

The first assessment

السؤال الأول

Sleep is an essential part of life. Although we think of -1 sleep as a time when we rest completely, it's actually a very busy period for the brain. Scientists claim that sleep is the time when information is sorted and stored by the brain. Sleep is important for reducing stress and keeping the heart, the immune system and the memory healthy.

?Why is sleep important

Sleep is important for reducing stress and keeping the heart, the immune system and the memory healthy.

الاجابة النموذجية

Sleep is important for reducing stress and keeping the heart, the immune system and the memory healthy.

الشرح

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السؤال الثاني

Stage 1 is when we begin to fall asleep. The brain tells -2 the muscles to relax and the heart to beat slowly. This stage makes up about 5% of a young adult's sleeping time.

Stage 2 is a period of deeper sleep. The heartbeat and breathing become slower. This stage makes up about .44% to 55% of a young adult's sleeping time

Stages 3 and 4 are when we sleep most soundly. Now the brainwaves and heartbeat are at their slowest and our muscles become very relaxed. We might have some dreams in this stage, which makes up about 15% to 23% of a young adult's sleeping time

Stage 5 is called the REM (Rapid Eye Movement) stage. Although our body is resting, our eyes are moving very quickly beneath our eyelids during this stage. Our heartbeat and breathing become faster, and this is when dreams are most frequent. This stage makes up about .20% to 25% of a young adult's sleeping time

?In which stage do we sleep most soundly

الإجابة النموذجية

STAGES 3 AND 4

الشرح

STAGES 3 AND 4

السؤال الثالث

.You're like this when you're asleep -3

heartbeat
muscle
stress
relaxed

الاجابة النموذجية

relaxed

الشرح

relaxed

السؤال الرابع

I felt very _____ on the day of the exam because I -4
.had studied very hard

worried

happy

stressed

confident

الاجابة النموذجية

confident

الشرح

confident

السؤال الخامس

It would be better if I studied more in the morning -5
.rather than late at night

.The previous sentence expresses a suggestion

True

False

الاجابة النموذجية

False

الشرح

.It expresses advice

السؤال السادس

6-“grateful” is a positive adjective.

True

False

الاجابة النموذجية

True

الشرح

6-“grateful” is a positive adjective.

السؤال السابع



What does the man in the first picture suffer from

الاجابة النموذجية

INSOMNIA

الشرح

INSOMNIA

السؤال الثامن

8- Translate the quotation into

Arabic

Early to bed, early to rise, makes you healthy, wealthy
and wise

الاجابة النموذجية

النوم مبكراً والاستيقاظ مبكراً يكسبان الانسان صحةً وثروةً وحكمةً.

الشرح

النوم مبكراً والاستيقاظ مبكراً يكسبان الانسان صحةً وثروةً وحكمةً.

السؤال التاسع

It is important to treat the causes of insomnia instead -9 of using medicine. If you suffer from insomnia, you need to deal with the issues and anxieties that are making you stressed. You need to establish a set routine, so that you regularly go to bed and get up at the same time. Recent research has shown that taking a bath can help you go to sleep. Also, doing more exercise during the day and having a warm milky drink before bed can help you .relax, too

.....:The best heading is

?How can insomnia be treated 1

?What effects does insomnia have 2

?What are the causes of insomnia 3

?What is insomnia 4

الاجابة النموذجية

?How can insomnia be treated 1

الشرح

?How can insomnia be treated 1

السؤال العاشر

I would rather go out. we go to the -10 ?beach instead

Shall

How about

Why don't you

Let's

الإجابة النموذجية

Shall

الشرح

?we go to the beach instead **Shall** .I would rather go out -10

السؤال أحد عشر

.ruby” is a kind of science“11

True

False

الإجابة النموذجية

False

الشرح

.**precious stones** It is a kind of

السؤال اثنا عشر

I work in a bank in the City of London. I earn a lot of -12 money and have an interesting job, but sometimes I feel really stressed. I travel to work by train, but it takes three hours every day, which is very exhausting. To forget all the stress of the day, I go running after work. Jogging is a great form of exercise. I immediately stop .feeling so tense and begin to relax

.Find a non-defining relative clause from the text

الإجابة النموذجية

".which is very exhausting ,"

الشرح

"which is very exhausting ,"

المعلم الإلكتروني الشامل