

LANGUE VIVANTE IEpreuve du 2^{ème} groupeANGLAIS**Eating wisely**

Whether they are rich or poor, many people fail to see the link between their habits and their health. They may regard enjoying good health as a matter of chance or as something over which they have little control. Such a fatalistic view holds **many** back from improving their health and leading a more productive life. In reality, whatever your financial
 5 circumstances, there are basic steps you can take to protect and greatly improve your own health and that of your family. Is doing so worth the effort? You can improve the quality of your life and avoid needlessly shortening it. But how?

Concentrate on eating ~~real~~ food . whole, fresh foods that people have been enjoying for millenniums . rather than modern processed foods. Commercially prepackaged foods and
 10 fast food from chain restaurants usually contain high levels of sugar, salt, and fat, which are associated with heart disease, stroke, cancer, and other serious illnesses. When cooking, try steaming, baking, and broiling instead of frying. Try using more herbs and spices to cut down on salt. Make sure meats are properly cooked, and never eat spoiled food.

The World Health Organization reports a dangerous worldwide increase in overweight and obese people, often the result of overeating. One study found that in parts of Africa,
 15 ~~there~~ are more children who are overweight than malnourished+. Obese children are at risk of present as well as future health problems, including diabetes. Parents, set a good example for your children by limiting your own portions.

A balanced plate favors a variety of fruits, vegetables, and whole grains over meats and starches. Once or twice a week, try substituting fish for meat; Reduce refined foods such
 20 as pasta, white bread and white rice, which have been stripped of much of their nutritional value. But avoid potentially dangerous fad diets. Parents, protect your children's health by helping them to acquire a taste for foods that are healthful. For example, give them nuts and thoroughly washed fresh fruits and vegetables for snacks instead of chips or candy.

Adults and children need to drink plenty of water and other unsweetened liquids every
 25 day. Drink more of these during hot weather and when doing heavy physical work and exercise. Such liquids aid digestion, cleanse your body of poisons, make for healthier skin, and promote weight loss. They help **you** to feel and look your best. Avoid drinking excessive amounts of alcohol and too many sweetened drinks. One soft drink a day can add 6.8
 30 kilograms to your weight in a year.

In some lands, obtaining clean water can be hard work and is expensive. Yet, drinking it is vital. Tainted water needs to be boiled or chemically treated. Dirty water is said to kill
 35 more people than wars or earthquakes; it reportedly kills 4,000 children a day. For infants, the World Health Organization recommends only breast-feeding for the first six months, then breast-feeding plus some other foods until at least the age of two.

Adapted from Awake ! March, 2011.

I. READING COMPREHENSION (08 marks)

A. Fill in the gaps with words taken from the indicated paragraphs of the text and synonymous with words in bold (0.5 x 3 = 01.5 marks)

Dieticians advise people to avoid **cooking in hot oil** (1.) par. 2). Otherwise the food will be **deprived** (2.) (par. 4) of its most important nutriments. Besides, **not sugared** (3.) par. 5) drinks are highly recommended on a daily basis.

B. Write TRUE or FALSE after these statements, then justify with relevant passages from the text (1 x 3 = 03 marks)

4. According to the text, modern foods are a good diet.....

Justification:.....

5. It is suggested in the text that children's obesity is due to parental carelessness

Justification:

6. Before drinking, it is necessary to heat or treat water with chemicals no matter where it is taken from.....

.....

C. Complete the following chart with the appropriate information taken from the text. (The first one is given as an example) (0.5 x 2 = 01 mark)

Food habits	Effects
Eating too much	Obesity and overweight
Drinking one sweetened drink a day	7.
Drinking dirty water	8.

D. Match each piece of advice with the appropriate paragraph number in the text. (The first one is given as an example) (0.5 x 3 = 01.5 marks)

Advice	Paragraph number
Eat mostly plants	4
9. Eat fresh foods
10. Do not eat too much
11. Drink a lot of fluids

E- Who or what do the underlined words in bold in the text refer to ?

(0.5 x 2 = 01 mark)

12. **many** (holds many back)

13. **you** (they help you to feel)

II COMMUNICATIVE COMPETENCE (06 marks)

F Use the appropriate connectors in the box below to coherently fill in the gaps in the passage below (0.25 x 6 = 01.5 marks)

additionally – neither – nor – however – as a result – otherwise – though

Human beings must eat to live. (14.), eating too much is dangerous.

15., it is important to pay attention to what they should eat or drink. 16., they may suffer serious health problems

We should (17) eat too salty foods (18)take too sweetened drinks. 19., leading a physically active life is helpful.

G Fill in the gaps in the following passage with right forms of the words in the box. One of them does not fit (0.25 x 6 = 01.5 mark)

Commercially – increase – obese – variety – loss – nutritional – drink

Today more and more prepackaged foods and drinks are (20.) However, (21).warn that (22).is gaining ground in some parts of Africa as a result of overeating. An (23). number of people are now exposed to heart diseases. (24).plenty of fluids can help us (25).weight and stay healthy.

H A nutritionist (Gnilane) and an overweight person (Ngouda) are discussing good eating habits. Complete their dialogue correctly and coherently . Do NOT copy sentences from the text!

(0.5 x 6 = 03 marks)

Ngouda : I always eat beef and drink a fresh sweetened drink just after! (26)..... you?

Gnilane : Not at all ! It's not good for your health.

Ngouda.So, what do you (27)..... to stay healthy?

Gnilane : You (28.)

Ngouda : I can't imagine life without meat!

Gnilane : Actually, what you need is a balanced (29).....

Ngouda :.What are the risks of a fat and salty diet?

Gnilane: You're likely (30).....

III WRITING (06 marks)

Choose one of the following topics and write between 150 and 200 words

Topic 1

“Spending a small amount of money for prevention is better than spending a fortune for cure”. Comment on this assertion.

Topic 2

Suppose you are a doctor and you are invited to sensitize people about the importance of eating wisely. Write down your speech.