



LANGUE VIVANTE II

ANGLAIS

If you are leading a busy lifestyle and you are dining out frequently, you should make a point to eat at home more often. Eating at home requires more time and effort, but it can be beneficial to you in many ways. Meat, vegetables and other ingredients from supermarkets or grocery stores are very affordable, and the total cost of a homemade meal is much less than the cost of a meal at a restaurant.

Although restaurants are offering more nutritious food options these days, the choices are often limited. Most foods that are served in restaurants contain high amounts of fat and calories, and they can be detrimental to your health if they are consumed regularly. If you eat at home, you can choose your own low-fat and low-calorie ingredients to prepare your meals. Eating at home is one of the best ways to promote a healthy lifestyle.

Also, if you are dining out, you cannot know exactly what you are eating. While you can see the meats and vegetables that are used to prepare your meal, you may not know what ingredients go into the sauces and seasoning. Chefs can also make mistakes. They may accidentally add some things that they should not into your food. If you prepare your own food at home, you will know exactly what you are eating. This is especially important if you are allergic to certain foods.

If you are going on a diet, eating at home can help you stay faithful to your diet plan. When you are dining out, you will be exposed to greater temptation to eat tasty but unhealthy food. Also, it is more likely that you will forget about your dietary restrictions if you are eating out with your friends. While it is possible to overcome the temptations, it is still better to stay away from such situations entirely.

Eating nutritious food and living a healthy lifestyle will give you more energy, and it enables you to perform your daily duties with ease. Doing chores such as cooking and washing dishes will also make you more active, and it can help you become a more responsible person.

Eating at home offers an excellent opportunity for family members to exchange on different subjects. You can talk to your children about school or your spouse about their day at work over dinner. If you are always too busy to cook at home, you may not be able to spend quality time with your loved ones.

Adapted from: <https://www.fitday.com/fitness/5-tricks-thatll-keep-your-avocados-fresher-longer.html>

I. READING COMPREHENSION: 08 marks

(1 x 1 = 01 mark)

A. Choose the correct answer: a), b) or c)

1. A good title for this text could be:

- a) Why You Should Stop Dining Home;
b) Why You Should Stop Eating Out;
c) Why Eating at a Restaurant Is Good.

B. Read the paragraphs indicated to find words that are similar in meaning to the ones in parentheses. Then fill in the blanks with the words found. (0.5 x 4 = 02 marks)

More and more people feel obliged to dine out because they have little, or no time to prepare their own meals. They may think that food served in restaurants costs less money. They probably don't know that doing your own shopping and cooking at home is more...

- 2. (= inexpensive, parag.1). Another advantage of ...
3. (= frequently, parag.2) having meals at home is that it gives parents opportunities to discuss with their children and creates intimacy in the family. Additionally, food served in restaurants doesn't always take clients' medical conditions into consideration. On the contrary, fidelity to your ...
4. (= eating habits, parag.4) can make you stay healthier and stronger in order to better accomplish your ...
5. (= responsibilities, parag.5) at home.

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C. Match the paragraphs with their suitable titles. Paragraph 3 is given as an example and one paragraph will NOT have a match. (0.5 x 4 = 02 marks)

Suggested Titles	Paragraphs
6. Enriched Food Gives you Physical Fitness	Parag. n°
7. Not Knowing How your Food Is Cooked Is Risky	Parag. n°3 → Example
8. Eating at Home Strengthens Family Ties	Parag. n°
9. Constantly Eating Out Can Affect your Health	Parag. n°
10. Limit your Eating-out Habits and Have a Better Diet	Parag. n°

D. Say whether the following statements are TRUE or FALSE. Justify by quoting the text. (1 x 2 = 02 marks)

11. In general, food served at restaurants is more nutritious than meals prepared at home.

☞ _____

12. At the restaurant, clients can always know everything that is used to cook their food.

☞ _____

E. WHAT or WHO do the following words refer to in the text? (0.5 x 2 = 01 mark)

13. "this" (Line 15) _____

14. "loved ones" (Line 26) _____

II. LINGUISTIC and COMMUNICATIVE COMPETENCE: 06 marks

F. Badara and his wife Aisha are at home. It's lunch time and the meal is not ready yet. Complete this extract of their conversation meaningfully. (0.5 X 2 = 02 marks)

Badara: Aisha! Aisha!

Aisha: Yes, Honey! I am coming.

Badara: When are we going to have that lunch? I _____ 15. (*wait*)

for a long time now! I don't feel like _____ 16. (*eat*) at the restaurant anymore. I prefer to have lunch with all of you from now on.

Aisha: And that's great! I apologize for keeping you waiting, my Better-Half. Give me just a few more seconds. I'm almost done serving!

Badara: Well, I'm starving, Darling. You spend so much time on cooking. Hurry up now!

Aisha: No worries, Honey! Lunch will be ready soon. I know you always reproach me 17.

_____ (*at/about/with*) serving food too late. But I just want to provide you with delicious meals.

Badara: I hope so. With the time it takes, it should be perfect!

Aisha: Sure! Now please, allow me to go back to the kitchen, 18. _____ you?

Badara: Okay, Dear! No problem, then. Take it easy!

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G. Match the statements with the notions they express.

(0.5 X 4 = 02 marks)

Statements	Notions
19. If you are leading a busy lifestyle and you are dining out frequently, you should make a point to eat at home more often.	a) <i>Regret</i>
20. Beware! Regularly eating at restaurants may endanger your health.	b) <i>Warning</i>
21. Although restaurants are offering more nutritious food options these days, the choices are often limited.	c) <i>Contrast</i>
22. It is a pity that many parents rarely eat with their families, just because they are too busy.	d) <i>Advice</i>
	e) <i>Necessity</i>

☞ **Your answers:** 19. _____; 20. _____; 21. _____; 22. _____.

H. Put the words in parentheses in the appropriate forms.

(0.5 X 4 = 02 marks)

Many people do their best to have all three meals at home, with their family members. They believe that this not only permits them to 23. _____ (*strengthen*) family ties but also not to be 24. _____ (*exposure*) to diseases resulting from bad eating habits. Indeed, medical research has confirmed that the 25. _____ (*consume*) of certain foods is highly harmful to health. That's why nutritionists encourage people to be very careful with what they eat. And one way of 26. _____ (*apply*) that recommendation is to choose food prepared at home.

III. WRITING: 06 marksChoose **ONE** topic and write about 200 words on it.

Topic1: Having breakfast, lunch or even dinner with all family members is becoming rare nowadays. What do you think are the causes? List some of the possible consequences of such a phenomenon on today's society and propose some solutions.

Topic2: Ngor is a taxi driver who feels sick these days. He suspects the quality of the food he is served at restaurants. So he goes and sees a nutritionist to get some advice. Write out their conversation.