

## الامتحان التجريبي في مادة الإنجليزية

## Topic I

*Read the passage carefully then do the activities*

### **PART ONE : Reading and Interpreting (15 points)**

There is no fixed definition of a vegetarian diet because there are too many different types of vegetarian diets that people are following. Some vegetarians eat only vegetables, fruits, beans, and nuts. Some will eat eggs in addition to all that. Others will include dairy products.

However, most vegetarian diets tend to be low in fat and cholesterol. Besides weight, these diets can also help you avoid heart problems and other health related issues. With a vegetarian diet it needs careful planning to decide what you are going to eat, when, and why. Vegetarian diets can leave you deficient in iron, proteins, and vitamins if they are not well balanced. Eating raw fruits and vegetables is one of the best things that can happen to your body but the diet should not consist of these elements alone. Soy is an important ingredient of a vegetarian diet because it helps to avoid protein deficiency. Similarly, spinach and beans guarantee an adequate amount of iron intake. Use cereals, soy milk, and spinach to avoid deficiency of B-12, vitamin D, calcium, and zinc. A vegetarian diet does not mean you can eat sugary foods that you were avoiding earlier. Staying off those high calorie foods is still important. Maintain a lot of variety in your vegetarian diet. Dairy products are not forbidden but if you do include them then go for non-fat milk and cheese. Vegetarians typically consume fewer calories per day as compared to non-vegetarians. You must still pay attention to portions and calories. Do not fall into the error that a vegetarian diet is a shortcut. Results take time to show and the only way to speed things up is by following a good exercise regimen. Many people also go back to a full blown meat diet after desired results are achieved. Avoid this trap. Try to maintain at least a partially vegetarian diet if it helps you to control your weight.

It might sound like a good idea but such a drastic diet change is not possible for everyone. Even then the chances are great that if you enjoy fruits and vegetables and have healthy meals a vegetarian diversion can help. Fruits and raw vegetables are rich in fibre and they help in flushing out excess fat out of the body. Like all diets, the key to the success of a vegetarian diet is your commitment to it.

### **1/-Match each main idea with its corresponding paragraph**

- A/-There is still no common explanation for what a vegetarian is .....§
- B/-severe diets may be harmful if we neglect variety in meals contents.....§
- C/-losing weight and a balanced diet depends on respecting particular measures .....§

### **2/-Are the following statements true or false?**

- A/-Vegetarian diets are not rich in fat and cholesterol
- B/-Sugary foods are not allowed with big amounts even for vegetarians.
- C/-To lose weight you just need to go on a diet
- D/-consuming all sorts of fruit and vegetables and respecting diets are necessary to succeed

### **3/-Answer the following questions according to the text**

- 1/-What must be done to avoid deficiency of B12, vitamin D and zinc?
- 2/-According to the author, what is the best way to lose weight in a record time?
- 4/- What do the underlined words refer to in the text?
  - a/- they are not well balanced
  - b/-those high calorie
  - c/-your commitment to it.

### **5/-In which paragraph is it mentioned that practising sport is necessary to lose weight?**



**B/ Text exploration.**

1/-Find in the text words ,phrases whose definitions follow

A/- a person who does not eat meat or fish =§1

B/- To eat and drink according to a regulated system, especially so as to lose weight =§2

C/- a unit of measure for the energy value of food =§2

D/- a greasy or oily substance obtained from animals or plants and used in cooking =§3

2/-Fill in the table as it is shown

VERB	NOUN	ADJECTIVE	ADVERB
.....	.....	different	.....
.....	product	.....	.....
To consume	.....	.....	////////////////////
.....	.....	careful	.....

3/- Give the opposite of these words keeping the same root

careful ≠ adequate ≠ healthy ≠ like ≠ appropriate ≠

4/-Join the following pairs of sentences using the appropriate connector.

a/- you lose weight / you follow a balanced diet (unless)

b/- we should consume it but moderately / meat contains too much cholesterol (although)

c/- vegetables and fruit are rich in fiber / they help to burn the surplus of fat (so.....that)

5/- Fill in the gaps with one word in each gap

Genetically modified .....1.....are also called GMFs or GMOs. In short these foods have had their DNA .....2.....in the laboratory to resist and improve nutritional content. However , some .....3.....are against these food .....4.....they think they are harmful for the body and may cause unpredictable diseases

6/-Underline the silent letters.

