**Université de Bejaia 2021/2022**

**M1 Sociologie de la sante**

**Second English Exam S2**

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BBC News:

Breakfast is most important meal

Eating breakfast is the secret to staying healthy, according to evidence unearthed by doctors in the US.

They believe skipping the first meal of the day increases the chances of becoming obese, developing diabetes or even having a heart attack.

Their study found that people who eat whole-grain cereals every morning are among those most likely to see the health benefits.

Dr Mark Pereira and colleagues at Harvard Medical School analysed the eating habits of 1,198 black people and 1,633 what white participants.

Overall, 47 of whites and 22 of blacks said they ate breakfast every morning.

Health benefits:

They found that people who ate breakfast every day were a third less likely to be obese compared to those who skipped the meal.

In addition, they were half as likely to blood-sugar problem, which increase the risk of developing diabetes or having high cholesterol, which is a known risk factor for heart disease.

Breakfast may really be the most important meal of the day “Dr Mark Pereira”.

The researchers believe that eating first thing in the morning may help to stabilise blood-sugar levels, which regulate appetite and energy.

They suggest people who eat breakfast are less likely to be hungry during the rest of the day and are, therefore, less likely to overeat.

“our results suggest that breakfast may play an important role in reducing the risk of type 2 diabetes and cardiovascular disease “ the researchers have recently started to examine that those involved in the study ate for breakfast, to see if certain foods were more likely to help them stay healthy.

Initial results have suggested that whole- grain cereals may be of benefit.

**Answer the following questions:**

Give the main idea of the text?

………………………………………………………………………………………………………………………………………………………..

What is the importance of breakfast for human body?

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….

What do you think?

…………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………..

**Translate this passage:** **From;**” **the researchers………………………energy”. In French language.**

………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………………….

**Choose the best answer:**

1. You can come to the meeting…..........................................you do not say anything.
2. **So that / b. as long as / c. while / d. until / e. As if.**
3. I am not leaving ………………………………………………. I get an apology from you.
4. **So that / b. As long as / c. while / d. until / e. as if**
5. I came here …………………………………………..…… you could give me an explanation.
6. **So that / b. Long as / c. While / d. until / e. as if**
7. Bob is very tall …………………………………………………………. Bill is very short.
8. **So that / b. as long as / c. while / d. until / e. as if**
9. You look ……………………………………………………………….…….you have seen a ghost.
10. **So that / b. as long as / c. while / d. until / e. as if**

**Complete with “if “or “Unless”:**

1. ……………………………………he advertises in the newspaper, he will sell many goods.
2. ………………………………....I’m mistaken, that’s certainly Mr. Jones.
3. ………………………………….…..it’s very cold, we will probably not have snow.
4. ……………………………………..Mr. Jones comes to visit us, we won’t have a party.
5. ………………………………….….you use high quality material, you can’t build a good house.
6. ……………………………………...you finish work early, we can play tennis.
7. ………………………………………….you don’t keep your promises, you ‘ll lose your friends.
8. ………………………………………….you study hard, you won’t get a scholarship.
9. …………………………………….….you tell me what you want, I can get it for you.
10. ……………………………….you think about it, you will make the right decision

**GOOG LUCK**