**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 STAY HEALTHY AND HAPPY

**1** ..... Apple is rich in fibre which is very good for digestion. Grapes and berries have high antioxidants. Orange is rich in vitamin C which is believed to be very effective especially if you have a cold or flu.

**2** ..... Don't eat foods that contain trans fatty acids, which could caused clogged arteries. Such foods include spreads, margarine, packaged foods and fries and chicken from fast foods that are deep fried.

**3** ..... Learn to control your appetite, like for instance a cereal and a juice for breakfast, a chicken pasta for lunch and a salad for dinner. In between have some fruits for snacks.

**4** ..... Always make it a point to include exercise on your daily regime like for instance walking every morning. Walking is a good aerobic exercise. Aside from that you can also do stretching exercises for your neck and low back.

**5** ..... Sleeping for 7-8 hours a day is considered to be the best relaxation after all day's work, especially if you had a good sleep.

| | |
|---|---|
| A | Stay away from junk foods. |
| B | Look forward to the day with a smile. |
| C | Get enough slumbering. |
| D | Do drills every day. |
| E | Think positively. |
| F | Eat five times a day in moderation. |
| G | Eat any kind of fruits every day. |
| H | Try joining a club. |

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## TASK 2

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

# STOP EATING PROCESSED AND FRIED FOODS

There's a drugless and side effect-free way to reduce inflammation in the body, restore the body's natural defence system, lose weight, possibly increase lifespan and improve or prevent diabetes, cardiovascular disease and kidney disease. What's more, you can get the benefits from this natural health strategy no matter what your age or whether you already have a serious disease. So who's behind these 'wild' health declarations? It's not a supplement maker or natural health group. Instead, the claims come from mainstream science — researchers from the Mount Sinai School of Medicine, to be exact.

Their findings conclude there's a simple, inexpensive dietary intervention that could control weight even without changing caloric intake and help make people healthier in a host of ways. The key? Stop eating processed and fried foods.

According to the study, these foods, which are abundant in Western diets, are loaded with harmful toxins called Advanced Glycation End products (AGEs). AGEs are produced when foods are heated, pasteurized, dried, smoked, fried or grilled. Then, once consumed and inside the body, AGEs adhere to tissues and oxidize them, causing inflammation which can result in numerous diseases. In fact, a long list of animal studies have previously shown the dangers of AGEs. The oxidative stress from high oxidant levels and inflammation increase the risk of diabetes, heart disease, kidney disease and other chronic diseases.

The new clinical study, conducted in collaboration with the National Institute on Ageing (NIA), built on this earlier animal research but this time looked at what people ate and how it affected their bodies. The researchers studied 325 healthy adults and 66 with chronic kidney disease. A subset of 40 healthy participants and another 9 with kidney disease were randomly assigned to follow a regular Western diet full of AGEs or to follow a diet with only one-half the amount of AGEs typically found in the American style of eating. Research subjects in the 'AGE-less diet' group were advised to avoid grilling, frying or baking their food. Instead, they were told to eat food that was poached, stewed or steamed. There was no change in calories or nutrient intake during the time of the study.

After four months on the low-AGEs eating plan, the scientists checked the blood of the healthy research subjects. They found that AGE levels, inflammatory markers, and biomarkers of vascular function declined by as much as 60 percent. What's more, a similar reduction was found in the kidney patients after only one month on the AGE-less diet.

In addition, the research team found a positive effect on a cellular receptor for AGEs called AGER1. That's a critical finding because the AGER1 receptor is

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needed for removing toxic AGEs from the body. On the other hand, the participants with kidney disease had severely suppressed AGER1 receptors. The Mount Sinai scientists speculate that's because this important defence mechanism is 'exhausted' as a result of persistently elevated AGEs.

But there's good news. After even a short period of not eating AGEs loaded fried and processed foods, the number of AGER1 gene copies was restored to normal levels among patients with kidney disease. That means by simply adjusting the diet to avoid processed and fried foods, the body was rebuilding its healthy defence system.

'What is noteworthy about our findings is that reduced AGE consumption proved to be effective in all study participants, including healthy persons and persons who have a chronic condition such as kidney disease,' said Dr. Vlassara, the study's lead author, in a press statement.

