

Part One (14pts)**Section One: Reading Comprehension (7points)**

Read the text below then answer the questions:

Food and Mood

We often eat to calm down or cheer up when we're feeling stressed or depressed. Now new research suggests that food changes our brain chemistry. Nutrition experts say that certain foods really make us feel better. But what should we eat and what should we avoid? Here are the foods that work the best, as well as those that can make a bad day worse.

What's good? Recent research suggests that foods that are high in carbohydrates, such as bread, rice, and pasta, can help you calm down. Researchers say that carbohydrates cause the brain to release a chemical called serotonin. Serotonin makes you feel better.

What's bad? Many people drink coffee when they feel stress. The heat is soothing and the caffeine in coffee can help you think more clearly. But if you drink too much, you may become even more anxious and irritable.

Interchange2-Third Edition.

1-Say if the following statements are : " True" or "False". (2pts)-'

- a- The writer tells us about food and its effect on our feeling. (.....)
 b- Eating certain foods makes us feel better. (.....)
 c- Serotonin is a chemical released by the brain because of carbohydrates. (.....)
 d- Nice doesn't contain carbohydrates. (.....)

2 answer the questions according to the text: (3pts)

- a- Can food change our brain chemistry?
 b-What are the foods that work the best?
 c- Should we avoid drinking much coffee? Why?

3- Find in the paragraphs words that are opposite in meaning to the following: (1pt)

- a- worst ≠ (paragraph1) b- less ≠ (paragraph3)

4- Find in the paragraphs words that are closest in meaning to the following: (1pt) /

- a- to relax = (paragraph1) b- anxiety = (paragraph3)

Section Two: Mastery of Language (7points)**1- Reorder the following words to get a correct sentence: (2pts)**

your / Sir /, / like / you / ? / How / steak / would /

2- Read the following sentences and say what they express: ability / possibility / permission: (3pts)

- a- You may see Dr Watson, now. He's waiting for you. (.....)
 b- People who can cook well always have a lot of friends. (.....)
 c- If you drink too much coffee, you may become more anxious. (.....)

3- Sort out from the text four words that have the vowel sounds in the table: (2pts)

/ ai /	/ ci /	/ u: /	/ i: /
1-.....	1-.....	1-.....	1-.....

Part Two (6pts) : Situation of Integration

Your friend suffers from obesity. She/he wants to lose weight and keep healthy. Write a letter giving her/him some pieces of advice. Tell her /him about the suitable foods or the diet she/he should go on, and the habits or activities she/he has to keep on doing.

Clues:**Food/drinks to have:** fruit/vegetables/salad / meat/ milk/fruit juice/fish, etc.**Foods/drinks which may make you fat:** pastries/sugar/soda, etc.**Activities:** sports, jogging,...etc.**Habits:** (good)to sleep early/ to get up early... (bad) to watch TV too much...