

English final test Semester 2

Final mark: /40

READING

OBESITY

Being obese and being overweight are not exactly the same thing. An obese person has a large amount of extra body fat, not just a few extra pounds. People who are obese are very overweight and at risk for serious health problems. To determine if someone is obese, doctors and other health care professionals often use a measurement called body mass index (BMI). First, a doctor measures a person's height and weight. Then the doctor uses these numbers to calculate another number, the BMI. Once the doctor has calculated a child's or teen's BMI, he or she will plot this number on a specific chart to see how it compares to other people of the same age and gender.

A person with a BMI above the 95th percentile (meaning the BMI is greater than that of 95° of people of the same age and gender) is generally considered overweight. A person with a BMI between the 85th and 95th percentiles typically is considered at risk for overweight. Obesity is the term used for extreme overweight. There are some exceptions to this formula, though. For instance, someone who is very muscular (like a bodybuilder) may have a high BMI without being obese because the excess weight is from extra muscle, not fat.

People gain weight when the body takes in more calories than it burns off. Those extra calories are stored as fat. The amount of weight gain that leads to obesity doesn't happen in a few weeks or months. Because being obese is more than just being a few pounds overweight, people who are obese have usually been getting more calories than they need for years.

Genes – small parts of the DNA that people inherit from their parents and that determine traits like hair or eye color- can play an important role in this weight gain. Some of your genes tell your body how to metabolize food and how to use extra calories or store fat. Some people burn calories faster or slower than others do because of their genes.

Before you start trying to lose weight, talk to a doctor, a parent, or a registered dietitian. With their help, you can come up with a safe plan, based on eating well and exercising. Remember that teenagers need to keep eating regularly. Don't starve yourself because you won't get the nutrients you need to grow and develop normally.

COMPREHENSION: (14 POINTS)

A. Are these statements true or false? Justify (4 POINTS)

1. Obesity is another term for overweight.
.....
2. Sportive people with high BMI are considered obese.
.....
3. A person may get obese in a very short time.
.....
4. To prevent obesity, one has to follow a good diet and practise sport.
.....
.....

B. Match the following ideas with the corresponding paragraphs: (4points)

1. Causes of obesity: paragraph.....
2. Definition of obesity:
3. How to prevent obesity:
4. The time lag of obesity:

C. Find words or expressions meaning the same as: (4points)

1. sex (paragraph1):
2. accumulated (paragraph3):
3. genetic parts (paragraph4):
4. secure (paragraph 5):

D. What do the underlined words in the text refer to? (2points)

1. he (parag 1):
2. it (parag 3):
3. their (parag 4):
4. their (parag 5):

LANGUAGE: (16 POINTS)

A. Put the verbs between brackets in the correct form: (4points)

While I (*talk*).....to my friends at the club entrance last Saturday, a teenager I (*play*).....with when we were kids (*come*).....up to me and asked me to go with him for a walk. While we (*walk*)....., he told me: "We (*not/see*).....each other for many years." "What (*you/do*).....now" He asked. "I (*be*).....in my first year in high school". I replied. He continued to remind me of the games and sports events we (*enjoy*).....when we were neighbours. We spent a nice day together and we decided to meet again.

B. Rewrite the following sentences as suggested using too or enough: (1points)

1. It's very difficult to master English pronunciation in a short time.
English pronunciation is.....
2. I can't drive a car because I am very young.
I am.....

C. Use the words in capitals at the end of each sentence to make words which fit in the spaces: (2,5points)

1. This restaurant charges very.....prices. (REASON)
2. We could catch a bus or,.....we could take a train. (ALTERNATIVE)
3. How much money did they..... to the new Children's Centre?
(DONATION)
4. You usually need to read the.....of a film very quickly. (TITLE)
5. If you are a teacher of young children, it's useful to have a lot of
(IMAGINE)

