



2025-2026

**BACHOTAGE SPECIAL BAC ABCD 7 ETOILES – EPISODE 3**

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**USAGE : TD – BACHOTAGE – REVISION – COURS DE RENFORCEMENT**

**COMPÉTENCES À ÉVALUER**

**CD2**: Réagir de façon précise et appropriée à un message lu ou support multimédia.

**CD3**: Produire de façon appropriée un texte ou un support multimédia de type et de fonction variés.

**L'ÉPREUVE**

**A – Réaction à un texte lu**

**Contexte**: Notre mode de vie, étroitement lié à notre santé, peut être responsable de certaines maladies.

**Support**: (Le texte ci-dessous)

**Text**: High blood pressure: The silent killer

- 1- High blood pressure is one of the most common health problems affecting adults worldwide. Often referred to as the "silent killer," it can go unnoticed for years, silently damaging arteries and increasing the risk of other serious health conditions such as heart disease and stroke.
- 2- High blood pressure, also known as hypertension, occurs when the force of your blood against the walls of your arteries is consistently too high. This can cause damage to your arteries over time and increase your risk for serious health conditions such as heart disease and stroke. High blood pressure often has no symptoms, which is why it's called the "silent killer." It's important to have regular check-ups with a healthcare provider to monitor and manage your blood pressure.
- 3- There are various lifestyle factors that can contribute to high blood pressure, such as smoking, physical inactivity, unhealthy diet choices (high in salt or saturated fats), stress, and alcohol consumption. In addition, certain medical conditions or medications can also elevate blood pressure levels.
- 4- When high blood pressure affects the brain's blood vessels, it can increase your risk of stroke. High blood pressure weakens these vessels and makes them more likely to burst or become blocked by a clot. This leads to reduced or completely cut-off oxygen supply to parts of the brain, causing potentially permanent brain damage or even death.
- 5- When high blood pressure goes unmanaged or untreated for long periods, it can eventually cause a blockage or rupture in cerebral arteries that supply oxygen and nutrients to the brain. The resulting shortage of essential elements leads to cell death and permanent neurological impairment or disability.
- 6- Lifestyle changes are essential in managing high blood pressure and reducing the risk of stroke. One practical solution is to exercise regularly. This can be as simple as jogging, biking, walking or swimming for at least 30 minutes each day to maintain a healthy weight, keep your heart and blood vessels strong, and lower your blood pressure.
- 7- Another lifestyle change that can help is adopting a healthy diet. A balanced diet includes fruits and vegetables, whole grains and low-fat dairy products while limiting salt intake. Eating too much salt causes the body to retain fluid which increases the workload on the heart resulting in increased blood pressure levels. Lastly, it's important to reduce stress through relaxation exercises such as meditation or yoga since long-term stress contributes to an increase in cortisol levels which elevates blood pressure levels.

- 8- By making healthy lifestyle choices and following treatment plans recommended by healthcare providers (such as taking medication if necessary), individuals can effectively manage their high blood pressure and reduce their risk of complications.

An extract from <https://www.adncoe.com/post/world-stroke-day-understanding-and-combating-the-silent-killer>, Retrieved on May 17, 2026

**Critères d'évaluation** : Après avoir lu le texte, tu donneras la preuve que tu l'as compris en:

- reconnaissant certains de ses détails ;
- identifiant certaines de ces idées principales ;
- montrant ta maîtrise de son vocabulaire ;
- faisant montre de la maîtrise de la grammaire anglaise,
- reformulant des phrases de façon autonome,
- traduisant un passage du texte en Français.

**N.B.** Tu traiteras les items en Anglais à l'exception de la traduction.

**Item 1:** Write « Right » or « Wrong » for each statement according to the text.

1. High blood pressure often develops without noticeable symptoms.
2. Smoking and alcohol consumption can contribute to hypertension.
3. Stroke happens when the brain receives enough oxygen and nutrients.
4. Regular physical exercise can help lower blood pressure.
5. Long-term stress has no effect on blood pressure levels.

**Item 2:** Match the phrases in Column A with their endings in Column B according to the text information.

Column A	Column B
1. High blood pressure is often called the "silent killer" because	a. helps maintain a healthy weight and lower blood pressure.
2. Smoking, stress and unhealthy diets	b. can increase the risk of stroke.
3. High blood pressure affecting the brain's blood vessels	c. it often has no symptoms.
4. Unmanaged high blood pressure may eventually	d. can contribute to high blood pressure.
5. Exercising regularly	e. cause permanent neurological impairment.
6. Eating too much salt	f. increases the workload on the heart.

