



**Grade 12**

**Set book  
Questions**

**2020 / 2021**

# Set Book Questions

## 1. How can a person keep himself mentally active?

- a) Sitting down in front of TV, watching a funny movie, helps us to relax.
- b) Staying at home at weekends helps us socialise with the family.
- c) Reading a book or doing a crossword is a good way of exercising our minds.
- d) Sitting down with a book and a cup of coffee helps to keep physically flexible.

## 2. Why is it rare to find geriatric homes in Kuwait and other Arab countries?

- a) because Islam teaches children to honour and respect their parents.
- b) because they are expensive to build.
- c) because old people don't like them.
- d) because Islam forbids us to steal.

## 3. What's the difference between shallow sleepers and deep sleepers?

- a) Both sleepers need a small amount of sleep to feel refreshed in the morning.
- b) Shallow sleepers awake refreshed, while deep sleepers wake up still feeling tired.
- c) Shallow sleepers awake still feeling tired, while deep sleepers wake up refreshed.
- d) There is no difference between the two.

## 4. What factors determine how much sleep we need?

- a) It depends on several factors, including the type of work we do, how much money we earn and whether we are happy or not.
- b) It depends on several factors, including the weather, the heat and the noise outside.
- c) It depends on several factors, including our age, our daily routine, the quality of our sleep and our genetic make-up.
- d) It depends on several factors, including the time of the day, the season and the general climate.

## 5. Why do people nowadays live longer than they used to?

- a) Many ailments that used to be fatal can now be easily cured.
- b) An aging population means that there are more elderly people than ever before.
- c) Friendship is one of the greatest gifts we can bestow upon others.
- d) Many old people rely on their families and friends for support.

## 6. What can we do to keep ourselves physically active?

- a) Stretching in bed and sleeping for an hour or two will keep us active.
- b) Stretching in the morning and running for a kilometre or two will keep us active.
- c) Reading a book or doing a crossword puzzle will keep us active.
- d) Taxing our brains with a few quizzes will keep us active.

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## 7. How can we ensure a long life?

- a) by reading books and watching TV.
- b) by travelling to many countries of the world.
- c) by having friends around you all the time.
- d) by staying active, both physically and mentally.

## 8. What do people who are deprived of sleep suffer from?

- a) They fall asleep during the day and find it difficult to concentrate.
- b) They do well in exams and feel motivated.
- c) They lose appetite and consequently lose weight.
- d) They fall concentrate at school and at work.

## 9. How can we show gratitude and respect to the elderly?

- a) by ignoring their advice and keeping away from them.
- b) by avoiding them and leaving them alone.
- c) by helping them and being friendly to them.
- d) by sending them to a geriatric home.

## 10. Why has life expectancy reached a high average?

- a) Modern medicine has helped to cure fatal diseases.
- b) Modern medicine has brought new diseases.
- c) Modern medicine has published many researches.
- d) Modern medicine has invented new vitamins.

## 11. Why is it important to get enough sleep?

- a) It is essential for health and wellbeing.
- b) It hinders the brain retain new information.
- c) It depends on the quality of sleep and age.
- d) Chronic sleep deprivation helps the immune system.

## 12. How does sleep help students do better on tests?

- a) They can concentrate in the class and it helps retain information.
- b) They might gain weight and become obese.
- c) It alters the immune system including the activity of the body's killer cells.
- d) They feel drowsy during the day and lose concentration.

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## 13. What are the advantages of living in a big city?

- a) better public services.
- b) better jobs.
- c) more entertainment.
- d) all of the above.

## 14. Why do some people prefer living in the countryside?

- a) To enjoy better public services.
- b) To enjoy better jobs.
- c) To enjoy calmness and fresh air.
- d) To enjoy noise and overcrowding.

## 15. What is special about Burj Mubarak Al-Kabir of Madinat Al-Hareer?

- a) It will be 50 meters tall.
- b) It will have 100 storeys.
- c) It will be the tallest building in the world.
- d) It will house seven "Vertical villages".

## 16. How will the population of Madinat Al Harir be kept happy?

- a) They will always be near water and greenery.
- b) They will get extra salary.
- c) They will get free houses.
- d) They will be near their relatives.

## 17. Why do you think some people move from the countryside to live in the city?

- a) To avoid overcrowding.
- b) To enjoy fresh air.
- c) To enjoy calmness.
- d) To get better-paid jobs.

## 18. What things should you consider when choosing a place to live in?

- a) It should be a green area.
- b) It should have a good location.
- c) It should be expansive.
- d) All of the above.

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## 19. What's meant by "rural depopulation"?

- a) Buying holiday or weekend homes in the countryside.
- b) A socioeconomic problem caused by unemployment in cities.
- c) Moving from the city to the countryside to avoid overcrowding.
- d) Emigrating to the city, leaving villages and farms vacant and deserted.

