

TASK 5

Read the text below. For questions (23-32) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

GREEN TEA + EXERCISE DIALS YOUR DIET UP TO “HIGH”

For the first time, research has shown that drinking green tea along with exercising (23) in significantly more weight loss than (24) either alone.

In the Penn State U. study, mice exercised and (25) a highfat diet for 16 weeks; some also got a supplement equal to 8–10 cups a day of decaf green tea (to avoid any confusion (26) by caffeine).

Result: Mice in the tea group lost about 27% of their body weight and cut fat around their little mouse abs by 37% – much (27) than the no-tea group. The tea group’s insulin levels were also 65% lower, a boon for diabetics. The study was geared to mimic the human situation as (28) as possible, researchers say, so hopes are high that people would experience (29) results.

And yes, 8-10 cups a day (30) like a lot (even if it’s decaf) – but green tea’s also thought to (31) cancer, heart disease, and myriad other ills, so it couldn’t hurt to (32) it a shot. [101]

23	A	results	B	leads	C	brings	D	comes
24	A	compliting	B	performing	C	doing	D	making
25	A	filled	B	kept	C	fed	D	ate
26	A	caused	B	given	C	led	D	made
27	A	fewer	B	more	C	less	D	bigger
28	A	much	B	well	C	long	D	far
29	A	same	B	familiar	C	similar	D	common
30	A	looks	B	hears	C	feels	D	sounds
31	A	treat	B	overcome	C	recover	D	fight
32	A	give	B	take	C	make	D	break