

Cons & Pros of Spiritual Ramadan Fasting

Each year, millions of Muslims practise daily fasting, and refrain from eating or drinking from sunrise (Suhour) to sunset (Iftar). With that in mind, let us explore the good as well as not-so-good facts about fasting.

Ramadan fasting is obligatory for the healthy adult. The intention of fasting for Muslims during Ramadan is to learn self-control from everyday pleasures, and to strengthen spiritual bond with the Almighty (God), to purify the body as well as soul.

Starting with the Pros of fasting, there are Psychological Benefits: when fasting, Muslims are also obligated to abstain from falsehood in speech and action, from any ignorant and indecent behaviour, fighting, As a result, fasting strengthens control of impulses and helps develop good behaviour.

And Physical Benefits: It is scientifically proven that intermittent fasting can be beneficial for health and mind. When a person stays away from constant eating and drinking fluids, this leads to weight loss and reduction of cholesterol in the blood. Moreover, the body gets a chance to detoxify the digestive system.

Let's introduce some Cons of fasting, after a period of fasting, research shows people tend to demand more foods, with higher calorie content. This can reverse the intended effects of a weight management plan. Some short-term side effects may occur such as headaches, dizziness, light-headedness, fatigue, low blood pressure and abnormal heart rhythms.

Written by Bateel (<https://bateel.com/blog/bateel-gourmet/>)

Reading comprehension:

Task one: circle the right answer.(3pts)

Bibliographical notes

	Type of documents	Type of text
1-Author	1- press article	1- descriptive
2-Source	2-blog article	2- narrative
3-Number of paragraphs	3- web article	3-argumentative

Task two: I read the text and answer the following questions

- Who or what do the words in bold refer to?(1pt)
- The text is about :(1pt)

a.Ramadhan over the world. b.The pros and the cons of fasting. c.Ramadhan strengthen the spiritual bond with God

Task three: Match the word from the text(1,2,3 ...)with its definition(a,b,c,...)(2pts)

- | | |
|---------------|--|
| 1. Fasting | a-make something stronger or more effective, or to become stronger |
| 2. Almighty | b-remove a harmful or toxic chemical from another substance. |
| 3. Strengthen | c-abstinence from food or drink or both for health, ritualistic, religious purposes. |
| 4. Detoxify | d-having the power to do everything: |

Mastery of language:

Task one: Supply the right punctuation and capitalisation where necessary.(2pts)

If i want to be a good citizen I should do things right

Task two: Write the correct of the verbs in brackets.(3pts)

- (not to stop) doing good things during your life if you (to be) really a Muslim.
- People are not keen on (to give) pieces of advice to hopeless persons.
- If everyone (to know) his rights and duties, everything (to be) all right.

Task three: classify the words below according to their final sound's' .(2pts)

Benefits - Muslims - headaches - losses

/s/	/z/	/iz/

Dialogue:(6pts)

Teacher: why do Muslims fast?	You :.....
Teacher: what are the pros of fasting?	You:
Teacher: what about the cons?	You:
Teacher: Are you a proponent or an opponent of fasting?	You:.....
Teacher: Why?	You:

The text:**Dragon Boat Festival**

Have you ever heard of the festival of the dragon boat? It is a popular festivity in China that takes place in the month of June. This festival has been celebrated for a long time; some may say since the Zhou dynasty. The main traditions are Zongzi and the dragon boat races. (§ 1)

Zongzi has been the traditional food of this festival since the death of Qu Yuan, a royal official. Zongzi are like tamales of glutinous rice. The story says that Qu had to escape from the royal palace, and was killed one day near a lake. People admired Qu so much that they decided to look for his body in the lake; and to avoid fish eating the corpse, people started throwing rice balls to the lake. Since then, Zongzi has become a tradition. (§ 2)

