

PART ONE: Reading and Interpreting

Read the text carefully then do the following activities

Most of us would like to live a long and healthy life. Increasingly, doctors are telling us that, in order to do so, we must eat healthy diet. Too often we ignore the advice.

In most countries of the developed world there is no shortage of food, but their inhabitants could be suffering from a form of malnutrition. This is something that we are accustomed to associate with poor countries which regularly suffer from famine, caused by primitive agricultural methods and over population.

The problem in developed countries is that all too many of us are eating food which is far from being nutritious and which is lacking in many of the vitamins essential to health. Because of our busy way of life, we rely too much on convenience foods, not taking the time to prepare a nourishing meal for ourselves. Instead, we grab something from the supermarket shelves or freezer and put it in the microwave. Even when we decide to eat in restaurant, many of us decide that we have very little time and that our food must be served instantly. It is for this reason that there are, in many countries, so many restaurants that specialize in serving fast food. Unfortunately, much of this food is also junk food, and even more unfortunately many children have become addicted to this refusing to eat healthier alternatives.

In general, we are eating too much processed food and not enough whole food. Ideally, we should eat more cereal products in order to increase our intake of fiber, since there is some evidence that this reduces the risk of certain cancers. Antioxidants, too, are thought to have some effect in preventing cancer and these are found in significant quantities in fruit and vegetables. Formerly, it was considered important to eat plenty of eggs and dairy products to remain healthy. Such foods are now known to be high in cholesterol, which can be a contributory factor in heart disease.

Fashion in health eating may have changed, but the message remains the same, watch what you eat!

A/Comprehension and interpretation (08.5pts)

1/ Choose the best title to the text:

(0.5pt)

- a- Our modern eating habits
- b- Eating habits and health
- c- Junk food an children

2/ Are these statements true or false

(02pts)

- a- When eating, people pay a lot of attention to doctors' advice.
- b- Nowadays, people don't have time to prepare balanced meals.
- c- Much of the food served in fast food restaurants is nutritious.
- d- Eggs and diary are known to contain antioxidants.

3/ Answer the following questions according to the text

(03pts)

- a- Why are people in the developed countries suffering from malnutrition?
- b- How do the children react to the consumption of balanced food?
- c- Why is the number of fast food restaurants important in certain countries?

4/ Find in the text opposites to:

(01.5pts)

- a- know ≠ ... (§2) b- insignificant ≠ (§2) c- reduce ≠ (§4)

5/ Find in the text words that correspond to the following definitions:

(01.5pts)

- a- when there is not enough of something (§1)
- b- to take hold of something suddenly and quickly (§2)
- c- describes food which has been treated with chemicals that preserve it or give it extra taste or colour (§3)

B/ Text Exploration (07.5pts)

1/ Complete the following table:

(01.5pts)

Verbs	Nouns	Adjectives
.....	processed
.....	abuse
.....	fit

2/ Join the sentences using the connectors between brackets. Make any necessary change. (01pts)

- a- Children are addicted to fast food and sweets. There are many advertisements shown on TV. (as a consequence)
 b- Many people suffer from tricky health problems. They consume too much junk food. (due to)

3/ Rewrite the sentences (b) so it means the same as sentence (a) (01.5pts)

- A- You will lose weight on the condition that you go on diet.
 Provided that
 B- The freedom of choice persists when consumers refuse to be manipulated by advertisers.
 If
 C- If he doesn't complain to the manager, he won't get any refund.
 Unless
 D- They declared him fit and healthy.
 He

4/ Re-order the following statements to make a coherent paragraph. (02pts)

- a- The first are in need of almost every kind of modern comfort.
 b- They are the slaves of fashion, new products which they can't live without.
 c- The impact of publicity is greater on the poor than on the average class.
 d- The latter don't escape the negative effect of publicity too.

5/ Classify the following words according to the pronunciation of the final "S" (01.5pts)

purchases -shopaholics - jobs - products – produces- regulations

PART TWO: Written Expression (04pts)

Choose one of the following topics :

Topic One :

Answering the given questions, write a paragraph about obesity

- What is obesity?
- How does a person become obese?
- What damage does it cause to people's health and to the security system?
- What measures should a government take to limit obesity?
- What advice would you give to obese people?

