

## REVIEW THE SECOND TERM TEST

### USE OF LANGUAGE

Read the following announcement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks.

#### HEALTHY LIFESTYLE AND LONGEVITY

Maintaining a long and healthy life is a goal that many of us strive for, but it requires consistent effort and discipline. Recent studies indicate that our daily habits play a more significant role in determining our life expectancy than our genetics alone. To live a longer life, experts suggest that we should pay close attention to our diet and physical activity levels.

Spending too much time in front of a computer or television can lead to a (1)\_\_\_\_\_ lifestyle, which is a major contributor to obesity and heart disease. Instead, teenagers are encouraged to engage in at least 60 minutes of exercise daily. Moreover, it is important to (2)\_\_\_\_\_ a balanced diet that is rich in fiber, vitamins, and minerals while being low in processed sugars.

Mental health is equally important. Stress management techniques, such as meditation, help people respond better to life's challenges. In fact, scientists often observe that individuals who attribute their well-being (3)\_\_\_\_\_ positive social connections tend to live longer. Interestingly, the oldest person (4)\_\_\_\_\_ the age of 122 credited her longevity to a calm mind and olive oil. Therefore, you should focus on (5)\_\_\_\_\_ bad habits like smoking or irregular sleep patterns to ensure a brighter, healthier future.

- |                 |              |                |               |
|-----------------|--------------|----------------|---------------|
| 1. A. active    | B. sedentary | C. dynamic     | D. flexible   |
| 2. A. maintain  | B. make      | C. do          | D. take       |
| 3. A. with      | B. for       | C. to          | D. by         |
| 4. A. reaching  | B. to reach  | C. reaches     | D. reach      |
| 5. A. giving up | B. taking up | C. looking for | D. getting on |

Read the following advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks.

#### JOIN THE "HEALTHY YOU" CHALLENGE!

Are you tired of feeling tired? Our "Healthy You" program is designed to help you transform your daily habits and improve your (1)\_\_\_\_\_. For many teenagers, a balanced lifestyle is the key to success in both school and life.

First, you should focus on your diet. Eating nutritious meals is essential to provide the energy (2)\_\_\_\_\_ for a long day of studying. Instead of choosing fast food, try to include more vegetables and fruits in your meals. Moreover, remember that you (3)\_\_\_\_\_ skip breakfast because it is the most important meal of the day.

Physical activity is also a must. You don't need to be an athlete; simply (4)\_\_\_\_\_ a sport like swimming or jogging for 30 minutes a day can make a huge difference. However, keep in mind that you (5)\_\_\_\_\_ push yourself too hard if you feel pain. Safety always comes first!

Register today at our community center and start your journey toward a better version of yourself!

1. A. life expectancy    B. life expectation    C. life treatment    D. life medicine
2. A. needing    B. needs    C. needed    D. to need
3. A. shouldn't    B. mustn't    C. have to    D. might
4. A. go out    B. take up    C. give in    D. look after
5. A. mustn't    B. don't have to    C. shouldn't    D. needn't

**Read the following advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks.**

### THE "VITALITY" WELLNESS APP

Are you looking for a way to improve your physical and mental health? Download the Vitality App today! Our mission is to help teenagers maintain a healthy (1) \_\_\_\_\_ through simple daily challenges. Whether you want to lose weight or just feel more energetic, our app provides everything you need to succeed.

To start, you (2) \_\_\_\_\_ join a gym to be fit. The app offers hundreds of free home workout videos that require no equipment. We recommend that you (3) \_\_\_\_\_ to get at least eight hours of sleep every night to allow your body to recover. (4) \_\_\_\_\_, our smart meal planner helps you avoid junk food and focus on whole foods.

Don't wait until you feel stressed or tired. It is time to (5) \_\_\_\_\_ a new hobby like yoga or meditation to balance your mind. Start your 30-day free trial now and see the difference!

