

Topic 2

PART ONE: Reading

Read the text carefully then do the activities (15pts)

A fatty compound called cholesterol is one of the main substances involved in the formation of plaque. Cholesterol is found in many foods, including egg yolks, butter, and red meat. Eating both cholesterol and saturated fats seems to increase the amount of cholesterol in the blood. Most scientists recommend eating a diet low in overall fat, with cholesterol and saturated fats eaten most sparingly of all. **They** think that limiting the amount of fat eaten, especially saturated fat may also help people avoid certain types of cancer.

Eating a high-fat diet can contribute to excess consumption of calories, **which** can lead to obesity. Obesity is overweight severe enough to pose a medical risk. People with obesity have an increased likelihood of many health problems, including diabetes, coronary artery disease, and a liver disorder called cirrhosis. In the United States, all processed foods must carry a label that states the amount of total cholesterol and saturated fat in a serving. **This information** is provided to help people control the amount of fat and calories in their diets.

People are advised not to let advertising influence the choice of the kind of food they want to eat. Many experts consider TV watching and TV advertisements a cause of overweight. **They** make people consume without thinking of their energy balance.

A/: Comprehension and interpretation:(08 Pts)

1) Choose the right answer: The text above is about:(01 Pt)

- a. The causes and consequences of overweight.
- b. Eating habits today.
- c. Advertisements and obesity.

2) Read the text and mark the statements below as" True" or "False".(02 Pts)

- Scientists advise people not to eat fat meat.
- You can keep out cancer if you don't eat fat.
- Advertisements teach people to eat healthy food.
- Obesity is an open door to diseases.

3) Answer these questions according to the text. (03 Pts)

- a- What are the sources of cholesterol?
- b- What is the cause of obesity?
- c- Do people respect their energy balance? justify from the text.

4) What do the words written in bold type in the text refer to? (02 Pts)

They (§1).... which (§2).... This information (§2) They (§3).

B/.Text Exploration (7 pts)

1) Match words with their definitions:(1.5 Pt)

Words	Definitions
1- Advertisement	a- The food that a person usually eats.
2- Consumption	b The activity of attracting public attention to a product or business.
3- Diet	c- using up of food, energy or resources

2) Complete the table:(1.5 Pt)

Verb	Noun	Adjective
.....	poisoning
persuade
.....	Productive

3) Link the following statements using the connectors provided between brackets. Make any necessary changes.(1.5Pts)

- a) . We don't take enough vitamins. We not have enough energy.(If)
 b) Children are becoming obese because they consume junk food .(owing to)
 c) Specialists consultancies will help multinational companies. They trade more ethically
 (provided that)

4) Rewrite sentence "b" so that it means the same as sentence "a". (0,5 pt)

- a.Many people should make an anti-nepotism campaign to limit that phenomenon.
 b.It's high time.....

5) Reorder the following sentences into a coherent passage. (1pt)

- a. To have an improper diet may cause health issues such as obesity and various diseases.
 b. The best way to ensure that the body receives all the food substances it needs
 c. The food we eat can negatively affect our health.
 b. is to have a balanced and proper diet.

6) Classify the following words according to the number of their syllables.(1 Pt)

Disease – overweight - advertisement – food

One syllable	Two syllables	Three syllables	Four syllables

Part two : Written expression. (5 Pts)

- Choose one of the following topics

Topic 1 : Use the following notes to build a paragraph on obesity and advertising.

- People watch too much TV . TV shows many ads.
- Ads encourage people to eat fast food. Fast food is unhealthy.
- People don't practice sport. They become obese.
- Obesity causes many illnesses.

Topic 2 : Some companies lack minimum working standards such as safety, fair salaries,...etc.

Write a composition of about 70-80 words on the appropriate measures that should be taken to stop such practices.

Correction

PART ONE: Reading

A: Comprehension and interpretation:(08 Pts)

- . The text above is above: .
- c. Advertisements and obesity.

Read the text and mark the statements below as " True" or "False". (02 Pts)

- Scientists advise people not to eat fat meat. **True**
- You can keep out cancer if you don't eat fat. **True**
- Advertisements teach people to eat healthy food. **False**
- Obesity is an open door to diseases. **True**
- **Answer these questions according to the text. (03 Pts)**
 - . Cholesterol is found in many foods, including egg yolks, butter, and red meat.
 - the cause of obesity is eating a high-fat diet can contribute to excess consumption of calories, which can lead to obesity.
 - No, people don't respect their energy balance? advertising influences the choice of the kind of food people want to eat.
 - **What do the words written in bold type in the text refer to?**

They (§1)..scientists..

which (§2)... excess consumption of calories

this information (§2) all processed foods must carry a label that states the amount of total cholesterol and saturated fat in a serving

They (§3).. TV watching and TV advertisements

B/.Text Exploration.(7 pts)

- **Match words with their definitions:(1.5 Pt)**

Words	Definitions
1- Advertisement	b
2- Consumption	a
3- Diet	c

- **Complete the table:(1.5 Pt)**

Verb	Noun	Adjective
to poison	poisoning	poisoned
persuade	persuasion	persuative
to produce	product	Productive

3. **Link the following statements using the connectors provided between brackets. Make any necessary changes.(1 .5Pts)**

- a) if. we don't take enough vitamins ,we won't have enough energy .
- b) **Owing to** consuming junk food ,children are becoming obese .
- c) Specialists consultancies will help multinational companies. **provided that** they trade more ethically .

Rewrite sentence "b" so that it means the same as sentence "a".
(0,5 pt)

It's high time people made an anti-nepotism campaign to limit that phenomenon.

Reorder the following sentences into a coherent passage. (1pt)

- a. . 2
- b. 3
- c. 1
- b. 4

4.**Classify the following words according to the number of their syllables.(1 Pt)**

Disease – overweight - advertisement – food

One syllable	Two syllables	Three syllables	Four syllables
food	Disease	overweight	advertisement

Part two : Written expression. (5 Pts)