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English Literature

ملخصات تخصص الأدب الإنجليزي

EL111 MTA



ملخصات البروفيسور



EL111 MTA

READING TEXT: -

Read the following page and answer the questions that follow.

Weddings are important **occasions** in British life. They can be very expensive and take a long time to organize. There are also many traditional aspects of weddings that are important for people married. However, many traditions have become less common in recent years and marriage in Britain is changing.

Marriage is legal from the age of 18, but this can be lowered to 16 if the couple have their parents' permission. The average age of people who get married in the UK is about 30. People can have a civil ceremony, at a registry office, or they may have a religious ceremony in a church, mosque or other place of worship. All couples must sign a marriage certificate. This is a legal document which proves that they are married. Divorced men and women can remarry but this may not be possible in a church.

In the past, a traditional marriage in the UK meant a couple first got engaged. This was when the man formally asked the woman to marry him with a ring. It was also traditional for the bride's father if he agreed. The wedding commonly took place at the bride's local church with about a hundred guests. It was a tradition for the groom's father to buy the flowers and for the bride's father to pay for everything else. The two families sat on different sides of the church and the bride's father gave away his daughter to the groom. Female friends and family members with their long dresses and were called bridesmaids. The couple exchanged rings, kissed and then signed the marriage certificate. When they left the church, guests threw paper confetti and took a lot of photographs. Everyone then went to a hotel or restaurant for the wedding reception, and they had a meal, made speeches and danced. The guests brought wedding presents for the couple's new home and the couple then went on a long holiday called a honeymoon. The new bride took her husband's surname.

However, many people do not always follow tradition so closely these days. It is now common for the woman to ask the man to marry her, and not many men ask the woman's father for marriage. People frequently marry in a town hall. A few even marry on a beach in a hot country. The couple tend to pay for the wedding themselves but still expect both families to have a reception. Not every woman wants to change her surname so she might keep her **maiden** name or take both names.

1. The word "occasions" in the first paragraph means:

- a) Personal decisions
- b) Daily routines
- c) Legal documents
- d) Special events**

2. According to the passage. What is one requirement for all couples who marry in the UK?

- a) They must have a honeymoon
- b) They must marry in a church



- c) **They must sign a marriage certificate**
d) They must marry in a civil ceremony
3. **What is one traditional expectation in a British wedding regarding the bride's father?**
a) He buys the flowers and champagne
b) He asks the groom to marry his daughter
c) **He pays for most of the wedding**
d) He plans the wedding ceremony
4. **According to the passage, which age is the legal minimum to marry without parental consent?**
a) 16
b) 30
c) **18**
d) 21
5. **What tradition involves the bride's family at the wedding ceremony?**
a) Bringing wedding gifts.
b) Signing the marriage certificate.
c) Throwing confetti.
d) **Sitting on one side of the church.**
6. **Why might a divorced person not be able to remarry in a church?**
a) Registry offices don't allow it
b) It is illegal
c) Civil ceremonies forbid it
d) **Some churches may not allow it**
7. **According to the passage, what is one change in modern British weddings?**
a) All ceremonies take place in churches.
b) **The couple often pays for the wedding.**
c) Men always ask for a woman's hand in marriage.
d) The bride's father pays for everything.
8. **What is one reason a British couple might choose a non-traditional wedding?**
a) They want traditional speeches.
b) **They may prefer a beach setting.**
c) They need parental permission.
d) They wish to marry in a local church.
9. **What do guests typically bring to a British wedding?**
a) A long dress for the bride.
b) Flowers and champagne.
c) **Gifts for the couple's new home.**
d) The marriage certificate.



10. What does the word "maiden" in the passage mean?

- a) First
- b) Initial
- c) **Unmarried**
- d) Premier

Rond the following page and answer the questions that follow.

Although only a small percentage of the electromagnetic radiation that is emitted by the Sun is ultraviolet (UV) radiation, the amount that is emitted would be enough to cause severe damage to most forms of life on Earth were it all to reach the surface of the earth.

Fortunately, all of the Sun's ultraviolet radiation does not reach the earth because of a layer of oxygen, called the ozone layer, **encircling** the earth in the stratosphere at an **altitude** of about 15 miles above the earth. The ozone layer absorbs much of the Sun's ultraviolet radiation and prevents it from reaching the earth. Lozone is a form of oxygen in which each molecule consists of three atoms (O₃) instead of the two atoms (O₂) usually found in an oxygen molecule.

