

READING

Task 4

Read the text below. Match choices (A–H) to (17–21). There are three choices you do not need to use. Write your answers on the separate answer sheet.

HOW TO SELECT SNACKS THAT ARE NUTRITIOUS

17

Keep them at your fingertips. Take fruit with you to work so when it's snack time you reach for a piece of fruit instead of a candy bar from the vending machine. Put some grapes in the freezer so you have a frozen treat available.

18

Chop your favourite vegetables into bite size pieces and store them in zip lock baggies in the refrigerator. Pull out a bag and either take them to work, eat them at home or when you're running errands. Preparation is key!

19

They are a great way to add vitamins, minerals, fibre, and essential fatty acids like omega 3 and omega 6 to your diet. Some great choices include walnuts, almonds, cashews, flaxseeds, peanuts, pumpkin seeds, sesame seeds and sunflower seeds. Be creative and make your own variety of trail mix. Use granola, nuts, seeds and fruit.

20

Spread natural peanut butter on apple slices, celery, whole wheat crackers, rice cakes etc. Natural peanut butter is an excellent source of protein. Note: store natural peanut butter at room temperature so it's easier to spread. Turn the jar upside down and stir to mix the oil and peanut butter. The standard recommended shelf life for peanut butter is 18 months.

21

For a buttery flavour, add a few spritzes of 'I Can't Believe It's Not Butter!' spray. Experiment and use different seasonings for added flavour i.e. dry taco seasoning mix, chilli powder, garlic powder, salt free seasoning blends, parmesan cheese etc. You can also try adding raisins or dried fruit. Directions: pop the popcorn in the microwave or air-popping machine; spritz with butter flavoured spray; sprinkle seasoning on top.

- A Purchase a variety of fresh fruit
- B Choose low-fat or fat-free popcorn
- C Eat nuts and seeds
- D Eat natural peanut butter
- E Keep as much mixed fruit as possible
- F Have a store of chopped vegetables
- G Consume fruits when you are hungry
- H Make sugar free drinks

Task 5

Read the text below. For each empty space (22–26) choose the correct variant (A, B, C, D). Write your answers on the separate answer sheet.

JANE GOODALL'S RESEARCHES

It's been almost 50 years since Dr Jane Goodall first arrived at Gombe Stream National Park to study primates, and since then, much has changed in the world. 'We have made rather a mess,' Dr Goodall told Natural News in an exclusive interview, speaking about the impact of humans on our planet. 'We humans have left a very, very unpleasant ecological footprint on this beautiful planet.'

Dr Jane Goodall, however, is no pessimist, and her message is instilled with a sense of hope and genuine inspiration. 'What's tremendously important is that people do have a sense of hope amidst the doom and gloom,' she says. 'What I realize today is that we have made major mistakes and it's about time we start putting it back together.'

Goodall's institute, named the Jane Goodall Institute, pursues worldwide programmes to educate children, protect natural habitats and uplift the lives of those human populations that live among or near important protected habitats. Her institute's programme for children, Roots and Shoots engages children in the knowledge and skills of sustainable living, teaching them practical know-how they'll need to be a proactive part of a sustainable future on our planet.

'We've been stealing, stealing, stealing from our children, and it's high time we started paying back,' she told in her interview. 'Think of how we could have changed the entire structure of the world and alleviated poverty if the money spent on the last couple of wars could have been used for good purposes.'

Jane Goodall's efforts today are focused on teaching people how to make informed, small choices that cumulatively add up to grassroots global change. 'If you just spend a few minutes each day thinking about the choices you make: What you buy, what you eat, what you wear, how it was made, if it harmed the environment, if it hurt animals, if it was socially unjust, that would cause you to make small changes,' she explained. 'And if millions of people make small changes, we start to influence the companies who are making unethical products.'

As part of that effort to help people make better choices, Jane Goodall has partnered with Pangea Organics, an eco-conscious maker of hand-crafted body care products, to deliver a special offer to Natural News readers that helps raise funds for the Jane Goodall Institute.

As part of our effort to support Dr Jane Goodall's work, our non-profit Consumer Wellness Centre is also donating \$ 1,000 to the Jane Goodall Institute.

