

## REVISION – SKILLS UNIT 6

### Listening

#### 1 6 You will hear three texts. Choose the correct answers.

##### Text 1

- 1 The speaker compares the kiwi to other fruits in terms of ...
  - A how many vitamins it contains.
  - B the way it looks and how big it is.
  - C how firm, smooth, or creamy it is.
- 2 A study of children in Italy discovered that kiwi fruit ...
  - A had more nutrients than other fruit.
  - B helped kids with breathing difficulties.
  - C helped prevent diabetes.

##### Text 2

- 3 In the interview, how does Dr Smith describe nuts?
  - A He says they are healthy so long as they don't have any additives.
  - B He says that some contain more proteins and minerals than others.
  - C He says that eating too many can be bad for your heart.
- 4 What does Dr Smith say about macadamia nuts?
  - A They tend to be processed in some way.
  - B They are more fattening than some other nuts.
  - C They aren't as healthy as other nuts such as pecans.

##### Text 3

- 5 How should the piece of news be headlined?
  - A Food with 'healthy eating' labels are high in fat
  - B Call to add 'healthy eating' labels to food
  - C 'Healthy eating' labels make obesity crisis worse

### Reading

#### 2 Read the text divided into three parts. Match questions 1–5 with paragraphs A–C.

##### Sleepwalking

**A** Recent research has uncovered some remarkable facts about sleepwalking. It has been established, for example, that most sleepwalkers rise from their beds during the first third of a night's sleep, during a stage of their sleeping cycle called non-REM sleep. During this stage, they are in deep sleep, and their brains are very inactive. The fact that the brain is not really thinking about anything explains why sleepwalkers walk around with blank expressions and, if woken, can't remember what they were doing. It also proves that the long-held belief that sleepwalkers act out dreams is simply not true. Sleepwalkers can't be dreaming if their brains aren't switched on. Remarkably, though, to my mind at least, the body, unlike the brain, is still active during non-REM sleep. Most people toss and turn in bed early in their sleep cycle, and pull at the bedsheets. Sleepwalkers simply take this behaviour to another level.

**B** While people of all ages may walk in their sleep, the phenomenon is most common in young children. It is believed that this is because their brains are still developing and, therefore, more likely to get confused. Sleepwalking has been described as a state of the

brain in which the boundary between being awake and asleep is uncertain. Something in the sleeper's brain tells the body to move when it should be telling it to rest. It makes sense, therefore, that sleepwalking children behave in the way they do. Not only is a child's brain immature, but it is also developing very fast. It is no surprise that it should make mistakes. It is no surprise either that most kids soon grow out of sleepwalking. It is harder to explain why the phenomenon seems to run in families, though, and why it is much more likely that a boy, rather than a girl, should be a sleepwalker.

**C** It has been shown that children are more likely to go sleepwalking when over-tired or stressed, so a simple remedy is often to make sure they get a good night's sleep. Cutting out certain medicines or food types may also have a positive effect on a person's tendency to sleep walk. Sleepwalking may be a symptom of something more serious in adults, however. Indeed, it could be a symptom of Parkinson's disease. It is also fair to say that walking around in your sleep, unaware of what you are doing or where you are going is, naturally, dangerous in itself. Many have had accidents, and some have committed crimes. In 2005, a British man was found not guilty of murdering his father after he explained to the court that he had killed him while walking round the house fast asleep.

**In which paragraph does the author ...**

- 1 dismiss a once popular theory about sleepwalking? \_\_\_\_
- 2 express concerns about sleepwalking? \_\_\_\_
- 3 admit to a current lack of understanding about why particular people sleepwalk more than others? \_\_\_\_
- 4 express surprise about an aspect of sleepwalking? \_\_\_\_
- 5 provide an example of why sleepwalking in adults may be problematic? \_\_\_\_

**End of skills practice,  
Thanks!**