Talamid.ma : هذا الملف تم تحميله من موقع

Inisse
Groupe scolaire

Test N° 2
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Name: ……..……..……..…….
Class: ……..……..……..…….
Final Mark ……..……../ 40

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1 Children on average laugh about 300 times a day. Can you guess how many times per day the average adult laughs? Not even close. Just 17 times per day. How sad that we lose all our sense of humour as we grow up! The simple act of throwing ***your*** head back and roaring at any kind of humour has multiple benefits both mentally and physically.

Let's laugh every day

2 Laughter actually increases the immune system, making us stronger and better able to fight off disease. And all that humour requires us to do is breathing in more oxygen, which is good for the entire body. The physical benefits of humour do not end there. Laughing has been proven to lower blood pressure, burn calories and give your internal organs a good massage. It also exercises almost the entire body, which explains why we get sore sides after a good laugh session. Moreover, it lowers stress hormone levels, keeping us calmer.

3 Humour can change your mood instantly. It is very hard to be angry when something strikes you as funny. Laughing stimulates the brain, both left and right sides, to help the laugher retain more information. Depression and anxiety are almost non-existent in people who have a great sense of humour and who are able to laugh at themselves. ***They*** automatically see the world in a different light, simply because of their sense of humour. Some doctors even recommend laughing as a therapeutic exercise.

4 This concept has even gone so far as to form humour clubs where the main activity is laughing. The idea behind ***this*** is that if you spend an hour giggling, you will be healthier. The people who join these clubs spend the hour or so chortling away and go home feeling rejuvenated and healthy. According to the laughing clubs, you do not have to feel the laughter in order for it to be beneficial. Just opening your mouth and laughing on purpose, forced or not, can increase heart rate, oxygen levels and boost the immune system. And humour is proven to be contagious; so a good group laugh is quite probable every time the members of these clubs get together.



5 With humour being so good for you, how can you add more of it to your everyday life? You can start by smiling at yourself in the mirror each morning and having a five minute laugh to get the day started. Reading jokes, watching comedy films or shows and hanging out with children are some guaranteed ways to get you chuckling yourself and on the road to better health.

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I COMPREHENSION (15 POINTS) {BASE ALL YOUR ANSWERS ON THE TEXT}

A Answer these questions in your own words. (4 pts)

1 How many types of benefits does laughter have?

……

……

2 List two examples for each type of the benefits of laughter?

……

……

3 Why do people join humour clubs?

……

……

4 Apart from laughter, what does the writer suggest doing to be healthier?

……

……

B Are these statements TRUE or FALSE? JUSTIFY your answers from the article. (3 pts)

1 It has been confirmed that laughing has positive effects on parts of the human body. (2 pts)

……

……

2 People who are fun-loving are hardly ever anxious and depressed.

……

……

C Find in the text words or expressions meaning the same as the following. (3 pts)

1 keep away (paragraph 2) ……

2 advise (paragraph 3) ……

3 younger (paragraph 4) ……

D What do the underlined words in the passage refer to? (3 pts)

1 ***your*** (paragraph 1) ……

2 ***they*** (paragraph 3) ……

3 ***this*** (paragraph 4) ……

E Complete the following sentences with ideas from the text. (2 pts)

1 People who use humour see the world differently as they ……...

……

2 Laughter not only increases the immune system, but it ……

……, as well.

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II LANGUAGE (15 POINTS)

A Rewrite the sentences starting with the words given. (5 pts)

1 Amina's leg is in plaster. She certainly twisted her ankle when she was hiking in the park.
Amina must ……

2 My neighbour is going on a tough diet for the purpose of losing weight.
To ……

3 I'm sure Omar didn't know the meeting had been cancelled. Otherwise, he would have attended it.
Omar can't ……

4 Some students often go to England on language study holiday so that they can practise their English.
In order to ……

5 Nada didn't want to apologise for misbehaving in class. So, she was penalized by her school.
Nada ought ……

B Fill in each blank with the right word from the list. (4 pts)

literacy	perseverance	humorist	morale	patient	flexible

1 Many youths are …….. as they can easily adapt to changes.
2 My …….. always gets boosted when I hear or read a joke.
3 The association, I am a member of, is organizing a campaign sensitising people to the importance of ……..
4 My two cousins are endowed with …….. They never give up.

C Put the verbs between brackets in the correct tense. (4 pts)

1 Mehdi Benatia (play) …….. for Bayern München for three months now. He (sign) …….. a three year contract with them last September.
2 The light suddenly (go out) …….. while we were watching a very interesting programme on TV yesterday.
3 "Do me a favour, please! Keep quiet! I (try) …….. to concentrate on my work!" Fatima said to her daughter.

D Match each sentence with its appropriate function. (2 pts)

	Sentence		*Function*
1	It's getting dark in here. Will you please switch on the light?	a	Expressing agreement
2	To my mind, hard work always pays off.	b	Expressing purpose
3	You're definitely right in saying that carelessness and alcohol bring about accidents.	c	Asking for clarification
4	My little sister is saving up to buy a new cellular phone.	d	Making a request
		e	Expressing opinion

1 …… 3 …… 2 …… 4 ……

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III WRITING (10 POINTS)

Your friend has recently sent you a letter stating that there is no use in watching comedy movies. Write a reply trying to convince him / her of the importance of watching such movies.

Dear friend,

Love

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