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# منهجي

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بأسلوب مبسط لكافة المراحل التعليمية وتوازيح  
المناهج وتحاضير وملخصات ونماذج اختبارات وأوراق  
عمل جاهزة للطباعة والتحميل بشكل مجاني

Mark out of <b>5</b>		Graded by: _____ Revised by: _____
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اختبار استماع مادة (اللغة الإنجليزية ٢,٢ - الفصل الدراسي الثاني) للصف الثاني ثانوي - للعام الدراسي ١٤٤٤ هـ - نظام المسارات

اسم الطالب: \_\_\_\_\_ رقم الجلوس: \_\_\_\_\_ اللجنة: \_\_\_\_\_

### رَبِّ اشْرَحْ لِي صَدْرِي وَيَسِّرْ لِي أَمْرِي

Listen to the interview, and then answer the following questions

1) **Choose the correct answer:** (½ mark each)



/ 1.5

1) The interviewer is talking to \_\_\_\_\_ Baker

a- chef      b- teacher      c- doctor      d- worker

2) Maintaining body temperature is one of \_\_\_\_\_

a- body function      b- physical activity      c- digesting food      d- energy

3) Sports, manual work, or housework are examples of \_\_\_\_\_

a- body function      b- physical activity      c- digestive food      d- Physical Education

/ 1.5

2) **Match each activity with its used percentage:** (½ mark each)

Activity	Percentage
1. Body function (      )	a. 10% - 20%
2. Physical activities (      )	b. 16% - 17%
3. Digesting food (      )	c. 20% - 30%
	d. 60% - 70%

3) **Put ( T ) for true or ( F ) for false sentences :** (½ mark each)

- [      ] ¾ of our energy is used to keep the body working.
- [      ] We get calories from food.
- [      ] Energy is used only to eat.
- [      ] We use more energy if we don't do any kind of physical activity.

/ 2

Finished – Best Wishes

- Essa Al Hussaini -



to listen to / download the audio

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## Audio Script

### Energy our Bodies Use

**Interviewer:** Dr Baker, can you tell us about the energy our bodies use?

20 to 30 percent of the total energy output of the body .

**Dr Baker:** Sure. Many people don't realize that most of the body's energy— 60 to 70 per cent – is used just for body functions like heartbeat, respiration, and maintaining body temperature.



**Interviewer:** That leaves about 10 to 20 per cent. How do we use that?

**Dr Baker:** That last 10 to 20 per cent of energy is used to digest food.

**Interviewer:** Really? Almost three quarters of our energy is used just to keep the body working?

**Interviewer:** So, we use energy to eat?

**Dr Baker:** That's right. Of course, if we do any kind of physical activity, we use more energy. I'm thinking of things like sports, manual work, or housework. This represents another

**Dr Baker:** Yes, to eat and to digest our food.

**Interviewer:** Right. Where does our energy come from?

**Dr Baker:** Mainly from calories, which we get from different types of food.

**Interviewer:** That's very interesting. What ....

