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(الدورة الاستدراكية : 2005)

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المادة: اللغة الإنجليزية
الشعبة: الآداب

الموضوع:

Doctors in Britain are warning of an obesity time bomb, when children who are already overweight grow up. So, what should we do? Exercise more? Eat less? Or both? The government feels it has to take responsibility for **this expanding problem**.

The cheerful Mr Pickwick, the hero of the novel by Charles Dickens, is seen in illustrations as someone who is plump and happy. In the 18th century paintings, beauty was equated with rounded bodies and soft curves. But nowadays, being overweight is seen as indicating neither a cheerful character nor beauty, but an increased risk of heart disease, stroke and diabetes.

So what should you do? Diet? Not according to England's chief medical officer, Sir Liam Donaldson. He says that physical activity is the key for reducing the risks of obesity, cancer and heart disease. Being inactive is as serious a risk factor in heart disease as smoking.

So, having bought some sports shoes, how much exercise should you do? According to Sir Liam Donaldson, at least 30 minutes of moderate activity five days a week. Is going to the sports club the answer? Luckily for those who find the training machines boring, the Health Development Agency officials believe that physical activity which fits into people's lives may be more effective. They suggest taking the stairs rather than the lift, walking up escalators, playing active games with your children, dancing or gardening. And according to a sports psychologist, Professor Biddle, 'sports clubs are not making the nation fit, and may even cause harm.'

There's new scientific evidence that too much exercise may actually be bad for you. Scientists at the University of Ulster have found that unaccustomed aerobic exercise releases dangerous substances that can badly affect normal function in unfit people. The only people who should push their bodies to that level of exercise on a regular basis are trained athletes.

So, should we forget about sports clubs and follow some expert's advice to reduce sedentary activities and increase exercise in our daily life? After all, getting off the bus stop and walking the rest of the way can't do any harm! One final thought: how come old generations had no gym facilities but were fitter and healthier than people today?

I. COMPREHENSION:

(15 POINTS)

[BASE YOUR ANSWERS ON THE TEXT]

A. CHOOSE THE RIGHT ANSWER FROM THE LIST GIVEN:

(2pts)

- A suitable title for the text would be:
 - Dangerous sports
 - Smoking causes heart disease
 - Keep fit and enjoy it!
 - Aerobics are good for health
- This extract is probably part of :
 - a government report
 - a history book
 - an encyclopaedia
 - a health magazine

B- PICK OUT FROM THE TEXT EXPRESSIONS WHICH SHOW THAT: (3 pts)

- 1- Obesity was appreciated in the past.
- 2- Some people have a negative attitude towards sports machines.
3. Gyms are not very useful for people.

C. FILL IN THE TABLE WITH INFORMATION FROM THE TEXT: (4 pts)

Causes	Effects
1.	The government feels responsible
2. Lack of physical activity

D. ARE THESE SENTENCES TRUE OR FALSE? JUSTIFY: (2 pts)

1. It's advisable to engage in ordinary activities.
2. Aerobics could be a harmful physical exercise.

E- FIND IN THE TEXT WORDS THAT MEAN THE SAME AS: (4 pts)

- 1- fat in a pleasant way (paragraph 1)
2. proof (paragraph 5)
3. not done on a regular basis (paragraph 5)
4. last (paragraph 6)

II. LANGUAGE:

(10 POINTS)

A. REWRITE THESE SENTENCES BEGINNING WITH THE WORDS GIVEN: (2 pts)

1. "We imposed restrictions to limit immigration."
A minister said

2. The parliament has passed new laws to reduce road accidents.
New laws

B. FILL IN THE BLANKS WITH AN APPROPRIATE PHRASAL VERB FROM THE LIST: (2 pts)

turned down - came across - found out - picked up - told off

1. My cousin _____ Italian while he was working in Milan.
2. I _____ an old classmate at the supermarket yesterday.

C. FILL IN THE BLANKS WITH THE APPROPRIATE WORD FROM THE LIST: (4 pts)

threat - penalty - urban - scheme - supply - monuments - density

1. Water _____ is certainly going to be affected by the drought.
2. Many countries have abolished the death _____, but others still maintain it.
3. The UNESCO is trying to save historic _____ all over the world.
4. Several people from the countryside come to settle in _____ areas.

D. GIVE THE CORRECT FORM OF THE WORDS BETWEEN BRACKETS: (2pts)

1. Moroccan textile industry is facing severe (compete) from the Chinese.
2. The (strong) of our society resides in its unity.

III. WRITING:

(15 POINTS)

Some students think it is a good idea to do a part time job during their school holidays or in the summer. What's your opinion?

Write an article to your school magazine stating the advantages and the disadvantages of part time jobs.