Ozone forms in the stratosphere in a process that is initiated by ultraviolet radiation from the Sun. UV radiation from the Sun splits oxygen molecules with two atoms into free oxygen atoms, and each of these unattached oxygen atoms then joins up with an oxygen molecule to form ozone. UV radiation is also capable of splitting up ozone molecules; thus, ozone is constantly forming, splitting, and reforming in the stratosphere. When UV radiation is absorbed during the process of ozone formation and reformation, it is unable to reach Earth and cause damage there.

Recently, however, the ozone layer over parts of the earth has been diminishing. Chief among the culprits in the case of the disappearing ozone, **those** that are really responsible, are the chlorofluorocarbons (CFCs). CFCs meander up from Earth into the stratosphere, where they break down and release chlorine. The **released** chlorine reacts with ozone in the stratosphere to form chlorine monoxide (ClO) and oxygen (O₂). The chlorine then becomes free to go through the cycle over and over again. One chlorine atom can, in fact, destroy hundreds of thousands of ozone molecules in this repetitious cycle.

1. The word "encircling" in the opening paragraph is closest in meaning to:

- a) rotating
- b) attacking
- c) **surrounding**
- d) raising

2. It is stated in the passage that the ozone layer.

- **Shields the earth from a lot of ultraviolet radiation**
- Enables ultraviolet radiation to reach the earth.
- Reaches down to the earth
- Reflects ultraviolet radiation

3. Ultraviolet radiation causes oxygen molecules to:

- Rise to the stratosphere.
- **Split up and reform as ozone.**
- Burn up ozone molecules.
- Reduce the number of chlorofluorocarbons.



4. The word "altitude" can be understood from the context as:
- layer.
 - **height.**
 - amount.
 - behaviour.
5. The demonstrative pronoun "those" in the closing paragraph refers to
- Chlorofluorocarbons.
 - **culprits.**
 - the disappearing ozone.
 - ozone layers.
6. According to the passage, it is the ozone layer that protects us from the severe damage of ultraviolet radiation.
- **True**
 - False
7. The chlorofluorocarbons are the main reason for the decrease of the effect of the ozone layer over the earth.
- False
 - **True**
8. What part of speech is the word "released" in the closing paragraph?
- preposition.
 - **verb**
 - adverb
 - adjective
9. The best title of this passage could be
- Electromagnetic Radiation
 - Radiation
 - **The Ozone Layer**
 - Ultraviolet

Rond the following page and answer the questions that follow.

The *Amazon* pink river dolphin lives only in freshwater and it has two types, the "boto" and the "tucuxi", which were once considered **abundant**, in other words, plenty, in the Amazon. However, the dolphins of the Amazon River have been listed as "Endangered" by the International Union for Conservation of Nature (IUCN) in its latest Red List published in November 2018.

In May 2018, a study by Brazilian researchers Vera da Silva and her colleagues from the Instituto Nacional de Pesquisas da Amazonia (INPA) in Manaus, Brazil, had warned that freshwater dolphins found in the Amazon River Basin were "dying off fast, and could face extinction unless they were given immediate protection against people fishing them. The study had stated that the **primary** reason for the decrease in numbers was using the dolphins' flesh and fat as bait for catfish. Killing the dolphins endangered their survival, particularly since the females could bear only a single calf in every



four to five years Besides the Amazon dolphins, freshwater dolphins in other parts of the world are also facing extreme pressures. In the Indian Sub-continent, the Indus River Dolphin is considered "Endangered by the IUCN.

In China, the Yangtze River dolphin was declared extinct in 2006 due to human activities like overfishing, dam building, pollution and boat traffic. One more reason that is bringing pink dolphins closer to extinction is their curious nature. You can only imagine how **they** behave around boats and vessels. They often hit boats and propellers and get hurt.

Overloaded boats in rivers increase the risk of dolphins being hit. The noise pollution caused by boats and vessels also affects the navigation system and hunting patterns of these aquatic mammals which has resulted in the death of many.

1. What does the writer tell us about pink dolphins?

- a) How these aquatic mammals got their pink color.
- b) The reasons why dolphins were in plenty in the past.
- c) Where these dolphins live.**
- d) The different species of fish found in all rivers.

