

# ENGLISH GRADE 8 MIDTERM 1

EXAM REVISION BOOKLET

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## **PART A: READING**

Topic: Daily Routines (UAE Context)

This booklet will help you:

- Understand reading question types
- Learn how to answer each question
- Revise key vocabulary
- Prepare confidently for the Midterm Exam

### **QUESTION TYPES**

#### **1. Main Idea Question**

The main idea is what the whole text is mostly about.

How to answer:

- Read the first and last paragraph
- Look for repeated ideas
- Choose the general idea, not details

#### **2. Main Idea of a Paragraph**

This question asks what ONE paragraph is mostly about.

How to answer:

- Read the first sentence carefully
- Skim the rest
- Focus only on that paragraph

#### **3. Specific Details**

These questions ask for exact information.

How to answer:

- Look for key words
- Scan the text
- Match the detail exactly

#### **4. Vocabulary in Context**

Find the meaning of a word using the sentence.

How to answer:

- Read the full sentence
- Check surrounding words
- Choose the meaning that fits

#### **5. Infer Meaning**

Infer means understand ideas not directly written.

How to answer:

- Use clues
- Think logically
- Avoid extreme answers

#### **6. Connection to Self or World**

Connect the text to your life or UAE culture.

How to answer:

- Think about routines, family, balance
- Choose real-life connections

#### **KEY VOCABULARY**

Every day – كل يوم

At the weekend – في عطلة نهاية الأسبوع

Sometimes – أحياناً

Always – دائماً

Wake up – يستيقظ

Routine – روتين / نظام يومي

Balance – توازن

Flexible – مرن

Structured – منظم

Advantage – ميزة

Disadvantage – عيب

Responsibility – مسؤولية  
Well-being – الرفاهية

## **LET'S PRACTICE**

### **MOCK READING TEXT 1**

#### **Daily Routines and Student Life in the UAE**

Every day, people follow daily routines to organise their time and responsibilities. A routine is a set of actions that people do regularly, such as waking up, going to school, eating meals, and resting. In the UAE, daily routines are influenced by school schedules, family life, cultural values, and religious practices that encourage balance and discipline.

For many students, every day starts early. They wake up before sunrise to get ready for school. After waking up, students prepare their bags, eat breakfast, and travel to school. This morning routine helps them arrive on time and feel mentally prepared. Teachers often notice that students who follow a morning routine are calmer and more focused during lessons.

At school, routines help students understand expectations. Lessons follow a timetable, and breaks happen at set times. Students know when to listen, when to work independently, and when to rest. These routines help schools run smoothly and allow students to develop responsibility. However, sometimes students feel tired when their day is very structured, especially if they have many lessons and homework tasks.

After school, routines can be different for each student. Some attend sports clubs, Quran classes, or tutoring sessions. Others go home to relax or help their families. Sometimes students need quiet time to rest after a busy day. At the weekend, routines usually change. Families in

the UAE often visit relatives, go shopping, or enjoy outdoor activities together. These relaxed routines help strengthen family bonds and reduce stress.

Daily routines have many advantages. They help people manage time, complete tasks, and reduce stress. Always knowing what to do next can make life easier and more organised. For students, routines support good study habits and improve learning outcomes. However, being too structured also has disadvantages. If routines are too strict, students may feel bored or pressured and have little time for creativity.

A balanced routine includes time for school, rest, family, and personal interests. In the UAE, balance is important because it allows people to respect traditions while enjoying modern life. When students learn to balance structure with flexibility, they feel healthier, happier, and more motivated.

### **Questions (20 Marks)**

- 1. What is the main idea of the text?**
  - A. Students should follow strict routines only
  - B. Daily routines help students, but balance is important
  - C. Weekends are more important than school days
  
- 2. Why are morning routines helpful for students?**
  - A. They reduce homework
  - B. They help students feel prepared and calm
  - C. They make lessons shorter
  
- 3. Which activity is mentioned as an after-school routine?**
  - A. Travelling abroad
  - B. Attending sports or Quran classes
  - C. Playing video games all night

4. **What does “*at the weekend*” mean in the text?**
  - A. School test days
  - B. Family and relaxation time
  - C. Extra lessons
  
5. **Which advantage of routines is mentioned?**
  - A. They remove all stress
  - B. They help manage time
  - C. They reduce learning
  
6. **What is one disadvantage of strict routines?**
  - A. Less creativity
  - B. Better concentration
  - C. More free time
  
7. **What does “*balance*” mean in the text?**
  - A. Only focusing on school
  - B. Mixing work, rest, and family time
  - C. Changing routines every day
  
8. **What can be inferred about students who rest sometimes after school?**
  - A. They are lazy
  - B. They may recover from busy days
  - C. They dislike learning
  
9. **Why is balance important in the UAE?**
  - A. Because routines are unimportant
  - B. Because it helps respect culture and modern life
  - C. Because schools avoid structure
  
10. **Which question best connects the text to real life?**
  - A. How can routines help you every day?
  - B. Why are exams difficult?
  - C. What subjects do students study?

## **MOCK READING TEXT 2**

### **The Importance of Flexible Routines**

Every day routines help people organise their lives. These routines include waking up, going to school or work, completing tasks, and resting. In the UAE, routines are shaped by school timetables, prayer times, family responsibilities, and social traditions. While routines are important, flexibility also plays a key role in healthy living.

Students usually wake up early every day to prepare for school. After they wake up, they eat breakfast, prepare their school materials, and travel to school. This structure helps students feel organised and ready to learn. Teachers often say that students with clear routines are more confident and responsible in class.

During the school day, routines guide learning. Students follow lesson schedules, attend classes, and complete tasks at specific times. These routines help students stay focused and understand what is expected of them. However, sometimes students feel stressed when their day is too busy. Long hours of study without enough rest can affect concentration and well-being.

