

**BEPC**  
**SESSION 2020**  
**ZONE : III**

**Coefficient : 1**  
**Durée : 2 h**

## LANGUE VIVANTE 1 : ANGLAIS

*Cette épreuve comporte deux (02) pages numérotées 1/2 et 2/2.  
 Le candidat est libre de commencer par la composante de son choix.  
 Cependant il devra numéroté ses réponses conformément à la numérotation du sujet.*

### **PART ONE** READING COMPREHENSION (8 pts)

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

#### HYGIENE AND HEALTH

Good personal hygiene is essential for good health. Personal hygiene habits will help you keep bacteria, viruses and illnesses away. There are mental as well as physical benefits. "Practising good body hygiene helps you feel good about yourself, which is important for your mental health", a doctor said. People with dirty hair and clothes, body odor, bad breath and missing teeth are often seen as having poor hygiene.

5 Here are some basic personal habits to follow: wash your body and your hair often, and take care of your nails too by trimming them regularly, keeping your finger and toe nails trimmed and in good shape will prevent problems such as infected nail beds. Feet that are clean and dry are less likely to contract athlete's foot<sup>1</sup>.

10 Ideally, you should clean your teeth after every meal. At the very least, brush your teeth twice a day. Washing your hands before preparing or eating food, after going to the bathroom, after coughing or sneezing, and after touching garbage, will help you prevent the spread of bacteria and viruses.

Finally, resting 8 to 10 hours a day will help you have a good immune system.

Adapted from <https://www.everydayhealth.com/healthy-living/guide-to-good-hygiene.aspx> by Beth W.Orenstein (21-02-2019)

*Athlete's foot<sup>1</sup>: pied d'athlète*

### **COMPREHENSION CHECK**

**A-Vocabulary check:** The words in column A are from the text. Match each of them with its synonym or definition in column B. One synonym or definition in column B is not concerned. Write your answers like in the example.

**Example: 1-e**

COLUMN A	COLUMN B
1- illnesses (L.2)	a- essential
2- benefits (L.2)	b- avoid
3- poor (L.5)	c- advantages
4- basic(L.6)	d- catch
5- trimming (L.7)	e- diseases
6- prevent (L.8)	f- brush
7- contract (L.9)	g- bad
8- clean (L.10)	h- propagation
9- spread (L.12)	i- in disorder
	j- cutting

**B-Comprehension questions:** Read the text again and give short answers to the following questions (2 lines maximum).

- 1- What must you do to be in good health?
- 2- Is hygiene only good for your body? Justify your answer;
- 3- Give two details that can show someone has poor hygiene;
- 4- Give two essential habits we must have to be in good health.

**PART TWO**      **LANGUAGE IN USE (6 points)**

**Task 1:** The passage below is about sanitation and hygiene. Complete it with the correct tense of each verb in brackets to make it meaningful. Write your answers like in the example.

**Example: 1- is**

There is a difference between sanitation and hygiene. Sanitation **1-(to be)** the effective use of tools and actions that keep our environment healthy. For example, these tools **2-(to include)** latrines or toilets to manage waste, food preparation, washing stations.

Hygiene **is** a set of personal actions that contribute to good health. It **3-(to consist)** of actions like hand-washing, bathing and cutting hair and nails. Hand-washing is the most important thing we can all do **4-(to prevent)** diseases.

**Task 2:** The following passage is about hygiene and health. Complete it with the best option in brackets to make it meaningful. Write your Answers like in the example.

**Example: 1. your**

Daily practices can help us keep in good health. Washing **1-(your-you-yours)** hands and body is the most effective way to prevent diseases. **2-(Our-We-Ours)** hands are in constant contact with the environment and **3-(they-their-them)** can easily transport bacteria from an infected object or person to other people. If your friend washes **4-(him-his-he)** hands and body regularly with clean water, this will reduce the amount of bacteria on him.

**PART THREE** : **WRITING (6 points)**

**TOPIC:** On the occasion of the World Health Day, your school English Club asks you to write an article about hygiene to help your school friends to be in good health. In your article of 10 to 12 lines,

- describe somebody who is clean;
- mention some diseases you can have if you do not respect hygiene rules;
- Suggest some actions students can take to make their school environment clean.