How about the dragon boats? They are a way to represent the Chinese mythology. People design their own dragon boats and make teams to compete and see which is the fastest boat. The teams are guided by someone playing a drum, who will guide the rhythm in which the players row. My friend Pier has gone to this festival for 10 years. Also, since 2018, he has been able to participate in the dragon boat competition. At first, he wasn't very good, but he has been practicing a lot, maybe he and his team will win this year. (§ 3)



Adapted from: <https://liveworksheets.com/>

A) Reading Comprehension (09 pts)

I read the text carefully and do the following tasks:

Task One (04 pts): I read the text and answer with "True" or "False":

- 1- Qu Yuan is the name of the festival.
- 2- Zongzi traditional food is made by rice and fish.
- 3- The festival has been celebrated since the Zhou dynasty.
- 4- People design their own boats.

Task Two (03 pts): I read the text and answer the following questions:

1. Have you ever heard of the festival of the dragon boat?
2. Since when Zongzi has been the traditional food of this festival?
3. Was Qu Yuan killed near a lake?

Task Three (02 pts): I match the words (a-d) from the text with their meanings (1-4).

Words	Meaning
a- popular	1- a series of music, plays, films, etc., usually organized in the same place once a year.
b- festival	2- liked or enjoyed by a large number of people.
c- lake	3- a group of people who play a particular game or sport against another group of people.
d- team	4- a large area of water that is surrounded by land.

B) Mastery of Language (11 pts)

Task One (03 pts): I reorder the following words to get coherent sentences.

1. ever / Festival / the Dragon / Have / of / ? / you / Boat / heard
2. never / have / . / seen / I / a festival

Task Two: (05 pts) I write the verbs between brackets in the present perfect.

Helen Thayer, (never to let) age stop her. She was born in 12th November 1937 in New Zealand (93 years now). She (to be) exploring the outdoors for most of her life. Since childhood, she (to travel) widely in harsh climates and across rough lands. She (to walk) to the North Pole with her dog as her only companion. She **has** also **kayaked** 2200 miles (3541 kilometers) down the Amazon, and **done** several mountain climbs. These trips (not to be) easy, but they (to be) very satisfying.



Task Three (03 pts): I classify the following words in the table below according to the pronunciation of their final "ed" ending.

celebrated – killed – admired – decided – started – guided

/t/	/d/	/ɪd/

The text:

Dragon Boat Festival



Have you ever heard of the festival of the dragon boat? It is a popular festivity in China that takes place in the month of June. This festival has been celebrated for a long time; some may say since the Zhou dynasty. The main traditions are Zongzi and the dragon boat races. (§ 1)

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Task One (04 pts): I read the text and answer with "True" or "False":

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...False ...
...False ...
...True ...
...True ...

Task Two (03 pts): I read the text and answer the following questions:

1. *Yes, I have/ No, I haven't*
2. *It has been the traditional food of this festival since the death of Qu Yuan.*
3. *Yes, he was.*

Task Three (02 pts): I match the words (a-d) from the text with their meanings (1-4).

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B) Mastery of Language (11 pts)

Task One (03 pts): I reorder the following words to get coherent sentences.

1. *Have you ever heard of the Dragon Boat Festival?*
2. *I have never seen a festival.*

Task Two: (05 pts) I write the verbs between brackets in the present perfect.

Helen Thayer, (never to let) *has never let* age stop her. She was born in 12th November 1937 in New Zealand (93 years now). She (to be) *has been* exploring the outdoors for most of her life. Since childhood, she (to travel) *has travelled* widely in harsh climates and across rough lands. She (to walk) *has walked* to the North Pole with her dog as her only companion. She **has** also **kayaked** 2200 miles (3541 kilometers) down the Amazon, and **done** several mountain climbs. These trips (not to be) *haven't been* easy, but they (to be) *have been* very satisfying.



Task Three (03 pts): I classify the following words in the table below according to the pronunciation of their final "ed" ending.

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/t/	/d/	/ɪd/
/	<i>killed – admired</i>	<i>celebrated – decided – started – guided</i>



« *Third term test* »

Timing :45'

Full name :

Level :4ms.....

