

دورة 2013 العادية	الشهادة المتوسطة	وزارة التربية والتعليم العالي المديرية العامة للتربية دائرة الامتحانات
الاسم: الرقم:	مسابقة في مادة اللغة الانكليزية المدة ساعتان	

Part One: Reading Comprehension

(Score: 12/20)

Read the following text about Valerie, who overcame her overweight problem through persistence and self-confidence. When you are through with the reading, answer the questions that follow.

Achieving a Goal

1 Valerie McWilliams, a hairdresser, had a very demanding schedule. Her job forced her to stand up for ten hours a day. Besides, she was a single mother who had to look after a daughter with health problems. She had a lot of work to do in a very short time and could hardly think of what she should eat.

2 Three years after her daughter's birth, Valerie started to suffer from overweight problems. The fast food she ate and the many cans of soda she drank everyday made her gain 30 kilos. She was always exhausted and unable to do her work. As a result, she could not provide proper care for her daughter any more. Valerie felt depressed and needed help. She decided to take action.

3 Valerie started her weight-loss plan. First, she drank water or juice instead of soda. Then, she cut down on fast food and ate a small healthy meal every few hours in order not to feel hungry. Her busy schedule didn't allow her to go to a gym, so she exercised at home for an hour or two daily while her daughter was sleeping. After a month, Valerie began to lose one kilo every week, and she felt more energetic. Within six months, she managed to lose 20 kilos.

4 Unfortunately, Valerie had a serious car accident and underwent a shoulder surgery. She felt devastated because, without exercising, she would restore what she had lost. However, Valerie did not lose hope. After the surgery, she convinced her therapist to allow her to go through exercise with her legs until her shoulder would recover. She joined a gym where she worked out three to four times a week, and she continued with her healthy eating habits. A few weeks later, Valerie managed to take good care of her health and felt satisfied.

5 After Valerie fully recovered, she never stopped her healthy diet or her exercise. Now, she works out five to seven times a week and feels more self-confident. She can handle more work and spend more time with her daughter. Even though it took her more than three years to achieve her goal, it was worth it. Now, she teaches others that fitness is a priority for a well-balanced life.

Questions

A. Use your own words to answer the following questions in complete sentences.

1. How did Valerie change her eating and drinking habits? Mention two steps she took. (Score: 1.5)
2. What problems did Valerie have before she started to suffer from overweight? Mention three of them. (Score: 1.5)
3. How did she feel directly after the car accident? Why? (Score: 01)
4. How would you describe Valerie's character? Give three traits. (Score: 1.5)

B. The following statements misinterpret the information stated in the text. Rewrite them correctly.

(Score: 1.5)

1. Valerie’s therapist suggested the idea of exercising during recovery period.
2. To lose four kilos, Valerie needed less than one month.
3. Valerie had a daughter with behavioral problems.

C. Pick out from the indicated paragraphs one word that has nearly the same meaning.

(Score: 02)

1. extremely tired (Paragraph 1 or 2)
2. get something back after losing it (Paragraph 3 or 4)
3. extremely shocked and sad (Paragraph 3 or 4)
4. something that comes first in rank (Paragraph 4 or 5)

D. Rewrite the following sentences, starting each as indicated, without changing the meaning.

(Score: 1.5)

1. Valerie hardly thought of what to eat.
Hardly
2. Valerie confirmed, “It took me more than three years to achieve my goals.”
Valerie confirmed that
3. Valerie had a car accident, so she underwent a surgery for her shoulder.
If Valerie

E. Correct the ONE grammatical error in each sentence. (Score: 1.5)

1. Neither the doctor nor the patient were satisfied with the results.
2. Valerie’s shoulder has been broken because she had a car accident.
3. I don’t know why does she lose weight quickly.

Part Two: Writing

(Score: 08/20)

Write about a problem you once faced while trying to achieve a certain goal. Explain what the problem was and how you managed to solve it. What lesson did you learn?

Copy the following graphic organizer into your booklet and then fill it out. Develop your ideas into a well-organized essay of 150-200 words. Provide your essay with a suitable title.

Title	
Goal	
Problem	
Solution	
Lesson	

Score: 02 for **graphic organizer and title**, 03 for **ideas**, and 03 for **language**.

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Part of the Q	Answer	Mark
	Competencies: Utilize text-related clues to comprehend discourse Develop interpretive understanding of printed discourse Expand writing skills through guided and semi-guided activities	
I.A.1	Valerie drank water or juice instead of soda. / She cut down on fast food. / She ate a small healthy meal every few hours.	1.5
I.A.2	She had a very demanding schedule and a tiring job. She was a single mother who had to support herself and her sick daughter.	1.5
I.A.3	She felt devastated because, without exercising, she would restore what she had lost.	1
I.A.4	Determined /self-confident/ hard working/patient/caring	1.5
I.B.1	1. Valerie suggested the idea of exercising during recovery period.	0.5
I.B.2	2. To lose four kilos, Valerie needed one month.	0.5
I.B.3	3. Valerie had a daughter with health problems.	0.5
I.C.1	exhausted (Paragraph 2 or 3)	0.5
I.C.2	restore (Paragraph 3 or 4)	0.5
I.C.3	devastated (Paragraph 3 or 4)	0.5
I.C.4	priority (Paragraph 4 or 5)	0.5
I.D.1	Hardly did Valerie think of what to eat.	0.5
I.D.2	Valerie confirmed that it had taken her more than three years to achieve her goal.	0.5
I.D.3	If Valerie hadn't had a car accident, she wouldn't have undergone a surgery for her shoulder.	0.5
I.E.1	Neither the doctor nor the patient was satisfied with the results.	0.5
I.E.2	Valerie's shoulder was broken because she had a car accident.	0.5
I.E.3	I don't know why she loses weight quickly.	0.5
II.A	Graphic organizer and title	2
II.B	Ideas	3
II.C	Language	3