1. A. lifestyle    B. lifespan    C. lifetime    D. life work
2. A. mustn't    B. shouldn't    C. don't have to    D. oughtn't to
3. A. ought    B. should    C. must    D. might
4. A. But    B. Moreover    C. However    D. Although
5. A. get over    B. put off    C. take up    D. bring about

**Read the following announcement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks.**

### The Secret to Longevity

Welcome to our community health corner! Recent studies have shown that the average life expectancy has significantly increased due to medical advancements and better lifestyle choices. However, living a long life isn't just about luck; it's about the habits we form today. Scientists suggest that maintaining a balanced diet and regular physical activity are the most effective ways to (1) \_\_\_\_\_ your health. People (2) \_\_\_\_\_ a Mediterranean diet, which is rich in olive oil and nuts, often show lower rates of heart disease. It is also essential to get enough sleep, as rest allows the body to repair itself. Additionally, many people often fall (3) \_\_\_\_\_ the trap of thinking that supplements can replace real food. To truly (4) \_\_\_\_\_ a difference in your long-term wellness, you should focus on whole foods. Remember, the first person (5) \_\_\_\_\_ a centenarian in your family could be you if you start making better choices now!

- Question 1.** A. boost    B. waste    C. decline    D. ignore  
**Question 2.** A. followed    B. following    C. to follow    D. follow

- Question 3.** A. at                      B. on                      C. into                      D. with  
**Question 4.** A. do                      B. take                      C. make                      D. give  
**Question 5.** A. become                      B. becoming                      C. became                      D. to become

*Read the following announcement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks.*

### **Mental Health and Aging**

Attention all residents! When discussing life expectancy, we often focus solely on physical health, but mental well-being is equally (1) \_\_\_\_\_. High levels of chronic stress can lead to premature aging and a weakened immune system. Therefore, engaging in social activities is highly recommended (2) \_\_\_\_\_ older adults to stay sharp and happy. One of the best ways to reduce stress is to (3) \_\_\_\_\_ up a hobby, such as gardening or painting, which provides a sense of purpose. Research indicates that individuals (4) \_\_\_\_\_ deep connections with friends and family tend to live longer than those who are socially isolated. Furthermore, doctors emphasize the importance of having a (5) \_\_\_\_\_ check-up every year to monitor both mental and physical states. By staying proactive, we can ensure that our golden years are not just long, but also full of vitality and joy.

- Question 1.** A. trivial    B. vital    C. optional    D. negative  
**Question 2.** A. for    B. by    C. about    D. in  
**Question 3.** A. make    B. do    C. take    D. keep  
**Question 4.** A. maintained    B. to maintain    C. maintain    D. maintaining  
**Question 5.** A. medical    B. accidental    C. potential    D. financial

*Read the following advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks.*

### **THE GREEN VIBE FITNESS APP**

Are you tired of feeling sluggish every afternoon? Join the thousands of users who have transformed their lives with Green Vibe! Our app provides personalized workout plans and nutrition tips tailored just for you. We believe that a healthy lifestyle is not a destination but a journey. To start, you should (1) \_\_\_\_\_ junk food and replace it with organic snacks. Our community of experts is always available to offer advice. In fact, we are the only platform (2) \_\_\_\_\_ you a 24/7 health coach at no extra cost. (3) \_\_\_\_\_, our built-in water tracker ensures you stay hydrated throughout the day. You don't need expensive equipment; just a pair of sneakers and the right mindset. If you want to (4) \_\_\_\_\_ a goal for your fitness journey, our AI will help you track every step. Don't wait for Monday to start your new life. Download Green Vibe today and experience a (5) \_\_\_\_\_ improvement in your energy levels within just one week!

1. A. cut down on    B. go off    C. put up with    D. look into  
 2. A. giving    B. to give    C. given    D. give  
 3. A. However    B. Although    C. Moreover    D. But  
 4. A. make    B. do    C. take    D. set  
 5. A. tiny    B. significant    C. negative    D. hidden

*Read the following advertisement and mark the letter A, B, C or D to indicate the option that best fits each of the numbered blanks.*

### **PURE BLISS WELLNESS RETREAT**

Escape the hustle and bustle of city life at Pure Bliss! Located in the heart of the mountains, our retreat offers a unique experience designed to rejuvenate your mind and body. We offer daily yoga sessions, meditation classes, and gourmet vegan meals. Many people find it hard to (1) \_\_\_\_\_ with the demands of a modern career, leading to burnout. That is why our program focuses on mental clarity as much as physical strength. We are proud to be the best local facility (2) \_\_\_\_\_ comprehensive detox programs. (3) \_\_\_\_\_ you are a beginner or an experienced yogi, our instructors will guide you through every pose. During your stay, you will have the chance to (4) \_\_\_\_\_ deep friendships with like-minded individuals. Taking care of yourself is the best (5) \_\_\_\_\_ you can make for your future. Book your stay this month to receive a 20% discount on all spa treatments. Your path to a balanced life starts here at Pure Bliss!

