

The text:

This is James; he's not fine he is overweight. James feels tired and sick all the time. He doesn't practice sport at all. He is a "couch potato" it means he spends much time watching TV and eating salted crisps or chips. James loves fast food, fizzy drinks and lemonade.

One day James visited a doctor and asked for advice. The doctor said: "You should not eat snacks and fast food like pizza and hamburgers because they're unhealthy; they contain a lot of fats and salt. You should eat healthy food such as: vegetables and fruits. You have to follow a diet to get fit and healthy and also you must practice sport everyday..."

**PART ONE: A/Reading Comprehension: (7 points)****Activity 1:** Write true or false: (3pts)

1. James is not slim
2. He practices sport
3. He should eat healthy food

Activity 2: Answer the questions: (2pts)

1. Is James fat?
.....
2. What does James suffer from?
.....

Activity 3: (2pts)

a/ find in the text synonyms of :

Obese = ill =

a/ find in the text opposites of:

Hates ≠..... little ≠.....

B/Mastery of Language: (7points)**Activity 1:** Match the sentences with their meanings (3pts)

Sentences	Meaning
1. Peter should consult a doctor.	a/ prohibition.
2. Peter mustn't drink coffee?	b/ ask about health.
3. He must sleep early	c/ advice.
	d/ obligation.

1	
2	
3	

Activity 2: Reorder the words correctly (2pts)

1. have / does / what / John?

.....

2. suffers / he / insomnia / from.

.....

Activity 3: Classify the words in the table: (2pts)

much – school – ache – chest -

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PART TWO: Integrated situation (6 points)

Task: James needs your help to become fit and strong. Writing some pieces of advice and instructions to help him.

Use: (*must –should – shouldn't – mustn't – imperative*)

- vegetables/fruits
- Wake up early
- Sport (
- Walk
- pizza/hotdogs/hamburger
- cake/ice cream
- Water

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Good luck
Your teachers