present job, Mark says that he has the ability to manage ..... and projects.
3. Mark has been in sales for ..... Years.
4. Mark does many activities during his ..... time.
5. Mark Turner thinks he's fit for this position because he has the right ..... for it.

**Part 2: READING (30 marks)**

**Read the article below and answer the questions that follow.**

Every one of us has his own sleep time. A teenager for example, needs more sleep, a minimum of 8 hours each night and at best 10 hours. The sleep time changes from childhood to teenage years. Sleep becomes lighter. Deep slow sleep, which is very important for children, decreases with age. This decrease is linked to the development from childhood to adulthood. The internal clock of the teenager **tends** to shift with later falling asleep and waking up.

It would be necessary to encourage teenagers to go to bed at a convenient time on weekdays when an early wake up to go to school the next day is required. Good sleep is a winning habit to **adopt** at a young age. When a teenager lacks sleep, he cannot always regain his sleep during the weekends, since this would confuse the internal clock.

There are signs that show that teenagers aren't getting enough sleep. For example, the difficulty getting up in the morning; feeling of tiredness that affects waking; difficulty concentrating and paying attention; emotional **trouble**; mood changes; headache; etc.

Sleep impacts more than just the students' ability to perform well. **It** improves the student's ability to learn, memorize, recall, and use their new knowledge to solve problems creatively. All of which **contribute** to better test scores. It even helps young people to better **manage** their emotions, their mood, and their behavior.

Many habits can annoy sleep or the ability to fall asleep. For instance, taking drinks like coffee, or energy drinks, etc., getting up very late on weekends, falling asleep on the couch and taking naps that are too long; can cause sleep problems. But **others** can promote restful sleep. For example, falling asleep in bed in a screen-free environment, not getting up more than two to four hours later than your usual time on days off, taking naps of no more than 30 minutes, exercising daily, but not forcefully just before bedtime and have a relaxing routine before going to bed.

**Checking Comprehension**

**A) Decide whether the following statements are true or false. Put a tick (✓) in the right box.**

Statement	True	False
1. Teenagers need the same amount of sleep as children.		
2. Changing the sleeping habits confuse your body clock.		
3. Weekends are always a good time to recover lost sleep.		
4. Sleep loss increases attention in class.		
5. Taking naps for just 30 minutes can promote restful sleep.		

**B) Find the words in bold in the text. Circle the correct definitions.**

1. **tend (para.1):**      **a)** to be likely to behave in a particular way      **b)** to pay attention
2. **adopt (para.2):**      **a)** take something as your own      **b)** to start behaving in a particular way
3. **trouble (para.3):**      **a)** fighting, or violence      **b)** problems or difficulties
4. **contribute (para.4)** **a)** help to cause or bring about      **b)** to help by providing money
5. **manage (para.4):**      **a)** to be in charge of and control a company      **b)** to control something

**C) Answer the following questions from the article.**

1. What is the recommended minimum sleep time for teenagers?  
 .....
2. Write **two negative effects** of lack of sleep.
  - a)** .....
  - b)** .....
3. Why is getting enough sleep important? ( **write two advantages.**)
  - a)** .....
  - b)** .....
4. The pronoun '**it**' in paragraph 4 refers to .....
5. The word '**others**' in the last paragraph refers to .....

**Part 3: Use of English ( 20 Marks)****A) Grammar**

Choose the right option.

1. My friend really enjoys ..... books and magazines.  
a) to read                      b) reading                      c) to reads                      d) was reading
2. I ..... one or two cups of coffee every morning.  
a) to drink                      b) drinking                      c) drink                      d) was drinking
3. I ..... out of the window when the accident happened.  
a) was looked                      b) looked                      c) looking                      d) was looking
4. She didn't answer the phone because she ..... hear it ring.  
a) didn't                      b) weren't                      c) wasn't                      b) don't
5. My father ..... his camera yesterday.  
a) forgets                      b) forgot                      c) has forgotten                      d) forgotten

**B) Vocabulary**

**Circle the correct option to complete each sentence.**

1. The talk was conducted in a friendly .....  
a) opportunity.                      b) atmosphere.                      c) attention.                      d) speech.
2. The noise out of the window ..... me from my reading.  
a) distract                      b) suffer                      c) reflect                      d) rescue
3. Mothers are often the ones who provide ..... support for the family.  
a) average                      b) event                      c) emotional                      d) scary
4. .... the flour with 3 tablespoons water to make a paste.  
a) Develop                      b) Mention                      c) Participate                      d) Combine
5. If you are doing your best, you will not have to worry about .....  
a) failure.                      b) mission.                      c) inspiring.                      d) issue.



