Reading Part 1

Read the text about Rachel Wright a famous runner and healthy style advisor.

Answer the questions which follow. For each question, answer A, B, C or D. (10 marks)

One morning in January 2011, Rachel Wright a normal British woman discovered she had gained 120- pounds by the age of 28. Rachel realized that crying over her problem wouldn't help her. She knew that she had to do something before it was too late, so she decided to try some sports first. But which sport should she choose? Although swimming is a difficult sport, she had already tried it before and she was good at it, however, she chose running in the end. "I wanted to get back into swimming but hated the way I looked, so I decided to try running instead" Rachel said.

Within a year, Rachel's life had changed thanks to sports and a healthy life style. She'd lost 50 pounds in a year without going on a diet. Running became part of her routine, and she fell in love with it. Changing her eating habits was also a big help, "instead of opening a bag of chips or biscuits after a long day at work, I would lace up my running shoes and start running, also I learnt to eat the proper amount of food, but the key to success in all of this is the timing. You have to do everything at the right time" Rachel said.

Now Rachel has her own web page with thousands of followers. Just go to the web site, write your current weight, then you have to choose a sport that you really like to do. You will need also to choose types of food that you love, so she can add these to your plan, then Rachel will suggest a schedule for you to follow. She'll also add a place where you can share your achievement on an hourly basis, which is very unique for a website. On her website, she encourages her followers to aim for their targets.

1 1 Why didn't Rachel choose swimming as her sport?

(a) Because swimming is a difficult sport.

(b) Because she fell in love with running.

(c) Because she wanted to try a new sport.

(d) Because she hated the way her body looked.

2 What does Rachel believe is the most important tip for success?

(a) getting the timing right.

(b) knowing the right amount of food to eat.

(c) doing a sport that you actually like.

(d) choosing the right plan to follow.

3 What makes Rachel's web page special?

(a) giving a scheduled diet for participants

(b) having thousands of followers

(c) sharing achievements every hour

(d) adding different kinds of food

LIVEWORKSHEETS

4 What is the purpose of this text?

(a) to encourage people to set up a health website

(b) to warn readers about the dangers of being fat

(c) to advise readers how to keep a healthy lifestyle

(d) to tell the reader about the importance of diet

5 Which of these sentences would Rachel say?

(a) You have to stop eating what you love if you want to lose weight.

(b) Live happily and always put your health first.

(c) Choose running as your sport even if you don't like it.

(d) Sharing your achievements with others is not a good habit when you're on a diet.

LIVEWORKSHEETS

Reading Part 2

Read the text and choose the best word that fits each gap. For each question, answer A, B, C or D. (5 marks)

Clownfish

Clownfish are kind of small fish that look like a clown with their colours. Clownfish live in the Indian ocean and Pacific Ocean. They often live together in the same society with other sea animals like sea anemones. Sea Anemones eat other fish by killing them with their claws (6) ..... are poisonous. They help the clownfish by giving them protection from bigger sea animals and the clownfish help the anemones by feeding them. Some kinds of clownfish can grow to (7) ..... 18 centimeters, while sometimes clownfish only grow 10 centimeters.

Clownfish can be orange, yellow or they may look a little red. Many people like having clownfish in their aquarium (8) ..... they are some of the easiest salt water fish to keep and care for. There are 28 species (9) ..... clownfish, while the orange clownfish is widely known as a popular aquarium fish.

Clownfish (10) ..... very fast, they are ready to hatch in six or seven days once their eggs are fertilized. After hatching, the babies are very small and transparent except for the eyes and a few colours around the body. Clownfish are born male but when they grow older some change into females.

6	**(a)** when	**(b)** who	**(c)** which	**(d)** when
7	**(a)** get	**(b)** reach	**(c)** remain	**(d)** have
8	**(a)** because	**(b)** so	**(c)** or	**(d)** before
9	**(a)** to	**(b)** of	**(c)** by	**(d)** for
10	**(a)** grows	**(b)** grew	**(c)** growing	**(d)** grow

LIVEWORKSHEETS

Writing Part 1

Complete each gap in the text. Use ONE word only for each gap. (5 marks)

Astronauts

Travelling to space has been my dream (1) ..... I was a little kid. I worked hard all my life to be an astronaut, (2) ..... it wasn't as easy as I thought.

Candidates need more than education and training to be chosen by NASA.

They (3) ..... to pass some tests before they become members of NASA.

Chosen candidates are trained by NASA (4) ..... three years before they become astronauts. For me, I was chosen three years ago after five trials and now it's my first year as an astronaut. Finally, I'm on the first step (5) ..... achieving my dream.

LIVEWORKSHEETS

Writing Part 2

You receive this email from a friend in the UK. Write a reply to your friend, answering the questions in the email. (10 marks)

Write between 40 and 50 words

From: Jack

Subject: Egyptian food

Hi Omar!

I watched a program about Egyptian food and it looked delicious. What are the most famous Egyptian dishes? Which one do you prefer? And what are the ingredients of the one you prefer?

Regards

Steven

LIVEWORKSHEETS

Reading Part 1

Read the text about Kareem who is talking about his first climbing experience.

