

### First Term Test 3

Name: .....

Class: common core.....

Time: 2 hours

Date : 31-12-2015

## NUTRITIONAL FACTORS

**T**hough no successful weight reducing regimen has been found out, many factors that help obese people lose weight have been identified.

### **METABOLIC RATE**

The **basal metabolic rate** or **BMR** refers to the amount of fuel or calories the body burns when it is not active. British studies showed that just as two different cars may require different amounts of fuel to go the same mile, two different people performing a similar task may use up different amount of energy. Even when sitting perfectly still, a person with tense muscles would burn more calories than one whose body is completely relaxed, according to Dr. S. Danowski of the University of Pittsburgh.

### **EXERCISE**

The benefits of exercise in weight control extend beyond the number of calories burnt during the activity. Any kind of exercise is helpful provided it involves prolonged movement of the body's long muscles, as does walking, running and swimming...

In a study in California, 34 obese persons who had failed to maintain a weight loss on diet alone were started on a daily exercise program while consuming an unrestricted diet. All 11 who persisted for a year or more, most of them walking at least half an hour a day, lost weight - 11 kilos on the average - without dieting.

### **EATING PATTERNS**

Studies have shown that fat people tend to eat fewer meals than thin ones. Many overweight people report that they regularly skip breakfast, have a light lunch, if any at all, and consume most of their calories at dinner. Yet they are fatter than other people who consume more calories divided among three meals a day.

Although the evidence on this point is conflicting, a number of studies have suggested that a high caloric meal a day - especially at the end of the day - is more likely to go to fat than the same number of calories spread out in small meals throughout the day.

In a recent study at the University of Minnesota, people fed on a 2,000-calorie meal a day in the morning lost weight. But when the same people were fed the same meal in the evening, they gained weight. The time at which meals are consumed influences weight.

I. **COMPREHENSION : 15 Points**

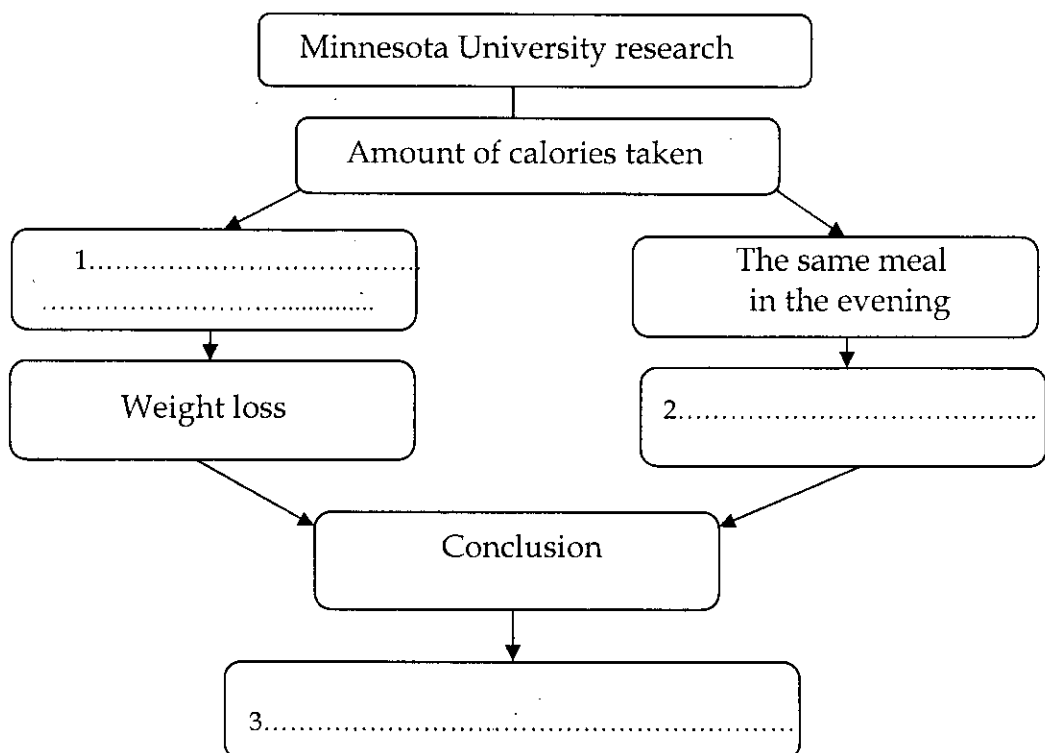
A. **Are these sentences True or False ? justify :** 3 points

1. People doing the same activity burn different amount of calories.  
.....  
.....
2. Going on a diet is the only effective means of getting rid of weight.  
.....  
.....
3. Many fat people eat mainly in the evening according to studies.  
.....  
.....

B. **Answer these questions.** 3 points

1. When do inactive people consume more energy?  
.....  
.....
2. What sort of training is beneficial for keeping fit?  
.....  
.....
3. At what time of the day may a great amount of calories be harmful?  
.....  
.....

C. **Complete this diagram with information from the text. Write down the answers only: 3 Pts**



D. **What do the underlined words in the text refer to ?** 3 pts

- 1.one (par 2) : .....2.them (par4) : .....3.ones (par 5) : .....

E. **find in the text words that mean the same:** 3pts

- 1- not moving ( par 2)..... 2- continuing for a long time(par3).....

3-weighing more than you should (par 5)

**Language : 15pts**

**1-use the words in capitals at the end of each sentence to make words which fit in the space:**

**3pts**

- I forgot to take my.....with me in case I would change the dress. **RECIEVE**
- There is a large ..... of underwear clothes here in the shop. **SELECT**
- I do not trust him. I do not think that ..... is important. **APPEAR**

**2-choose the correct answer, a , b or c:**

**3pts**

- The book is very..... and it gives you all the information you need.  
a-comprehensive  
b-comprehensible  
c-comfortable
- The government wanted to ..... that part of the song from the radio.  
a-ban  
b-censor  
c-throw
- Ashely '..... among the actors is very respectable.  
a-eyes  
b-skills  
c-Image

**3-complete the sentences with the right colour:**

**3pts**

- Out of the ....., Jane got the best mark in my class.
- The robber was caught..... -handed by the police.
- Jane was ..... with envy when her sister got married.

**4-choose a , b or c :**

**3pts**

- I ..... be late , or my parents will be worried.  
a-must                      b-musn't                      c- have to
- You..... Watch the film if you don 't like it .  
a-musn't                      b-don't have to                      c-have to
- It was too cold yesterday. I ..... wear my waterproof jacket.  
a-had to                      b- must                      C- didn' t have to

**5-choose the correct answer, a , b or c :**

**3pts**

- I think I will buy a new pair of shoes when I.....shopping  
a-go                      b-will go                      c-goes
- As he..... to London on the plane, he got a call from his mum.  
a-travelled                      b-was travelling                      c-travels
- They ..... a fantastic party at the radio station last summer.  
a-are organizing                      b-organise                      c- organised

