

- Read the following text , then answer the questions below it in your ANSWER BOOKLET , your answers should be based on the text .

اقرأ النص التالي ثم اجب عن الأسئلة التي تحته في دفتر إجابتك – اجاباتك يجب ان تكون مبنية على النص

It's normal to feel a bit blue from time to time. However, studies show that negative emotions can harm the body. When you see red, your blood pressure is raised and you can suffer from headaches, sleep problems and digestive problems. However, what about positive feelings and attitudes? Until recently, scientists had not investigated whether there is a link between positive feelings and good health.

Then, in a study that had followed more than 6,000 men and women aged 25 to 74 for 20 years, researchers found that positivity reduced the risk of heart disease. Other factors influencing health included a supportive network of family and friends, and an optimistic outlook on life.

The research showed that children who were more able to stay focused on a task, and who had a more positive attitude to life at age seven, were usually in better health 30 years later.

The study has been controversial. Some health professionals believe that bad lifestyle choices, such as smoking or lack of exercise, are the reason for heart disease and other illnesses, and not an individual's attitude. The researchers, while agreeing, raise the question: why are people making bad lifestyle decisions? Do more optimistic people make better and healthier lifestyle choices?

The researchers appreciate that not everyone's personal circumstances and environment make it possible to live without worry. However, they believe that if we teach children develop positive thinking, and to 'bounce back' after a setback, these qualities will improve their overall health in the future.

- 1- There are many reasons that cause heart diseases , write down of these diseases.
- 2- Write down the sentence which shows that anger can cause many bad things to the body .
- 3- What does the underlined colour idiom mean ?
- 4- The underlined pronoun "they " in the last paragraph refers to .....
- 5- There are many qualities that will improve children's health , write down two of these qualities .

## - Critical thinking

- 1- Some scientist believe that there is a link between positive feelings and good health. Think of this statement and write your point of view.
- 2- There are many good life style choices , explain this suggesting three good life style choices.



# Literature Spot

- Read the following extraction from "All the world a stage " and answer the questions that follow ?

At first, the infant,  
Mewling and puking in the nurse's arms.  
Then the whining schoolboy, with his satchel  
And shining morning face, creeping like snail  
Unwillingly to school. ...  
Then a soldier,  
Full of strange oaths and bearded like the pard,  
Jealous in honor, sudden and quick in quarrel,  
Seeking the bubble reputation  
Even in the cannon's mouth.

- 1- Which simile does the playwright use to describe the schoolboy as he walks to school?
- 2- What does " seeking the bubble reputation " mean ?
- 3- Write down a name of a job mentioned in this extraction

اجوبة القطعة

- 1-smoking and lack of exercise
- 2-When you see red, your blood pressure is raised and you can suffer from headaches, sleep problems and digestive problems
- 3-become sad .
- 4-they = the researchers
- 5-Teach children develop positive thinking and to bounce back after a set back.

اجوبة التفكير الناقد

- 1- I think when we think positively , we will be able to cope with the stress in our life and this will lead to improvement in our health .
- 2- Good life style choices can improve our health ,there are many good life style choices , for example , getting enough food , eating fruit and vegetables and also exercising .

اجوبة الادب

- 1- The poet uses 'creeping like snail' meaning going very slowly
- 2- he does things that make him look good even if they are pointless
- 3- a soldier .

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3

### **A- A growing problem**

In many countries, an increasing number of young people and adults are overweight or even obese. One reason for this is the growing popularity of fast food, which didn't use to be as common as it is now. Another big factor is lack of exercise. People would often walk to school or work, but these days many more of us drive. Modern technology has also played its part; we spend more and more time focusing on computer screens. Before the Internet was invented, nobody had dreamt of online shopping, but now we can buy almost anything without leaving the sofa.

### **B- Time to listen**

Health experts have been warning about this trend for years, and their advice is clear. Adults should aim to exercise for at least two and a half hours every week. For children and teenagers the target should be at least an hour a day. This might not sound very much. However, recent research shows that less than 50% of the British population manages this. School children are less physically active than they used to be. Girls in particular often dislike PE. This can lead to serious health problems.

### **c- It's good for you!**

Experts recommend a mixture of activities. These should include moderate exercise, such as fast walking, and more strenuous exercise, like running. they also advise exercise that strengthens the muscles, for example sit-ups. The more muscle we build, the more calories we burn, and the fitter we become. In addition, exercise is a great way to cope with stress. In a recent study, patients who had been suffering from depression reported a great improvement after increased physical activity.

