

The Second Term English Exam**Text:****Strange Table Manners Around the World**

"Don't chew with your mouth open!", "Don't put your elbows on the table!", "Don't burp!". We've all heard these words since childhood. But when you travel, you soon discover new and maybe strange rituals like those ones...

In Japan, you should slurp your noodles noisily because it means you love what you're eating. It is perfectly acceptable to do so.

Adding salt to your food in Egypt is considered an insult, because you're changing the flavour and saying that you don't like their cooking.

In Western countries, it's polite and a good manner not to eat your meal until everyone has theirs as well. In Italy, they follow this custom except for pasta. They don't need to wait if their pasta is ready.

Just as we all have different customs everyone has different rules when it comes to table manners. So, if you're ever travelling overseas, you had better know some of the most important customs and habits of the country you're going to. Knowing what the customs are in that country can ensure you don't accidentally offend the people.

**Adapted from : www.careeraddict.com
yummy-planet.com**

Questions:**Part one (14pts):****I) Reading Comprehension (07pts): I read the text carefully then do the following tasks:****Task one (02 pts):** Answer the following questions:

1- Why should you slurp noodles in Japan?

2- Is it good to add salt to food in Egypt?

Task two (03 pts): Write "true" or "false":

1- When you travel you discover strange rituals and table manners.

2- It's not good to slurp noodles in Japan.

3- You should learn about others' table manners before you travel.

Task three (02 pts): Match the words in column "A" with their synonyms in column "B "

A	B
1- discover	a- weird
2- strange	b- ought to
3- should	c- taste
4- flavour	d- find out

II) Mastery of Language (07 pts):

Task one (02 pts): Supply the punctuation and capital letter where necessary:

algerian people respect islamic eating manners don't they

Task two (03 pts): Re-write the following passage using the imperative:

In Islam there is etiquette for eating, you must not eat before washing your hands. You have to mention the name of Allah before eating, it is obligatory for the Muslim to eat with his right hand. You must eat from what is directly in front of you. When you finish eating, you have to wash your hands. You must praise to Allah.

-
.....
.....
.....

Task three (02 pts): I find in the text four words that have the following sounds:

/ əʊ /= go	/eɪ /= play
1-	1-
2-	2-

Part two: Situation of Integration (06 pts)

You have a foreign friend. He/She wants to know about our table manners.

- **Write** him/her an email in which you explain **table manners in Islam**.
- Use : **time sequencers** and the **imperative**
- **Write about** : * **Introduce oneself and place**
 - * **Food likes and dislikes**
 - * **Home table manners**

THE SECOND TERM ENGLISH EXAMINATION

Send Attach Save Draft Spelling = Cancel

To:

Cc:

Subject: My Weekly Diet Plan

12

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 ≠



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.

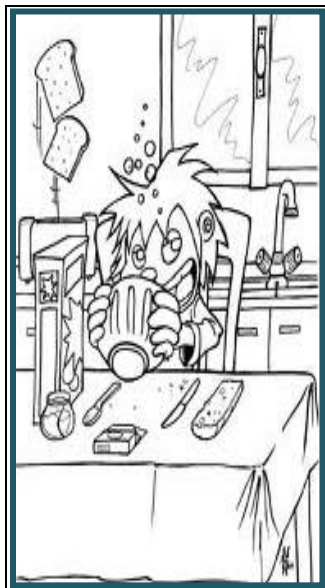
Good Luck

Level :4 M.S.

SECOND TERM EXAM

Text :

Eat Breakfast



Is it difficult for you to remember things for a test? Do you feel tired a lot of the time? Try eating breakfast!

According to research, eating a good breakfast can improve memory, concentration and test marks, especially in maths and reading. But improving schoolwork isn't the only benefit. Breakfast eaters usually eat more fruit, drink more milk and eat a larger variety of food than non-breakfast eaters. This gives them more energy and helps. Because of this research, many schools around the world give students breakfast. Everyone benefits from this. Teachers see a reduction in classroom disturbances, and students arrive at school on time and go to more lessons.

