

# اختبار تحديد مستوى اللغة الإنجليزية مع الاجابة

## الجزء الأول: القواعد والقراءة

**1. Choose the correct answer:** My friend and I \_\_\_ going to the movies tonight.

a) is b) am c) are d) be

الإجابة: c) are

**2. Fill in the blank with the appropriate word:** I \_\_\_ a book when the phone rang.

a) am reading b) was reading c) reads d) will read

الإجابة: b) was reading

**3. Choose the correct form of the verb:** She \_\_\_ to the gym every morning.

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

الإجابة: b) goes

**4. Identify the synonym of "happy":**

a) sad b) excited c) tired d) angry

الإجابة: b) excited

**5. Choose the correct preposition:** She's interested \_\_\_ learning Spanish.

a) at b) on c) in d) with

الإجابة: c) in

**6. Read the passage and answer the question:** John \_\_\_ his bike when he fell and hurt his knee.

a) riding b) rides c) ride d) rode

الإجابة: a) riding

## الجزء الثاني: المحادثة

قراءة المحادثة والإجابة على الأسئلة:

John: Hi Mary! How are you doing?

Mary: Hi John! I'm great, thanks for asking. How about you?

John: I'm good, thanks. Have you been busy lately?

Mary: Yes, I've been working on a project for school. It's been taking up a lot of my time.

John: That sounds interesting. What's the project about?

Mary: It's about climate change and its effects on the environment. I've been researching and collecting data.

John: That's important work. How much longer do you think it will take you to finish?

Mary: I hope to be done in a week or so. I just need to analyze the data and write my findings.

John: Well, good luck with that! Let's catch up soon when you're not busy.

### **7. What has Mary been working on?**

- a) A book b) A project for school c) A movie d) A new job

**الإجابة: b) A project for school**

### **8. What is Mary researching?**

- a) Climate change b) Movie reviews c) Fashion trends d) Cooking recipes

**الإجابة: a) Climate change**

### **9. How much longer does Mary think it will take her to finish?**

- a) A few hours b) A day c) A week d) A month

**الإجابة: c) A week**

### **10. How does John wish Mary?**

- a) Good luck b) Happy birthday c) Congratulations d) Enjoy your day

**الإجابة: a) Good luck**

### **11. What do you think John and Mary will do next?**

- a) Go shopping b) Watch a movie c) Have a meal d) Catch up soon

**الإجابة: d) Catch up soon**

## **الجزء الثالث: التعبير الكتابي**

### **قراءة الموضوع والإجابة على السؤال:**

***"Benefits of Regular Exercise"***

Regular exercise offers numerous benefits for both physical and mental health. One of the most significant advantages is improved cardiovascular health. Engaging in regular physical activity helps strengthen the heart and improve blood circulation, reducing the risk of heart diseases. Additionally, exercise contributes to weight management by burning calories and boosting metabolism.

Exercise also plays a crucial role in maintaining mental well-being. Physical activity releases endorphins, which are known as "feel-good" hormones. These hormones help reduce stress, anxiety, and depression, promoting a positive mood and overall mental health. Regular exercise is also associated with better sleep quality and increased cognitive function.

Moreover, consistent exercise enhances muscle strength and flexibility, reducing the likelihood of injuries. It can also improve bone density and joint health. Engaging in physical activities like walking, jogging, swimming, or yoga can lead to a healthier and more active lifestyle.

In conclusion, incorporating regular exercise into one's routine can lead to numerous physical and mental health benefits. It improves cardiovascular health, enhances mental well-being, and contributes to overall fitness. Therefore, making exercise a regular part of life is essential for a healthier and happier lifestyle.

## **12. What are some benefits of regular exercise?**

الإجابة: Regular exercise offers benefits for both physical and mental health. It improves cardiovascular health, contributes to weight management, releases endorphins for better mental well-being, enhances muscle strength and flexibility, improves bone density and joint health, and promotes a healthier and more active lifestyle.

