

UNIT 1: TEST 2

Read the following advertisement and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 1 to 6.

The 100-Year Project: Start Your Journey to a Century of Wellness Today

- The revolutionary (1) _____ program transforms lives daily. Our (2) _____ offers personalized plans for everyone seeking longevity.
- People (3) _____ our program report improved health within weeks. Our coaches send helpful reminders (4) _____ clients every morning.
- You'll be back on (5) _____ with our supportive community guiding you every step of the way. We encourage living healthier rather than (6) _____ on quick fixes.

❖ Join The 100-Year Project today and take the first step toward your century of wellness!

Question 1: A. wellnessity B. wellness C. well D. wellnessly

Question 2: A. wellness comprehensive strategy B. strategy comprehensive wellness
C. comprehensive strategy wellness D. comprehensive wellness strategy

Question 3: A. following B. which followed C. was followed D. followed

Question 4: A. for B. with C. to D. at

Question 5: A. course B. path C. journey D. track

Question 6: A. to focus B. focus C. focusing D. to focusing

Read of the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 7 to 12.

Time Enriched: Where Modern Science Meets Timeless Health Wisdom

- ❖ Time Enriched invites you to discover a revolutionary approach to wellness that combines cutting-edge scientific research with ancient healing traditions.
- While some health products focus solely on modern ingredients, (7) _____ integrate time-tested remedies from around the world. Our experts have carefully (8) _____ the most effective natural compounds that promote longevity and vitality.
- The (9) _____ of our formulations is backed by extensive clinical trials and centuries of traditional use. (10) _____ the fast-paced modern lifestyle, our products make it easy to maintain optimal health with minimal effort.
- Our commitment to (11) _____ ensures that every ingredient is ethically sourced and environmentally friendly. We offer (12) _____ of options for those seeking natural solutions to common health concerns.

Question 7: A. others B. the others C. other D. another

Question 8: A. worked out B. looked into C. brought up D. carried on

Question 9: A. quality B. development C. composition D. effectiveness

Question 10: A. Regardless of B. Subsequent to C. In spite of D. Prior to

Question 11: A. quality B. sustainability C. innovation D. excellence

Question 12: A. plenty B. lots C. many D. several

Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions from 13 to 17.

Question 13:

- a. Tom: Yes, I love them! They help me learn English.
- b. Mai: Hi Tom! Do you like your new smart glasses?
- c. Mai: Really? How?

A. a-b-c B. b-a-c C. c-a-b D. a-c-b

Question 14:

- a. Lin: That's fast! What food did you get?
- b. Lin: Hello Amir! What are you doing?
- c. Lin: Yes, please! I'm very hungry.
- d. Amir: I'm ordering food on my phone. The delivery robot comes in 15 minutes.
- e. Amir: I ordered pizza and salad. Do you want some?

A. d-a-e-b-c B. b-c-e-d-a C. a-b-c-d-e D. b-d-a-e-c

Question 15:

Dear Lee,

- a. My doctor says these simple things help us live longer and better. Early good habits are important!
- b. I try not to eat too much sugar. My mother says it is bad for health.
- c. How are you? I am fine. I want to talk about health.
- d. I started eating more fruits and vegetables. I also walk every day for 20 minutes.
- e. Do you exercise? What foods do you eat? I also drink a lot of water and sleep 8 hours.

Let's meet soon and walk together! Please call me this weekend.

Your friend,

LK

A. e-a-b-c-d B. a-c-d-e-b C. c-d-a-e-b D. d-a-c-e-b

Question 16:

- a. Good health is important. Everyone wants to live a long life. All people need good doctors and medicine.

- b. But many people cannot get good healthcare. Some people have money for doctors. Other people do not have money. This is not fair.
- c. We need to share healthcare with everyone. All people should have doctors and medicine. It does not matter if they have money or not.
- d. Schools can teach about health. Governments can help poor people. Doctors can work in small towns too.
- e. If everyone gets good healthcare, all people can live longer. We can have a happy and healthy world together.