Weight - should - heart - why

**PART TWO : Written expression ( 05pts )**

Choose ONE of the following topics .

Either topic one

using the notes below write a composition of about 100 words about the following topic : sugar may result in a number of significant consequences which may lead to the destruction of some function in our body .discuss these consequences and suggest solutions

1/-Sugar can suppress your immune 2/-Sugar can weaken eyesight.

3/-Sugar contributes to obesity 4/-Sugar can cause a decrease in your insulin

5/-Sugar can damage your pancreas 6/-sugar can cause depression

Or topic Two

write a composition about this topic :

In your opinion ,do you think we should eat what we want or what we need ?why or why not ?discuss



Read the text carefully then do the activities

### Football: Ethics, Money

On Sundays, churches in the Christian world used to be **packed** by believers to have inspiration and guidance. Today soccer has become the new religion for many as they take more pain to get to see their favorite teams at whatever cost. Stadiums are packed with supporters chanting for **their** teams instead of the halleluiah. Players have become idol. Fans know the great fortune they can get from the game. They don't envy them for that. They want them to go on entertaining. Their lives become mixed with their favourite players because they believe in their honest play.

But when a club like Juventus lowers itself to cheat for the sake of **winning** matches, **the game** loses its appeal. Fans find no reason to go wild in case of **victory** or to get bitter in case of loss. Cheating in such a game is an attack on the feelings of fans and making little of their regard for their favourite team. Sport in general should remain noble. It should not be commercialised to the point of having insiders who totally spoil the pleasure of the game.

World Football Cup has become a big business. Gone the days when it was possible to watch matches on national TV without paying a cent. Now the game is monopolised by cable channels that make a **great** profit from the great enthusiasm of football fans that can't have access to stadiums. An example of such a deception was the hard luck of the **Algerians** **who** can't watch the World Cup on the Algerian channels Canal Algerie and A3 because of ART which charged a high price for the match transmissions. Fortunately, the Algerians managed to do without ART lucrative demands to watch the World Cup. They got **plenty** of satellite channels which are transmitting the matches free of charge. ART made this exuberant change because the commentary is in Arabic. However, the Algerians are multilingual. They can adapt to any commentary. After all the beauty of football is the game, not the sweet voice of the commentator.

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1/- Choose the sentence (A, B, C) that best completes the statements below:

1- In the past people preferred to :

- a- practice sport                      b- watch television                      c- perform religious practices

2- Cheating particularly in football may :

- a- help the fans                      b- hurt people's sensibility                      c- make fans pleased

3- Algerian fans didn't watch world cup 2006 on ART channels because :

- a- the rights were expensive                      b- they are multilingual                      c- A3 bought the rights

2/-Reorder the sentences according to their occurrence in the text

- a- sport is no longer a show but it became an investment. 3  
b- Games lose their essence when they are associated to money and interests. 2  
c- People tend to be attracted more in distraction than worship. 1

§1	§2	§3

3/- In which paragraph is it mentioned that pictures are more important than words?



4/- Find in the text words opposite in meaning to the following  
 Empty ≠ § 1                      Defeat ≠ § 2                      A few ≠ § 3

5- Find in the text words or phrases whose definitions follow

- a- Their teams §1.....  
 b- The game loses §2.....  
 c- Who can't §3.....

6/- Complete the table with the right verb-adjective or adverb:

Noun	Verb	Adjective
Guidance	.....	.....
.....	Commercialise	.....
Beauty	.....	.....

7/- Combine the following statements using the connectors (make any changes if necessary)

- A-Football less popular / it becomes a pure business (if)  
 b- The transmission rights were expensive / the commentary was in Arabic. (because of)  
 c- They do not envy players / they know they get a great fortune (Although)

8- Classify the words according to the pronunciation of the final / s /

Churches - teams - businesses - cups		
/s/	/z/	/iz/

**Written expression : choose only one topic**

**Either one : using these notes write a composition about this topic**

What would you do if you were chosen to coach(train) a group of young pupils?

\*make coaching enjoyable

\*increase their self-esteem

\*respect before sport

\*being responsible

\*fair play / opponents not enemies

\*no tobacco / no doping

**OR TWO :** Are you for or against clubs or sport associations who cheat to win games , championship , cups ....etc.? Express your opinion .Why ? What are the effects of such manners?