- |                |               |                |                |
|----------------|---------------|----------------|----------------|
| 1. A. get over | B. keep up    | C. take after  | D. bring about |
| 2. A. to offer | B. offering   | C. offered     | D. offer       |
| 3. A. Because  | B. Unless     | C. Whether ... | D. Despite     |
| 4. A. build    | B. do         | C. fix         | D. break       |
| 5. A. expense  | B. investment | C. debt        | D. waste       |

### **READING**

*Read the following passage and mark the letter A, B, C, or D to indicate the correct option that best fits each of the numbered blanks.*

### **THE IMPACT OF LIFESTYLE ON LONGEVITY**

Modern science has confirmed that life expectancy is not solely determined by genetics. (1) \_\_\_\_\_, researchers have found that lifestyle choices account for nearly 70% of how long we live. One of the most critical factors is the consumption of whole foods. Many health enthusiasts (2) \_\_\_\_\_ often experience fewer chronic illnesses compared to those who rely on fast food. Moreover, physical activity is indispensable for a long life. However, it is not just about starting a routine now, but about consistency over time. Some elderly athletes credit their vitality to (3) \_\_\_\_\_ for over four decades. (4) \_\_\_\_\_ is also essential to manage mental stress effectively. Finally, when looking at successful aging models, experts highlight (5) \_\_\_\_\_ as a cornerstone of longevity. By integrating these habits, individuals can significantly extend their healthy years.

1. A. Since conducting extensive global studies  
B. Because of the lack of scientific evidence  
C. Although the results were quite disappointing  
D. Despite having no interest in human health
2. A. followed a strict plant-based diet  
B. following a strict plant-based diet  
C. who following a strict plant-based diet

- D. to follow a strict plant-based diet
- 3. A. being exercised regularly
  - B. having been exercised regularly
  - C. exercising regularly
  - D. to have exercised regularly
- 4. A. Ignoring social connections
  - B. Developing a habit of sleeping late
  - C. Finding a sense of purpose
  - D. Avoiding any physical movement
- 5. A. an active, balanced daily lifestyle
  - B. a daily, active balanced lifestyle
  - C. a balanced, daily active lifestyle
  - D. an active, daily balanced lifestyle

*Read the following passage and mark the letter A, B, C, or D to indicate the correct option that best fits each of the numbered blanks.*

### **ADVANCEMENTS IN GLOBAL HEALTHCARE**

The global average life expectancy has more than doubled over the past century. (1) \_\_\_\_\_, this progress is largely attributed to improved sanitation and mass immunization. However, the rise of sedentary lifestyles in developed nations poses a new threat. Many people now suffer from "diseases of affluence," such as Type 2 diabetes. Health organizations (2) \_\_\_\_\_ prioritize early screening to catch symptoms before they escalate. Some patients deeply regret (3) \_\_\_\_\_ for years before seeking professional help. (4) \_\_\_\_\_, it is crucial to stay informed about new medical technologies. Furthermore, doctors suggest that maintaining (5) \_\_\_\_\_ is the best way to prevent future complications. As technology evolves, the focus is shifting from merely curing diseases to proactively enhancing the quality of human life.

- 1. A. While some regions still struggle with poverty
  - B. Although people are living much shorter lives
  - C. Because hospitals are closing down everywhere
  - D. Despite the total disappearance of modern medicine
- 2. A. collaborated with local communities
  - B. to collaborate with local communities
  - C. collaborating with local communities
  - D. collaborate with local communitie
- 3. A. to neglecting their nutritional needs
  - B. having neglected their nutritional needs
  - C. to have neglected their nutritional needs
  - D. have neglected their nutritional needs
- 4. A. In order to achieve optimal wellness
  - B. So that we can ignore doctors' advice
  - C. Because of the high cost of junk food

