الجمهورية الجزائرية الديمقراطية الشعبية

وزارة التربية الوطنية

الديوان الوطني للامتحانات والمسابقات

امتحان بكالوريا التعليم الثانوي **الدورة: 2026**

الشعبة: علوم تجريبية، رياضيات، تقني رياضي، تسيير واقتصاد، فنون

اختبار في مادة: اللغة الإنجليزية **المدة: 02 سا و30 د**

على المترشح أن يختار أحد الموضوعين الآتيين:

الموضوع الأوّل

Part One: Reading. (15 points)

A/ Comprehension. (08 points)

Read the text carefully to do the activities.

Scientists have illuminated the effects our diet has on our mental health. Researchers say what we eat affects and alters our brain chemistry up to the age of 30. They say this explains why older adults are more emotionally stable and resilient than under-30s.

Researchers said that while the link between our diet and diabetes, heart disease and obesity is well established, there is a lack of research on the influence our dietary intake has on mental health. **They** also suggested that mental well-being stimulated healthy eating, healthy practices, and exercising.

A team of researchers led by Professor Lina Begdache found that adults under 30 who ate fast food more than three times a week scored higher levels of anxiety and depression. Begdache said that for adults over 30, the study found that eating less carbohydrate and more fruit reduced anxiety and depression. She also pointed to research showing how a Mediterranean diet was as good for our brain as for our body. She said, "**It** has all the components that are important for the healthy structure of the brain."

Adapted from https://breakingnewsenglish.com

1. ***Say whether the following statements are true or false.***

   a. There is a close relationship between food consumption and mental health.
   b. No physical illness is linked to diet.
   c. Enough research has been carried out on the effects of diet on mental health.
   d. Anxiety and depression are highly connected to excessive junk food consumption.

2. ***Identify the paragraphs in which the following ideas are mentioned.***

   a. Some types of food alleviate the feeling of unhappiness among the middle-aged.
   b. Mental health boosts healthy physical practices.

3. ***Answer the following questions according to the text.***

   a. Is there any link between diet and mental health? Justify.
   b. Why do adults over 30 enjoy a good mental well-being?
   c. What makes the Mediterranean diet fit to the brain?

4. ***Find what or who the underlined words in the text refer to.***

   a. They (§2): …….. **b.** It (§3): ……..

B/ Text Exploration. **(07 points)**

1. ***Find words in the text whose definitions follow:***

   a. The food and drink you take regularly (§1): …….
   b. General health and happiness (§2): ……..…….
   c. A feeling of great worry (§3): …….

2. ***Divide the following words into root and affixes.***

   researcher - eating - intake

Prefix	Root	Suffix

3. ***Combine each pair of sentences with the connectors given between brackets. Make changes where necessary.***
   a. You enjoy a better mental health. You eat less junk food. (provided that)
   b. The Mediterranean diet is beneficial for mental health. Psychiatrists suggest the Mediterranean diet to their patients. (so … that…)

4. ***Reorder the following sentences to get a coherent passage.***

   a. For others, they might prefer a more structured programme in a health club.
   b. Whether people are young or old,
   c. For some, they could use their cars less and walk more.
   d. they can improve their health by being more active each day.

Part Two: Written Expression. (05 points)

Choose only <u>ONE</u> of the following topics.

<u>Topic One</u>:

Your best friend suffers from mental distress. His psychiatrist told him that his situation was due to eating junk food regularly. Write an article of about 80 to 120 words for your local newspaper to sensitize young people on the dangers of junk food on their mental health.

Make the best use of the following notes:

- More carbohydrates / brain / damage
- unhealthy intake / bad mood
- Poor nutrition / lead / stress

<u>Topic Two</u>:

During the G20 summit (the 20 most influential economies in the world), you were given the opportunity to address the leaders of the world. Write a speech of about 80 to 120 words you will deliver at the summit to urge the participants to spend more money to solve the problems of pollution and poverty around the world instead of spending it on space exploration.

انتهى الموضوع الأول

الموضوع الثّاني

Part One: Reading. (15 points)

A/ Comprehension. (08 points)

Read the text carefully to do the activities.

Space developments in the last two decades have greatly contributed to our understanding of our planet's climate. Satellite imaging, space exploration, and new technologies give us an idea of the big picture and how we can adapt to address climate change. For example, satellites in space have played a critical role in our understanding of the causes of global warming by providing us with a large body of data to examine the variations in the Earth's orbit.

Data from these satellites were essential inputs into the Intergovernmental Panel on Climate Change's (IPCC) recent report. The report focused on how the physical science of climate change informs us about possible impacts under different emissions scenarios.

The report also found that climate change is happening quicker than we thought, making the need to reduce emissions imminent. To address this, space infrastructure such as positioning, navigation, and timing (PNT) can help identify efficient transportation routes and sources of emissions, ultimately aiding mitigation efforts.

As climate change intensifies, space exploration and Earth observation will become increasingly important to gathering critical data. We must meet the moment by investing in these missions and recognizing the important role of space technologies.

Adapted from www.nei.org By EMMA DERR September17, 2021

1. ***Identify the type of the text.***

   The text is: **a.** a conversation **b.** a letter **c.** a web article.

2. ***Identify the paragraphs in which the following ideas are mentioned.***

   a. The writer expresses the need for putting money in space exploration.
   b. The importance of satellites in studying the origins of climate change.

3. ***Answer the following questions according to the text.***

   a. Have space technologies helped identify the causes of global warming? Justify.
   b. How can space research contribute in reducing emissions?
   c. Why do we need to invest in space technologies?

4. ***Choose the most appropriate title to the text.***

   a. Understanding Climate Change via Space Technologies.
   b. The Impact of Space Technologies on Climate Change.
   c. Causes and Effects of Global Warming.

B/ Text Exploration. **(07 points)**

1. ***Match the following words with the corresponding definitions.***

Words	Definitions
1. to address	**a.** the regular pattern of weather conditions of a particular place.
2. global	**b.** to think about a problem and decide how to deal with it.
3. climate	**c.** covering or affecting the whole world.

2. ***Give the opposites of the following words keeping the same roots.***

understanding - efficient - important

3. ***Ask questions which the underlined words answer.***

a. We use satellites <u>to observe forests efficiently.</u>
b. The report found <u>that climate change is happening quickly.</u>

4. ***Fill in the gaps with words from the list given.***

understanding - provide - processes - local

NASA's Earth Observation, the next generation of Earth science satellites that will be launched in the next decade, reflect the importance of Earth imaging. These satellites are designed to**…(1)…** information about our planet, ranging from the location of forest fires to the sea level rise to our agricultural **…(2)…**. They will be able to collect data at the regional and **…(3)…** levels and connect critical interactions between the atmosphere, land, oceans and ice, significantly supporting our **…(4)…** of the Earth's climate.

Part Two: Written Expression. (05 points)

Choose only <u>ONE</u> of the following topics.

<u>Topic One</u>:

During a TV debate on space exploration, a participant doubted the usefulness of spending huge amounts of money on exploring the outer space while there exist many challenges on Earth. As a member of an astronomy association, write an article of about 80 to 120 words for your local newspaper to explain the reasons for investing in space exploration.

Make the best use of the following notes:

- Expansion of knowledge / solar system and the universe.
- Improvement / quality of life / Earth.
- Detection /forest fires.
- Identification / weather forecast/ communication.

<u>Topic Two</u>:

You have recently bought a product online. You realised that it was a counterfeit while the seller pretended it was a genuine one. Write an opinion article of about 80 to 120 words to denounce such an unethical practice.

انتهى الموضوع الثّاني