So tomorrow morning, take five minutes to eat breakfast before you leave the house. Eggs, cheese, milk, fruit and muesli are all good things to eat. (Leave the crisps and biscuits in the cupboard!) Your body, your mind – and your teacher – will thank you!

Adapted from isl collective.com

PART ONE (14 Points)

A/ Reading Comprehension (7pts)

Task One (3pts) : Read the text carefully and answer the questions

1/ Is breakfast good only for schoolwork ?

2/ Are non-breakfast eaters and breakfast eaters the same ?

3/What do the underlined words in the text refer to :

Them → Everyone →

Task Two (2pts) : Say if the sentences are 'true' , 'false' or 'not mentioned' :

1/ Eating breakfast can help students get good marks

2/ Students must eat at least 2 fruits in the morning

3/Only the teachers will thank you

4/ Students arrive late when the school gives breakfast

Task Three (2pts) : Match the words in column A with their opposites in column B

A	B
1-Difficult	a-Deteriorate
2-Improve	b-Larger
3-Smaller	c-easy
4-leave	d-arrive

1	2	3	4
.....			

B/ Mastery of language : (7pts)

Task One (2pts) :Supply the punctuation and capitals where necessary

in algeria a lot of children don't eat breakfast in the morning

.....

Task Two (3pts) A/ Rewrite these sentences using the imperative

1/ You should not skip breakfast .

.....

2/ You must eat healthy food .

.....

3/You mustn't eat junk food .

.....

B/ Use the comparative or superlative :

1/ Homemade food is (good) fast food .

2/ Breakfast eaters are (intelligent) in class .

Task Three(2pts) : find in the text 4 words that have the following pronunciation :

/æ/ man	/ə/again	/ai/nice	/i:/need

PART TWO (6 points) Situation of Integration

A friend of yours doesn't eat properly . He doesn't get good marks at school .Write him a letter giving him advice and recommendations to change his eating habits .

Use the imperative and (modals: must , mustn't , should)

GOOD LUCK

Your teacher : Mr Hadj Rabah

Second Term English Exam

Text:

Obesity

Obesity is related to human health condition in which he or she becomes too fat. If you are in this kind of condition and do not concern with it, you are in a big problem then. Gradually it will ruin your life, because obesity can cause so many diseases like heart attack, diabetes, respiratory, etc.

Here are some solutions to solve this problem. First, you can start by controlling your food. You must eat three times a day in a proper portion, not too much and not too less. Then you must eat it on time. The frequency of your meal could be five hours or more, for instance, you can eat your breakfast at 7, lunch at 12, and dinner at 6 p.m. Also you must concern with your food quality. Stay away from junk food, like burger, hot dog, coke, and every fried food. You may eat that kind of food but just once a week. It is better if you eat boiled or roasted food. The next is to work out. It does not need a hard work out. You can do cardio, like, jogging, walking, or swimming. You must do exercises at least three times a week in the morning or in the afternoon. They will burn the fat that stuck in your body. The last is to do those activities intensively will help you to stay alive.

Adapted from the Net
BEM's preparation teacher: Djamel

Part one:

Reading Comprehension (7pts)

Activity one : Read the text carefully then answer the following questions: (3pts)

1. Why will obesity ruin your life?
2. How many times a day must you eat?
3. Is it enough to do exercises once a week?

Activity two : Read the text again and say "false", "true" or "not mentioned": (2pts)

- 1- Obesity can cause a number of dangerous diseases.
- 2- A healthy and varied diet can help to maintain a healthy body.
- 3- You can eat junk food many times a week.
- 4- The exercises will burn the fat that stuck in your body.

Activity three: (2 pts)

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

a- overweight =.....

b- illnesses =.....

2)Find in the text words or phrases that are opposite in meaning to(1pt)

a- worse ≠.....

b-The first≠.....