- D. Unless we want to feel more exhausted
- 5. A. a medical, routine annual check-up
- B. an annual, medical routine check-up
- C. a routine, medical annual check-up
- D. a routine, annual medical check-up

*Read the following passage and mark the letter A, B, C, or D to indicate the correct option that best fits each of the numbered blanks.*

### **THE PATH TO HOLISTIC WELLNESS**

In the modern era, the pursuit of a healthy lifestyle has shifted from a mere trend to a fundamental necessity. Many people find themselves overwhelmed by the sheer volume of information available online regarding fitness and nutrition. (1) \_\_\_\_\_, it is essential to focus on small, sustainable changes rather than radical transformations that are hard to maintain. A common starting point is the kitchen, where processed goods should be replaced with whole ingredients. Many products (2) \_\_\_\_\_ often contain hidden sugars and preservatives that can lead to long-term health issues. Physical health, however, is only one side of the coin; mental well-being is equally paramount. (3) \_\_\_\_\_ can significantly reduce cortisol levels and improve overall happiness. Furthermore, past habits often dictate our current state of health. (4) \_\_\_\_\_ for years, some individuals may find it challenging to transition to an active routine, yet the body's ability to recover is remarkable. To support this journey, experts suggest creating (5) \_\_\_\_\_ to ensure that both the mind and body receive the care they deserve. Ultimately, a balanced life is the result of consistent, conscious choices made every single day.

1. A. Despite the complexity of these health guidelines  
B. Because of the lack of interest in physical fitness  
C. Although everyone knows how to stay healthy  
D. In order to ignore the benefits of a balanced diet
2. A. advertising as "healthy" on television  
B. advertised as "healthy" on television  
C. which advertising as "healthy" on television  
D. to advertise as "healthy" on television
3. A. Neglecting social interactions with friends  
B. Practicing mindfulness and meditation daily  
C. Consuming excessive amounts of caffeine  
D. Spending more time on digital devices
4. A. Having neglected their physical fitness  
B. By neglecting their physical fitness  
C. To have neglected their physical fitness  
D. Having been neglected their physical fitness
5. A. a relaxing, morning spiritual ritual  
B. a spiritual, morning relaxing ritual  
C. a morning, spiritual relaxing ritual  
D. a relaxing, spiritual morning ritual

*Read the following passage and mark the letter A, B, C, or D to indicate the correct option that best fits each of the numbered blanks.*

### **THE EVOLUTION OF URBAN HEALTH**

Urban living presents unique challenges to those striving to maintain a healthy lifestyle. With long commute times and demanding work schedules, finding the energy to exercise can feel like an impossible task. (1) \_\_\_\_\_, city dwellers are now turning to "active commuting" by walking or cycling to work. This shift not only benefits individual cardiovascular health but also contributes to a cleaner environment. Many urban projects (2) \_\_\_\_\_ have shown a significant increase in the well-being of local residents. However, physical infrastructure is not the only factor. Dietary habits in the city are often influenced by the convenience of fast food. (3) \_\_\_\_\_ can lead to a drastic improvement in energy levels and digestive health. Discipline is key, and it often stems from reflecting on previous mistakes. (4) \_\_\_\_\_ the consequences of a sedentary life, many professionals are now investing in standing desks and office gym memberships. Success in this area requires (5) \_\_\_\_\_ to stay on track. By prioritizing health amidst the urban chaos, we can redefine what it means to live well in the 21st century.

1. A. To avoid any form of physical exertion  
B. In response to these modern obstacles  
C. Since they prefer driving in heavy traffic  
D. Because they have no time for self-care
2. A. implemented by the municipal government  
B. implementing by the municipal government  
C. which implemented by the municipal government  
D. to implement by the municipal government
3. A. Unless you eat out at restaurants every night  
B. Despite having a personal chef at home  
C. By preparing home-cooked meals regularly  
D. So that you can skip breakfast entirely
4. A. To realize finally  
B. Having finally realized  
C. To have finally realized  
D. Having been finally realized
5. A. a strict, daily nutritional plan  
B. a nutritional, daily strict plan  
C. a daily, strict nutritional plan  
D. a strict, nutritional daily plan

*Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.*

### **THE BLUE ZONES AND DIETARY HABITS**

The eternal quest for longevity has led modern researchers to the fascinating phenomenon of "Blue Zones"—specific geographic regions where individuals live significantly longer and healthier lives than the global average. These areas, which

include Okinawa in Japan, Sardinia in Italy, Nicoya in Costa Rica, and Ikaria in Greece, provide a comprehensive blueprint for a sustainable healthy lifestyle. While modern medical advancements certainly play a supporting role in these communities, scientists have concluded that the primary driver of their exceptional life expectancy is not high-tech healthcare, but rather their traditional dietary habits and daily routines.

