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| *\* 9th form \** *April - 2021* *Duration : 1 hour* |  | *Mrs Mouna Sellami*  |
| NAME: ………………………………..….....................….… 9th……………...NUMBER:………… |

 **I- LISTENING COMPREHENSION: (8 marks)**

 **1/ Choose a title to the passage**. **(1 mark)**

 n - What to eat?

 - How to keep fit and healthy?

 - How to lose weight?

 **2/ Choose the right answer .(1 mark)**

 According to Mike , the worst thing for the body is:

 - smoking

 - drinking alcohol

 - stress

 **3/ Answer the following questions .(2 marks)**

 a- What does Mike think about smoking?

 Mike thinks…………………………………………………………………………………………..

 b- How long has mike lived in Belgium?

 Mike has lived in Belgium ………………………………………………………….……………

**4/ Circle the activity that Mike does in the morning. (1 mark)**

 \* having a big breakfast.

 \*drinking much water.

 \*eating chocolate.

 \*exercising.

**5/ Listen and complete . (1 mark)**

 Then, just try to eat a ……………………….. diet like you said at the ………………………… .

**6/ What is the function of the following utterance? (1 mark)**

 “ May be we should get some.” ----- ( **doubt / certainty / suggestion** )

**7/ Write Similar (S) or different (D). (1 mark)**

 - **ch**ocolate – ma**ch**ine ( …………….. ) - qu**i**t - wh**i**le ( ……………….. )

**II- LANGUAGE. ( 12 )**

1/ Fill in the blanks with **7** words from the list. ( 3.5 )

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| while / decrease / offend / negatively / affect / on / can’t / smelly / don’t |

 What is pollution ? Pollution is anything introduced into the environment that changes the quality of life for humans, animals or plants ………………….... . Some types of pollution are visible or ………………., like smokes coming from factories. Others ………………… be seen or smelled at all. Similarly, some kinds of pollution have an impact on the planet , ……………………. the effects of others are sometimes experienced in a smaller area.

Pollution has harmful consequences that ………………… all the world. Even remote areas such as the Arctic Circle are impacted by man-made pollution. There isn’t a single location ……………………. earth that is untouched by pollution . Consequently, serious steps must be taken to …………………….. pollution.

2/ Choose the right alternatives. ( 3.5 )

 It is often said that everyone is the Solution to plastic pollution. Do you see litter when you’re playing outside? ( **How much / How far / How many** ) of this litter is plastic? We see plastic bags in trees, and food containers and soda bottles on the sides of the road and in parks. When it rains, this plastic litter ( **may / must / should** ) make its way to lakes, rivers and seas . Plastic pollution is a problem all over the world and causes problems for wildlife, the environment, and people. But why ( **does / was / is** ) plastic pollution bad ? Plastic is a wonderful material that can be used for many different things. ( **However / Besides / Otherwise ),** plastic can stay in the environment for many years. Some plastic ( **never / always /** **often** ) goes away, and scientists are still ( **looking** / **studying / organizing** ) how long it takes to break down. So, what about ( **to encourage / encouraging /** **encourage** ) recycling ? I think it is the best solution.

3/ Put in the right tense or form. ( 3 )

 Smoking is a hard habit to break because tobacco contains nicotine which is very ( **addict** ) ……………………. . As with heroin or other drugs, the body and the mind ( **quick** ) ………………………. get used to the nicotine in cigarettes. Therefore, the smoker ( **need** ) ………………… to have it just to feel normal. Almost all the tobacco ( **use** ) ………………. in our school began smoking before the age of 13. Most of them never ( **expect** ) ……………. to become heavy smokers. That’s why, I think that not to start smoking at all is ( **easy** ) …………………. than to fall into the trap.

4/ Match sentence parts in A with sentence parts in B to get a coherent paragraph. ( 2 )

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| --- | --- |
| **A** | **B** |
| 1. Recycling is one of the 3R’s
2. It refers to converting
3. For example, when you buy a plastic bottle of water

 **4**. In fact, recycling is an important practice to be followed | **a)** you can send it to a recycling center to be made  into something new like plastic bags. **b)** for a better and healthier life.**c)** which aims at promoting a clean environment. **d)** and increasing toxic substances.**e)** waste into a new product. |
| 1- …… 2- …….. | 3- …….. 4- ……… |
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**Script . food and health . 9th april 2021**

**Adrienne:** So, Mike, you don't eat fast food, huh?

**Mike:** No, no. I find fast food not very healthy and I try to eat healthy and try to live a healthy kind of lifestyle.

**Adrienne:** How do you do that?

**Mike:** Well, I'm going to the gym, not smoking, just generally trying not to do too much bad stuff for your body I guess, you know like over doing things.

**Adrienne:** What kind of things do you think are bad for your body?

**Mike:** Stress, probably the worst thing is stress, but of course I think anything you do to much of, like you know, for example, if you, if you're somebody who smokes then smoking too much is probably a bad thing, although of course smoking I think is not good at all, but anyways, or, like if some people, if you want to go out for drinks then drinking too much is probably a bad thing, or eating too much is a bad thing so, so everything I think in balance is the healthiest thing.

**Adrienne:** Moderation is the key!

**Mike:** That's the word.

**Adrienne:** So what kind of things do you do to stay healthy?

**Mike:** Um, well, wake up, I mean wake up early, go for a run or go to the gym in the morning, everyday, and then just try to eat a balanced diet, not eat a lot of, like you said at the beginning, like fast food and stuff I stay away from in general, and not try to over do it with, try not to get too stressed out about things at work, and also try not to party too much.

**Adrienne:** Do you have any fast food that you like to eat just once in awhile, just as a special treat?

**Mike:** Um, yeah, sure! I mean I love chocolate, so you know, for sure. I've lived in Belgium for several months and I got used to really, really good Belgium chocolate.

**Adrienne:** Very good chocolate there!

**Mike:** Absolultely, so yeah! It's kind of, if I do occasionally I'll have a little bit of Belgium chocolate.

**Adrienne:** Mm, that sounds good. Maybe we should get some.