

Final Revision Set Book

Unit One

1-As a Muslim, how should you eat? Why?

As a Muslim I should eat wisely. I should keep my body healthy and strong.

2-What are the things that you should add to your daily diet to keep your mind and body in tip-top shape?

We should add probiotic drinks, green tea and dark chocolate to keep our bodies healthy and strong.

3-Why do you think most vegetables have more nutritional value when eaten raw

I think most vegetables have more nutritional value when eaten raw because the heat from cooking damage most of the nutrients.

4-How would you encourage your friends to eat healthily?

I would encourage my friends to eat healthily by showing them the benefits of the healthy food.

5-What are the benefits of eating dark chocolate?

Dark chocolate can lower blood pressure. It helps to metabolize sugar.

6-What can following a vegetarian lifestyle irresponsibly cause?

Following a vegetarian life style irresponsibly can lead to malnutrition and many health problems.

7-What is the difference between 'good' and 'bad' bacteria?

Good bacteria stimulate the digestive process and improve the immune system. Bad bacteria lead to infections and illnesses.

8-Why is home-made food better than fast food?

Home-made food is healthier, cleaner and natural. It contains good nutrients.

9-How can you keep healthy, strong and in a tip-top shape?

We should eat healthy food, go on a diet and do exercises.

10-Green tea is of a great importance for health.

Explain.

Green tea contains antioxidants that combat diseases and lower cholesterol.

UNIT TWO

the Culture of Peace? 1-What has Kuwait done to further

Kuwait has organized many conferences and seminars to promote mutual understanding. It has arranged conferences and seminars to raise awareness among citizens.

2-In what way can you show respect for other cultures?

We can show this by respecting other faiths and other customs and thoughts.

3-Why is it important to respect and tolerate other people and other cultures?

To live in peace and harmony. To be able to understand each other.

4-What is the main purpose of the UN?

The UN meets to discuss disagreements and to agree on rules and laws.

5-The term "Islamic art" refers not only to religion, but to the richly diverse Islamic culture as well. Explain.

The Islamic art contains many arts such as calligraphy, architecture and literature.

6-Who can benefit from being mentored?

People from different ages can benefit from mentoring.

7-How can mentoring schemes help build relationships in your community?

Or: What are the benefits of mentoring?

Mentoring encourages individual aspirations for education and employment. Mentoring breaks down barriers in community.

8-As a mentor; what should a teacher do?

He should encourage the individual aspirations of students. He should give them sincere advice. He should help them create useful things.

9-What are the features of a good book?

A good book should be well organized and well written.

UNIT THREE

Inspiring Architecture

1-What are the advantages and the disadvantages of building a new airport near your area?

It helps to create a link to other countries. It strengthens the economic growth. But, it can affect schools badly, bring influx of traffic and causes much noise.

2-Why do you think building impressive buildings is important?

They are important to attract tourists. They are landmarks.

3-Mention some of the most renowned buildings in the world.

...The Sydney Opera House, The Rose Tower and The Kingdom Centre.

4-What kind of places can tourists visit in Kuwait?

The Red Palace, Kuwait Towers and the Islamic Museum.

5-Why is 360° shopping center in Kuwait described as monumental?

The center contains many shops, it is a relaxing and luxurious place and there is also an entertainment center.

6-"360° Kuwait isn't simply a shopping center." Explain.

360° Kuwait redefines the shopping experience, transforming it from a process of simply commercial exchanges into a relaxing and luxurious leisure activity.

7-Why is it important for Kuwaiti men to wear the national dress?

Kuwaitis take pride in their country and its traditions. It is also suitable for the climate.

8-What pieces of advice would you give a friend before going shopping?

You should write a list of the things you need to buy. It is better to go shopping only when it is necessary.

9-What are the features of a shopaholic?

They buy things they do not need. They like going shopping every day.

Best Of Luck

SET BOOK UNIT FOUR
"COMPUTER GAMES"

1-In your opinion, why are most people fond of computer games?

