

2016-2017

The Second English Test

**Text:**

Grains, fruit and vegetables, meat and other proteins, dairy, fat and sugar compose the five food groups. In a healthy diet, each group plays an important role. To keep in good health, people must consume a lot of grains, fruit; apples, oranges, strawberries... and vegetables; cucumber, carrots, tomatoe.... They mustn't eat too much dairy, meat and other .proteins, and they must avoid too much fat and sugar.

PART ONE:

Read the text carefully then do the following activities

A/ Reading Comprehension (07 Pts)**Activity one(02 Pts):Read the text carefully and answer the questions.**

- 1- What are the five food groups?.....
- 2- Must we consume a lot of fat and sugar?.....

Activity two(03 Pts): Where can we find the followings. Match each pair

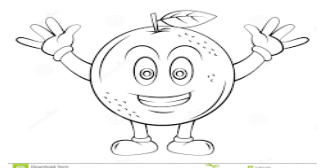
- | | |
|----------------|-----------|
| - calcium | - oranges |
| - Protein | - water |
| - vitamins 'C' | - meat |
| - minerals | - cheese |

Activity three(02 Pt):**Sort out from the text 2 words related to fruit and 2 others relted to vegetables****Fruit**

1-.....2-.....

Vegetables

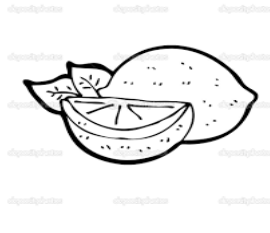
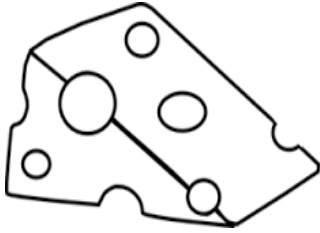
1-.....2.....



*grains: the small seeds of food plants



Activity one(02 Pts):Name this food



1-..... 2-.....

- Drink more water
- Eat healthy food (fruit ,vegetables.....)
- Take time when chewing food.
- Practise daily sport exercises.

[illegible]