



UNITED ARAB EMIRATES  
MINISTRY OF EDUCATION

# Grade 10 Term 1 Sample Test

**Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Date:** \_\_\_\_\_

# Mark Sheet

	<b>Mark</b>	<b>Out of</b>
Listening Part 1		6
Listening Part 2		6
Reading Part 1		10
Reading Part 2		10
Writing Part		16

**4** Why does Mohammed say grade 10 is important?

- A** Because students begin to choose subjects.
- B** Because students go to university after grade 10.
- C** Because students can choose to study languages.

**5** Which subjects is Mohammed bad at?

- A** Geography and languages.
- B** Geography and maths.
- C** Languages and maths.

**6** Who lives in Australia?

- A** Mohammed's father.
- B** Mohammed's friend.
- C** Mohammed's cousin.

## Part 2

Listen to Elena being interviewed about relaxation.

Write the answer to each question in the table below (no more than three words).

	What is said
What does Elena love about where she lives?	She loves the (1) _____ and the views of the sea.
How does Elena relax at the weekend?	<ul style="list-style-type: none"> <li>• She does (2) _____ and meditation with friends.</li> <li>• She goes for lunch or shopping with friends.</li> </ul>
When Elena does yoga, what makes her forget about her busy week?	The (3) _____ on breathing.

Choose the correct answer, A, B, or C.

The first one is done for you.

**Example:** How long has Elena lived there?

**A** About a year.

**B** Fifteen years.

**C** Five years.

**4** Why does Elena think relaxation is very important?

**A** She lives in a noisy environment.

**B** She needs to forget the stress of her day.

**C** Her job is extremely difficult.

**5** Which option best describes Elena's opinion of yoga?

**A** She finds it calming.

**B** She finds it stressful.

**C** She isn't very good at it.

**6** What does Elena paint?

**A** The city.

**B** The beach.

**C** The sea or mountains.

## Part 1

**Did you know that young people today are spending more than two hours a day sitting in front of a screen? They watch television, search the Internet on their computers, play computer games on their tablets and send messages on their smartphones.**

**Some people argue that these activities are educational and are good for us but I disagree. I think we should switch off the screen more often!**

**Firstly, sitting for long periods of time at a computer can give us bad posture. Many back and neck problems start by sitting badly when we look at a screen. Sitting for long periods without doing any exercise can also make us overweight or obese.**

**Secondly, looking at a screen for long periods isn't good for our eyesight. All the muscles in our body need exercise. Our eyes are muscles so they need exercise too if we want to keep them healthy.**

**Another problem is the blue light from a screen. If we don't switch off our electronic devices at night, our brains will think it is still daytime and we might not be able to sleep.**

**And finally, using electronic can stop us talking to people and making friends.**

**So why do people spend so much time on their screens? And what should we do about it?**

**Experts say we shouldn't spend more than two hours a day in front of a screen. They also say that young people should spend at least one hour a day doing proper exercise. They say that doing some exercise, as well as spending time looking at a screen, is much better than doing no exercise. But many people forget to exercise, and that's the problem.**

**So, in summary, I think it's very important to switch off the screen.**

Choose the correct answer, A, B, C or D.

The first one is done for you.

**Example:** How much time are young people spending each day sitting in front of a screen?

- A Two hours a day.
- B Fewer than two hours a day.
- C More than two hours a day.
- D One hour a day.

1 What would be a good title for this article?

- A Use your screens more!
- B Switch off the screen!
- C The problem with sitting for short periods.
- D Experts say exercise less.

2 How does the author support his opinions in the text?

- A The author quotes the results of a survey.
- B The author writes about his own personal problems.
- C The author tells us what experts say.
- D The author tells us to search the Internet for more information.

3 Some people disagree with the author's opinion that we should switch off our screens more often.

- A True.
- B False.

4 'Blue light' from a screen can confuse our brains as to what time of day it is.

A True.

B False.

5 The author says that using electronic devices can have a negative impact on our social lives.

A True.

B False.

Read the article again, and fill in **one or two** words in each gap below.

Health and lifestyle advice for young people who use their screens too much.	
<p><b>should</b></p>	<ul style="list-style-type: none"> <li>• Young people should spend more time talking to people and less time using (6)_____.</li> <li>• Young people should stop sitting for long (7) _____ of time to prevent back and neck (8)_____.</li> <li>• Experts say young people should exercise for (9)_____ one hour a day.</li> </ul>
<p><b>shouldn't</b></p>	<ul style="list-style-type: none"> <li>• Young people shouldn't look at screens for long periods of time as it can damage our (10)_____.</li> </ul>

## Part 2

### Technology

- 1 Every day, people all over the world use technology in different ways. Some people think that technology is very important, while others don't like using technology at all.
- 2 For me, modern technology is extremely useful and I think everyone should use it. Although, using technology every day can sometimes have disadvantages. However, I believe overall technology makes people's lives easier.
- 3 Firstly, I think that technology is really important because I can do many things with just one gadget. For example, I can use my smartphone to take photos and videos, make phone calls, and even play games. Also, my smartphone is very helpful when I have to travel somewhere new.
- 4 If I get lost, I use the map on my smartphone to get directions or contact my friends and family by phone. Without my smartphone, I would have to worry about carrying a camera to take photos, a map, a mobile phone, and a computer with me every day. Having a small gadget that can do many different things is one reason why technology is so great.
- 5 Secondly, when I need to talk to my family technology makes it easier for me to contact my family and friends. With tablets, and laptop computers, I can, email, or live chat from any place and at any time. I can also live chat with people across the world using technology, whereas without it, I would have to travel to meet them.
- 6 In conclusion, these are the main reasons why I think modern technology is so important. I use technology every day because it makes it easier for me to do things. Some people think technology will make our lives worse but I believe that in the future technology will get much better and everyone will use it to make their lives easier.

Read the article about technology and choose a title for each paragraph.

Write the letter of the title on the line. The first one is done for you. You can use each title only once. There is one title you do not need.

- |                 |             |            |              |                             |
|-----------------|-------------|------------|--------------|-----------------------------|
| <b>Example:</b> | Paragraph 1 | <u> D </u> | A            | Importance of technology    |
| 1               | Paragraph 2 | ___        | B            | Communication made easy     |
| 2               | Paragraph 3 | ___        | C            | Technology – good or bad?   |
| 3               | Paragraph 4 | ___        | <del>D</del> | <del>Technology today</del> |
| 4               | Paragraph 5 | ___        | E            | Everything in one place     |
| 5               | Paragraph 6 | ___        | F            | Why I use technology        |

Read the article again and complete the missing information in the table- According to Khalid, what are at least **3 different things** you can do with **smartphones** and at least **2 different things** you can do **with a laptop**?

Smartphone	Laptop
(6) _____	(9) _____
(7) _____	(10) _____
(8) _____	

/ 10



