



SET BOOK QUESTIONS

Choose the best answer from a, b, c and d:

Unit 7

How can the elderly ensure mental fitness?

They have to keep their muscles supple.

They can ensure mental fitness by exercising their minds.

They can run for long distances.

They need to improve their cardiovascular system.

How can we show gratitude and respect to the elderly?

By helping them perform simple tasks and by listening to their advice.

Without old people Kuwait would never become the country we know and love today.

Old people deserve our admiration and compassion

Because it is rare to find old people's homes in the Arab world.

Why are geriatric homes rare in the Arab world?

Old people should ensure a long life by staying active both mentally and physically.

Life expectancy has reached an average of 78 years.

Many ailments that use to be fatal can now be easily cured

Islam teaches children to honour their parents and show them compassion in older age.

Why is it important to get enough sleep?

It hinders the brain retain new information.

It is essential for health and wellbeing.

It depends on the quality of sleep and age.

Chronic sleep deprivation helps the immune system.

Why do you think life expectancy has risen in Kuwait in the recent years?

Many ailments that used to be fatal can now be easily cured thanks to modern medicine.

Kuwaitis are now living longer than before.

Life expectancy has reached an average of 78 years.

Many old people rely on their families and friends for support.

In your opinion, how can we keep physically fit?

Running for a long distance affects negatively the cardiovascular system.

We need to get enough sleep

Sitting down with a book or crossword puzzle exercises our minds.

Vigorous stretching makes muscles supple

How does enough sleep help the brain? (How does sleep help students do better on tests?)

They might gain weight and become obese.

It alters the immune system including the activity of the body's killer cells

They can concentrate in the class and it helps retain information.

They feel drowsy during the day and lose concentration.

Unit 8

1. 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

2. 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

3. 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".

4. How will the population of Madinat Alharir 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.

1. Why is the Silk City being built ?

- A. ? To offer housing and jobs
- B. ? To make Kuwait a world trade centre
- C. ? To solve many problems as noise and overcrowding
- D. ? All of the above

2. The phenomenon of rural depopulation can lead to

- A. ? deserted cities
- B. ? deserted villages
- C. ? agricultural development
- D. ? overcrowded villages

3. 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

4. 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

Unit 9

1. 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.

2. 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.

3. 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.

4. 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.

5. 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.

6. 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.

Unit 10

1. 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.

2. Would you be interested in doing something as physically and mentally demanding as climbing up Mount Everest? Why?

- A. ? No, because I like adventures.
- B. ? Yes, because it's very dangerous.
- C. ? Yes, because the sky is my limit.
- D. ? No, because the weather there is nice.

3. 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.

4. 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.

5. 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.

6. What difficulties might climbers face in their expeditions?

A. ? crowded roads.

B. ? meeting different people.

C. ? exhaustion and sickness.

D. ? pollution and loneliness.

7. 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.

8. 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.

Unit 11

1. 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.

2. 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 space-walking and trainers' technology.

3. 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.

4. 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.

5. 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.

6. 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.

7. The Internet has been developed to achieve many benefits, especially with the development of space technology. Give examples.

- A. ? Space technology has helped develop the internet, GPS systems, and satellites to help people on Earth in various ways.
- B. ? Bluetooth is the only wireless technology people use nowadays.
- C. ? Wireless technology has only been developed to help spacecrafts communicate.
- D. ? The internet hasn't grown much, only being used on Earth.

8. 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.

9. Why are people interested in space tourism, especially with the development of tourist space ships?

- 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.

10. Islamic civilization has played a major role in astronomical science. Explain.

- A. ? Muslims have always had an active part in space exploration like space-walks.
- 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.