Residents in these zones consume a **predominantly** plant-based diet, centered around legumes, whole grains, garden vegetables, and nuts. In these cultures, meat is not a staple but is eaten sparingly, often reserved for small portions on special religious or family occasions. Crucially, many of these populations, particularly in Okinawa, practice "Hara Hachi Bu." This is an ancient Confucian teaching that instructs people to stop eating when they feel they are 80% full. By practicing this mindful calorie restriction, they effectively prevent overeating and reduce the long-term strain on the digestive system and metabolic functions.

Beyond the dinner table, physical activity is naturally and effortlessly integrated into their daily existence. You will rarely find a commercial gym in a traditional Blue Zone; instead, inhabitants stay fit through constant, low-intensity movement such as gardening, walking to the local market, and performing manual household chores. This natural movement keeps their cardiovascular systems robust well into their nineties. Furthermore, a deep sense of community and a clear life purpose, often referred to as "Ikigai" or "Plan de Vida," helps **mitigate** chronic stress—a known silent killer in the modern world. By successfully combining nutritional discipline, constant movement, and strong social connectivity, the people of the Blue Zones have unlocked a secret to aging that far transcends the benefits of expensive medical interventions.

(Adapted from *The Blue Zones: Lessons for Living Longer From the People Who've Lived the Longest* by Dan Buettner)

1. What is the primary focus of the passage?
  - A. The history of medical advancements in Italy and Japan.
  - B. How lifestyle and diet contribute to longevity in specific regions.
  - C. The negative effects of overeating on the digestive system.
  - D. The comparison between gym workouts and manual labor.
2. The word "**predominantly**" in paragraph 1 is closest in meaning to:
  - A. occasionally
  - B. rarely
  - C. mostly
  - D. strictly
3. The word "**mitigate**" in paragraph 2 is opposite in meaning to \_\_\_\_\_.
  - A. alleviate
  - B. intensify
  - C. diminish
  - D. maintain
4. According to the passage, the practice of "Hara Hachi Bu" involves \_\_\_\_\_.
  - A. eating only plant-based food for 80 days.
  - B. stopping eating before one feels completely full.
  - C. exercising for 80 minutes every day.
  - D. consuming meat only on 80% of special occasions.
5. What can be inferred about the lifestyle in Blue Zones?
  - A. Modern technology is completely banned in these regions.
  - B. Longevity is achieved through a combination of physical, nutritional, and mental factors.

C. People in these areas live longer solely because of their genetic makeup.

D. Residents avoid all forms of modern medicine to stay healthy.

**Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.**

### THE SEDENTARY CRISIS IN MODERN CITIES

In the 21st century, global life expectancy has reached unprecedented heights due to breakthrough medical technologies. However, the quality of these additional years is increasingly threatened by the rise of a **sedentary** lifestyle. Rapid urbanization has fundamentally reshaped our environment, often designing modern cities for the convenience of cars rather than the mobility of pedestrians. This structural shift has led to a significant drop in daily physical exertion for millions of people. Today, many office workers spend upwards of eight hours a day sitting behind desks, a habit that many health experts now grimly compare to the physiological dangers of smoking. This chronic lack of movement is a primary contributor to a surge in non-communicable conditions, including obesity, Type 2 diabetes, and hypertension.

To counteract this growing crisis, the "Active Living" movement has emerged, encouraging individuals to consciously integrate movement back into their daily routines. Evidence suggests that even small, incremental changes—such as opting for the stairs instead of the elevator or utilizing a standing desk—can have a **profound** impact on long-term metabolic health. On a broader scale, public health initiatives are pushing city planners to incorporate more green spaces, pedestrian zones, and protected bike lanes to make exercise more accessible and safer for everyone.

