

Food can be dangerous for your health

When you go to a restaurant you often think that the food you are ordering is good for you. But many restaurants serve healthy food, like fish or salad, with a sauce or dressing that uses a lot of oil, fat, or sugar.

The British Food Standards Agency wants all restaurants to say in their menus exactly what is in each dish, how many calories, how much fat, and what additives. They think that restaurants do not give their costumers enough information, and that this new plan could help people to have a healthier diet.

But chefs are not happy with this agency's plan. One top chef said, ' people are not stupid. They know that many sauces have butter and cream in them. But if we put on a menu that a dish has 1,000 calories, nobody is going to order it !'

However, many doctors agree with the plan. Bruce Ward, professor of medicine said' People know that cigarettes are bad for them. Because it tells you on the packet. But when they go to a restaurant, they often have no idea if the food is healthy or not. Food products that have a lot of calories, fat, and sugar need a health warning, exactly like cigarettes'.

Adapted from: New English File Student book .

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Part One(14 pts) :**A-/ Reading and Comprehension**

Read the text carefully and do the following activities:

Activity one(03pts): Choose a,b or c then complete the following sentences.

- Many restaurants.....
 a) serve healthy food b)only serve fish and salad c) serve unhealthy sauces
- People know that cigarettes are.....for them.
 a) healthy b) unhealthy c) bad

Activity two(02pts):-Answer the following questions

- a) Are chefs happy with this agency' plan ?
 b) Do many doctors agree with this plan ?

Activity three(02pts):-Match the words in column A with their opposites in column B.

<u>A</u>	<u>B</u>
- without	- healthy
- unhealthy	-many
- good	-bad
- a few	- with

B- / Mastery of Language :

Activity one (02pts):Spot the mistakes and write the corrected passage on you answer sheet.

- *Helo, let him give you any pieces of advice to lose your wait .*

Activity two(03pts):complete the following sentences using :

should or should not

- *First, youspend a lot of time in front of the TV.*
- *After that, you.....eat junk food.*
- *Finally, you practice sport.*

Activity three (02pts): Write the following words in the right box according to their consonant sound.

choose - should - fish - much

<i>/ʃ/ dish</i>	<i>/tʃ/ children</i>
-.....	-.....
-.....	-.....

PART TWO (06pts): Written Expression .

Your American friend suffers from obesity because he /she usually has junk food too much. He or She asked you to help him /her to lose his /her weight. Send him /her an email .Give him/ her some pieces of advice to get rid of obesity.

Write about

- *drinking a lot of water*
- *unhealthy food*
- *following diet plan*

DO NOT SIGN YOUR NAME