Mastery of language (7pts)

Activity one: put the verbs in the imperative:

(2pts)

1- You should not smoke; it is bad for your health.

.....

2- You should eat homemade food.

.....

Activity two: Use either comparative or superlative in the following passage:

(3pts)

1- Fruits and vegetables are (**good**).....junk food. (Com)

2- Home cooked meals are (**healthy**).....fast food meals. (Com)

3- The healthy balanced diet is (**important**).....thing to become fit. (Sup)

Activity three: Pick up from the text words of the following sounds:

(2pts)

/ eɪ / play	/ aɪ / Hi	/ əʊ / home	/ aʊ / house

Part two:

Situation of integration (6pts)

Your friend suffers from obesity due to his bad eating habits and he has asked you for some advice in order to lose weight.

Use the following notes to write a letter in which you give your friend some pieces of advice and tips to help him becomes fit.

- Eat / fresh food / fruit and vegetable. .

-Not take / snacks: pop corn sweets / between meal times.

- Drink / a lot of /water/ not / consume /sodas, cola. .

- Sleep well / not watch TV too much.

Good luck

الجمهورية الجزائرية الديمقراطية الشعبية
متوسطة

اختبار الفصل الثاني في مادة: اللغة الانجليزية
لأقسام السنة الرابعة متوسط

المدة: ساعة ونصف

TEXT:

The history of pizza begins thousands of years ago. Ancient people collected wheat and pounded it into small pieces. They added water and cooked it on a hot rock.

Around 700 BC, the Greeks discovered new ways to prepare flatbread. They made it round and added oil, onions and garlic. Then the Romans came up with several improvements, like adding cheese and meat. They also made a thin crust cooked in a wood burning oven. The people of Naples, in Italy, were perhaps the first to add tomato to this flatbread. By the 1790s, the streets in busy neighborhoods were filled with food stands selling low cost pizza. In 1830, the first pizza restaurant opened. That restaurant is still open today. In 1889, the King and Queen visited Naples. The queen loved pizza with red sauce, white cheese and green herbs; the same colors as the Italian flag. This made pizza very popular in Italy.

After the 1950s, following the World War 2, millions of Italians moved abroad and took their food culture with them. This is how many Pizza shops popped up everywhere and people fell in love with it.

Adapted from <https://www.englishlistening.rocks>

PART ONE (14pts)

A/ Reading Comprehension: Read the text carefully and do the following activities:

Activity One(02 pts):

1- Choose a, b, c or d to complete the following sentences.

- 1- The text is : **a-** a newspaper article **b-** an excerpt from a book **c-** a website article **d-** an ad
2- It is about: **a-** Greek food **b-** Italian food **c-** pizza recipe **d-** pizza history

2- In which paragraph is it mentioned that pizza became popular worldwide?

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

- 1- What ingredients did the Greek people add to their flatbread?
- 2- Were the people of Naples the first to add cheese to pizza?
- 3- When did the first pizza restaurant open?

Activity three (2pts):

A- Find in the text words that are closest in meaning to the following:

baked =..... well-known =

B- Find in the text words that are opposite in meaning to the following:

Modern ≠..... high ≠.....

B/ Mastery of Language (07 pts)

Activity one (3 pts): Complete the following sentences using the comparative form of adjectives in brackets.

- Fish or sea food is red meat. (**healthy**)
- Goat and camel milk containsfatother kind of milk. (**little**)
- Consuming fried food isany other food. (**dangerous**)

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

The algerian cuisine is very rich and variant. couscous rachta and chorba are some of the main traditional dishes in Algeria

.....

Activity three (2 pts): I cross out the odd word with a different vowel sound.

- 1- boil -pot -drop -chop.
- 2- peel -clean -bread - steam
- 3- stir -mix -serve -burn
- 4- grate -plate - dates -salt

PART TWO Written Expression (06 pts)

Your English friend sent you a message on Facebook. He/She wants to know about the different dishes and pastries in Algeria. Respond.

