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Etablissement privé d'éducation et d'enseignement - L'Opiniâtre

المؤسسة الخاصة للتربية و التعليم - أوبينياتر

Level : TCL	2019/2020
English Exam (first term)	Time/ 2 hours

name: ..... surname: .....

Part One: Read the text carefully then do the activities

According to the recent medical research, sleeping more than nine hours or less than six hours a night can shorten your life expectancy. Those who are likely to live longest are people who regularly get between seven and eight hours a night.

A new survey of 1000 adults conducted by the Better Sleep Council (BSC) found that few people understand the important role sleep plays in normal daily brain functions and many people actually reduce their brain power by getting too little sleep.

Although a large number of people say that they need to be mentally alert in their work, over half of the people interviewed say that **they** sleep just under seven hours a night during the week. On the other hand, most of people interviewed say that they sleep more than seven hours a night at the weekend. This suggests that a significant number of people try to catch up on their sleep at the weekend instead of getting enough sleep during the week.

According to this survey, nearly half of the population believe that the brain rests when the body sleeps. In fact, the opposite is true. Sleep allows the brain to go to work, filling and storing the day's events. "Actually, some parts of the brain are active when you're asleep", confirms Dr Mark Moawald. "**Your** brain is like a cluttered desktop at the end of the day. At night, when you're asleep and no more information can be put on the desk, or in your brain, your brain can then file away the information".

A/ Comprehension and interpretation

1) **Choose the correct answer. The reading passage is a: (1pt)**

- Newspaper article. - police report - Sleep survey report

2) **In which paragraph is it mentioned that: (1pt)**

a) Sleep permits to brain to go to work.

b) There are two factors that may shorten people's life

3) **Answer these questions according to the text (4 pts)**

a) Is it good to sleep more than nine hours ? Justify.

.....

b) Who are the people who may live longer ?

.....

c) What did the Better Sleep Council (B.S.C) find out?

.....

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d) Why do most of the people interviewed sleep more than seven hours a night at the weekend?

……

e) Is the brain really resting during sleep? Justify

……

4) What do the underlined words refer to in the text ? (1pt)

They (1§) …… your (4§) ……

B/ Text exploration: (7 pts)

1) Find in the text the synonyms to: (1 pt)

sufficient (3 §) = ……. In the place of (3§) ≠ …….

2) Find in the text the oposites to: (1 pt)

Shortest (1 §) ≠ …….awake (4§) ≠ ……

3) Fill in the gaps with words from the list: (1.5 pt)

Heart / feeling / increases.

A doctor says that kindness is a strong …….. that can heal the ……, it stimulates the nervous system and …… calmness

4) Transform the second sentences so that they mean the same as the first

a) The doctor asked me: "What do you do to relax?"
The doctor asked me …….

b) My friend asked me: "Where do you go during holidays?"
He asked me ……

c) My mum ordered my sister: "Don't go to bed late".
My mum ordered my sister …….

5) Fill in the table: (1.5pt)

Verb	Noun	Adjective
To reply	……..	……
……	Relaxation	……..
…….	Information	……

6) Classify the following words according to the pronunciation of final "s": (1.5pts)

books / relaxes / plays / reads / watches / starts

S	/Z/	/IZ/
…….	…….	……..
…….	…….	……..

Written expression: Choose only one topic (5pts)

Topic 1: your friend wrote e-mail in which he complains about his trouble of sleeping. Write a reply to give him pieces of advice.

- **Use these notes to help you./ take a bath / not worry / take it easy.**
- **Walk before sleeping / drink milk/ not drink coffee or tea / practise sports**

Topic 2: suppose you are a journalist you did a survey about young people and their free time. Write the report about the survey.(don't forget to report both the questions and the answers an write a well organized paragraph)

GOOD LUCK

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OPINIATRE SCHOOL	November 2019
Answers (exams TCL)	

A/ Reading and Interpretation

5) The passage is a : sleep survey report

6) a → 4th paragraph

b → 1st paragraph

7) a) No, it is not, because sleeping more or less than six hours a night can shorten your life expectancy.

b) People who are likely to live longest are those who regularly sleep between seven and eight hours a night.

c) The BSC found out that few people understand the important role sleep plays.

d) The interviewed people sleep more than seven hours a night at weekend to catch up the lack sleep during the week.

e) No, it is not, brain at night file away the information.

8) What do the underlined words refer to :

they : the interviewed people / your : the reader

B/ Text exploration

7) a) sufficient ⇒ enough / b) in the place of ⇒ instead

8) a) shortest ≠ longest / b) awake = sleep

9) a) feeling / b) heart / c) increases

10) a) He asked me what I did to relax.

b) My friend asked me where I want during holidays.

c) My mum ordered my sister not to go to bed late.

11) **Rewrite sentence (b) so that it means the same as sentence (a) (1.5 pts)**

Verb	Noun	Adjective
to reply	reply / replier	replied
to relax	relaxation	relaxed / relaxing
To inform	Information	Informed / informative

12) Ask questions on the underlined words: (1.5pt)

S	Z	IZ
starts books	plays reads	relaxes watches

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