2. The word "abundant" means:

- a) small or too less in quantity.
- b) having a great deal of money.
- c) available in large quantities.**
- d) just enough in number

3. What was the finding of the research conducted in Brazil?

- a) there was an increase in the number of dolphins being killed.**
- b) there was decrease in the consumption of catfish.
- c) the number of boats reduced every four to five years.
- d) high pollution in the Amazon River

4. IUCN and INPA are:

- a) two organizations for endangered animals.**
- b) located in Brazil and Conserves nature.
- c) different international organizations founded in 2018.
- d) in any way related to each other.

5. The word 'primary' means:

- a) minor
- b) main**
- c) secondary
- d) unimportant

6. Two young ones are born once in four or five years:

- a) true
- b) false**

7. Which of the following is NOT a reason for the extinction of dolphins?

- a) Anxiety**
- b) Curiosity



- c) construction.
- d) traffic

8. The pronoun 'they' stands for:

- a) propellers.
- b) boats.
- c) dolphins.**
- d) vessels.

9. How did noises of water traffic kill dolphins?

- a) by the way how they behave around boats and vessels.
- b) by hitting the boats and propellers.
- c) by causing difficulties in communication and hunting.**
- d) by increasing human activities in boats and vessels

Rond the following page and answer the questions that follow.

There is a common expression in the English language referring to a blue moon. When people say that something happens "only once in a blue moon," they mean that it happens only very rarely, once in a great while. This expression has been around for at least a century and a half, there are references to this expression that date from the second half of the nineteenth century.

The expression "a blue moon" has come to refer to the second full moon occurring in any given calendar month. A second full moon is not called a blue moon because it is particularly blue or is any different in **hue** from the first full moon of the month. Instead, it is called a blue moon because it is so rare. The moon needs a little more than 29 days to complete the cycle from full moon to full moon. Because every month except February has more than 29 days, every month will have at least one full moon (except February, which will have a full moon unless there is a full moon at the very end of January and another full moon at the very beginning of March), It is on the occasion when a given calendar month has a second full moon that a blue moon occurs. This does not happen very often, only three or four times in a decade.

The blue moons of today are called blue moons because of their rarity and not because of their color; however, the expression "blue moon" may have come into existence in reference to unusual circumstances in which the moon actually appeared blue. Certain natural phenomena of gigantic proportions can actually change the appearance of the moon from Earth. The eruption of the Krakatao volcano in 1883 left dust particles in the atmosphere, which clouded the sun and gave the moon a bluish tint. This particular occurrence of the blue moon may have **given rise to** the expression that we use today, When Mount Pinatubo erupted in the Philippines in 1991, the moon again took on a blue tint.

1. This passage is about:

- a) an idiomatic expression**
- b) an unusual color
- c) a phase of the moon

2. Look at the word "rarely" in paragraph one. This word is closest in meaning to:

- a) seldom
- b) hardly
- c) scarcely
- d) all the answers are correct**



3. How long has the expression "once in a blue moon" been around?
- a) For around 50 years
 - b) For less than 100 years
 - c) For 200 years
 - d) **For more than 150 years**
4. Which of the following might be the date of a "blue moon?"
- a) February 28
 - b) January 1
 - c) **December 31**
 - d) April 15
5. How many blue moons would there most likely be in a century?
- a) **30 to 40**
 - b) 19
 - c) 29 to 31
 - d) 100
6. The word "hue" in paragraph two is closest in meaning to:
- a) part
 - b) **color**
 - c) shape
 - d) size
7. According to the passage, the moon actually looked blue:
- a) **after large volcanic eruptions**
 - b) during the month of February
 - c) several times a year
 - d) when it occurred late in the month
8. Look at the expression "given rise to" in paragraph three. This expression could best be replaced by:
- a) elevated the level of
 - b) created a need for
 - c) **spurred the creation of**
 - d) brightened the color of
9. According to the passage, the expression "only once in a blue moon" dates back to 1950.
- a) True
 - b) **False**
10. The best title of this passage could be:
- a) Calendar Months
 - b) Rare Events
 - c) **Once in a Blue Moon**
 - d) English Idioms



Rond the following page and answer the questions that follow.

Q: Should We Teach History?

History is still a **compulsory** subject at lower levels and pupils still choose to study it at higher levels. However, there is an ongoing discussion about whether schools should continue to teach History or whether they should spend the money on other subjects. This essay will deal with the arguments against and in favor of teaching History in school, concluding that we should teach History, because the value of the subject goes beyond the classroom.