'This suggests that oxidants may play a more active role than genetics in overwhelming our body's defences, which we need to fight off disease. It has been said that nature holds the power, but the environment pulls the trigger. The good news is that unlike genetics, we can control oxidant levels, which may not be an accompaniment to disease and ageing, but instead due to the cumulative toxic influence of AGEs.'

**6. The studies claim that it is possible to reduce inflammation in the body .... .**

A by using certain drugs
B by taking supplements
C by keeping to a diet
D by losing weight

**7. People can control weight when they ..... .**

A change caloric intake
B keep to an inexpensive diet
C eat poached, stewed or steamed food
D restore the body's natural defence system

**8. According to the studies Advanced Glycation End products don't ..... .**

A decrease the risk of numerous diseases
B stick to the tissues and oxidize them
C cause inflammation of the tissues
D cause various chronic illnesses

**9. The number of participants assigned to follow a diet containing AGEs was .....**

A 325 B 66 C 40 D49

**10. As a result of keeping to a diet avoiding processed and fried foods ..... .**

**A** the AGE levels increased
**B** the body's defence mechanism was exhausted
**C** the receptors were severely suppressed
**D** the body was restoring its natural defences

**11. The study suggests that when we need to fight off diseases ..... .**

**A** genetics is more important than oxidants in body's defences
**B** we can control oxidant levels
C oxidants are always an accompaniment
**D** we need the cumulative influence of AGEs

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## TASK 3

**Read the text below. Match choices (A-H) to (12-16).**
**There are three choices you do not need to use.**
**Write your answers on the separate answer sheet.**

# SCHOOLS OF ENGLISH AROUND THE WORLD

**12.** .....

Glasgow School of English opens a sister school, Global School of English, in Edinburgh in July 2010. GSE — Edinburgh plans to offer the same English language course programme as the Glasgow School of English. The new boutique school will have six classrooms, a large student common room and free WiFi access. It is situated in a building that has recently been renovated and retains many original features. Edinburgh is a lively city with many historic sites, as well as wide choice of local bars, pubs, restaurants and clubs and a world-famous summer cultural festival.

**13.** .....

GenkiJACS Japanese language school in Fukuoka has partnered with Willing Workejs On Organic Farms (WWOOF) Japan to offer students the opportunity to do volunteer work in Japan after finishing their studies. Students can choose from more than 300 volunteer destinations in Japan, including farms, restaurants, art galleries, workshops, and more, and can volunteer for up to a year. GenkiJACS will arrange the application, and help students to contact hosts about placements. Students gain valuable experience working, as well as improving their Japanese, and in turn are given board and lodging free of charge.

**14.** .....

IALC's newest Italian member, A.L.C.E. Associazione Lingue e Culture Europee, is offering a scale of discounts for short-term Italian intensive courses (22 hours per week): 2 weeks — 20 % discount, 3 weeks — 25 % discount, 4 or 5 weeks — 30 % discount (plus 10% discount on the cost of a student house). The offer runs from 28 August to 3 November 2010.

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**15.** .....

Eight Tour— Italian On The Road. This unique and exclusive programme with A.L.C.E. combines the opportunity to see some of the most beautiful cities of Italy with daily classes 'on the road'. Students can study for one or more weeks in Bologna before embarking on a one-week road trip.

**16.** .....

Any student registering for the Summer Intensive Course in the KAI Japanese language school in Tokyo by 30 June will qualify for discounted tuition fees. Full details of the special offer are on the KAI Japanese language school website.

The start date for KAI's General Course Autumn Term has been announced as 6 October 2010. Agents wanting to find out more should visit the KAI website for details on this and all other courses.

**What language school should you choose if you want ..... ?**

**A** to combine language learning with technical tuition

**B** to take a new long-term course in spring

**C** to see a lot of wonderful sights in an old place

**D** to combine learning a language with travelling round the country

**E** to get hands-on experience in your gap year

**F** to have a last-minute special offer for summer

**G** to book a cheaper course in August

**H** to combine language courses with advanced art learning

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## 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.**

As critical for ocean life as coral reefs but less well known, seagrass beds around the planet are also in sharp decline, according to a study **(17)** ..... , Spain and the United States, and published in the Proceedings of the National Academy of Sciences.

'Seagrass beds are at least **(18)** ..... as tropical forests or coral reefs,' said coauthor James Fourqurean of Florida International University.

