



مدارس الحداثة التربوية  
Educational Modernity Schools

**English Department**  
EDUCATIONAL MODERNITY SCHOOLS

Year	Semester	Exam	Grade	Form	Day & Date	Duration
2019/2020	The First	The First	The First Secondary	—	Wednesday 16/10/2019	50 MINUTES

Student Information					
Student's Name					
Section	<input type="checkbox"/> A	<input type="checkbox"/> B	<input type="checkbox"/> C	<input type="checkbox"/> D	<input type="checkbox"/> E

Marks			
Reading (12)	Vocabulary (12)	Grammar (10)	Writing (6)
Total Mark (40)			

**Reading Comprehension ( 12 Marks)**

Read the following text then answer the questions that follow. Your answers should be based on the text.

Sleep is an essential part of life. Although we think of 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 stored and sorted by the brain. Sleep is important for reducing stress and keeping the heart, the immune system and the memory healthy.

Scientists have already identified five sleep stages by studying brainwaves, Stage 1 is when we begin to fall asleep. The brain tells the muscles to relax and the heart to beat slowly. This stage makes up about 5% of a young adults 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 time.

Stage 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 Movements) 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.

1. Quote the sentence which shows that the brain keeps working while sleeping. (2 Marks)

2. How could scientists identify the five stages of sleep? (2 Marks)

3. What distinguishes the fifth stage other than breathing and heart beating? (2 Marks)

4. Find a word in the text which means 'to make someone feel very worried' \_\_\_\_\_ . (2 Marks)

5. The underlined pronoun 'their' (line 9) refers to \_\_\_\_\_. (2 Marks)

6. "To stay awake for a long time leads to some health problems." Think of this statement; and in two sentences write your opinion. (2 Marks)



**Vocabulary: (12 Marks)**

A) Fill in the blank with the most suitable word from the list. ( 8 marks)

confident

stressed

apnea

happy

grateful

1. Jogging is a great way to stop feeling \_\_\_\_\_.
2. I felt very \_\_\_\_\_ on the day of the exam because I had studied very hard.
3. Sleep \_\_\_\_\_ happens when there isn't enough oxygen going into your lungs.
4. We feel very \_\_\_\_\_ to doctors who help their patients.

B) Choose the correct form of the word in brackets. (4 marks)

1. A group of \_\_\_\_\_ visited the island to help the people there.

( science, scientists, scientific )

2. Everyone must be \_\_\_\_\_ for saving water.

( responsibility, response, responsible )

3. His bad \_\_\_\_\_ of children leads to bad results.

( treatment, treat, treated )

4. They \_\_\_\_\_ stop their phone conversation to chat for a few minutes.

( occasion, occasional, occasionally )

**Grammar: (10 Marks)**

A. Use the correct form of the verbs in brackets to complete the sentences. (6 marks)

1. Don't make noise! I \_\_\_\_\_ on my task. (concentrate)
2. The first laptop \_\_\_\_\_ in 1980. (invent)
3. Nowadays, many Jordanian poems \_\_\_\_\_ into English. (translate)
4. I was very tired because I \_\_\_\_\_ hard all week. ( be , work )
5. Unless she \_\_\_\_\_ me, I won't go. (invite)
6. Water \_\_\_\_\_ of Oxygen and Hydrogen. (consist)

**B. Change the following into passive: (4 marks)**

1. Ali didn't take his book yesterday.

His book \_\_\_\_\_.

2. No one has answered the questions in the exam.

The questions \_\_\_\_\_.

**Writing: (6 Marks)**

Write a suitable response for each of the following situations.

1. "I can't study well for my exam. I find it really hard to study because I'm working at the same time to earn money" ( Advice )

2. "I can't sleep at night; I think I am suffering from insomnia" ( Advice )

**GOOD LUCK**