Form III Test 4

1. Choose the correct answer.

1. Working as a construction labourer is a physically ..... job. ***A*** *gruelling* ***B*** *stressful* ***C*** *strenuous* ***D*** *mind-numbing* **2.** Tom has a mentally ..... job as a writer and always needs to come up with new ideas. ***A*** *stimulating* ***B*** *gripping* ***C*** *rewarding* ***D*** *invigorating* **3.** Larry attached a list of ..... from former employers to his job application. ***A*** *credentials* ***B*** *references* ***C*** *potentials* ***D*** *prospects* **4.** John ..... by bus to his job in the city centre every day. ***A*** *commutes* ***B*** *commits* ***C*** *recruits* ***D*** *excludes* **5.** Laughter can be quite ..... , causing others to laugh too. ***A*** *therapeutic* ***B*** *mood-enhancing* ***C*** *infectious* ***D*** *amiable* **6.** Jim suffered a ..... skull in the accident. ***A*** *stubbed* ***B*** *fractured* ***C*** *blocked* ***D*** *dislocated* **7.** Helen ..... a muscle in her leg and was on crutches for a while. ***A*** *tore* ***B*** *twisted* ***C*** *bruised* ***D*** *swelled* **8.** Sue was ..... with joy when she received a promotion at work. ***A*** *smirking* ***B*** *grinning* ***C*** *chuckling* ***D*** *beaming* **9.** Eating whole ..... such as barley and wild rice is good for your health. ***A*** *fibre* ***B*** *bacteria* ***C*** *grains* ***D*** *minerals* **10.** Tony had a ..... headache and took some painkillers. ***A*** *thrashing* ***B*** *stinging* ***C*** *throbbing* ***D*** *splitting*

2. Choose the correct answer.

1. Ken apologised for ..... the office document. ***A*** *lose* ***B*** *having been lost* ***C*** *having lost* ***D*** *being lost* **2.** There is no point ..... over your mistake. It won't change anything. ***A*** *to cry* ***B*** *in crying* ***C*** *to have cried* ***D*** *to be crying* **3.** Tim's mum made him ..... his messy bedroom. ***A*** *tidy* ***B*** *tidying* ***C*** *to tidy* ***D*** *to have tidied* **4.** Jeff went to bed late and is too sleepy ..... properly. ***A*** *to function* ***B*** *functioning* ***C*** *to have functioned* ***D*** *to be functioning* **5.** You ..... Mark at work. He's gone on holiday. ***A*** *can't have seen* ***B*** *needn't have seen* ***C*** *might not have seen* ***D*** *mustn't have seen* **6.** My leg is healed and I ..... a cast anymore. ***A*** *mustn't wear* ***B*** *shouldn't wear* ***C*** *don't have to wear* ***D*** *can't wear* **7.** Only the manager ..... enter the building without a pass. No one else! ***A*** *is sure to* ***B*** *is bound to* ***C*** *is allowed to* ***D*** *is supposed to* **8.** You ..... paper for the printer. There is plenty in the cupboard. ***A*** *had to buy* ***B*** *mustn't buy* ***C*** *can't have bought* ***D*** *needn't have bought* **9.** Jane doesn't eat sweets; she's ..... worried about her health. ***A*** *bitterly* ***B*** *deeply* ***C*** *entirely* ***D*** *ludicrously* **10.** Tom suddenly left the office without ..... anyone. ***A*** *to inform* ***B*** *to have informed* ***C*** *to be informing* ***D*** *informing*

3. Choose the correct response.

1. A: Why don't you apply for a job online? *B:* ***a*** *That's a shame.* ***b*** *That's a thought.* **2.** A: If I were you, I'd contact an employment agency. *B:* ***a*** *Any luck finding a job?* ***b*** *Do they still exist?* **3.** A: I think it'd be a good idea to talk to your boss. *B:* ***a*** *You tried that and it didn't work.* ***b*** *That's easier said than done.* **4.** A: Personally, I believe teen obesity is a problem. *B:* ***a*** *I totally agree.* ***b*** *That's a good idea.* **5.** A: A good way to learn how to cook is by taking lessons. *B:* ***a*** *That's true.* ***b*** *They certainly have a point.* **6.** A: A good way to lose weight is by going on a diet. *B:* ***a*** *That's true.* ***b*** *The solutions they gave were good.* **7.** A: It seems to me that managing stress is essential. *B:* ***a*** *The way I see it, she was right.* ***b*** *Personally, I think getting enough sleep is the key.* **8.** A: I don't think that going to extremes in the gym is healthy. *B:* ***a*** *These days, people don't stay active.* ***b*** *I take your point, but I don't see any harm in it.* **9.** A: I'm not sure the best way to learn to cook is via cooking classes. *B:* ***a*** *Yes, I did.* ***b*** *You've got a point there*. **10.** A: Parents can play a huge role in healthy lifestyles. *B:* ***a*** *I totally agree.* ***b*** *It was a good idea.*

