

Doctors in Britain are warning of an obesity time bomb when children who are already overweight grow up. So what should we do? Exercise more? Eat less? Or both? The government feels it has to take responsibility for this expanding problem.

The cheerful Mr. Pickwick, the hero of the novel by Charles Dickens, is seen in illustrations as someone who is plump and happy. In the 18th century paintings, beauty was equated with rounded bodies and soft curves. But nowadays, being overweight is seen as indicating neither a cheerful character nor beauty, but an increased risk of heart diseases, stroke and diabetes.

So what should we do ? Diet ? Not according to England's chief medical officer, Sir Liam Donaldson. He says that physical activity is the key for reducing the risk of obesity, cancer and heart disease. Being inactive is as serious a risk factor in heart disease as smoking.

So having bought some sports shoes, how much exercise should you do? According to Sir Liam Donaldson, at least 30 minutes of moderate activity five days a week. Is going to the sports club the answer? Luckily for those who find the training machines boring, the Health Development Agency officials believe that physical activity which fits into people's lives may be more effective. They suggest taking the stairs rather than the lift, walking up escalators, playing active games with children, dancing or gardening. According to a sports psychologist, Professor Biddle, 'sports clubs are not making the nation fit, and may even cause harm.'

There's a new scientific evidence that too much exercise may actually be bad for you . scientists at the university of Ulster have found that unaccustomed aerobic exercise releases dangerous substances that can badly affect normal function in unfit people. The only people who should push their bodies to that level of exercise on a regular basis are trained athletes.

So should we forget about sports clubs and follow some experts' advice to reduce sedentary activities and increase exercise in our daily life ? After all, getting off the bus stop and walking the rest of the way can't do any harm ! One final thought : how come old generations had no gym facilities but were fitter and healthier than people today ?

COMPREHENSION (15 POINTS)

BASE ALL YOUR ANSWERS ON THE TEXT

I. CHOOSE THE RIGHT ANSWER FROM THE LIST GIVEN (2 pt)

1. A suitable title for the text would be :
 - a- Dangerous sports
 - b- Keep fit and enjoy it!
 - c- Aerobics are good for health
2. The extract is probably taken from :
 - a- A government report
 - b- An encyclopaedia
 - c- A health magazine

II. PICK OUT FROM THE TEXT EXPRESSIONS WHICH SHOW THAT (2 pts):

1. Obesity was appreciated in the past.

2. Some people have negative attitude towards sports machines.

III. ARE THESE SENTENCES TRUE OR FALSE? JUSTIFY. (4 pts)

1. It is advisable to engage in ordinary activities to keep fit.

2. Aerobics could be a harmful physical exercise.

IV. ANSWER THE QUESTIONS FROM THE TEXT. (4 pts)

1. Is beauty in the past the same as the present ? Explain.

2. What does the Development Health Agency think of the solution of obesity? (give three example)

V. FIND IN THE TEXT WORDS MEANING THE SAME AS : (3 pts)

1. overweight in a pleasant way (paragraph 2) : -----
2. Proof (paragraph 5) : -----
3. Not regular (paragraph 5) : -----

LANGUAGE (15 POINTS)

I. Replace the underlined expressions with the correct phrasal verb: (3 pts)

1. Bungee jumping is a real thrill, just try it! -----
2. Would you like to test my new motorbike? -----
3. Which airport did the plane depart from? -----
4. He always invents good excuses to explain his absence. -----
5. Sometimes I just want to escape from my city and move to the countryside. -----
6. We'll start our journey to India tomorrow morning. -----

II. Choose the correct word to fill in the blanks: (3 pts)

Portion, entrance, carriage, materials, handle, deck, facilities, access, donated, part, cabin

1. When I travel by sea, I prefer to stay on the top ----- in the open air.
2. ----- to this club is limited only to members.
3. We are pleased that so many businessmen have ----- funds to our school.
4. The local university has got wonderful sports -----.
5. You always get an enormous ----- of chips in this restaurant.
6. I can't ----- this car; it's so fast!

III. Rewrite the following sentences as suggested (5 pts)

1. "Have you ever been to Timbuktu?"
→ George asked me -----
2. Daren isn't old enough to drive a car.
→ If -----
3. They are opening a new supermarket next week.
→ A new supermarket -----
4. It wasn't necessary to tell him that. (modal)
→ You -----
5. "I graduated from university two years ago and I'm working for a small company now."
→ Ann told Jenny -----

IV. Put the verbs in brackets in the correct form (4 pts)

If I (know) ----- that the movie on television yesterday evening (be) ----- so boring, I (not, waste) ----- my time watching it. I usually (enjoy) ----- watching detective films, but that one was the most stupid I (ever, see) ----- . My friends (go out) ----- and (have) ----- dinner in a new Chinese restaurant. I'm not used to (eat) ----- Asian cuisine, but I regret not having gone with them.

WRITING (10 POINTS)

Education is a vital sector. However, it suffers from many problems
Write an article to your local magazine, discussing briefly these problems and suggesting some solutions to improve this service in our country.