

English Final Exam Term 1 (2022-2023)

Grade 10 Ad

Amal's Great Accomplishment

A vlogger who spent most of her time filming, Amal would not sleep unless she was happy with the videos she had uploaded to social media. Recently, she started to get headaches. She also felt tired and weak. She thought it was because she rarely worked out and normally ordered takeaway food. The symptoms got worse, so she booked an appointment at the nearest hospital.

The following day, the doctor called Amal and told her that she had type 2 diabetes. "The way I see it, you will not get better unless you adjust your lifestyle. There's a diet and wellbeing camp for patients with diabetes. Although it's a six-hour drive from here, they have a wonderful fitness programme. It includes a variety of sports and workouts as well as sessions that help improve your relaxation. However, focus on the diet plans. Without a doubt, they have a more positive impact in the long run," said the doctor. Amal looked worried. In spite of her being frightened, she agreed to give the camp a try.

Amal returned home after three months. "So, how was it?" asked her father.

"The camp was a life-changing experience!" replied Amal with excitement. "I had daily indoor activities like yoga and reading. I did horse riding three days a week. They had lots of horses in the stable, but the one that was my favourite had long hair and was a dream to ride! I also attended cooking classes every other day. And guess what? I hardly ever thought of fast food!" she added.

"That's fantastic!" said her mother.

"Everyone at camp was friendly, but Hessa was one of the nicest and most supportive people I've met. Despite feeling lonely and wanting to come back home sometimes, she made my camp experience pleasant. To be honest, I couldn't have done it without her!" Amal confided.

Amal's mother smiled, her eyes filled with tears of joy.

"On the last day, my fitness instructor said that I am going to live a better life from now on," Amal grinned.

Q.1: Why does Amal stay up at night?

Mark(s): 5/5

Learning Outcomes Covered

- o ENG.07.2.3.XX.025

- She does not feel well.
- She orders lots of food.
- She works on her videos.

Q.2: The doctor wants Amal to ____.

Mark(s): 5/5

Learning Outcomes Covered

o ENG.07.2.3.XX.024

a. focus on eating healthy food

b. choose a suitable sport

c. attend calming classes

Q.3: Which of these statements is NOT true?

Mark(s): 5/5

Learning Outcomes Covered

o ENG.07.2.3.XX.024

a. The camp is for people with specific diseases.

b. It takes a short amount of time to reach the camp.

c. Losing weight is part of the camp's fitness programme.

Q.4: What is the mood in the text when Amal comes home from camp?

Mark(s): 5/5

Learning Outcomes Covered

o ENG.07.2.3.XX.028

a. joyful

b. calm

c. tense

Q.5: *****BONUS***** Amal's camp routine included ____ every day.

Mark(s): 4/4

Learning Outcomes Covered

o ENG.07.2.3.XX.024

a. horse riding

b. preparing meals

c. relaxing therapies

Q.6: Amal's mother was happy because her daughter ____.

Mark(s): 5/5

Learning Outcomes Covered

o ENG.07.2.3.XX.025

a. had a caring friend

b. wanted to come home

c. didn't need help from anyone

Q.7: What was Amal's lifestyle like before and after going to the camp?

Mark(s): 5/5

Learning Outcomes Covered

- o ENG.07.2.3.XX.029

- a. She regularly followed a healthy diet plan until she went back home.
- b. She was living an unhealthy lifestyle until she started the fitness programme.
- c. She lived a healthy lifestyle until she met her new friend.

Q.8: What is the text mainly about?

Mark(s): 5/5

Learning Outcomes Covered

- o ENG.07.2.3.XX.023

- a. Amal's summer holiday
- b. Amal's lifestyle change
- c. Amal's hospital visit

Q.9: Most workers like working at night because ____.

Mark(s): 5/5

Learning Outcomes Covered

o ENG.07.2.3.XX.025

a. there are no group discussions

b. the workplace is more peaceful

c. they deal with a lot of people

Q.10: A disadvantage to working a night shift is having ____.

Mark(s): 5/5

Learning Outcomes Covered

o ENG.07.2.3.XX.024

a. less money

b. no education

c. long working hours

The New Night Shift

If you're a student looking for a job, consider working as a security guard at the new Science University. There are three job openings for the night shift and one for the day shift.

Eight out of ten students working as security guards at the Science University believe that it is much more convenient to work at night. They have fewer meetings compared to those who work during the day. It's also much quieter during the night because there are no visitors, which gives you time to study without interruptions. Students also mentioned that working at night for a long time makes you an expert at your job and helps you get promoted easily because there is less competition. Even though it is a twelve-hour shift, you get paid more and have better education opportunities. Every day, you work from 7pm to 7am and classes usually start at 8am. That gives you plenty of time to attend your classes instead of having to catch up using the online recordings.

