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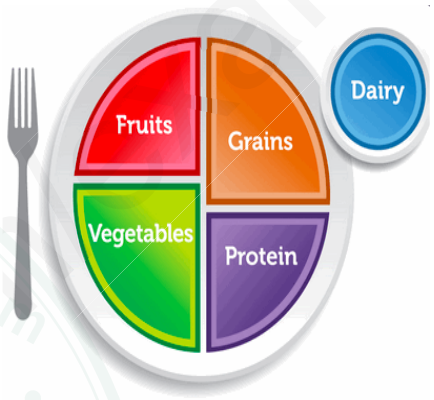
الجمهورية الجزائرية الديمقراطية الشعبية

مديرية التربية لولاية الوادي — متوسطة الشهيد بجير بلحسن بالوادي

الاختبار الثلاثي الثاني في مادة: اللغة الإنجليزية – مارس 2019 — المستوى: السنة الرابعة المدة: ساعة ونصف

The text: **Eat Healthy and Balanced Food**

It's important for people to eat as much as they need to give them energy. If they eat too little food or the wrong food they won't have enough energy. If they eat too much, they will need to make more exercise; otherwise they will put on weight. When we eat the correct quantity of food for the exercise we take, we call this the energy balance. **(§ 1)**



Fat is very high in calories, and so is no help at all in keeping energy balance. Fat has also been linked with heart disease, and many experts believe that eating less would help to reduce it. **(§ 2)**

Sugar isn't good for the energy balance either. The only value of the diet is to provide energy, and you can get that from other foods. There's no doubt that too much sugar makes you fat and it doesn't do your teeth much good either. **(§ 3)**

Fibre, on the other hand is something that we eat too little of. One of the simplest ways of eating more fibre is to eat more bread, particularly whole meal, granary, or high fibre bread .It's a good, cheap source of fibre and nutrients without too many calories .Potatoes are good, too. Like bread, they are underrated, but they're excellent for filling you up without making you fat, especially if you don't cover them with butter or fry them in fat. **(§ 4)**

So eat less fatty foods (sweets, chocolate, cakes pudding, jam) and eat more fibre foods (bread, potatoes, pasta, fresh fruit and vegetables). **(§ 5)**

Adapted from: www.en.islcollective.com

PART ONE (14 pts)

A/- Reading Comprehension **(07 pts)**

Read the text carefully and do the following activities:

Activity One: (02 pts). Answer the following questions.

1. What does "the energy balance" mean?
2. What are the fatty foods? Give two examples.

Activity Two: (03 pts). Read the following statement and write "true", "false" or "not mentioned".

1. People won't need to make exercise if they eat too much.
2. The Ketchup is often loaded with sugar.
3- Eating too much fat causes heart disease.

Activity Three: (02 pts).Find in the text words that mean almost the same as:

1. Decrease and diminish. (**paragraph §2**)
2. Cook food in hot oil or fat (**paragraph §4**)

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B- Mastery of Language **(07 pts)**

Activity One: (02 pts) Spot the mistakes and write the corrected passage on you answer sheet.

If we eats too match, we will needs to make more exercise?

……

Activity Two: (03 pts) : Give the imperative form of the following instructions.

1. You shouldn't eat too much fat and sugar.
2. You must practice sports to keep fit and healthy.
3. You should eat more vegetables and fruits.

Activity Four: (02 pts) Circle the silent letters in the following words.

wrong – heart – sugar – doubt

PART TWO: Written Expression **(06 pts)**

Your friend is fat. He eats a lot of fast food, chocolate, pastries and sweets. He went to the doctor to give him advise. Imagine the doctor's instructions. Use the imperative and time sequencers.

Start like this:

Doctor: First, don't eat fast food. ……
……
……

Good Luck

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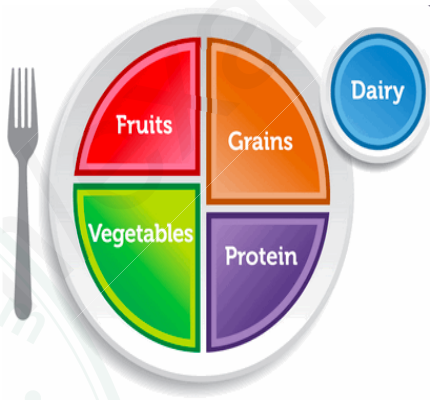
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So eat less fatty foods (sweets, chocolate, cakes pudding, jam) and eat more fibre foods (bread, potatoes, pasta, fresh fruit and vegetables). **(§ 5)**

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PART ONE (14 pts)

A/- Reading Comprehension **(07 pts)**

Read the text carefully and do the following activities:

Activity One: (02 pts). Answer the following questions.

1. What does "the energy balance" mean? **(It means that when we eat the correct quantity of food for the exercise we take.)**
2. What are the fatty foods? Give two examples. **(sweets, chocolate, cakes pudding, jam.)**

Activity Two: (03 pts). Read the following statement and write "true", "false" or "not mentioned".

1. People won't need to make exercise if they eat too much. **False**
2. The Ketchup is often loaded with sugar. **Not mentioned**
3- Eating too much fat causes heart disease. **True**

Activity Three: (02 pts).Find in the text words that mean almost the same as:

1. Decrease and diminish. (**paragraph §2**) **Reduce**
2. Cook food in hot oil or fat (**paragraph §4**) **Fry**

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B- Mastery of Language **(07 pts)**

Activity One: (02 pts) Spot the mistakes and write the corrected passage on you answer sheet.

If we eats too match, we will needs to make more exercise?
If we **eat** too **much**, we will **need** to make more exercise.

Activity Two: (03 pts) : Give the imperative form of the following instructions.

1. You shouldn't eat too much fat and sugar. **Don't eat too much fat and sugar.**
2. You must practice sports to keep fit and healthy. **Practice sports to keep fit and healthy.**
3. You should eat more vegetables and fruits. **Eat more vegetables and fruits.**

Activity Four: (02 pts) Circle the silent letters in the following words.

wrong – heart – sugar – doubt

PART TWO: Written Expression **(06 pts)**

Your friend is fat. He eats a lot of fast food, chocolate, pastries and sweets. He went to the doctor to give him advise. Imagine the doctor's instructions. Use the imperative and time sequencers.

Start like this:

Doctor: First, don't eat fast food **or junk food. Second, stop eating food contains much sugar such as sweets, pastry and chocolate. Third, eat healthy or homemade food. Then, go on balanced diet. After that, keep an eye on your weight. ……. Finally, practise more exercise to fill better and stay healthy.**

Good Luck

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