

THE SECOND TERM ENGLISH EXAMINATION

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To: _____ Show BCC

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Subject: My Weekly Diet Plan Plan Text

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Dear friend,

I'm Nazim, I am from Tunisia and I suffer from obesity because I'm fat. My dietician gave me a special diet plan to follow it. He recommends that a typical diet plan should be balanced. At lunch, I have to eat one slice meat, lettuce, one slice of a whole meal bread and two fruits. I have to take a vegetable soup with two boiled eggs and a fresh lemon juice at dinner. Every day at breakfast, I should eat cereals with skim milk and drink orange juice, it is good for our health.

Concerning exercises, I have to go jogging every day, but I go to the gym twice a week and play with the jumping rope. I should follow my dietician instructions and eat healthy food.

All the best.

Part One: Reading Comprehension**Activity one :** Read the text and answer the following questions: (03pts)

- 1- Is Nazim a slim boy ?
- 2- What should he eat at breakfast ?
- 3- Does he practise sport ?

Activity two : Read again and complete Nazim's diet plan : (02pts)

My diet plan			
Breakfast	Lunch	Dinner	Exercises
.....			
.....			
.....			

Activity three : A) Find in the text words that are synonyms in meaning to : (02pts)

must =

overweight =

B) Find in the text words that are opposite in meaning to

slim ≠

unhealthy ≠



Mastery of Language:

Activity One : Spot the mistakes and correct them : (02pts)

nazim should goes on a diet , and she must not eats unhealthy food ?

→

Activity Two : Rewrite the following statements in the right tense : (03pts)

- 1 - If Brahim (not / to get)..... his BEM Exam, he (not / to go)..... to the Secondary School.
- 2- I (to have)..... a daily diet plan before I (to become)..... too fat.
- 3- You should (to practice)..... sport in order to be healthy.
- 4- He must (not / to consume) a lot of sugar.

Activity Three: Classify the following words according to their diphthongs sounds: (02pts)

Boy - diet - pay - mouth

/aɪ/	/aʊ/	/ɔɪ/	/eɪ/
.....			

Situation of Integration : (06pts)

You are fat and you are suffering from obesity. Your dietician gave you a weekly diet plan that you have to follow it with practicing sport. Write an Email in which you reply to Nazim and sent him your weekly diet plan and exercises.

Use these cues:

- 1-At breakfast (one cup of milk - water ...)
- 2-At lunch (grilled fish - escalope - lettuce)
- 3-At dinner (soup - one apple -water)
- 4- Swimming - Judo.
- 4- Sunday - Monday -Tuesday- Wednesday- Thursday- Friday- Saturday.

Good Luck