### **D- Useful tips**

Of course this raises a question: how can I manage to fit in all this extra exercise? The best way is to build it into our daily lives so that it becomes a routine. It doesn't have to take much extra time. You could get off the bus one stop earlier than usual, or stand up when you're on the phone! Most importantly, we should find a sport that we enjoy doing. That way, we will all become fitter, healthier and happier.

- 1- The author suggests some ways of including exercise in our normal lives. Give two examples from the article.
- 2- According to the article, what are the main reasons for higher rates of obesity?
- 3- Quote the sentence which the minimum amount of exercise recommended for someone in your age group?
- 4- Find a word in the third paragraph which means "requiring a lot of effort"?
- 5- The underlined pronoun "they" in paragraph three refers to .....

## **- Critical thinking**

- 1- Obesity is a big problem which many people suffers from ,how can you solve this problem from your point of view, Explain this , suggesting three ways of how you can keep fit .
- 2- Depending a lot on Technology is something bad sometimes , Think of this statement , and write your point of view



# Literature Spot

- Read the following lines from “the old man and the sea ”, and then answer the questions that follow:

The next morning, Santiago leaves early and sails far out to sea to try his luck again. Eventually, he feels a bite on one of his hooks, and he works out that it must be a big fish, perhaps a marlin. The fish is strong, though, and does not come up to the surface. Instead, the fish swims away, dragging the old man and his boat along. This goes on until the sun goes down, and eventually Santiago can't see the land any more at all.

As night falls, he wraps the fishing line around himself, and goes to sleep, leaving his left hand on the rope to wake him if the marlin surfaces. Soon, the old man is asleep, dreaming of the lions he used to see when he was a boy in Africa.

- 1- How did Santiago know that it was a big fish ?
- 2- What is the importance of Santiago's dreams of his youth, and of the lions in Africa? How does this relate to the themes in the story?

اجوبة القطعة

- 1- You could get off one stop earlier than usual , or stand up when you on the phone
- 2- The growing popularity of fast food and lack of exercise
- 3- For children and teenagers the target should be at least an hour's a day
- 4- Strenuous
- 5- They =experts

اجوبة التفكير الناقد

- 1- If we want to get rid of obesity , we must exercise a lot , we also should eat less fat and finally we shouldn't eat a lot of fast food or chocolate.
- 2- I think depending a lot on technology makes us more lazy and this will lead to many health problems, for example , obesity .

اجوبة الادب

- 1- It drags the boat along for a long time, so it must be a big fish. .
- 2- Perhaps he is remembering his youth and wishing that he was young again so that he had the strength to deal easily with the problems at sea. Lions also signify strength. So, as well as the theme of memory, the dreams relate to the theme of strength.

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Everyone knows that the Internet connects people, but now it does more than that – it connects objects, too. These days, computers often communicate with each other; for example, your TV automatically downloads your favourite TV show, or your ‘sat nav’ system tells you where you are. This is known as the ‘Internet of Things’, and there’s a lot more to come.

In just a few years’ time, experts say that billions of machines will be connected to each other and to the Internet. As a consequence, computers will increasingly run our lives for us. For example, your fridge will know when you need more milk and add it to your online shopping list; your windows will close if it is likely to rain; your watch will record your heart rate and email your doctor. your sofa will tell you when you need to stand up and get some exercise!

Many people are excited about the ‘Internet of Things’. For them, a dream is coming true. They say that our lives will be easier and more comfortable. However, others are not so sure. They want to keep control of their own lives and their own things. In addition, they wonder what would happen if criminals managed to access their passwords and security settings. The dream could easily become a nightmare!

- 1- Quote the sentence which shows that the internet of things will keep you fit.
- 2- There are many examples to show that computers often communicate with each others , write down two of these examples
- 3- Find an example of a British English found in the text
- 4- Many people are with the idea of " the internet of things " . Write down two reasons that make them like the idea of internet of things.
- 5- The underlined pronoun " others " refers to .....

## - Critical thinking

- 1- It is believed that Technology can keep us fit . Explain this , suggesting three ways how technology keep up fit.
- 2- Some people think that the internet of things can sometimes be worrying , while others believe that it can be exciting , think of this statement and write your point of view.

