

First Term Exam

Teenagers are getting fat .A new study says that most teenagers are too fat. Is that true ?

Look at the people around you.Are most of them fat ? Or are most of them in between ? Many fat people get sick.They die younger.

Doctors say these people can live longer.They must eat less fried food .They must eat less sweets to lose weight .They should take instead more fruit and vegetables.

But teenagers should also exercise, they must walk more, they don't have to run or jog, they don't have to climb stairs. All they have to do is walk.Just 30 minutes a day.Is that hard to do ?

Eat less, walk more, live longer.

It sounds easy,but people love to eat.It's hard to eat less.

Part one :**1-Reading comprehension :** (7pts)

Activity 1 : Read the text and answer the following questions : (3pts)

- a-Must people eat less fruit and vegetables ?
 b-Is walking for half an hour enough to be healthy ?
 c-Does the author advise teenagers to run to lose weight ?

Activity 2 : Complete from the text : (2pts)

Healthy food	Junk food
1-	1-
2-	2-

Activity 3 : a- Find in the text words that are closest in meaning to : (2pts)

have to = Majority =

b- Find in the text words that are opposite to :

easy ≠ more ≠

B- Mastery of language : (7pts)

Activity 1 : Complete the chart (3pts)

Adjectives	Comparatives	Superlatives
-healthy	-	-
-delicious	-	-
-good	-	-

Activity 2 : Complete with the right modal : (1pts)

-I..... eat spicy food(ability).

-Don't eat a lot of suger, you have diabetes(possibility).

Activity 3 : Add the right prefix to give the oppsites of the underlined word's : (3pts)

1-It's just to call women for a weather sex.

2-It's.... possible for horses to live for 40 years.

3-I....agree with you when you say that English is difficult.

Part 2 : Written expression : (6pts)

You notice that a friend of yours is becoming too fat and that he/she suffers from obesity. Write an e-mail to advise him/her about good habits : -Diet(meals, snacks.....).

-Healthy and junk food.

-Sport (physical activites).

- Check up (doctor)