✤ The secrets of long	life (longevity)				
a. keeping active b.	eating healthy foods	c. sleeping well	d. avoiding bad habits		
The bad habits that should be avoided to live a long life					
1. avoiding smoking 2. avoiding drinking alcohol 3. avoiding fast food					
✤ The importance of	keeping active				
a. It keeps muscles supple. b. It improves the heart.					
c. It keeps us mentally flexible. d. It prevents diseases.					
The ways of keepin	g active				
a. Doing sport like runni	ng and walking	b. Eating healthy	/ food		
c. Playing puzzle games	d. Reading	books	e. Sleeping well		
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The reasons that make geriatric homes rare in Kuwait					
a. Islam told us to res	spect our parents.				
b. Islam told us to take care of our parents and show them compassion.					
The reasons that make old people (the elderly) deserve our respect and admiration					
a. Old people took ca	are of us when we were yo	oung. b. They are t	he teachers of young people.		
c. They built the cou	ntry.	d. Islam told	us to respect the elderly.		
* The ways of showing gratitude and respect to the elderly					
a. helping them b. nursing them c. speaking softly with them d. listening to their advice					
e. not arguing with them f. standing for them e. opening the doors for them					
The reasons for the high life expectancy rate in Kuwait nowadays					
a. The first reason is	good health services.	b. The second re	eason is good food.		

The importance of sleep
a) Sleep is vital for health. b) Sleep helps you stay active. c) Sleep helps you think better.
d) Sleep helps you relax. e) Sleep is good for memory.
The factors that affect the amount of sleep
a) age b) daily routine c) genetic makeup d) the quality of our sleep
the results (signs) of the lack of sleep
1. lack of concentration2. difficulty to get up3.being moody
4. having accidents 5. making mistakes
Suggestions to help people having difficulty sleeping
a) Taking a hot shower before sleeping b) Listening to the Qur'an while in bed
c) Turning off the lights d) Reading a book or a story
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The reasons for moving from cities to villages
a. Cities have better services. b. People move to look for jobs.
The pros of living in the city
1. having more job chances 2. having better public services 3. having more fun places
The cons of living in the city
1. overcrowding 2. pollution 3. noise 4. crimes
Suggestions to make city life less stressful
a) reducing (less) overcrowding b. planting more trees
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The reasons that make some people move from cities to villages
a) They move to the country to escape from pollution, overcrowding and noise.
b) Living in the countryside is cheaper.
The pros of living in the village
1. not having overcrowding 2. not having pollution 3. not having noise 4. fewer crimes
The cons of living in the city
1. having few job chances 2. having poor public services 3. having few fun places
✤ A description of your favorite place for living
1. It should be located in a quiet place. 2. It should be close to the market. 3. It should be close to
park. 4. It should have a lot of rooms. 5. It should have enough car parking.

Leisure time activities (free time activities) in the past and nowadays

In the past	In the present time	
Meeting friends in the Diwaniya	- Playing video games	
Playing cards and damah	- Shopping	
Memorizing the Holy Qur'an	- Reading books	
Taking a walk on the beach	- Chatting on the phone	
Doing a handcraft	- Watching TV	
	- Surfing the internet	

a. They were simple. b. They used things from nature.

* The <u>reasons</u> for pushing oneself to <u>extreme limits</u>

a) getting fame b) improving skills c) getting self-confidence

* The <u>qualities</u> (characteristics) that <u>mountain climbers</u> (mountaineers) need to survive

a) confidence b) determination c) patience d) fitness e) bravery

the <u>preparations</u> that <u>mountain climbers</u> should do before climbing a summit

a) checking equipment b) taking water c) taking a mobile phone

d) taking a first-aid kit e) telling a friend

The risks (difficulties / problems / challenges) that climbers might face

- a) extreme cold b) injury c) health problems
- d) lack of water e) lack of O2 f) getting lost

* The <u>Pros</u> and <u>Cons</u> of breaking <u>a record</u>

Pros: a. getting fame b. improving skills c. getting self-confidence

Cons: a. being too risky b. being costly c. losing privacy in life

Ced Al Refai's aims in climbing the seven peaks (summits)

1. Highlighting the importance of the environment2. inspiring other Arabs

* <u>The importance</u> of the <u>International Space Station (ISS)</u> / The aims of the ISS

a) doing experiments b) monitoring space c) for scientific advance

The pros (benefits / importance / advantages) of space technology

a) It improved aviation. b) Aircrafts have become lighter, faster and more economical.

d) It improved communication. e) We have mobile phones. f) We have GPS system. g) We have

satellite TV. h) We have weather forecasting. i) Space travel pushes scientific limits.

* The cons (<u>disadvantages</u>) of <u>space travel</u>

a. It is too costly. b. It is too risky (dangerous).

The pros and cons of being a child prodigy

Pros (Advantages)	Cons (Disadvantages)
- having a good reputation	- being lonely
- being the center of attention	- not enjoying childhood
- getting confidence	

* The ways of nurturing talents / The role of parents and governments in nurturing talents

- a) providing its needs b) financial support c) having training courses
- d) being praised e) nurturing talent in a young age f) observing others

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Some outstanding talents of child prodigies

- a) rapid calculations b) playing memory games
- d) writing music d) getting higher educational degrees