Mention:

- names of some dishes and pastries in the different wilayas.
- the popular ones in your region.
- your favourite dish/pastry and its main ingredients.

Level :MS4

Timing 1H30

Second English Examination.

Text:

Journalist: Are your eating habits healthy?

Sarah : My eating habits are not healthy. I do not usually eat vegetables and fruits, and I do not drink a lot of water. My decision for this year is to change my diet by reducing the amount of fast food and sugar which I eat. Last week, I read an article that explained how a lot of teenagers have become obese because of fast food. So, people, including myself, must stop eating fast food and instead, increase their vegetables. Changing one's eating habits is difficult, but it is worth the effort.

Moe : At home, eating healthy is a rule. My parents don't permit a soda in the house, and sports are a must.

My parents are sport crazy, so naturally my sister and I are. There isn't any junk food, potato chips, cookie, etc... in my household. We rarely have ice cream. But eating healthy and exercising like this helps you live longer and feel better.

Adapted from: <http://learning.blogs.nytimes.com/2011/01/25/are-your-eating-habits-healthy/comment-page-2/#respond>

PART ONE (14pts)

READING COMPREHENSION: (07 Pts.)

a)Read the text carefully and answer the following questions:(02Pts.)

1/ Is Sarah's diet healthy or unhealthy?why or why not?

2/ Does Moe's family practise sports?

b)Read the text again and say: TRUE, FALSE or NOT MENTIONED:(03 Pts.)

1/ The journalist is from The New York Times newspaper.

2/ Sarah eats a lot of fast food.

3/ Eating vegetables isn't very healthy.

LEXIS: 1/ Match each word with its appropriate meaning: (02 Pts.)

1. diet

2. reduce

3. must

4. obese

a. something necessary

b. very fat or overweight

c. the foods eaten by a particular person

d. to lower in degree, amount, etc...ealthy.

II/MASTERY OF LANGUAGE: (07 Pts.)

a):Re-order the following words to get a coherent sentence:(02 Pts.)

many- soda – on- has – Drinking- risks- health -your.

b)Complete the table: (03 Pts.)

<i>adjective</i>	<i>comparative</i>	<i>superlative</i>
difficult		
.....	Crazier than	
.....		The worst

put each word into its corresponding box according to the pronunciation of the letters written in bold: (02 Pts.)

-diet- there-explained-how

<i>/ai/</i>	<i>/ei/</i>	<i>/aʊ/</i>	<i>/eə/</i>

Part Two: Situation of integration (6pts)

Do you think the Algerian eating habits are like the ones of other people in the world?

Write a composition of about (08 to 10 lines)in which you talk about :

- *The Algerian meals.*
- *What they consist of.*
- *Their times.*
- *Healthy or not healthy*

Ramadan is the 9th month of the Islamic calendar and a time when many Muslims across the world fast during daylight hours for 29-30 days.

During fasting hours when no food or drink is consumed, the body uses its stores of carbohydrate (stored in the liver and muscles) and fat to provide energy once all the calories from the foods consumed during the night have been used up. The body cannot store water and so the kidneys conserve as much water as possible by reducing the amount lost in urine. However, the body cannot avoid losing some water when you go to the toilet, through your skin and when you breathe and when you sweat if it is warm.



Depending on the weather and the length of the fast, most people who fast during Ramadan will experience mild dehydration, which may cause headaches, tiredness and difficulty concentrating. However, studies have suggested that this is not harmful to health, provided that plenty of fluids or fluid-rich foods, such as fruit, vegetables, soups and stews are consumed while breaking the fast to replace those lost during the day and to start the next day well hydrated.

<https://www.nutrition.org.uk/healthyliving/seasons/ramadan.html>

Part One (14pts)

Reading comprehension (7pts)

Read the text carefully and do the following activities.

