

على المترشح أن يختار أحد الموضوعين الآتيين:

الموضوع الأول

Part One: Reading  
A/ Comprehension

(15 points)  
(08 pts)

*Read the text carefully and do the activities.*

The term “obese” describes a person who is very overweight, with a lot of body fat. Obesity, which is a common problem in the UK, is estimated to affect around one in every four adults and around one in every five children. For many people, modern living involves eating excessive amounts of cheap, high-calorie food and spending a lot of time sitting down at desks, on sofas or in cars.

It is very important to take steps to tackle obesity because, as well as causing obvious physical changes, it can lead to a number of serious and potentially life-threatening conditions, such as type 2 diabetes, heart disease and some types of cancer like breast cancer. It may also affect the quality of life and lead to psychological problems such as depression and low self-esteem.

The best way to treat obesity is to eat a healthy, reduced-calorie diet, eat slowly and avoid situations where to overeat. In addition, sport should be practised regularly.

Adapted from: NHS Choices June 15<sup>th</sup>, 2016  
<https://healthunlocked.com>

1. *The text is...* a. a web article b. a newspaper article c. an extract from a novel

2. *Are the following statements true or false? Write T or F next to the letter corresponding to the statement.*

- One fifth of children are affected by obesity in the UK.
- Being obese is due only to a lack of physical activity.
- Obesity does not pose a serious public health problem.
- Obesity can cause deadly diseases.

3. *Answer the following questions according to the text.*

- What are the causes of obesity?
- How does obesity affect people’s health?
- What measures should be taken to overcome obesity problem?

4. *Who or what do the underlined words refer to in the text?*

- who (§1)
- It (§2)

**B/ Text Exploration**

**(07 pts)**

1. Find in the text words or phrases that are closest in meaning to the following:

- a. includes (§1)                      b. evident (§2)                      c. kinds (§2)

2. Complete the chart as shown in the example.

	Verb	Noun	Adjective
<b>Example:</b>	to treat	treatment	treated
	to reduce	.....	.....
	.....	.....	threatening
	.....	advertisement	.....

3. Rewrite sentence “B” so that it means the same as sentence “A”.

- A. Children become obese because they consume a lot of fast food.  
B. Children consume.....
- A. Parents feel that the government should reduce junk food advertising.  
B. It is high time .....

4. Fill in the gaps with words from the list given.

**inactive - struggling - lack - buy**

Obesity experts say parents are... (1)...with a multitude of problems when it comes to their child’s weight. They range from a ... (2)...of education about food, limited cooking skills, limited money to... (3)... healthy food, long working hours to easy access to snack food. At the same time, people are increasingly living more ... (4)... lifestyles and therefore burning fewer calories.

**Part Two: Written Expression**

**(05 points)**

Choose ONE of the following topics

**Topic One:**

As a member of an association that fights obesity among children, write an article of about 70-80 words for the school magazine in which you denounce TV ads promoting high-calorie and high-fat products.

The following notes may help you:

- Attractive advertisements of junk food
- Health risks: obesity / overweight / diseases ...
- Role of parents and consumers’ associations: pressure to reduce junk food TV ads / promote various types of healthy food
- Obligation for food companies to comply with food regulation standards (reduce sugar, salt...).

**Topic Two:**

There are companies whose only concern is making profits. Being a successful businessman, you are invited to attend a conference and deliver a speech of about 70-80 words on the benefits for a company to be socially responsible.

انتهى الموضوع الأول