4. There are mistakes in five of these sentences. Find the mistakes and correct them.

1. We needn't have to left so early, as we got there with over an hour to spare.
……
2. If it gets boring, we always can just go back home.
…….
3. That reminds me – there's a bill I really must pay.
……
4. Shouldn't you have started doing that essay by now?
……
5. I told you didn't need bring any money because everything's paid for.
……
6. You really ought go and visit your grandfather, you know.
……
7. Did you manage to finishing it all on time?
……..
8. Fortunately, I was able to regain control of the vehicle quite quickly.
…….

5. Choose the correct alternative in these sentences.

1. Can you believe it! They've made a rule now which means that I ***can't/couldn't*** park outside my own home. 2. I have a request – and it is just a request, so you ***can't/don't*** have to agree. any chance you could work Thursday evening? 3. I hate

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these parties, but I suppose I ***ought to/need to*** go. I mean, it would be really rude if I didn't. 4. Right, well that's everything for today, so you ***can/might*** go home if you like. 5. Everyone ***ought to/needs*** to submit the assignment by Tuesday 28 at 9.00 a.m., as extensions will not be given. 6. Whatever you do, you ***mustn't/mightn't*** touch anything because it's dangerous.

6. For questions 1-8, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap in the same line. There is an example at the beginning (0).

Brain games

According to experts, doing puzzles keeps our brains fit and *(0) healthy*. As well as gaining **(1)** …….. from finding the correct answer to a difficult problem, we give our brains a good workout in the process. To help us do this, all sorts of handheld "brain games" are now available in the shops, and the most **(2)** …… games have sold in their millions. What's more, people **(3)** …….. that the more they play the games, the easier it is to find a **(4)** …… to the problems posed. They see this as proof that there has been an **(5)** …… in the power of their brains. Unfortunately, however, this may be a false impression.	**HEALTH** **SATISFY** **SUCCESS** **COVER** **SOLVE** **IMPROVE**
Some **(6)** …… argue that the brain gets better at any task the more often it is repeated. In other words, the improvement in the **(7)** …….. of the brain is something that that happens naturally.	**SCIENCE** **PERFORM**
So although these brain games are obviously fun to play, it remains **(8)** …….. whether they are actually helping to boost brainpower or not.	**CERTAIN**

7. For questions 1-15, read the text and think of the words which best fits each gap. Use only one word in each gap.

The Mozart effect

A decade ago Frances Rauscher, a psychologist now at the University of Wisconsin at Oshkosh and her colleagues made waves **(1)** …… the discovery that listening to Mozart improved people's mathematical and spatial reasoning. Even rats ran mazes faster and more accurately after hearing Mozart **(2)** …… after white noise or music by the minimalist composer Philip Glass. Last year, Rauscher reported that, for rats **(3)** …… least, a Mozart piano sonata seems to stimulate activity in three genes involved in nerve-cell signalling in the brain.

This sounds like the most harmonious way to tune up your mental faculties. But before you grab the CDs, hear this note **(4)** …… caution. Not everyone who has looked for the Mozart effect has found it. What's more, even **(5)** …… proponents tend to think that music boosts brain power simply **(6)** …… it makes listeners feel better – relaxed and stimulated at the same time – and that a comparable stimulus might do just **(7)** …… well. In fact, one study found that listening to a story gave a similar performance boost.

There is, however, on way **(8)** …… which music really does make you smarter, though unfortunately it requires a bit more effort than just selecting something mellow on your iPod. Music lessons are **(9)** …… key. Six-year-old children who were given music lessons, as opposed to drama lessons or no extra instruction, got a 2 to 3-point boost in IQ scores compared **(10)** …… the others. Similarly, Rauscher found that after two years of music lessons, pre-school children scored better **(11)** ……. spatial reasoning tests than **(12)** …… who took computer lessons.

Maybe music lessons exercise a **(13)** ……. of mental skills, with their requirement for delicate and precise finger movements, and listening for pitch and rhythm, all combined with an emotional dimension. **(14)** …… knows for sure. Neither do they know whether adults can get the same mental boost as young children. But, surely, it can't hurt **(15)** …. try.

