

**2017**

**-**

**2018**

**Ministry of Education**

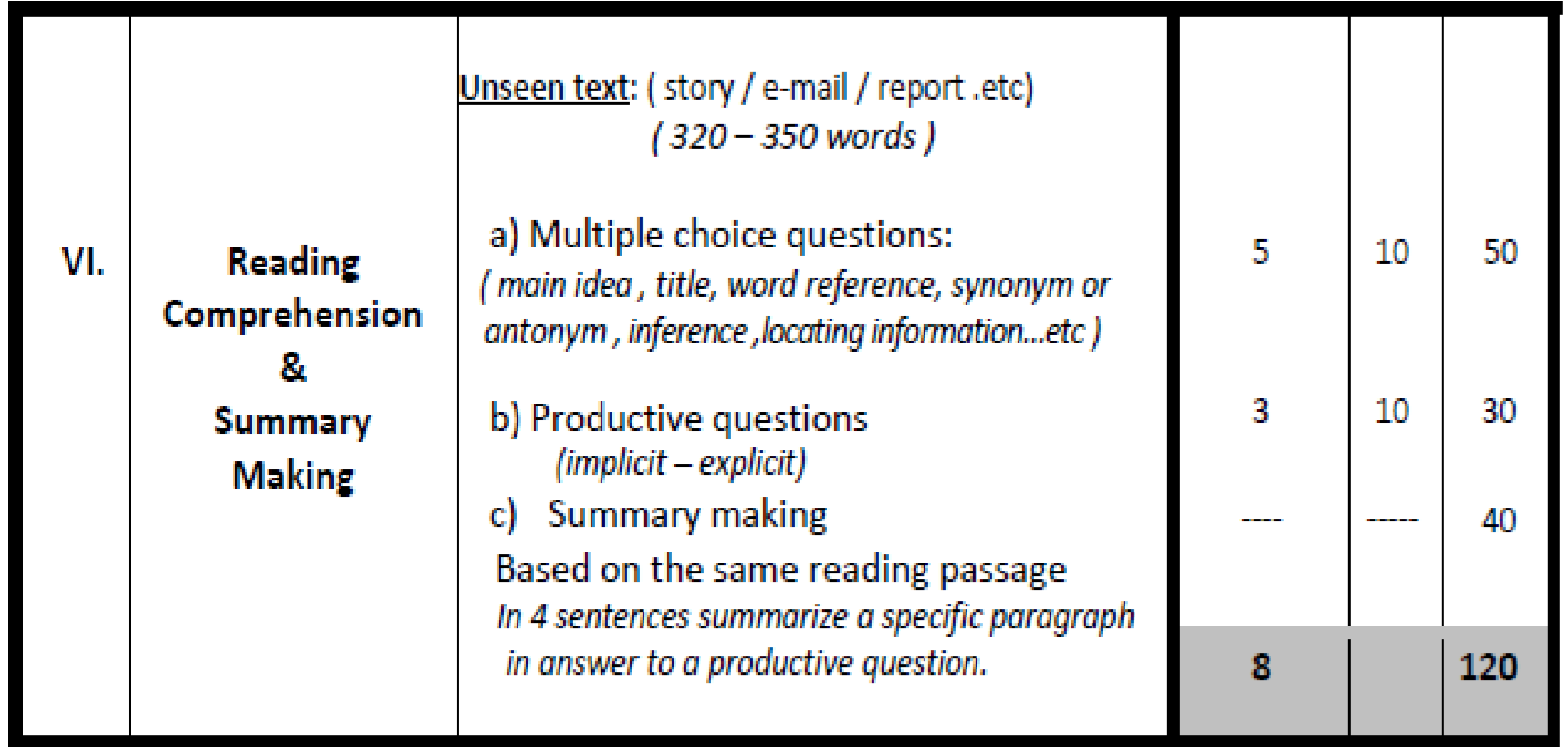
**Grade 1**

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*Ahmadi Educational Area*

Abdullah Al-Ahmad Al-Sabah Secondary School

Mr. Niazi Abdelaziz TRIKI



**Grade 10**

**Reading Comprehension (120 Marks)**

***Carole Vincent, 46, describes what her life is like with a terrible eating disorder.***

1. Two o'clock in the morning and I'm wide awake. There's only one thing on my mind: food. My urge to eat is irrepressible. I try to push myself back to sleep, but I know I can't fight **it**. I walk down stairs to kitchen. Unconsciously, I search the cupboard for something that will stop my craving - bread, cereal, cheese, or biscuits.
2. I return to bed and fall into fitful sleep, only to wake again in an hour or two - desperate to eat once again. When I get up for work and go into the kitchen, I find all the evidence of my late-night party. In a guilty rush, I recall what I did last night. While everyone else was fast asleep, I was consuming thousands of calories. I have Night Eating Syndrome for the whole of my adult life since my early 20s. I have never admitted it to anyone before - it was my shameful secret - and until a few weeks ago, I had no idea that what I had was an actual illness, with a proper name.
3. While I was googling, I came across a story about a new eating disorder. The words 'night eating' caught my eyes. As I read on, I felt more and more excited. The article described obese people who ate little during the day and consumed carbohydrates at night. 'That's me!' I thought. I'm not the only person in the world with this problem. **The relief was indescribable**.
4. Today, I weigh about 60 kgs, but just six months ago I was 110 kgs. My selfesteem and self-confidence are back again. My weight decreases hugely, depending on how much I'm able to control the quantity of food I eat at night. But however much I try; I can't totally get rid of the night eating pattern.

**Daily Mail - By Richard H. Adamson -December 19, 2012**

**I- Choose the correct answer from a, b, c and d: (5 x 10 = 50 M)**

**1- The text is mainly about ………………………………………………………………….…...**

1. a gourmand lady who is addicted to social network websites
2. a brave lady who went on a healthy diet for many years to keep fit.
3. a fat young lady who vainly tried to lose weight despite her tough diet.
4. a strongly-willing woman who managed to drop almost half her weight.

**2- When Carole says: “The relief was indescribable,” she means that …………………………………….** a. she was totally confused about her situation.

1. she was extremely reassured by the good news.
2. she was unable to describe her own health problem.
3. she was surprised that no one knew about her secret

**3- The underlined word "it" in paragraph 1 refers to ………………………………** a. the fact of being awake

1. the irresistible urge to eat
2. staying up till early morning
3. pushing oneself back to sleep

**4- All the sentences below are true except: Before losing weight, ………………………………..** a. at the physical level, Carole suffered from obesity.

1. at the psychological level, Carole felt self-confident.
2. at the social level, Carole feels ashamed of food addiction. d. at the nutritional level, Carole used to eat too much at night.

**5- We can infer from the reading passage that …………………………………………………………….** a. Carole is single and lives alone.

1. Carole consumes food in spite of her.
2. Carole has never eaten at night since she lost weight.
3. Clarence was sure that the article was talking about her.

**II- Answer the following questions: (3 x 10 = 30 M)**

1. **How did Carole find out about her eating health problem?**

**……………………………………………………………………………………………………………..…….**

1. **What makes Carole feel guilty when she gets up in the morning?**

**……………………………………………………………………………………………………………..……..**

1. **How much weight has Carole lost after changing her eating habits?**

**……………………………………………………………………………………………………………..……..**

**III- In four sentences of your own, summarize paragraphs 1 and 2 showing the symptoms of Night Eating Syndrome: (4 x 10 = 40 M)**

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