

E11- REVISION FOR THE MID-SECOND TERM TEST (2022) -READING

Read the following passage and mark the letter A, B, c, or D to indicate the correct word or phrase that best fits each of the numbered blanks.

HEALTHY LIVING

Millions of people today are overweight and out of shape. This is due in part (1) _____ their diet, which is often high in sugars and fats. Another (2) _____ is that too many of us spend our evenings glued (3) _____ the television, instead of doing something to keep (4) _____ fit. Today hectic lifestyles also prevent us (5) _____ spending as much time as we should on staying in shape. Long hours at school and work don't (6) _____ much time for healthy eating. Convenience food, such as (7) _____ meals and canned vegetables, saves time but is often (8) _____. Fast food and takeaways are also (9) _____ for many health problems. In order to enjoy good health, a regular programme of (10) _____ is essential. This can be anything from gentle forms of yoga (11) _____ body building. Doing a little exercise every day so as not to develop (12) _____ problems is something that all of us should consider, young and old. If you don't practise any form of exercise now, it is for you to choose one and start today and get in shape!

(Source: Adapted from 'Laser BI +)

1. A. of	B. to	C. in	D. at
2. A. reason	B. effect	C. result	D. consequence
3. A. in	B. on	C. to	D. at
4. A. them	B. themselves	C. us	D. ourselves
5. A. from	B. against	C. about	D. with
6. A. take	B. leave	C. spend	D. waste
7. A. freeze	B. freezing	C. frozen	D. unfrozen
8. A. health care	B. healthful	C. healthy	D. unhealthy
9. A. responsive	B. reacted	C. responsible	D. irresponsible
10. A. exercises	B. exercise	C. homework	D. housework
11. A to	B. but	C. and	D. with
12. A. healthy	B. unhealthy	C. health care	D. health

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

Super Size Me is a 2004 film by Morgan Spurlock, in which he documents his experiment to eat only McDonald's fast food three times a day, every day, for thirty days.

Spurlock made himself a short list of rules for the experiment, including an obligation to eat all of the three meals he ordered. He also had to 'Super Size', which means accepting a giant portion every time the option was offered to him. He ended up vomiting after the first Super Size meal he finished, after taking nearly twenty minutes to consume it.

After five days Spurlock put on almost 5kg, and he soon found himself feeling depressed, with no energy. The only thing that got rid of his headaches and made him feel better was another McDonald's meal, so his doctors

told him he was addicted. More seriously, around day twenty, he started experiencing heart palpitations and one of the doctors detected liver problems. However, in spite of his doctor's advice, Spurlock continued to the end of the month and achieved a total weight gain of 11 kg. His body mass index also increased from a healthy 23.2 to an overweight 27.

It took Spurlock fifteen months to recover from his experiment and return to his original weight, but the film also had a wider impact. Just after its showing in 2004, McDonald's phased out the Super Size option and healthier options like salads appeared on the menu. Unfortunately, McDonald's denied the connection between the film and the changes, but it is interesting to note how closely they coincided with the release of the film.

(Source: Solutions Intermediate)

13. Which of the following is the best title for the passage?
A. An experiment with McDonald's fast food B. Putting on weight due to eating fast food
C. Connection between fast food and heart diseases D. How fast food trigger liver damage
14. Which of the following is **TRUE** about Morgan Spurlock?
A. He had to eat Super Size meal once a week. B. He had to eat Super Size meal twice a day.
C. He had to eat Super Size meal three times a week. D. He had to consume Super Size for three meals a day.
15. In paragraph 2, the word “**giant**” is closest in meaning to _____.
A. Light B. balanced C. big D. healthy
16. Which of the following could get rid of Spurlock's headaches?
A. Salad B. a McDonald's meal C. a pain killer D. nothing
17. According to the passage, all of the following are the results of the experiment EXCEPT _____.
A. Spurlock put on weight B. The experiment affected his heart
C. The experiment affected his liver D. He became fairly relaxed and energetic
18. The word “its” in paragraph 4 refers to _____.
A. McDonald's B. the experiment C. The film Super Size Me D. the menu

