najah213.com · نجاح 213

Democratic and Popular Republic of Algeria

……. Middle school. **School year:2017-2018.**

Level: MS2 **Duration:60m**

Name:..... Class:.2am...

Third-Term Test n 1

Text :



During the preschool years, your child should eat the same foods as the rest of the family, with an emphasis on those with nutritional value. This includes fresh vegetables and fruits, nonfat or low-fat dairy products (milk, yogurt, cheeses), lean meats (chicken, turkey, fish, lean hamburger), and whole grain cereals and bread. At the same time, limit or eliminate the junk food in your child's diet, and get rid of sugared beverages as well.

Tips for feeding your preschooler (3 to 5 years)

- Eat meals and snack prepared at home more often. Prepare healthy homemade recipes.
- Let your child decide what and how much to eat from the foods your offer. Continue to offer a variety of familiar foods and new foods at each meal.
- Offer water between meals. Sipping on milk or juice between meals can decrease appetite. If you give your child juice, offer 100% fruit juice and limit it to 125-175 mL a day.

https://www.healthychildren.org

I read and do

7pts

A)I read the text and I put "true", "false" or "not mentioned". (3pts)

1-The preschooler should eat like all the members of his/her family (…….)

2-The preschooler shouldn't eat fresh fruits and vegetables (……)

3-The preschooler should limit or eliminate junk food only at dinner (……..……)

B) I read again and I answer the following questions (2pts)

1-Should the preschooler emphasize on food with nutritional value?.....

2-What should parents offer for their child between meals?.....

C) I underline the right synonym : (1pt.)

Skimmed =(sugary/low-fat/salty) **drinks** =(beverages/foods /sweets)

D) I underline the right opposite: (1pt.)

Junk ≠ (healthy/ unhealthy/dietary) **same**≠ (similar / different / all)

Turn the Page

فروض واختبارات مع الحلول لكل المستويات — مجاناً

najah213.com

najah213.com · نجاح 213

I test my mastery of language

8pts

A)I put the right punctuation and capital letters where necessary (1pt)

why should you eat healthy food→……

B) I classify the following food items in the table below. (3pts)








Humburger	Orange juice	Chips	Wholemeal bread	bananas	pizza

Healthy food	Unhealthy food
……	……

C) I fill in the blanks with : (should – healthy – overweight – exercise) (2pts)

A: I'm ……, what ……I do?
B: You should eat ……food and ……. regularly.

D)I find in the text above 4 words with the following sounds (2pts)

/ʃ/	/tʃ /
1……2-……	3-……4-……

I think and write

5pts

Your teacher wants to know about your eating habit.

Write a short paragraph in which you tell her about what you prefer eating at breakfast, lunch and dinner.

……
……
……
……
……
……
……
……
……

Good luck

ency-education.com/exams
فروض واختبارات مع الحلول لكل المستويات — مجاناً
najah213.com