Citizenship is a necessary matter because it is a part of the social organization of any country, It is the citizen's relationship to the place in which he lives, or to the country to which he belongs, even if he was not born on its land.

How can we call someone a good citizen? It's not easy , however, let's agree that if you want to be a good citizen, you have to be a good person first. Someone who is aware of his rights, duties and responsibilities towards his family, his neighbors, his friends and his community in general, is a good citizen.

I believe that there are many things that reflect your principles as a good citizen in your country. When you help others and volunteer to provide your services to them on your own free will, in this case, you are a good citizen.

A good citizen automatically encourages and promotes a good son/ daughter. It helps to improve the relations between family members and friends. So, one must be a good citizen for a happy and peaceful living life .

Adapted from: https://www.eslprintables.com/vocabulary_worksheets/education/citizenship

Part One: (14pts)

A/ Reading Comprehension: (7pts)

Activity One: Read the text carefully and write "true", "false": (3pts)

A good citizen is the person who is conscious of both rights and duties.

A person who doesn't respect others is a good citizen.

A good citizen is a good person

Activity Two: Read the text again and answer the following questions: (2pts)

- Is it easy to be a good citizen?
- What is citizenship?

Activity Three: a/ Find in the text words that are closest in meaning to the following words: (1pt)

Society =

Conscious =

B/ Mastery of language: (7pts)

Activity One: Add the correct prefix to form the opposite adjective.: (2pts)

Honest –Mature –Loyal –Responsible

<u>Il</u>	<u>Im</u>	<u>Ir</u>	<u>Dis</u>

Activity Two:Write the correct form of the verbs between brackets (3pts)

If we (respect) each other,we (to be) good citizens and (to live) a peaceful life.

Activity Three:Classify the following words according to the diphthong they contain: (2pts)

- Loves - Principles - Respects- Watches

/s/	/z/	/iz/

PART TWO(06pts):

Written Expression .

A good citizen is who takes his responsibility towards his community . In a short paragraph, write an essay about how to be a good citizen.

<p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>
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B/ Mastery of Language 7pts

Activity one (2pts): Supply the punctuation and the capital letters where necessary:

every year nearly 8 million children and their families benefit from algerian charities

.....

Activity two (3pts): Give the correct form of the verbs in brackets.

1- If citizens **(to donate)**..... more money, charities **(to provide)**more help for the poor.

2- She likes **(to help)**needy people because she is a good citizen.

Activity three (2pts) : Classify words in the right box according to the pronunciation of “s”

volunteers - streets - services - lives .

/ s /	/ z /	/ iz /
1-.....	1-...../ 2-.....	1-.....

Part Two: Integrated Situation. (6pts)

We all believe that to be a good citizen we have to take care of ourselves, studies and our community .



Write an article for your school magazine to sensitize your friends about how to be a GOOD CITIZEN.

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You can do it

Try your best .

English Third Term Test**Text :****A Good Citizen**

After school, Karima comes home. She does her homework. she helps her mother in the kitchen, she takes care of her baby brother and plays with him. After that, she goes to the back yard. She waters the plants and feeds her pets.

Karima is a responsible citizen, she always makes sure to pick up the trash and put it in plastic bags, then throws it in the rubbish bins. She also teaches her family about recycling. She recycles many items like: plastic boxes, water bottles and soda cans..etc because she wants to keep her environment clean.

Recently, Karima created a facebook page called " Community cleaning", The page encourages teenagers to volunteer together to clean, repair and improve public spaces in her city. Unlike other girls her age, karima wants to be an ideal citizen. She wants to make positive changes in her community. Through her page, she inspires people to care about the environment and preserve it .

Written by the teacher

Reading Comprehension : 7pts**Read the text carefully and then do the following activities :****Activity one : Match each idea with its corresponding paragraph : (3pts)**

- a) Karima recycling habits . paragraph (§.1)
 b) Karima's Facebook page. Paragraph (§.2)
 c) Karima 's activities after school . paragraeph (§.3)

Activity two : read the sentences and write : True , False or Not Mentioned (2pts)

- 1- Karima is a 16 years old girl. (.....)
 2- She is a careless citizen. (.....)
 3- karima likes recycling. (.....)
 4- "Community Cleaning "is about preserving the environment. (.....)

