

Student ID
Student Name English
Student Name Arabic

UNITED ARAB EMIRATES  
MINISTRY OF EDUCATION



الإمارات العربية المتحدة  
وزارة التربية والتعليم

**English Term 3 EOY Reading & Writing Exam**  
**Grade 10**  
**Sample**  
**90 minutes**

المهارة Skill	المقَدَّر 1 Marker 1		المقَدَّر 2 Marker 2		الدرجة النهائية Final Mark	
	الدرجة Mark	التوقيع Sign	الدرجة Mark	التوقيع Sign	بالأرقام In Figures	بالحروف In Words
القراءة Reading						
الكتابة Writing						
المراجع Moderator						
الاسم Name				التوقيع Signature		

## Part 1

Read the text and choose the correct answers.

There is one example.

### The Impact of Water on the Body

Do you have any idea how important water is for us? We need water to make our body and our brain work properly. Our brain is mostly made of water, and we need to drink plenty of it to help us think and focus to our best ability. If we are dehydrated, our brain doesn't function as well as it should, leading to problems with memory and performance. Studies have even shown that students who took bottled water into examinations ended up with better grades!

Drinking water helps our body to get rid of things we don't need, which makes sure we stay healthy. When we drink enough water, our kidneys work well, which stops the build-up of harmful substances in our body. Water is good for our appearance, too. It keeps the skin clear and fresh, and can help to keep it looking young. What's more, it's free! Fizzy drinks are expensive, and they contain lots of sugar. Sugar is bad for our teeth and it has other side effects, such as increasing the risk of diabetes and causing weight gain.

In fact, if we want to lose weight, drinking water is an easy way to help with this. Drinking water before and during a meal helps us to feel full — so we eat less! Water also helps us to digest food, so it's a good idea to drink it with a meal.

If the weather is hot, or if we do lots of exercise, we sweat, which means our body loses water. This is why it's important to stay hydrated, to replace what we lose. Muscles without enough fluid intake get tired more quickly and they don't perform as well as they should.

If we don't drink enough water, our body will start to show signs of dehydration: we might get headaches, feel tired and perhaps forgetful; we may get a dry mouth, dry skin and dry eyes; we may even suffer from aches and pains. Drinking lots of water will prevent this.

In short, drinking water is an easy and free way to feel lots of health benefits. Do you know if you are drinking enough?

#### Example

**Choose 3 correct answers.**

What information is given in the first paragraph?

- A. why water is unhealthy for our brain
- B. why our brain needs water to work well
- C. why water is not good for memory
- D. water helps our brain to concentrate
- E. water can help students do well on their exams

**Questions 1 and 2****Choose 2 correct answers.**

1-2. If we don't drink enough water, our body will start to show signs of dehydration. This includes:

- A. dry mouth
- B. weight loss
- C. strong muscles
- D. a good memory
- E. aches and pains

**Questions 3, 4 and 5****Choose 3 correct answers.**

3- 5. What do we learn from the second paragraph about the effect of water on our bodies?

- A. Drinking water makes us look old.
- B. Water is good for our kidneys.
- C. Water is good for our teeth.
- D. Water clears our body of things it needs.
- E. Water is better for our health than fizzy drinks.

**Decide whether the statement is true, false or is not given in the text. Choose 1 correct answer.**

6. Drinking water at specific times helps people to lose weight.

True                      False                      Not given

7. Muscles need water to perform at their best.

True                      False                      Not given

8. Drinking lots of water prevents hydration.

True                      False                      Not given

9. Water can prevent headaches.

True                      False                      Not given

10. Drinking lots of water can put people in a good mood.

True                      False                      Not given

## Part 2

Read the text and answer the questions.

The first one is done for you.

### The Future of Traditional Musical Instruments

A series of unique musical instruments are at the centre of Emirati culture. They are played at family celebrations such as engagements and weddings, and holidays such as National Day and Eid. However, each year fewer people are learning how to play traditional instruments and the Emirates are in danger of losing this important part of their culture.

The wonderful sound of the oud is played across the Gulf. It is one of the oldest instruments known to man. It is a pear-shaped instrument that has eleven strings and is played like a guitar. The oud player Mehad Hamad is famous for his traditional Emirati songs. The tambura is one of the oldest musical instruments in the Emirates. It has five strings, and its base is a wooden bowl that is covered with animal skin. It is a very large instrument and the tambura player isn't able to hold it like an oud. Usually, he plays while he is sitting down. The rababa, on the other hand, is a much smaller instrument which the player is able to pick up and hold. It has one string and is played with a bow.

