



EBHS KIKHANZA HOMESCHOOLING BOGOR

"More Knowledgeable, Creative, and Independent"

Jl. Sholeh Iskandar, Perum Bukit Cimanggu City Blok C1, No. 19, Kec Tanah Sereal

@ebhsikhanza www.ebhsikhanza.com englishinbogor@gmail.com

Name : _____ Grade : _____

Subject: _____ Teacher : _____

**MID-TERM EXAM – EVEN SEMESTER
ENGLISH
ACADEMIC YEAR 2024/2025
MARCH, 2025**

1 Match these mysteries to their descriptions.



aurora borealis



Great Pyramids



Bermuda Triangle



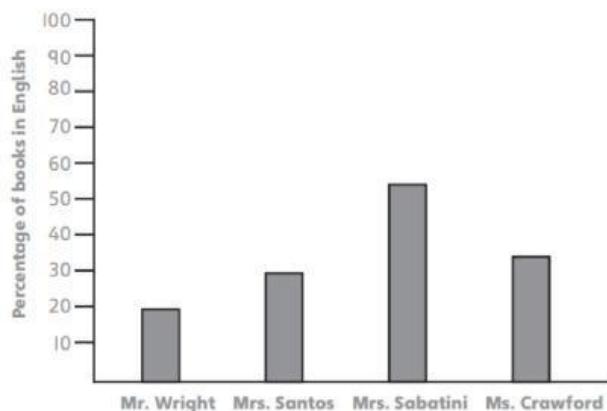
Sailing Stones

- a Perfectly engineered, triangular stoned structures built as massive monuments to the dead
- b An area of the Atlantic Ocean in which ships and planes have completely disappeared
- c Huge stones that move from one spot to another by an unknown force
- d A moving display of colored lights in the northern skies

2 Match the sentence parts to make complete sentences. Draw lines.

1 I learned about woodwinds and string instruments	in my next P.E. class.
2 I look forward to playing team sports	in my art class.
3 We discuss different forms of government	in my math class.
4 We paint, draw, and make collages	in my music class.
5 We are learning about prime numbers	in my literature class.
6 We read different poems and stories	in my social studies class.

3 Look at the bar graph. Then read the sentences. Circle T for True or F for False.



- 1 Mrs. Santos has more books than Mr. Wright. T F
- 2 Ms. Crawford has fewer books than Mr. Wright. T F
- 3 Mrs. Sabatini has the most books in English. T F
- 4 Mrs. Santos has the fewest books in English. T F

4 Read and circle T for True or F for False.

The Stonehenge Mystery

Stonehenge is a prehistoric monument in Wiltshire, England. It's estimated to be more than 4,000 years old and it consists of a ring of standing stones. Each standing stone is around 4 metres high, 2 wide and weighs around 25 tons!



It is not known for sure how the stones were carried to the site they are now. There is a theory that the transport was done via waterways. The technology to do this must have been advanced indeed. But if land-based transportation was used, then the efforts required must have been similar to those required for building a small Egyptian pyramid.

But why was it built? Does anyone really know the use of these manmade rock formations? Not really, no. Some people believe that Stonehenge was built to act as a giant clock, while others think the tall stones are grave markers. Until there is scientific proof of a certain theory, Stonehenge will remain unsolved.

- 1 Stonehenge is a stone structure that dates back at least 4,000 years. T F
- 2 The standing stones weigh 25 tons in total. T F
- 3 It is possible that the stones were moved on water. T F
- 4 To transport the stones by land, a small pyramid was built first. T F
- 5 It is obvious why Stonehenge was built. T F
- 6 A theory suggests that Stonehenge was used to show the time. T F
- 7 Stonehenge could be a place where people were buried. T F
- 8 Stonehenge is still an unexplained phenomenon. T F

READING

The Science of Sleep

Sleep is one of the most essential activities for humans, yet scientists are still uncovering its mysteries. While we sleep, our bodies undergo critical processes that restore energy, repair tissues, and strengthen our memory. Without enough sleep, the human brain struggles to function properly, leading to poor concentration, mood swings, and weakened immunity.

