

EPREUVE D'ANGLAIS (LV I)

DUREE: 03 HEURES

Compétences à évaluer

- Compétence disciplinaire n°2 : Réagir de façon précise et appropriée à des messages lus
- compétence disciplinaire n°3 : Produire de façon appropriée des textes de types et de fonctions variés.

Contexte : Le mode de vie que nous choisissons d'adopter a indubitablement un impact sur notre état de santé et peut parfois lui nuire gravement selon le cas.

SUPPORT:

Text : You are what you eat.

1- Life is the most precious God- given gift. It is so important to take care of whatever we do with it so as to make the best out of it. It is a matter of intelligence, reason and choice finally.

There is no way we choose to live our life rough today without paying cash later on. Let it be clear, we reap what we sow and any mistake made today will be paid cash tomorrow.

2- According to John Jay Gould, the famous American Nutritionist, a lump of sugar more than necessary today in a cup of tea or coffee has its tremendous consequences twenty- five years later. In his book " THE CHAOS THEORY ", J.J. G. States that too much sugar is dangerous. Too greasy or oily is catastrophic and too salty is disastrous. He concludes saying that if diets are not strictly under reasonable control, the whole world is heading to evident chaos just because of what we choose to eat today.

3- The alcohol we drink today sometimes carelessly or unknowingly as well the tobacco we smoke in search of identity or by pure mimicry are purely and certainly mortgaging our health in years to come. And many a time, their consequences are irreparable.

4- It is clear and evident that more than any other human beings, Asians and particularly Chinese have discovered Nutrition golden rule. It is not a surprise that they are longevity recorder holders. As a matter of fact, Chinese alimentation is strictly based on two cardinal discoveries and they cling to that in whatever they eat. Firstly, " your food must be your medicine " and secondly "your medicine must be your food". A serious scrutiny of both declarations come to this : "you must eat to be in good shape and never eat to be sick". He who understands those two statements must surely live long. That's not magic. It's pure common sense and life discipline.

5- Cancer, obesity, cardiovascular sicknesses can easily be avoided just by the choice we make in living and eating. Recent studies made in Europe, Canada and in the USA show that in 30 years to come, if care and choice are not taken , 95% of youth population in these nations will not live beyond 42 years old except they change eating habits and show much more interest to doing sports.

Youth! Watch the way you live today! Watch!!!!

From : " Food summit report " pp 9, 10, Toronto, 2011

Note: To live rough = vivre la vie de façon brouillonne

TACHE : Après avoir lu le texte ci-dessus, tu montreras que tu l'as compris en

- reconnaissant les détails du texte
- répondant à des questions directement liées au texte ou faisant appel à tes appréciations personnelles
- manifestant ta maîtrise du vocabulaire du texte
- montrant ta maîtrise de certaines structures grammaticales,
- reformulant certaines phrases en français

CONSIGNES :

Item 1 : Say whether these statements are “ right ” or Wrong ” according to the text

- 1- Food is our most precious God given gift.
- 2- According to the author, life should be lived carelessly.
- 3- A change in eating habits is necessary for a safer life.
- 4- If what you eat makes you sick, then what you eat is a danger for you
- 5- Sport is not needful at all in living a balanced life.

Item 2: Answer these questions on the text

- 1- Who said “Too much sugar, salt, oil, or grease is harmful to health” in the text?
- 2- What is the Chinese secret of longevity?
- 3- Why is the author urging the youth to watch the way they live?

Item 3: a/ Find in the text antonyms of these words

- 1- Worst (paragraph 1)
- 2- Firstly (Paragraph 1)
- 3- Harmless (Paragraph 2)
- 4- With a lot of attention (paragraph 4)

b/ Translate into French

From “cancer, obesity, cardiovascular” down to “ will not live beyond 42 years old” (see paragraph 5)

Item 4: Put the bracketed verbs into their correct tenses and forms

- 1- John'd rather I (not to eat) the wrong food tomorrow again.
- 2- We were used to (eat) fatty foods; that's why we (to suffer) from obesity.
- 3- As soon as he starts exercising, he (to be) more active.
- 4- By next month, all the current patients in the hospital (to recover)
- 5- Those women had better (to exercise) regularly.
- 6- Suppose he (to have) a balanced diet, he (to be) healthy last year.

Item 5: Ask questions based on the underlines words

- 1) They daren't touch my dinner tonight.
- 2) We have a balanced diet everyday.
- 3) Steev is too
- 4) Noone is available for the training,

Item 6: Rephrase these sentences without changing those meanings. Use the prompts given.

1- Adanfo suffered from bronchitis four years ago.

❖ for

2-He had hardly eaten uncooked meat when he had a terrible stomachache.

❖ Hardly

3- If care is really taken, 95% of the youth will be able to live beyond 42 years.

❖ unless

4- She's never eaten so much sugar

❖ Never

5- It is a pity young people live their life so carelessly.

❖ I'd rather

6- You should change your diet to safeguard your health.

❖ It is high time you

7- This lady is rich but, she doesn't eat healthy food.

❖ Despite.....

B- LA PRODUCTION D'UN TEXTE DE TYPE ET DE FONCTIONS VARIES

Compétence disciplinaire N°3

Contexte: Maintenant que tu es outillé sur l'importance de la qualité des aliments que nous consommons sur la santé de notre corps, tu auras à réagir par rapport à tout cela en rédigeant un petit paragraphe cohérent dans lequel tu donneras des conseils pratiques sur le régime alimentaire idéal pour rester en bonne santé et vivre longtemps.

Tâche : Tu montreras ta compétence à produire un paragraphe en Anglais en :

- Respectant le contexte ;
- Respectant la logique interne du texte ;
- Construisant des phrases grammaticalement correctes ;
- Utilisant le vocabulaire adéquat ;
- Utilisant l'orthographe et la ponctuation appropriées.

Consigne : Write a letter to a friend of yours EKAMIYAN who has an eating disorder, about what he can do so as to stay healthy, keep fit and live longer drawing his attention onto the fact that there is a very close link between food and health.

NB : "Here's the sender's address and the date"

- Sender's address: LANMINTCHE, P.O. BOX : 2820 KING way, street N° 4 FIFATOMEY.
- Date : 9th January 2010