

5- What are the practices representing in the pictures?



Smoking



Drinking

- Are they harmful?
- Is there anything that could be more harmful than them?

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منصة التعليم الإلكتروني

ملف الحصة المباشرة و المسجلة

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3 دورات مكثفة

أحصل على بطاقة الإشتراك



Topic: As we all know how quickly time passes nowadays, many people become too lazy to prepare their healthy meals, so they become addicted to fast food, particularly in our country, given the number of restaurants that exist today. However, those people are unaware of the dangers of junk food. Write an expository article on the impact of junk food on health and finance.

The consequences of junk food:
⇒ This type of food causes so many diseases such as obesity, diabetes and hypertension.

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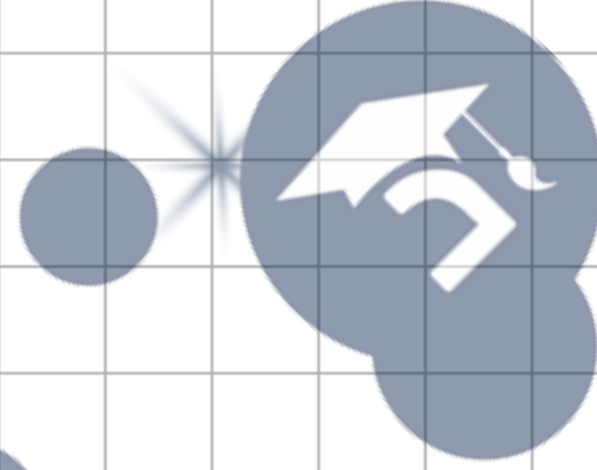
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would affect your wallet negatively



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c- The effects of junk food .

Nowadays, it is generally known that the majority of people, especially the young, prefer junk food to healthy food. However, junk food can lead to serious health issues.

First, junk foods such as pizza, chips, and soda can lead to obesity and a variety of associated diseases **such as** heart disease, diabetes, and high blood pressure. **Also**, junk food does not meet the needs of body development, **so** it makes you tired, bloated, and unable to concentrate.

In conclusion, although junk foods are tasty, affordable, and convenient, they affect on the human body negatively. Therefore, we must avoid them.

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- Suggest solutions and advices that can reduce junk food consumption.

→ it would be advisable to aware people about the dangers of junk food as well as the significance of practising sport
→ it is beneficial to eat whole meals that contain all the need of body which are protein, fats, vitamins and minerals.

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2 ⇒ junk food doesn't meet the necessary needs for body development such as vitamins and minerals

3 ⇒ it makes people feel tired, bloated and unable to concentrate

4 ⇒ when you become addicted to such type of food you're gonna spend money every single day and that

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⇒ we had better aware our children
on being Responsible in preparing their
healthy meals also buying only
what do they need so that they can
save money.

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d- How to reduce Junk Food Consumption?

Nowadays, it is generally known that the majority of people, especially the young, prefer junk food to healthy food despite its dangerous effects. **Therefore**, it must be eliminated immediately.

To begin, parents should encourage their children to eat a healthier diet that includes fresh foods **such as** vegetables and fruits. **Furthermore**, we must make better use of technological tools such as social media, television, and radio **to** encourage and spread the importance of participating in sports and meeting the needs of the body. **In addition**, parents should teach their children how to buy only what they need, **which** will help them in meal preparation while also saving money.

To conclude, it's high time to change our junk food habits and make health a way of life.

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Read the text carefully and do the activities.

Junk food is part of almost every person's diet. The habit has become so severe that even thinking of kicking it seems tough. Aggressive advertising, low cost, and mouth-watering taste are some of the reasons that have prompted it to become popular; thus, it is hard to resist temptation.

Junk food makes you addicted to unhealthy diet patterns. Besides, it activates various diseases as diabetes and heart ailments, mainly if you do not exercise and have a family history of such illnesses. It can also release some kind of fats that are likely to increase your cholesterol levels.

Lethargy is another effect of eating such food. When gorging processed food, your energy levels decrease. The reason behind this process is that snack food contains high amounts of carbohydrates that prickle your blood sugar levels. When this happens, you feel tired and less alert.

If you are under these eating habits, you had better be strict on yourself, follow a healthy diet, and exercise. Never stop your efforts until you succeed.

Adapted from: *Eating, Fast food, Food* by JOSHUA-Oct 16, 2013
From <http://www.studymode.com>

1. Identify the type of the text.

The text is a... a) newspaper article b) web article c) book extract

2. Answer the following questions according to the text.

- a) Why is it difficult to resist junk food consumption?
b) What are the effects of excessive consumption of junk food? Give two examples.
c) Do you agree with the author's advice? Why?

3. Identify the paragraphs in which the following ideas are mentioned.

- a) Eating too much unhealthy food makes you feel exhausted. 3
b) Nearly no one can avoid eating junk food. 1

4. Choose the general idea of the text.

- a) People's attitudes towards junk food.
b) The impact of advertising on our diet.
c) The causes and effects of our bad eating habits. C

Yes I do. Since it's the only way to get rid of this food.

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(07 pts)

B) Text Exploration

1. Find words, phrases or expressions in the text whose definitions follow:

- a) looking or smelling delicious (§1) = ... *mouth-watering*
- b) unable to stop using, taking or doing something (§2) = ... *addicted*
- c) the state of not having any energy or interest (§3) = ... *lethargy*

2. Divide the following words into roots and affixes:

unhealthy – advertising – illness

Prefix	Root	Suffix
<i>un</i>	<i>health</i> <i>advertise</i>	<i>y</i> <i>ing</i>

3. Complete sentence (b) so that it means the same as sentence (a).

- 1. a) Junk food addiction is so severe that it is tough to get rid of it.
- b) because *it is so severe*
- 2. a) I feel strongly that I should stop eating junk food.
- b) It's high time I *stopped*

4. Reorder the following sentences to get a coherent passage.

- This way, your body doesn't get the necessary nutrition. *3*
- When you starve for junk food, *1*
- In the long run, you will have a fragile immune system. *4*
- you neglect fruits, vegetables and various other wholesome foods. *2*



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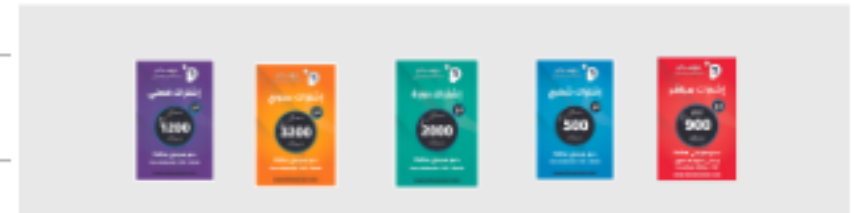


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Part II: Written Expression.

Choose ONE of the following topics.

Topic One:

Nowadays, more and more people, especially the young, are addicted to junk food. Write an article of about 80 to 120 word for your school magazine to advise and warn your schoolmates against the dangers of this bad eating habit.

Make the best use of the following notes:

- Balanced diet (vary foods / avoid excess in fats and sugar ...)
- Regular exercise (Practise sport / walk / hike ...)
- Discipline (be strict on yourself / avoid nibbling (i.e. eating between meals) / resist temptation ...)
- Not trust adverts

Topic Two:

You have received an email from a friend of yours telling you that she/he uses a lot of vitamin supplements. She/he says they are cheap and give the body energy.

Write a reply of about 80 to 120 words to advise and warn her/him about the dangers of consuming such products without any medical prescription.

Consequences
Solutions (05 pts)

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