# Literature Spot

I remember, I remember  
Where I was used to swing,  
And thought the air must rush as fresh  
To swallows on the wing  
My spirit flew in feathers then ,That is so heavy now  
And the summer pools could hardly cool !  
The fever on my brow

Read the following lines from “I Remember, I Remember”, and then answer the questions that follow :

- 1- Give one example of personification used in the lines.
- 2- What does Thomas Hood mean by saying “That is so heavy now”?
- 3- How does the poet contrast his memories of the past with the present day?
- 4- What rhetorical device does the poet use to describe the summer pools?
- 5- Find an example of **onomatopoeia** in the lines.
- 6- What is the name of the bird mentioned in the lines ?

## اجوبة القطعة

- 1- Your sofa will tell you when you need to stand up and get some exercise
- 2- Your TV automatically downloads your favourite TV show , or your "sat nav" system tells you where you are
- 3- Favourite
- 4- They say that our lives will be easier and more comfortable
- 5- Others = people who are against the idea of internet of things.

## اجوبة التفكير الناقد

- 1- We can use technology to keep fit in many different ways , first we can watch videos on youtube which show fitness programs , also we can play interactive games like x-box , and finally we can use the google to learn about exercising .
- 2- I think this statement is true but if we use technology wisely things will be good for us .

## اجوبة الادب

- 1- My spirit flew in feathers then
- 2- now he is not so happy.
- 3- The poet remembers his childhood being very happy (My spirit flew in feathers then) but now he is not so happy (That is so heavy now).
- 4- personification
- 5- rush
- 6- swallows



❖ Choose the suitable item from those given in the box to complete the following sentences . There are more words than you need . write the answers down in your answer booklet.

اختر الكلمة المناسبة من بين تلك التي بال صندوق لتكمل الجمل التالية . هناك اكثر مما تحتاج من كلمات . اكتب الاجوبة في دفتر اجابتك

**Ailments artificial, equipment, fund ,textiles**

**A**

- 1 My sister wants to be a fashion designer and work with \_\_\_\_\_
- 2 Before the boys go climbing, they'll go to a special shop to buy all the \_\_\_\_\_ that they need.
- 3 Older people tend to suffer from more \_\_\_\_\_ than younger people.
- 4 My parents have saved enough money to \_\_\_\_\_ our university courses.

**Arithmetic, astronomers, gallery, calculations , disabilities , symptoms**

**B**

- 1 If you don't feel well, you should describe your \_\_\_\_\_ to the doctor.
- 2 There is a good \_\_\_\_\_ for contemporary art across the street.
- 3 A telescope enables \_\_\_\_\_ s to observe the stars.
- 4 It is often impossible for people with \_\_\_\_\_ to climb stairs.
- 5 In our Maths exam, we have to write down our \_\_\_\_\_ as well as the answers.

**Stainability, apparatus physician mortality prosthetic**

**C**

- 1 After our Science lesson in the laboratory, we always help the teacher to put the \_\_\_\_\_ away.
- 2 The nature reserve uses recycled water, which helps the \_\_\_\_\_ of the environment.
- 3 Athletes with \_\_\_\_\_ legs can take part in the Paralympics.
- 4 Professor Badari, aged 67, is the hospital's \_\_\_\_\_ leading specialising in cancer care.

**Inspire , Sceptical, polymath , alien, renewable , monitor**

**D**

- 1- I don't really believe that story – I'm very \_\_\_\_\_.
- 2- If something seems very strange, we sometimes say it is \_\_\_\_\_ .
- 3- The Olympic Games often \_\_\_\_\_ young people to take up a sport.
- 4- Mr Shahin is a true \_\_\_\_\_ ,working in all kinds of creative and scientific fields
- 5- Wind farms are an example of \_\_\_\_\_ energy

**Answers**

- A- 1-textiles 2-equipment 3-ailments 4-fund**  
**B- 1-symptoms 2-gallery 3-astronomers 4-disabilities 5- calculations**  
**C- 1- Apparatus 2- stainability 3-prosthetic 4-physician**  
**D- 1-Sceptical 2-alien 3-inspire 4-polymath 5- renewable**

**Jalal**  
مركز التعليم والتدريب



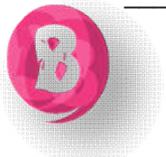
- ❖ Complete the following sentences with the suitable words derived from the words in the box below . there are more words than you need . write your answers down in your Answer booklet.

