

DEVOIR D'ANGLAIS

PART ONE : READING

40 %

Read the text and do all the activities that follow it.

Health and Lifestyle

Lifestyle is referred to the characteristics of inhabitants of a region in special time and place. It includes day to day behaviors and functions of individuals in job, activities, fun and diet. In recent decades, lifestyle as an important factor of health is more interested by researchers. According to WHO 60% of related factors to individual health and quality of life are correlated to lifestyle. Millions of people follow an unhealthy lifestyle. Hence, they encounter illness, disability and even death. Problems like metabolic diseases, joint and skeletal problems, cardio-vascular diseases, hypertension, overweight, violence and so on, can be caused by an unhealthy lifestyle. The relationship of lifestyle and health should be highly considered.

Today, wide changes have occurred in life of all people. Malnutrition, unhealthy diet, smoking, alcohol consuming, drug abuse, stress and so on, are the presentations of unhealthy life style that they are used as dominant form of lifestyle. Besides, the lives of citizens face with new challenges. For instance, emerging new technologies within IT such as the internet and virtual communication networks, lead our world to a major challenge that threatens the physical and mental health of individuals. The challenge is the overuse and misuse of the technology. Therefore, according to the existing studies, it can be said that: lifestyle has a significant influence on physical and mental health of human being.

In some countries, the overuse of drugs is a major unhealthy lifestyle. Iran is one of the twenty countries using the most medications. They prefer medication to other intervention. Furthermore, in 15–40% of cases most of people use medications about without prescription. Pain relievers, eye drops and antibiotics have the most usage in Iran. While self-medications such as antibiotics have a negative effect on the immune system, if the individual would be affected by infection, antibiotics will not be effective in treatment. Overall, 10 percent of those who are self-medicated will experience severe complications such as drug resistance. Sometimes drug allergy is so severe that it can cause death.

Finally, variables of lifestyle that influence on health can be categorized in some items: Diet and Body Mass Index (BMI), the greatest factor in lifestyle which has a direct and positive relation with health, exercise for treating general health problem; sleep; sexual behavior; substance abuse considered as an unhealthy lifestyle; medication abuse; application of modern technologies which misuse may result in unpleasant consequences; recreation; and study, a key factor in lifestyle that may lead to more physical and mental health.

Adapted from: Impact of Lifestyle on Health, Iran Journal of Public Health, 2015 Nov

COMPREHENSION CHECK

A/ Vocabulary:

Match the words or expressions in column A with their definitions or synonyms in column B. One word in column B is not concerned. Write your answer like in the example.

Example: 1- J

COLUMN A	COLUMN B
1- lifestyle (L1)	A- taking medicine without seeing a doctor.
2- diet (L2)	B- conduct to, bring to
3- correlated (L4)	C- coming into view, appearing
4- disability (L5)	D- food and beverage a person consumes
5- occurred (L9)	E- children death
6- emerging (L12)	F- had a corresponding characteristic
7- threatens (L13)	G- disagreeable
8- self-medications (L20)	H- efficient
9- effective (L22)	I- handicap, incapacity or incompetency
10- unpleasant (L29)	J- style of living of a person or a group
11- lead to (L30)	K- happened
	L- menaces

B/ comprehension check:

Read the text again and say if these statements are true (T) or false (F). Justify your answer by indicating the line into brackets. Write your answer like in the example.

Example: 1- F (L2)

- 1- Lifestyle has to do with our daily activities only.
- 2- According to the text, COVID19, Ebola and hypertension can be caused by an unhealthy lifestyle.
- 3- Good nutrition is part of the dominant form of style of living.
- 4- New technologies represent a menace for people's physical and mental health.
- 5- Incorrect use of technology is not a problem.
- 6- Lifestyle has a serious impact on people's health.
- 7- Auto-medication is widely practiced in Iran.
- 8- The use of antibiotics is good for immune system.
- 9- In most cases, drugs allergy can lead to death.
- 10- According to the text, Diet and Body Mass Index are not essential for health.
- 11- Study is very important for human's physical and mental well-being.

PART TWO :LANGUAGE IN USE

30%

Task A: Complete the following text about past and present lifestyle with the correct words from the box, like in the example. One word in the box is not concerned. Example: 1- past

communication – in – recipients – past – media – face – lifestyle – relied – lives – significant – migration - advancements

In comparing present and (1)..... lifestyles, it's fascinating to observe the evolution of human existence. Our current (2)..... is shaped by technological (3)..... that have revolutionized various aspects of our daily (4)..... From communication to entertainment and work, the changes have been profound.

In the past, (5)..... was primarily done through physical letters and landline telephones. It required patience and time for messages to reach their (6)..... Today, we have the luxury of instant communication through smartphones, email, and social (7)platforms. It has transformed the way we connect with others, allowing us to be (8) touch with people around the world at any given moment. Entertainment has also undergone a (9)..... transformation. In the past, people (10)..... on physical activities and face-to- (11)..... interactions for amusement.

TASK B: Read the different sentences and complete it with the right options between brackets. Do your work like in the example. *Example: I- have*

1. Our lifestyle can.....negative impact on our health. (**had had- had been- have**)
2. Technology.....people's life today. (**influenced-influences-influence**)
3. In the past time, our parents.....powerful computers. (**didn't use - don't use – hasn't been using**)
4. Lifestylepeople's lives for many years. (**impacted- had impacted- has been impacting**)
5. In general, Ivorian nationalsvery attached to their customs and traditions. (**are- is- was**)
6. My health.....worse since I changed my lifestyle. (**have been getting- has been getting – was been getting**)
7. In today's society, more and more people..... the internet more than ever before. (**are using- is using- has used**)
8. In my view, modern technology.....people's lives for the better. (**change- has changed- were changing**)
9. Our grandparents.....in solidarity before the era of individualism and materialism. (**lives- is living- were living**)
10. In the coming years, we hope that moral values.....from our human societies. (**will not disappear- have not disappeared- is not disappearing**)
11. In traditional societies, people.....barter as a means of exchange of services and goods until the creation of modern currencies like banknotes and electronic money. (**were using – are used – has been using**)

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PART THREE: WRITING

During your vacation, you go to Accra in Ghana with your friends for a linguistic visit. During this period of time, the food you eat in the canteen is of bad quality and poorly-cooked. This situation is alarming you. So you decide to write a letter to the Manager of this canteen to denounce this problem and request actions to put an end to it.

In your letter:

- **Say why you are writing the letter.**
- **Mention some consequences of this situation.**
- **Suggest some solutions to solve the problem.**

Note : the Manager's address is: *P.O Box 12 Accra,Ghana*