TASK 4

Read the text below.
Choose from (A-H) the one which best fits each space (17-22).
There are two choices you do not need to use.
Write your answers on the separate answer sheet.

CHILDREN EXPOSED TO HARMFUL RADIATION FROM UNNECESSARY CT SCANS

If a child is accidentally hit in the head with a baseball or kicked in the forehead during roughhousing, it can be scary for the youngster and the parents, too. After all, traumatic brain injuries are sometimes serious. They result in about 7,400 deaths a year to American kids 18 years old and younger. So it makes sense to have children checked out for a concussion or other signs of brain injury **(17)** ..... , especially if they were knocked unconscious. But far too many kids with knocks to their 'noggins' are being routinely treated as if they had serious brain injuries — even if they don't have significant symptoms of a neurological problem — and given unnecessary, radiation-loaded computerized tomography (CT) scans.

That's the conclusion of a study just published online and slated for an upcoming edition of the print version **(18)** ..... . Nathan Kuppermann, of the University of California at Davis Departments of Emergency Medicine and Pediatrics, and colleagues found there are validated ways doctors can identify children at very low risk of clinically important traumatic brain injuries (ciTBIs). That's important because these simple, noninvasive findings on an exam should keep the vast majority of youngsters with head trauma **(19)** ..... which expose them to potentially cancer-causing radiation.

The study investigated the records of more than 42,000 children, including CT scans that had been performed on 35 percent of them. About 25 percent of the youngsters were under the age of two, **(20)** ..... .

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The researchers also came up with another prediction rule to identify children older than two **(21)** ..... . Those without a significant brain injury had normal mental status, no loss of consciousness, no vomiting, non-severe injury mechanism, no signs of a fracture at the base of their skull, and no severe headache. This list of signs and symptoms correctly predicted 99.95 percent (all but two) of the 3,800 patients who did not have a ciTBI.

Once again, however, the researchers found that a large number of these youngsters, 20 percent, had been given CT scans even though they were actually at low risk for brain trauma. Bottom line: **(22)** ..... , most children with bumps to the head would avoid CT scans and the accompanying radiation exposure.

A who did not have ciTBI

B and the others were three to 18 years old

C from having CT scans

D to assist clinicians and families in CT decision making

E if doctors used the prediction rules listed above

F if they've experienced head trauma

G of the medical journal the *Lancet*

H with minor blunt head trauma

LIVEWORKSHEETS

TASK 5

Read and complete the text below. For each of the empty space (23-34) choose the correct answer (A, B, C or D).
Write your answers on the separate answer sheet.

SELLING THE BEARSKIN

Ali and Hasan **(23)** ..... bear hunting. For four days they **(24)** **.....** nothing. Each night they slept in a nearby village, pledging part of the bear's skin against the cost of their **(25)** ..... . On the fifth day a(n) **(26)** ..... bear appeared, and Ali said nervously to his friend, 'I don't mind **(27)** ..... that I'm afraid to take this bear.' Hasan laughed, 'Just **(28)** ..... it to me.'

So Ali **(29)** ..... like lightning up the nearest tree, and Hasan stood with his gun at the ready. The bear came lumbering on, and Hasan began to grow more and more scared. At length he **(30)** ..... his gun to his shoulder," but by now he was trembling so much that, before he could take proper aim, his gun went off and **(31)** ..... the target.

Hasan, remembering that bears never touch a dead body, threw himself flat and **(32)** ..... his breath. The bear came up, **(33)** ..... all around him and finally made off. Ali, who had been watching the whole **(34)** ..... from his tree, now came down and, congratulating Hasan on his escape asked him, 'What did the bear whisper in your ear?'

'Don't sell the bearskin before you have caught the bear.'

23	A took out	B found out	C left out	D turned out
24	A watched	B gazed	C saw	D looked
25	A cottage	B block	C lodging	D manor
26	A huge	B large	C enormous	D tremendous
27	A answering	B confessing	C telling	D realizing
28	A give	B say	C leave	D do
29	A scratched	B screamed	C cut	D scrambled
30	A raised	B arose	C lifted	D rose
31	A killed	B missed	C did	D lost
32	A stopped	B halted	C held	D hid
33	A tasted	B smelled	C sniffed	D touched
34	A business	B affair	C deed	D deal

LIVEWORKSHEETS

TASK 6

Read the texts below.
For each empty space (35-46) choose the correct answer (A, B, C or D).
Write your answers on the separate answer sheet.