- 22 Dr Jane Goodall ____ .
A carries out experiments on animals
C learns animals' behaviour and communication
B studies animals in unnatural conditions
D studies the extinct species in the wild
- 23 The scholar works much to ____ .
A inspire others to make a difference to the environment
B organize national parks for endangered animals
C stop human intrusion into habitats
D organize some conservation groups
- 24 The programme for children *Roots and Shoots* ____ .
A entertains kids in the wild
B educates the youngsters about the planet's treasures
C gives children practical advice how to save the planet
D teaches children how to survive in the natural environment

25 The scientist suggests that people could not improve the situation on Earth ____ .

A by spending money on good purposes

B by educating people

C by wasting money on wars

D by tiny choices, multiplied by millions

26 The practical part of Dr Jane Goodall's work is ____ .

A making hand-crafted body care products

B raising funds

C donating money

D learning to be eco-conscious

Task 6

Read the text below. Match choices (A–H) to (27–32). There are two choices you do not need to use. Write your answers on the separate answer sheet.

CORRUPTION OF COMMUNICATION

- 27 Picture a time when written communication only occurred through handwritten letters — an era before word processors, spell-check or grammar correction. Through the wonders of technology, we are more easily able to communicate whatever thoughts come to mind. Regrettably, this freedom has come with a cost. Since we are no longer forced to construct complex sentences in our thoughts, the 'mind muscle' — the brain — has become lazy in the correct use of language.
- 28 During the last three decades, personal communication has undergone a revolution. Rarely does one hear of receiving — never mind writing — an actual letter with paper and pen. Times have dramatically changed! Telephones, email, instant messages, text messages and other 'instant' services have largely replaced handwritten letters, allowing man to communicate with a speed and efficiency once unheard of. No matter your age, these tools impact your life. It is not uncommon for people, from preteens to adults, to send text messages.
- 29 Then there are the social networks which allow for a continuous connection to friends and family, updated any minute of any day. Friendships should be able to blossom and families should grow closer with such unprecedented access. In addition, people are now much better able to reach those of like mind and similar interests unlike any other time in history.
- 30 Communication has come a long way from the days in which a handwritten letter took weeks to reach its recipient. Of course, people still converse face-to-face, but written communication largely drives the language of oral communication. Interaction has become curt and abbreviated. Instead of exchanging pleasantries and actually caring about others, communication has been transformed into a search for raw information.
- 31 Growing numbers turn to digital communication because they are not interested in actual personal, human contact. A popular cellular phone company recently ran an advertisement in which family members, while sitting only a few feet from each other, communicated entirely through Twitter and Facebook. This satire speaks volumes to how far real families — and society — have gone in interpersonal communication. Friends and acquaintances have become nothing more than a name on a screen.
- 32 Why does communication and language matter? Why should you care? Perhaps you may have recognized that some of these characteristics have crept into your communication. Again, people were designed to interact with each other. As we slip into digital thinking, we risk the danger of becoming cold and distant like the lifeless computer systems we use to communicate. When our peers become nothing more to us than sources of information — not living, breathing human beings — we automatically focus more on the self. Self-focus, self-esteem, self-promotion, self-preservation and, ultimately, self-fulfilment become our only goal.

Which paragraph speaks about...?

- A** the ways communication has undergone
- B** the effects of the network usage
- C** the popularity of digital relationships
- D** the dangers of modern interaction
- E** degrading of languages
- F** using technology effectively
- G** the degradation of the quality of communication .
- H** the expand of the digital world

Task 7

Read the text below. Choose from (A–H) the one which best fits each space (33–38). There are two choices you do not need to use. Write your answers on the separate answer sheet.

THE ARNOLFINI PORTRAIT

The Arnolfini Portrait, painted in 1434 by Dutch artist Jan van Eyck, is regarded by art historians as one of the most important paintings in history (33) _____. For starters, the painting is done in oil — something conventional nowadays but pretty rare in Western European art of the early 15th century.

This allowed Van Eyck to fully explore his talent for detail in ways (34) _____. If you look closely, you can see that the mirror on the back wall reflects the entire room, (35) _____. (The dog is conspicuously absent.) The artist even (somewhat) takes into account the distortion of the convex mirror. Incredibly, the even smaller medallions inside the frame of the mirror depict scenes from the Passion of Christ.

However, the controversial part of the painting isn't the mirror (36) _____. It was unusual for that time to paint contemporary people just standing around the house, so historians have argued (37) _____. Specifically, some have argued that the artwork depicts a newly married bride and groom with the mysterious figures in the doorway acting as witnesses. Not everyone agrees with this assertion, and experts have analysed every minute detail in the painting from the way the couple is holding hands to how the woman is wearing her hair (38) _____.

- A that have seldom been seen in other paintings
- B but also a constant source of controversy
- C that there might be a deeper meaning to the painting
- D including two additional figures standing in the doorway
- E the one we're interested in
- F but rather the couple itself
- G that it will be a mystery
- H to try and establish the relationship between the two people