The sleep cycle consists of four main stages, divided into two categories: non-rapid eye movement (NREM) sleep and rapid eye movement (REM) sleep. The first three stages belong to NREM sleep, during which the body relaxes, and brain activity slows down. The final stage is REM sleep, where dreaming occurs. Scientists believe REM sleep is crucial for learning and emotional regulation.

Different age groups require different amounts of sleep. While newborns may sleep up to 17 hours a day, teenagers need around 8–10 hours, and adults typically require about 7–9 hours. However, many teenagers experience sleep deprivation due to schoolwork, social activities, and screen time before bed.

Modern technology has significantly affected sleep patterns. The blue light emitted by phones, tablets, and computers disrupts the production of melatonin, a hormone that helps regulate sleep. As a result, people who use electronic devices before bed may have trouble falling asleep. To improve sleep quality, experts recommend maintaining a consistent sleep schedule, reducing screen time before bedtime, and creating a relaxing nighttime routine.

Scientists continue to study sleep disorders such as insomnia (difficulty falling or staying asleep) and sleep apnea (interrupted breathing during sleep). Understanding the science of sleep can help people make healthier lifestyle choices and improve their overall well-being.

Section A: Multiple Choice Questions

1. What is the main purpose of the passage?
 - a) To explain why people dream
 - b) To inform readers about the science and importance of sleep
 - c) To discuss different types of sleep disorders
 - d) To suggest ways to wake up feeling refreshed
2. What happens during REM sleep?
 - a) The body repairs tissues and muscles
 - b) The brain slows down and enters deep sleep
 - c) The person begins to dream
 - d) The heart rate and breathing decrease significantly
3. How does blue light affect sleep?
 - a) It helps people sleep faster
 - b) It increases melatonin production
 - c) It disrupts melatonin production and makes it harder to sleep
 - d) It causes people to feel tired earlier
4. What is melatonin?
 - a) A sleep disorder that causes breathing problems
 - b) A type of deep sleep
 - c) A hormone that helps regulate sleep
 - d) A brainwave pattern found in REM sleep
5. Which of the following is NOT a recommendation for better sleep?
 - a) Using electronic devices before bed
 - b) Maintaining a consistent sleep schedule

- c) Reducing screen time before bedtime
- d) Creating a relaxing nighttime routine

Section B: Inferential Thinking (Short Answer Questions)

6. Why do scientists believe REM sleep is important for learning and emotional regulation?

7. Why do teenagers often experience sleep deprivation?

8. How does sleep deprivation affect the brain and body?

9. If a person struggles with falling asleep, what are some strategies they could use based on the passage?

10. What would happen if people completely ignored sleep and relied only on caffeine to stay awake?

Section C: True or False

Write True or False next to each statement.

11. Sleep helps repair tissues and strengthen memory. _____

12. All stages of sleep occur in NREM sleep. _____

13. Sleep apnea is a condition where people have trouble falling asleep. _____

14. Teenagers need around 8–10 hours of sleep per night. _____

15. Blue light from screens can negatively affect sleep patterns. _____

Section D: Vocabulary and Context Clues

16. What does the word "deprivation" mean in the passage?

- a) A condition of having too much sleep
- b) A state of lacking something necessary
- c) A part of the brain that controls sleep
- d) A type of deep sleep stage

17. In the passage, the word "regulate" means:

- a) To disrupt or prevent something from happening
- b) To control or adjust something to work properly
- c) To cause a problem in the body
- d) To increase the speed of a process

18. The word "crucial" in paragraph two means:

- a) Unimportant
- b) Difficult to understand

c) Extremely necessary or important
d) Dangerous

19. What is the main idea of the passage?
a) Sleep is essential for health and brain function, and modern habits can negatively affect it
b) REM sleep is the most important stage of sleep
c) Teenagers are the most sleep-deprived group
d) Scientists do not fully understand sleep yet

20. Which sentence from the passage best supports the idea that technology affects sleep?
a) "While newborns may sleep up to 17 hours a day, teenagers need around 8–10 hours."
b) "Modern technology has significantly affected sleep patterns."
c) "Scientists continue to study sleep disorders such as insomnia and sleep apnea."
d) "Understanding the science of sleep can help people make healthier lifestyle choices."

Final Task (Extended Response):

Write a short paragraph explaining why sleep is important and what habits can improve sleep quality. Use details from the passage to support your answer.

-----END OF TEST-----