However, the final responsibility for wellness ultimately lies with the individual. Achieving a truly healthy lifestyle requires a persistent, conscious effort to break the modern cycle of inactivity. Without these behavioral changes, the impressive gains made in life expectancy through medical science may be offset by the rapid rise of lifestyle-related diseases. We face a paradoxical future where we may live longer lives, yet spend more of those years in poorer health, burdened by preventable ailments.

(Adapted from *Guidelines on Physical Activity and Sedentary Behaviour*.)

1. Which of the following best summarizes the passage?
  - A. The benefits of living in urban areas with high technology.
  - B. The role of government in building more parks and bike lanes.
  - C. The dangers of inactivity and the importance of active living.
  - D. A detailed guide on how to treat Type 2 diabetes and hypertension.
2. The word "**profound**" in paragraph 2 is closest in meaning to:
  - A. slight
  - B. significant
  - C. superficial
  - D. negative
3. The word "**sedentary**" in paragraph 1 is opposite in meaning to:
  - A. inactive
  - B. stationary
  - C. physically active
  - D. urbanized
4. According to the text, what is one way individuals can improve their metabolic health?
  - A. Moving to a city with more cars.
  - B. Spending more time sitting in the office.
  - C. Opting for stairs over elevators.
  - D. Relying solely on medical science for health.

5. What does the author imply about the future of human health?
- A. Medical science will eventually cure all lifestyle-related diseases.
  - B. Living longer does not necessarily mean living a healthy life.
  - C. Urban design is the only factor that determines life expectancy.
  - D. Smoking is less dangerous than sitting for long periods.

*Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.*

### **MENTAL HEALTH AND AGING**

When global discussions arise regarding health and life expectancy, the focus almost instinctively falls on physical markers such as cholesterol levels, body mass index, or blood pressure. However, psychological well-being is a critical, yet frequently overlooked, component of a truly healthy lifestyle. Emerging scientific research has demonstrated that chronic stress and persistent anxiety are not merely mental states; they have the power to accelerate the aging process at a profound cellular level. Specifically, prolonged stress leads to the shortening of telomeres—the protective protein caps located at the ends of our chromosomes. When these caps wear down prematurely, it directly results in cellular aging and a significantly weakened immune system, leaving the body vulnerable to age-related diseases.

The maintenance of mental health involves much more than just the simple absence of psychological illness; it requires **proactive** engagement in lifestyle activities that foster emotional resilience. Mindfulness practices, daily meditation, and consistent social interaction are essential tools for preserving cognitive function. Recent longitudinal studies indicate that seniors who maintain strong, high-quality social bonds have a 50% greater likelihood of survival and longevity compared to those with weak social ties. Loneliness, conversely, is as **detrimental** to long-term health as chronic physical conditions like obesity or smoking.

As the global population ages at an unprecedented rate, healthcare systems must urgently evolve to treat mental and physical health as an integrated, inseparable whole. By prioritizing emotional balance and stress management, we can ensure that our extended life expectancy is characterized by vitality, purpose, and mental clarity rather than a slow cognitive decline. True longevity is not just about adding years to life, but ensuring those years are lived with a healthy mind.

(Adapted from biological research on telomeres by Dr. Elizabeth Blackburn and mental health studies published by *Harvard Health Publishing*.)

1. What is the main message of the passage?
  - A. Social interaction is more important than physical exercise.
  - B. The biological mechanism of how chromosomes work.
  - C. The importance of mental well-being in health and aging.
  - D. How to cure anxiety and depression in elderly people.
2. The word "**detrimental**" in paragraph 2 is closest in meaning to \_\_\_\_\_.
  - A. beneficial B. harmful C. harmless D. crucial
3. The word "**proactive**" in paragraph 2 is opposite in meaning to \_\_\_\_\_.
  - A. energetic B. reactive C. enthusiastic D. preventative

4. According to the passage, how does chronic stress affect the body?
  - A. It strengthens the immune system.
  - B. It lengthens the protective caps on chromosomes.
  - C. It speeds up the aging process at a cellular level.
  - D. It reduces the risk of cognitive decline.
5. Based on the passage, what can be concluded about social isolation?
  - A. It is a natural part of aging and has no health risks.
  - B. It is as dangerous to a person's health as being overweight.
  - C. It only affects mental health, not physical longevity.
  - D. It is easier to treat than high blood pressure.