اكمل الجمل التالية بكلمة مشتقة من بين الكلمات التي بالصندوق – هناك اكثر من كلمة تحتاجها و اكتب اجابتك في دفتر اجابتك



Traditional , product , weave , creative , attraction , influence

- 1- Madaba is the place where most Jordanian weavers buy their raw materials. Sheep's wool, and goat and camel hair are used by Bedouin tribes and villagers all over Jordan to \_\_\_\_\_ rugs, bags and other beautiful items.
- 2- \_\_\_\_\_, the whole process is done by hand, from the washing of the wool to the finished article.
- 3- There is a particular Bedouin style of \_\_\_\_\_ that buyers find very \_\_\_\_\_
- 4- Another craft practised in Madaba is the \_\_\_\_\_ of ceramic items.



Nine , medicine , inherit , produce ,expect

- 1- The Middle East is famous for the \_\_\_\_\_ of olive oil
- 2- Ibn Sina wrote \_\_\_\_\_ textbook
- 3- Fatima al-Fihri was born in the \_\_\_\_\_ century .
- 4- My father bought our house with an \_\_\_\_\_ from his grandfather.



Influence , origin , invent , discover ,traditional

- 1- Scholars have discovered an \_\_\_\_\_ document from the twelfth century.
- 2- Do you think the wheel was the most important ever \_\_\_\_\_
- 3- Al-Kindi made many important mathematical \_\_\_\_\_
- 4- Who was the most \_\_\_\_\_ writer of the twentieth century



translation archaeology appreciation educate collect installation

- 1- Petra is an important \_\_\_\_\_ site.
- 2- I will be going to university to continue my \_\_\_\_\_
- 3- In our exam, we had to \_\_\_\_\_ a text from Arabic into English.
- 4- They are going to \_\_\_\_\_ a new air conditioning unit in our flat.
- 5- Thank you for your help, I really \_\_\_\_\_ it.
- 6- Have you seen Nasser's \_\_\_\_\_ of postcards? He's got hundreds!

## Answers

- A- 1-produce 2-traditionally 3-weaving 4-attractive 5-creation  
 B- 1-production 2-medical 3-ninth 4- inheritance  
 C- 1-original 2- invention 3-discoveries 4- influential  
 D- 1- Archeological 2-education 3- translate 4-install 5- appreciate 6-collection  
 E-



☒ **Study the following sentences :**

1- **Luckily, the police arrived and the thief was caught red-handed.**

- What does the colour idiom mean ? ماذا يعني مصطلح اللون ؟

2- **He was able to invent a water-proof helmet .**

- What does the suffix "**proof**" mean in the following sentence ? ماذا يعني مقطع ضد ؟

3- **You must have a look at my new flat.**

Replace the British words with American ones and write the new sentence in your answer booklet. استبدل الكلمات البريطانية بكلمات امريكية و اكتب الجملة في دفتر اجابتك

4- **Do you know the dangers of the internet.**

There's a missing word in this sentence , Find it and write it down in your answer booklet.

5- **The world will be at your fingertips**

what is the rhetorical device used in this sentence ?

## Answers

1- The act of doing something wrong

2- Provide protection against

3- You must take a look at my new apartment

4- Know about

5- Metaphor

☒ **Correct the verbs between brackets and write the answers in your answer**

**booklet. صحح الفعل الذي بين اقواس و اكتب الاجابات في دفتر اجابتك**

1- Are you planning \_\_\_\_\_ shopping tomorrow? (go)

2- Where have you been? I \_\_\_\_\_ for ages. (wait)

3- Our grandmother used \_\_\_\_\_ us stories at bedtime. (tell)

4- I didn't like getting up early, but I \_\_\_\_\_ it now. (use to)

5- Will it still \_\_\_\_\_ this evening? (rain)

6- She \_\_\_\_\_ a teacher, but now she's retired. (use/be)

7- Before she went to the library, Huda \_\_\_\_\_ her mother to prepare lunch. (help)

8- In three years' time, my brother \_\_\_\_\_ from university. (graduate )

9- This time tomorrow we \_\_\_\_\_ for our holiday. (pack )

