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Direction of Education (Tizi- Ouzou)

Level : MS4

Democratic and Popular Republic of Algeria

Second –term test n 2

60 mn

Brothers Haddad Middle School

2018-2019

Name:..... **Class**: 4am.....

The Side Effects of a Fast Food Diet

It's the 21st century and "junk food" has gone global. It is now available all over the world. We see it most everywhere we go; in grocery and convenience stores, fast-food restaurants, on television, usually looking very appealing. But just what are the facts about junk food?

Weight gain is often a consequence when teens reach too often for the high-calorie offerings of fast food. Along with changes in appearance that can greatly affect the self-confidence and self-esteem of teens, excess weight can also lead to some serious health problems, including: type 2 diabetes ,elevated cholesterol and high blood pressure.

Fast food also lacks many of the minerals and vitamins teens need to grow strong bones, develop muscle, and move into healthy adulthood. B vitamins, for instance, found in leafy greens, fresh fruits, and whole grains help your body store energy, repair and rebuild cells and keep your digestive system functioning normally.

A high-carb, high-sugar fast food diet also contributes to irritability, decreased ability to focus, anxiety and depression.

Adapted from the net
Written by Sandra King; Updated November 27, 2018

Part One (14pts)

A)Reading Comprehension (7pts) :

Read the text carefully and do the following activities.

Activity one : Read the text and put "true", "false" or "not mentioned".(3pts)

1-Nowadays, junk food is eaten all over the world.(.....)

2-Weight gain is the result of healthy food consumption (.....)

3-B vitamins help your body store energy for a couple days (.....)

Activity two :Answer the following questions(2pts)

1- Where can we find B vitamins? .....
2- Does fast food contain a lot of minerals and vitamins?.....

Activity three :Lexis(2pts)

1)Find in the text words or phrases that are closest in meaning to :(1pt)

a- universal=..... **b**- conserve=.....

2)Find in the text words or phrases that are opposite in meaning to(1pt)

a- destruct ≠..... **b**-low≠.....

Turn the Page

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Mastery of language (7pts)

Activity one :Supply the verbs between brackets with their right tense .(3pts)

Nutritionists say that a teenager (**have to**)..... eat more healthy food. He should also (**drink**).....a lot of water if he (**want**) .....to stay sick-free.

Activity two : (2pts) Use either comparative or superlative in the following passage.

Junk food is (**bad**).....than healthy food, and I think fruits and vegetables are **(good**)..... .Sugary drinks are (**expensive**.....than water, but this colourless and odourless drink is (**healthy**).....

Activity three :Pick out from the text 4 words that have the following vowel sounds (2pts)

/ **i** /(big)	/ **i :** / (meet)	/ **e** / (bed)	/ **ə** / (again)
1-.....	2-.....	3-.....	4-.....

PART TWO : Situation of integration (6pts)

Your classmate has become **obese** because of his **bad eating habits**. He asks for your help to **lose weight**.

-Write a **paragraph** in which you give him/her some **pieces of advice** using **should, shouldn't, must etc...**

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No bees no honey, no work no money !

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