

Balai Citoyen

BAC blanc 2023

Epreuve d'Anglais Série D.

Durée 4h. Coefficient : 2



Text : About cardio-Vascular Disease.

Cardio-vascular disease is a general term that describes a disease of the heart and blood vessels. Cardio-vascular disease are the number one cause of death globally ; more people die annually from CVD than from any other causes. The risk factors for cardiovascular diseases are unhealthy diet , physical inactivity , tobacco use and alcohol . The risk factors may show up in individuals as raised blood pressure , raised blood glucose , raised blood lipids , and overweight and obesity.

To help protect oneself against heart disease, eat a healthy, low-fat diet. Eat lots of fruits and vegetables and recommended amounts of whole grain and dairy products. Avoid foods high in saturated fat, such as the following. -Anything made with a fried in animal fats (butter) – fatty meats (corned beef, regular ground beef , cakes, cookies and pies also limit foods high in cholesterol like egg yolks.

But exercise is also important. At least 30 minutes of moderate exercise a day, four or five times a week can drastically reduce your risk of premature death because of heart disease. Moderate exercise is anything that makes you break a sweat and lose your breath slightly . It includes running jogging, walking, riding a bicycle ; dancing or swimming . By reducing fat from your diet and exercising regularly, you can make your heart healthy and happy. Too much salt will increase your blood pressure. Limit the amount of salty foods you eat.

Low and middle income countries are disproportionally affected. Over 80% of CVD deaths take place in low and middle income countries, and occur almost equally in men and women. In fact people in these areas have less access to effective and equitable health care services which respond to their needs. As a result, many people in low and middle income countries are detected late and die younger from CVDs often in their most productive years.

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I - COMPREHENSION QUESTIONS (14 POINTS)

- 1) In your own words, what is a Cardio-Vascular disease ? (2points)**
- 2) Find out two (2) causes of Cardio-Vascular diseases. (3points)**
- 3) To what extent are people of low income most vulnerable to CVD ? (4 points)**
- 4) Is the practice of sport essential to someone in relation to CVD ? Justify your answer. (5 points)**

II - Essay Writing (6 points)

What Can be done to improve people's health in your country ?

Find out three (3) ideas and organize them coherently in paragraph (s). (In about 100 words)