

**Health**

One of the greatest pleasures of life is to be in good health. A person cannot enjoy life without being healthy. That's why we say that health is better than money.

Stress is one of the main dangers of modern life. There are many things that make us feel nervous and irritable. Problems cause stress and lot of stress is bad for our health

Doctors think that stress makes us ill. Headache, stomachache and many mortal diseases are related to stress.

To combat stress, we must relax and take it easy.

**Part one:**

**Section one: Reading comprehension : ( 07 Pts )**

**A) 1-** How many paragraphs are there in the text? (0,5 pt)

**2- Read the text carefully then answer the questions:** (03 pts)

- 1- Is stress good for health?
- 2- What does it cause?
- 3- What must we do to combat stress?

**A) Read the text carefully then say: True or False** (01,5 pts)

- 1- Money is better than health. \_\_\_\_\_
- 2- A person can't enjoy life when he is ill. \_\_\_\_\_
- 3- Stress is a danger for health. \_\_\_\_\_

**B) 1- Find in the Text the synonyms to the following:** (01 pt)

a lot of = ..... illness = .....

**2- Find in the Text the antonyms to the following:** (01 pt)

death ≠ ..... worse ≠ .....

**Section two: Mastery of Language ( 07 Pts )**

**A) Put the verbs between brackets in the right form:** (02 pts)

To combat stress, doctors often (to give) .....us advice that we must (to follow)..... If we (to relax) .....,we (to feel) .....better.

**B) Supply punctuation and capitalization where necessary:** (01 pts)

- in algeria a lot of people use infusion to combat stress

**C) Complete the table:** (02 pts)

Adjectives	Comparatives	Superlatives
- good	- better than	- .....
- great	- .....	- The greatest
- irritable	- More irritable than	- .....
- easy	- .....	- The easiest

**D) Classify these words according to the pronunciation of 's':** (02 pts)

- dangers – things – stomach-aches – stresses -

/ S /	/ Z /	/ IZ /

**Part two: Written Expression: (06 pts)**

Write a composition of about (6 to 10 lines), how to keep healthy.