Answer the questions which follow. For each question, answer A, B, C or D. (10 marks)

Ever since I was in the 11th grade, I have been thinking and dreaming about it. But not until I finished my university studies, did I have the chance to make it really happen. When I saw an advertisement on a Facebook page about a "climbing trip " to Saint Katherine Mountain, in Sinai, I decided to join immediately.

Before the trip, I went to the Bedouin camp on Saint Katherine Mountain by 7.00 p.m., where I attended a meeting with the trip guide and a group of climbers to get prepared for the big day. We were handed the climbing bag, and the climbing equipment including a couple of ropes, shoes and a dozen of quick draws to use in competition. The guide took time to explain technical features and stressed the need for safety measures. I went to bed early as we had to start moving at first light.

The weather was cloudy but not so hot. We started moving behind our guide, Samir, who taught us how to secure the rope. After watching the sunrise at a very beautiful location, we enjoyed taking photos at the Bedouin tent drinking their special tea.

On our way up, we learnt how to use the belay plate, a device used to feed rope and to make it tight when a climber is leading. As it was my first time, I struggled to find gaps, some of the points were tricky and my fingers started to hurt.

The hardest thing for me was to let go of the rocks, I knew it was safe -although I felt afraid-, but it was fun and exciting, I enjoyed looking down from the top, viewing those layers of natural rocks-, it was amazing. After resting, we started to make our way down again. The whole experience will remain in my head and my imagination all my life.

1 When did Kareem start to think about climbing?

- **(a)** when he was in elementary school
- **(b)** when he saw an advertisement
- **(c)** when he was in high school
- **(d)** when he had a chance to make it

2 What did Kareem do to prepare on the night of the trip?

- **(a)** He checked a Facebook page.
- **(b)** He attended a meeting with the trip guide.
- **(c)** He called the Bedouin camp and made a reservation.
- **(d)** He packed the required equipment and clothes.

3 What kind of things did Kareem learn from Samir?

- **(a)** what to wear and carry
- **(b)** how to deal with fears and heights
- **(c)** information about Saint Katherine Mountain
- **(d)** to use the equipment properly

LIVEWORKSHEETS

4 According to Kareem, what was the most difficult part of the trip?

(a) dealing with climbing tools.

(b) following the guide instructions.

(c) getting used to the weather.

(d) learning to let go of the rocks.

5 How did Kareem describe his trip?

(a) unforgettable

(b) frightening

(c) unpleasant

(d) interesting

LIVEWORKSHEETS

Reading Part 2

Read the text and choose the best word that fits each gap. For each question, answer A, B, C or D. (5 marks)

Space Travel

The United States and the Soviet Union **(6)** ..... in a long relation for many years, **(7)** ..... was called the cold war. They fought over everything including weapons, sports and space race.

Throughout the 1960s, they challenged each other to see which country **(8)** ..... send a human to the moon first. In 1969, the United States won the space race, landing the first human or the Moon with Apollo11, but the Soviet Union continued exploration of space long after that.

In 1977, spacecraft Voyagers 1 and 2 left Earth on a mission that would last for five years to reach Jupiter and Saturn, **(9)** ..... planets in the solar system, and then send information back to Earth about them. Scientists have learned a lot about these planets, their atmosphere and the rings of gas around them. They have also collected information about the moons of these stars **(10)** ..... spacecraft Voyagers 1 and 2 are still sending scientific information about their surroundings through the Deep Space Network, or DSN. Scientists in different countries used the first experiments of these trials to start their own space research.

6	**(a)** has	**(b)** were	**(c)** have	**(d)** are
7	**(a)** where	**(b)** when	**(c)** whose	**(d)** which
8	**(a)** could	**(b)** had	**(c)** hadn't	**(d)** couldn't
9	**(a)** largest	**(b)** the larger	**(c)** larger	**(d)** the largest
10	**(a)** A	**(b)** Both	**(c)** A lot	**(d)** Two

LIVEWORKSHEETS

Writing Part 1 Open Cloze

Complete each gap in the text. Use ONE word only for each gap. (5 marks)

Relation between Fast Food and Obesity

In the few past years, lots of efforts have been made **(11)** ..... raise awareness of obesity and over eating. About 119 million people in the United States alone are overweight or obese. Most people blame fast food for this. A recent survey showed **(12)** ..... 90% of children eat at least one meal in fast food restaurants weekly. People are aware that fast food contains too **(13)** ..... fat and lots of calories, but **(14)** ..... keep eating it. Fast food restaurants are also popular places **(15)** ..... teenagers to meet their friends as the food is cheap and tasty. Therefore, it is important to educate children about healthy food habits.

LIVEWORKSHEETS

Writing Part 2 EMAIL

You received this email from a friend in the UK. Write a reply to your friend, answering the questions in the email. (10 marks)

Write between 40 and 50 words

From: Emma Wilson

Subject: Sea life project

Hi Sally,

We're doing a project at school about sea life. I think it'll be interesting. What are the sea animals you know about? And which one is your favourite? Which of them do you consider dangerous and which is friendly? Write soon and tell me about it.