Topic Two :

Advertising plays an important role in business nowadays. Explain how

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Our solar system consists of an average star we call the sun, the planets Mercury, Venus, Earth, Mars, Jupiter, Uranus, Neptune and Pluto. It includes also the satellites of the planets; numerous comets, asteroids, and meteoroids. The moon is the satellite rotating around the earth and the closest body to it.

The Sun is the richest source of electromagnetic energy (mostly in the form of heat and light) in the solar system. The sun's nearest known stellar neighbour is a red dwarf star called Proxima Centauri, at a distance of 4.3 light years away. The whole solar system, together with the local stars visible on a clear night, orbits the centre of our home galaxy, a spiral disk of 200 billion stars we call the Milky Way.

The nearest large galaxy is the Andromeda Galaxy. It is a spiral galaxy like the Milky Way but is 4 times as massive and is 2 million light years away. Our galaxy, one of billions of galaxies known, is traveling through the intergalactic space.

The planets, most of the satellites of the planets and the asteroids revolve around the sun in the same direction, in nearly circular orbits in a counter-clockwise direction. Pluto is a special case in that its orbit is the most highly inclined (18 degrees) of all the planets. Because of this, for parts of its orbit Pluto is closer to the sun than is Neptune. The axis of rotation for most of the planets is nearly perpendicular. The exceptions are Uranus and Pluto, which are tipped on their side.

A/Comprehension and interpretation (07.5pts)

1/ The text is:

- a- descriptive b- expository c- narrative

(0.5pt)

2/ Are the following statements true or false?

- a- The moon is the nearest body to the Earth.
 b- Andromeda and the Milky Way are similar in shape.
 c- Pluto orbits in the same way as the other planets.
 d- The axis of rotation for most of the planets is exactly perpendicular.

(02pts)

3/ Answer the following questions according to the text.

- a- What does the sun represent in the solar system?
 b- Is Proxima centauri the closest star to the sun?
 c- What shape is our galaxy? And what do we call it?
 d- What are the planets whose axis of rotation is nearly perpendicular?
 e- Why is Pluto partly nearer to the sun although it's the last planet in the solar system?

(02.5pts)

4/ What or who do the underlined words in the text refer to?

- a- it ... (\$1) b- this (\$4) c- which ... (\$4)

(01.5pts)

5/ Give a title to the text?

(01pt)

B/ Text Exploration (8.5pts)

1/ Supply capital letters and punctuation where necessary

(01.25pts)

like jupiter saturn is composed almost entirely of gas they have very similar composition the scientist said

2/ Ask questions about the underlined words

(01pt)

- a- The Earth's North and South Poles are very cold and full of ice.
 b- Clouds protect the earth from harmful ultraviolet rays from the sun

(01.25pts)

3/ Give the correct form of the verbs in brackets

- a- If there (to be) oxygen on Venus, people (live) there.
 b- If a craft orbits the planet Venus, it (find) out why Venus is so awful.
 c- After I (to buy) the product, I (to realize) that it was a fake one.

- 4/ Rewrite the second sentence so it means the same as the first (01.5pts)
- A- The space shuttle discovery was invented by the NASA to explore space.
The NASA
- B- The astronomer: "Man can walk on the surface of Mars next decade."
The astronomer said
- C- "The Arabs developed astronomy," he said.
He said

- 5/ Fill the blanks with words from the list (02pts)
- invisible- astronomers- space - sky - universe - only - and - radio ^{sky}
- Astronomy is the study of the ... (a) .. and the objects in it. ... (b) ... observe the ... (c) .. with telescopes that gather not ... (d) .. visible light but also .. (e) .. forms of energy, such as .. (f) .. waves. They also study the structure of ... (g) .. and the past and future of the .. (h) ..
- only* *radio*

- 6/ Classify these words according to the pronunciation of their final 'ed' (01.5pts)
- discovered - spotted - founded - advanced - revolved - noticed

Part Two: Written Expression (04pts)

Choose one of the following topics.

Topic One :

Suppose a comet collided with the Earth, what would happen then?

Using the following notes, write a paragraph of about 100 words in which you tell us about the consequences of such a collision.

- impact on the Earth surface / a deep crater / volcanoes
- flood / tsunami (near ocean) / climate change
- earthquakes / great freeze / very cold
- temperature very low / life become impossible / extinction of (human kind, all other species).

Topic Two:

What are the consequences of counterfeiting on people and on economy?