

Ministry Of Education

AL -Tamayouz Model School

2023 -2024

Private Education

Department of English

**Worksheet on unit 1 Grade 8 :****A-Vocabulary****a- Choose the correct answer from a, b, c and d:**

1. ....is running very fast over a short distance.  
a) Obesity      b) Session      c) Resistance      d) Sprinting
2. It is a big .....for children to travel alone.  
a) risk      b) amount      c) regimen      d) session
3. My father.....to give me a special present when I pass my exams.  
a) cools down      b) promises      c) lacks      d) gains
4. Sportsmen warm -up well before starting their exercise .....  
a) arrow      b) session      c) resistance      d) obesity
- 5- Stretching exercises help us to have .....bodies.  
a- dangerous      b- extreme      c- hearty      d- flexible
- 6- Ahmed hurt himself during the training .....yesterday.  
a- session      b- resistance      c- sprinting      d- regimen
- 7- I can't drink this soup now. It is .....hot.  
a- extremely      b- recently      c- frequently      d- securely
8. Fizzy drinks and fast food high in sugar and fats can cause .....  
a) wage      b) obesity      c) gravity      d) justice

**B) Fill in the spaces with words from the list:-****(lack – amounts – cool down – regimen – risk)**

9. Eating high .....of food leads to many health problems.
10. You should have an exercise .....as part of your daily routine.
11. Always be calm and .....if you face any problem.
12. If you don't have eggs or milk in your food, you may .....vitamin D.

**(flexible – lack – extremely – cool down – regimen)**

13. A doctor advised me to lose weight. I should follow a strict exercise .....
14. Vegetarian people ..... calcium, proteins and vitamin D as well.
15. Employees said they would prefer more ..... working hours.
16. She's very angry. Give her some time to .....

## B-Grammar

### A. Choose the correct answer from a,b,c and d :

17- I enjoy ..... my friends during the weekend.

- a-meet      b- meeting      c- meets      d- met

18- We are interested in ..... computer games.

- a- Playing      b- plays      c- played      d- play

19- Sometimes we go to the cinema if we want ..... a film.

- a- to watch      b- watching      c- watches      d- watched

20- In Kuwait, people usually ..... camping in winter.

- a- goes      b- go      c- went      d- going

21- Sara..... go shopping last week.

- a- don't      b- didn't      c- doesn't      d- can't

22- At the moment, We ..... the fresh air here.

- a- enjoy      b- enjoys      c- have enjoyed      d- are enjoying

23- My mother.....some sandwiches for us now .

- a- is making      b- makes      c- make      d- made

24- ..... a modern car is my dream.

- a) Drives      b) Drive      c) Drove      d) Driving

### B. Do as shown between brackets :

25. Water (boil)..... at 100 degrees. (Correct)

26. I (do) .....my homework at the moment. (Correct)

27. It always snows in Kuwait. (Negative)

28. Ali is reading a short story at the moment. (Ask a question)

### WRITING

29. **“Keeping fit is very important for a healthy lifestyle but it is not that easy to achieve it.”** Plan and Write a report of two paragraphs (10 sentences) about the importance of leading a healthy lifestyle and how people can achieve it.

\* Your writing should include a topic sentence, supporting details and a conclusion.

**Model answer**

- 1- d                      2- a                      3- b                      4- b
- 5- d                      6- a                      7- a                      8- b
- 9- amounts            10- regimen            11 – cool down        12- lack
- 13- regimen            14-lack                    15-flexible              16- cool down
- 17- b                      18- a                      19- a                      20- b
- 21- b                      22- d                      23- a                      24- d
- 25- boils                      26- am doing
- 27- It never snows in Kuwait.
- 28- what is Ali reading at the moment ?

**29-A healthy life style**

A sound mind is in a sound body. It is very important to have a healthy life style. When you are fit, studying becomes easier. You will have a strong body. You can do tasks easily.

There are many ways to have a healthy life style. It is important to have routine of training. You should have a good exercise session. You should eat healthy food. You should sleep enough. Finally, a balanced diet and daily exercise will help you to keep fit and healthy.



مدرسة التميز النموذجية  
(ابتدائي - متوسط - ثانوي)  
الجهاز الفني التربوي

# منصات التميز التعليمية

لزيارة منصة التميز التعليمية في اليوتيوب امسح الباركود التالي :



لزيارة منصة التميز التعليمية في تليجرام امسح الباركود الخاص بقناة كل فصل مما يلي :



الصف الرابع



الصف الثالث



الصف الثاني



الصف الأول



الصف التاسع



الصف الثامن



الصف السابع



الصف السادس



الصف الخامس



الصف الثاني عشر  
أدبي



الصف الثاني عشر  
علمي



الصف الحادي عشر  
علمي



الصف الحادي عشر  
أدبي



الصف العاشر



لزيارة صفحتنا في تويتر

لزيارة صفحتنا في الإنستقرام

عنواننا : خيطان - ق ٤ - ش ١٠٠