10- Where did they \_\_\_\_\_ to school? (use / go )

11- By the time the bus arrived, we \_\_\_\_\_ for an hour. (wait )

12- I \_\_\_\_\_ the house since yesterday . That's why I have some paint on my clothes. (paint )

13- I \_\_\_\_\_ the keys , I can't find them anywhere. (lose )

14- We've lived in the city a long time, so we \_\_\_\_\_ the traffic. (use to )

15- She's lived in the UK for a year. She \_\_\_\_\_ English now. (use to /speak )

16- My mother used \_\_\_\_\_ my clothes, but now I choose my own. (buy )

17- Ali \_\_\_\_\_ about his friend when he received a text from him. (think)

18- I \_\_\_\_\_ cartoon films when I was younger. These days I prefer action films. (use to/ watch )

19- This time next year, they \_\_\_\_\_ for their final exams. (prepare)

20- What \_\_\_\_\_ we \_\_\_\_\_ in ten years' time? (do)

21- By 2019 CE, the new motorway \_\_\_\_\_ (open)

22- We're late! By the time we get to the station, the train \_\_\_\_\_ (go )

23- When we were younger, we \_\_\_\_\_ in a village. We moved to the city when I was about ten years old. (use to/live )

24- By the end of this year, we \_\_\_\_\_ here for ten years. (live )

### Answers

1- To go 2-have been waiting 3- to tell 4- am used to 5-be raining 6-used to be 7-had helped 8-will have graduated 9-wigll be packing 10-use to go 11-had been waiting 12-have been painting 13-have lost 14-are used to 15-is used to speaking 16-to buy 17-had been thinking 18-used to watch 19-will be preparing 20-will , be doing 21-will have opened 22-will have gone 23-used to live 24-will have lived

☒ Use the right relative pronoun in the box below each pair of sentences to make only one meaningful sentence from each pair, and write it down in your answer booklet. استخدم ضمير الوصل الصحيح في الصندوق الذي تحت كل جملتين لتعمل جملة واحدة ذات معنى ثم اكتبها في دفتر اجابتك

- 1- The Sahara desert is very hot . It's in Africa .(who , which )  
The Sahara desert , \_\_\_\_\_ .
- 2- Al Kindi is a scientist . He made ground breaking discoveries . (who , which )  
Al Kindi , \_\_\_\_\_ .

## Answers

- 1- The Sahara desert , which is in Africa , is very hot.  
2- Al Kindi, who made ground breaking discoveries , is a scientist .

☒ Complete each of the following items so that the new item has a similar meaning to the one before it , and write it down in your answer booklet. اكمل كل من الجملة التالية حتى يكون للجملة الجديدة نفس معنى التي سبقتها ثم اكتب الاجابة في دفتر اجابتك

- 1- Huda won the prize for Art last year.  
The person \_\_\_\_\_ .
- 2- The Olympic games were held in London in 2012  
The event \_\_\_\_\_ .
- 3- It's normal for me now to speak English at class.  
I'm \_\_\_\_\_ .
- 4- I intend to buy a new car next year .  
I'm \_\_\_\_\_ .
- 5- You are not allowed to use a pencil in the exam.  
You \_\_\_\_\_ .
- 6- Shadi did his homework , then he showed it to the teacher .  
Shadi had \_\_\_\_\_ .
- 7- I think you should study hard for tomorrow's exam .  
if I \_\_\_\_\_ .
- 8- I asked the painter to paint my house last week  
I \_\_\_\_\_ .
- 9- Shadi didn't come to school yesterday .Perhaps he was sick.  
Shadi \_\_\_\_\_ .
- 10- Somebody has broken my window  
My window \_\_\_\_\_ .
- 11- "I'm having lunch with my parents ."  
She said that \_\_\_\_\_ .
- 12- "I've been in France three times this year ."  
He said that \_\_\_\_\_ .

## Answers

- 1-the person who won the prize for Art last year was Huda  
2-The event that took place in London in 2012 was the Olympic games.  
3- I'm used to speaking English at class.  
4- I'm going to buy a new car next year or I am planning to buy a car next year .  
5- You mustn't use a pencil in the exam .  
6- Shadi had done his homework before he showed it to the teacher.  
7- If I were you , I would study hard for tomorrow's exam .  
8- I had my house painted last week.  
9- Shadi might have been sick.  
10- My window has been broken  
11- she said that she was having lunch with her parents.  
12-He said that he had been in France three times that year.

