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Class: 4MS. **2018/2019**

Ethabat School.

THE SECOND TERM ENGLISH EXAMINATION



Dear friend,

I'm Nazim,I am from Tunisia and I suffer from obesity because I'm fat. My dietician gave me a special diet plan to follow it. He recommends that a typical diet plan should be balanced. At lunch, I have to eat one slice meat, lettuce, one slice of a whole meal bread and two fruits. I have to take a vegetable soup with two boiled eggs and a fresh lemon juice at dinner. Every day at breakfast, I should eat cereals with skim milk and drink orange juice, it is good for our health.

Concerning exercises, I have to go jogging every day, but I go to the gym twice a week and play with the jumping rope. I should follow my dietician instructions and eat healthy food.

All the best.

Part One: Reading Comprehension

Activity one : **Read the text and answer the following questions:** **(03pts)**

1- Is Nazim a slim boy ?

2- What should he eat at breakfast ?

3- Does he practise sport ?

Activity two : **Read again and complete Nazim's diet plan :** **(02pts)**

My diet plan			
Breakfast	Lunch	Dinner	Exercises
…….	…….	…….	…….
…….	…….	…….	…….
…….	…….	…….	…….

Activity three : **A) Find in the text words that are synonyms in meaning to : (02pts)**

must = …… overweight = ……

B) Find in the text words that are opposite in meaning to

slim ≠ …… unhealthy ≠ ……

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Mastery of Language:

Activity One : **Spot the mistakes and correct them :** **(02pts)**

nazim should goes on a diet , and she must not eats unhealthy food ?

→ .....

Activity Two : **Rewrite the following statements in the right tense :** **(03pts)**

1 – If Brahim (not / to get)..... his BEM Exam, he (not / to go)..... to the Secondary School.

2- I (to have)..... a daily diet plan before I (to become)..... too fat.

3- You should (to practice)..... sport in order to be healthy.

4- He must (not / to consume) ..... a lot of sugar.

Activity Three: **Classify the following words according to their diphthongs sounds:** **(02pts)**

Boy – diet – pay – mouth

/aɪ /	/aʊ/	/ ɔɪ /	/ eɪ /
.....	.....	.....	.....

Situation of Integration : (06pts)

You are fat and you are suffering from obesity. Your dietician gave you a weekly diet plan that you have to follow it with practicing sport. Write **an Email** in which you reply to Nazim and sent him your weekly diet plan and exercises.

Use these cues:

1-At breakfast (one cup of milk – water …)

2-At lunch (grilled fish - escalope – lettuce ….)

3-At dinner (soup – one apple -water ……..)

4- Swimming – Judo.

4- Sunday – Monday -Tuesday- Wednesday- Thursday- Friday- Saturday.

Good Luck

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