najah213.com · نجاح 213

Mihoub Abdelbaki Middle School , Oued Lili,Tiaret
Second Test. First Term MS4 November 2016

Text:

Journalist: Are your eating habits healthy?

Sarah : My eating habits are not healthy. I do not usually eat vegetables and fruits, and I do not drink a lot of water. My decision for this year is to change my diet by reducing the amount of fast food and sugar which I eat. Last week, I read an article that explained how a lot of teenagers have become obese because of fast food. So, people, including myself, must stop eating fast food and instead, increase their vegetables. Changing one's eating habits is difficult, but it is worth the effort.

Moe : At home, eating healthy is a rule. My parents don't permit a soda in the house, and sports are a must. My parents are sport crazy, so naturally my sister and I are. There isn't any junk food, potato chips, cookie, etc... in my household. We rarely have Ben and Jerry's ice cream. But eating healthy and exercising like this helps you live longer and feel better.

Adapted from*:http://learning.blogs.nytimes.com/2011/01/25/are-your-eating-habits-healthy/comment-page-2/#respond*

PART ONE :I/ READING COMPREHENSION: (07 Pts.)

a)Read the text carefully and answer the following questions:(02Pts.)

1/ Is Sarah's diet healthy?

2/ Does Moe's family practise sports?

b)Read the text again and say: **TRUE, FALSE *or* NOT MENTIONED*:(03 Pts.)***

1/ The journalist is from The New York Times newspaper.

2/ Sarah eats a lot of fast food.

3/ Eating vegetables isn't very healthy.

c)LEXIS: ***1/ Match each word with its appropriate meaning: (02 Pts.)***

Word		*Meaning*
1. diet		**a.** something necessary
2. reduce		**b.** very fat or overweight
3. must		**c.** the foods eaten by a particular person
4. obese		**d.** to lower in degree, amount, etc…

II/MASTERY OF LANGUAGE: (07 Pts.)

a):Re-order the following words to get a coherent sentence:(02 Pts.)

many- soda – on- has – Drinking- risks- health -your.

b)Complete the table: (03 Pts.)

Adjective	*Comparative Form*	*Superlative Form*
dangerous		
	Crazier than	
		The worst

c)Circle the silent letters in the following words: (02 Pts.)

Which - lamb - Knee - Sign

PART TWO: WRITTEN EXPRESSION: (06 Pts.)

What are your food habits like?

Write an e-mail to the journalist (in a paragraph of about 08 lines) telling him about your food habits/diet:*(meals - foods - healthy or not - their times -...)*

فروض واختبارات مع الحلول لكل المستويات — مجاناً
najah213.com