



EPREUVE : ANGAIS

Durée : 3H

Coefficient : 2

I- COMPETENCES A EVALUER

Compétence Disciplinaire n°2 : Réaction aux textes ou à des supports multimédias

Compétence Disciplinaire n°3 : Production de textes ;de types et de fonctions variés

II- L'EPREUVE

A- REACTION A UN TEXTE ECRIT

Contexte

Le mode de vie que nous adoptons peut avoir un impact très négatif sur notre état de santé car notre santé dépend de notre style de vie.

Support

Text: What makes up a healthy lifestyle?

- 1- Many factors contribute to your wellness although something like genetic predisposition to diseases and age are beyond your control. Healthy diet, regular sleep, daily physical activities and a moderate approach to life's stressful moment will all lead you in the right direction to a healthy lifestyle.
- 2- A healthy body system depends on a continual supply of nutrients to feed cell growth and metabolism. Food containing proteins, carbohydrates, fats, minerals, vitamins and water should be eaten to promote good health. It is important to eat foods high in fibre such as beans, grains, fruits and vegetables because it helps your body to digest the foods you eat and decrease the chance of getting cancers, heart disease and diabetes. You need to avoid foods with a lot of sugar, salt and oil. You have to drink alcohol with moderation and avoid smoking so as to improve your overall health. Excessive drinking can cause cardiovascular problems, cancer, depression, anxiety and gastritis. Smoking harms many body organs and increase the risk of heart attack, stroke and diabetes.
- 3- Daily physical activities can greatly improve your quality of health and lifespan. For example, to have a healthy lifestyle, look for day-to-day activities like climbing stairs, bricks walking, swimming, running, yoga, jogging, cycling and muscle strengthening exercise like weight lifting can help you stay active. The U.S Department of Health Service suggests 150 minutes exercise per week; but inactive adults should build this gradually under the supervision of their doctors.
- 4- A healthy lifestyle goes hand in hand with quality sleep. After some mental and physical activities, our body needs sleep time to rebuild energy and repair cellular damage.
- 5- Effective stress management is another way to a healthy living. Stress can have a positive effect on emotional wellness, interrupt sleep, reduce energy level and cause a variety of physical aches and pains. Stress is not completely avoidable, but learning how to deal with it effectively can prevent it from affecting your health. Practice positive self-talk, take time to do things you find pleasure in and devote time each day to relaxation or meditation to keep stress levels at bay.

Nancy Clarke, 2013. Source Internet via Wikimedia Commons.

Critères d'évaluation

Après avoir lu le texte, tu montreras que tu l'as compris en:

- Répondant par **True** or **false** aux affirmations inspirées du texte
- Répondant aux questions sur le texte ;
- Recherchant les synonymes des mots dans le texte ;
- En traduisant un passage du texte en Français.
- Reliant certaines phrases avec les pronoms relatifs ;
- Reformulant des phrases de façon autonome ;

Consignes

Item 1: Write "true" or "false" according to the text.

- 1- Genetic factors also contribute to determine our health.
- 2- Fibres help to decrease our chances of getting cancer.
- 3- Drinking alcohol and smoking can ameliorate our health.
- 4- Taking part in daily activities can lead to a healthy lifestyle.
- 5- Stress can be totally avoided.

Item 2: Answer these questions on the text.

- 1- Which aspects contribute to a healthy lifestyle according to the text?
- 2- Name six nutrients that can help to promote good health.
- 3- How many minutes exercise does the U.S. Department of Health and Human Service recommend weekly?
- 4- What can we do to solve stress problems according to the text?

Item 3: Find in the text the synonyms of the following words or expressions:

- 1- Sickneses (paragraph 1)
- 2- To give food to (paragraph2)
- 3- To a great extent (paragraph3)
- 4- That belongs to a nation (paragraph4)
- 5- Diminish (paragraph 5)

Item 4: Translate this passage of the text into French

From "Foods containing proteins, carbohydrates..." **Downto** "...cancers, heart disease and diabetes." (see paragraph 2).

Item 5: Choose the correct relative pronoun from the given list to combine these pairs of sentences to have new clauses: **that, which, where, whose, who.**

Example: John is a football player. He plays in our national team.

- John is the football player **who** plays in our national team.
- 1. Alabama is a state in America. Black people exercise a lot there.
- 2. We must eat food in fibre. It helps the body to digest easily.
- 3. Jogging, climbing stairs, running are physical activities. They make people stay active.
- 4. Mr JOHN SMITH is the U.S Health Department's doctor. He requires his patients 7 to 9 hours of sleep.
- 5. SARAH is a woman in the next village. Her daughter suffers from hypertension.

Item 6: Rewrite these sentences as indicated. Don't change their meanings.

- 1- Just as those children got a balanced, they became strong.
 - Hardly
- 2- Although that woman is an athlete, she is often sick.
 - Despite.....
- 3- He often slept for eight hours when he was in America
 - He used
- 4- If she has enough sleep, she will be healthy.
 - Unless.....
- 5- He suffered from hypertension because he ate too much fatty food.
 - If.....

B- PRODUCTION D'UN TEXTE DE TYPE PARTICULIER

Contexte

Le souhait de tout homme est de vivre le plus longtemps possible. Pour y parvenir, il est important d'observer les règles.

A- Critères d'évaluation

Tu montreras ta compétence à produire en Anglais un article de journal en :

- Tenant compte du contexte et la logique interne du texte ;
- Respectant le format de la rédaction d'un article de journal ;
- Construisant des phrases grammaticalement correctes ;
- Faisant usage du vocabulaire, de l'orthographe et de la ponctuation appropriés.

B- Tâche

Writing

In your school, most of the students are having health problems and you have decided to talk to them. Write an article to your school magazine to sensitize them on how to stay healthy, keep fit and live longer.

END