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BOUHARA ISMAIL MIDDLE SCHOOL -LOTA- BEJAIA Time:1h

Class: 2MS... *Sunday, April 30th,2023*

Full name: …… Teacher: Elina. Boumezoued

Term English Test

Text:

It's important to eat as much as the body needs to have energy and eating too much or eating unhealthy food and not practicing sport cause obesity and you can have overweight. Eating the correct quantity of food and practicing sport, we call this the energy balance.

To keep healthy, you have to eat a balanced diet. Your food should include different vegetables, fruits, protein and grains. You should avoid all the foods that contain a lot of sugar, oil or fats. Fatty food is linked with heart disease and eating less would help to reduce it. You must eat fruits and vegetables because they contain vitamins. You must eat white meats as chicken and fish because they contain protein. Don't forget that you should practice sport because it is very important to keep your body well shaped and energetic. Drink water as much as you can, it's very good to your body. Don't sit on the sofa, watch tv and eat and never practice sport. That's very dangerous to your health, you'll gain extra weight and some illnesses.

So, eat less fatty food (chocolate, sweet, …) and eat more fiber food (bread, potatoes, pasta, fresh fruit and vegetables).

Written by the teacher

READING COMPREHENSION: (7PTS)

Task 01: Read the text and colour the correct answer (a / b / c): 3pts

1. The text is about: a- a balanced diet b- a doctor visit c-stomachache
2. Obesity is because of: a- eating healthy food b- not practicing sport c- unhealthy diet and not practicing sport

Task 02: Read the text again and answer the following questions:2pts

a) Is drinking water good to your body? ⟹ ……
b) What should you do to keep healthy? ⟹ ……

Task 03: Find in the text: 2pts

- Words that are closet in meaning to:

Junk food = ……... well = ……

- Words that are opposite in meaning to:

Similar =\= ……. Safe=\=……

MASTERY OF LANGUAGE (6PTS)

Task 01: Add one word to each list (2pts)



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Good luck my lovelies

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1- Sore throat – fever - ..... 2- Arm – ankle - .....

Task 02: Fill in the gaps using: '' should '' or ''shouldn't'' (2 pts)

1- You look tired. You ..... have a rest. 2- Children..... eat junk food.

Task 03: Reorder the following words to get correct sentences: (1pts)

☺ eat/ You/ vegetables /. / to / should / weight / lose ➡ .....

Task 04: Classify the following words in the chart below: 2pts

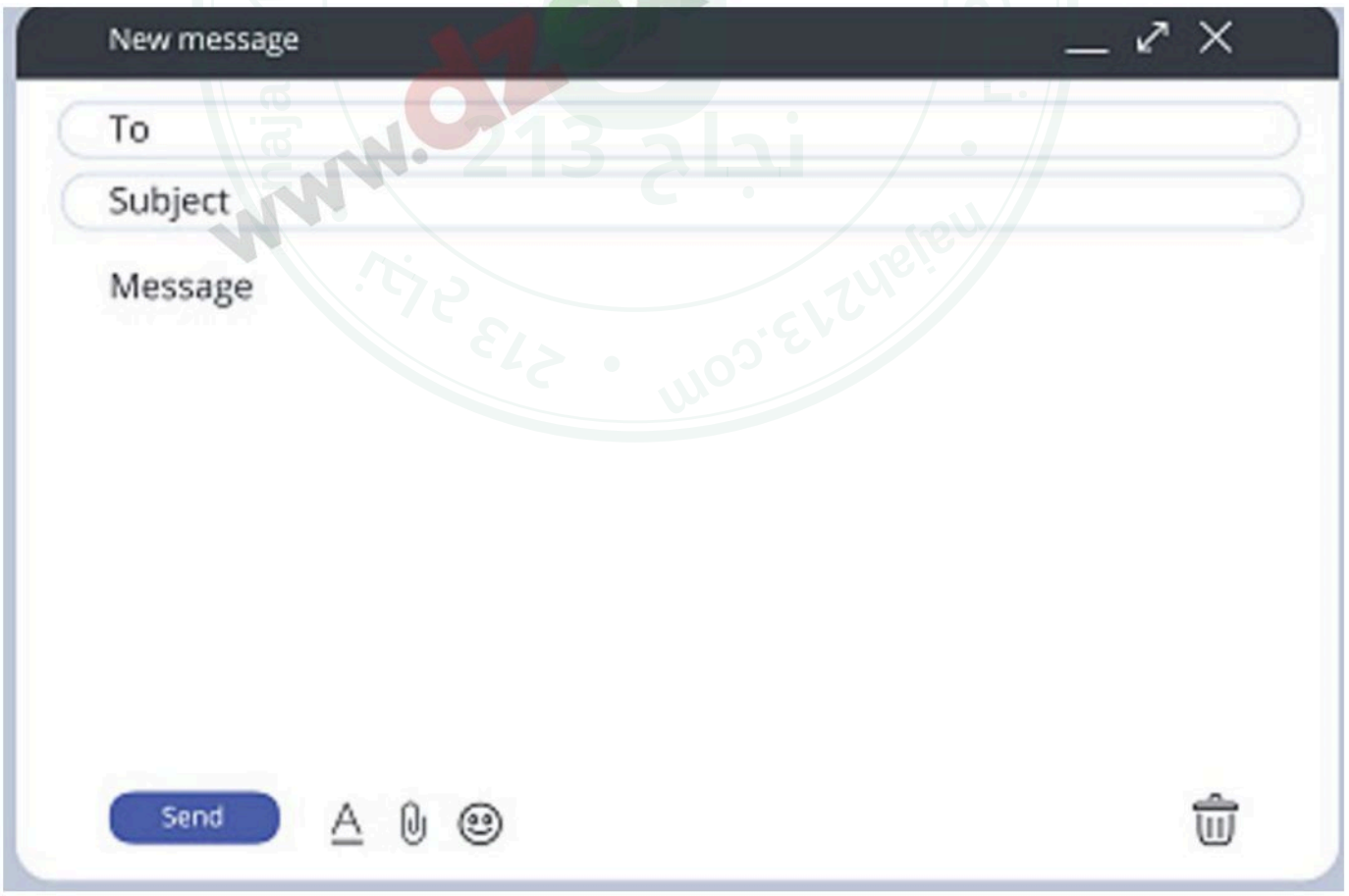
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• ..... a.	• ..... •	• ..... • .....

WRITTEN EXPRESSION: (6PTS)

Your friend Aisha has **a bad toothache**, writ an email giving her:

- ✓ Some advices using: (should / shouldn't).
- ✓ Sequencers: First, second, third, then, after that, finally ….



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