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Direction of Education (Tizi- Ouzou)
Level : MS4

Second –term examination

90 mn

Brothers Haddad Middle School
2018-2019

Ramadan is the 9th month of the Islamic calendar and a time when many Muslims across the world fast during daylight hours for 29-30 days.



During fasting hours when no food or drink is consumed, the body uses **its** stores of carbohydrate (stored in the liver and muscles) and fat to provide energy once all the calories from the foods consumed during the night have been used up. The body cannot store water and so the kidneys conserve as much water as possible by reducing the amount lost in urine. However, the body cannot avoid losing some water when you go to the toilet, through your skin and when you breathe and when you sweat if it is warm.

Depending on the weather and the length of the fast, most people who fast during Ramadan will experience mild dehydration, which may cause headaches, tiredness and difficulty concentrating. However, studies have suggested that this is not harmful to health, provided that plenty of fluids or fluid-rich foods, such as fruit, vegetables, soups and stews are consumed while breaking the fast to replace **those** lost during the day and to start the next day well hydrated.

https://www.nutrition.org.uk/healthyliving/seasons/ramadan.html

Part One (14pts)

Reading comprehension (7pts)

Read the text carefully and do the following activities.

Activity one: (2 pts) Choose (a, b , c or d) to complete the following sentences

1-The text above is about……

a-Ramadan bad habits *b- Ramadan dish* *c- Charity in Ramadan*
d- Fasting and the human body

2-The ……. store as much water as possible during fasting hours.

a-Liver *b- muscles* *c- kidneys* *d- lungs*

Activity two(3pts) :Answer the following questions

1- How does the body function during the fasting hours?
2- Can mild dehydration cause difficulty in concentrating?
3- What do the underlined words in the text refer to ?

Activity three : (2pts) Match each word with its appropriate definition

Word	Definition
1-Kidneys 2- Dehydration 3-Fasting 4-Fluid	**a)** a dryness resulting from the removal of water. **b)** a substance that flows and is not solid **c)** a pair of small organs in the body that take away waste matter from the blood to produce urine . **d)** a period of time when you eat no food.

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Mastery of language (7pts)

Activity one :(2pts) Fill n the gaps with (*diabetes* , *children* , *obligatory* , *who*).

Fasting is ..... for all healthy Muslims except ..... and those ..... are ill or whose health could be affected by fasting, for example, pregnant or breastfeeding women and people with .....

Activity two(3pts) :**Rewrite the following passage using the right tense.**

Every Ramadan, Muslims around the world (**to fast**) all day long. So, they (**not to eat**) until the sun **(to set**).

Activity three(2pts) :In each list ,pick out the word with a different diphthong sound

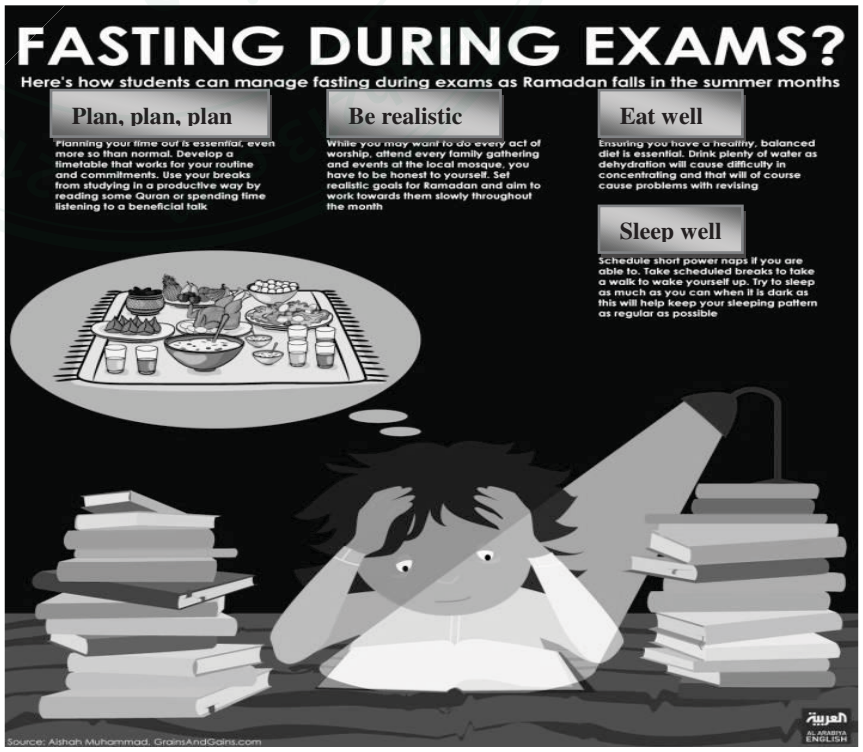
- Eye - why - island - way .
- Say - buy - aim - eight .
- Point - joy - boil - bone .
- About - phone - brown - found .

PART TWO :

Situation of integration (6pts)

Your third -term examinations coincide the fasting month this year. You may concentrate less while taking them ,especially, if it's hot and you don't have your suhoor or pre-dawn meal.

- -Write a short paragraph in which you talk about what you should do and eat throughout Ramadan nights in order to score best in your exams
- -The following tips of the poster may help you.





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