

Siliana Regional District May 2017	END-OF-SEMESTER REGIONAL TEST	Levels: 4 th form: Maths, Sc Exp, Sc Info + Eco A Duration: 2 hours
Name: _____ class: _____		N ^o _____

I / COMPREHENSION QUESTIONS (12 marks)

1. Tick (✓) the correct option (1 mark)

The text is mainly about a....

- a) woman who managed to lose weight thanks to the doctors' advice and diet.
- b) woman who managed to lose weight because she could control her eating problem
- c) woman who managed to lose weight because she could get rid of her eating problem

2. Pick out from the text details showing the main differences in Carole's life before and after losing weight (3 marks)

	Before	After
a. At the physical level	She suffered from obesity.	_____
b. At the psychological level	_____	She feels more self- confident.
c. At the nutritional level	_____	She controls the quantity of food she eats at night.

3. Correct the following false statements with precise details from the text: (2 marks)

- It was thanks to the internet that she learned more about her problem. (prg3)
- Despite her awareness of her food addiction, Carole informed her family and friends about her unhealthy eating habits. (prg2)

4. Pick out two different details showing the symptoms of Night Eating Syndrome (2 marks)

- a. _____
- b. _____

5. Find out the words in the text meaning approximately the same as the following (2 marks)

- a. strong desire (prg1): _____
- b. rises and falls unsteadily (prg4): _____

6. What do the underlined words refer to? (2 marks)

- "it" (prg1) refers to: _____
- "secret" (prg2) refers to: _____

7. According to you, why is it hard to lose weight? Answer in your own words.



THE TEXT

Carole Vincent, 46, describes what her life is like with a terrible eating disorder.

1. Two o'clock in the morning and I'm wide awake. There's only one thing on my mind: food. My urge to eat is irrepresible. I toss and turn, trying to push myself back to sleep, but I know I can't fight it. Cursing myself, I walk down stairs to my basement kitchen. Unconsciously, I search the cupboard for something that will satisfy my craving - bread, bowls of cereal, chunks of cheese, crackers or biscuits. If I can't find anything, I'll take bread out of the freezer and toast it.

2. I return to bed and fall into fitful sleep, only to wake again in an hour or two - desperate to eat once again. When I get up for work and go into the kitchen, I find all the evidence of my late-night indulging. In a guilty rush, I recall what I did last night. While everyone else was fast asleep, I was consuming thousands of calories. I have Night Eating Syndrome for the whole of my adult life since my early 20s. I have never admitted it to anyone before - it was my shameful secret - and until a few weeks ago, I had no idea that what I had was an actual illness, with a proper name.

3. Flicking through a newspaper, I came across a story about American research into a new eating disorder. I nearly turned the page, but the words 'night eating' caught my eye. As I read on, I felt more and more excited. The article described people - usually obese - who ate little during the day and binged on carbohydrates at night. 'That's me!' I thought. I'm not the only person in the world with this problem. The relief was indescribable.

4. Today, I weigh about 60 kgs, but just six months ago I was 110 kgs. My self-esteem and self-confidence are back again. My weight fluctuates hugely, depending on how much I'm able to control the quantity of food I eat at night. But however much I try, I can't totally get rid of the night eating pattern.



نجاحك يهمننا

Mail Online

Adapted

III / Language (6 marks)

1. Fill in the blanks with words from the box- There are two extra words (3 marks)

valuable / aspect / empowering / available /about /costing / unfortunately / around

When workplace morale is high, employees are cheerful, disciplined and happily engaged in their work. _____, when morale declines and employees are unhappy, productivity suffers and absenteeism increases, _____ businesses millions of dollars. In most cases, low morale is caused by a combination of factors. In a recent survey, nearly 75 percent of the respondents said that without strong leadership, employees are unclear _____ expectations, the direction of the organization and the purpose of their work. In addition, leaders who control every _____ of their employees' work can cause low morale, as employees do not feel like valued members of a team who can make _____ contributions to the success of the business. If leaders fail to create a culture of trust in the workplace, by not _____ employees to make decision and contribute ideas, morale will suffer.

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

Most organizations realize that being ethical is a good business practice and pays in the long run. To be ethical requires treating others (proper) _____ and fairly. A company, that is interested in (grow) _____ as well as profits, must establish relationships with employees based on trust. Improvements of the (employ) _____ - employee relationship is important to both parties for several reasons. First, employees' productivity increases when their managers treat them with respect. Second, employees may find that increased ethical behaviour on their parts results in (high) _____ compensation. Employees (whom) _____ perform their jobs seriously and carefully are frequently (reward) _____ with motivating promotions. Third, even if there is no material gain, ethically appropriate behaviour is valuable.

II / Writing (12 marks)

1. Develop the following notes into a 4-line coherent paragraph about the reasons why people would prefer country life to city life. (4 marks)

Country life	City life
<ul style="list-style-type: none">• peaceful and quiet• open space and fresh air• Community life, social virtues of love, neighbourhood and solidarity	<ul style="list-style-type: none">• noise• pollution• moral decline
