

CHILDREN CUT OUT THE MEAT

After seeing a film about a sheep who wanted to be a dog, at age 9 and realizing the source of what was on her plate, Lauren Pierpiont of Boulder decided to stop eating meat. At age 6, Nathan Kassel of Boston was given a choice by his parents between a vegetarian diet and eating meat regularly ; he has been a vegetarian for three years. School lessons about endangered species combined with a visit to the zoo persuaded Laura Gzenda, 7 of Boulder, to stop eating meat. «Every time I put a piece of meat in my mouth, I felt like the animal was talking to me.» Laura now 12, said. «it was saying «Moo, don't eat me.»

Vegetarian diets for children have become accepted in recent years by some parents, pediatricians, nutritionists and even the well-known child care authority Dr. Benjamin Spock. In the seventh edition of Baby and Child care, published shortly after his death, in 1998, Dr. Spock recommended that a vegetarian diet begin at age 2, with fortified foods, drinks and daily vitamin and mineral supplements. He believed his own health improved after he switched to a vegetarian diet late in life.

Although Dr. Spock's push for a nearly lifelong vegetarian diet generated some controversy among his colleagues, it did not settle the matter of whether a meatless diet was ideal at any age, particularly in children and adolescents. Yet pediatricians in Colorado and elsewhere said in recent interviews that they were seeing more children and adolescents choosing a vegetarian diet.

The reasons for choosing a vegetarian diet are varied and include picky eating, animal rights and environmental activism and the desire to be «hip» within certain adolescent groups. Parents sometimes choose the diet for their children in an effort to reduce risks of certain illnesses or to adhere to religious or spiritual beliefs.

But there is some concern that fat or sugar may replace meat in some children's diets. Concern lies with those who do not get enough protein, vitamins B12 and D, iron, calcium and zinc in their diets. When children are lacking essential nutrients, they can develop malnutrition and anemia. Whether it is the choice of parents or the child not to eat meat, the consensus among nutritionists, doctors and parents that children need balanced and varied diets, whether they include meat or not.

I. **COMPREHENSION** : (15 points)

Base your answers on the text.

A. **ANSWER THE FOLLOWING QUESTIONS** : (3points)

1. Did Dr Spock's colleagues agree on his ideas about lifelong meatless diets ?Explain.

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When did Dr Spock start a vegetarian diet ?

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2. What negative consequences may a vegetarian diet have on children's health ?

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B. **ARE THESE SENTENCES TRUE OR FALSE ?JUSTIFY** : (6 points)

1. Becoming vegetarian was Lauren's parents' choice.

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2. According to Dr Spock, little children's meatless diets need not be complemented with other nutriments.

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3. Some parents believe that a meatless diet is healthier for their children

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C. **WHAT DO THE UNDERLINED WORDS IN THE TEXT REFER TO** ?(3 point)

1. Me :.....

2. They :.....

3 :his :.....

D. **FIND IN THE TEXT WORDS WHICH MEAN THE SAME AS** : (3 point)

1. Fashionable : (p3)..... 2 important:(p4)..... 2. Worry : (p4).....

Language :15pts

1-Complete the words : 2 pts

- This is a banknote that has been copied to trick people: F.....
- This is the money that you borrow from the bank : L.....
- This is what you do when you exchange goods for other goods : B.....
- This is the money used in particular country : C.....

2- Use the words in capitals at the end of each sentence to make words which fit in the space:2pts

- Some people dream about being WEALTH.
- The Take place in Ain Sebaa national bank. ROB
- Sue was a businessman. SUCCESS
- The internet was a wonderful..... INVENT

3-cpmlte the sentence with the correct form of these phrasal verbs:4pt

Save up pay into pay back take out come to grow up try on change into

- My cousin need to some pounds.....Dirhams to buy this jacket.
- My dad bought a car that 60000 pounds
- Sue needs to start a new business so she went to the bank tosome cash .
- Every month I try tosome money..... to buy a new laptop.

Grammar.

1-circle the correct words:2pts

- There was / were good news on t.v yesterday.
- My cousin gave me some advice /advices on cooking.
- Wendy has bought some new furnitures / furniture .
- I can't find my jeans. Have you seen it / them anywhere?

2-complete the blanks in the sentences with : a , an , the , or ∅ 5pt

- Lisa isarchitect and her husband is Dentist .
- Janet is learning..... Spanish in September .
- Come on ,every body.dinner is ready and Table is set !
- Mathew is going to Greece for.....summer but Eric is going to..... Bahamas.
- Sue is fastest runner in my class.