First of all, many pupils suggest that History is one of the less interesting school subjects and that governments should spend the time and money on subjects that are more useful. Some people argue that Math and English are more important so we can have a society with a good basic education. Other people say that we should spend the money on teaching Science, as this can move a country forward and benefit the economy. However, when we teach History, we are just looking back at the past. The economic benefits of this area are less obvious. On the other hand, there are several reasons why it is a good idea to teach History. Teaching History is important because students should be able to understand the background to current issues in the news. This will create better- informed citizens.

Another reason why teaching History is a good idea is that **it** helps pupils to understand their culture and background, which also helps them to understand the society they live in. In addition to learning about the past, History tuition can help students to think for themselves.

Finally, it also improves pupils' reading and writing skills, which can help them become better students. In conclusion, although there are clear arguments on both sides, it seems to me that we should teach children about the past because the advantages of teaching the subjects go beyond the content of the classes. I would say that the teaching of History helps create generations of well-educated and knowledgeable individuals.
Should We Teach History?

1. The word "compulsory" in the first paragraph means:

- a) Selective
- b) Not Operational
- c) Obligatory**
- d) Behavioral

2. The phrase "less obvious" in the second paragraph means:

- a) Not very clean
- b) vivid
- e) unnoticeable**
- c) Not beneficial

3. Which paragraph clearly states the writer's opinion?

- a) The final paragraph**
- b) The first paragraph
- c) The second paragraph
- d) The third paragraph

4. The pronoun "it" in the third paragraph refers to:

- a) Learning about the past
- b) The culture
- c) Teaching History**



- d) Reading about History
5. According to the passage, with which claim does the writer agree?
- a) **Teaching History enhances people's knowledge as well as giving them a better understanding of things around them.**
- b) Teaching History brings many economic benefits to a country.
- c) Government spending on History education should be reduced.
- d) Covering History in the classroom is probably a waste of time.
6. Among the reasons the writer mentions for teaching History is:
- a) Helping in understanding culture
- b) **All answers are correct**
- c) Helping in understanding the current issues in the news
7. The writer believes that the disadvantages of teaching History outweigh the advantages:
- **False**
 - True
8. Having a well-educated and knowledgeable individual is an obvious result of reading history
- False
 - **True**
9. The essay structure of this passage focuses on:
- a) Discussing the pros and cons of reading History.
- b) **Discussing the merits and drawbacks of teaching History**
- c) Objecting to teaching History
- d) Providing benefits of teaching History
10. People are for teaching History because:
- a) The disadvantages outweigh the advantages
- b) **None of the answers are correct**
- c) It is one of the less interesting academic subjects
- d) Math and English are more interesting subjects to teach

Rond the following page and answer the questions that follow.

Appreciator of **sculpture** depends upon the ability to respond to form in three dimensions. That is perhaps why sculpture has been described as the most difficult of all arts; certainly it is more difficult than the arts which involve appreciator of flat forms, shape in only two dimensions.

Many more people are 'form-blind' than 'color-blind'. The children learning to see first disguise only two-dimensional shapes; they cannot judge distances and depths. Later, for their personal safety and parcel needs, they have to develop (partly by means of touch) the ability to judge roughly three-dimensional distances. But having sissified the requirements or parcel necessity, most people go no further. Though they may again considerable accuracy in the perception of flat form, they do not make the further intellectual and exonal effort needed to comprehend form in its full spall existence.



This is what the sculptor must do. He must strive Connally to think of, and use, form in its full spall completeness. He gets the solid shape inside his head. He thinks of it, whatever its size, as if he were holding it completely enclosed in the hollow of his hand. He mentally visualizes a complex form; he knows while he looks at one side what the other side is like; he denies himself with its center of gravity, its mass, and its weight; and he realizes its volume, as the space that the shape displaces in the air.

And the **sensile observer** of sculpture must also learn to feel shape simply as shape, not as description or reminiscence. He must, for example, perceive an egg as a simple single solid shape, quite apart from its significance as food, or from the literary idea that it will become a bird. And so with solids such as a shell, a nut, a plum, a pear, tadpole, a mushroom, a mountain peak, a kidney, a carrot, a tree- trunk, a bird, a bud, a lark, a ladybird, a bulrush, a bone. From these, he can go on to appreciate more complex forms or companions of several forms.

