

**I - Read the following text then do the tasks below :**

People in remote villages get very excited when they hear the postman's bell because they know that letters are coming for them . But the runners bring more than letters . They also bring news from other villages and from the outside world .Often runners also have to read letters to people because many of the villagers in these areas cannot read .

❖ **Answer the following questions :**

1. Why do people become very happy when they hear the postman's bell ?
2. Where do runners bring news from ?
3. Why do often runners have to read letters to people ?

❖ **Find words in the text which mean the following :**

4. Feeling very happy.
5. Far away .

❖ **Rewrite this sentence about the text to correct the information :**

6. The runners bring only letters .

**II- Read the following text then do the tasks below :**

Tobacco smoke harms the respiratory system in several ways . For example, because their cilia can't sweep away mucus, many smokers have a frequent cough . The mucus build up also limits the space for air flow , decreasing oxygen intake . Because they are not getting enough oxygen , smokers may not be able to participate in vigorous sports . Long-term or heavy smokers may be short of breath during light exercise .

❖ **Choose the correct answer a,b or c :**

7. The mucus build up ..... the space for air flow.  
a – reduces      b – increases      c – both a and b

❖ **Match two of the underlined words from the text to the definitions below :**

8. air taken into .
9. strong or energetic .

❖ **Complete the following sentence with information from the text :**

10. Long – term smoking can cause.....  
.....

**III – Complete the following dialogue by writing suitable questions :**

11. A: ..... ?  
B: I bought a new mobile phone yesterday .
12. A: ..... ?  
B: I gave my old mobile phone to my brother.

**IV – Complete the following by filling in the gaps :**

British postal services only carried letters to and 13..... the king. A new postal service began. The service 14..... between Plymouth and the capital, London.

**V – Complete the following by using clauses :**

15. If you do more exercise ,  
.....

16. Ahmad missed the school bus because  
.....

**VI – Correct the verbs in brackets :**

17. I..... (eat) a lot of chocolate when I was a child .
18. Thousands of computers ..... (sell) by companies on the Internet at present.

**VII – Translate into Arabic :**

19. Nicotine is a drug that speeds up the activities of the nervous system and other organs.

❖ **Translate into English :**

20. يأخذ كبار السن وقتاً طويلاً ليتعافوا من أوجاع الرأس.

**VIII – Composition:**

21. Enjoy your food and stay healthy.

**I - Read the following text then do the tasks below :**

Some of the letters ,however, which are addressed to very remote places , like the Himalayas , have to be taken by hand to their destinations . They are carried by "mail runners" who travel long distances on foot , often through mountains or other very difficult areas . These postmen , who wear special uniforms and carry a mailbag and a bell , were introduced by the Indian post office over 150 years ago . There are now over 1600 "mail runners" in the state of Himachal Pradesh .

**❖ Answer the following questions :**

1. How do mail runners travel long distances ?
2. Why do some of the letters have to be taken by hand to their destinations ?
3. What do mail runners carry ?

**❖ Find words in the text which mean the following :**

4. a part of a country.
5. a person who collects and delivers letters .

**❖ Rewrite this sentence about the text to correct the information :**

6. Postmen travel short distance on bikes .

**II- Read the following text then do the tasks below :**

Even if you eat five **portions** of fruit and vegetables a day and exercise regularly, healthy behavior means little if you are a smoker .Everyone knows that smoking is bad for your health , but not enough people give it their full attention . There are many diseases caused by smoking : most are from smoking-related cancers, but there are also other **serious** diseases such as cardiovascular **disease** and emphysema .

**❖ Choose the correct answer a,b or c :**

7. All people know that smoking cigarettes is ..... for your health .  
a – helpful      b – harmful      c – useful

**❖ Match two of the underlined words from the text to the definitions below :**

8. an amount of food for one person .
9. an illness.

**❖ Complete the following sentence with information from the text :**

10. Everyone knows that smoking causes many diseases , but .....

**III – Complete the following dialogue by writing suitable questions :**

11. A: ..... ?  
B: I normally watch TV with my parents .

12. A: ..... ?  
B: I visit my grandparents twice a week .

**IV – Complete the following by filling in the gaps :**

- Keyhole Surgery makes operations safer 13..... more comfortable for patients , and less complicated 14..... doctors.

**V – Complete the following by using clauses :**

15. She decided to visit her uncle who .....
16. you'd be much fitter if.....

**VII – Correct the verbs in brackets :**

19. They..... (watch) TV when the lights went out.
20. More webcams ..... (sell) by shops next year.

**VIII – Translate into Arabic :**

21. The mucus build up limits the space for air flow , decreasing oxygen intake.

**❖ Translate into English :**

22. حاولت الاتصال بك عدة مرات البارحة، لكنني لم أتمكن من الاتصال.

**IX– Composition:**

23. Write a letter recommending a genius for an award.