A. a-b-c-d-e

2 Art helps

clearly when they do creative things.

- b.** Art makes people feel good. When old people paint or sing, they feel less sad. They forget their pain or problems.
- c.** Everyone can enjoy art. You do not need to be young to start. Old people can learn new art skills every day and stay healthy longer.
- d.** Art is good for old people. When people get old, they can paint, sing, or dance. These activities make them happy.
- e.** Making art helps old people meet friends. They can join art classes or music groups. They talk and laugh together.

A. d-b-c-a-e

B. d-e-b-a-c

C. d-c-b-e-a

D. d-a-e-b-c

Read the following passage about Intergenerational Relationships and Their Benefits for Longevity and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.

Intergenerational relationships are connections between people of different ages. These relationships help both older and younger people live better and longer lives. Many activities (18)_____. Older people often feel happier when they talk to children and young adults. They can share stories about their past and teach important life lessons. Young people (19)_____. Grandparents love to play with their grandchildren; furthermore, they feel more useful and needed. Children enjoy hearing old stories, and they learn important lessons about history. Walking in the park together, (20)_____. Studies show that older people who regularly interact with younger generations often live longer and have better mental health. These relationships help reduce feelings of loneliness in older adults. (21)_____. They can understand aging better and feel less afraid of getting old. Simple activities like cooking, gardening, or reading together create strong bonds between generations. These connections make communities stronger and healthier for

everyone. Research indicates that elderly people with regular contact with youth have stronger immune systems. Schools that invite seniors to volunteer report better behavior from students. (22)_____.

Doctors now recommend intergenerational activities as part of healthy aging plans. Even short weekly interactions between generations can improve mood and cognitive function in older adults.

Question 18:

- A. which create conflicts between young and old people when forcing them to interact together
- B. that both young and old people avoid due to their different interests in modern society
- C. having disappointed many families when attempted across different generations
- D. are enjoyed by both young and old people when they spend time together

Question 19:

- A. had listened to these complaints developed skepticism about traditional teachings
- B. will be respecting these traditions would sacrifice critical thinking for cultural preservation
- C. whom analyze these myths often misinterpret ancient values through modern perspectives
- D. who listen to these stories learn valuable wisdom from the past

Question 20:

- A. exercising adults and children sitting indoors missing sunlight
- B. having argued frequently while sharing confined living spaces
- C. older adults and children both get exercise and fresh air
- D. isolated from society yet connected through digital screens

Question 21:

- A. Young people often resent advice hurts relationships with seniors
- B. Elders impose outdated values cause conflict with teenagers
- C. Modern youth rejects tradition suffers from disconnection
- D. Young people also benefit by learning patience and respect for elders

Question 22:

- A. Segregated facilities dividing generations by interests receive more funding community approval
- B. Community centers with programs for mixed age groups see higher attendance and participation
- C. Modern recreational spaces limiting intergenerational contact prevents conflicts wastes fewer resources
- D. Age-specific programs catering to separate demographics show better outcomes minimize disagreements

Read the following passage about Growing new tissues for aging bodies and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 23 to 30.

Regenerative medicine is a promising healthcare field today that continues to advance rapidly. It focuses on repairing damaged tissues through cellular therapies and tissue engineering developed by researchers worldwide. Scientists are making significant progress growing tissues from stem cells, which

can become different cell types when **properly** stimulated. These remarkable advances offer genuine hope for millions of patients with age-related conditions previously considered untreatable by conventional medical approaches.

The process begins with carefully collecting stem cells from embryonic tissues, adult tissues, or through innovative cellular reprogramming techniques. These specialized cells grow in sophisticated laboratories that **precisely** mimic natural body conditions. Skilled researchers use specific growth factors and biocompatible scaffolds to guide cells into becoming functional tissues with appropriate structures. The ultimate goal is creating viable tissues for successful transplantation without immune rejection, which remains a significant challenge for medical professionals in this evolving field.