1. **According to the writer, sculpture is the most difficult of all arts because:**

- a) It requires an ability to respond to form.
- b) It is a difficult type of art.
- c) **It requires an ability to appreciate form in three dimensions.**

2. **The ability to judge three-dimensional distances is developed in children partly through**

- a) Seeing shapes
- b) **Touching shapes**
- c) Feeling about shapes

3. **What does the writer say about the "sensitive observer"?**

- a) **That he should think of and see all shapes simply as shapes.**
- b) That he should think of and see what is beyond these shapes.
- c) That he should think of and see the idea beyond these shapes.

4. **A good title for this passage will be:**

- a) Beauty is in The Eye of the Beholder
- b) **Appreciation of Sculpture**
- c) Complexity of Art

5. **It could be inferred from the passage that:**

- a) **People can learn to appreciate three-dimensional art.**
- b) All the people appreciate three-dimensional art.
- c) Only artists can appreciate three-dimensional art.

6. **In paragraph (3), the writer mentioned a long list of different objects to support the idea that:**

- a) **Solids have to be appreciated as shapes.**
- b) Solids have to be appreciated as descriptions.
- c) Solids have to be appreciated in terms of importance

7. **For people to fully appreciate three-dimensional arts, they have to develop logical and emotional abilities.**

- a) **True**
- b) False



8. Many people are 'form-blind' and 'color-blind'

a) True

b) **False**

9. The sculptor mentally visualizes a complex form and identifies with its mass, weight, and volume.

a) **True**

b) False

10. Judging and appreciating three-dimensional distances is one and the same. ability.

a) True

b) **False**

Rond the following page and answer the questions that follow.

A recent study funded by the Wellcome Trust has investigated the connection between the use of music and the recovery of patients suffering from a variety of medical conditions. The study has brought together musicians, health workers, and researchers to find evidence of the beneficial effects music has on health.

Music has long been used to treat patients suffering from different problems. In 400 BCE, its healing properties were documented by ancient Greeks. More recently in both world wars in the last century, medical workers used music (**therapy**) with people suffering from trauma. Currently it is used as a treatment for many diseases, such as cancer and Alzheimer's disease, and it has also been used with patients with long-term pain and learning disabilities.

There is growing evidence that music can cause physical changes to the body which can improve our health. In the Wellcome Trust study, which took place over three years at the Chelsea and Westminster hospital in London, patients were asked to listen to musical performances. As a result, it was found that stress levels were significantly reduced, recovery times were improved and fewer drugs were needed.

These very positive results are partly due to general well-being. It is already accepted that when people feel happy and have a positive approach to life, they are more likely to feel better and recover from disease quickly: Music increases this feeling of joy and adds to the (**recovery**) process.

However, not all these benefits can be attributed to an increase in general well-being. Music has other effects which have not yet been understood. According to Professor Robertson, a scientist and musician, some effects of music are mysterious and are, therefore, being investigated further. It has been suggested that the sounds and rhythms of music help stimulate the brain and send electrical messages to the muscles and limbs.

Science, however, demands facts and hard evidence, many in the medical profession have not yet recognized the healing benefits of music, since reports have been based mainly on anecdotal evidence. These new studies could provide proof to medical practitioners that music is a suitable treatment for many conditions. One day doctors may even 'prescribe' music, but that could be a long time in the future.

1. What is the main idea of the passage?

a) **Music has beneficial effects when used to treat patients suffering from varied medical conditions.**

b) Many in the medical profession have not yet recognized the healing benefits of music.

c) The benefits of music can be attributed to an increase in the general well-being

2. According to the passage, what effects does music have on patients?



- a) Music cures cancer and Alzheimer's disease.
d) Music decreases stress and accelerates recovery time.
b) Music is the only therapy to decrease pain and improve learning abilities.
3. **Why is music believed to have healing effects?**
a) Because it makes people feel happy.
b) Because music motivates the brain to stimulate the muscles and the organs.
c) Both A and B
4. **Why don't many doctors currently prescribe music to their patients?**
a) Because the effects of music are mysterious.
b) Because science demands facts and hard evidence.
c) Because the medical practices of the ancient Greeks can't. be trusted.
5. **The word [therapy] in paragraph 2 means:**
a) disease
b) trauma
c) treatment
6. **The word [recovery] in paragraph 4 means:**
a) feeling better
b) feeling joy
c) positive approach
7. **Music can cause physical changes to the body which can improve our health.**
a) True
b) False
8. **Evidence of the healing power of music is subjective and unreliable.**
a) True
b) False
9. **That music helps stimulate the brain and sends electrical messages to the muscles and limbs is a fact**
a) True
b) False
10. **Doctors prescribe music for students with learning abilities**
a) True
b) False
-



Rond the following page and answer the questions that follow.