Drums are a key sound in the music of the Emirates. The large Al-Ras drum is played during the famous Al Ayyalah dance. The tabl is a smaller drum that the player is able to hold under the arm or between the legs. Like the tambura and rababa, the tabl is an ancient instrument that connects the Emirati people with their past, but will it have a place in their future?

These instruments were often featured in television programmes during the 1970s and 1980s, and this inspired many young people to learn to play one. But these programmes don't exist now. And there is no written record of this music. One reason for this is that music had its roots in storytelling. Stories were told and not written. So how can we protect Emirati traditional music for future generations?

There are plans to create a college for traditional music. If successful, the college would set up teaching programmes across the UAE. The college would keep records of music that feature traditional instruments from across the different regions, and students would be able to learn to play the instruments. With a national college like this, we might stop traditional musical instruments disappearing from Emirati culture for future generations.

**Example:** When are traditional instruments usually played?

- A. only on Eid
- B. only on National Day
- C. family celebrations and holidays**
- D. only at engagements and weddings

11. Why does the author think it is important to preserve traditional musical instruments within your community and your country?

- A. they make wonderful sounds
- B. they are fun and entertaining
- C. they are needed for the Al Ayyalah dance
- D. they are an important part of Emirati culture

12. In the second paragraph, the writer tells us

- A. why people play musical instruments
- B. which Emirati string instruments are used today
- C. which string instruments are popular in the Emirates
- D. how to play different types of string instruments

13. What reason does the author give for Emirati musical instruments becoming less popular?

- A. Protecting Emirati cultural is easy.
- B. Young people are not interested in tradition.
- C. The music was documented in writing.
- D. There are no TV programs which feature traditional instruments.

14. What is the author talking about in the fifth paragraph?

- A. making traditional instruments
- B. learning how to write music
- C. how to preserve traditional Emirati music
- D. the disappearance of future generations

15. The writer says that the tambura, rababa and tabl are examples of \_\_\_\_\_ Emirati drums.

- A. large
- B. future
- C. historic
- D. small

16. Which instrument is like a guitar?

- A. the oud
- B. the tambura
- C. the rababa
- D. the tabl

17. Why are there no written records of the traditional music?

- A. there was only TV in the 1970s and 1980s
- B. the heritage of music is in telling stories
- C. there is no need to protect the music
- D. future generations need music

**Questions 18 - 20**

Which **THREE** opinions does the writer suggest in the final paragraph?

- A. There could possibly be programs set up all over the UAE.
- B. The college would help young Emiratis feel closer to their history.
- C. The college may help preserve traditional musical instruments.
- D. The Emirates needs a college of traditional music.
- E. Musical instruments have survived for a long time.

/ 10

### Part 3

Read the text and match the paragraphs with the correct heading A to H. Use each heading only once.

The first one is done for you.

There are two headings you do not need.

<b>A</b>	<del>Exercise and academic achievement</del>
<b>B</b>	The more you study the more you will exercise
<b>C</b>	The importance of good posture
<b>D</b>	The connection between exercise and weight
<b>E</b>	Study for hours
<b>F</b>	Being less active can lead to lower grades
<b>G</b>	An examination of student study habits
<b>H</b>	Exercise and the mind

**Example** A

A recent UAE study – EX+HIGHGRADE – set out to explore the relationship between students' grades and how much they exercise.

21 \_\_\_\_

A team of researchers went to several top-ranking universities in the UAE and investigated the working patterns of students in the library. Some were bent over the computers and staring at the screens and others were eating very unhealthily. Most were inactive. They concluded that studying in this way is not good for health and has other side effects.

22 \_\_\_\_

The researchers compared the weight and physical fitness of over 3000 students between the ages of 19 and 22 with their academic results for a two-year period. The scientists discovered that nearly 40% of students were overweight, of which 30% were considered obese and nearly 70% were below the recommended fitness levels for students studying at university.

23 \_\_\_\_

The researchers continued their research by interviewing students who went to the university gym and found that those who exercised regularly felt refreshed afterwards and could think more clearly when they attended classes.

24 \_\_\_\_

Researchers also found that the more hours a student spends studying, the more likely he or she is to exercise. Compared with students who studied less than an hour per day, students who studied three or more hours a day were more likely to exercise.

25 \_\_\_\_

The study concluded that students who were active and not overweight had higher grades than those who were unfit and overweight, suggesting a strong relationship between physical fitness and academic achievement. Consequently, the scientists recommend doing exercise to improve your grades.

/ 5





Marker 1			
Task Completion	Vocabulary	Grammar	Organisation
/ 4	/ 4	/ 4	/ 4