

Name and Surname: _____

Date: _____ Group: _____ Teacher: _____

Nota Final:

1. LISTENING (15 pts)

15

Listen to the text below and fill in the gaps using the words indicated in the box. There is one extra word. (15 pts)

In a fast world, the vast majority of people suffer from the side effects of _____. Nutritionists and doctors take this problem seriously. They say that we should fight _____ of modern life by maintaining a _____ diet and getting plenty of exercise. Unfortunately, a lot of people eat _____ food instead of healthy food and, to make matters worse, they don't take the time to exercise at all. This can lead to heart disease and other serious _____ problems.



junk

the pressures

moving

health

balance

stress

2. READING (15 pts)

A. Read the following text AND create a title for the article. (4 pts)

TITLE: _____

4

Americans are fat. That's a cliché. It's also true, to a considerable degree. About half the young people in America are heavier than they should be, and that's because they eat the wrong food, or they eat too much or too often. Or all three!



American doctors keep warning about 'overweight kids' and some things are changing, very slowly. However, a lot of habits seem to be very hard to change. They are part of the American way of life. Fast Food restaurants and fries are still the most popular things to eat ... often as a snack between meals.

"I often come in for a burger after school," says Billy, a teenager from S. Francisco. "I mean, it fills you up, and it only costs 89 cents! We come here because it's a good place to sit and chat; and once you've had one coke, the refills are free!"

When Billy goes home, he will get dinner. "Something out of the deep freeze usually," he says.

Eating too much is not the only reason why people get fat; drinking too much has the same effect. In Summer time it's so easy to drink too much. In America people drink lots of soda pop, such as colas, 7Up or Slice. The reason is easy to understand. Cold soda pop is on sale everywhere, in shops, cafés and other places. And compared to Europe, it's very cheap. Each small soda contains spoonfuls of sugar. No wonder people get fat!

*In Horizon
(abridged and adapted)*

A. Are these sentences True or False? Underline the evidence in the text for both TRUE AND FALSE sentences. (3 pts)

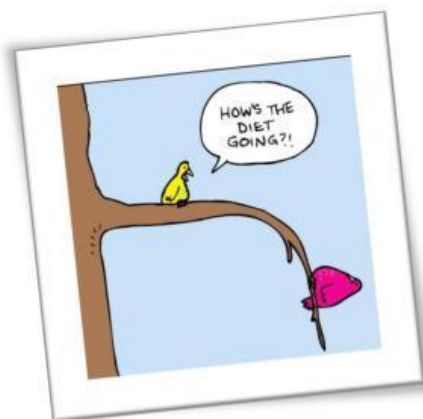
1. Most American people are overweight.
2. The most popular food is fish and chips.
3. Students like to eat hamburgers because they are cheap.

3

TRUE	FALSE
☐	☐
☐	☐
☐	☐

B. Answer the questions according to the text. USE YOUR OWN WORDS. (8 pts)

1. Why are American doctors worried about kids? _____
2. According to the text, why is junk food so popular? _____
3. Why are drinks also dangerous? _____
4. Which are some of the reasons listed for people being fat? _____
5. Where can you buy soda? _____



8

3. PRE-WRITING – Say what habits are healthy (H) or Unhealthy (U). Write H or U after the sentences. (10 pts)

- | | |
|-------------------------------|------------------------------|
| 1. Cut down on salt _____ | 6. Walk _____ |
| 2. Brush your teeth _____ | 7. Eat junk food _____ |
| 3. Go jogging _____ | 8. Have fizzy drinks _____ |
| 4. Sleep 12 hours a day _____ | 9. Work long hours _____ |
| 5. Give up smoking _____ | 10. Sunbathe at midday _____ |

10

4. WRITING – Choose **ONLY ONE** of the following topics. (20 pts)

A. Eating at home VS Eating Out. Which do you prefer? Write your own entry in 50-60 words.

20

B. Do you have a healthy diet? Write about your eating habits in 90-100 words.

Don't forget to mention:

- how healthy your diet is;
- how many meals you have a day;
- where you have your meals (at home, at school...) and at what times;
- what you usually have for breakfast, lunch and dinner;
- what you have between meals.

20



GOOD LUCK!