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

In 2002, several obese teenagers in the USA sued McDonald's, claiming that the company was responsible for making them fat. They argued that McDonald's deliberately misled them into thinking that their cheeseburgers and other products were healthy and nutritious food. They claimed that the company had not warned them about the health problems that can result from eating too much salty, high-fat food and drinking too many sugary drinks: diabetes, high blood pressure and obesity. The mother of one of the children, who at the age of 15 weighed more than 180 kilograms, said in her statement: 'I always believed McDonald's was healthy for my son.'

McDonald's rejected the claim that they were responsible for these teenagers' health problems. 'People don't go to sleep thin and wake up obese,' said McDonald's lawyer, Brad Lerman. 'The understanding of what hamburgers and French fries do has been with us for a long, long time,' he added. The judge ruled, and dismissed the

case, saying: 'it is not the place of the law to protect people against their own excesses.' In other words, if people choose to eat a lot of unhealthy food, they can't blame the company that sold it to them.

Other similar lawsuits against fast food companies in the USA have also failed. In 2005, the US House of Representatives passed a bill which became known as the 'Cheeseburger Bill'. It made it much harder for obese people to take legal action against the food industry. However, the bill has not ended the arguments about responsibility. There is some scientific evidence to suggest that fast food is addictive, and harmful too. So is selling fast food the same, in a way, as drug-dealing?

(Source: Solutions Intermediate)

20. Which of the following is the best title for the passage?

A. Obesity – who is to blame? B. Is fast food addictive?
C. Is fast food really healthy? D. How to get rid of fast food?

21. According to the obese teenagers in the USA who sued McDonald's, which of the following health problems was NOT mentioned?

A. Diabetes B. hypertension C. obesity D. heart disease

22. In paragraph 2, the word "rejected" is closest in meaning to _____.

A. Accepted B. denied C. ignored D. agreed

23. In paragraph 2, the word "it" refers to _____.

A. Law B. healthy food C. unhealthy food D. bill

24. What happens if people choose to eat a lot of unhealthy food?

A. The company will be responsible for their health problems.
B. They may get financial support from the company.
C. They will surely succeed in lawsuits.
D. They can't force the company to be responsible for them.

25. In paragraph 3, the word "failed" is closest in meaning to _____.

A. Not famous B. not important C. not successful D. not proud

26. According to the passage, which of the following is NOT true about fast food?

A. Salty and high-fat B. addictive C. Nutritious D. harmful

Choose the correct answer A, B, C or D to complete the passage

London is famous for its parks and gardens. Some of them belong to the Crown but they are all open to the public and the entrance is (27) In St James's Park you can watch and feed swans, ducks, geese and other water birds. Hyde Park used to be a hunting ground and is still popular (28) horse riders.

Those who like a good argument should go to the Speaker's Corner to listen to individuals (29) their speeches on various subjects. Regent's Park now houses London Zoo and open-air theatre where Shakespeare's plays are staged in summer. Not all the parks are in the city centre. Greenwich and Richmond are located (30) the suburbs. All these areas of green give the (31) an excellent chance to enjoy some peace and quiet away from traffic and crowded streets.

27. A. free of charge	B. produced	C. kept	D. contributed
28. A. to	B. on	C. with	D. by
29. A. gave	B. giving	C. give	D. given
30. A. on	B. by	C. with	D. in
31. A. workers	B. city-dwellers	C. countrymen	D. farmers

Give the correct form of word

32. Buying organic food is better for the environment because it uses less (FERTILIZE)

33. I remembered having off the lights before leaving home. (SWITCH)

34. You have to be highly to do well in these subjects. (COMPETE)

35. I wonder if you could tell me who was awarded the (SCHOLAR)

36. My dad said that I'd better spend more time on my (STUDENT)