Activity three : Match the words in columnn (A)with their opposites in column(B) : (2pts)

(A)	(B)
many	dirty
clean	few
unlike	negative
positive	like

Mastery of language (7 pts) :

Activity one : Complete the sentences with the suitable word : 2pts

like - whereas - unlike

-Karima cares about the environment her friend cares about shopping.

-She encourages teenagers to be responsible just her.

Activity two : Write the verbs in brackets in the correct form : 3pts

If we (To care) about our environment we (not /to have) pollution
and we (to make) the world a better place for the next generations.

Activity three : classify the following words according to the pronunciation of their final "s" : (2pts)

wants- spaces- cans- boxes

/s/ helps	/ z/ bins	/Iz/ changes
.....		
		

Written Expression : 6pts

Every year Muslims around the world welcome Aid EL Fitr which is an occasion of joy and solidarity. In a short paragaph talk about this happy religious event. Use the following notes to help you.

- Clean and decorate the houses and the neighborhoods.
- Buy new clothes for the children.
- Donate money to charity and pay zakat el fitr to help poor families.
- Prepare different types of sweets and cook traditional food.
- Visit family memebbers and exchange greetings, wishes and sweets.
- Perform Aid El Fitr prayer in the mosque.

Good Luck 😊

TEXT

There are many homeless and needy people who are suffering from hunger and diseases in our country. Giving a helping hand to needy persons is not only a responsibility, but it's also an act of humanity. We can change their lives and give them a good will and happiness by showing them hospitality, love and a little of what we have. Being poor is just a life course that they face. This does not make them different or unwanted people at all. They are our brothers.



There are many charities and organizations that help the needy and homeless people in our society. They donate food, money and even build shelters when it is possible. In addition to this, we should create school food donation charity to provide the opportunity to teach students the value of food, good nutrition and model socially behaviour. Students will learn how to care about others and think how to make the world a better place. If you involve children in choosing charities, you will instil a desire to share and serve that will last throughout their lives.

You should know and realize that even if you don't have much, you have enough to share with others.

Section one: Reading comprehension: (7 points)

Task 1: Give a title to the text (1 point)

Task 2: I read the text and I answer the questions. (2 points)

1- Can we change the life of homeless and needy people to a better one? How?

2- Does charity make the world a better place?

Task 3: I read the text and I answer the questions. (2 points)

- | | |
|------------|--|
| 1- Needy | - Generosity and helpfulness especially toward the needy or suffering. |
| 2- Charity | - Someone who is poor or demands a lot of care or attention. |
| 3- Donate | - To make a gift, to give, contribute |
| 4- Share | - To divide up among two or several people. |



Task 4: I find in the text words that are closest in meaning to: (1 point)

learners =

kids =

I find in the text words that are opposite in meaning to: (1 point)

same ≠

death ≠

Section two: Mastery of language: (7 points)

Task 1: Supply punctuation and capital letters where necessary. (2 points)

every year 8 million children and family members benefit from algerian charities

Task 2: I give the correct form of verbs between brackets (3 points)

If you (to give) a hand to a needy person, you (to bring) joy and happiness in his life.

Also, (not forget) to teach these noble values to your children from an early age.

Task 3: Classify the following verbs in the table according to the pronunciation of their final / s /. (2 points)

Duties - donates - experiences - volunteers

/s/	/z/	/iz/
.....		
.....		

Part two: Written Expression: (6 points)

Fill in each gap with suitable word from the list: but - because - future - dream - so - money

I have always been interested in charity I have made a decision that it is something I want to do in the

..... when I grew up. I have always wanted to help people I don't have that opportunity.

I don't have to pay for myself a sandwich. During the next couple of years, I may fulfill my

I love helping people so much it represents solidarity.

Teacher: Mrs A. KAMOUNIA