My grandparents have given me a pet dog as a birthday present this year. I called my pet Rex. My dog Rex **(35)** ..... too many accidents over the past year. For example, four months ago when he **(36)** ..... with me, he accidentally **(37)** ..... into a very deep hole in the forest and **(38)** ..... one of his paws.

But his worst accident **(39)** ..... while we **(40)** ..... our holidays in the country. Our grandpa who **(41)** ..... to feed him that morning, found him lying on the road. A car **(42)** ..... him the night before. Rex **(43)** ..... his hind legs and his tail. We **(44)** ..... home immediately and took him to the vet's.

Since then, he **(45)** ..... at home with us, but he is still not completely better. He **(46)** ..... outside again yet, although he wants to go out and chase cats.

35	**A** had	**B** has had	**C** had had	**D** has been having
36	**A** had been hunting	**B** hunts	**C** was hunting	**D** has been hunting
37	**A** fell	**B** was falling	**C** has fallen	**D** has been falling
38	**A** broke	**B** has broken	**C** had broken	**D** has been broking
39	**A** has happened	**B** had happened	**C** was happening	**D** happened
40	**A** spent	**B** were spending	**C** was spending	**D** had spent
41	**A** was going	**B** had gone	**C** went	**D** has gone
42	**A** had hit	**B** hit	**C** was hit	**D** had been hit
43	**A** broke	**B** has broken	**C** breaks	**D** had broken
44	**A** were rushing	**B** rushed	**C** had rushed	**D** have rushed
45	**A** has recovered	**B** recovered	**C** is recovering	**D** has been recovering
46	**A** hasn't been	**B** wasn't	**C** hadn't been	**D** isn't

LIVEWORKSHEETS

WRITING

TASK 1

Read the text below.
Fill in the each gap with the one word which best fits each space (47-50).

THE OPTIMIST

There is a story of identical twins. One was a hope-filled optimist. 'Everything is coming up roses!' he would say. The **(47)** ..... twin was a sad and hopeless pessimist. The worried parents of the boys brought them to the local psychologist.

He suggested to the parents a plan to balance the twins' personalities. 'On their next birthday, put them in separate rooms to open their gifts. Give the pessimist the best toys you **(48)** ..... afford and give the optimist a box of manure.'

The parents followed these **(49)** ……..... and carefully observed the results. When they peeked in on the pessimist, they heard him audibly complaining, 'I don't like the colour of this computer ... I'll bet this calculator will break ... I don't like the game... I know someone who's got a bigger toy car **(50)** ..... this.

Tiptoeing across the corridor, the parents peeked in and saw their little optimist gleefully throwing the manure up in the air. He was giggling. 'You can't fool me! Where there's this much manure, there's gotta be a pony!'

TASK 2

51. Your friends love doing sports and you want to spend a weekend together with them. On a separate sheet of paper write **a letter** to them (100-120 words) in which you describe a place you would recommend for a weekend.
In this letter include these points:

- how you found out about the place;
- describe the place, its atmosphere and the nature you can see;
- mention the activities you can do there;
- express your opinion of the place.

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TEST 3

READING

TASK 1

Read the text below. Match choices (A-H) to (1-5).
There are three choices you do not need to use.
Write your answers on the separate answer sheet.

HOW TO FEEL BETTER INSTANTLY

1. ..... There is something a bit dark about listening to a song that makes you feel sad or bad. It feels like it is going to help but it really doesn't. Pay close attention to the music you listen to. Is it positive, uplifting and happy? There are tons of positive songs out there that you can listen to you. Remember garbage in, garbage out. Whatever you allow in your mind, you'll see show up in your life.

2. ..... Go to YouTube and search on words like 'inspiring', 'happiness', 'inspirational', 'kindness', 'amazing'. Then sit down and immerse yourself with the videos. You'll be amazed how you'll feel like you've had a bath in pure sunlight. You'll feel better about yourself, others and the world. Plus, it will save you a fortune in therapy.

3. ..... Stand up and do some simple exercises. Your physiology determines much of your emotions. While you're doing some kind of physical activity, smile while you're doing it.

