

LANGUE VIVANTE IEpreuve du 1^{er} groupeANGLAIS

Years ago in Western lands, many homes had a treasured ritual. The whole family gathered around the table, at least once a day, to have a meal. No interruptions were allowed. Nobody watched TV, wore earphones, or sent text messages to friends. A peaceful environment provided an opportunity for those present to absorb wisdom, strengthen family bonds, and to laugh together over daily happenings while enjoying wholesome food. For many people today, the family meal may sound like an old-fashioned custom. In many homes family meals are the exception not the rule.

“The fact that the evening meal has visibly diminished in the course of a single generation... is remarkable evidence of how rapidly our social connectedness has been changing,” explains Robert Putnam in his book *Bowling Alone*. The high cost of living has led both husbands and wives to work longer hours. Single parents, whose economic situation is usually more precarious, face an even greater strain on their time. Today’s hectic pace of life encourages fast food and hasty meals. Not only adults but also children have many commitments, such as sports and other after-school activities. Additionally, there are fathers who prefer to arrive home when the toddlers are already asleep because they want to avoid tantrums at supper. Other parents, who do get home in time, choose to give the children supper first and send them to bed so that husband and wife can have a quiet meal together. Such situations lead families to have separate eating sessions. Notes stuck on the refrigerator replace mealtime conversation. Each member of the family arrives home, warms a precooked dish, and sits in front of a TV set, a computer, or a game console. These social trends may seem irreversible. So is it worthwhile to think seriously about bucking the trend ?

Family meals offer parents a unique chance to care for their children’s emotional well-being. The supper table is “an obvious place for kids to get regular access to parental presence and low-key attention,” explains Miriam Weinstein in her book *The Surprising Power of Family Meals*. Family meals also help children to live a more balanced healthy life. The U.S. National Center on Addiction and Substance Abuse at Columbia University found that youngsters who eat with their family about five times a week have fewer problems related to anxiety, boredom, or lack of interest, and they get better grades at school. “I believe that family meals give children emotional stability.” Eduardo, a middle-aged father from Spain, says. “My daughters are not worried about when they are willing to tell us something. Family meals present the perfect opportunity each day. Furthermore, as a father, these occasions help me keep informed of my daughters’ problems.”

Apparently, when families eat together, it can even help them to avoid bad eating habits. The University of Navarre in Spain reports that eating alone increases the risk of suffering from eating disorders. True, those disorders could still develop, but the absence of regular shared meals makes this more likely. “When eating together becomes a routine, children feel cared for. Family meals give them the emotional security of a warm, loving family environment”.

Source : **Awake !** January 2010 pp. 13-14.

LANGUE VIVANTE I

I. READING COMPREHENSION (8 marks)

A. Circle the letter corresponding to the best answer (0.5 mark)

1. **The most appropriate title for the text is :**

- a) The dangers of family meals
- b) Family meals : a worthless custom
- c) The benefits of family meals
- d) Economic advantages of family meals

B. Find in the text expressions similar to : (1.5 marks)

- 2. Build closer family ties. (par . 1) :
- 3. Outdated habits (par . 1) :
- 4. Full proof (par . 2) :

C. Refer to the text and choose the most suitable answer (0.5 x 2 = 1 mark)

5. **Fast-food and hasty meals are on the increase because :**

- a) Parents can no longer buy food for their children
- b) Parents and children are busier and busier
- c) The cost of living is unbearable for children
- d) Parents and children are unwilling to have meals together

6. **Why do some parents prefer to eat alone?**

- a) Because they are worn out after work
- b) Because they want to discuss in private
- c) Because they want to avoid their noisy kids
- d) Because the social trends are irreversible

D. Are the following statements true or false? Circle the right option and quote a specific passage from the text to justify . (0.5 x 2 = 1 mark)

7. In the past, family members who used to share a meal hardly gained anything from their gatherings. **T / F**.....
.....

8. It is reported that eating alone doesn't present any risk. **T / F**
.....

E. Fill in the following tables

Table 1 : List two(2) benefits of family meals for children (0.5 x 2 = 1 mark)

9.
10.

Table 2 : List **two (2)** advantages of family meals for **parents** **(0.5 x 2 =1mark)**

11.
12.

F. Complete the missing information with english expressions from the text. (2 mark)

Situation from the text (par. 2)	Equivalent in the text	Causes in the text
“Le bouleversement de notre proximité familiale”	13.	14.

Situation from the text (par. 2)	Equivalent in the text	Consequences in the text
“Le rythme effréné de la vie actuelle”	15.	16.

II. COMMUNICATIVE COMPETENCE (6 marks)

G. Write the correct form of the words in brackets (0.5 x 2 = 1 mark)

- 17. With family meals, children have the opportunity to communicate with their parents.....(regular).
- 18. Scientists are.....(anxiety) not to have families develop bad eating habits.

H. Complete this dialogue meaningfully without copying the text (1.5marks)
Changing eating habits

A : You know, I hardly ever have meals with my family.

B : How come ?

A : I wish I.....but.....
 (19) (20)

B : I guess this is pretty common today !

A : Sure ! The pressures of modern life make.....
 (21)

I. Complete the following dialogue meaningfully (0.5 x 3 = 1.5 marks)

Doctor: So your stomach is aching, _____ ?
 (22)

Patient: Yes, doctor! And it's painful !

Doctor: What have you _____ ?
 (23)

Patient: Just a few hamburgers and chips !

Doctor: Well, I'll prescribe you some medicine. I hope it'll _____ you feel better !
 tablets daily (24),

Patient: Thank you, doctor.

.../.4

LANGUE VIVANTE I

J. This text has been divided into four (4) parts. Reorder it meaningfully and provide punctuation and capitalization (0.5 x4= 2 marks)

25. great efforts to return home to eat with his family at midday.

26. were often present. Those fond memories convinced me that I should imitate my father's example."

27. It was a special occasion in every sense. We kept up-to-date with the lives of each family member. Good humour and laughter

28. "When I lived with my parents, there were 11 people at the table everyday. My father made
.....
.....
.....
.....
.....
.....
.....

III. WRITING (6 marks)

Choose one topic and write about 150 / 200 words.

Topic 1 : Many people think that eating in restaurants, in fast foods or at street vendors' is a good way of saving money. Do you share their opinion? Why or why not?

Topic 2 : Complete this conversation between Fatim and Omar.

Fatim : Omar, you're watching TV and eating again ! Remember, dad told you not to !

Omar : Listen, Fatim.....

Fatim :

Omar :

Fatim :

Omar :

Fatim :

Omar :