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Collège Notre dame des lacs Yamoussoukro **ANNÉE SCOLAIRE : 2026 – 2027**

CLASSE : Tle A1, Tle A2 **DURÉE : 2 HEURES** **Mardi 13 Octobre 2026 10H-12H**

DEVOIR SURVEILLE D'ANGLAIS

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 lifestyle 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

PART ONE: READING (22 points)

COMPREHENSION

A/ Vocabulary check (01 pt each)

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**: 1-H**

COLUMN A	COLUMN B
1- lifestyle (L1)	A- taking medicine without seeing a doctor.
2- diet (L2)	B- appearing.
3- correlated (L4)	C- food
4- disability (L5)	D- handicap, incapacity or incompetency.
5- emerging (L11)	E- having a corresponding characteristic.
6- self-medications (L18)	F- efficient.
7- effective (L19)	G- disagreeable.
8- unpleasant (L25)	H- style of living of a person or a group.
9- lead to	I- be responsible for

B/ Comprehension check (02 pts each)

Read the text again and give short answers to the following questions. 02 lines maximum

1- Define what lifestyle is.

2- What are some components of lifestyle ?

3- What do people encounter after following unhealthy lifestyle ?

4- What are the dominant forms of unhealthy lifestyle ?

5- What are the new challenges facing citizens ?

6- Which country mostly use medications ?

7- How many people face severe complications due to self-medications ?

PART TWO: LANGUAGE IN USE (08 points)

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

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

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 in touch with people around the world at any given moment.

Entertainment has also undergone a (8) _____ transformation. In the past, people (9) _____ on physical activities and face-to-(10) _____ interactions for amusement.

TASK B: Choose the correct option in brackets. Example: 9- has been

1. Our lifestyle can _____ a negative impact on our health. (**had had** – **had been** – **have**)

2. Technology _____ people's life today. (**influenced** – **influences** – **influence**)

3. In the past, our parents _____ powerful computers. (**didn't use** – **don't use** – **hasn't been using)**

4. Lifestyle _____ people's lives for many years. (**impacted** – **had impacted** – **has been impacting**)

5. In general, Ivorian nationals _____ very 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 the coming years, we hope that moral values _____ from our human societies. (**will not disappear – have not disappeared – is not disappearing)**

9. My uncle _____ sick recently. **(was - has been - will be)**

PART THREE: WRITING (10 points)

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.

20 lines maximum.

ONLY HARD WORK PAYS OFF!