The brain is the most complicated organ in our bodies. Our thinking, remembering, and communicating abilities originate in this small mass. It is difficult to imagine that this small gray organ, which weighs less than 2.2 pounds (1 kilo), is so important, but scientists have shown that the human brain is the most complex organ of the body.

Scientists have not been able to solve all the mysteries of the brain. They still have not discovered exactly how learning takes place. However, they have made some progress. They have found that certain parts of the brain are responsible for different aspects of learning, memory, and language.

Recent studies indicate that the two halves of the brain - the right hemisphere and the left hemisphere play extremely important roles in learning and communicating. The left hemisphere deals with rules, lists of information, and short-term memory. Short-term memory is what we use to 104 remember a telephone number long enough to call someone after we look it up. In contrast, the right hemisphere deals with feelings, colors, and long-term memory. Long-term memory is what we use when we drive a car each day or remember how to get to work.

Scientists now know that certain aspects of language are housed in different areas of the brain. If these areas are damaged, language production and comprehension are affected. A person with damage in Broca's area, in the frontal lobe, can still understand language but has great difficulty producing it. A person with damage in Wernicke's area, in the temporal lobe, can speak easily and fluently, but cannot attach correct meanings to words or put them in correct order. As research continues, scientists will identify more connections between language and the brain in their search to understand what it is that makes us uniquely human.

- 1. Which sentence best describes the main idea of the passage?**
 - a) Scientists have not been able solve all the mysteries of the brain.
 - b) Our thinking, remembering, and communicating abilities originate in the brain.**
 - c) Scientists now know the certain aspects of language are housed in different areas of the brain.
- 2. Why are scientists still studying the brain?**
 - a) To find which parts of the brain are responsible for different aspects of learning, memory, and language.
 - b) To understand the role each hemisphere plays.
 - c) To understand how learning happens.**
- 3. Playing tennis is a skill stored in the:**
 - a) Long-term memory**
 - b) Short-term memory
 - c) Left hemisphere
- 4. What is the function of Broca's area?**
 - a) It deals with language production**
 - b) It deals with language comprehension
 - c) It deals with connecting correct meanings to words
- 5. A person with a damage in Wernicke's area would have a problem in:**
 - a) Language production
 - b) Speaking fluently
 - c) Sentence structure**



6. The brain is a heavy organ.
a) True
b) **False**
7. Wernicke's area is related to our comprehension skills.
a) **True**
b) False
8. Math is a function of the right hemisphere.
a) True
b) **False**
9. A patient with damage in the frontal lobe would have a problem in understanding language.
a) True
b) **False**
10. The brain is only made up of two hemispheres.
a) **True**
b) False
-

Rond the following page and answer the questions that follow.

Chocolate, one of the most popular foods in the world, has a history as rich as its flavor. Chocolate comes from the beans of the cacao tree, a plant that has grown in the Americas for at least 4,000 years. As long ago as the twelfth century, Indian families drank chocolate at marriages and other **ceremonies**. However, chocolate was not known in Europe until 1528, when the Spanish explorer Hernan Cortés brought [**it**] to Spain.

Drinking chocolate soon became popular in Spain and quickly spread to the rest of Europe. Three hundred years later, a scientist in Holland learned how to make chocolate into candy. As the years passed, people in countries such as Belgium, Switzerland, and England began to make many kinds of chocolate candy. Today the making of chocolate is a multi-billion dollar **industry**.

There are many reasons why chocolate is so popular. People like its rich, delicious flavor. Some people think that chocolate is even better when combined with other ingredients, such as fruit and nuts. Also, candy makers can make chocolate into decorative shapes, from flowers and arts to animals, and even to huge statues that weigh as much as 220 pounds (100 kg).

In addition, eating chocolate has helpful physical effects. The sugar and fat in chocolate give people quick energy. This is why mountain climbers often carry chocolate them. For this same reason, people like to have a candy bar when they're feeling tired.

Eating chocolate has mental effects, too. Many people crave chocolate in times of stress or emotional upset. Some psychologists explain that people associate chocolate with the happy times of their childhoods. The taste of chocolate reminds them of the food and comfort they received from their mothers. However, physical scientists have developed another explanation. They say that one ingredient of chocolate, phenyl ethylamine, seems to lower stress.

