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Level:2ms **Ahmed Remidini Middle School**

Timing :1h

2016-2017

The Second English Test



Text:

Grains, fruit and vegetables, meat and other proteins, dairy, fat and sugar compose the five food groups. In a healthy diet, each group plays an important role. To keep in good health, people must consume a lot of grains,fruit;apples,oranges,strawberries... and vegetables;cucumber,carrots,tomatoe.... They mustn't eat too much dairy, meat and other .proteins, and they must avoid too much fat and sugar.



PART ONE:

Read the text carfully then do the following activities

A/ Reading Comprehension (07 Pts)

Activity one(02 Pts):Read the text carefully and answer the questions.

1- What are the five food groups?.....

2- Must we consume a lot of fat and sugar?.....

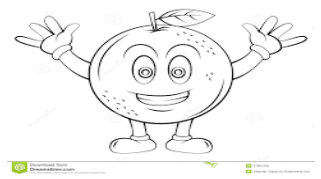
Activity two(03 Pts): Where can we find the followings. Match each pair

- calcium	- oranges
- Protein	- water
- vitamins 'C'	- meat
- minerals	- cheese

Activity three(02 Pt):

Sort out from the text 2 words related to fruit and 2 others relted to vegetables

Fruit	Vegetables
1-.....2-.....	1-.....2.....



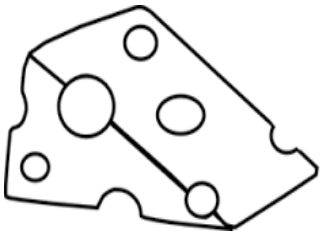
*grains: the small seeds of food plants 

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B/Mastery of language: (07 Pts)

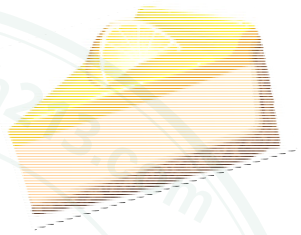
Activity one(02 Pts):Name this food



....

Activity two (02 Pts): choose the correct possessive pronoun



1-Come on ,you two(our/ours) cake is ready.

2-Our pizza is better than(their/theirs).

3-Is that(your/yours)cheese cake? It's delicious.

Activity three(02 Pts):Classify these words according to their vowel sound

Meat - in - dairy- keep

/ i:/eat	/i/ is
1- ..... 2-.....	1-..... 2-.....

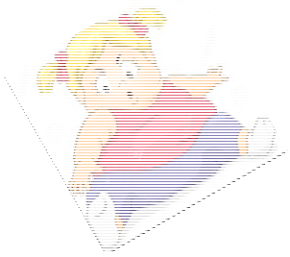
PART TWO: Integration Phase (06 Pts

Your friend suffers from obesity (he/she is too fat) ; he/she needs to lose weight.

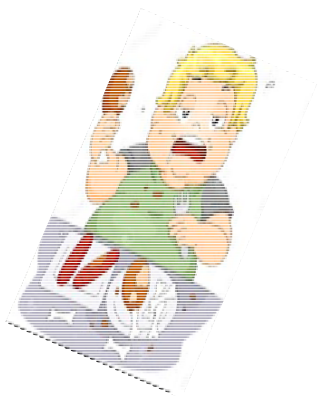
Write **a paragraph** to give him/her tip for weight loss.

Help him/her to become healthy person.

- Drink more water
- Eat healthy food (fruit ,vegetables.....)
- Take time when chewing food.
- Practise daily sport exercises.



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