Activity one: (2 pts) Choose (a, b, c or d) to complete the following sentences

1-The text above is about.....

- a-Ramadan bad habits b- Ramadan dish c- Charity in Ramadan
d- Fasting and the human body

2-The store as much water as possible during fasting hours.

- a-Liver b- muscles c- kidneys d- lungs

Activity two(3pts) :Answer the following questions

- 1- How does the body function during the fasting hours?
- 2- Can mild dehydration cause difficulty in concentrating?
- 3- What do the underlined words in the text refer to ?

Activity three : (2pts) Match each word with its appropriate definition

Word	Definition
1-Kidneys	a) a dryness resulting from the removal of water.
2- Dehydration	b) a substance that flows and is not solid
3-Fasting	c) a pair of small organs in the body that take away waste matter from the blood to produce urine .
4-Fluid	d) a period of time when you eat no food.

Mastery of language (7pts)

Activity one :(2pts) Fill n the gaps with (diabetes , children , obligatory , who).

Fasting is for all healthy Muslims except and those are ill or whose health could be affected by fasting, for example, pregnant or breastfeeding women and people with

Activity two(3pts) :Rewrite the following passage using the right tense.

Every Ramadan, Muslims around the world (to fast) all day long. So, they (not to eat) until the sun (to set).

Activity three(2pts) :In each list ,pick out the word with a different diphthong sound

- ❖ Eye - why - island - way .
- ❖ Say - buy - aim - eight .
- ❖ Point - joy - boil - bone .
- ❖ About - phone - brown - found .

PART TWO :

Situation of integration (6pts)

Your third -term examinations coincide the fasting month this year. You may concentrate less while taking them ,especially, if it's hot and you don't have your suhoor or pre-dawn meal.

- -Write a short paragraph in which you talk about what you should do and eat throughout Ramadan nights in order to score best in your exams
- -The following tips of the poster may help you.

FASTING DURING EXAMS?
Here's how students can manage fasting during exams as Ramadan falls in the summer months

Plan, plan, plan
Planning your time out is essential, even more so than normal. Develop a timetable that works for your routine and commitments. Use your breaks from studying in a productive way by reading some Quran or spending time listening to a beneficial talk

Be realistic
While you may want to do every act of worship, attend every family gathering and events at the local mosque, you have to be honest to yourself. Set realistic goals for Ramadan and aim to work towards them slowly throughout the month

Eat well
Ensuring you have a healthy, balanced diet is essential. Drink plenty of water as dehydration will cause difficulty in concentrating and that will of course cause problems with revising

Sleep well
Schedule short power naps if you are able to. Take scheduled breaks to take a walk to wake yourself up. Try to sleep as much as you can when it is dark as this will help keep your sleeping pattern as regular as possible

Source: Aishah Muhammad, GrantsAndGains.com

No sweet without sweat

The 2nd Term Exam in English language

Text:

Obesity

Obesity is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health, leading to reduced life expectancy and increased health problems.

Obesity increases the likelihood of various diseases, particularly heart disease, type 2 diabetes, breathing difficulties during sleep, certain types of cancer, and osteoarthritis. Obesity is most commonly caused by a combination of excessive dietary calories, lack of physical activity, and genetic susceptibility.

The primary treatment for obesity is dieting and physical exercise. To supplement this, or in case of failure, anti-obesity drugs may be taken to reduce appetite or inhibit fat absorption. In severe cases, surgery is performed or an intragastric balloon is placed to reduce stomach volume or bowel length, leading to earlier satiation and reduced ability to absorb nutrients from food.

Adapted from: www.Wikipedia.com

Part one : A) Reading Comprehension :

Activity 01: Read the text and answer these questions: (02pts)

- 1- Is obesity a risk in people's life ?
- 2- Does obesity reduce illnesses ?

Activity 02: Read the text then say if these sentences are " True" , "False" or "Not mentioned": (03pts)

- 1- Obesity is considered as a serious illness.
- 2- Being sociable can improve health.
- 3- Obese people may suffer from common illnesses.

