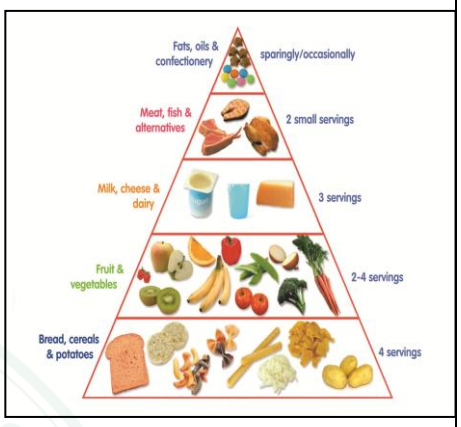
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اعتماد رقم 67 بتاريخ 06 سبتمبر 2010 تحضيري- ابتدائي- متوسط - ثانوي رخصة فتح رقم 1088 بتاريخ 30 جانفي 2011

Level: 4MS **School Year: 2018-2019**

Text:



A balanced meal is a meal which brings to our organism everything it needs to function. Eat balanced; eat a little bit of everything but in a reasonable way because if we eat a lot of some foods, it can be dangerous for our health.

Food is split into five food groups. Each group has an interest and different characteristics that make essential for the functioning of our body. To eat a balanced diet, just eat a food from each group. Grain group contains bread, rice and pasta; It is a source of energy. Vegetables and fruit group contains carrots, lettuce, oranges, and grapes.....ect. This group is rich of vitamins and minerals. It prevents illnesses.

Meat group contains meat, fish and eggs and milk group contains dairy products such as milk, cheese and yogurt. These two groups provide proteins and vitamins. They build body tissues. Fat, oil and sweet group contains butter, sweeties, soda, biscuits and chocolate .....ect. This group provides vitamins A and B, but we should eat in small amounts not to have health problems like obesity.

Task one:

A/I read the text then complete the following table. (03Pts)

-Food groups	-Contents	-A source of
-Grain group		
-Vegetables and fruit		
-Meat group		

B/ I read the text then answer the following questions. (02Pts)

-What is a balanced meal? .....

-In which paragraph is it mentioned that we shouldn't eat too much fat? Justify.

-.....

C/I find in the text words or phrases that are closest in meaning to: (01Pt)

-Body= ..... -Diseases= .....

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-I find in the text words or phrases that are opposite in meaning to: (01Pt)

-Safe≠ ..... -Causes≠ .....

Task Two:

A/ I supply the right punctuation and capital letters where necessary. (02Pts)

you should eat food that contains too much vitamins fibres minerals and proteins

B/ I complete the following sentences using the comparative form of adjectives in brackets. (03PTs)

-Chicken is .....in cholesterol .....meat. **(Low)**

-Fish or sea food is .....any kind of white or red meat. (**Healthy)**

-Goat and camel milk contains .....fat .....other kind of milk. (**Little**)

-Consuming fried food in .....any other type of food. **(dangerous)**

C/ I circle the silent letters in the following words. (02Pts)

- Fruit -should -which -lamb -knife -muscle -guess –wrestle

Task Three: (06Pts)

On April 7th, we celebrate the World Health Day. On this occasion, your teacher asked you to write a short paragraph in which you give some pieces of advice to stay healthy. Use these cues to help you:

-Diseases related to food/ healthy-unhealthy food.

-Sport/ less (sugar-salt and fat)/ more (fibres –vitamins....)



"The greatest wealth is health"

.....

.....

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.....

Good Luck

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Assessment report (corrigé)

Task one:

A/I read the text then complete the following table. (03Pts)

-**Food groups**	-**Contents**	-**A source of**
-Grain group	-bread -rice -pasta	-energy
-Vegetables and fruit	-carrots -lettuce -grapes	-vitamins and minerals
-Meat group	-meat –fish and eggs	-proteins and vitamins

B/ I read the text then answer the following questions. (02Pts)

- It is a meal which brings to our organism everything it needs to function.

-In the third paragraph. " we should eat in small amounts not to have health problems."

C/I find in the text words or phrases that are closest in meaning to: (01Pt)

-Body=organism, -Diseases=illnesses

-I find in the text words or phrases that are opposite in meaning to: (01Pt)

-Safe≠ dangerous -Causes≠ prevents

Task Two:

A/ I supply the right punctuation and capital letters where necessary. (02Pts)

You should eat food that contains too much vitamins, fibres, minerals and proteins.

B/ I complete the following sentences using the comparative form of adjectives in brackets. (03PTs)

-Chicken is lower in cholesterol than meat.

-Fish or sea food is healthier than any kind of white or red meat.

-Goat and camel milk contains less fat than other kind of milk.

-Consuming fried food in more dangerous than any other type of food.

C/ I circle the silent letters in the following words. (02Pts)

- Fruit -should -which -lamb -knife -muscle -guess –wrestle

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Task Three: **(06Pts)**

-Criteria	**Indicators- The learner**:
1-Relevance	-Can write a paragraph in which he can give advice.
2-Use of correct linguistic tools/ consistency	-can use mechanics of writing. -Can use should/ shouldn't. -Can use vocabulary related to the topic.
3-Coherence	-can use logical organization of ideas. -can use meaningful sentences -can use appropriate linking words.
4- Cross-curricular competencies	-Can demonstrate autonomy.
5-Values	-Being respectful -polite -Valuing health- food.
6-Excelance	-His work is well prepared and well presented. -His production shows creativity.

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