Most people are fond of computer games because they improve imagination and intelligence. They are very interesting. They are a good way to spend your free time.

2-Are you for or against computer games? Why?

I am for playing computer games. They improve imagination and intelligence. They are very interesting. They are a good way to spend free time.

**3-How do you see computer games in the future?
Or: How will computer games change in the future?
Or: How will future computer games be different from the games we play now?**

In the future computer games will be more realistic and naturalistic. They will be more complicated.

**4-Many people, especially the parents of teenagers, don't want their children to spend too much time playing computer or video games. Give reasons.
Or: What are the disadvantages (bad effects) of computer games?**

Playing too much computer or video games make children idle and lazy. They get out of shape. It also leads to bad eyesight.

5-Why do you think that game designers will be working hard in the future?

Game designers will be working hard in the future to produce new ways to play. They also will be working hard because of the competitive atmosphere in producing new games.

6-From your point of view, why do game characters have to become more intelligent?

In the future game characters have to become more intelligent because games will be more convoluted. They will perform tasks like perception and speech recognition.

BEST OF LUCK
SET BOOK UNIT FIVE
"SPORTS PSYCHOLOGY"

1-In your opinion, why are the Paralympic Games important?

The Paralympic games are important because they draw attention to the disabled. They help to rehabilitate the disabled.

2-From your opinion, how can we help the disabled?

We can help the disabled by giving them encouragement. We should treat them as normal people. We should build special clubs for them.

3-Kuwait has done a lot to encourage the disabled. Explain how.

Or: Kuwait's efforts for supporting the disabled are endless. Discuss.

Kuwait was the first country in the area to build special clubs for disabled. It has been organizing competitions for them.

4-What information should be included to fill in an application form to a sports club?

An application form should include; the personal details, the sports you would like to play and the facilities that should be given.

5-What facilities should be there in clubs to attract more members?

The sauna room, the solarium and restaurants are facilities should be there in clubs to attract more members.

6-What skills should athletes have, whatever their abilities?

Or:To win a sports competition, what skills should you have?

Athletes should have skills like self-discipline, stamina, determination and patience besides their natural abilities to win sports competitions.

7-Your personality helps to decide which sport you play and your performance? Discuss.

Extroverts with open skills can play team games like football, whereas introverts who are shy with fine movements and closed skills like putting in golf.

8-Which is more important, the natural ability or the determination to succeed?

I think determination is more important than the natural ability because it helps athletes with less natural abilities to perform at higher level and win.

BEST OF LUCK

SET BOOK UNIT SIX

"NATURE"

1-In your opinion, what is the best way to protect the wildlife in your area?

Or: How can you help to protect the wildlife in your area?

I think the best way to protect the wild life is by looking after birds and animals and by banning illegal hunting.

2-Why is it important to protect wildlife?

Or: In your opinion, why should we protect the wildlife?

I think we should protect the wild life because it is a part of our heritage and it keeps the balance on Earth.

3-Al-Jahra Pools Nature Reserve is an important sanctuary. Give reasons.

Or: Al-Jahra Pools Nature Reserve offers vital protection for birds in the region. Explain.

It offers shelter and vegetation to all the types of birds and animals that live in the area.

4-What are the threats/dangers animals and birds face in their natural environment?

Some animals and birds face dangers as illegal hunting, loss of habitat, climate change and dying out.

5-To what extent are the animals important in the modern world?

They are used in the medical research. Pets are used for entertainment.

6-"Kuwait is a shopper's paradise". Explain.

Kuwait is a great place to go shopping. It has some of the best stores and shopping centers in the whole of the Middle East.

7-In your opinion, what are the characteristics of a shopaholic?

Shopaholics are people who are addicted to shopping.

8-How can malls attract more customers?

Malls can attract customers if they have famous brands, great customer services and breathtaking designs.

9-What advice would you give a friend before going shopping?

Write a list of the things you want to buy. Stick to your list and don't add new items. Compare prices before buying.

BEST OF LUCK