



Read the following text then answer the question below:

Your body is like a car. Cars need fuel – and we need food. Your body uses most of yesterday's supply by morning and then it needs more. People who forget this and miss breakfast may suffer headaches, and they will certainly be low on energy. On the other hand, scientists say, people who eat a proper breakfast learn better, behave better and are generally healthier.

Moreover, people who miss breakfast are especially likely to make up for it later with large portions of things that contain lots of unhealthy fat and calories – a burger perhaps or a pie and some fries. Not surprisingly, 17% of American teenagers are now very overweight. Dangerous 'killer' conditions often follow in later life – heart disease, for example.

The answer is to eat a healthy breakfast and a balanced daily diet that gives our bodies the nutrients that they need. And of course to get more exercise.

Too many American teens do not eat when they should. Take Carrie Choi. Carrie is 15 and she has not eaten breakfast since she was in third grade. 'I don't have time,' she says 'I have to be on the school bus at 7:15 am'. Anyway,' she adds, 'I'm really not hungry at that time of day.'

More and more young Americans talk like Carrie. They are the 20% of US teenagers who do not eat breakfast. They are creating real problems for themselves – and perhaps even killing themselves.

The Food Pyramid here shows everything that your body requires. It consists of six food groups and these provide all the 50 basic nutrients that are necessary for good health. It is also properly balanced: we need less of the group at the top, more of the ones in the middle and even more of those at the bottom.

When the Food Pyramid gives a number of portions, this is the daily quantity necessary for health. A portion here means, for example, one egg, 30 grams of meat or a vegetable like spinach or a bowl of rice or yogurt. And , for example, the average person needs three portions of fruit per day.

Q1 : Answer the following questions:

1- How is your body like a car ?

.....

2- What is the importance of having breakfast for people ?

.....

3- What are the immediate effects of eating unhealthy fast food ?

.....

4- How can we keep our bodies fit and healthy?

Q2: Complete the following statements:

1. People who miss breakfast may suffer and
2. Fast food could be dangerous because it contains lots of
3. Eating balanced daily diet gives your body

Q3 : Put (T) or (F) next to the following statements:

1. Half of American teenagers are now very overweight . ()
2. People who eat a proper breakfast are more active and have good health . ()

Q4 : Say what the underlined pronouns refer to:

1. line 5 it :
2. line 10 they :
3. line 12 she:

Q5 Find in the text:

- a. The meaning of:** 1. too heavy 2. provide :
- b. The opposite of:** 1. safe : 2. healthy :

Q6: Complete the following chart:

<i>American teenager's name</i>	
<i>Age</i>	
<i>Problem</i>	
<i>Reasons</i>	
<i>Percentage of teens like Carrie</i>	

2. Vocabulary (25pnts)

Q1: Complete the sentences with words from the box : (7 pnts)

qualifications- vocational - literary - college - career - manager - stressful

In the academic route , you may join the scientific or stream .

2- It's very important to have high to get a good job .

3- My father is the of a food company in Palestine.

4- The amount of schoolwork and other things he had going on was.....

5- The right subjects carry you towards the right

6- If you want to become a builder or a farmer , you'll need to join the route

7- Students who choose the vocational route often go to the vocational

Q2: Choose the correct answer from a, b or c : (4pts)

1- Fast food much fats.

- a. contains b. canteens c. complains

2- Meat ,fish and eggs give us.....

- a. portion b. proteins c. patient

3- People who miss breakfast are likely to..... with fast food.

- a. make up b. make up for c. make

4- Your body needs protein to be

- a. strength b. strengthen c. strong



Q3- Put the adjectives in meaningful sentences: (3pts)

1. I was surprised to see you again at school . (surprised)

2.(balanced)

3.(energetic)

4.(basic)

Q4 -Replace with other words that you know : (3pts)

1- I would like to buy something like (.....) a book or a CD .

2- Ahmed has had a successful working life . (.....)

3- After graduation from school , I would like to do just one.(.....) in English language.

Q5 : Complete: (5pnts)

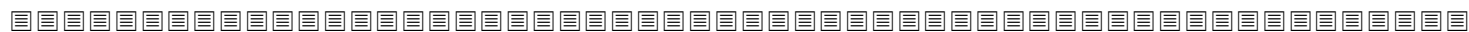
1. If you mix Hydrogen and Oxygen, you.....

2. If you don't hurry, you

3. If I have a lot of money, I.....

4. If I were a king, I

5. If I had worked harder, I.....



Q6 :Fill in the spaces with suitable adjectives from the box: (3pts)

Vitamin , balanced , strong , healthy , surprising , teenager , active

1. Eating healthy food prevents many diseases.

2. Drink milk daily to get bones.

3. Thanks for your visit . I enjoyed much with you.

4. Waleed gets up at 5:00 every morning . He is really very boy.

Writing (10 pnts)

A- Write a short paragraph about the route you should take after finishing year ten :

- 1- Say why you choose this route .
- 2- Your interest/ ability .
- 3- Explain what kind of career might be right for you as a result .

B-Write a paragraph about " Palestinian dishes".

You can make use of the following ideas:

- Name two famous traditional Palestinian food.
- What do they consist of?

-Which one is your favourite. Why?

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