



First Term English Exam

Level : 4AM

Time : 01h 30

The importance of food on health

The type of food we eat has a direct influence on our health. If it is a poor quality, it does not offer the necessary nutrients for the body to become strong and developed. The chemical changes and the vital processes which take place inside the organism need the presence of essential substances like proteins, vitamins and mineral salts. Without **them**, the organic tissues do not get constructed, the blood system gets seriously affected while the bones lose **their** strength and the nervous system finds itself unable to coordinate the biological functions of the organs. In addition to the substances referred to above the human body requires a regular intake of fats and carbohydrates. These ones constitute a major source of energy thanks to which we are able to perform the physical tasks we do every day.

“ From Practical key to English ”



Part one

I- Reading comprehension

Activity one: Read the following statements and write “True” - “False” or “not mentioned”. **4pts**

- 1- Sport is an essential activity for the body.
- 2- The absence of proteins and vitamins cause damage to the body.
- 3- We eat food because it contains the elements that the body needs.
- 4- Carbohydrates and fats are not important for the body.

Activity two: What do the underlined words in the text refer to ? **1pts**

Them	
Their	

Activity three: Find in the text which substance contains each of these food items. **2pts**

Food item	Substance
butter	
rice	
eggs	
oranges	

II- Mastery of language

Activity one: What do the following sentences express ? Classify each sentence in the right column. **3pts**

- 1- Can you ask your doctor to prescribe some vitamins for my son, please ?
- 2- Can I have more rice, mum ?
- 3- You shouldn't eat too much sugar.
- 4- I couldn't cook a dish when I was 6 years old.

Past inability	Making a request	Asking for permission

Activity two: Change the following sentences to negative. **2pts**

- 1- Some food items help the body in its development.
 -
- 2- In the past, people used modern appliances to cook food.
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Activity three: Pick out from the text four words and complete the table according to the pronunciation of their final "s". **2pts**

/ S /	/ Z /	/ Iz /
-	-	-
	-	

Part two

Situation of integration: **6pts**

Your friend eats too much junk food and s/he is very fat. You want to give him/ her some advice to eat healthy food and to lose weight. Write a paragraph of 6 lines using the imperative and time sequencers.

حي قعلول - برج البحري - الجزائر

Assessment report (corrige)

Part one

Section one: Reading comprehension

Activity 1: 4pts

- 1- Not mentioned
- 2- True
- 3- True
- 4- False

Activity two: 1pts

Them	Proteins – vitamins and mineral salts.
Their	The bones

Activity three: 2pts

Food item	Substance
butter	fats
rice	carbohydrates
eggs	proteins
oranges	vitamins

Section two:

Activity one: 3pts

Past inability	Making a request	Asking for permission
4	1	2

Activity two: 2pts

- 1- Some food items don't help the body in its development.
- 2- In the past, people didn't use modern appliances to cook food.

Activity three: 2pts

/ S /	/ Z /	/ Iz /
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nutrients salts carbohydrates , tasks	proteins vitamins , tissues, cells , bones, functions , ones	changes processes substances
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The student must give : one word in / s / - two words in / Z / and one word in / Iz /

Part two

Criteria	Indicators
Relevance	The student has followed: The topic: s / he has advised his / her friend to eat healthy food. The format: s / he has written a paragraph
Linguistic resources	The student has used: <ul style="list-style-type: none"> - The imperative. - Time sequencers. - Vocabulary related to the topic
Semantic coherence	<ul style="list-style-type: none"> - Ideas are well organized. - Sentences are meaningful and linked correctly.