## **13. What is the role of endorphins in relation to exercise?**

الإجابة: Endorphins, known as "feel-good" hormones, are released during physical activity. They help reduce stress, anxiety, and depression, promoting a positive mood and overall mental health.

## **14. How does regular exercise contribute to weight management?**

الإجابة: Regular exercise burns calories and boosts metabolism, which contributes to weight management by preventing weight gain and promoting fat loss.

## **15. Why is exercise important for cardiovascular health?**

الإجابة: Exercise strengthens the heart and improves blood circulation, reducing the risk of heart diseases and promoting cardiovascular health.

## 16. What are some examples of physical activities mentioned in the passage?

الإجابة: Some examples of physical activities mentioned in the passage are walking, jogging, swimming, and yoga.

## 17. What are the overall benefits of incorporating regular exercise into one's routine?

الإجابة: Incorporating regular exercise into one's routine leads to improved cardiovascular health, enhanced mental well-being, better sleep quality, increased cognitive function, muscle strength and flexibility, better bone density, joint health, and a healthier and more active lifestyle.

## 18. How does exercise contribute to better sleep quality?

الإجابة: Regular exercise is associated with better sleep quality. Engaging in physical activity can help regulate sleep patterns and promote more restful sleep.

## 19. What is the conclusion drawn from the passage?

الإجابة: The conclusion drawn from the passage is that incorporating regular exercise into one's routine can lead to numerous physical and mental health benefits, including improved cardiovascular health, enhanced mental well-being, and a healthier lifestyle.

## 20. What is the significance of making exercise a regular part of life?

الإجابة: Making exercise a regular part of life is essential for achieving and maintaining physical and mental well-being, as well as promoting a healthier and happier lifestyle overall.

## الجزء الرابع: الاستماع والمحادثة

### استماع إلى المقطع الصوتي والإجابة على الأسئلة:

المقطع الصوتي:

You will hear a conversation between two friends, Sarah and Mark, discussing their weekend plans.

Sarah: Hey Mark, do you have any plans for the weekend? Mark: Hey Sarah! Yes, I'm thinking of going hiking with some friends on Saturday. How about you? Sarah: That sounds like fun! I'm actually planning to visit a museum on Sunday. Have you been hiking before? Mark: Yes, I've gone hiking a few times. I really enjoy being outdoors and exploring

disposition. Sarah: That's great. Which trail are you planning to take this time? Mark: We're planning to hike the trail that leads to the mountain peak. It's known for its breathtaking views. Sarah: Sounds amazing! As for the museum, I love learning about history and art, so I'm looking forward to it. Mark: That's awesome, Sarah. Enjoy your museum visit! Sarah: Thanks, Mark! Have a great time hiking too!

**21. What are Mark's weekend plans?**

الإجابة: Mark is planning to go hiking with some friends on Saturday.

**22. What is Sarah planning to do on Sunday?**

الإجابة: Sarah is planning to visit a museum on Sunday.

**23. What does Mark enjoy about hiking?**

الإجابة: Mark enjoys being outdoors and exploring nature.

**24. What is special about the trail Mark is planning to hike?**

الإجابة: The trail Mark is planning to hike leads to the mountain peak and is known for its breathtaking views.

**25. Why is Sarah excited about visiting the museum?**

الإجابة: Sarah loves learning about history and art, so she is looking forward to the museum visit.

**26. How does Mark wish Sarah?**

الإجابة: Mark wishes Sarah to enjoy her museum visit.

**27. How does Sarah wish Mark?**

الإجابة: Sarah wishes Mark to have a great time hiking.

**28. What do you think Sarah and Mark have in common in terms of interests?**

الإجابة: Sarah and Mark both enjoy outdoor activities and exploring nature, as well as learning about history and art.

**29. How would you describe the tone of the conversation between Sarah and Mark?**

الإجابة: The tone of the conversation is friendly and casual, as they are discussing their weekend plans and sharing their interests.

**30. What can you infer about Sarah and Mark's relationship from the conversation?**

الإجابة: You can infer that Sarah and Mark are friends who enjoy sharing their plans and interests with each other in a positive and supportive manner.