Mohamed Tahar Bouyahia Middle School	School Year: 2018/2019
	Duration: 1hour
Name:	
THIRD TERM TEST	
PART ONE:	
A/Reading Comprehension:	
Eating unhealthy food and not practising sport cause obesity and you can have overweight.  To keep healthy, you have to eat a balanced diet. Your food should include different vegetables, fruits, protein and grains. You should avoid all the foods that contain a lot of sugar, oil or fats. You must eat fruits and vegetables because they contain vitamins. You must eat white meats as chicken and fish because they contain protein.  Don't forget that you should practise sport because it is very important to keep your body well shaped and energetic. Drink water as much as you can, it's very good to your body.  Don't sit on the sofa, watch tv and eat and never practise sport. That's very dangerous to your health, you'll gain extra weight and some illnesses.  Adapted from 2017/2018 test  Source: Food and Health Magazine	Belthy
Task (1): Read the text and circle the correct answer (a / b / c) (3pts)	
1- The text is: 2- The text is about: 3- Obesity is because: a- a web article b- a magazine article b- going to the doct a- eating healthy food b- not practic c- eating unhealthy food and not p	tor c- stomach ache sing sport
1- Does the sport keep your body energetic?	
2- How can we keep our bodies healthy?	
Task (3): Find in the text (2pts)	
A- Words are closest in meaning to the following  Overweight= junk food=  B- Words are opposite in meaning to the following	

7	
B/Mastery of Language:	**************************************
Task (1): Re-order the words to get a full sentence (3pts)	
a- eat/You/vegetables/should/./weight/to lose/	
b- cigarettes/./smoke/shouldn't/Nabil/	
c- stop/ must/Ahmed/pasta/eating/.	
Task (2): Complete the passage with: "must" or "mustn't" (2pts)	
Amir has got flu, he stay at home and drink cold water. He doctor to examine him but heeat medicaments without seeing him.	see the
Task (3): Classify the words in the bubbles according to the pronunciation of the underlined let	ters (2pts)
Sugar – school – chest – headache	
/ʃ/ /tʃ/ /k/	
PART TWO: Situation of Integration (6pts)	
Your friend is overweight and need a help. Write an e-mail and tell him about your weekl that your dietition tell you to follow. Use the following cues.	y diet plan
At breakfast: a glass of milk with less sugar and fruit salad.  Untitled - Message (HTML)  Message Insert Options Format Text	- = X

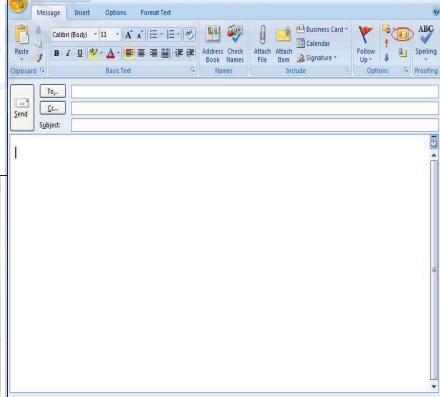
**At lunch:** a grilled escalope and vegetables soup with small portion of bread, for dissert an apple.

**At dinner:** a salad of boiled potatoes and carrots with lettuce salad and for dissert squeezed juice.

Exercises: walking for 30 minutes,

everyday.







**Good luck** 



Your teacher



**Aouabed Amel** 

