

In His Sublime Name

First Name:

Class name

Last Name:

Grade 11

بارم

ردیف

A. مهسا می خواهد با توجه اشکال داده شده، آنها را با کلمات تطبیق دهد سپس کلمات را در جملات زیر بکار ببرد، لطفا به مهسا در این کار کمک کنید.

a) couch potato

b) exercise

c) junk food

d) smoking



1. Stop being a
2. Eatingmakes people gain weight.
3. is harmful to everyone.
4. Dailyimproves people's health condition.

B. مکالمه زیر را که گفتگوی علی و رضا درباره سبک زندگی سالم است را بخوانید و ستون A را با B تطبیق دهید.

A

B

5. **Ali:** What is the key point to a healthy life style?
6. **A:** What should people do to check their general health?
7. **A:** What increases the risk of heart attack?
8. **A:** What decreases the risk of death and makes people enjoy a better life?
9. **A:** What decreases stress and gives people a balanced life?

- a) **Reza:** eating junk food
- b) **R:** a careful plan
- c) **R:** having healthy social relationships with others
- d) **R:** they should measure their blood pressure and check family health history
- e) **R:** praying and emotional health

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(learn a new language)



(walk in the rain)

27. A: What takes lots of time and energy?

B:

28. A: What does Betty enjoy?

B:



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(play in the park)



(eat a lot of junk food)

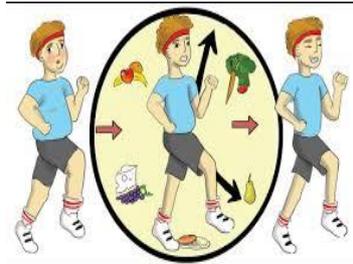
29. A: What are kids interested in?

B:

30. A: What has made Sina a couch potato?

B:

H. متن زیر را بخوانید و به سوالات آن پاسخ دهید.



It's important for people to eat as much as they need to give them energy. If they eat too little food or the wrong food they won't have energy. If they eat too much, they will need to make more exercise; otherwise they will put on weight. When we eat the correct quantity of food for the exercise we take, we call this the energy balance.

Fat is very high in calories, and so is no help at all in keeping energy balance. Fat has also been linked with heart disease, and many specialists believe that eating less would help to decrease it.

Sugar isn't good for the energy balance either. The only value of the diet is to provide energy, and you can get that from the other foods. There's no doubt that too much sugar makes you fat and it doesn't do your teeth much good either.

Fibre, on the other hand is something that we eat too little of. One of the simplest ways of eating more fibre is to eat more bread particularly whole meal, granary, or high fibre bread. It's a good, cheap source of fibre and nutrients without too many calories. Potatoes are good, too. So eat less fatty food (sweets, chocolate, and jam) and eat more fibre foods (bread, potatoes, pasta, fresh fruit and vegetables).

there's no doubt = بی شک **link** = ارتباط داشتن **quantity** = مقدار **Granary** = غلات

A) Are these sentences **True** or **False**?

31. People won't need to make exercise if they eat too much.
32. When people eat too much they put on weight.
33. Eating less fat would cause heart attack.
34. Fibre foods are good for the energy balance.

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B) Answer these questions.

35. Give a title to the page.
36. Why is exercise necessary for good health?
37. What does the "energy balance" mean?

Good luck

Z. Sepahvand

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