Seagrass meadows provide important habitat and nurseries **(19)** ..... , which in turn draws larger marine life to these areas to feed. They also help prevent coastal erosion by stabilizing sediments on the ocean bottom, and filter out many of the wastes that flow into the ocean from the land.

Yet according to the study, the rate of annual seagrass decline has leaped from 1 percent per year before 1940 to 7 percent per year today. An estimated 58 percent of all seagrass meadows around the world **(20)** ..... . Since 1879, a full 29 percent, or 19,690 square miles, of the meadows have disappeared.

'Globally, we lose a seagrass meadow the size of a soccer field every thirty minute,' said co-author William Dennison of the University of Maryland.

Development has been the primary driving force behind sea grass destruction. Forty-five percent of the world's population lives along the coast, and the industrial revolution led directly to sea grass declines in North America and Europe **(21)** ..... and outright dredging of sea grass meadows. The major areas of sea grass decline are now along coasts of the Pacific and Indian oceans.

Global warming is expected to exacerbate sea grass decline **(22)** ..... and rising sea levels.

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**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.**

| | |
|---|---|
| **A** | for large numbers of shellfish and fish |
| **B** | conducted by researchers from Australia |
| **C** | due to ocean warming |
| **D** | as economically and ecologically important |
| **E** | protected from large storm waves |
| **F** | due to water pollution |
| **G** | because they live in the same kind of environments |
| **H** | are currently in a state of decline |

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## 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.**

### TWO KINDS OF FOOD

One day while travelling with a companion, Nanak took **(23)** ..... in the house of a poor, low-caste Hindu carpenter named Lalo. He took a liking to Lalo and stayed with him for two weeks. Then he heard that people were **(24)** ..... . They said, 'Nanak is a high-caste Hindu; why should he be staying with a low-caste man? It is not proper.'

One day a wealthy **(25)** ..... of the neighbourhood decided to give a big **(26)** ..... and to invite all the four castes of Hindus — brahmins, military, merchants and **(27)** ..... labourers. A brahmin friend of Guru Nanak came to him and told him about the feast. 'You really must go,' he said. But Nanak did not believe in castes, and considered all men **(28)** ..... . He did not like the idea, and said, 'I do not belong to any of the four castes, so why invite me?' 'Ah,' said the brahmin, 'now I see why people call you a 'heretic'. Malik, will be very displeased with you if you **(29)** ..... his invitation.' And he walked away.

Nanak did not go to the feast, and, sure enough, afterwards Malik came and confronted him. 'Why did you dishonour me by staying away?' 'Well,' replied Nanak, 'I do not **(30)** ..... fine food. But if this offends you, then I will eat some of your food.' But Malik was still not happy, and **(31)** ..... Nanak of ignoring his own caste and eating and staying with Lalo, a low-caste man.

'Then give me my **(32)** ..... of elegant food from your banquet,' said Nanak, and turning to Lalo he asked him to bring him something from his stock of simple food.

When both foods were set before Guru Nanak, he took Lalo's **(33)** ..... food in his right hand and Malik's fine food in his left, and **(34)** ..... them both. And from Lalo's food milk flowed out, and from Malik's, blood!

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**Read and complete the text below.**
**For each of the empty space (23-34) choose the correct answer (A, B, C or D).**

| | | | | |
|---|---|---|---|---|
| **23** | **A** place | **B** hiding | C lurking place | **D** shelter |
| **24** | **A** speaking | **B** chatting | C gossiping | **D** talking |
| **25** | **A** landlord | **B** master | C host | **D** owner |
| **26** | **A** feast | **B** festival | C holiday | **D** meeting |
| **27** | **A** menial | **B** manual | C handmade | **D** handwork |
| **28** | **A** even | **B** alike | C equal | **D** similar |
| **29** | **A** refuse | **B** reject | C deny | **D** dissuade |
| **30** | **A** anxious | **B** die | C crave | **D** long |
| **31** | **A** blame | **B** accused | C charge | **D** sue |
| **32** | **A** chance | **B** participation | C quota | **D** share |
| **33** | **A** gruff | **B** coarse | C rude | **D** brutal |
| **34** | **A** squeezed | **B** compress | C jam | **D** tightened |

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