



May:2026

Levels: 3ASS 3ASM 3ASSMT 3ASG

Duration : 2h30

Mock examSubject 1

امتحان البكالوريا التجريبي
على المترشح ان يختار احد الموضوعين
الموضوع الاول

Part One: Reading

(15 pts)

A/ Comprehension

(8 pts)

Read the text carefully and do the tasks that follow.

In modern times, consumers face an overwhelming array of food choices influenced by various factors, including health awareness, convenience, and cultural trends. With the rise of global food markets, they can access diverse cuisines and ingredients from around the world, enhancing their culinary experiences. However, this abundance also presents challenges, such as the difficulty of making informed dietary decisions.

Health consciousness has become a significant driver of food choices. Many consumers prioritize organic and whole foods, seeking options that are free from artificial additives. it is reflected in the growing demand for plant-based diets, which are often perceived as healthier and more sustainable. Convenience plays a crucial role as well. Busy lifestyles have led to an increase in ready-to-eat meals and fast-food options. While these choices save time, they can compromise nutritional quality.

Cultural influences also shape preferences, as globalization introduces new flavors and cooking techniques. Social media further amplifies food tendencies, making them more accessible and appealing. Ultimately, modern consumers navigate a complex landscape of food options, balancing personal preferences, health considerations, and external influences in their choices.

Adapted from: Phytochemical: Dietary and health benefits. January 2022. P162.**A/Reading Comprehension:****1-Choose the correct option for each statement A, B and C below. (1.5 pts)****1) In modern timeshas become a significant driver of food choices.**

- a) Price b) Availability c) Health awareness.

2) The food that gains popularity isas a dietary trend nowadays.

- a) High-sugary diets b) Organic-based diets c) Low-fat diets.

3) Modern consumers face challenges regarding food choices

- a) Surplus of options b) Limited information c) Decreased health awareness.

2-Identify the paragraphs in which the ideas below are mentioned in the text. (02pts)

a-Modernity and working lead to the rise of ready food consumption.

b-The massive growth of nutrients in the world made the health at risk.

3-Answer the questions below according to the text. (03pts)

a-How has globalization affected food availability?

b- What are the effects of health consciousness on consumers' food choices?

c-Do social media amplify food tendencies?

4-What/who the underlined words refer to in the text? (1.5pts)

a-They§1=..... b-It§2=..... c-Them§3=.....

B)Text Exploration:

(7pts)

1- Find words in the text whose definitions follow. (1.5pts)

- a) State of being aware or having knowledge about something . (§2)
- b) Something that can be easily reached, understood, or used by everyone . (§3)
- c) The act of keeping different sides or forces equal preventing one from overpowering the other. (§3)

2- Give the opposites of the following words keeping the same root. (1.5pts)

- a) aware ≠
- b) behaviour ≠
- c) balance ≠

3-Rewrite sentence (b) so that it means the same as sentence(a). (03pts)

- 1)a-Social media should encourage healthy food trends.
b-It's high time
- 2) a-The nutritionists said: "We will implement stricter food safety regulation ".
b- The nutritionists said.....
- 3) a-The health departments inspected public restaurants regularly last year.
b- Public restaurants.....

4-Classify the words below according to the spelling of their final /S/. (01pt)

Poisons- balances -foods – nutritionists –

/s/	/z/	/Iz/

Part Two: Written Expression.

(5pts)

Choose ONE of the following topics

- **Topic One:** Social media has become an important part of our daily lives, and it greatly affects people's food choices. As a member of an association that stands against dishonest advertising among children. Write an article of about 70-80 words for the school magazine in which you denounce ads promoting high-calorie and high-fat products.
- **The following notes may help you:**
 - Attractive advertisements of junk food
 - Health risks: obesity / overweight / diseases ...
 - Role of parents and consumers 'associations: pressure to reduce junk food ads/ promote various types of healthy food -Obligation for food companies to comply with food regulation standards (reduce sugar, salt...).
- **Topic Two:** Some businessmen do not respect price regulations. They often sell goods at too high prices. Write a composition of 80 to 100 words on the following topic in which you suggest solutions to fight such unethical behaviours.

انتهى الموضوع الاول

Answers (subject1)

A/Reading Comprehension:

1-Choose the correct option for each statement A, B and C below. (1.5 pts)

- a) In modern timeshas become a significant driver of food choices.
1) Price 2) Availability (3) **Health awareness.**
- b) The food that gains popularity isas a dietary trend nowadays.
1) High-sugary diets (2) **organic-based diets** 3) Low-fat diets.
- c) Modern consumers face challenges regarding food choices
(1) **Surplus of options** 2) Limited information 3) Decreased health awareness.

2-Identify the paragraphs in which the ideas below are mentioned in the text. (02pts)

- a-Modernity and working lead to the rise of ready food consumption. § **2nd paragraph**
b-The massive growth of nutrients in the world made the health at risk. § **1st paragraph**

3-Answer the questions below according to the text. (03pts)

a- a-How has globalization affected food availability?

Globalization had increased food availability by allowing consumers to access a wide variety of cuisines and ingredients from around the world

b- What are the effects of health consciousness on consumers' food choices?

It is reflected in the growing demand for plant-based diets, which are often perceived as healthier and more sustainable

c-Do social media amplify food tendencies?

Yes, social media amplify food tendencies by making them more accessible and appealing.

4-What/who the underlined words refer to in the text? (1.5pts)

a-They§1= **consumers** b-It§2= **Health consciousness** c-Them§3= **food tendencies**

B)Text Exploration:

(7pts)

1- Find words in the text whose definitions follow. (1.5pts)

- a) State of being aware or having knowledge about something . (§2) : **consciousness**
b) Something that can be easily reached, understood, or used by everyone . (§3) : **accessible**
c) The act of keeping different sides or forces equal preventing one from overpowering the other. (§3) : **balancing**

2- Give the opposites of the following words keeping the same root. (1.5pts)

- a) aware ≠ **Un**aware b) behaviour ≠ **Mis**behaviour c) balance ≠ **Im**balance

3-Rewrite sentence (b) so that it means the same as sentence(a). Make changes where necessary. (03pts)

a- a-Social media should encourage healthy food trends.

b-**It's high time social media encouraged healthy food trends**

a-The nutritionists said: "We will implement stricter food safety regulation tomorrow".

b- The nutritionists **said that they would implement stricter food safety regulation the next day.**

a-The health departments inspected public restaurants regularly last year.

b-Public restaurants **were inspected by the health departments regularly last year.**

4-Classify the words below according to the spelling of their final /S/. (01pts)

Poisons- balances -foods – nutritionists –

/s/	/z/	/ɪz/
nutritionists	Poisons foods	balances