

Class : 11th Grade

Name: -----

Date :-----

Q1: Read the following text carefully. Then answer the following questions :

(5 marks)

Sleep is an essential part of life. Scientists claim that sleep is the time when information is stored and sorted by the brain. Scientists have already identified sleep stages by studying brainwaves. Stage 1 is when began to sleep. The brain tells the muscles to relax and heart to beat slowly. Stage 2 is a period of deeper sleep the heartbeat and breathing become slower. Stage 3 and 4 are when we sleep most soundly. Now the brain waves and heartbeat are at the slowest and our muscles become very relaxed. We might have dreams in this stage, which makes up about 15% to 23 % of young adult's sleeping time. Stage 5 is called REM which means Rapid Eye Movement stage although our body is resting, our eyes are moving very quickly beneath our eyelids during this stage.

1- What happens to your brain when we sleep?

2- What is the meaning of "REM"?

3- The word soundly means -----

4- How does scientists identified sleep?

5- Find a non defining relative clause from the text.

Q2: complete the sentences with the correct word:

(5marks)

Relaxed - confidant - monitored – apnea – snore

1- ----- roads.

The driver avoid any -----

2- ----- early.

I feel ----- when I sleep

3- ----- while you are making an interview?

What makes you -----

4- ----- all the night.

My brother was -----

5- ----- pressure.

----- is linked with high

Q3: Use the following grammatical structure to write sentences:

(5marks)

A-

A defining relative clause.

B-

Present simple passive.

C-

A dynamic verb

D-

Present Perfect.

E-

A non-defining clause.

Q4: Write about a dream you have had. Use these adverbs and linking word.

(5marks)

Suddenly / To my surprise / First / next / Then / In the end / At least / Finally

Your teacher

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