

Mark out of		Graded by:
5		Revised by:

اختبار استماع مادة (اللغة الإنجليزية ٢,٢ - الفصل الدراسي الثاني) للصف الثاني ثانوي - للعام الدراسي ١٤٤٥ 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

اختبار استماع مادة (اللغة الإنجليزية ٢،٢ - الفصل الدراسي الثاني) للصف الثاني ثانوي - للعام الدراسي ١٤٤٥ هـ - نظام المسارات

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?

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

Interviewer: So, we use energy to eat?

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

