

Mes pas vers le collège-Mme Amel Raddaoui

Revision for my first English exam

2022 / 2023

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Text

Nadine is an overweight girl. Her family and friends love her and want her to lose weight but she doesn't listen.

It is her best friend's birthday Sarah, she decides to help her for the room decoration. Every thing is going fine until Sarah's brother comes and calls Nadine "Fatty". Nadine feels very sad with tears in her eyes, she keeps crying and tells her sister « I am fat and ugly, everybody hates me ».

Her sister says to her : « Listen Nadine, If you want to lose weight, you should start with fitness activities and you shouldn't eat junk food everyday like pizza, sandwich, crisps.... You should eat proteins. You can get proteins from fish, meat, chicken, eggs, milk You shouldn't eat quickly, you should drink from six to eight glasses of water every day. Follow a healthy diet; I am sure you will feel better! » .

Reading comprehension

1. Read the text and say True or False

Her family and friends want her to lose weight.

Nadine doesn't practice any fitness activity.

Sarah calls Nadine "Fatty".

2. Read the text again and answer the following questions :

How many glasses of water should Nadine drink every day ?

.....

Should Nadine follow a healthy diet ?

.....

3. Complete the table with information from the text :

Should	Shouldn't

Language :

1. Rewrite the following sentences using should or shouldn't:

▪ Drink a lot of water
☞ You

▪ Don't eat too much bread and pasta.
☞ You

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- Avoid eating too much sugary food
- ☞ You

2. Spot the mistakes and correct them :

There is a lot of foods in Carrefour center. I enjoy buying any fruits and sweets there .yummy !

They tastes delicious! But , my mother want me to eat more vegetables .

3. Sort out from the text two sentences expressing :

Obligation in the affirmative form.....

Obligation in the negative form :.....

4. Give the synonym and opposite of the following words :

Obese =.....

Slim ≠.....

5. Classify the following words :

Healthy / Lunch / Vegetables

[ɫ] (dark l)	/l/ (clear l)

Writing

1. Reorder words to get meaningful sentences

He / like watching TV / but / he / doesn't / watch / at the moment /
because / he / sleeps //

.....

What / Wendy / does / at the moment / ? // She / cleans / her teeth //

-
-

Where / your cousin / lives / ? // She / lives / Sydney / in / Australia //

-
-

Why / you / eat / sandwich / now / ? // Because / I / am / hungry //

-
-

My brother / can't / play / tennis / because / he / not / has / racket

.....

My parents / don' / like / roller-skates / because / they / are /
dangerous

.....

Tim / bus / usually / goes / work / by //

.....



2. Your best friend eats junk food every day.

Help him/ her to fix a healthy diet plan .

Write a paragraph giving advice and making recommendations to your best friend using : should/ shouldn't , positive imperative /negative imperative .

Dear friend , If you want to lose weight you.....

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.....

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.....

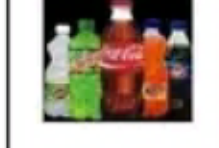
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Mes pas vers le collège-Mme Amel Raddaoui
First English exam

Text



Nadine is an overweight girl. Her family and friends love her and want her to lose weight but she doesn't listen.

It is her best friend's birthday Sarah, she decides to help her for the room decoration. Every thing is going fine until Sarah's brother comes and calls Nadine "Fatty". Nadine feels very sad with tears in her eyes, she keeps crying and tells her sister « I am fat and ugly, everybody hates me ».

Her sister says to her : « Listen Nadine, If you want to lose weight, you should start with fitness activities and you shouldn't eat junk food everyday like pizza, sandwich, crisps.... You should eat proteins. You can get proteins from fish, meat, chicken, eggs, milk You shouldn't eat quickly, you should drink from six to eight glasses of water every day. Follow a healthy diet; I am sure you will feel better! » .

Reading comprehension

1. Read the text and say True or False

Her family and friends want her to lose weight.

TRUE

Nadine doesn't practice any fitness activity.

FALSE

Sarah calls Nadine "Fatty".

FALSE

2. Read the text again and answer the following questions :

How many glasses of water should Nadine drink every day ?

She should drink from 6 to 8 glasses of water a day.

Should Nadine follow a healthy diet ?

Yes, Nadine should follow a healthy diet.

3. Complete the table with information from the text :

Should	Shouldn't
<ul style="list-style-type: none"> ▪ start with fitness activities eat proteins ▪ drink from six to eight glasses of water every day 	<ul style="list-style-type: none"> ▪ eat junk food everyday like pizza, sandwich, crisps ▪ eat quickly

Language :

1. Rewrite the following sentences using should or shouldn't:

- Drink a lot of water
- ☞ You **should** drink a lot of water.
- Don't eat too much bread and pasta.
- ☞ You **shouldn't** eat too much bread and pasta.

- Avoid eating too much sugary food
- ☞ You *shouldn't* eat too much sugary food.

2. Spot the mistakes and correct them :

There is a lot of foods in Carrefour center. I enjoy buying any fruits and sweets there .yummy !

They tastes delicious! But , my mother want me to eat more vegetables .

There *are* a lot of foods in Carrefour center. I enjoy buying *some* sweets there .yummy ! They *taste* delicious! But , my mother *wants* me to eat more vegetables .

3. Sort out from the text two sentences expressing :

Advice : You can get proteins from fish, meat, chicken, eggs, milk.

Imperative : Follow a healthy diet.

4. Give the synonym and opposite of the following words :

Obese = **overweight**

Slim ≠ **fat**

5. Classify the following words :

Healthy / Lunch / Vegetables

[ɪ] (dark l)	/ʌ/ (clear l)
Healthy vegetables	lunch

Writing

3. Reorder words to get meaningful sentences

He / likes watching TV / but / he / doesn't / watch / at the moment / because / he / sleeps //

He likes watching TV but he doesn't watch at the moment because he sleeps.

What / Wendy / does / at the moment / ? // She / cleans / her teeth //

- *What Wendy does at the moment*
- *She cleans her teeth*

Where / your cousin / lives / ? // She / lives / Sydney / in / Australia //

- *Where your cousin lives ?*
- *She lives Sydney in Australia*

Why / you / eat / sandwich / now / ? // Because / I / am / hungry //

- *Why do you eat sandwich now ?*
- *Because I am hungry*

My brother / can't / play / tennis / because / he / not / has / racket

My brother can't play tennis because he hasn't racket.

My parents / not / like / roller-skates / because / they / are / dangerous

My parents don't like roller-skates because they are dangerous.

Tim / bus / usually / goes / work / by //

Tim usually goes work by bus.

2. Your best friend eats junk food every day.

Help him/ her to fix a healthy diet plan .

Write a paragraph giving advice and making recommendations to your best friend using : should/ shouldn't , positive imperative /negative imperative .



Dear friend , If you want to lose weight you.....

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