- ☒ **The following sentences are in British English. Rewrite them in American English. الجمل التالية هي انجليزي بريطاني اعد كتابتهم بالامريكي**

1 'Goodness, you've got very tall!' said my aunt.

2 Have you ever been to an aquarium?

## Answers

- 1- "Gosh , you have gotten very tall " said my aunt .  
2- Did you ever go to an aquarium?

- ☒ What is the **function** of the following sentence ؟ ما هي الوظيفة اللغوية من الجمل التالية ؟

- 1- It's **going to rain**, Look at those black clouds ! \_\_\_\_\_  
2- He **will have finished** his homework by the time I arrive. \_\_\_\_\_  
3- **By the time I got home** , Hani **had been reading** a book. \_\_\_\_\_  
4- **I think** , People **will use** flying cars in the future . \_\_\_\_\_  
5- She **is used to doing** her homework on time . \_\_\_\_\_  
6- He **used to come** early but now he's always late. \_\_\_\_\_

## Answers

- 1- prediction based on evidence  
2-express action that will be completed in the future  
3- Talk about actions that were happening in the past  
4- Prediction based on opinion  
5- Describing things that are familiar or customary  
6- Describing past habits that have changed now .

- ☒ Use the correct article (A), (An), (The ) or (-) to complete the following sentence استخدم اداة النكرة التعريف الصحيحة لتكمل الجمل التالية

- 1- - Hassan lives in \_\_\_ big house. There is \_\_\_ garden next to it with \_\_\_ apple tree.  
2- \_\_\_ Earth goes round \_\_\_ Sun.  
3- She's \_\_\_ only woman to have won two Nobel Prizes.  
4- \_\_\_ Mediterranean Sea separates Europe from \_\_\_ Africa.  
5- The university was opened in \_\_\_ 2001 CE.  
6- \_\_\_ Sri Lanka is in \_\_\_ Indian Ocean.  
7- They took \_\_\_ boat trip along \_\_\_ river Nile.  
8- They live in \_\_\_ Oxford Street in \_\_\_ London.  
9- \_\_\_ Mallorca is one of \_\_\_ Balearic Islands.  
10- \_\_\_ Rocky Mountains are in \_\_\_ United States.  
11- \_\_\_ Chocolate tastes good.  
12-The language spoken in \_\_\_ Jordan is \_\_\_ Arabic.  
13-He was \_\_\_ first man to climb \_\_\_ Mount Everest in \_\_\_ Himalayas.  
14- \_\_\_ Niagara Falls separates \_\_\_ Canada from the USA.  
15-She was born on \_\_\_ Monday, 23 \_\_\_ April.

## Answers

- 1-a/a/an 2-the /the 3-the 4-the /(-) 5-(-) 6- -/the 7- a /the 8- (-)/(-) 9- (-) / the  
10- the /the 11- (-) 12- (-)/(-) 13- the /(-)/the 14- (-)/(-) 15-(-)/(-)



# Editing

- ☒ Imagine you are an editor in the Jordan times. You are asked to edit the following lines that have four mistakes . Find out these four mistakes and correct them. Write the correct answers in your **ANSWER BOOKLET**.

تخيل انك محرر في جريدة " جوردان تايمز " . و طلب منك ان تحرر الاسطر التالية التي بها اربعة اخطاء . جد هذه الاخطاء و صححها ثم اكتب الاجابات الصحيحة في دفتر اجابتك .

## A

coffee , chess, flying, the clock, windmills, aljebra, soap, the fountain pen, crystal glasses, inokulation,cheques, carpets ... What all these items have in common is their origins.

## B

. Students can use soceal media on their computers to help them with their studies including asking other students to check and combare their work, asking and shuring ideas. The teacher must be part of the group, too, to moniter what is happening.

## C

Most doctors used to be skeptical about the validity of homaeopathy, acupunkture and other forms of complementary medicine. If patients wanted to receive this kind of noncunventional treatment, they used to have to consult a private bractitioner

## Answers

A: Coffee , algebra , inoculation , carpets ,

B. social , compare , sharing , monitor

C. homeopathy, acupuncture , nonconventional ,

practitioner .



