

Worksheet No (7)

Name	Title Reading Skills	Date
Previous Tests	W S type : Assessment	Class : Secondary Stage
Learning Outcomes: 1- To read for specific information.		

Reading

Read the following passage and then answer the questions :

1. Coffee is one of the most popular drinks in the world. Two billion cups are now consumed everyday and it has been around for thousands of years. The coffee tree with its beans probably originated in Ethiopia. Coffee was first used by one of the monasteries in the area when the Abbot decided to experiment and found the brew of these beans could keep his brother monks awake through long hours of prayer.

2. Throughout history coffee shops have been places where people meet to discuss political and revolutionary matters. Coffee is a social drink and it provides an opportunity to meet friends and make new friends. It is a feature of today's society as we can tell by looking at the number of busy coffee the world.

3- Many of us can not function with out a strong cup of coffee in the morning, because of the caffeine found in coffee. Chemically, caffeine stimulates the central nervous system. That causes the heart rate to increase, the blood vessels to expand and the brain to receive more oxygen. This effect can almost last for an hour.

4- There is a popular view that coffee is a drink with risks because of the

caffeine. Well, caffeine content depends on several factors like the size of the cup, how finely the coffee is ground, how dark the roast, the amount of coffee used to make the coffee and the type of coffee. In varying degrees, caffeine intake may cause anxiety or insomnia and may also speed the heart rate temporarily. These physical effects of caffeine don't last long (3 - 4 hours), since the caffeine doesn't accumulate in the body.

5- Caffeine is also found in chocolate, tea, cola drinks, energy drinks and some prescription drugs. So you can continue enjoying your coffee, and have fun but as everything in life, keep a balanced approach.

A. Answer the following questions.

1- Why is coffee considered to be a drink with risks?

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2- Coffee is known as a social drink. Explain.

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3- What chemical effects does caffeine have on our body? Mention **one**.

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4- Why do the effects of coffee have short influence on our body?

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5- What is the writer's advice to those who like coffee?

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B. Match the following words to the their synonyms or meanings:

1	Throughout		Well-adjusted
2	balanced		Instruction of medicine

3	prescription		During the course of
4	approach		sleeplessness
5	insomnia		Attitude