

THE SECOND TERM ENGLISH EXAMINATION

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To: Show BCC

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Subject: My Weekly Diet Plan Plan Text

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Dear friend,

I'm Nazim, I am from Tunisia and I suffer from obesity because I'm fat. My dietician gave me a special diet plan to follow it. He recommends that a typical diet plan should be balanced. At lunch, I have to eat one slice meat, lettuce, one slice of a whole meal bread and two fruits. I have to take a vegetable soup with two boiled eggs and a fresh lemon juice at dinner. Every day at breakfast, I should eat cereals with skim milk and drink orange juice, it is good for our health.

Concerning exercises, I have to go jogging every day, but I go to the gym twice a week and play with the jumping rope. I should follow my dietician instructions and eat healthy food.

All the best.

Part One: Reading Comprehension

Activity one : Read the text and answer the following questions: (03pts)

- 1- Is Nazim a slim boy ?
- 2- What should he eat at breakfast ?
- 3- Does he practise sport ?

Activity two : Read again and complete Nazim's diet plan : (02pts)

My diet plan			
Breakfast	Lunch	Dinner	Exercises
.....
.....
.....

Activity three : A) Find in the text words that are synonyms in meaning to : (02pts)

must =

overweight =

B) Find in the text words that are opposite in meaning to

slim ≠

unhealthy ≠



Mastery of Language:

Activity One : Spot the mistakes and correct them : (02pts)

nazim should goes on a diet , and she must not eats unhealthy food ?

→

Activity Two : Rewrite the following statements in the right tense : (03pts)

- 1 - If Brahim (not / to get)..... his BEM Exam, he (not / to go)..... to the Secondary School.
- 2- I (to have)..... a daily diet plan before I (to become)..... too fat.
- 3- You should (to practice)..... sport in order to be healthy.
- 4- He must (not / to consume) a lot of sugar.

Activity Three: Classify the following words according to their diphthongs sounds: (02pts)

Boy - diet - pay - mouth

/aɪ /	/aʊ/	/ɔɪ /	/eɪ /
.....

Situation of Integration : (06pts)

You are fat and you are suffering from obesity. Your dietician gave you a weekly diet plan that you have to follow it with practicing sport. Write an **Email** in which you reply to Nazim and sent him your weekly diet plan and exercises.

Use these cues:

- 1-At breakfast (one cup of milk - water ...)
- 2-At lunch (grilled fish - escalope - lettuce)
- 3-At dinner (soup - one apple -water
- 4- Swimming - Judo.
- 4- Sunday - Monday -Tuesday- Wednesday- Thursday- Friday- Saturday.

Good Luck