Bye for now,

Emma

LIVEWORKSHEETS

Reading Part 1
Questions 1-5 (10 marks)

Read the text about Fraser Doherty, a middle school student who is considered the king of jams around the world. Answer the questions which follow. For each question, answer A, B, C or D

Fraser Doherty

Fraser Doherty is the maker of SuperJam, a company that uses traditional recipes to create 100% pure fruit jams; they are made using super fruits such as blueberries which are sweetened with grape juice only. At the age of 14, Fraser Doherty began making jams from his grandmother's recipes in Scotland. It all started as a hobby in his parents' small kitchen besides making some extra pocket money. Then his idea grew into a company that sells to the biggest supermarkets in the world. As he started to be famous in his area, he began receiving more jam orders in the neighborhoods than he had time to fill. He dropped out of school and rented a factory a few days each month to make his jam. At the age of 17, Fraser couldn't build his own jam factory! He had to travel around the country trying to convince huge companies to believe in his idea to make jam 100% from fruit. Luckily, he found a company manager called Kevin who agreed to make Fraser's recipe because he thought it is a great idea. Kevin has a lot of experience of supermarkets. In 2007, a very famous supermarket called Fraser to sell his jams, after that his products started to gain shelf space in184 supermarkets and sold millions of jars around the world. The company has won a number of prizes and won the queen's MBE Award in 2014.

1 What is the writer trying to do in the text?

- **(a)** Convincing supermarkets to sell Superjams
- **(b)** Informing teenagers how to increase their pocket money
- **(c)** Describing the success story of a young businessman
- **(d)** Telling the ingredients and recipe of Superjams to people

2 What can a reader find out from the text?

- **(a)** Superjam is a traditional company selling fruits to supermarkets
- **(b)** Superjam uses natural ingredients without added sugar
- **(c)** Superjam is now produced in Fraser's parents' kitchen
- **(d)** Superjam uses pure fruits to make super grapes jam

3 Why did Fraser leave school?

- **(a)** Because he had a factory and worked in it
- **(b)** Because he wasn't doing good at his school
- **(c)** Because he was absent some days every month
- **(d)** Because there were many jam orders he had to produce

LIVEWORKSHEETS

4 Fraser had to travel around the country to

(a) ask companies to build his factory.

(b) gain experience about super markets.

(c) tell supermarkets to put his jams on the shelf.

(d) convince companies to produce his unique jam recipe.

5 Why do you think Kevin agreed to help Fraser?

(a) He believed that SuperJam would be a successful brand.

(b) He had experience in helping teenagers start their business.

(c) He was the manager of a worldwide supermarkets.

(d) He wanted Fraser to win the queen's award.

LIVEWORKSHEETS

Reading Part 2
Questions 1-5 (5 marks)

Read the text and choose the best word that fits each gap. For each question, answer A, B, C or D

The gray wolf is a fierce predator. It has long teeth and powerful jaws, and can chase prey at more than 35 miles per hour. A normal male weighs about 100 pounds and is more than six feet long, its weight …….(1)…….. its bushy tail, …….(2)…….. is one or two feet long. Wolves live in packs of up to 30 adults and pups. They communicate with one another using facial expressions and the positions of their bodies and tails. Howling helps members of a pack stay in touch. Gray wolves …….(3)…….. lived in North America which is their natural habitat for at least half a million years. But …….(4)…….. the 1800s and early 1900s, wolves were hunted to near extinction. Today, U.S.A is home to more than 6,000 gray wolves. On January 4, 2021, the gray wolves were removed from the endangered-species list. But some scientists say the wolves …….(5)…….. need protection.

1	**(A)** conclude	**(B)** consists	**(C)** includes	**(D)** involves
2	**(A)** which	**(B)** who	**(C)** how	**(D)** where
3	**(A)** has	**(B)** did	**(C)** have	**(D)** do
4	**(A)** through	**(B)** when	**(C)** inside	**(D)** during
5	**(A)** yet	**(B)** still	**(C)** but	**(D)** again

LIVEWORKSHEETS

Writing Tasks
Questions 1-5 (5 marks)

Part 3 OPEN CLOZE

Complete each gap in the text. Use ONE word only for each gap.

Chocolate is …….(1)…….. of the most popular sweets in the world. Many people believe that chocolate must be bad …….(2)…….. your health. But according to the recent researches, if you eat chocolate wisely, it actually …….(3)…….. some health benefits. They suggest that chocolate may actually help …….(4)…….. live longer. Chocolate is used for centuries to treat diseases such as depression and insect bites. Some studies suggest that there are some health benefits of dark chocolate …….(5)…….. it contains more cacao and less sugar.

1 _____

2 _____

3 _____

4 _____

5 _____

LIVEWORKSHEETS

EMAIL (10 marks)

You receive this email from a friend in the UK. Write a reply to your friend, answering the questions in the email.

Write between 40 and 50 words:.

From: Janet Wesley

Subject: Visit

Hello friend!

My family decided to visit Egypt in summer and I'm really excited to go there. Tell me what are the best places to visit in Egypt? What are the best activities to do in summer vacation? What are the delicious traditional dishes that can we eat there?
Thanks for your help!

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LIVEWORKSHEETS