

التاريخ: 2024/03/06

المادة: اللغة الإنجليزية

المدة: ساعتان

المستوى: 3 علوم تجريبية / تسيرو اقتصاد

## اختبار الفصل الثاني

### Part I: Reading

Read the text carefully, then do the following activities:

At a basic level, eating healthy is really easy; eat real food, do not eat junks. This sounds simple, right? But as you can imagine, it's not always that simple because junk food is literally engineered to make you eat it, overeat it and want more of it more often. Even with the best intentions, many people struggle to say no to junk foods since **they** are just so addictive.

The first thing that is important to understand is that although these junk foods are referred to as "food" they are in fact not food at all. In my opinion, junk foods are food-like products that resemble food and may contain food, but they are not food themselves. Real food comes from one of two places; plants or animals, and that's it. Real food is from Mother Nature, it grows on the land, grazes on the grass, flies in the sky, or swims in the water. Real food does not have a bar code nor does **it** have ingredients because real food is ingredients. On the contrary, "junk food" just as the name implies, is junk. It is defined as "pre-prepared or packaged food that has low nutritional value" and is also known as processed food.

When you eat junk food, you may think you are just eating a handful of chips, a cookie, or a few candies, but you are actually eating much more than **that**, you are eating something that has been chemically engineered to make you want more of it. When you eat these foods, you are not only up against the food itself, you are up against food science experts, brands, and companies whose sole purpose is to create food that people will love, and want more of, so **they** can make profit. The time and energy that companies put into creating junk food are about more than creating something tasty, it is a precise science that considers addictive behaviours, large studies, marketing practices, and finding the exact combination of taste, texture, colour and design to get you eat more. Although most of us think we are smart to be duped by marketing, that is often not the case. Adverts of happy people eating delicious treats, food packaging with bright and vibrant colours are all things that play into our desire to eat junk food whether we are hungry or not.

Food companies spend millions of dollars on research, development and marketing to make junk food highly addictive; these people are not evil, it is simply the reality of business and the current state of food industry, however, it is not an excuse or a pass to continue to eat them. Of course, enjoying a treat from time to time is absolutely fine, but it is important to keep in mind that every time you buy these foods you are giving money for more research, development and marketing on the exact same foods that are already so highly addictive.

Adapted from: kaynutrition.com / why-junk-food-is-so-addictive

### A) Comprehension:

1. Circle the letter that correspond to the right answer: (0.5pt)

The text is: a- argumentative      b- expository      c- prescriptive

2. Say whether the following sentences are true or false: (2pts)

a- Junk food is produced to make people eat it but not necessarily to desire it more often.

b- Junk food is a treated and transformed food that contains ingredients.

c- Food companies focus more on creating delicious food, rather than considering addictive behaviours.

d- Persuasive adverts of junk food make people eat despite of themselves.

**3. Answer the following questions according to the text:(3.5pts)**

- a- Why does the writer assume that junk food is not real food?
- b- What do food science experts take into consideration when creating junk foods?
- c- Are people deceived by marketing? Justify.
- d- Why is it important to be mindful when buying junk food?

**4. Identify the paragraphs in which the following ideas are mentioned:(1pt)**

- a- Junk food has lack of essential nutrients. ....
- b- The main objective of food companies is to make money.

**5. Find who and what the underlined words in the text refer to:(1pt)**

- a- they (§1) ..... b- it (§2) ..... c- that (§3) ..... d- they (§3) .....

**B/ Text Exploration:**

**1. Find in the text words or phrases that are closest in meaning to the following:(1pt)**

- a- suggests (§1)=..... b- only (§3)=..... c-shiny (§3)=..... d- present (§4)=.....

**2. Divide the following words into roots and affixes. ( 1 pt)**

**obesity - nonaddictive - commercials - unpleasant**

Prefixes	roots	suffixes

**3- Combine each pair of sentences with the connectors given between brackets. Make changes where necessary:(1.5pt)**

- a- Children should eat more fruits and vegetables. They don't develop chronic diseases. (in order to)
- b- Food companies produce tasty and addictive food. They use many chemical additives. (due to)
- c- Consumers save their money. They stop buying junk foods. ( if )

**4- Complete sentence (b) so that it means the same as sentence (a). ( 1.5pts)**

- 1.a- People like eating junk food since it has a good taste.  
b- Because of.....
- 2.a- If food companies keep producing junk food, obesity among children will increase.  
b- Unless.....
- 3.a- The nutritionist asked him, "Do you practise any physical activity?"  
b- The nutritionist asked him.....

**5- Reorder the following sentences to get a coherent paragraph. One sentence is irrelevant. (1pt)**

- a- But they are so inactive that, even with a moderate appetite,
- b- Physical inactivity is a leading cause of obesity among the young.
- c- they eat more than they need and accumulate excess fat.
- d- Eating junk foods can cause obesity.
- e- Most of these obese young people do not eat more than young people of average weight.

**6. Classify the words below according to the number of their syllables: (1pt)**

**influence - taste - advertise - create**

<b>One syllable</b>	<b>Two syllables</b>	<b>Three syllables</b>

**Written Expression (5pts)**

**Choose one of the following topics.**

**Topic 1.** Today, food companies use different methods to persuade people to buy junk food even though they know that it is the cause of many serious health issues. As a member of a consumers' association, write an article of about 100 to 120 words in which you give some pieces of advice on how consumers can be protected from food industry.

- be well-informed about advertised food products – not believe every advert
- read carefully labels – not be attracted by packings
- not buy unhealthy food – buy organic food if possible
- teach children's good eating habits – homemade meals – fruits and vegetables

**Topic 2.** Statistics released by the Department of Health show that many young people suffer from obesity and many other health problems because they are physically inactive especially with the advent of social media. Write a composition of about 100 to 120 explaining the benefits of physical exercise for health.

**GOOD LUCK.**



prefix	root	suffix	1pt 0.25 each
	<b>obese</b>	<b>ity</b>	
<b>non</b>	<b>addict</b>	<b>ive</b>	
<b>un</b>	<b>commerce</b> <b>please</b>	<b>ials</b> <b>ant</b>	

**3) Combining Sentences :**

a- Children should eat more fruits and vegetables **in order not to develop** chronic diseases.

b- Food companies produce tasty and addictive food **due to using many chemical additives / the use of many chemical additives.**

c- Consumers **will save** their money **if they stop** buying junk foods.

**4) Completing sentences:**

1- Because of **having a good taste / its good taste / the good taste of junk food** people like eating junk food / people like eating it.

2- Unless **food companies keep producing junk food**, obesity among children **will not increase.**

3- The nutritionist asked him **if he practised any physical activity.**

**5) Sentences order :**

1 ( **b** ) - 2 ( **e** ) - 3 ( **a** ) - 4 ( **c** )

Irrelevant sentence is: - ( **d** )

**6) Word classification: number of syllables**

-One syllable: **taste**

-Two syllables: **create**

-Three syllables: **influence - advertise**

**Part Two: Written Expression:**

Criteria	relevance	Semantic coherence	Correct use of English	Excellence (vocabulary and creativity)	Final score
	1pt	1pt	2pts	1pt	5pts