There are some students who consider this night shift tough because they can't work effectively at night and do not want to change their regular sleeping pattern. However, most students reported that they wanted to spend time with their family. A few students said that they had severe back and neck pain, migraines and couldn't sleep well after working a night shift. They considered the day shift to be usually less stressful than the night shift. According to experts, night shifts can increase the risk of diabetes and heart disease. I strongly believe that people who work at night should do it for a short period of time, then switch to a day shift.

Night shifts have both positive and negative aspects. If you decide to work at night, you could consider asking someone who is currently or has worked a night shift to get more feedback. I would suggest you try a night shift. One of the best ways to make a clear and informed decision is by not rushing.

Q.11: Paragraph 2 is mainly about ____.

Mark(s): 5/5

Learning Outcomes Covered

o ENG.07.2.3.XX.026

- a. the advantages of working a night shift
- b. how you can study effectively during the night
- c. helping other employees

Q.12: Night shift workers have suitable learning opportunities because they ____.

Mark(s): 0/5

Learning Outcomes Covered

o ENG.07.2.3.XX.025

- a. start classes during work
- b. can attend online sessions
- c. have time to go to university

Q.13: What is the main reason workers choose to work a day shift over a night shift?

Mark(s): 0/5

Learning Outcomes Covered

- ENG.07.2.3.XX.024

- a. the need for a normal sleeping routine
- b. the desire to be with their loved ones
- c. the ability to work better during the day

Q.14: *****BONUS***** Some symptoms night shift workers might experience include ____.

Mark(s): 0/4

Learning Outcomes Covered

- ENG.07.2.3.XX.024

- a. extreme head pain
- b. slight back and neck discomfort
- c. sleeping for a long time

Q.15: According to the text, how would you compare the day shift to the night shift?

Mark(s): 5/5

Learning Outcomes Covered

o ENG.07.2.3.XX.029

a. Although you get less salary working at night, you have more time to be with your family than you would working during the day.

b. Employees might have physical issues working at night but could get a promotion quicker than with day shift working.

c. Despite there being more distractions working at night, it is less stressful than working during the day.

Q.16: The author tells us that one of the most suitable methods to use when considering a night shift job is ____.

Mark(s): 0/5

Learning Outcomes Covered

o ENG.07.2.3.XX.025

a. trying out shifts before deciding

b. speaking to night shift workers

c. taking your time to choose

A Robot Maid

Mariam **1** (said / told / reported) me that her family bought a robot maid named "Robo700". I **2** (immediately / always / rarely) get excited about Artificial Intelligence because it doesn't interest me. **3** (Unless / However / Though) the robot could clean and cook, it wouldn't be of any use to me. Mariam insists that it does and that it is **4** (make of / made from / making about) recycled materials. **5** (One of the best / Among the most beautiful / Some of the good) things about it is that it speaks five different languages. Apparently, the person **6** (which / when / who) invented "Robo700" is only 19 years old! My **7** (prediction / reckon / think) is that it cleans the entire house in less than an hour! From my **8** (concern / perspective / opinion), I wouldn't want a robot maid. Although **9** (to have / have had / having) a robot that can help you at home, you're likely to face technical issues now and then.

Learning Outcomes Covered

o ENG.07.2.2.XX.016

- a. said
- b. told
- c. reported

Q.18: 2.

Mark(s): 5/5

Learning Outcomes Covered

o ENG.07.2.2.XX.016

- a. immediately
- b. always
- c. rarely

Q.19: 3. *****BONUS*****

Mark(s): 0/4

Learning Outcomes Covered

o ENG.07.2.2.XX.016

- a. Unless
- b. However
- c. Though

Learning Outcomes Covered

- o ENG.07.2.2.XX.016

a. make of

b. made from

c. making about

Q.21: 5.

Mark(s): 5/5

Learning Outcomes Covered

- o ENG.07.2.2.XX.016

a. One of the best

b. Among the most beautiful

c. Some of the good

Q.22: 6. *****BONUS*****

Mark(s): 4/4

Learning Outcomes Covered

- o ENG.07.2.2.XX.016

a. which

b. when

c. who

Q.23: 7.

Mark(s): 5/5

Learning Outcomes Covered

o ENG.07.2.2.XX.016

a. prediction

b. reckon

c. think

Q.24: 8.

Mark(s): 5/5

Learning Outcomes Covered

o ENG.07.2.2.XX.016

a. concern

b. perspective

c. opinion

Q.25: 9. *****BONUS*****

Mark(s): 4/4

Learning Outcomes Covered

o ENG.07.2.2.XX.016

a. to have

b. have had

c. having