

Third Term Exam

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 have to eat fruits and vegetables because they contain vitamins. You should eat white meats as chicken and fish because they contain protein. Don't forget that you should practise sport as jogging and stretching because they are very important to keep your body well shaped and energetic. Drink water as much as you can, its very good to your body.

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

**Source: Food and Health Magazine**

**Part one : (14 Pts)**

**A- Reading comprehension (7Pts)**

**Task 01: Read the text and write "true", "false" or "not mentioned" (3Pts)**

- 1- The text is a magazine article
2. Lying in bed and playing video games cause obesity.
3. Obesity is because of eating healthy food and practicing sport

**Task 02: Read the text again and complete the diet plan (2Pts)**

**Balanced diet plan**

food	Meats	Drinks	Exercises

**Task 03:**

**A) Find in the text words that are closest in meaning to (1Pt)**

Overweight = ..... Activities = .....

**B) Find in the text words that are opposites in meaning to (1Pt)**

healthy ≠ ..... Bad ≠ .....

**Mastery of language (7Pts)**

**Task 01: Classify the following illnesses in the chart below (2Pts)**

**Cancer, earache, diabetes, toothache**

Common illnesses	Serious illnesses
.....	.....
.....	.....

**Task 02: choose the right word between brackets (3Pts)**

My best friend Amel is very ill. She (suffer / suffers) from obesity. To lose weight, she (should / shouldn't) practice sports and follow diet. She (don't go / doesn't go) to school because she feels shy.

**Task 03: classify the following words in the correct column according to their pronunciation (2Pts)**  
**Lunch, school, earache, shoulder**

/f/	/tʃ/	/k/
.....	.....	.....
.....	.....	.....

**Part two: Situation of integration: (6Pts)**

You are fat and you suffer from obesity. Your dietician gave you a special diet plan to follow it. Your friend Nazim has the same problem and needs help. Write an email and send him your weekly diet plan and fitness activities. Use the following cues.

<b>Cues</b>	To	<a href="mailto:Nazim@gmail.com">Nazim@gmail.com</a>
<b>Food and drinks:</b> a glass of skim milk, cereals, a fruit; fish, chicken, vegetables soup, salad, boiled eggs; boiled potatoes, herbal tea, water, fruit juice chocolate, sweets and pastry with moderation <b>Sport:</b> treadmill, stationary bike, jogging, stretching, walking,  <b>Meals:</b> Breakfast, lunch, dinner  <b>Modals:</b> Should, shouldn't,	From	.....@ yahoo.com
	Subject	My weekly diet
	Hello Nazim;	
	..... ..... ..... .....;..... ..... ..... ..... ..... .....	