



Level: Third Year ASS/TM/GS/M Streams
March 2026

Duration : 2 hours.

Second Term Exam of English

Read the text carefully then do the following activities

The brain uses more energy than any other organ in the human body, and glucose is **its** primary source of fuel. Because the brain is so rich in nerve cells, or neuron, it is the most energy –demanding organ, using one-half of all the sugar in the body. But what happens when the brain is exposed to an excessive amount of sugar?

High or low glucose levels can affect the brain's functional connectivity and diminishes the mental capacity .Brain functions such as thinking, memory, and learning are closely linked to glucose levels and how efficiently the brain uses **this fuel source**. If there isn't enough glucose in the brain, the neurotransmitters, the brain's chemical messengers, are not produced and the communication between neurons breaks down. This can lead to loss of energy for brain and cognitive functions.

Although the brain needs glucose, too much of this energy source can be a bad thing. The excess glucose consumption leads to slowed cognitive function, deficits in memory, problems with attention, inflammation in the brain and even increases sadness and anxiety.

One way to decrease sugar consumption is to be mindful of the added sugars in processed foods and drinks. **These** can include items such as soft drinks, candy, and baked goods. It is also helpful to read nutrition labels and ingredient lists to identify added sugars. Another strategy is to opt for healthier alternatives to sugary treats, such as fruits or unsweetened yogurt.

Adapted from: [https:// hms.harvard.edu.news-events / algarvewellnessretreat.com](https://hms.harvard.edu/news-events/algarvewellnessretreat.com)

A/ Copenhension(8pts)

1. **Say whether the following statements are true or false. (2pts)**
 - a) The brain consumes half of the body total amount of sugar.
 - b) High level of sugar can improve the brain's functions.
 - c) Too little glucose in the brain is as bad as too much of it.
 - d) Processed foods contain a reasonable amount of sugar.
2. **Answer the following questions according to the text. (3.5pts)**
 - a) Why does the brain need sugar?
 - b) How does the lack of glucose affect our brain?
 - c) Does the excessive consumption of glucose lead to learning disorder? justify
3. **Find what or who the underlined words in the text refer to. (1.5)**
 - a) its (§1) b) this fuel source (§2) c) these (§4)
4. **Choose the general idea of the text. (1pt)**
 - a) The impact of added sugars on our diet.
 - b) The brain's need for sugar.
 - c) The pros and cons of sugar consumption.

d) B/Text Exploration (7pts)

1-Find words, phrases or expressions in the text whose definitions follow: (1.5)

- a-The organ inside the head that controls all body functions of a human being. (§1) = ...
- b-A simple sugar which is an important energy source in living organisms (§2) =...
- c-The action of using up a resource. (§4) =...

2-Divide the following words into roots and affixes: (1.5)

Connectivity – mindful – unsweetened

Prefix	Root	Suffix

3-Combine each pair of sentences with one of the connectors provided. Make changes where necessary. (3pts)

- a-Sugar provides energy. Sugar has no nutritional value on its own. (**despite**)
- b- People don't follow food safety rules . People will suffer from severe diseases. (**unless**)
- c-You eat or drink too much sugar. *The extra insulin affects your arteries.* (**if**)

4-Fill in each gap with the appropriate word from the list given. (1pt)

added – diet – preserve – nutrients – consume- present

Some foods that naturally contain sugar, such as vegetables, fruit and milk, are an important part of a healthy ...**(1)**.., because they also contain important...**(2)**.... All other sugars are called 'free sugars'. Free sugars are sugars ...**(3)**....to food products, and sugar is naturally ...**(4)**....in honey, syrups and fruit juices.

Part Two: Written Expression

(05 points)

Choose ONE of the following topics:

Topic one: While experts believe that sugar consumption raises the risk of Alzheimer's disease, obesity and many chronic diseases, many people rely on quick, sugary processed foods to boost their energy. Write an article of about 80 to 120 words to be published on your school magazine about the best ways to prevent high –level sugar intake.

- Control / ban advertisement about sugary food
- give importance to packaging and ingredients
- sugar replacement / prioritize fruits and vegetables

Topic Two: unethical advertising always seeks to misrepresent the product some way. You were a victim of such practices . write a short public statement of about 80 to 120 words to urge public authorities to take appropriate measures to combat this crime

Good luck.

Part one : Reading

A/Comprehension

1) T F T F

2) a) Because the brain is so rich in nerve cells.

b) If there isn't enough glucose in the brain, the neurotransmitters, the brain's chemical messengers, are not produced and the communication between neurons breaks down

c) Yes; it does. Justification : The excess glucose consumption leads to slowed cognitive function, deficits in memory, problems with attention, inflammation in the brain and even increases sadness and anxiety.

3) brain b) glucose c) processed foods and drinks

4) The general idea of the text is (c)

B- Text Exploration

1. Brain b) glucose c) consumption

2. Morphology

Prefix	Root	Suffix
/////	Connect	-ivity
/////	Mind	-ful
un	sweet	-ened

3. Syntax

a) **Despite** providing energy, sugar has no nutritional value on its own.

b) **Unless** people follow food safety rules, they will suffer from severe diseases.

c) **If** you eat or drink too much sugar, *the extra insulin will affect* your arteries.

5- Fill in each gap with the appropriate word from the list given.

diet – nutrients added – present