

Third Term English Test

Dear Ahmed,

I hope you are fine; I've heard that you are suffering from obesity. Here what I suggest. You should eat fruit, vegetables and drink lot of water to be healthy. You shouldn't eat junk food like burgers, French-fries or chocolate. You should adopt a typical balanced daily menu. For breakfast, it should include peanut butter toast with a glass of milk, for lunch, choose baked chicken breast and fresh veggie salad, for dinner some carrots a slice of bread and some fish.

Finally, you should do exercise. if you exercise regularly you will lose weight. Why don't you cycle to school?

Keep in touch,

Best wishes
Ali

PART ONE:**A/ Reading Comprehension:**

Task01: I read the text and say **true** or **false**: (3pts)

1)-Ahmed is suffering from head ache. _____

2)-He should follow a typical daily menu. _____

3)-He should exercise to lose weight. _____

Task02: I read the text and complete the table according to Ahmed daily eating menu: (2pts)

Fish / glass of milk / chicken breast / veggie salad

Breakfast	Lunch	Dinner
.....		
.....		

Task 03: I match each word with its opposites: (2pts)

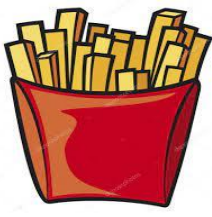
Words	Opposites
1) Gain	a) Regularly.
2) Unhealthy food.	b) Lot of
3) Irregularly.	c) Junk food.
4) Few.	d) Lose

B/Mastery of language:

Task 01: classify these foods in the right column:



Vegetables



fried chips



ice cream



fruits



chocolate



milk.

Healthy foods	Unhealthy foods
.....	
.....	
.....	

Task 02: I put: **should / shouldn't:** (2pts)

Ahmed is overweight, he is fat what should he do?

- ✓ -Heeat fruit and vegetables.
- ✓ -He.....watch T.V too much.
- ✓ -Hefollow a diet plan.
- ✓ -Hepractice sports.



Task 03: Classify these words in the right column:

school – shoulder – teacher – toothache

/ ʃ /	/ k /
.....	
.....	

PART TWO:

SITUATION OF INTEGRATION: (6pts)

Complete the dialogue using:

Day / Hello/ should / sport/ obesity/ food.

Sam: Hi!

Liz:Sam.

Sam: I really feel tired; I'm suffering from
What should I do?

Liz: Youvisit a doctor and you shouldn't eat much fast.....

Sam: You're right, thanks, that's all!

Liz: you should also practice every.....

Sam: Thank you so much.

