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Sayed Saker Middle School

level: 4MS **time: 1:30 h**

Second Term English Exam

Text:

Obesity

Obesity is related to human health condition in which he or she becomes too fat. If you are in this kind of condition and do not concern with it, you are in a big problem then. Gradually it will ruin your life, because obesity can cause so many diseases like heart attack, diabetes, respiratory, etc.

Here are some solutions to solve this problem. First, you can start by controlling your food. You must eat three times a day in a proper portion, not too much and not too less. Then you must eat it on time. The frequency of your meal could be five hours or more, for instance, you can eat your breakfast at 7, lunch at 12, and dinner at 6 p.m. Also you must concern with your food quality. Stay away from junk food, like burger, hot dog, coke, and every fried food. You may eat that kind of food but just once a week. It is better if you eat boiled or roasted food. The next is to work out. It does not need a hard work out. You can do cardio, like, jogging, walking, or swimming. You must do exercises at least three times a week in the morning or in the afternoon. They will burn the fat that stuck in your body. The last is to do those activities intensively will help you to stay alive.

Adapted from the Net
BEM's preparation teacher: Djamel

Part one:

Reading Comprehension (7pts)

Activity one : Read the text carefully then answer the following questions: (3pts)

1. Why will obesity ruin your life?
2. How many times a day must you eat?
3. Is it enough to do exercises once a week?

Activity two : Read the text again and say "false", "true" or "not mentioned": (2pts)

1- Obesity can cause a number of dangerous diseases.
2- A healthy and varied diet can help to maintain a healthy body.
3- You can eat junk food many times a week.
4- The exercises will burn the fat that stuck in your body.

Activity three: (2 pts)

1)Find in the text words or phrases that are closest in meaning to :(1pt)

a- overweight =…… **b**- illnesses =……

2)Find in the text words or phrases that are opposite in meaning to(1pt)

a- worse ≠……. **b**-The first≠……

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Mastery of language (7pts)

Activity one: put the verbs in the imperative: **(2pts)**

1- You should not smoke; it is bad for your health.

……..

2- You should eat homemade food.

……...

Activity two: Use either comparative or superlative in the following passage: **(3pts)**

1- Fruits and vegetables are **(good)**……..…junk food. **(Com)**

2- Home cooked meals are (**healthy**)…….fast food meals. **(Com)**

3- The healthy balanced diet is (**important**)……..thing to become fit. (**Sup**)

Activity three: Pick up from the text words of the following sounds: (2pts)

/ eɪ /	/ aɪ /	/ əʊ /	/ aʊ /
play	Hi	home	house

Part two:

Situation of integration (6pts)

Your friend suffers from obesity due to his bad eating habits and he has asked you for some advice in order to lose weight.

Use the following notes to write a letter in which you give your friend some pieces of advice and tips to help him becomes fit.

- Eat / fresh food / fruit and vegetable. .

-Not take / snacks: pop corn sweets …. / between meal times.

- Drink / a lot of /water/ not / consume /sodas, cola. .

- Sleep well / not watch TV too much.

Good luck

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