

**The text:**

Dear friend;

As you know, overweight and obesity are epidemic and a big problem in my city and across the country. Half of adult are overweight or obese. Poor diet and a lack of physical activity, the primary causes of obesity, are second only to smoking as risk factors for early death.

I'm writing because I need your advice about a problem I've got. I'm very fat and classmates bullied me and all the other children laugh at me at school. I don't have friends. When I come to my home I go to my bedroom and I start crying a lot. My parents are worried about me! I would like to be normal. I really need to lose weight.

Please help me!

Marta White, 15 years

Adapted from: [www.blog.ihbraga.com](http://www.blog.ihbraga.com)

**PART ONE (14 pts)**

**A/- Reading Comprehension**

(07 pts)

Read the text carefully and do the following activities:

**Activity One: (02 pts). Answer the following questions.**

1. What are the primary causes of obesity?
  2. Choose the best answer. The text is: .....
- a- an application letter    b- an agony letter    c- a business letter    d- a sales letter

**Activity Two: (03 pts). Read the following statement and write "true", "false" or "not mentioned".**

1. Nowadays, the obesity is a big problem.
2. People laugh when they see Marta in the street .
- 3- Marta has many friends.

**Activity Three: (02 pts). Match each word with its appropriate meaning:**

- a- **overweight**    1- an opinion or a suggestion about someone should do in particular situation.  
b- **adult**    2- the food you eat and drink regularly.  
c- **diet**    3- a fully grown person who is legally responsible for their actions.  
d- **advice**    4- too heavy or fat.

a	b	c	d

**B- Mastery of Language**

**(07 pts)**

**Activity One: (02 pts) Correct the underlined mistakes.**

overweight people shoud go in diet end practice sports.

.....

**Activity Two: (03 pts) : Turn the following sentences to the passive.**

1. Overweight kills many people .
2. The classmates bullied Marta.
3. She hates obesity.

**Activity Four: (02 pts) Write the following words in the right box according to their consonant sound.**

epidemic – city – country – lack

/S/	/K/

**PART TWO: Written Expression**

**(06 pts)**

Marta White sent you an email (the text) talking about her problem of obesity and asking for your advice.

Write a replay advising her about good and bad eating habits which cause the problem of obesity and how must she do.

**Write about:**

- Diet (meals, snacks)
- Healthy and unhealthy food
- Sport (physical activities)
- Check-up (doctor)

**Start like this:**

Dear Marta;

Thank you for your letter. I was really sorry to hear that .....

.....

.....

**Good Luck**

**The text:**

Dear friend;

As you know, overweight and obesity are epidemic and a big problem in my city and across the country. Half of adult are overweight or obese. Poor diet and a lack of physical activity, the primary causes of obesity, are second only to smoking as risk factors for early death.

I'm writing because I need your advice about a problem I've got. I'm very fat and classmates bullied me and all the other children laugh at me at school. I don't have friends. When I come to my home I go to my bedroom and I start crying a lot. My parents are worried about me! I would like to be normal. I really need to lose weight.

Please help me!

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**PART ONE (14 pts)**

**A/- Reading Comprehension**

(07 pts)

Read the text carefully and do the following activities:

**Activity One: (02 pts). Answer the following questions.**

1. What are the primary causes of obesity? **Poor diet and a lack of physical activity are the primary causes of obesity.**
2. Choose the best answer. The text is: ... **b** ...  
a- an application letter    b- an agony letter    c- a business letter    d- a sales letter

**Activity Two: (03 pts). Read the following statement and write "true", "false" or "not mentioned".**

1. Nowadays, the obesity is a big problem. **True**
2. People laugh when they see Marta in the street . **Not mentioned**
- 3- Marta has many friends. **False**

**Activity Three: (02 pts). Match each word with its appropriate meaning:**

- a- **overweight**    1- an opinion or a suggestion about someone should do in particular situation.  
b- **adult**    2- the food you eat and drink regularly.  
c- **diet**    3- a fully grown person who is legally responsible for their actions.  
d- **advice**    4- too heavy or fat.

a	b	c	d
4	3	2	1

## B- Mastery of Language

(07 pts)

### Activity One: (02 pts) Correct the underlined mistakes.

overweight people shoud go in diet end practice sports.

Overweight people should go on diet and practice sports.

### Activity Two: (03 pts) : Turn the following sentences to the passive.

1. Overweight kills many people. **Many people are killed by overweight.**
2. The classmates bullied Marta. **Marta was bullied by the classmates.**
3. She hates obesity. **Obesity is hated by her.**

### Activity Four: (02 pts) Write the following words in the right box according to their consonant sound.

epidemic – city – country – lack

/S/	/K/
city	epidemic country lack

## PART TWO: Written Expression

(06 pts)

Marta White sent you an email (the text) talking about her problem of obesity and asking for your advice.

Write a replay advising her about good and bad eating habits which cause the problem of obesity and how must she do.

### Write about:

- Diet (meals, snacks)
- Healthy and unhealthy food
- Sport (physical activities)
- Check-up (doctor)

### Start like this:

Dear Marta;

Thank you for your letter. I was really sorry to hear that **you are suffering from obesity. Maybe I can give you some advice and things will get better soon. First, you should go on diet. Second, you should eat healthy food and stop or stay away from unhealthy food and eat balanced and healthy meals on a regular, daily basis. Third, you should exercise regularly to keep healthy, fit and happy. Finally, you must check-up regularly with your doctor.**

**Keep in touch,  
With all my best wishes,**

**Bye for now,  
Your friend**