Mohamed Tahar Bouyahia Middle School **School Year: 2018/2019**

Class: ..... **Duration: 1hour**

Name: .....

THIRD TERM TEST

PART ONE:

A/Reading Comprehension:

Text:

Eating unhealthy food and not practising sport cause obesity and you can have overweight.

To keep healthy, you have to eat a balanced diet. Your food should include different vegetables, fruits, protein and grains. You should avoid all the foods that contain a lot of sugar, oil or fats. You must eat fruits and vegetables because they contain vitamins. You must eat white meats as chicken and fish because they contain protein.

Don't forget that you should practise sport because it is very important to keep your body well shaped and energetic. Drink water as much as you can, it's very good to your body.

Don't sit on the sofa, watch tv and eat and never practise sport. That's very dangerous to your health, you'll gain extra weight and some illnesses.

Adapted from 2017/2018 test
Source: Food and Health Magazine

Task (1): Read the text and circle the correct answer (a / b / c) (3pts)

1- **The text is:** a- a web article b-a magazine article c- an e-mail.
2- **The text is about:** a- a balanced diet b- going to the doctor c- stomach ache
3- **Obesity is because:** a- eating healthy food b- not practising sport
c- eating unhealthy food and not practicing sport

Task (2): Read the text and answer the following questions (2pts)

1- Does the sport keep your body energetic?
.....
2- How can we keep our bodies healthy?
.....

Task (3): Find in the text (2pts)

A- Words are closest in meaning to the following
Overweight= ..... junk food=.....
B- Words are opposite in meaning to the following
bad≠..... healthy≠.....

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B/Mastery of Language:

Task (1): **Re-order the words to get a full sentence** (3pts)

a- eat/You/vegetables/should/./weight/to lose/
.....

b- cigarettes/./smoke/shouldn't/Nabil/
.....

c- stop/ must/Ahmed/pasta/eating/.
.....

Task (2): **Complete the passage with: "must" or "mustn't"** (2pts)

Amir has got flu, he ..... stay at home and ..... drink cold water. He ..... see the doctor to examine him but he .....eat medicaments without seeing him.

Task (3): **Classify the words in the bubbles according to the pronunciation of the underlined letters** (2pts)

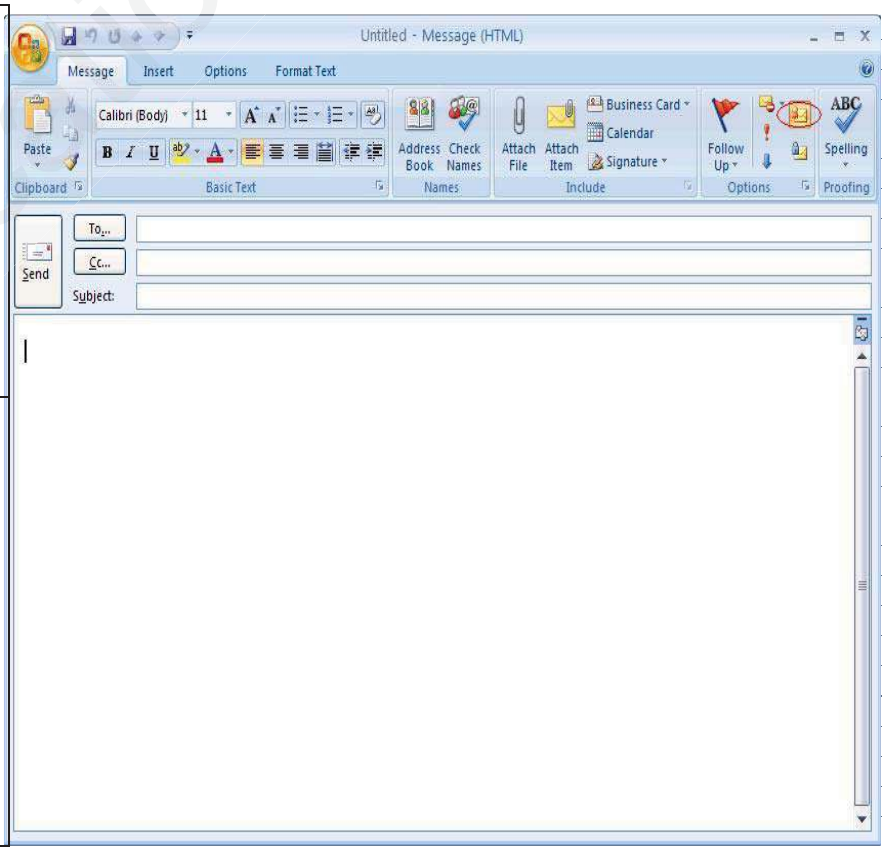
Sugar – **sch**ool – **ch**est – heada**ch**e

/ʃ/ /tʃ/ /k/

PART TWO: **Situation of Integration** (6pts)

Your friend is overweight and need a help. Write an e-mail and tell him about your weekly diet plan that your dietition tell you to follow. Use the following cues.

At breakfast: a glass of milk with less sugar and fruit salad.
At lunch: a grilled escalope and vegetables soup with small portion of bread, for dissert an apple.
At dinner: a salad of boiled potatoes and carrots with lettuce salad and for dissert squeezed juice.
Exercises: walking for 30 minutes, everyday.



Good luck Your teacher Aouabed Amel

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