الموضوع الثاني

**PART 1: READING                                                                                                                     (15 points)**

***Read the text carefully then do the activities.***

Overweight and obesity are considered to be one of the most serious public health challenges in Europe. According to the Organisation for Economic Co-operation and Development (OECD, 2010), the prevalence of obese people has more than doubled in the last 20 years. Today, more than half of the adult population is overweight or obese. Most at risk are socio-economically disadvantaged groups and minorities. The obesity rate tends to be higher in liberal regimes characterized by high access to high-energy food and a high level of competition, economic uncertainty, and social inequality.

In previous research obesity tends to be seen as a complex phenomenon linked to social and economic changes in modern societies. One hypothesis has been that the increase of obesity is caused by the obesogenic environment, a combination of highly accessible high-energy food and a sedentary lifestyle. Another explanation has been that the increase reflects changes in welfare regimes and the rise of market-liberal ideologies. Moreover, the varying obesity rates that have been observed in European countries have been seen as a possible outcome of an environmental effect where local food cultures have diminished or intensified the effects of the increased energy supply in the global food system. A key question has been how obesity can be regulated. Amongst other things, it has been recommended that prevention of obesity should be guided by a socio-ecological framework that focuses on interactions between a person’s physical, social, and cultural environments. The main goals of the World Health Organization and current obesity prevention programs and nutrition policies in Europe have been to modify the obesogenic food environment, increase the cooperation among governments, food industry and research, and reduce consumer access to unhealthy foods .

**A)Comprehension (08points)**

**1.Circle the letter that corresponds to the right answer.**

The text is : a-Expository b-Narrative c –Prescriptive

**2.Are these statements “True” or “False” according to the text?**

a-The number of obese people increases a lot in the last 20 years.

b-Fifty percent of adults suffer from obesity.

c-Obesity has not a relation with social and economic changes .

d-To reduce the amount of obesity, consumers must refrain consuming unhealthy foods.

**3.Answer the following questions from the text.**

a-What are the causes of obesity?

b-How can we solve this health problem according to the writer?

c-Is the role of theWHO to limit the causesofobesity?Justify from the text.

**4-In which paragraph is it mentioned that research affirm that obesity is a dangerous problem?**

**5-Choosee the general idea of the text.**

a-the causes of obesity b-the effects of obesity c-the problem of overweight.

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**صفحة 3من4**

**B)Text Exploration (7points)**

**1. Find in the text words that are opposite in meaning to the following:**

a) Lower b) advantaged c) decrease d)thin

**2. Complete the chart as shown in the example.**

|  |  |  |
| --- | --- | --- |
| **Verb** | **Adjective** | **Noun** |
| **To manufacture** | **manufactured** | **Manufacturer/manufacturing** |
| **To consume** | **…………………** | **…………………** |
| **……………………………** | **lost** | **……………………….** |

**3. Connect each pair of sentences using the connectors in brackets. Make changes where necessary**

a) People eat a lot of sugary food. People suffer from health problems.(as a result)

b) People practise sport regularly. They keep healthy.(providing that)

**4. Classify the following words according to their stressed syllables.**

Obesity\_ organization\_unhealthy\_weight

|  |  |  |  |
| --- | --- | --- | --- |
| **1st syllable** | **2nd syllable** | **3rd syllable** | **4th syllable** |
|  |  |  |  |

**5. Fill in the gaps with words from the list below.**

disease-factors-genetic-health-problem

Obesity is a …….1…….. of excess body fat characterised by a Body Mass Index of 30 and more. Obesity is caused by simple ….2…… like, environmental factors, psychological, social and cultural and behavioural factors. Nevertheless, there are other factors, for example, …….3…….. causes. But the causes for sudden development of obesity remains unclear. Obesity has become a ……4…….. problem

**PART 2: Written Expression                                                                                (05 points)**

***Choose one of the following topics.***

**Either Topic 1:**

Our eating habits are the main cause of obesity. Use the following notes to write a composition of about 80 to 100 words saying how people can prevent obesity and keep fit.

-stop eating unhealthy food/ fast food.....

-eat only when you feel hungry.....

-avoid eating while watching TV....

-practise sport.....

**Or Topic2:**

Do you think that advertising can cause health problems? Why or why not? Justify.

\*\*\*\*\*\*\*\*\*WHERE THERE’S A WII,THERE’S A WAY\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*

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4**صفحة 4من**