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Democratic and Popular Republic of Algeria

Level: 4 AM | Second Term English Test

The Secret of Good Health

Head aches, stomach-aches and many diseases are main dangers of modern life. However, we meet people aged 90, 100 and even 120! These people have rarely had such illnesses. Are there secret of good health, then? Very old people give several answers:

- We have always practised sports.
- We have always eaten fresh food.
- We have never smoked.
- We have never taken any medicines.
- We have always believed in phytotherapy.

But what is phytotherapy? It is the use of medicinal plants to cure and prevent some illnesses. Do want to know more about phytotherapy?

Lets take the following examples: Eucalyptus leaves cure diabetes and asthma. Orange-tree le flowers and barks are prescribed for nervous disorders and insomnia. Mint leaves combat colic cough. Olive- tree leaves stabilize high blood pressure.

Part one

Section one: Reading comprehension :

A) <u>Read the text carefully then answer the questions</u>: (03 pts)

1- Give two secrets of good health.
2- What is phytotherapy?
3- Do mint leaves cure asthma?

B) <u>Read the text carefully then say</u>: True or False (02 pts)

1- Eucalyptus leaves cure asthma. _____
2- Taking medicines is bad for health. _____

C) 1- <u>Find in the text synonyms to the followings</u> (01 pt)

sicknesses = …….. a lot = …….

2- <u>Find in the text antonyms to the followings</u>: (01 pt)

young ≠ …… often ≠ ……

<u>Section two</u>: Mastery of Language (07 Pts)

A) <u>Add a word to the following lists</u>: (02 pts)

A	B	C	D
- doctor	- oranges	- man	- head
- teacher	- figs	- woman	- hand
- carpenter	- pears	- boy	- foot
- ……	- ……	- ……	- ……

B) <u>Classify these words according to the number of their syllables:</u> (02 pts)

good – people – several - disorder

1 syllable	2 syllables	3 syllables

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C) <u>Put in</u>: (since – for – ago) (03 pts)

1- Father has been ill ……three days.
2- Rafik hasn't gone to school …….Sunday.
3- My uncle visited us two days ……

Part two: Integration Phase (Written Expression) (06 pts)

Write a paragraph in which you include what someone has to do to maintain good health

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