

Text

1/ For years Tracy St Denis described herself as an overweight smoker. And that didn't really bother her not much anyway. «I've always been very comfortable in my own skin», she says. The 100 pounds she had gained since her late teens hadn't really registered. What did prey on her mind was the smoking. «My husband doesn't smoke», she explains. «And I'd been doing it for almost 20 years. I knew I would have to quit eventually, if not sooner. Last summer St Denis realized she had reached 275 pounds. «The weight I was carrying felt extremely uncomfortable. I need to do something», she says.

2/ To accomplish the double whammy goal of quitting smoking and shaping-up while juggling a very hectic job. After researching smoking-cessation aids, St Denis settled on acupuncture and booked appointments in advance. «I need to psych myself up», she says. «The only other time I tried to quit was a last-minute New Year's thing, and it only lasted two months.»

Remembering to eat more frequently throughout her busy days. «Even now I still have to make an effort to stop for a morning snack, and to eat lunch. Making meals in advance is the key. I have a protein shake for breakfast, I make big batches of healthy food like soups on the weekend and freeze them for lunches. And I make sure I have fruit around. More than that a friend of mine suggested that I treat smoking as though it was a friend who had died. «Other people have friends (their smokes) but mine isn't around anymore. It sounds really morbid but it works.

3/ St Denis credits her butt out- success to both acupuncture and also laser therapy sessions she heard about and signed up while she was on a business trip to Toronto. «I went for my first treatment on December, 10 and that was the last day I had a cigarette», she says. «I experience craving still, but they weren't physical. Acupuncture really helped to take the edge off. As a result of her new healthier lifestyle, she lost 35 pounds, now when she runs into people who haven't seen her in a while, they comment on how bright her eyes are and how nice her skin looks. «I just feel better and when you feel better, you are happier.»

By Lesley Young April 4th, 2012

BBC News/ UK.com

- Acupuncture : is the treatment of a person's illness or pain by sticking needles into the body at certain places.



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| Ibn Khaldoun School 2017 / 2018 | End -Of- Semester Test 2 | Teacher : Mrs Wessila Rezgui |
| Name : | Class : 4th Form Arts | Number : |

I-Reading Comprehension (15 marks)

1/ Read the text and complete the table below. (2 mks)

| Name | Problem | weight |
|-------------|---------|--------|
| Tracy Denis | _____ | _____ |

2/ The following statements are false. Correct them with details from the text. (3 mks)

a-Tracy's husband is also addicted to smoking. (§ 1)

b- Tracy tried many unsuccessful times to stop smoking (§ 2)

c-Tracy gained much weight after quitting (§ 3)

3/What did Tracy do in order to quit smoking ? (§2) (4mks)

- _____
- _____
- _____
- _____



4/ Complete the table below with the health benefits Tracy enjoyed after quitting. (§3) (3mks)

| Physical | psychological |
|--|--|
| <ul style="list-style-type: none"> • Lost 35 pounds • _____ • _____ | <ul style="list-style-type: none"> • _____ • _____ |

5/ Find out in the text words meaning nearly the same as : (2mks)

- Very busy (§ 2) : _____
- Strange (§ 2) : _____

6/ Do you think all smokers can succeed in using Tracy's method to quit smoking ? Justify your answer. (1mk)

II- Language (10 marks)

1/ Fill in the blanks with words from the box below. There are 2 extra words. (4mks)

but / to / kept / what / glamorous / would / on / breathing / deadly/ struggle

Ex -- smoker Mauree Hamilton has found herself in the spotlight these days. She is opening her house to show youngsters _____ smoking can do. The terminally- ill 75-year-old spoke out to describe her terrible sufferings. Her last few years were a living hell in which she was _____ alive on a ventilator. She wants school children to visit her and learn the perils of the stinky habit and prevent them from becoming hooked _____ cigarettes in the first place. She started at 13. Smoking was _____ as film stars posed with a cigarette in their hands. She remembered smoking a single cigarette in the café hoping the boys _____ notice. Speaking earlier this year she said :”I know giving up smoking is a _____ . Inviting teenagers round to see a person in the process of dying is shocking , _____ I want to show them how my day-to-day life is like, let them see me on my _____ machines, unable to leave my bed, being fed baby food because it is all I can swallow.

2/ Put the bracketed words in the right tense or form. (3mks)

Plastic bags are everywhere. According to the American Plastics Council 80% of groceries (pack) _____ in plastic bags. “The numbers are staggering.” Said Vincent Cobbs. He notes that (consume) _____ use between 500 billion and a trillion plastic bags per year world wide. Plastic bags can be (find) _____ in landfills, stuck on trees and floating in oceans. What is the effect of (this) _____ bags? Some experts say they harm the environment. Plastic bags may take hundreds of years (break) _____ down. as they do, they release poisonous materials into the water and soil. Plastic bags lead to the (extinct) _____ of several animals as they not only choke but also kill wildlife.

3/ Circle the correct alternative. (3mks)

Efficient driving had always been concerned with performance and safety. This has not (necessarily/ necessity / necessitated) been fuel-efficient nor ecologically friendly. But with fuel prices increasing and pressure (to / on / in) governments to reduce CO2 emissions. Eco-driving is a step in the right direction for (two / only / both) public transportaion and individual motorists . Eco-driving is (priority/primary/primarily) concerned with developing a planned and measured drive maximizing safety for all and consideration for the environment . Eco- driving can significantly contribute to reducing fuel consumption and pollution. (Therefore/ However / Besides) every driver must assume the responsibility of contributing in the collective effort for a safer and (clean / cleaner / cleanest) driving.