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

1. What is hypertension?
2. Why are people with high blood pressure more exposed to stroke?
3. What may happen when cerebral arteries are blocked or ruptured for a long time?
4. Mention two lifestyle changes recommended to manage high blood pressure.

**Item 4:** Choose from the brackets the antonyms of the following words according to the text context. Write the numbers and answers only.

1. Healthy: (fit – strong – sick – active)
2. Increase: (rise – reduce – grow – elevate)
3. Permanent: (lasting – temporary – continuous – durable)
4. Weakens: (damages – strengthens – affects – harms)
5. Unhealthy: (harmful – balanced – poor – risky)

**Item 5:** Complete each sentence by changing the word in brackets into the correct form.

1. High blood pressure is a major (globally) health problem.
2. Hypertension is often (danger) because it has no clear symptoms.
3. Many people live with hypertension without being (awareness) of it.
4. Regular exercise is very (help) in controlling blood pressure.
5. A balanced diet is (essence) for heart health.

**Item 6 :** Complete each of the sentences with the correct option between brackets. Write the numbers and answers only.

1. High blood pressure ..... millions of adults worldwide. (**has affected – have affected – is affected**)
2. Lifestyle factors such as smoking and stress are strongly connected ..... high blood pressure. (**on – to – of**)
3. In many countries, patients ..... high blood pressure for many years without knowing it. (**have been living with – had lived with – has been living with**)
4. The best way to deal ..... hypertension is to adopt a healthy lifestyle. (**about – for – with**)
5. Because of its silent nature, people ..... detect high blood pressure early without medical check-ups. (**didn't have to – wouldn't have to – aren't able to**)
6. The condition ..... as the "silent killer" because of its lack of symptoms. (**is known – was knowing – known**)
7. The risk of stroke in patients depends ..... the level of blood pressure control. (**with – on – after**)
8. People ..... to monitor their blood pressure regularly. (**are advised – is advised – aren't being advising**)
9. Many patients are still suffering ..... complications linked to hypertension. (**at – by – from**)
10. Patients are often ..... medication to control their blood pressure. (**prescribed – prescribing – prescribe**)

**Item 7:** Rephrase the following sentences using the prompts given. Do not change their meanings.

- 1- It is said that high blood pressure is a silent killer.
  - **High blood pressure is said**.....
- 2- Medications can also elevate blood pressure levels.
  - **Blood pressure levels**.....
- 3- A balanced diet includes fruits and vegetables.
  - **Not only**.....
- 4- Patients prefer preventing high blood pressure to suffering from it later.
  - **Patients would rather**.....
- 5- Doctors are looking forward to reducing hypertension cases.
  - **Doctors are eager to**.....
- 6- I want you to exercise regularly to control your blood pressure.
  - **I wish**.....
- 7- Smoking is not good for your health. Alcohol isn't either.
  - **Neither**.....
- 8- Lifestyle changes are essential in managing high blood pressure and reducing the risk of stroke.
  - ..... **both**.....
- 9- It's important to reduce stress through relaxation exercises.
  - **You had better**.....
- 10- When high blood pressure affects the brain's blood vessels, it can increase your risk of stroke easily.
  - **The more**.....**the**.....

**Item 8:** Translate the following text extract into French.

**From:** "Lifestyle changes ..... **down to:** " ..... lower your blood pressure ". (**Paragraph 6**)

**B- Production d'un texte de types et fonctions variés**

**Contexte :** Certains modes de vie ont des répercussions fâcheuses sur notre santé.

**Critères d'évaluation:** Tu montreras ta compétence à écrire **un article de journal** en Anglais en :

- Respectant le contexte et type de texte ;
- Respectant la logique interne du texte ;
- Construisant des phrases significatives et grammaticalement correctes ;
- Utilisant le vocabulaire approprié ;
- Utilisant l'orthographe et la ponctuation appropriés..

**Tâche:**

**Writing:**

Write **an article** suitable for publication in your school magazine on the consequences of drug and alcohol abuse, and suggest ways to prevent them. You are **Elvis Assogba**, a student in Tle C. Your article should not exceed 20 lines.

**THE END**