*Read the following passage and mark the letter A, B, C, or D to indicate the correct answer to each of the questions.*

### **NUTRITION AND THE FUTURE OF MEDICINE**

The intrinsic relationship between nutritional habits and life expectancy has never been more evident to the scientific community than it is today. In previous decades, conventional medicine focused almost exclusively on reactive care—treating chronic diseases only after their clinical symptoms appeared. However, the contemporary medical **paradigm** is undergoing a profound shift toward "nutrigenomics." This cutting-edge field of study explores the complex ways in which specific nutrients interact with and influence our genetic expression. Research in this area suggests that a disciplined, healthy lifestyle can effectively "turn off" or silence certain genes responsible for life-threatening chronic illnesses. By consuming a diet exceptionally rich in antioxidants, such as deep-colored berries and cruciferous leafy greens, individuals can actively protect their delicate DNA structures from the damaging effects of oxidative stress.

Furthermore, the emergence of personalized nutrition is poised to revolutionize the future of global healthcare. Instead of following a generic, one-size-fits-all dietary guideline, future health interventions will be precision-tailored to align with an individual's unique genetic profile and metabolic needs. Yet, despite these sophisticated high-tech advancements, the foundational principles of a healthy lifestyle remain remarkably unchanged. Moderation, dietary variety, and the strict avoidance of highly processed substances remain the most potent tools for increasing human life expectancy.

The primary obstacle to this healthy future lies within global food systems, which frequently prioritize profit over health, making calorie-dense but nutrient-poor choices significantly cheaper and more accessible than organic, nutritious alternatives. Addressing this deep-rooted systemic issue is vital for improving long-term public health outcomes. Only by reforming how we produce and distribute food can we ensure that every person, regardless of their socioeconomic status, has the genuine opportunity to live a long, **vibrant**, and disease-free life.

(Adapted from concepts in "Nutrigenomics" as detailed by the *National Human Genome Research Institute* and *Nature Journal of Nutrition*)

1. What is the passage mainly about?

- A. The high cost of organic food in global markets.
  - B. How genetics and nutrition interact to influence health.
  - C. The history of traditional medicine versus modern drugs.
  - D. Why berries and leafy greens are the only healthy foods.
2. The word "**paradigm**" in paragraph 1 is closest in meaning to \_\_\_\_\_.
    - A. problem B. model C. mystery D. conflict
  3. The word "**vibrant**" in paragraph 2 is opposite in meaning to \_\_\_\_\_.
    - A. energetic B. dull C. healthy D. colorful
  4. What does "**nutrigenomics**" study?
    - A. The best way to process junk food.
    - B. How food interacts with and affects our genes.
    - C. The cost of medical treatments in different countries.
    - D. How to increase the production of berries.
  5. What is the author's opinion on unhealthy food choices?
    - A. They are a personal choice and have no relation to the food system.
    - B. They are often more available and affordable than healthy options.
    - C. They will be completely eliminated by nutrigenomics in the future.
    - D. They are less harmful if the person has good genes.

## WRITING

*Mark the letter A, B, C or D to indicate the best arrangement of utterances or sentences to make a meaningful exchange of text in each of the following questions.*

1.

- a. Furthermore, medical breakthroughs in genetics and biotechnology are now allowing us to treat diseases that were once considered terminal.
- b. Globally, life expectancy has seen a dramatic increase over the past century due to various socio-economic factors.
- c. In addition to these advancements, improved public sanitation and access to clean water have significantly lowered mortality rates.
- d. Therefore, the combination of scientific innovation and better living conditions continues to push the boundaries of human longevity.
- e. However, this progress is not uniform, as developing nations still face challenges such as malnutrition and limited healthcare.

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

2.

- a. Furthermore, the rise of "personalized medicine" is allowing doctors to tailor treatments to an individual's genetic code, further extending the human lifespan.
- b. Therefore, the future of life expectancy will likely depend on our ability to balance high-tech medical care with sustainable daily habits.
- c. Over the last century, global life expectancy has increased more than in all previous millennia combined.
- d. However, this progress is often hindered by the prevalence of sedentary lifestyles and the high consumption of processed foods in modern cities.

e. This dramatic shift was initially driven by basic improvements in sanitation, access to clean water, and the development of early vaccines.

