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Année Scolaire : 2023-2024

Professeurs : **COMISSION EVALUATIONS**

Niveau : **2nd A,C**

Date : **18/11/2025**

Durée : **2H**

PREMIER TRIMESTRE  
**COMPOSITION ANGLAIS**

**PART ONE: READING** (40%)

**Read the text below and do all the activities that follow it on your answer sheet.**

**HEALTHY LIFESTYLE**

The top secret of being physically and morally fit is adopting a healthy lifestyle. A healthy lifestyle includes taking good care of yourself, having a good sleep habits, doing regular exercises such as walking, running, swimming and cycling.

5 A good health has a direct impact on our personality. A person with a good and healthy lifestyle is generally more confident, self-assured, sociable, and energetic. Too much indulgence in excessive alcohol or smoking is not at all appropriate for a healthy lifestyle. Thus, self-discipline is required for maintaining a good lifestyle. When we are self-disciplined then we are more organized and regular in keeping good health. A man without discipline is a ship without a rudder. Discipline needs self-control. One who cannot control himself can hardly control others. The level of discipline and perseverance  
10 largely determines a person's success.

Punctuality is another aspect of a healthy lifestyle. It's the habit of doing things on time. It is one of the characteristics of every successful person and everyone must observe punctuality in order to win success in life.

15 Diet is an important component for overall fitness and works best in combination with exercise. There are many ways of making your diet healthier. Use less sugar, salt and oil while cooking food. Eat more fruits, salad and yogurt daily. They provide more vitamins and minerals to our body. By adopting a healthy lifestyle one can avoid several diseases like obesity, high blood pressure or hypertension, diabetes, anemia, and various heart diseases. Maintaining a healthy lifestyle not only makes a person confident and productive but also drives him to success.

Adapted from Google, Vedantu Essays on Lifestyle

**A. VOCABULARY(10 PTS)**

Find in the text the words whose definitions or synonyms are given below.

**Example: 1. lifestyle**

1. way of living (title)
2. good physical condition (L1)
3. routines (L2)
4. friendly (L5)
5. tolerance (L5)
6. important part of a boat that guides it (L8)
7. fact of being on time (L11)
8. food regime (L14)
9. small quantity (L15)
10. prevent (L17)
11. essential organ in the body (L18)

**B. COMPREHENSION (20 PTS)**

Briefly answer the following questions according to the text.

1. What is a good lifestyle?
2. Name two things that can negatively impact our health.
3. Give one advantage of self-discipline.
4. What foods should we eat more and why?
5. Name two diseases we can avoid by having a good lifestyle.

**PART TWO: LANGUAGE IN USE (30%)**

**TASK A:** Choose the right options to make the sentences meaningful.(15 PTS)

**Example: 1. Exercising**

1. (To exercise/Exercising) is a good way of losing weight.
2. She wants (to learn/learning) a new sport.
3. He enjoys (to have/having) a bath in the evening.
4. You kept (to talk/talking) during the game.
5. I always wash my hands before (to eating/eating)
6. (to fish/fishing) used to be my favorite hobby.

**TASK B:** Read Jane's story below and put the verbs in parentheses in the correct tense.(15 PTS)

**Example: 1. happened**

Something incredible **1.(to happen)** to me this morning. When I was walking to the taxi station, a young boy **2.(to stop)** me and proposed to help me cross the road. While we **3.(to talk)**, I saw another one who snatched my handbag and ran away quickly. I was shouting but the pickpocket **4.(to be)** far away. Fortunately, there was a policeman at the traffic lights who saw everything. When the first boy who wanted to help me, saw him, he **5.(to run)** away too. The pickpocket could not go far because while he **6.(to try)** to cross the nearby street a strong man caught him. He gave me my bag.

**PART THREE: WRITING (30%)**

**TOPIC:** Your Ghanaian friend Kwame who is a student doesn't like sport, arguing that it's too difficult. That's why he refuses to attend the Physical Training classes. In a Whatsapp message, encourage him to resume the physical training classes. In your message:

- tell him you are not happy about his attitude;
- mention the benefits of sport(physical and moral advantages);
- expose the dangers of not practicing sport.