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Level : 4MS
Duration :1 h 30 mn

# First Term Exam

**Input :**

Don't Be Fat

Teenagers are getting fat. A new study says that most teenagers are too fat. Is that true? Look at the people around you. Are most of them fat? Are most of them thin? Or are most of them in between? Many fat people get sick. They die young.

Doctors say these people can live longer. They must eat more fruits and vegetables. They must eat less meat. They must eat more fish. They must eat less fried food. They must not eat at fast food restaurants. No more cheeseburgers, and no more French fries. They must eat less bread and less pasta. If they eat less, they will weigh less.

But teenagers must also exercise. They must walk more. They don't have to run or jog. They don't have to climb stairs. All they have to do is walk. Just walk 30 minutes a day. Is that hard to do? Eat less. Walk more. Live longer. It sounds easy. But people love to eat. Eating is fun. Food is delicious. So it's not easy to eat less. Try to do it. It's hard to do.

Source : p48.org

## Part One (14 pts )

### A- Reading Comprehension ( 7 pts )

Read the input carefully then do the following activities :

Activity 1 : Answer the following questions (3pts)

a- Must teenagers eat less fruit and vegetables ?
b- Is walking for half an hour a day enough to be healthy ?
c- Does the author advise teenagers to run to lose weight ?

Activity 2 : Read the input and complete this table (2pts)

| Healthy food | Unhealthy food |
|---|---|
| 1…… | 1…… |
| 2…… | 2…… |

Activity3 : a- Find in the input words that are opposite in meaning to the following (1 pt)

hard ≠ …… thin ≠ ……

b- Find in the input words that are closest in meaning to the following (1pt)

have to = …… like = ……



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B- Mastery of Language (7pts)

Activity 1 : Find in the input one regular and one irregular verb then give their past simple tense (2pts)

| Regular verb | Past Simple | Irregular verb | Past simple |
|---|---|---|---|
| …… | …… | …… | …… |

Activity 2 : Change the following sentences into singular (3pts)

« They must walk more. They don't have to run or jog. They don't have to climb stairs. All they have to do is walk. »

He ……

…… .

Activity 3 : Find in the input four words that have the following sounds (2pts)

| / ei / | / ai / |
|---|---|
| 1-…….<br>2-……. | 1-…….<br>2-……. |

## Part two (6pts)

Your friend sent you a letter talking about his/ her bad eating habits which cause him/ her a problem of obesity and asking for your advice.
Write a letter to your friend advising him/her about good and bad eating habits.

Write about:

- Diet (meals, snacks)
- Healthy and unhealthy food
- Sport (physical activities)
- Check up (doctor)

GOOD LUCK !

2/2

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