Activity 03: A) Find in the text a word , that is closest in meaning to : (01pt)

overweight =.....

sickness =.....

B) Find in the text a word , that is opposite in meaning to : (01pt)

success ‡.....

lately ‡.....

B) Mastery of Language :

Activity 01: Supply punctuation and capital letters where necessary: (02pts)

healthy food will lead to better blood sugar control you should go on diet

Activity 02: Compare the following sentences : (03pts)

- 1- Garlic is (smelly) onion.
- 2- Banana is (good) strawberries.
- 3- Chocolate is (interesting) item in all the mall.

Activity 03: Pick out from the text four (04 words) according to the following sounds (02pts)

/ ei / stay	/ ai / sky
1-	1-
2-	2-

Part two: Written expression (06pts)

You have a friend who is overweight . He / She needs your help . Send him / her a letter in which you advice him / her to change his / her way of eating in order to be healthy.

These hints may help you :

- Go on diet / practise sport .
- Control your meal times.
- Check doctor where necessary.....ect

Do not sign your name

GOOD LUCK

The text:**Eat Healthy and Balanced Food**

It's important for people to eat as much as they need to give them energy. If they eat too little food or the wrong food they won't have enough energy. If they eat too much, they will need to make more exercise; otherwise they will put on weight. When we eat the correct quantity of food for the exercise we take, we call this the energy balance. (§ 1)

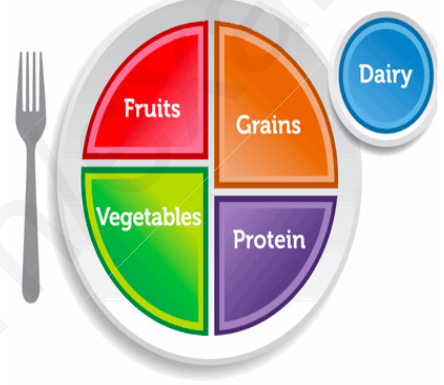
Fat is very high in calories, and so is no help at all in keeping energy balance. Fat has also been linked with heart disease, and many experts believe that eating less would help to reduce it. (§ 2)

Sugar isn't good for the energy balance either. The only value of the diet is to provide energy, and you can get that from other foods. There's no doubt that too much sugar makes you fat and it doesn't do your teeth much good either. (§ 3)

Fibre, on the other hand is something that we eat too little of. One of the simplest ways of eating more fibre is to eat more bread, particularly whole meal, granary, or high fibre bread. It's a good, cheap source of fibre and nutrients without too many calories. Potatoes are good, too. Like bread, they are underrated, but they're excellent for filling you up without making you fat, especially if you don't cover them with butter or fry them in fat. (§ 4)

So eat less fatty foods (sweets, chocolate, cakes pudding, jam) and eat more fibre foods (bread, potatoes, pasta, fresh fruit and vegetables). (§ 5)

Adapted from: www.en.islcollective.com

**PART ONE (14 pts)****A/- Reading Comprehension****(07 pts)**

Read the text carefully and do the following activities:

Activity One: (02 pts). Answer the following questions.

1. What does "the energy balance" mean?
2. What are the fatty foods? Give two examples.

Activity Two: (03 pts). Read the following statement and write "true", "false" or "not mentioned".

1. People won't need to make exercise if they eat too much.
2. The Ketchup is often loaded with sugar.
- 3- Eating too much fat causes heart disease.

Activity Three: (02 pts). Find in the text words that mean almost the same as:

1. Decrease and diminish. (paragraph §2)
2. Cook food in hot oil or fat (paragraph §4)

B- Mastery of Language

(07 pts)

Activity One: (02 pts) Spot the mistakes and write the corrected passage on you answer sheet.

If we eats too match, we will needs to make more exercise?

.....

