

PART ONE: READING (40%)

Read the text below and do all the activities that follow it.

MIND YOUR HEALTH!

When symptoms of heart attack occur, it is vital to seek medical help immediately, as the risk of death is greater within the first hour after an attack. Quick treatment can save heart muscle from irreparable damage. The more heart muscle is spread, the more effectively the heart will pump after the attack.

John, a heart attack victim, explains: "A year and a half before my heart attack, I was warned by a doctor about my high cholesterol, a major risk disease. But I evaded the issue, as I felt that I was young – under 40 – and in good health. I greatly regret that I did not take action then. I had other warning signals – shortness of breath with physical exertion, pains I thought were indigestion and, for several months before the attack, extreme fatigue. Most of these I blamed on too little sleep and too much job stress. Three days before my attack, I had what I thought was a muscle spasm in my chest. It was a minor attack prior to the big one three days later."

John continues: "that day we were going to play softball. As I gobbled a hamburger for lunch, I shrugged off some discomfort, nausea and upper – body tightness. In the course of the afternoon, I felt progressively worse".

John's son who was 15 years old at the time, relates: "It took only a few seconds for my Dad to lose his strength, so that he had to be carried to the car. My friend drove the car while asking Dad questions to keep up with his condition. Finally; Dad didn't answer. Then he jerked in his seat, going into convulsions and vomiting. After his seizure, his whole body fell limp in the seat. I thought he had died".

John's wife, who was absent, at the moment of the attack, adds: "When I walked into the emergency room, the doctor said that my husband had a massive heart attack. I was strummed. When I saw John, my heart ached. He was very pale, and there were many tubes and wires connecting his body to monitors. As I approached his bed, I thought, "What do you say to your loved one at a time like this. Are we really prepared for such a life – threatening situation?"

After a few months of treatment, John took part in rehabilitation programs. Good diet and exercise strengthened his heart, so that he resumed working. John's case was severe and required immediate attention. His experience is a warning, and those who feel that they have symptoms should have a check – up.

Retrieved

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COMPREHENSION CHECK

A/ The words in column A are from the text. Match each of them with its meaning or synonym in column B. Write your answers like the example.

Example: 1-see: f-look for

Column A	Column B
1-see (line 1)	a-thought something was responsible for something bad
2-warned (line 6)	b-follow
3-blamed on(line 10)	c-dismissed
4-prior to (line 11)	d-medical examination
5-gobbed (line 13)	e-began again and stopped after
6-shrugged off (line 14)	f-look for
7-keep up with (line 18)	g-told a person in advance about a danger
8-jerked (line 19)	h-before, previous
9-stunned (line 23)	i-shocked
10-resumed (line 28)	j-moved with short and sudden movements
11-check-up (line 30)	k-swallowed quickly

B/ Say whether these statements are true or false according to the text. Write T for true or F for false and indicate the line(s) to justify your answers like in the example. **Example: 1-F (Lines 1-2)**

- 1-There is no need to have sudden fears for a heart attack.
- 2-Treating the heart rapidly reduces the risk of a possible death.
- 3-John's attention wasn't drawn in a certain way on a possible heart attack.
- 4-shortness of breath exhaustion, prolonged pain in the chest are some signals in heart attack.
- 5-As he began playing softball, everything was right.
- 6-The consequences of a heart attack were quick.
- 7-John's wife was near her husband at the moment of the attack.
- 8-When Mary saw her husband; he felt progressively better.
- 9-Mary was questioning herself about his sudden situation.
- 10-A good and healthy diet is required for a heart attack victim.
- 11-A medical examination to discover the state of a person's health is not necessary for a heart attack.

PART TWO (20 %): LANGUAGE IN USE

B/ Complete the sentences with the appropriate words from the box. One word in the box is not concerned. Write your answers like in the example. **Example: 1-so that**

before – despite – enough – about – for – so that – because – while – across – by – through – yet
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- 1-They locked the door nobody could enter the house.
- 2-She was punished lying to her father.
- 3-You should not go there yourself because this place is not safe.
- 4-I came my old friend at the railway station.
- 5-We didn't havemoney to go to the cinema.
- 6-Don't worryhim. He can solve the problem.
- 7-Bob can run fast.....his heavy weight.
- 8-He is still sleeping he is tired.
- 9-I saw them They were operating.
- 10-People have to be 18they can vote in Cote d'Ivoire.
- 11-Gothe text in order to understand the subject.

PART THREE (40 %): WRITING

Do only **one** of the two tasks.

Task 1:

As the chairperson of the Anti-tobacco club of your school, you have launched a campaign called "Everybodyagainst Tobacco". Write an article to be published in your school magazine in which you mention the dangers of smoking for students, the impact of smoking on their health, their studies and the actions you intend to undertake to eradicate this phenomenon from their environment.

(Do not exceed 25 lines)

Task2:

During a meeting of your school English club, you organised a debate about the current diseases people are confronted with today like diabetes, cardio-vascular accident and heart disease. Thus, a participant in the debate stated: 'Diabetes, cardio-vascular accident and heart disease only attack rich people.'

Do you share this assertion? Write an argument essay in not more than 25 lines.