I. READING (8 Marks)

Read the following passage carefully and answer the questions that follow. (8 marks)

**Staying Healthy With Water**

When wealth is lost, something is lost but when health is lost everything is lost. Good food, good sleep, exercise, fresh air and water are the essentials of good health. Of all these, water is the most important. Our body is made up of about 70% water and our brain is made up of about 90% water. The majority (greater part) of the blood and cells in our body are composed of water. Therefore, we need water to function properly. Water increases energy and relieves fatigue (tiredness). Since our brain is mostly made-up of water, drinking it helps us think better and be more alert. Water removes extra fat, reduces eating intake, and reduces hunger. Water flushes out toxin (unwanted substances). It gets rid of waste through sweat and urination which reduces the risk of kidney stones and urinary tract infections.

Water improves skin complexion. Water moisturizes our skin, keeps it fresh, soft, glowing and smooth. It helps us look young. It prevents dryness by detoxifying the skin. Hence we should not eat dehydrating foods and drink beverages such as caffeine, cola, coffee, tea and alcohol. Water aids in digestion. Water is essential to digest our food and prevent constipation. Water boosts the immune system. Drinking plenty of water helps us fight against flu, cancer and other ailments (sicknesses) like heart attacks. Water helps relieve and prevent headaches which are commonly caused by dehydration (loss of water). Proper hydration (when enough water is in the body) helps to keep the joints lubricated and muscles more elastic. It raises our spirit. When the body is functioning at its best, we will feel great and happy.
A. Answer the following questions. (2x1=2marks)

1. How does water help in the working of the brain?
   
   _______________________________________________________________.

2. What percentage (%) of water content is found in the body and the brain?
   
   _______________________________________________________________.

B. Match the words in column A with their opposites in column B. (4x ½ =2marks)

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>Answers</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. increase</td>
<td>a. old</td>
<td>1.</td>
</tr>
<tr>
<td>2. important</td>
<td>b. prevent</td>
<td>2.</td>
</tr>
<tr>
<td>3. proper</td>
<td>c. unimportant</td>
<td>3.</td>
</tr>
<tr>
<td>4. young</td>
<td>d. decrease</td>
<td>4.</td>
</tr>
<tr>
<td></td>
<td>e. improper</td>
<td></td>
</tr>
</tbody>
</table>

C. Tick T for true and F for false statements. (2x ½ =1mark)

1. Everything is lost when wealth is lost. T F

2. Caffeine, cola and coffee are good for health. T F

D. Choose the correct answer. (2x1=2marks)

1. What does the word dehydration mean?
   
   a. loss of water from the body  c. too much water
   b. water                        d. health

2. Water gets rid of waste through__________________________________________.
   
   a. hunger and taste  c. sweat and urination
   b. medicine        d. food
E. Complete the following sentences with a word from the box. (2x ½ =1mark)

- moisturizes
- reduce
- removes
- fight

1. Drinking plenty of water helps us _______________ against many ailments.

2. Water __________________ our skin.

II. WRITING (7 Marks)

A. Make negative sentences. (2x ½ =1 mark)

1. I like coffee.

2. They are from Australia.

B. Join the following sentences using but or and. (2x ½ =1 mark)

1. Amna is talking. Ala is listening.

2. Ice cream is tasty. Ice cream is not good for health.

C. Complete the sentences with your own ideas. (2x ½ = 1 mark)

1. Yesterday it was sunny but ________________________________.

2. I opened the door and ________________________________.
D. Correct the mistakes in these sentences. (4x ½ = 2 marks)

1. You is never on time.

   _____________________________________________________________.

2. She have a lot of friends.

   _____________________________________________________________.

3. We plays soccer on the weekend.

   _____________________________________________________________.

4. I has a new car.

   _____________________________________________________________.

E. Write the words in the correct order to make meaningful sentences. (2x1= 2 marks)

1. Have / ELC / you / the / chronicle? / read

   _____________________________________________________________.

2. I / Black Beauty. / reading / book / loved / the

   _____________________________________________________________.

III. GRAMMAR (15 Marks)

A. Complete the sentences using the pronouns I, we, them, she, her, it. (4x ½ = 2 marks)

1. My husband and I have a new car. ______________ got ______________ last month.

2. Rahma loves her children. ______________ loves ______________ very much.
B. Use the plural form of the words from the list. (2x ½ = 1 mark)

| knife | thief | tray | party |

1. Police officers catch ____________________________.

2. I like to go to ____________________________ because I like to meet and talk to people.

C. Choose the correct answers to complete the following sentences. (10x ½ = 5 marks)

1. How many [ the pen / pen / a pen / pens ] are there in the box?


3. I was born [ on / in / at / from ] 4th December 1995.

4. She wants to [ cleaned / cleans / clean / cleaning ] her room.

5. The teacher often [ doesn’t come / isn’t come / isn’t coming / don’t come ] on time.

6. When I want to know the time, I [ watch / look / look at / see ] a clock.


10. Some animals live in [ zoos / zoo / zoos / zoies ].

D. Correct the underlined errors. (6x ½ = 3 marks)

1. I am liking flowers.

2. Ahmed would likes to go to America.
3. It **rains** right now.

__________________________________________________

4. Are your classmates live near you?

__________________________________________________

5. Afrah helps Mona and I.

__________________________________________________

6. Our teacher gives tests difficult.

__________________________________________________

**E. Do as directed.**

(4x ½ = 2 marks)

1. Is there any cheese in the refrigerator? [Give a short answer]

__________________________________________________

2. The cat is sleeping. [Change into negative]

__________________________________________________

3. Abdul is watching TV right now. [Make yes-no question]

__________________________________________________

4. ____________________________________________?

Vegetables. (I am eating vegetables.) [Form a question with where, why, or what]

**F. Complete the sentences with the in parentheses.**

(2x ½ = 1 mark)

1. Sarah **(walk)____________________________** to college every day.

2. She **(take, not)____________________________** the bus.

**G. Underline the adjective and circle the noun.**

(1x 1 = 1 mark)

1. Flowers are beautiful.