8. You are going to read an article about genes and diet. For questions 1-8, choose from the sections of the article (A-D). The sections may be chosen more than once.

Eating for who you are

A Is drinking four cups of coffee a heart attack risk, or will it actually improve heart health and reduce the risk of cancer? Will eating too much salt cause you to have high blood pressure, or is it irrelevant? Is milk an important source of healthy nutrients or a food not meant for adults to consume? Is eating lots of meat a bigger health risk than being vegetarian or vice versa? Conflicting information about healthy habits is common, but why is there so much confusion? Continuing advances in our understanding of genetics is beginning to reveal the reason for advice that seems contradictory. The truth is, the answer to all of these questions is genes!

B For example, a frequent topic of argument that has a genetic element is the effectiveness of various diets for weight loss and general health. The two most common diet types are high fat and protein diets, as opposed to plant based, low fat, high carbohydrate diets. Proponents of each type of diet insist that they are correct, but research has been inconclusive. Now, it seems that the inability of studies to come up with a clear answer could be because both diets are best, only the one that is best for each individual depends on their genes and the environment where their ancestors lived. It turns out that your favourite fad diet may depend on variations in a region of your DNA called your FADS genes.

C The FADS genes, which are an abbreviation for fatty acid desaturase, control how the body produces essential fatty acids from the foods that we eat. People with one version of this gene cannot make these fatty acids from plant foods very effectively so they depend on animal products, and especially fish, to get the nutrients they need. They may be healthiest on a high protein, high fat diet. Other versions of the gene, however, contain changes that allow the body to get more fatty acids from plant foods; in other words, the whole system is more efficient. People with this version of the gene probably benefit from low fat vegetarian diets, and problems can arise if they eat too much meat or especially processed vegetable oils that are so common in modern fast food. Having the wrong balance of

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fatty acids, for whatever reason, increases inflammation which can lead to increased risk of a variety of illnesses including allergies, heart disease and metabolic syndrome.

D In this way, genetic variation creates challenges when governments and health organisations try to form guidelines for people to follow. Usually, they aim to identify diets that are optimal for everybody and it is becoming increasingly clear that what is optimal for one person could even lead to health problems in another person. It also creates problems in prescribing and testing medicines, because many of the same genetic variations that affect diet can also affect whether an individual is cured by a medicine, experiences no improvement or is actually harmed. Healthcare is on the verge of a fundamental shift and one day we may have a system of personalised medicine where healthcare providers check our genes and make recommendations that allow us to avoid illnesses before they arise. However, at the moment, the complex interactions between genes, diet and health are still largely unknown. There is a great deal yet to be learned.

In which section does the writer:

1		suggest that where your family originated may be important?
2		say what kind of medical care patients might soon receive?
3		explain a weakness of formal guides to heathy behaviour?
4		list negative effects of choosing the wrong diet?
5		give examples of a number of confusing health recommendations?
6		mention trendy ways to lose weight?
7		provide details about how a certain gene functions?
8		offer an explanation for unsuccessful research?

9. You will hear an interview in which two students called Rhona Anderson and Liam Collins are talking about their studies and training schedule. For questions 1-5, choose the answer (A, B, C or D) which fits best according to what you hear.

1. What does Rhona say about her life now that she is living away from home?
- ***A*** *it is very different from her fellow students'*
- ***B*** *it is difficult taking care of herself*
- ***C*** *it is quite similar to her life before*
- ***D*** *it is tricky to work out her schedule*

2. Liam believes that his food preparation is
- ***A*** *having a positive effect on his housemates.*
- ***B*** *taking too much time away from his studies.*
- ***C*** *causing friction between him and his flatmates.*
- ***D*** *getting more difficult to manage over time.*

3. How does Rhona feel about her schedule?
- ***A*** *frustrated that she can't devote enough time to her studies*
- ***B*** *upset that she disturbs the peace of her house*
- ***C*** *surprised how quickly she completes her coursework each day*
- ***D*** *lucky that she can fit it around her study time*

4. Liam explains that training at a particular time
- ***A*** *shows results straight away.*
- ***B*** *makes a person better at remembering.*
- ***C*** *allows enough time for studying.*
- ***D*** *gives a person an energy boost.*

5. Rhona and Liam agree that it's vital for athletes
- ***A*** *to eat a healthy diet.*
- ***B*** *to get a good night's sleep.*
- ***C*** *to focus on strength training.*
- ***D*** *to mix types of exercise.*

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