

Level : 4 MS 4

Time allotted : 1 h 30 mn

To be or not healthy

Fat Freddy is a very unhealthy man . Last year , he won the lottery so now he doesn't need to go to work .

His daily routine is something like this : he gets up at about 11 : 30 a.m and for his breakfast he eats chips and hamburgers . After breakfast , he sits in his Rolls Royce and watches TV until 1 o'clock . Then , he goes in the car to the pub , which is 400 metres away from his house . In the pub , he drinks a lot of alcohol and usually eats a sandwich . When the pub closes at 5 p.m , his chauffeur drives him to the cinema . he watches films until 8 o'clock . After that , the chauffeur takes him to a restaurant where he eats almost everything on the menu and drinks a large mug of cider . The chauffeur takes him home to bed at about 2 a.m .

Fat Freddy smokes approximately 40 cigarettes a day and this morning , as usual , he looked very haggard and complained to the chauffeur that he was not feeling too well and that he could not sleep at night .

Adapted : https://en.islcollective.com/worksheets_doc

Part one :**A- Reading comprehension : (7 points)**

Task one : Match the answers in column B with the corresponding questions in column A .

(3 points)

- B	- A
1- What does Fat Freddy do after lunch ?	a- He watches movies .
2- What does Fat Freddy do at 8 : 30 p.m ?	b- He is less healthy .
3- What does Fat Freddy look like ?	c- He watches television .

Task two : Read the following statements and write True False or Not mentioned (2 points)

- 1- He always goes on foot to the pub .
- 2- He never eats vegetables .
- 3- Freddy has not any bad habits .
- 4- Freddy does not feel bad .

Lexis : (2 points)

Task one : Match each word with its appropriate definition .

- Word	- Definition .
1- Healthy	a- Looking ill or tired , often with dark skin under the eyes .
2- Haggard .	b- Being safe and sound , strong .

Task 02 : What do these words mean ? Choose the right word .

- 1- Consumes = a) – eats b) – abstains c) – avoids
- 2- Sick = a) – healthy b) – feverish c) – strong

B- Mastery of language : (7 points)

Task one : Add the correct prefix to form the opposite adjective . (2 points)

- a- Fit b- Patient c- Correct d- Resistible

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Task two : Complete the following sentences using the comparative of superiority form of the adjectives in brackets . (3 points)

- a- Eating junk food is (*dangerous*) any other kind of food .
- b- Walk for half an hour every day . You will feel (*healthy*) before .
- c- Eat dairy products will get you (*strong*) any person who does not .

Task three : In each list pick out the word with a different vowel sound . (2 points)

- a- tear – sneer- serious – hurt .
- b- careless – square – there – gave .
- c- sure – newer – poor – you .
- d- age – eight – lazy – car .

Part two : (6 points)

Situation of integration :

- Regular exercise can improve physical appearance , build muscle strength , and improve flexibility.

But only if you stick with it .

- Your close friend does not want to keep up on this track ; therefore , he is getting fatter and fatter . Write an e-mail to him / her in which you suggest a piece of advice about what to do to improve his / her health .

These cues may help you :

- To watch one's plate when filled / nutritional or not .
- To put away salt / sugar / food containing a lot of fat .
- To exercise regularly .

Instruction : Use the modal auxiliary Should / Should not and Time sequencers (First , Then , ...)

- Do not forget the form of the letter .
- Mind your handwritings !

Best of luck !