Timing:1h

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 carfully 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
- Protein

orangeswater

- 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

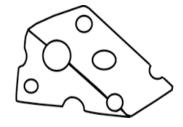
Fruit	Vegetables
12	12



^{*}grains: the small seeds of food plants

B/Mastery of language: (07 Pts) Activity one(02 Pts):Name this food









.....

Activity two (02 Pts): choose the correct possessive pronoun

- 1-Come on ,you two(our/ours) cake is ready.
- **2-**Our pizza is better than(their/theirs).
- **3-**Is that(your/yours)cheese cake? It's delicious.



Activity three(02 Pts): Classify these words according to their vowel sound

1 2	1 2
/ i:/eat	/i/ is
Meat - ii	n - dairy- keep

PART TWO: Integration Phase (06 Pts

Your friend suffers from obesity (he/she is too fat); he/she needs to lose weight.

Write a paragraph to give him/her tip for weight loss.

Help him/her to become healthy person.

- Drink more water
- Eat healthy food (fruit, vegetables....)
- Take time when chewing food.
- Practise daily sport exercises.

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