There is no doubt that chocolate, with its unique physical and psychological effects and its unmatched flavor, is one of the world's favorite foods.



1. **Hernan Cortes introduced chocolate to Europe.**
 - a) **True**
 - b) False

 2. **Chocolate as we know it appeared around the year 1828**
 - a) **True**
 - b) False

 3. **The passage lists three reasons why chocolate is a world favorite**
 - a) **True**
 - b) False

 4. **The word [industry] means:**
 - a) **Business**
 - b) Factory
 - c) Produce

 5. **The word [ceremonies] means:**
 - a) Festivals
 - b) **Occasions**
 - c) Circumstances

 6. **Until the 16th century, the American people:**
 - a) Offered chocolate candy in marriages.
 - b) **Drank chocolate in different occasions.**
 - c) Used the chocolate as a decorative tree

 7. **Scientists believe chocolate lowers stress because:**
 - a) **Chocolate contains phenylethylamine**
 - b) Chocolate reminds people of the comfort they received from their mothers
 - c) Chocolate gives people quick energy

 8. **What are the mental effects of eating chocolate?**
 - a) **Many people crave chocolate in times of stress and emotional upset**
 - b) Chocolate lowers stress
 - c) Some psychologists explain that people associate chocolate with the happy times of their childhoods.

 9. **The pronoun [it] in paragraph 1 refers to:**
 - a) **Chocolate.**
 - b) Beans.
 - c) Plant
-



Rond the following page and answer the questions that follow.

In many stressful situations, the body's response can improve our performance - we become more energetic, more alert, and better able to take effective action. But when stress is encountered continually, the body's reactions are more likely to be harmful than helpful to us. The production of stress-related hormones seems to make people more susceptible to heart disease.

Stress reactions can reduce the disease- fighting effectiveness of the body's immune system, thereby increasing susceptibility to illnesses ranging from colds to cancer. Other diseases that can result in at least in part from stress include arthritis, asthma, migraine headaches, and ulcers. Workers who experience the greatest degree of job pressure have been found to be especially likely to suffer from a large number of illnesses. Moreover, many studies have shown that people who have experienced major changes in their lives are at unusually high risk for a variety of illnesses. As an example of stress-included illness, take the case of stomach ulcers, small lesions in the stomach wall that affect one out of twenty people at some point in their lives.

Ulcers are a common disorder among people who work in occupations that make heavy psychological demands, from assembly-line workers to air traffic controllers. In many cases, stress is the [culprit]. Stress leads to increased secretion of hydrochloric acid in the stomach. Hydrochloric acid normally helps to break down foods during digestion, but in excess amounts it can eat away at the stomach lining, producing ulcers.

Stress may also contribute to disease in less direct ways, by influencing moods and behavior. People under stress may become anxious or depressed. In addition, people are more likely to pay attention to certain aches and pains when they are under stress and to decide that they are "sick." If the person were not under stress, the same bodily sensations might not be perceived as symptoms and the person might continue to feel "well." Some researchers have suggested that assuming the role of a "sick person" is one way in which certain people try to cope with stress (Cohen, 1979). Instead of dealing with the stressful situation directly, these people fall sick. After all, it is often more acceptable in our society to be sick and to seek medical help than it is to admit that one cannot cope with the stresses of life.

1. The body's response to stress is:

Always positive.

Always negative.

Sometimes useful.

2. The best title for this passage will be:

Stressful Situations.

Stress-related Diseases.

Stressful Reactions.

3. When a person is continuously stressed, the result is:

He is more immune to diseases.

He is more susceptible to diseases.

He is more alert and energetic

4. The example the writer gives of occupations that demand great psychological demands includes:

Assembly-line workers & traffic controllers.

Assembly-line managers & police officers.

Police officers and assembly-line workers



5. Stomach ulcers affect

1 in every 100 persons.

1 in every 200 persons.

1 in every 20 persons.

6. According to the passage, hydrochloric acid helps to:

produce ulcers.

break down food during the digestive process.

break down the stomach wall during the digestion process.

7. The word [culprit] in paragraph 2 is closest in meaning to:

effect

ulcer

cause

8. Workers undergoing a great degree of job-related stress are reported to suffer a great number of diseases

True

False

9. People who experience great changes and turning points in their lives usually respond positively to stress resulting from these situations.

True

False

10. Ulcers are common in people who undergo great psychological changes & demands.

True

False

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