

New Message

To | samibenmohammed@gmail.com Cc Bcc

Subject **Healthy and Balanced Daily Menu**

Dear friend Sami,

I hope you are fine; I've received your last email and know that you are suffering from obesity, and you want me to help you. Here are what I suggest to you to lose weight. (§ 1)

You should go on diet and eat healthy food like: fruits, vegetables and drink lot of water. You shouldn't eat junk food like: burgers, pizza, French-fries, chocolate or sweets. You should adopt a typical balanced daily menu. For breakfast, it should include cereals, skim milk and orange juice. For lunch, choose salad, grilled escalope, chicken leg or fish and veg like: peas or green beans as a side dish. For dinner, you should take a vegetables soup and you can eat a slice of wholemeal bread for lunch and dinner. Concerning the dessert, you should take one fruit an apple or strawberry. (§ 2)

Finally, you should do exercise every day. If you exercise regularly, you will lose weight. Walk more often and why not cycle to school. (§ 3)

keep in touch.
Your friend Ahmed.

Sans Serif | Bold | Italic | Underline | Text Color | Paragraph | Bulleted List | Numbered List | Indent Left | Indent Right | Quote | ...

Send | Attach | Link | Smiley | Image | ...

Written by: the teacher

PART ONE (14 pts)**A) Reading Comprehension (07 pts)**

I read the text carefully and do the following tasks:

Task One (03 pts): I read the email and answer by "True" or "False".

- 1- Sami suffer from headache. (.....)
- 2- He should go on diet. (.....)
- 3- He should exercise regularly. (.....)

Task Two (02 pts): I sort food from the email and write it under the picture.**Task Three (02 pts): I find in the email words that are closest in the meaning to the following:**

overweight (§ 1) =

unhealthy (§ 2) =

B) Mastery of Language (07 pts)

Task One (03 pts): I classify the following food in the right column.

(chocolate – vegetables – fruit – pizza – sweets – strawberry)

Healthy food	Junk food

Task Two (04 pts): I complete the following paragraph with: “should” or “shouldn’t”.

Sami is overweight, he eat fruit and vegetables and drink a lot of water. He be a couch potato and stay too much watching T.V. He go on diet plan and he practice sports regularly.

PART TWO (06 pts): Situation of Integration:

I complete the following dialogue with the right word from the box below.

dietician – should – shouldn’t – advice – overweight – exercise

Peter : Hi John!

John : Hello, Peter! You look tired.

Peter : Yes, I’m suffering from What should I do to lose weight?

John : You go on diet immediately and do some

Peter : But How?

John : You should consult a who will give you some good about what you should or eat.

Peter : You’re right. Thank you very much, dear friend.

John : Not at all.

Full name: **Class: 2 MS ...**

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Finally, you should do exercise every day. If you exercise regularly, you will lose weight. Walk more often and why not cycle to school. (§ 3)

keep in touch.

Your friend Ahmed.

Sans Serif | T | B | I | U | A | | | | | | | | | | | | |

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PART ONE (14 pts)

A) Reading Comprehension (07 pts)

I read the text carefully and do the following tasks:

Task One (03 pts): I read the email and answer by "True" or "False".

- 1- Sami suffer from headache. (*...False...*)
- 2- He should go on diet. (*...True...*)
- 3- He should exercise regularly. (*...True...*)

Task Two (02 pts): I sort food from the email and write it under the picture.



...Fish...



...apple...



...French-fries...



...burgers...

Task Three (02 pts): I find in the email words that are closest in the meaning to the following:

overweight (§ 1) = *...obesity...*

unhealthy (§ 2) = *...junk...*

B) Mastery of Language (07 pts)

Task One (03 pts): I classify the following food in the right column.

(chocolate – vegetables – fruit – pizza – sweets – strawberry)

Healthy food	Junk food
<i>vegetables – fruit – strawberry</i>	<i>chocolate – pizza – sweets</i>

Task Two (04 pts): I complete the following paragraph with: “should” or “shouldn’t”.

Sami is overweight, he *...should...* eat fruit and vegetables and drink a lot of water. He *...shouldn’t...* be a couch potato and stay too much watching T.V. He *...should...* go on diet plan and he *...should...* practice sports regularly.

PART TWO (06 pts): Situation of Integration:

I complete the following dialogue with the right word from the box below.

dietician – should – shouldn’t – advice – overweight – exercise

Peter : Hi John!

John : Hello, Peter! You look tired.

Peter : Yes, I’m suffering from *...overweight...* What should I do to lose weight?

John : You *...should...* go on diet immediately and do some *...exercise...*

Peter : But How?

John : You should consult a *...dietician...* who will give you some good *...advice...* about what you should or *...shouldn’t...* eat.

Peter : You’re right. Thank you very much, dear friend.

John : Not at all.

Full name: **Class:** 2 MS ...