4. ..... Allow your troubles to lift off of your shoulders. Imagine them going away from you. Really use your imagination to see them moving farther and farther away from you. It is a simple exercise but one that is powerful.

5. ..... Start living in the present moment. Most of what makes you feel bad emotionally has to do with images of the past or fears of the future. Right now is the only time anyone has. Live in it.

A Communicate more.
B Take up your favourite hobbies.
C Look for positive words.
D Become immediately aware of the present moment.
E Get up and get moving.
F Relax or meditate.
G Have more rest.
H Listen to positive music.

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TASK 2

Read the text below.
For questions (6-11) choose the correct answer (A, B, C, D).

MEDITERRANEAN DIET REDUCES DEPRESSION RISK

There's yet another reason why eating the Mediterranean way is not only delicious but extraordinarily healthy. In addition to helping prevent and even treat type 2 diabetes, metabolic syndrome heart disease, dementia and obesity, the Mediterranean diet, which consists of lots of fruits, nuts, whole grains and fish, also helps **keep depression at bay**. That's the conclusion of new research just published in the Archives of General Psychiatry.

According to background information in the study, the rate of mental disorders over the course of a lifetime is lower in the Mediterranean region than in Northern European countries. That observation suggested to researchers that the way people eat in Mediterranean countries could play a role in better mental health. In fact, earlier research has indicated monounsaturated fatty acids in olive oil, which are used abundantly in the Mediterranean diet, could lower the risk of clinical depression.

Scientists investigated 10,094 healthy Spanish participants who completed an initial questionnaire between 1999 and 2005. The research subjects kept track of what they ate daily by using a food frequency list. The scientists then calculated adherence to the Mediterranean diet based on these nine measurements: a high ratio of monounsaturated fatty acids to saturated fatty acids, moderate intake of alcohol, moderate consumption of dairy products, low intake of meat and a high consumption of legumes, fruit, nuts, cereals, vegetables and fish.

After approximately 4.4 years of follow-up, 480 research subjects were diagnosed with depression, including 156 men and 324 women. However, the people who had followed the Mediterranean diet most closely had a greater than 30 percent reduction in the risk of depression than whose who had the lowest Mediterranean diet scores.

'The specific mechanisms by which a better adherence to the Mediterranean dietary pattern could help to prevent the occurrence of depression are not well known,' the authors wrote in the Archives of General Psychiatry research paper. 'Components of the diet may improve blood vessel function, fight inflammation, reduce risk for heart disease and repair oxygen-related cell damage, all of which may decrease the chances of developing depression.'

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'However, the role of the overall dietary pattern may be more important than the effect of single components. It is plausible that the synergistic combination of a sufficient provision of omega-three fatty acids together with other natural unsaturated fatty acids and antioxidants from olive oil and nuts, flavonoids and other phytochemicals from fruit and other plant foods and large amounts of natural folates and other B vitamins in the overall Mediterranean dietary pattern may exert a fair degree of protection against depression,' the scientists concluded.

Although antidepressant drugs such as Prozac and Paxil are now the most commonly prescribed medications in the U.S., there are numerous natural alternatives to these risky, mind altering chemicals. As Natural News has reported previously, a host of natural strategies are known to help fight depression including yoga, eating sunflower seeds and getting adequate amounts of vitamin D.

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6. According to the studies people from Northern European countries ……..... than those who live in the Mediterranean region.

A suffer from mental disorders more
B suffer from mental disorders less
C keep to a more healthy diet
D keep to a less healthy diet

7. The phase 'keep depression at bay' (line 5) **means** ..... .

A resist the disease
B be able to cure the disease
C keep a disease at a distance
D force people to turn and face the disease

8. The food frequency list shows that the preference is given to ..... .

A meat products
B intake of wines
C dairy products
D fish and grown products

9. What percentage of women was diagnosed during the research?

A more than 60 percent
B about 50 percent
C approximately 40 percent
D less than 40 percent

10. The components of the diet may not ..... .

A fight inflammation
B reduce risk for heart disease
C improve blood vessel function
D cause depression

11. The researches imply that taking drugs ..... .

A is safe for the patient
B leads to changes in the mind
C is an effective method of treating mental disorders
D cannot be substituted by natural alternatives

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