Activity Two: (03 pts) : Give the imperative form of the following instructions.

1. You shouldn't eat too much fat and sugar.
2. You must practice sports to keep fit and healthy.
3. You should eat more vegetables and fruits.

Activity Four: (02 pts) Circle the silent letters in the following words.

wrong – heart – sugar – doubt

PART TWO: Written Expression

(06 pts)

Your friend is fat. He eats a lot of fast food, chocolate, pastries and sweets. He went to the doctor to give him advise. Imagine the doctor's instructions. Use the imperative and time sequencers.

Start like this:

Doctor: First, don't eat fast food.

.....

.....

Good Luck

The text:

Eat Healthy and Balanced Food

It's important for people to eat as much as they need to give them energy. If they eat too little food or the wrong food they won't have enough energy. If they eat too much, they will need to make more exercise; otherwise they will put on weight. When we eat the correct quantity of food for the exercise we take, we call this the energy balance. (§ 1)

Fat is very high in calories, and so is no help at all in keeping energy balance. Fat has also been linked with heart disease, and many experts believe that eating less would help to reduce it. (§ 2)

Sugar isn't good for the energy balance either. The only value of the diet is to provide energy, and you can get that from other foods. There's no doubt that too much sugar makes you fat and it doesn't do your teeth much good either. (§ 3)

Fibre, on the other hand is something that we eat too little of. One of the simplest ways of eating more fibre is to eat more bread, particularly whole meal, granary, or high fibre bread. It's a good, cheap source of fibre and nutrients without too many calories. Potatoes are good, too. Like bread, they are underrated, but they're excellent for filling you up without making you fat, especially if you don't cover them with butter or fry them in fat. (§ 4)

So eat less fatty foods (sweets, chocolate, cakes pudding, jam) and eat more fibre foods (bread, potatoes, pasta, fresh fruit and vegetables). (§ 5)

Adapted from: www.en.islcollective.com

PART ONE (14 pts)

A/- Reading Comprehension

(07 pts)

Read the text carefully and do the following activities:

Activity One: (02 pts). Answer the following questions.

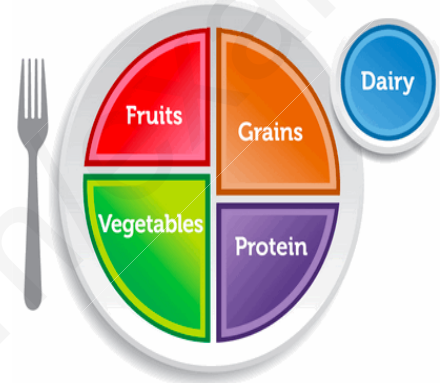
1. What does "the energy balance" mean? **(It means that when we eat the correct quantity of food for the exercise we take.)**
2. What are the fatty foods? Give two examples. **(sweets, chocolate, cakes pudding, jam.)**

Activity Two: (03 pts). Read the following statement and write "true", "false" or "not mentioned".

1. People won't need to make exercise if they eat too much. **False**
2. The Ketchup is often loaded with sugar. **Not mentioned**
- 3- Eating too much fat causes heart disease. **True**

Activity Three: (02 pts). Find in the text words that mean almost the same as:

1. Decrease and diminish. (paragraph §2) **Reduce**
2. Cook food in hot oil or fat (paragraph §4) **Fry**



B- Mastery of Language

(07 pts)

Activity One: (02 pts) Spot the mistakes and write the corrected passage on your answer sheet.

If we ~~eats~~ too ~~much~~, we will ~~needs~~ to make more exercise?
If we **eat** too **much**, we will **need** to make more exercise.

Activity Two: (03 pts) : Give the imperative form of the following instructions.

1. You shouldn't eat too much fat and sugar. **Don't eat too much fat and sugar.**
2. You must practice sports to keep fit and healthy. **Practice sports to keep fit and healthy.**
3. You should eat more vegetables and fruits. **Eat more vegetables and fruits.**

Activity Four: (02 pts) Circle the silent letters in the following words.

