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PEOPLE'S DEMOCRATIC REPUBLIC OF ALGERIA

Biskra Eldjadida Middle School	*Date : Wednesday, December 7th, 2016*
Class: 4MS	*The English Exam of the First Term*

The text :

Healthy Food

Healthy food is good for you. You need it for shiny hair and strong bones. You need it so you can grow tall and feel good. The best part about healthy food is that it is tasty! You can find grains in bread, rice, and oatmeal. You should eat four servings of grains every day. Milk, cheese, and yogurt are also important. These will give you strong bones. Meat, beans, fish, and nuts give your body iron and protein. You can also eat an egg or some peanut butter to help keep your body healthy. Fruit and vegetables are good to eat. Eat many kinds each week. Chips and cookies are tasty, but eat only a few at a time. When you eat healthy food, your body will thank you!

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Part One: Reading Comprehension (7pts)

A/ Read the text and then choose the best option for each sentence.

1. Healthy food will make you . . .

a. sick. b. green. c. strong. d. tasty.

2.What food will help give you strong bones?

a. Bread b. cheese c. nuts d. chips

3.What kind of vegetables should you eat each week?

a. none b. Green vegetables c. one kind d. many kinds

4.You should eat cookies . . .

a. once in a while. b. all the time. c. instead of oatmeal. d. to grow strong.

B/ Read the text then answer these questions.

1- **What's the best part about healthy food? .....**
2- **Are dairy products like milk and cheese important? .....**

C/ Match the words on the left with their synonyms on the right.

1- Healthy	a- types
2- Strong	b- powerful
3- Each	c-fit
4- Kinds	d- every

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2/ Mastery of the Language

A/ Match the following cooking verbs with their corresponding pictures. 2pts

a- to grate b- to knead c- to boil d- to grill

1.  **2.**  **3.**  **4.** 

B/ Say what does each sentence of the following express.

1- **May all your dreams come true, my friend. .....**
2- **Ben can't swim. .....**
3- **Anna couldn't say a word in English last year.....**
4- **You may enter your classrooms now. .....**
5- **We will be able to pass the Brevet Exam easily. .....**
6- **May I use your laptop, please? .....**

C/ Insert the appropriate prefixes to form the opposite of these words.

a- Correct b- possible c- agree d- happy

Part Two: Situation of Integration.

Imagine you are a customer at a restaurant.

Write the conversation between you and the waiter.

a-Opt for healthy choices.

b- Order a starter, a main dish, a drink and a dessert.

c- Don't forget to make the conversation as polite as possible.



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