**Lycée Privé Jeanne d’Arc School Year: 2014-2015**

**Teacher: Mr RAMDE Level: Tle D**

**Date: 01-12-14 Duration: 2h**

**English Composition (1st term)**

**Text: CALCIUM**

**When you were a child, your mother probably told you: “Drink your milk. You need the calcium for healthy bones and teeth”. She was right. Calcium does help keep bones and teeth strong, and it also plays a key role in other vital bodily functions. What your mother couldn’t have predicted are the recent headlines heralding calcium as a possible player in the fight against many ailments. Here is how children can help protect your health- and how to be sure you’re getting enough.**

**More than fifty million Americans have high blood pressure (hypertension). What’s so frightening about the so-called silent killer is that it often does not produce symptoms for years, secretly damaging arteries and organs throughout the body until it erupts in the form of stroke, heart attack, congestive heart failure or kidney disease. If left untreated, even mild hypertension can reduce life expectancy of a 35-year-old by several years.**

**That is why high blood pressure is commonly treated with antihypertensive drugs. But studies suggest that in some people an increase in calcium consumption can help control blood pressure without medication. Calcium also seems to help prevent high blood pressure. Evaluating the results of a 13-year survey undertaken by the National Center for Health Statistics, James H. Dwyer, associate professor of preventive medicine at the University of Southern California School of Medicine, found that people who consumed 1,300 milligrams of calcium a day were 12 percent less likely to develop hypertension than those consuming only 300 mg a day. In people under 40, risk was reduced by up to 25 percent. Soon doctors may urge some hypertension patients to increase their calcium intake, much the way they now advise sodium restriction. “It’s easier to add food or supplements than to go on low-sodium diet” asserts Dr David Mc Carron.**

**Several studies suggest that there’s yet another way calcium may shield the heart from harm: it may help lower blood cholesterol. In a study led by Dr Margo A. Denke, 13 men with moderately high cholesterol levels were given a low calcium diet for ten days, and had their cholesterol levels checked. Then, for another ten days, the men were on fortified diet that supplied 2,200 mg of calcium a day. End result: the high-calcium regimen reduced their levels of total cholesterol by six percent and slashed “bad” cholesterol by 11 percent. Mc Carron agrees: “If you increase your calcium intake whether with diet or supplements, your cholesterol gets better”.**

**An excerpt from Reader’s Digest, April 1996, pp.51-54**

**GUIDED COMMENTARY**

**1- According to the text, what is the importance of milk? (3 pts)**

**2- Why does the writer call high blood pressure “a silent killer”? (3 pts)**

**3- State the easiest way to treat hypertension. (2 pts)**

**4- Which milk would you recommend for a baby? Mother’s or artificial milk? Why? (5 pts)**

**5- Explain why the life expectancy is lower in Africa than in Europe. (7 pts)**