

**IMPORTANT POINTS TO GET YOUR SCORE**

1. FOR WRITING USE YOUR OWN SENTENCES IN ORDER TO AVOID LOOSING MARKS.
2. FOR READING DO AS DIRECTED IN THE QUESTION.

NAME:.....

GRADE:.....

DATE:.....

**TOTAL MARKS 50**

**SECTION 1 READING(5\*2=10)**

Read the text and Complete the gap by taking the correct word from the following bracket.

Do you have any idea how important water is for us? We need water to make our body and our brain work properly. Our brain is mostly made of water, and we need to drink plenty of it to help us think and focus to our best ability. If we are dehydrated, our brain doesn't function as well as it should, leading to problems with memory and performance. Studies have even shown that students who took bottled water into examinations ended up with better grades!

Drinking water helps our body to get rid of things we don't need, which makes sure we stay healthy. When we drink enough water, our kidneys work well, which stops the build-up of harmful substances in our body.

Water is good for our appearance, too. It keeps the skin clear and fresh, and can help to keep it looking young.

What's more, it's free! Fizzy drinks are expensive and they contain lots of sugar. Sugar is bad for our teeth and it has other side effects, such as increasing the risk of diabetes and causing weight gain.

In fact, if we want to lose weight, drinking water is an easy way to help with this. Drinking water before and during a meal helps us to feel full — so we eat less! Water also helps us to digest food, so it's a good idea to drink it with a meal.

If the weather is hot, or if we do lots of exercise, we sweat, which means our body loses water. This is why it's important to stay hydrated, to replace what we lose. Muscles without enough fluid intake get tired more quickly and they don't perform as well as they should.

If we don't drink enough water, our body will start to show signs of dehydration: we might get headaches, feel tired and perhaps forgetful; we may get a dry mouth, dry skin and dry eyes; we may even suffer from aches and pains. Drinking lots of water will prevent this.

In short, drinking water is an easy and free way to feel lots of health benefits. Do you know if you are drinking enough?



(Fluid hydrated tired kidneys bottled water memory skin weight exercise)

1.Our muscles need to have enough .....



intake to work well.

2. Your .....get rid of harmful substances from your body.

3. If you are dehydrated, you may have problems with your .....

4. You may also feel ..... if you don't drink enough water.

5. Drinking lots of water can help your ..... look clear and fresh

## SECTION 2 VOCABULARY (5\*2=10)

### FILL THE GAP WITH THE CORRECT VOCABULAR

1. A ..... is a woman who is engaged to be married.
2. .... is a family) which spends time together and looks after one another.
3. An..... is the sister of your father or mother.
4. Frame a sentence by using the word "childhood" 2 marks

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### SECTION 3 GRAMMAR 5\*2=10

Choose and circle the correct ending for the sentences.

1. We've been going to the coast on holiday since **2010 / three years**.
2. My brother has been revising for his exams for **June / three months**.
3. Complete the sentences with your own ideas. Use the adverbs given in the bracket.

*(really very extremely quite)*

When I graduated, we .....

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

For Eid Al-Fitr my mother made lots of .....

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

4. "I'm going to buy a car, I'll have to use all of my savings." ( Complete the sentence by using **"however"**

.....



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## SECTION-4 WRITING (2\*10=20)

1. Imagine you are interviewing one of your grandparents. What do you think they would say about their family life when they were younger? Write the dialogue. Look up any new vocabulary you need for family life and relationships.. 10 marks

You:.....  
...

.....  
.....

Your  
grandparent:.....

.....  
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YOU:.....  
.....

Your  
grandparent:.....



مؤسسة الإمارات للتعليم المدرسي  
EMIRATES SCHOOLS ESTABLISHMENT



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**YOU:**.....

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**Your  
grandparent:**.....

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**YOU:**.....

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**Your  
grandparent:**.....

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**YOU:**.....

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**Your  
grandparent:**.....

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**2. Compare and contrast the Life in United Kingdom and life in UAE.  
Can you present the advantages and disadvantages of your way of  
life?**

*Try to include these answers in your paragraph*

(What do you think is good about how the Kirkbank family live? Why?

- What would you want to change?
- How is their way of life different to yours?)

**10 marks**

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Handwriting practice lines consisting of 15 horizontal dotted lines.