



English Evaluation 2nd Bimonthly

STUDENT: _____ GRADE & SEC: 3rd _____ DATE: ____/____/2026

1. Read the text and answer the questions

Junk food contains high levels of sugar, chemical additives, and dangerous saturated fats, but it critically lacks essential nutrients like active vitamins, proteins, and minerals. Eating too much of this processed food acts as a medical trap that triggers severe chronic diseases such as childhood obesity, type 2 diabetes, and premature heart problems. On the other hand, traditional native foods like Peruvian quinoa, sweet potatoes, and avocados provide natural, clean energy, raw fibers, and complex antioxidants that successfully protect your brain and significantly help your daily academic performance at school. Therefore, choosing a natural and native diet is always a better and smarter choice to maintain a long, healthy life.



1. According to the informative text, what vital element does processed junk food critically lack?
A) High levels of refined sugar and chemical additives.
B) Essential nutrients like active vitamins, proteins, and minerals.
C) Saturated fats and chronic industrial components.
2. Which severe chronic diseases are directly triggered by eating too much processed fast food?
A) Scurvy, common flu, and temporary dry cough.
B) Mental high performance, stress, and bone fracture.
C) Childhood obesity, type 2 diabetes, and premature heart problems.
3. What is a specific physical or academic benefit of consuming traditional native foods like quinoa?
A) They provide clean natural energy, fibers, and successfully protect your brain.
B) They act as an addictive industrial trap that increases body fat.
C) They reduce your overall capacity to pay attention during exams.

2. Complete each sentence using the exact comparative adjectives from the box below:

[BETTER / WORSE / MORE NUTRITIOUS]

1. Eating fresh organic fruit during recess is _____ than buying processed industrial chocolate candy.
2. Drinking sweet carbonated soda every day is _____ than drinking pure water for your teeth and stomach.



3. Traditional cooked quinoa porridge is _____ than a packet of commercial potato chips because it contains active vitamins.

4. Preparing a homemade lunch with fresh vegetables is _____ for your long-term health than purchasing fast food with octogons.

3. Read the text carefully. Pay attention to how junk food affects the body and how healthy food can protect it.

Our body is a complex machine that reacts immediately to what we eat. When we choose healthy food, such as vegetables, whole grains, and lean proteins, our organs function perfectly. However, the modern diet is filled with junk food, which has severe consequences for our health.

First, fast food contains massive amounts of sodium and trans fats. Because people consume these ingredients regularly, their blood pressure increases significantly. Over time, arteries become clogged with cholesterol. As a result, individuals face a high risk of developing cardiovascular diseases, such as hypertension or heart attacks.

Second, the digestive and metabolic systems suffer greatly. Fast food is digested very quickly, causing sudden spikes in blood sugar. Due to constant sugar overloads, the pancreas becomes exhausted and stops producing insulin correctly. So, the body develops insulin resistance, which directly leads to Type 2 Diabetes and chronic obesity.

In conclusion, the author's intention is to reveal that eating fast food is not just a personal choice; it is a structural attack on human anatomy. We must replace processed food with nutrient-dense meals before the damage becomes irreversible.

4. Match the medical term from the text with its meaning based on the context.

Medical Term	Definition
Cardiovascular (_)	A. A condition where the body cannot regulate sugar levels properly.
Hypertension (_)	B. Relating to the heart and blood vessels.
Pancreas (_)	C. High blood pressure that strains the heart.
Type 2 Diabetes (_)	D. An organ that produces insulin to process sugar.

5. Complete the sentences using the correct connector from the box: *BECAUSE* - *SO* - *DUE TO* - *AS A RESULT*

1. Fast food is highly processed, _____ the body absorbs sugar too quickly.

2. _____ constant sugar overloads, the pancreas stops functioning well.

3. Arteries become clogged _____ people eat too much trans fat.

4. Fast food causes high cholesterol. _____, people suffer from heart attacks.



6. Read the text about a traditional Peruvian dish and answer the questions.

The Ancient Energy Bowl: Quinoa Chaufa

Many years ago, our ancestors in the Andes discovered that quinoa was a superfood. It was a vital part of their cultural heritage because it gave them immense strength to work under the sun. Today, we can combine this ancient grain with different cultural traditions to avoid junk food. Here is a healthy intercultural recipe:

Ingredients: 2 cups of cooked quinoa, 1 chopped breast of chicken, green onions, 2 eggs, and a small spoonful of low-sodium soy sauce.

Instructions:

First, scramble the eggs in a hot pan with a little olive oil.

Next, add the chopped chicken and cook it until it turns golden brown.

Then, mix the cooked quinoa and the green onions into the pan, stirring quickly.

Finally, pour the low-sodium soy sauce over the mixture, stir one last time, and serve hot. This traditional dish is full of nutrients and protects your health!



Write T for True or F for False after reading.

1. Quinoa Chaufa is an example of an intercultural recipe that combines ancient grains with other styles of cooking. (____)
2. Based on the context, the phrase "cultural heritage" refers to modern artificial habits created recently. (____)
3. In the instructions, the action of adding the cooked quinoa happens before scrambling the eggs. (____)
4. The connector "Then" is used to introduce the ultimate or final step of the cooking instructions. (____)
5. Eating traditional superfoods like quinoa helps students avoid the bad effects of junk food. (____)

7. Read the text and answer the questions

Superfoods vs. Junk Food Have you ever thought about what your food does to your body? Every day, we make choices about what to eat. Some foods give us energy and make us strong, while other foods make us feel tired. Let's learn about the difference between **Superfoods** and **Junk Food**.

What are Superfoods?

Superfoods are natural foods that are excellent for your health. They contain high levels of vitamins, minerals, and antioxidants. These nutrients help your body fight diseases and keep your brain focused. Examples of superfoods include avocados, blueberries, spinach, and walnuts. Here in Peru, we have amazing superfoods like **quinoa**, **maca**, and **camu camu**. When you eat superfoods, your body gets slow, steady energy that lasts all day!





What is Junk Food?

Junk Food is food that is highly processed. It usually tastes delicious because it has a lot of artificial flavors, salt, sugar, and unhealthy fats. Examples of junk food are hamburgers, hot dogs, sodas, and potato chips. When you eat junk food, you might feel a sudden rush of energy because of the sugar, but a short time later, you will feel tired and sleepy. Junk food has a lot of calories, but very few vitamins.



8. Choose the correct option for each question:

1. What is the main characteristic of a superfood?

- A) It has a lot of artificial flavors.
- B) It has high levels of vitamins and minerals.
- C) It makes you feel sleepy very fast.

2. Which of the following is a Peruvian superfood mentioned in the text?

- A) Quinoa
- B) Hamburgers
- C) Spinach

3. How does your body feel after eating junk food?

- A) You get steady energy that lasts all day.
- B) You get a quick rush of energy, but then you feel tired.
- C) You feel very focused and ready to study.

4. Look at the nutritional table. Which meal has more unhealthy fats?

- A) The Quinoa & Veggie Bowl
- B) They have the same amount of fat.
- C) The Cheeseburger & Fries

9. Complete the digital health tips using the correct Imperative form (Affirmative or Negative) from the box.

[TAKE] — [DON'T SCROLL] — [EAT] — [DON'T DRINK]

- a) _____ on social media until 2:00 AM. It causes insomnia!
- b) _____ native Peruvian ingredients like quinoa to avoid diseases.
- c) _____ soda or energy drinks when you play video games.
- d) _____ a 5-minute break every hour of screen time.