

Read the text carefully then answer the following questions:

Energy drinks have become more popular in recent years. Athletes, students and anyone under high cognitive or performance demands may turn to these popular beverages. Made up of a mix of sugars, caffeine, stimulants, and nutrients; energy drinks promise a boost in physical strength, endurance, alertness, and concentration. But many people wonder if energy drinks, with **their** powerful components, are perfectly safe. And, because they are so popular and easily accessible, it is an important question.

Over the past several years, there have been increasing reports of healthy people showing up in hospital emergency rooms with symptoms that were ultimately traced to energy drinks. The most common signs and complaints include nervousness, jitteriness, throbbing or pulsating headaches, palpitations (rapid heart beating,) dizziness, blurred vision, inability to sleep and fatigue. So far, studies have linked the negative physical effects of energy drinks with the caffeine and glucose. At this time, the impact of the other additives has not been seen shown responsible for either the bothersome symptoms or the more serious side effects.

Overall, people who are feeling desperate for time, studying for exams, chronically feeling that they can't keep up, need to be aware that there is indeed a high risk associated with energy drinks. **They** had better reevaluate their situation, postpone or slow down some of their goals rather than using chemical shortcuts to achieve unrealistic objectives.

Adapted from: (<https://www.verywellhealth.com/do-energy-drinks-affect-stroke-risk>)

1. Circle the letter that corresponds to the right answer:

The text is: a. narrative b. expository c. prescriptive.

2. In which paragraph is it mentioned that.

- a. Energy drinks are unhealthy?
- b. People had better not consume unnatural products to achieve their goals?

3. Answer the following questions according to the text.

- a. Who can consume energy drinks?
- b. Are there any positive outcomes of energy drinks? If yes, list them.
- c. What are the symptoms caused by energy drinks?

4. Read the text and put the following sentences in the order they appear in the text.

- a. People should fetch alternative ways to enhance their performance and reach their goals.
- b. People use energy beverages for a better mental and physical achievement.
- c. People are indecisive about whether energy beverages are harmful or not.

5. What or who do the underlined words refer to in the text?

their (§1)

b. they (§3)

B/ Text Exploration:**(7pts)****1. Find in the text words that are closest in meaning to the following:**

mental (§1)

resentment (§2)

2. Divide the following words into roots and affixes:

unrealistic - additives -emergency -reevaluate.

Prefix	Root	Suffix

3. Join the following pairs with one of the given connectors. Make any necessary changes.

even though - unless -such....that.

- Red Bull has a very bad impact on children. Germany and Thailand banned Red Bull from their markets.
- People are aware about the negative impact of energy drinks. People still consume energy drinks.
- If students use chemical shortcuts .Students manifest mental and physical disturbances.

4. Classify the following words according to the pronunciation of their final “s”

additives -symptoms - effects -beverages -studies -drinks

/s/	/z/	/ɪz/

5. Fill in the gaps with words from the list:

depression -beverages - treatment. - adolescents

Consumption of energy1.....among.....2..... is associated with other potentially negative health and behavioral outcomes such as sensation seeking, use of tobacco and other harmful substances, and binge drinking is associated with a greater risk for.....3..... and injuries that require medical4.....

Part II: Written Expression (05pts)**Choose one of the following topics.****Topic One:**

A recent report from the University of Miami has showed that energy drinks are destructive for children’s health.

Using the following notes, write a composition of about 80 to 120 words stating how we can protect our children from the bad outcomes of such beverages.

- Encourage them to drink milk and water.
- Be a good model.
- Talk to them about the dangers of energy drinks.
- Keep eyes on them and control what they eat or drink
- Help them cut back.

Topic Two:

Are you in favour or against advertising? Justify your choice.

4. Classifying the words according to the pronunciation of their final “s”. (0.25 pts ×6)

/s/	/z/	/ɪz/
effects -drinks	symptoms - additives	studies -beverages

5. Filling in the gaps with words from the list: (0.5 pts ×4)

1. beverages
2. adolescents.
3. depression.
4. treatment.

Part II: Written Expression (05pts)

Criteria	Relevance	Semantic Coherence	Correct use of English	Excellence(Vocabulary and creativity)	Final Score
SE, TM, ME, M	01	01	02	01	05