## 20. How could city life be made less stressful for the people who live there?

- a) By bearing all the disturbance caused by horn beeps
- b) By making the countryside an attractive place to live in
- c) By creating more employment opportunities for the youth
- d) By spending time in green spaces and walking or cycling to work

## 21. What advantages are there to living in a city?

- a) Lack of famous restaurants and shopping centres
- b) Job opportunities, attractions, entertainment and medical care
- c) More compact houses and more expensive urban areas to live in
- d) The overcrowding, pollution and tension everywhere

## 22. What's the ultimate aim of Silk City?

- a) To construct a new modern city far away from the capital
- b) To establish Kuwait's status as a commercial hub of the world
- c) To remind people of the ancient silk routes that traversed Kuwait.
- d) To separate residential areas from financial and commercial districts

## 23. Why is Silk City considered to be a unique city?

- a) Because it contains several villages aligned.
- b) Because gardens are only ten blocks away from the city.
- c) Because there are many towers as tall as Burj Mubarak AL Kabir.
- d) Because its layout has been completely and meticulously planned from its inception.

## 24. Many people believe in building and restoring old buildings. Why?

- a) Old buildings are part of the country and its heritage.
- b) They are houses for workshops.
- c) They can be used for training.
- d) People can socialize and make groups.

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## 25. How do young children entertain themselves nowadays?

- a) They can play Amber.
- b) They like playing computer games.
- c) They play beads and shells.
- d) They like learning about lifestyles.

## 26. How does Bait Lothan help in reviving the art in Kuwait?

- a) Lothan means the shelters.
- b) It is new and superb and shows different arts.
- c) It nurtures arts and exhibits artistic work.
- d) Children can socialize and do many activities in it.

## 27. In your opinion, what are the leisure activities that most people enjoy nowadays?

- a) Doing handmade crafts.
- b) Repairing cars and Fixing TVs.
- c) Playing computer games and meeting in cafes.
- d) Playing Dawama and Amber.

## 28. Why can't modern societies do without women in all aspects of life?

- a) Women can't run their houses alone.
- b) Women are an integral part in any society.
- c) They aren't an essential workforce.
- d) They all can drive cars and cook delicious food.

## 29. What is the difference between biography and an autobiography?

- a) Biography is the act of writing about others. Autobiography is commenting on others' life.
- b) Autobiography is looking for information by the person himself, but biography is about someone's life written by others.
- c) Biography is an account of someone's life written by the person himself while autobiography is an account written by someone else.
- d) Biography is about someone's life written by someone else and autobiography is an account written by the person himself.

## 30. How did ' Bait Lothan' get its name?

- a) It was a place where ships could take refuge from storms.
- b) It was a place for gathering and chatting.
- c) People used to make it a place for training.
- d) People in the past loved this name.

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## 31. What are the creative uses of home computers?

- a) Designing magazines and producing posters.
- b) Chatting over the net.
- c) Taking different photos.
- d) Dealing with technical problems.

## 32. What details may a biography of a person include?

- a) Career, personal details and achievements.
- b) A number of people he or she knows.
- c) Talents and desires.
- d) Address and house description.

## 33. What art lessons could one take in Bait Lothan?

- a) Pottery, Photography and Arabic calligraphy.
- b) Dancing ballet.
- c) Building blocks.
- d) Singing traditional songs.

## 34. Mrs. Massouma Al-Mubarak has taken many political positions. Mention one` .

- a) A minister of Planning.
- b) A minister of Education.
- c) A member in Kuwait Airways Company.
- d) A member in Kuwait for the Advancement of science.

## 35. What kind of preparations do people have to make before they go on expeditions?

- a) People must prepare the suitable clothes.
- b) People have to retire.
- c) People have to think of the hardest thing they have ever done.
- d) People must be a weather expert.

## 36. What difficulties might climbers face in their expeditions?

- a) crowded roads.
- b) meeting different people.
- c) exhaustion and sickness.
- d) pollution and loneliness.

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**37. In your opinion, what makes people push themselves to extreme limits?**

- a) to show extraordinary abilities.
- b) just to face difficulties.
- c) to highlight the limits that people can't reach.
- d) to end their misery lives.

**38. What piece of advice would you give people performing extreme sports?**

- a) They should always take certain medicines to make them stronger.
- b) They have to depend only on their own experiences.
- c) They have to prepare and check their equipment.
- d) They have to take all the critical decisions on the spot.

**39. What type of personality and skills do you think are important for challenges?**

- a) Determined and flexible people can take challenges.
- b) People who are sensitive to cold weather.
- c) Thin and dependent people always take challenges.
- d) Careless people always succeed in taking challenges.

**40. Why do some people take the risk of pushing themselves to extreme limits?**

- a) to face difficulties.
- b) to highlight the limits that people can't reach.
- c) to show extraordinary abilities.
- d) to end their misery lives.

