

TEXT: NUTRITION

It is commonly thought that African food is lacking in nutritious elements. This assertion is unfounded. The main problem of Africa in terms of vitamins deficiency is not found in the variety of food types. Africa has an incredible food variety. They range tubers (cassava, yam, cocoyam, themselves varied in kinds) to cereals like rice, millet, sorghum through a multiplicity of vegetables and fruits let alone the different leaves that are eaten. Africa has all the vitamins to grow strong and healthy.

The main problem lies in our incapacity to keep foods so that they could be eaten any time of the year. There is still no appropriate technology to can or bottle them for everybody, everywhere there is need. We get our bodies used to some kind of vitamins from January to March, then to some other from April to June, till the cycle ends and begins again.

Furthermore, meals in Africa are cooked for long time, which destroys most of the vitamins in the food we eat. That's probably what gives the impression that too much food is eaten in Africa. Luckily, modern Africa seems to be proving that we know that eating a lot is not eating well. But to have everybody eat quality food is the other puzzle to solve.

QUESTIONS (20 points)

I- READING COMPREHENSION QUESTIONS (5 points)

A. Multiple choice questions (1 point)

Copy the complete sentence containing the correct answer.

1. The assertion that African food is lacking in nutritious elements is ...

- a. True
- b. Founded
- c. False
- d. Verified.

2. Cereals are ...

- a. Yam, rice, millet
- b. Rice, potato, cassava
- c. Millet, sorghum, rice
- d. Leaves, rice, millet.

B. True / False questions (2 points)

Copy the true sentences and correct the false ones.

1. People think that African food is lacking in nutritious elements.
2. There aren't many types of food in Africa.
3. We can find all the vitamins in African foods.
4. In Africa food is kept so that it can be eaten at any time of the year.

C. Answer the following questions (2 points)

1. Why can't Africans keep food so that they could be eaten any time of the year?
2. What destroys most of the vitamins in the food we eat?

II- LANGUAGE (10 points)

A. Copy down each word from the list on the left with the correct definition from the right. (2 points)

A	B
Lack	impossible to be believed
Unfounded	to be destitute of
Incredible	not based on truth
Puzzle	a problem requiring clever thinking to solve it

B. Turn the following sentences into the active voice. Where no agent is mentioned one must be supplied. (2 points)

1. Leaves are eaten by Africans.
2. Meals are cooked for long time by women.
3. Too much food is eaten by children.
4. Any food is eaten at any time of the year.

C. Write two sentences about nutrition in Africa at some time in the future. Choose your own date. (2 points)

D. Translate into English. (2 points)

1. Les aliments nous donnent de l'énergie et nous aident à nous développer.
2. Nos sentiments et nos comportements dépendent de la nature des aliments que nous consommons.

E. Translate in French (2 points)

From « Furthermore, meals ... » to « ... food is eaten in Africa. »

III- COMPOSITION (5 points)

Choose only **one** topic.

1. There is problem of nutrition in Mali. The main problem lies in our incapacity to keep foods so that they could be eaten any time of the year.

What do you think can be done to solve this problem?

2. Alassane Diarra, quartier Bougoufié Ségou, Mali, is suffering from malnutrition. His friend Aliou Samaké, Rue 30 Porte 95, Quinzambougou, Bamako, Mali, writes him a letter to advise him to vary the food he eats. Aliou tells him the types of food to take every day.

Write Aliou's letter of advice with the appropriate layout.

