

2016-2017

### The Second English Test



**Text:**

Grains, fruit and vegetables, meat and other proteins, dairy, fat and sugar compose the five food groups. In a healthy diet, each group plays an important role. To keep in good health, people must consume a lot of grains,fruit;apples,oranges,strawberries... and vegetables;cucumber,carrots,tomatoe.... They mustn't eat too much dairy, meat and other .proteins, and they must avoid too much fat and sugar.



**PART ONE:**

Read the text carefully then do the following activities

**A/ Reading Comprehension ( 07 Pts)**

**Activity one( 02 Pts):Read the text carefully and answer the questions.**

- 1- What are the five food groups?.....
- 2- Must we consume a lot of fat and sugar?.....

**Activity two( 03 Pts): Where can we find the followings. Match each pair**

- |                |           |
|----------------|-----------|
| - calcium      | - oranges |
| - Protein      | - water   |
| - vitamins 'C' | - meat    |
| - minerals     | - cheese  |

**Activity three( 02 Pt):**

**Sort out from the text 2 words related to fruit and 2 others relted to vegetables**

**Fruit**

**Vegetables**

1-.....2-.....

1-.....2.....



\*grains: the small seeds of food plants