Regenerative medicine faces several substantial obstacles despite **its** tremendous potential. Ethical issues regarding stem cell sources have caused intense debates among scientists, policymakers, and religious organizations globally. The prohibitively high research costs significantly limit treatment accessibility for average patients. Regulatory frameworks differ dramatically across countries, creating inconsistent approval processes that hinder progress. However, dedicated researchers firmly believe these challenging barriers can be overcome through continuous innovation and interdisciplinary collaboration among medical specialties.

The potential impact on aging populations could be truly revolutionary in coming decades. As global demographics shift toward older populations, demand for effective treatments for age-related conditions will inevitably rise. Debilitating diseases like heart disease, diabetes, Parkinson's, and arthritis might eventually be treated by replacing damaged tissues with custom lab-grown alternatives. This transformative approach could fundamentally change healthcare from merely managing chronic conditions to potentially curing them, substantially extending both lifespan and health span—the valuable period of life spent in good health without significant disease.

Question 23: According to the passage, which of the following is NOT mentioned as a challenge facing regenerative medicine?

- A. Technical limitations in creating complex organ systems
- B. Ethical issues regarding stem cell sources
- C. High research costs limiting treatment accessibility
- D. Inconsistent regulatory frameworks across countries

Question 24: The word “**properly**” in paragraph 1 is OPPOSITE in meaning to _____.

- A. incorrectly
- B. adequately
- C. appropriately
- D. suitably

Question 25: The word “**precisely**” in paragraph 2 could be best replaced by _____.

- A. generally
- B. exactly
- C. vaguely
- D. occasionally

Question 26: The word “**its**” in paragraph 3 refers to _____.

- A. obstacles
- B. research
- C. tissue engineering
- D. regenerative medicine

Question 27: Which of the following best paraphrases the underlined sentence in paragraph 4?

- A. The benefits for senior citizens might be slightly improved as medical technologies advance over time.
- B. The innovations in youth treatments will eventually create better outcomes for aging adults eventually.
- C. The effects on elderly people may transform healthcare fundamentally in the next twenty to thirty years.
- D. The research on population aging has demonstrated revolutionary changes in recent scientific studies.

Question 28: Which of the following is TRUE according to the passage?

- A. Ethical debates about stem cells involve scientists, policymakers, and religious groups worldwide.
- B. Regenerative therapies have eliminated immune rejection issues in most tissue transplantation cases.
- C. Most countries have standardized regulations to expedite regenerative medicine research approval.
- D. The cost of regenerative treatments has decreased significantly due to technological innovations.

Question 29: In which paragraph does the writer mention how new tissues are grown?

- A. Paragraph 1
- B. Paragraph 2
- C. Paragraph 3
- D. Paragraph 4

Question 30: In which paragraph does the writer mention how regenerative medicine might affect aging populations?

- A. Paragraph 2
- B. Paragraph 1
- C. Paragraph 4
- D. Paragraph 3

Read the following passage about the Access to Nature and Its Measurable Health Benefits and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 31 to 40.

Spending time in nature is good for our health. Many studies show that being in parks, forests, or near water makes people feel better. When we walk in green spaces, our stress levels go down. Our blood pressure also becomes lower. Getting outdoors regularly is truly **worth its weight in gold** for our overall wellbeing. Even looking at pictures of nature can help us feel calmer. Doctors now sometimes tell patients to spend time outside as part of **their** treatment. Research indicates these benefits occur across all age groups worldwide.

Physical health improves when we have access to nature. **[I]** People who live near parks often exercise more. **[II]** They walk, run, or ride bikes on paths and trails. Getting sunshine helps our bodies make vitamin D, which keeps our bones strong. **[III]** Children who play outside regularly are less likely to become overweight and may have better eyesight. **[IV]** Natural surroundings also strengthen our immune systems against common illnesses.

Mental health benefits from nature are clear too. Time in natural settings can reduce feelings of anxiety and **depression**. Students who study with a view of trees or plants can focus better. Office workers with plants nearby report feeling happier at work. After difficult life events, people often find comfort in quiet natural places. The sounds of birds singing or water flowing create a peaceful feeling that helps the mind rest. These experiences stimulate production of feel-good hormones in our brains.

