



SECOND TERM ENGLISH TEST

Level: 3ASS / 3 ASM/3 ASMT / 3 ASG

February 2024

Part one: Reading comprehension

Read the text and do the following activities.

A healthy diet plays a crucial role in maintaining optimal health and well-being. By making mindful choices about the foods we consume, we can nourish our bodies with essential nutrients and reduce the risk of chronic diseases. (1§)

One of the key benefits of a healthy diet is the provision of essential nutrients. Fruits, vegetables, whole grains, lean proteins, and healthy fats are rich sources of vitamins, minerals, and antioxidants. These nutrients are vital for supporting various bodily functions, such as cell growth, immune system function, and energy production. By incorporating these foods into our diet, we can ensure that our bodies receive the necessary building blocks for optimal health. (2§)

In addition to providing essential nutrients, a healthy diet can help prevent chronic diseases. Research has shown that diets high in fruits, vegetables, and whole grains are associated with a reduced risk of conditions like heart disease, diabetes, and certain types of cancer. **These** foods are often low in saturated fats and cholesterol, which can contribute to improved cardiovascular health. By adopting a healthy diet, individuals can take proactive steps towards safeguarding their long-term well-being. (3§)

In conclusion, a healthy diet is a cornerstone of overall health and well-being. By prioritizing nutrient-dense foods and minimizing the consumption of processed and unhealthy options, individuals can reap numerous benefits. From providing essential nutrients to reducing the risk of chronic diseases, a healthy diet empowers individuals to take charge of **their** health. By making conscious choices about what we eat, we can enhance our physical and mental well-being. (4§)

Adapted from the internet.

1. **The text is:** a- narrative b- argumentative c- expository (1 pts)

2. **Say whether the following statement are true or false (2 pts)**

1. A healthy diet can help reduce the risk of chronic diseases.
2. Processed and unhealthy foods are not beneficial for our overall health
3. Fruits and vegetables are low in saturated fats and cholesterol.
4. A healthy diet can improve our physical and mental well-being.

3. **Answer the following questions according to the text (3 pts)**

1. Which types of foods are rich sources of essential nutrients?

.....

2. How can a healthy diet help prevent chronic diseases?

.....

3. What are some examples of chronic diseases that can be reduced by a healthy diet?

.....

4. **find what or who the underlined words refer to in the text 1pts**

These (3§)=

their (4§)=

5. **Give a title to the text** (1pt)

B/ TEXT EXPLORATION:

1/ **Find in the text words that:** (2 pts)

a- are synonymous to: Different (1§)= danger (2§)=

b- are opposites of: unhealthy (1§) =/= unaware (4§) =/=

2/ Divide the following words into roots and affixes (2pts)

- Advertising – unbalanced - overachieving- Safety

prefix	root	suffix

3/ Complete sentence (b) so that it means the same as sentence (a) (4 pts)

1. a/People will be fit provided that they eat healthy food.
b/If.....
2. a/Food safety may be one of the major problems in the next decade.
b/I am certain that.....
3. a/Most Algerian consumers will boycott unhealthy products.
b/Unhealthy products.....
4. a/Since people eat fatty and sugary food, they risk to be overweight.
b/ Because of

4/Classify the following words according to the number of their syllables: (2 pts)

Healthy – Nutrition – food - confusion

One syllable	Two syllables	Three syllables

5/Fill in the gaps with words from the list given. (2 pts)

essential -variety -healthy- diseases-

A diet is essential for good health and nutrition. It protects you against many chronic....., such as heart disease, diabetes and cancer. Eating aof foods and consuming less salt, sugars and saturated and industrially-produced trans-fats, arefor healthy diet.

Correction

Part one: Reading comprehension

1. The text is: c- expository

2 .Say whether the following statement are true or false 2 pts

1. A healthy diet can help reduce the risk of chronic diseases. **true**
2. Processed and unhealthy foods are beneficial for our overall health **false**
3. Fruits and vegetables are low in saturated fats and cholesterol. **true**
4. A healthy diet can improve our physical and mental well-being. **true**

3 . Answer the following questions according to the text 3 pts

1. One of the key benefits of a healthy diet is the provision of essential nutrients.
2. Fruits, vegetables, whole grains, lean proteins, and healthy fats are rich sources of vitamins, minerals, and antioxidants.
3. A healthy diet can help prevent chronic diseases by reducing the risk of conditions like heart disease, diabetes, and certain types of cancer.
4. Some examples of chronic diseases that can be reduced by a healthy diet include heart disease, diabetes, and certain types of cancer.
5. Fruits, vegetables, and whole grains are beneficial for cardiovascular health because they are often low in saturated fats and cholesterol.

4 .find what or who the underlined words refer to in the text 1pts

These (3§)= diets high in fruits, vegetables, and whole grains

their (4§)= individuals

5. Give a title to the text: **Healthy Diet**

B/ TEXT EXPLORATION:

1/ Find in the text words that are (2 pts)

Different (1§)=various

danger (2§)= risk

unhealthy (1§) =/= healthy

unaware (4§) =/= conscious

2/ Divide the following words into roots and affixes (2pts)

prefix	root	suffix
/	Advert	ising
Un	Balance	ed
/	Safe	ty
over	achieve	ing

3/ Complete sentence (b) so that is means the same as sentence (a) (4 pts)

1. a/People will be fit provided that they eat healthy food.

b/If people eat healthy food, they will be fit.

2. Food safety may be one of the major problems in the next decade.

I am certain that food safety will be one of the major problems in the next decade

3. Most Algerian consumers will boycott unhealthy products.

Unhealthy products will be boycotted by most Algerian consumers.

4. a/Since people eat fatty and sugary food, they risk to be overweight.

b/ Because of eating fatty and sugary food, people risk to be overweight.

4/Classify the following words according to the number of their syllables: (2 pts)

One syllable	Two syllables	Three syllables
food	Healthy	Nutrition confusion

5/Fill in the gaps with words from the list given. (2 pts)

A **healthy** diet is essential for good health and nutrition. It protects you against many chronic **diseases**, such as heart disease, diabetes and cancer. Eating a **variety** of foods and consuming less salt, sugar and saturated and industrially-produced trans-fats, are **essential** for healthy diet.