After school, students' routines may change. Some attend activities, while others go home to rest. Sometimes students choose to relax or spend time with family. At the weekend, routines are usually less strict. Families in the UAE often spend time together, visit relatives, or go out for leisure activities. These moments allow students to relax and enjoy social life.

Routines have many benefits. They help students manage time and complete responsibilities. Always following a routine can improve discipline and organisation. However, there are also disadvantages. When routines are too rigid, students may feel pressured or lose motivation. Sometimes, changing routines allows students to explore interests and develop creativity.

Balanced routines combine structure and flexibility. In the UAE, balance is valued because it supports both personal growth and cultural traditions. When students learn to balance schoolwork with rest and family time, they develop healthier habits and a positive attitude toward learning.

### **Questions (20 Marks)**

1. **What is the main idea of the text?**
  - A. Routines should never change
  - B. Flexible routines support healthy living
  - C. Students dislike routines
  
2. **Why do students wake up early every day?**
  - A. To avoid homework
  - B. To prepare for school
  - C. To meet friends
  
3. **What happens when school routines are too busy?**
  - A. Students become more creative
  - B. Students may feel stressed
  - C. Students enjoy lessons more
  
4. **What does “*at the weekend*” refer to?**
  - A. Extra classes
  - B. Family and leisure time
  - C. Exam preparation
  
5. **Which benefit of routines is mentioned?**
  - A. Improved organisation
  - B. Less responsibility
  - C. More boredom

6. **What is one disadvantage of rigid routines?**
  - A. Increased flexibility
  - B. Loss of motivation
  - C. Better focus
  
7. **What does “flexibility” mean in the text?**
  - A. Ignoring routines
  - B. Adapting routines when needed
  - C. Following routines strictly
  
8. **What can be inferred about students who balance study and rest?**
  - A. They may feel healthier
  - B. They study less
  - C. They dislike routines
  
9. **Why is balance important in the UAE?**
  - A. It supports culture and well-being
  - B. It removes responsibility
  - C. It reduces learning
  
10. **Which question best connects to real life?**
  - A. How can flexible routines help your daily life?
  - B. Why do schools have rules?
  - C. What subjects are studied?

### **MOCK READING TEXT 3**

Daily routines help people organise their time and activities. These routines include waking up, going to school, completing tasks, and relaxing. In the UAE, routines are influenced by education, family life, and cultural traditions that encourage balance and responsibility.

Students usually wake up early every day to prepare for school. After they wake up, they eat breakfast and get ready for the day. This routine helps students arrive on time and feel prepared. During school hours,

routines guide learning. Lessons follow a schedule, and students know when to work, listen, and take breaks.

After school, routines may change. Some students attend activities, while others go home to rest. Sometimes students feel tired and need time to relax. At the weekend, routines are more flexible. Families often spend time together, visit relatives, or enjoy outdoor activities. These relaxed routines help reduce stress and improve family relationships.

Routines offer many advantages. They help students manage time and develop discipline. Always having a plan makes daily life easier. However, routines also have disadvantages. Being too structured can limit creativity and make students feel pressured. Sometimes, students benefit from changing routines and trying new activities.

Balanced living means combining structure with flexibility. In the UAE, balance allows students to respect traditions while enjoying personal time. When students balance routines with rest and social activities, they feel more motivated and confident.

### **Questions (20 Marks)**

- 1. What is the main idea of the text?**
  - A. Routines are unnecessary
  - B. Balanced routines support healthy living
  - C. Students dislike structure
  
- 2. Why do students wake up early every day?**
  - A. To relax
  - B. To prepare for school
  - C. To play sports
  
- 3. What happens to routines at the weekend?**
  - A. They become stricter
  - B. They become more flexible
  - C. They stop completely

4. **Which advantage of routines is mentioned?**
- A. Better discipline
  - B. Less responsibility
  - C. Less learning
5. **What is one disadvantage of strict routines?**
- A. More creativity
  - B. Feeling pressured
  - C. Better motivation
6. **What does “*balanced living*” mean?**
- A. Only focusing on school
  - B. Mixing routines with flexibility
  - C. Avoiding routines
7. **What can be inferred about students who rest sometimes?**
- A. They are lazy
  - B. They may reduce stress
  - C. They dislike school
8. **Why are family activities important at the weekend?**
- A. They increase homework
  - B. They strengthen relationships
  - C. They reduce routines
9. **Why is balance valued in the UAE?**
- A. It removes structure
  - B. It supports culture and well-being
  - C. It reduces discipline
- 10. Which question best connects the text to real life?**
- A. How do routines affect your daily life?
  - B. Why do students wake up early?
  - C. What subjects are taught?

## LET'S PRACTICE

## GRAMMAR

**THE PRESENT SIMPLE TENSE**

For habits, routines, and facts!

Singular	Plural
WALKS	WALK
EATS	EAT
SINGS	SING
TAKES	TAKE



He walks

She eats

We eat

He takes

We take

We take

➤ **LIVEWORKSHEETS LINK (Present Simple Tense):**

<https://www.liveworksheets.com/worksheet/en/esl-grammar/45394>

**THE PRESENT CONTINUOUS TENSE**

For actions happening right now!

**RULE: AM/IS/ARE + "ING"**

1. He is cooking.
2. They are riding bikes.
3. I am seeing a friend.

**cook**  
He is cooking.

**ride**  
They are riding bikes.

**see**  
I am seeing a friend.

\*Use contractions: I'm = I am / He's = He is / We're = We are

- **LIVEWORKSHEETS LINK (Present Continuous Tense):**  
<https://www.liveworksheets.com/worksheet/en/english-second-language-esl/60178>