

EPREUVE ECRITE D'ANGLAIS

Durée : 2 heures

Coefficient : 01

Text: Physical Activity and Health

To be in good health, we need to be active. Our modern way of living and all comfort we have become used to, have made us sedentary. This is dangerous for our health. Sitting in front of the TV or the computer for a long time, driving a car for even a short distance to the shop and using elevators instead of stairs, all contribute to our inactivity. Physical inactivity is as dangerous to our health as smoking.

We should organise our activities during the day in periods of at least ten minutes each. For example, we can start slowly, and then intensify. If you are already doing some light activities, move up to more moderate ones. A little is good, but more is better if you want to obtain health benefits.

There are three kinds of activities we need to do to keep our body healthy: endurance activities, flexibility activities and strength activities. We should do a variety from each group to get the most health advantages.

Scientists advise to accumulate sixty minutes of physical activity every day to stay in good health or to improve our health. Time needed depends on our effort-as we progress to moderate activities. We can reduce the time to thirty minutes four days a week.

Physical activity does not need to be very difficult to improve our health. This objective can be attained by including physical activities in our daily routine. After three months of regular physical activity you will notice a difference. People often say that beginning is the most difficult part.

**Adapted from Handbook for Canada's Physical Activities-
Guide to Healthy Active Living P.4**

Vocabulary**elevators: ascenseurs****stairs: escaliers**

QUESTIONS (Physical Activity and Health)

I. COMPREHENSION (8pts)

A. Read the text and write the letter that is in front of the correct answers (write only the number and the letter). (2pts)

1. Our modern way of living makes us ...
 - a. very active.
 - b. more active.
 - c. inactive.
 - d. too active.
2. We can improve our health by ...
 - a. integrating physical activities into our program.
 - b. driving cars for short distances.
 - c. watching television for a long time.
 - d. using elevators instead of stairs.
3. To obtain health benefit, physical activities need to be ...
 - a. regular.
 - b. occasional.
 - c. rare.
 - d. irregular.
4. For people, physical activity is
 - a. not important.
 - b. difficult to begin.
 - c. easy to begin.
 - d. very dangerous.

B. Read the text and decide if these statements are True (T) or False (F) (Write only the number and True or False) (2pts)

1. Physical inactivity is important for our health.
2. Smoking is less dangerous than physical inactivity.
3. One-hour physical activity a day is necessary for good health.
4. There are more than two types of physical activities.

C. Read the text and answer these questions in complete sentences (4pts)

1. Give two (2) factors which contribute to physical inactivity today! (2pts)
2. Why should people do a variety of physical activities? (1pt)
3. How much time do we need to see the positive change of physical activities? (2pts)

II. VOCABULARY (2pts)

A. Find in the text a synonym for each of the following words (1pt)

1. Inactive (paragraph 1)
2. Fine (paragraph 3)

B. Find in the text an antonym for each of the following words (1pt)

1. Traditional (paragraph 1)
2. Similarity (paragraph 5)

III. GRAMMAR (6pts)

A. Write only the number and the letter corresponding to the correct answer. (1pt)

1. They went to school ... foot.
 - a. on
 - b. with
 - c. by
 - d. in

2. Listen ... your teachers!
 - a. to
 - b. in
 - c. on
 - d. at

B. Complete the following sentences with the correct tags. (1pt)

1. Bouba does not like physical activity, ... he?
2. You will notice a difference, ... you?

C. Choose the right answer to complete these sentences. (Write only the number and the correct answer.) (1pt)

1. She is ... woman I have ever seen. (more famous, the most famous, famous)
2. Village life is ... than city life (good, better, the best)

D. Put the verbs between parentheses into the correct tense. (1pt)

1. In the past, people (to be) active.
2. If Ana (to practice) sport, she will be healthy.

E. Turn these sentences into the indirect speech. (1pt)

1. She said: "Eric likes sport."
2. He ordered her: "Go out!"

F. Turn these sentences into the passive voice. (1pt)

1. The children have visited the zoo.
2. The teacher will buy a book.

IV. WRITING (4pts)

Do you like sport?

Give three (3) reasons to justify your answer in 40-50 words.

(Use correct sentences to write your text.)