**41. What are the climbers' aims in climbing the seven mountains?**

- a) They want to inspire other Arabs to practise such sports.
- b) One of their aims is to try harming themselves.
- c) They like to feel the frostbite.
- d) They take the adventure to just to take selfies on the top.

**42. What qualities should a person have to survive on expeditions or mountain climbing?**

- a) A person should be overweighed.
- b) A person should be impatient.
- c) A person should lack determination.
- d) A person should be fit and strong.

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## 43. Mention some difficulties a person might face during expeditions?

- a) A person can face extreme heat.
- b) Exhaustion is a problem a person might face.
- c) Endurance of oxygen might face mountain climbers.
- d) A person might get excited.

## 44. What kind of preparations do people have to make before going on expeditions?

- a) They should have cave diving training.
- b) They should have no equipment.
- c) They should go solo.
- d) They have to check everything very well in advance.

## 45. What equipment should we have when we go camping/driving across the desert?

- a) A first-aid-kit.
- b) heavy tents.
- c) Fast food and fizzy drinks.
- d) A boat and swimming clothes.

## 46. " Record-breaking attempts have disadvantages such as:

- a) A person can enjoy amazing achievements.
- b) A person can get famous.
- c) He / She might inspire others.
- d) People can lose contact with the world.

## 47. Risky adventure might have advantages such as:

- a) Extreme danger might face them.
- b) A person can get famous.
- c) A person might get killed / injured / lost.
- d) People can lose contact with the world.

## 48. What do we need to push life limits?

- a) We usually need things like Ambition.
- b) We need to try frostbite.
- c) We need feeling the extreme weather.
- d) We need to have over self-confidence.

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## **49. How has space technology affected aircraft technology?**

- a) Airplanes are now lighter, less noisy, and faster than before.
- b) Airplanes nowadays are more difficult to fly than before.
- c) Airplanes in the past were lighter and now they're heavier.
- d) Airplanes are now able to fly closer to space than before.

## **50. Why would some people be against space exploration?**

- a) They believe space exploration is a waste of money and time.
- b) They believe space tourism is more important than space exploration.
- c) They believe space exploration could harm people on Earth.
- d) They believe space exploration will not help Earth advance.

## **51. Why are people interested in space tourism, especially with the development of tourist spaceships?**

- a) Space tourism is a great way to feed regular people's curiosity.
- b) Space tourism is what astronauts do when they are on holiday.
- c) Space tourism is when people decide to visit the International Space Station.
- d) Space tourism is a way to explore space without spending much money.

## **52. Islamic civilization has played a major role in astronomical science. Explain.**

- a) Muslims have always had an active part in space exploration like spacewalks.
- b) Many scientists have worked with Muslim scientists around the world.
- c) Muslim countries always contact astronauts on the International Space Station.
- d) The Scientific Center of Kuwait is a major contributor to space exploration.

## **53. Space technology advances have enabled populations on Earth to revolutionize their lives. Explain.**

- a) Space technology has created spin-offs such as GPS systems and better aircrafts.
- b) Space technology is used on Earth the same way it's used in space.
- c) Space technology has only advanced the lives of the rich people on Earth.
- d) Space technology is only used to modernize fashion items such as trainers.

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**54. Wireless technology such as the Internet and bluetooth have been developed to achieve many benefits. Give examples.**

- a) Wireless technology has helped create the Internet, GPS systems, and satellites.
- b) Bluetooth is the only wireless technology people use nowadays.
- c) Wireless technology has been developed to help spacecrafts have quieter lift offs.
- d) The internet has grown due to spacewalking and trainers' technology.

**55. Why are scientists so desperate and eager to know more about space?**

- a) Due to their knowledge that their findings could help Earth.
- b) Because they're only curious.
- c) Because they have enough money to do so.
- d) Because it's their hobby and they enjoy exploring things.

**56. The International Space Station (ISS) is very important. Explain.**

- a) It's the perfect place to do experiments in the right environment.
- b) It's where astronauts meet during their expeditions.
- c) It's a satellite that scientists created to communicate.
- d) The International Space Station was designed to send drones to planets.

**57. Why is space tourism of public interest these days?**

- a) Space tourism is a great way to feed regular people's curiosity.
- b) Space tourism is what astronauts do when they are on holiday.
- c) Space tourism is when people decide to visit the International Space Station.
- d) Space tourism is a way to explore space without spending much money.

**58. Space technology innovations have helped people to transform their life on Earth. Explain.**

- a) Space technology has created spin-offs such as GPS systems and better aircrafts.
- b) Space technology is used on Earth the same way it's used in space.
- c) Space technology has only advanced the lives of the rich people on Earth.
- d) Space technology is only used to modernize fashion items such as trainers.