# Guided Writing

	Advantages	Disadvantages
Using the internet	-shop in online stores - communicate with family and friends - watch the latest videos on YouTube,	-easily hacked -full of viruses

There are many advantages of using the internet such as shopping in online stores and communicating with family and friends . Another point is also watching the latest videos on youtube. On the other hand , there are many disadvantages of using the internet such as being easily hacked and being full of viruses.

## The advantages and disadvantages of the internet فوائد و مساوىء الانترنت

Ten years ago, the Internet was practically unheard of by most people. Today, the Internet is one of the most powerful tools throughout the world. The Internet is a collection of various services and resources.

Many people fear the Internet because of its disadvantages. They claim to not use the Internet because they are afraid of the possible consequences or are simply not interested.

Another major disadvantage of the Internet is privacy. Electronic messages sent over the Internet can be easily tracked, revealing who is talking to whom and what they are talking about. As people surf the Internet, they are constantly giving information to web sites.

Despite all of the terrible disadvantages of the Internet, there are numerous advantages. In fact, the advantages weigh out the disadvantages. The most common thing the Internet is used for is research. Children and students are among the top people who use the Internet for research. Nowadays, it is almost required that students use the Internet for research.

In conclusion, today's society is in the middle of a technological boom. People can either choose to take advantage of this era, or simply let it pass them by. The Internet is a very powerful tool. It has many advantages; however, people need to be extremely aware of the disadvantages as well.

## SOCIAL NETWORK IMPACT ON YOUTH وسائل التواصل الاجتماعي و تأثيرها على الشباب

Social media is a term used to describe the interaction between groups or individuals in which they produce, share, and sometimes exchange ideas over the internet and in virtual communities. The impact of social networks on young people is significant. Children are growing up surrounded by mobile devices and interactive social networking sites such as Twitter, MySpace, and Facebook, which has made the social media a vital aspect of their life.

The effects of social networking are twofold. On the positive side, social networks can act as invaluable tools for professionals. They achieve this by assisting young professionals to market their skills and seek business opportunities. v

Bullies have taken to internet sites such as Twitter and Facebook, where they hide behind the anonymity provided by the internet to carry out their despicable acts. Young people also run the risk of inadvertently disclosing their personal information since on most occasions; they usually neglect to read carefully websites' privacy policies. . .

It is becoming increasingly clear that social networks have become part of people's lives. Many young people are using their tablet computers and smartphones to check Tweets and status updates from their friends and family. As technology advances, people are pressured to adopt different lifestyles.

## advantages/Disadvantages Of Fast Food Short Essay الطوائف السريعة

There are many reasons that fast and easy to eat food which makes us satisfy. But, recently, fast food for human. . There are too

many researches about disadvantage of fast food. I think that fast food has more harmful properties than benefit ones.

There are some reasons why fast food is harmful one. First of all, Fast food is fried by oil. For example, When it was fried, Chemical reactions occur. By-products of these chemical reactions make us sick or give us bad effect. Especially, Cholesterol is very harmful. r. Secondly, Raw materials of this food don't have good nutrition for body. To be specific, People know that Ingredient of fast food is innutritious . Children too much eat this food are considered obesity and lifestyle related disease.

On the other hand, There are few advantages of eating fast food. First, If we eat fast food by chance is not harmful. It is convenient to eat fast food. We live in competitive society. Time is gold. Therefore, We occasionally eat this food to save time. That is not bad. Second, It is delicious to eat fast food. People like to eat delicious food. We have the right that we can eat food we love. If we don't eat too much fast food, it is okay.

To eat fast food has advantages and disadvantages for us. But, I think that fast food has more disadvantages than advantages for these reasons.

#### Teachers role دور المعلم

teachers are great sources of knowledge, prosperity and enlightenment to which anyone can be benefited for whole life. They serve as the real light in everyone's life as they help students to make their ways in the life. They are the God gifted people in everyone's life who lead us towards success without any selfishness. Really, we can call them as builders of the dazzling future of our nation through education.

Teacher plays very essential role in the field of education who teaches students very nicely to be a person of good moral and behaviour. They make students academically superb and always encourage to do better in the life. They equip students with lots of knowledge, skills and positive attitudes so that students can never feel lost and go ahead. They help students to get sure about their goals of education through clear vision and ideas. Without teachers in the life one cannot grow mentally, socially and intellectually.

