I. READING (5 Marks)

Read the following passage and answer the questions below.

There are many ways to be fit and healthy. The best thing is to eat a lot of fruits and vegetables, as they are known to be good nutritional powerhouses to our diet. They are full of vitamins, minerals as well as antioxidants. Everyone enjoys eating fruits as they don’t need to be cooked - one can eat them raw. They help you in losing weight as they have very few calories, so it is good to eat them every day. According to scientific studies, fresh fruits and vegetables are ‘fat free’, low in salt and an excellent source of fiber. Likewise fruits and vegetables are rich in nutrients. Bananas and spinach are both rich in potassium, which is necessary for proper nerve and muscle functioning. Watermelons cut the fat in the body and it has Vitamin C which reduces blood cholesterol and maintains body fat. Oranges have Vitamin C and A. They help your body to develop resistance against infections and other harmful diseases. Apples are rich in fiber. They help in digestion.

The next important thing to be fit and healthy is to drink 1.2 litres of water every day to keep you energized. Water helps in lubrication. Drinking a lot of water keeps your skin clear and helps your kidney and liver to function well. It is also very important to eat a healthy breakfast like eggs, skimmed milk, fresh orange juice, etc. The healthier your breakfast, the more you feel energized. Avoid junk food like burgers, pizza, potato chips and beverages like Coke and Pepsi.

Lastly, have a healthy exercise plan. Walking is the best, as it improves your immune system.

A. Circle T for true and F for false statement. (1 Mark)

1. Burgers are a good example of beverages. T / F

2. Fresh orange juice, full fat milk and eggs make a healthy breakfast. T / F
B. Circle the correct answer.  
(1 Mark)

1. What is the meaning of ‘raw’?
   a) cooked       b) sour        c) sweet       d) uncooked

2. Fresh fruits and vegetables are ________________.
   a) low in fiber   b) fat free     c) salty       d) rich in calories

C. Answer the following questions.  
(2 Marks)

1. Which fruit helps your body to resist against infection?

   __________________________________________________________

2. Why is it important to eat a healthy breakfast?

   __________________________________________________________

D. Complete the following sentences with only one suitable word.  
(1 Mark)

1. Fruits help you to lose ________________.

2. Watermelons help to reduce ________________.

II. WRITING  
(5 Marks)

A. Join the sentences using and, but, or or.  
(1 Mark)

1. I like fast cars. My brother hates them.

   __________________________________________________________

2. Salma opened her book. She began to read it.

   __________________________________________________________
B. Complete the sentences with *a, an, or the*. (1 Mark)

There is ________________ supermarket and ________________ cafeteria.

_______________ supermarket is always busy, ________________ cafeteria is always empty.

C. Write a paragraph on one of the following topics. (3 Marks)

My Best Friend OR An Evening on the Beach

______________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

___________________________________________________________________________

______________________________

Rubric | Assigned Marks | Awarded Marks
--- | --- | ---
Comprehending the topic | 1 | |
Relevance of ideas | 1 | |
Overall presentation | ½ | |
Coherence | ½ | |
III. GRAMMAR  (10 Marks)

A. Use the plural form of the suitable words from the list.  (1 Mark)

| knife | party | lady | key |

1. Please put the ____________, forks, and spoons on the table.

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

B. Choose the correct answer to complete the following sentences.  (2.5 Marks)

1. How many [window - a window - windows] [am - is - are] there in the class?

2. I live [on - in - at] the Main Street.


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

C. Do as directed in the brackets.  (3 Marks)

1. Do you hear the noise?  [Give a short answer]

2. He (talk, not) __________________________ to his friend right now.  [Complete the sentence with the words in parentheses]

3. Alia is watching TV right now.  [Make yes / no question]
D. Correct the **underlined errors.**  

(2.5 Marks)

1. I **am thinking** that Jazan is beautiful.

2. I would like **reading**.

3. He **swims** now.

4. I am hungry. I **am wanting** an apple.

5. They are **siting** on the desk.

E. Complete the sentences using the pronouns I, me, her, or she.  

(1 Mark)

Reem is my neighbor. I talk to ______________ everyday. She and ______________ have interesting conversations.
IV. **MEDICAL TERMINOLOGY**  (10 Marks)

A. Write the meaning of the following medical terms.  

(1.5 Marks)

<table>
<thead>
<tr>
<th>Medical Term</th>
<th>Meaning</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. hyperglycemia</td>
<td></td>
</tr>
<tr>
<td>2. laryngectomy</td>
<td></td>
</tr>
<tr>
<td>3. anterior</td>
<td></td>
</tr>
</tbody>
</table>

B. Circle “T” for True and “F” for False statements.  

(2 Marks)

1. The combining form Phleb/o means lung.  
   T / F

2. The muscle between the thoracic and abdominal cavities is pelvis.  
   T / F

3. Incision of the windpipe is tracheotomy.  
   T / F

4. The coccyx is found in musculoskeletal system.  
   T / F
C. Group the following into suffixes, prefixes, and combining forms.     (2.5 Marks)

<table>
<thead>
<tr>
<th>Suffixes</th>
<th>Prefixes</th>
<th>Combining Forms</th>
</tr>
</thead>
<tbody>
<tr>
<td>cardio</td>
<td>ic</td>
<td>transectomy</td>
</tr>
<tr>
<td>dia</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

D. Circle the correct answer that best complete the meaning of the following sentences.     (1 Mark)

After her car accident, Laila had a severe neck pain. An MRI study revealed a protruding (diaphragm / disk / uterus) between C6 and C7. The doctor asked her to wear a (sacral / cervical / cranial) collar for several weeks.

E. Circle the correct word for the following definitions.     (1.5 Marks)

1. Double membrane surrounding the organs in the abdomen is called ________________.
   
a) mediastinum     
b) pleura
   
c) peritoneum     
d) diaphragm
2. Space located within the skull, containing the pituitary gland is ________________
cavity.
   a) thoracic   b) spinal
   c) pelvic   d) cranial

3. Bone marrow biopsy is a procedure used to treat ________________.
   a) leukemia   b) seizure
   c) heart attack   d) stomach ulcer

F. Label the three planes of the body. (1.5 Marks)