

(دورة جوان 2003)

امتحان بكالوريا التعليم الثانوي

المدة : ساعتان

الشعب : علوم الطبيعة والحياة + علوم بفرقة + تكنولوجيا

اختبار في مادة الإنجليزية (لغة أجنبية ثانية)

Read the passage carefully then do the activities.

Research has shown that the physically fit person is able to withstand fatigue for longer periods than the unfit person; that the physically fit person is better equipped to tolerate physical stress; that the physically fit person has a stronger and more efficient heart; and that there is a relationship between good mental alertness, absence of nervous tension and physical fitness.

One way of being fit is through weight control. The major purpose of weight control is to reduce the amount of fat and to increase the amount of muscle. It is in reality a programme of fat control rather than weight control. This control can be exerted only by coupling a sensible dietary programme with a regular balanced programme of exercise.

When we eat, the food is used, stored or discarded. The body stores fuel or calories as fat. The more fuel we consume, and the less of it we use, then the more of it is stored in the body in the form of fat. The human body is not like the petrol tank of a car that will overflow when it is full. Our bodies accept all the calories that we put into them, and store those that we do not use.

When you exercise, you burn calories. As muscle is slightly heavier than fat, you may very well notice an increase in your weight rather than a reduction. However, it must be stressed that this muscle weight is useful weight and will improve the way you look and feel.

Research has shown clearly that the most effective way of taking off weight and keeping it off is through a programme which combines diet and exercise.

Section One: Reading Comprehension

(8 pts)

1. Are there any negative sentences in the third paragraph? If so, how many?
2. Are the following sentences true or false?
 - a) As compared to the physically unfit person, the fit person has a stronger and healthier life.
 - b) A dietary programme is necessary for fat control.
 - c) The human body rejects some calories.
 - d) According to research, practising sport and special diet are very effective ways of taking off weight.
3. Here are the answers to some questions about the text. Ask the questions.
 - a) The food is used, stored or discarded.
 - b) Fuel or calories as fat.
 - c) When you exercise.
4. Find in the text words or phrases opposite in meaning to the following.

a) weaker (§ 1)

b) reject (§ 3)

c) useless (§ 4)

Section Two: Mastery of Language

(8 pts)

1. Supply capitals and punctuation.

the next olympic games will be held in athens athletes from different parts of the world will take part in the event the algerian athletes will certainly represent their country in an honourable way

2. Divide the following words into roots and affixes.

unfit - reality - ineffective

Prefix	Root	Suffix

3. Complete the following chart as shown in the example.

Verb	Noun	Adjective
produce	product	productive
	thought	
		known / knowledgeable
endanger		

4. Complete sentence (b) so that it means the same as sentence (a).

a1. "The muscle weight will improve the way we look", the writer says.

b1. The writer says that

a2. Solar energy is changed into chemical energy by plant cells.

b2. Plant cells

a3. The candidates had revised English before they slept last night.

b3. After

5. Reorder these sentences to make a coherent paragraph. One irrelevant sentence must be left out.

1. you will gain an extra pound.

2. and use only 2 600 of them in your activity,

3. When you accumulate about 4 000 of these calories,

4. you will lose 400 calories.

5. the remaining 400 calories will be stored in the body.

6. If you eat food that has a value of 3 000 calories

6. Classify the following words according to the pronunciation of their final 'ed'.

equipped - used - discarded - stored - accepted - reduced

/ t /	/ d /	/ id /

Section Three: Written Expression

(4 pts)

Choose ONE of the following topics.

Either topic one:

Using the following notes, write a short paragraph of about 80 - 120 words on the following topic.

Activity and diet play a beneficial role in man's health.

- control weight	- decrease stress and anguish	- reduce heart problems
- activate the respiratory system	- make life more enjoyable	- feel and look well

Or topic two:

Write a composition of about 80 - 120 words on the following topic.

Do you like to practise sport? Give your reasons.