



(UNIT 7)

B- Set book questions :-

1- How can we keep active and ensure a long life?

- a- vigorous stretching.
- b- Running for a kilometer.
- c- Walking.
- d- Working.

2- In your opinion, what factors that might help people live longer?

- a- avoiding bad habits
- b- modern medicine
- c- taking exercises

3- What should you do to keep your brain fit?

- a- Reading books and reading the Holy Quran.
- B- Solving crosswords and puzzles.
- C- Having a good social life.
- D- Playing chess.

4- Old people's homes are often known as geriatric homes. Are there any of these in Kuwait and the Arab World? Why?

It's rare to find them in Kuwait and the Arab World because Islam teaches children to honor their parents and show them compassion.

5- Many old people rely on their families and friends for support. How?

- a- Helping elderly person perform simple tasks.
- b- Talking to them in a friendly way.

6- We have to show respect and gratitude to the elderly. How?

- a- honoring them
- b- showing them compassion
- b- showing them reverence.

7- What is the importance of sleep? OR- Why is it important to get enough sleep?

- a- It is essential for health and wellbeing.
- b- It helps the brain retain new information.
- c- People who are deprived of sleep might gain weight.
- d- Sleep loss may lead to mistakes and accidents.
- e- Chronic sleep deprivation alters the immune system.

8- How much we sleep depends on several factors. Mention some.

- a- Age
- c- Daily routine
- b- The quality of sleep
- d- The genetic makeup.

9 - There are some signs indicate that someone doesn't get enough sleep and need more. What are they?

- a- No concentration at school or work.
- b- Difficulty to get up in the morning.
- c- Being moody or irritable.
- d- Having bad memory.
- e- being drowsy

10 – The different kinds of sleep affect us. Can you guess how?

- a- Deep and restful sleep makes us feel refreshed after waking up.
- b- Light and shallow sleep makes us feel tired.

11- What are the bad effects of lack of sleep?

- a- We can't concentrate at school or at work
- b- We find it difficult to get up in the morning.
- c- We are moody or irritable
- d- We have memory problems.

12- How can you know that your friend didn't have enough time of sleep?

- a- If he was drowsy in the class.
- b- If he was moody and angry.

13- What does an "aging population" mean?

It means that there are more elderly people than ever before

14- Why do you think life expectancy has reached a high average?

Because many ailments (diseases) that used to be fatal can now be easily cured.

15- What is the best way to demonstrate our respect for the elderly?

- a- Helping and supporting them.
- B- Holding doors open for them.
- c- Standing when someone enters a room.
- D- Not interrupting them
- e- Respecting their opinions and pieces of advice.

16- How can we get benefited from the experiences of old people?

- a- We should listen to their pieces of advice.
- b- Try to get from their wisdom.

(UNIT 8)

B- Set book questions :-

1- What is meant by rural depopulation?

Large numbers of people move from their homes in the country to live in towns.

2- In your opinion , what are the bad consequences of the rural depopulation?

a- overcrowding in cities.

b- the country areas become deserted.

3- Large numbers of people move from the countryside to big cities. Why?

a- to find better paid jobs.

b- farming become less profitable.

4- Where would you like to live in the country or the city? Why?

a- I would like to live in the city

b- because life is so interesting.

5- What are the advantages of living in a city?

a- find a job easily

b- life is exciting

6- What are the disadvantages of living in a city?

a- overcrowding

b- pollution

7- City life could be less stressful if

a) it Provides better and faster ways of commuting

b) it enforces more strict criminal laws

c) creating better chances of lifestyle

d) the problem of pollution is solved

8 -State some of the characteristics of a suitable place for a family to live in.

a- location

b- residents parking.

9- Why do many wealthy people move to the countryside?

a- to escape from overcrowding

b- to escape from pollution

10- Why will Burj Mubarak Al-kebir of madinat Al-hareer will be exceptional?

a- it will stand at 1001 meter.

b- it will contain 200 storey high.

c- it will dominate the skyline.

d- it overcomes the constraints of limited land

11- - Why will the Silk City be built?

a- establishing Kuwait as a commercial hub.

b- creating new jobs.

c- Providing housing.

11- There are many activities that we can see in Bayt Lothan. Mention two of them?

a- Art galleries

d- workshops

12- Bayt Lothan is a refuge of cultural development. Explain.

a- it's an impressive art gallery

b- it's a successful centre for teaching arts

13- Mention the changes that occurred in Bayt Lothan over the time.

a- it was used to be a shelter for ships during storms.

b- It's used now as an art centre for teaching arts.

14-What art lessons could one take in Bayt Lothan ?

a)pottery

b)jewel design

c)photography

d)Arabic calligraphy

e)manuscript decoration

15- What is the difference between biography and an autobiography ?

a) Biography is an account of someone's life written by someone else

b) Autobiography is an account of someone's life written by the person himself.

16- A biography is a written account of the series of events that make up a person's life.

How can you write an interesting biography ?

a)gathering trustworthy information about the person

b)recording the source of each information

17- What are the political positions of Massouma Al- moubarak?

a) A political science professor

b) A minister of planning and administrative development

c) A member of the parliament

18-- -Massouma Al Mubarak is a famous Kuwaiti woman. Give two reasons.

a- she's the kuwaiti's first female minister.

b- she was elected in the Kuwaiti parliament.

19- How do people spend their freetime nowadays?

a- play computer games.

b- chatting.

20- Mention two of the old games that people used to play in the past.

a- khabsah

B- Dawama

C- Ambar