Scientists continue to discover new ways that nature helps us. **Hospital patients who can see trees from their windows often recover faster than those who cannot.** Elderly people who garden regularly tend to live longer. Communities with more green spaces have lower crime rates in many cases. As our world becomes more digital, the healing power of nature becomes even more important. Making parks and natural areas available to everyone should be a priority for healthy communities. Even short nature breaks can counteract negative effects of technology use.

Question 31: The phrase “**worth its weight in gold**” in paragraph 1 could be best replaced by _____.

A. breaks down B. pays off C. looks up D. falls through

Question 32: The word “**their**” in paragraph 1 refers to _____.

A. doctors B. pictures C. studies D. patients

Question 33: Where in paragraph 2 does the following sentence best fit?

Fresh air is cleaner than indoor air in many places.

A. [I] B. [II] C. [III] D. [IV]

Question 34: Which of the following is NOT mentioned as a benefit of nature in the passage?

A. Lower blood pressure
 B. Reduced anxiety and depression
 C. Improved sleep quality
 D. Strengthened immune system

Question 35: Which of the following best summarises paragraph 3?

A. Exposure to natural settings improves mental health by reducing negative emotions, enhancing focus, providing comfort, and stimulating beneficial hormones.
 B. Nature sounds like birds and water create peaceful environments that help students focus on academic work and improve overall test scores.
 C. Office productivity increases dramatically when plants are added to workspaces as they create visual interest and filter toxins from indoor environments.
 D. People experiencing trauma should seek treatment in outdoor settings rather than traditional therapy since nature provides superior healing benefits.

Question 36: The word “**depression**” in paragraph 3 is OPPOSITE in meaning to _____.

A. isolation B. anxiety C. fatigue D. contentment

Question 37: Which of the following best paraphrases the underlined sentence in paragraph 4?

A. Recovery times for hospital patients tend to decrease when their rooms provide visual access to natural tree environments.
 B. Hospitals with landscaped grounds containing numerous trees report significantly lower average patient admission durations.

- C. Patients express greater satisfaction with medical care when treatment facilities incorporate natural elements in building design.
- D. Research suggests that hospital room windows should ideally face garden areas rather than urban views for optimal psychological effects.

Question 38: Which of the following is TRUE according to the passage?

- A. Hospital patients who can see trees from their windows typically experience faster recovery times than those with views of urban landscapes.
- B. Regular exposure to natural water environments is more beneficial for reducing depression than forest settings according to controlled medical studies.
- C. Modern technology has largely eliminated our biological need for natural environments, though brief outdoor breaks remain psychologically comforting.
- D. Children who attend schools with outdoor learning programs score consistently higher on standardized tests than those in traditional classroom settings.

Question 39: Which of the following can be inferred from the passage?

- A. Healthcare systems could reduce treatment costs significantly by incorporating nature-based therapies into standard medical protocols.
- B. Urban planners should prioritize creating accessible green spaces in city designs to promote public health and reduce crime rates.
- C. Schools without windows or access to natural settings may inadvertently contribute to students' attention problems and academic difficulties.
- D. Our emotional responses to stressful situations have measurable biological effects that can accelerate or slow cellular aging processes.

Question 40: Which of the following best summarises the passage?

- A. Chronic stress accelerates cellular aging through telomere shortening, while interventions like mindfulness, exercise, sleep quality, and diet can mitigate this damage and influence biological aging trajectories.
- B. Telomeres protect chromosomes but shorten with age, causing diseases like cardiovascular problems and diabetes, which can be prevented through mindfulness meditation and workplace wellness programs.
- C. Medical research shows mindfulness meditation increases telomerase activity more effectively than exercise, sleep, or diet, leading to professional recognition of stress management as clinical intervention.
- D. Healthcare systems should incorporate stress reduction techniques into public policy as legitimate clinical interventions rather than viewing them as lifestyle choices to improve population health outcomes.