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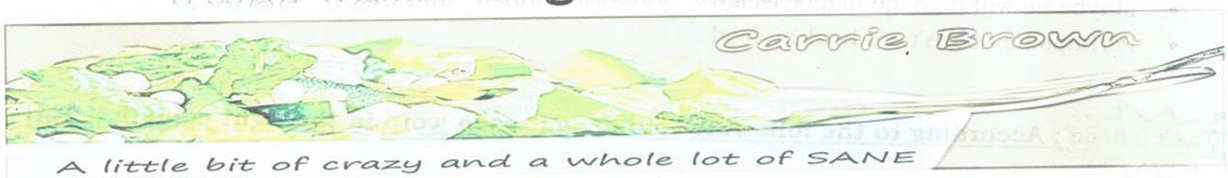
HAMADA HABIB MIDDLE SCHOOL- GDYEL
LEVEL: 4 AM.
TIME: 1hour 30min



SCHOOL YEAR: 2016/2017



First Term English Exam



Life in the sane lane

If you want to live longer, you should learn to live healthy, therefore, to eat sane food. By sane , I mean how healthyful a food is for us ; it is the way we can choose foods based on their quality.

Eating sane foods will help our hormones and metabolism to heal, allowing our body to give up any excess of fat. Sane foods give us energy and make us feel fantastic !

Sane foods are foods that are satisfying, unagressive and nutritious. Sane lifestyle focuses on eating foods that are high in water, fiber, protein and avoiding processed meats, margarine, soda, sugars and other sweeteners.....

(Carrie Brown)

PART ONE :

READING COMPREHENSION : Read the text and do the following tasks : (6pts)

Task One :1/ Read the statements and say whether they are TRUE or FALSE (1pt)

1. Sane food can reduce fat in our body.
2. Water is important for our metabolism.



2/ Answer the following questions : (2pts)

1. Do sane foods heal our metabolism ? pick out a sentence from the text to justify your answer.
2. What does healthy lifestyle focus on ?

Task Two : what do the underlined words in the text refer to ? (1pt)



1. Their .....
2. That .....

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



To cure=..... Staying away from=.....

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

Low=/=..... Agressive=/=.....

MASTERY OF THE LANGUAGE : (8pts)

Task One : Re-write the following passage using the imperative form : (2pts)

« you should eat more fruits, whole grains, fish and vegetables and you should not skip breakfast . »

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Task Two : Re-write the following sentences using « may » :(2pts)

- Maybe he will manage to lose weight.
- Perhaps he doesn't eat healthy food.

Task Three : According to the following sounds, put each word in the right column :(1pt)

Protein – sweeteners – give – satisfying

/i/	/i:/

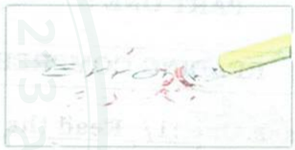


Task Four: Complete the following table : (2pts)

Long	longer	.....
Sane	.....	.....
Nutritious	.....	The most nutritious

Task Five : Spot the mistake and correct it in the following sentences : (1pt)

1. When I was a kid, i can never eat vegetables.
2. Saying that water is disimportant is totally wrong.



PART TWO : COMPOSITION.....6PTS

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

- Send him/her **a letter** to give him/her tips for weight loss.
- Help him/ her to become a healthy person.

The following hints may help you :

- ✓ Drink more water.
- ✓ Eat healthy food (fruit, vegetables,.....)
- ✓ Take your time when chewing food.
- ✓ Avoid salt (it contributes to water retention).
- ✓ Cut out drinks with calories (juice, lemonade,.....).
- ✓ Practise daily sport exercises. .....







Good Luck !

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