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

3.

a. However, simply eating well is not enough if it is not accompanied by consistent physical activity to strengthen the heart and muscles.

b. Furthermore, getting at least seven hours of quality sleep each night is vital for the body to repair tissues and recharge energy.

c. Building a healthy lifestyle requires a holistic approach that balances various daily habits.

d. Therefore, by combining a good diet, exercise, and rest, individuals can significantly improve their overall quality of life.

e. The foundation of this approach starts with nutrition, specifically consuming whole foods rich in essential vitamins and minerals.

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

4.

a. Furthermore, the psychological benefits of strong social connections have been linked to a 50% increase in the likelihood of survival in old age.

b. Therefore, achieving a long life is not just a result of modern medicine, but a combination of science, habit, and community.

c. Many scientists believe that global life expectancy has risen primarily due to drastic improvements in public sanitation and nutrition.

d. In addition to these basic needs, the development of advanced vaccines and antibiotics has significantly reduced mortality rates from infectious diseases.

e. However, the rise of chronic illnesses related to sedentary lifestyles, such as obesity and heart disease, now threatens this progress.

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

5.

a. Furthermore, drinking enough water helps maintain the balance of body fluids, which are essential for digestion and absorption of nutrients.

b. Therefore, carrying a reusable water bottle throughout the day is a simple yet effective way to ensure your body stays healthy and energized.

c. Water is often considered the most vital nutrient for human life, as it makes up about 60% of our body weight.

d. However, many people wait until they feel thirsty to drink, which is actually a late sign that the body is already becoming dehydrated.

e. It plays a crucial role in regulating body temperature and lubricating joints during physical activities.

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

6.

a. These internal processes include the repair of muscle tissue and the consolidation of new memories gathered during the day.

- b. Quality rest acts as a period of intense restoration for both the brain and the physical body.
- c. Chronic deprivation of this essential downtime can lead to long-term issues like weakened immunity and cognitive decline.
- d. Most adults require between seven and nine hours of shut-eye to function at their optimal level.
- e. Scientific research suggests that sleep is far from a passive state of inactivity.
- A. e – b – a – d – c    B. d – e – b – a – c    C. e – d – b – a – c    D. b – a – e – d – c
- 7.
- a. These molecules work by donating an electron to unstable atoms, effectively neutralizing their harmful potential.
- b. Our bodies are constantly exposed to unstable particles called free radicals that can damage healthy cells.
- c. This protective mechanism is vital for preventing long-term tissue damage and supporting aging immunity.
- d. Maintaining a defense against such internal stress requires a steady intake of substances known as antioxidants.
- e. Dark-colored fruits and leafy vegetables are among the most potent natural sources of these life-saving compounds.
- A. d – b – a – e – c    B. b – d – a – c – e    C. b – a – d – c – e    D. d – e – b – a – c
- 8.
- a. Rinsing thoroughly with water is the final step to ensure no residue is left behind.
- b. Keeping your hands clean is one of the simplest ways to avoid getting sick.
- c. This process should take at least twenty seconds to effectively kill germs.
- d. You should start by applying soap and rubbing your palms together vigorously.
- e. It is especially important to do this before eating or after touching public surfaces.
- A. b – d – a – c – e    B. d – a – c – e – b    C. b – e – d – c – a    D. e – b – d – c – a
- 9.
- a. Once in bed, reading a book for a few minutes can help your mind relax.
- b. You should start by turning off all electronic devices like phones or computers.
- c. This simple routine ensures that you wake up feeling refreshed the next morning.
- d. Developing a consistent habit before sleep is the key to a good night's rest.
- e. After that, dimming the lights in your room signals to your body that it is time to sleep.
- A. b – d – a – e – c    B. b – e – a – d – c    C. d – a – e – b – c    D. d – b – e – a – c
- 10.
- a. These fresh foods provide essential vitamins that keep your immune system strong.
- b. A balanced diet should include a large variety of colorful fruits and vegetables.
- c. You should also try to limit the intake of sugary drinks and fast food.
- d. Making these small changes every day can lead to a much healthier heart.
- e. Using a smaller plate is another simple trick to control your portion sizes.
- A. c – b – a – e – d    B. b – c – e – a – d    C. e – b – a – c – d    D. b – a – e – c – d