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إعتماد رقم 67 بتاريخ 06 سبتمبر 2010 تحضيري- ابتدائي- متوسط - ثانوي رخصة فتح رقم 1088 بتاريخ 30 جانفي 2011

The Second Term Test of English

Class:3ASS.3ASGE

Study has shown that the physically unfit person is unable to withstand fatigue for longer periods than the fit one; the physically fit person is better equipped to tolerate physical stress and has a stronger and more efficient heart. There is a relationship between good mental alertness, absence of nervous tension and physical fitness.

One way of being fit is through weight control. The major purpose of weight control is to reduce the amount of fat and to increase the amount of muscle. It is in reality a programme of fat control rather than weight control. **This control** can be exerted only by coupling a sensible dietary programme with a regular balanced programme of exercise.

When we eat, the food is used, stored or discarded. The body stored fuel or calories as fat. The more fuel we consume and the less of **it** we use, then the more of it stored in the body in the form of fat. The human body is not like the petrol tank of a car that will overflow when it is full. Our bodies accept all the calories that we put into them, and store those we do not use.

When you exercise, you burn calories. As muscle is slightly heavier than fat, you may very well notice an increase in your weight rather than a reduction. However, it must be stressed that this muscle weight is useful weight and will improve the way you look and feel.

Research has shown clearly that the most effective way of taking off weight and keeping it off is through a programme **which** combines diet and exercise.

Part One: A/- Reading Interpretation (8 pts)

1. Circle the letter that corresponds to the right answer: (1 pt)

A. The text is:

a. Descriptive b. Narrative c. Expository

2. Say if these sentences are true or false according to the text: (2 pts)

a. A dietary programme is necessary for fat control.

b. The human body rejects calories.

c. Our bodies burn the surplus calories like any car tank.

d. It is easier to lose weight than to gain it.

3. Answer the following questions according to the text: (3 pts)

a. What makes a fit person different from an unfit person?

b. How do people manage to keep a weight balance?

c. What is the benefit of exercise to our body?

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4. What or who do the underlined words refer to in the text? (1, 5)

a. **This control** can be exerted (§2) =……

b. The less of **it** (§3) =……

c. **Which** combines (§5)

5. Choose the most appropriate title to the text: (0, 5)

a. Problems of Fitness.

b. The Benefits of Diet.

c. Energy Balance.

B/- Text Exploration: (7 pts)

1. Find in the text words which are closest in meaning to the following: (0, 5 pt)

a. bear (§1)=…….

b. Rejected (§3) =……..

2. Find in the text words or phrases which are closest in meaning to the following:

decrease (§2)≠…… useless (§4)≠……

2. Divide the following words into roots and affixes: (1, 5 pt)

Calories- reduction- withstand

Prefix	Root	Suffix

3. Complete sentence (b) so that it means the same as (a): (1, 5 pt)

a. Through exercise practice, you lose weight.

b. If……

a. You may very well notice an increase in your weight rather than reduction.

b. It's ……

a. The body stores fuel or calories as fat.

b. Fuel or calories……

4. Decide whether you give the gerund or the present simple form to the verbs between brackets. (1, 5 pt)

(Play) some sports regularly (go) a long way in (maintain) your physical and mental wellbeing. It also (socialize) our lives and (teach) us many skills when (practice) it within a group.

5. Reorder the following sentences to get a coherent paragraph. (1 pt)

a. Restoring the balance between the amounts of the consumed food.

b. Eating junk food causes obesity among children.

c. and the right amount of energy can be obtained by practicing sport.

d. It is as dangerous as smoking.

Part Two: Written Expression (5 pts)

Choose one of the following topics.

Topic One: Write a composition on the new eating habits:

- Kind of food: Fast food, fatty and sugary food; less consumption of fruits and vegetables.
- No exercise.
- Effects: diabetes, Cholesterol, High blood pressure, overweight….etc

Topic Two: Food safety has become one of the major worries for mankind. Explain

Good Luck

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Correction of the second Term Test:

Part One: A/- Reading Interpretation (8 pts)

1. Circle the letter that corresponds to the right answer: (1 pt)

A. The text is:. c. Expository

2. Say if these sentences are true or false according to the text: (2 pts)

a. true b. false c. false d. false

3. Answer the following questions according to the text: (3 pts)

a. A fit person is different from an unfit person is that he is able to withstand fatigue for longer periods than the fit one, he is better equipped to tolerate physical stress and has stronger and more efficient heart.

b. People manage to keep a weight balance by coupling a sensible dietary programme with a regular balanced programme of exercise.

c. The benefit of exercise to our body is you burn calories, you may notice an increase in your weight rather than a reduction and it will improve the way you look and feel.

4. What or who do the underlined words refer to in the text? (1, 5)

a. **This control** can be exerted (§2) = weight control

b. The less of **it** (§3) =fuel

c. **Which** combines (§5)= way of taking off and keeping it off

5. Choose the most appropriate title to the text: (0, 5)

c. Energy Balance.

B/- Text Exploration: (7 pts)

1. Find in the text words which are closest in meaning to the following: (0, 5 pt)

a. bear (§1)= withstand.

b. Rejected (§3) = discarded

2. Find in the text words or phrases which are closest in meaning to the following:

decrease (§2)≠ increase useless (§4)≠ useful

2. Divide the following words into roots and affixes: (1, 5 pt)

Calories- reduction- withstand

Prefix	Root	Suffix

3. Complete sentence (b) so that it means the same as (a): (1, 5 pt)

a. Through exercise practice, you lose weight.

b. If you exercise , you will lose weight.

a. You may very well notice an increase in your weight rather than reduction.

b. It's

a. The body stores fuel or calories as fat.

b. Fuel or calories are stored by the body as fat.

4. Decide whether you give the gerund or the present simple form to the verbs between brackets. (1, 5 pt)

Playing some sports regularly **go** a long way in **maintaining** your physical and mental wellbeing. It also **socializes** our lives and **teaches** us many skills when **practicing** it within a group.

5. Reorder the following sentences to get a coherent paragraph. (1 pt)

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3 a. Restoring the balance between the amounts of the consumed food.
1 b. Eating junk food causes obesity among children.
4 c. and the right amount of energy can be obtained by practicing sport.
2 d. It is as dangerous as smoking.

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