~~w~~rong – ~~h~~ear~~t~~ – ~~s~~ugar – ~~d~~oub~~t~~

PART TWO: Written Expression

(06 pts)

Your friend is fat. He eats a lot of fast food, chocolate, pastries and sweets. He went to the doctor to give him advise. Imagine the doctor's instructions. Use the imperative and time sequencers.

Start like this:

Doctor: First, don't eat fast food **or junk food.** Second, stop eating food contains much sugar such as sweets, pastry and chocolate. Third, eat healthy or homemade food. Then, go on balanced diet. After that, keep an eye on your weight.
Finally, practise more exercise to fill better and stay healthy.

Good Luck

Level: 4MS

Text:

Brenda has invited her classmates for a homemade dinner party. Brian wants to go with Brenda to the park and then buy fast food carryouts for the guests.

Brian: What about going to the park this afternoon?

Brenda: Sorry I can't. I have to stay at home and prepare dinner for my guests.

Brian: You know; we can stop on the way pick something up. There's that fried chicken place around the corner.

Brenda: Oh no, I can't get used to eating all those fast foods, and it's just not the same as making it at home.

Brian: But; you'll spend too much time and you'll get tired.

Brenda: That's right. But to me; homemade food looks better and tastes better than anything you buy.

Brian: I think you're right. What shall I do then?

Brenda: Well, I am planning to buy some fresh fruits, vegetables and meat would you come to help me?

Brian: Certainly. Eh....., at what time shall we go?

Brenda: Well, let's go by 2 p.m.

Brian: That's fine. By the way what are you going to prepare for dinner?

Brenda: Well, I intend to prepare soup, roast beef with peas and fruit salad.

Brian: Mmm..... what shall we do after dinner?

Brenda: Well, I'll serve tea with chocolate cake.

Brian: Mmm..... I wonder if I could help you in the kitchen.

Brenda: No, thanks. You're invited at 8 p.m.

Part one : (14pts)

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Reading Comprehension: (07pts) Read the text then do the following activities:

Activity One : Choose the correct answer (03pts)

1/-The text is

a/-a conversation

b/-an invitation

c/-an agony letter

2/-Brenda invited her friends for dinner at

a/- a restaurant

b/-home

c/- work

3/-"Homemade food tastes better than anything you buy" this expression is.....

a/a fact

b/ an opinion

c/an advice

Activity two: Re-order the following sentences according to the text: (02 pts)

- Late in the evening she is going to serve tea and chocolate cake.

-She is planning to prepare soup, roast beef with peas and fruit salad.

-Brenda and Brian will go shopping.

-Brenda invited her friends for dinner.

Activity three: Match words and definitions (02pts)

Words	Definitions
Guests	The evening meal
Carryouts	Person you invite at home
Homemade	Restaurants that prepare food which may be eaten at home.
dinner	Something made at home.

Mastery Of Language (07pts)

Activity one :Put the adjectives in the correct form(03pts)

-Brenda cooks at home because food is (healthy) and (cheap)than junk food but Brian thinks that fast food is (easy) and (fast) than cooking at home.

-Steamed food is (good) and (nutricious) than fried food

Activity two:Rewrite the following passage using the Simple Past (02pts)

-Brian wants to go to the park with Brenda .She doesn't accept because she is planning to invite her friends for dinner.

Yesterday, Brian

Activity three:Find in the text words which contain the following sounds (02pts)

/ ei / play	/ / no	/e / let	/i / meet
1-.....	1-.....	1-.....	1-.....

Part Two :(06pts)

The next day ,Brian invited Brenda for dinner at a restaurant .Imagine the dialogue between them and the waiter using formal speech .Use the following :would you/Here is the menu../

Main course ../dessert / starter /sir /madam /.....

BEM 2019 ? Yes, you can just trust yourselves.

Good luck.