

Technical English Final Test

Name: School:

Last name: Date:

I. Vocabulary matching

Paragraph 1

- | | |
|---------------|---|
| 1. suffer | a. The kinds of food that a person, animal, or community habitually eats. |
| 2. Illness | b. Starting to get a disease or illness. |
| 3. developing | c. How much of something. |
| 4. reduce | d. Experience something bad or unpleasant. |
| 5. amount | e. O2 |
| 6. oxygen | f. A disease or period of sickness affecting the body or mind. |
| 7. Diet | g. Make smaller or lower. |

Paragraph 2

- | | |
|----------------|--|
| 8. conducted | h. Encounter or undergo an event or happening. |
| 9. habit | i. A regular way of doing something, especially one that is hard to stop doing or give up. |
| 10. likely | j. Stopping something from happening. |
| 11. experience | k. Did; carried out. |
| 12. cognitive | l. Relating to mental actions or processes. |
| 13. decline | m. Such as well might happen or be true; probable. |
| 14. preventing | n. A gradual and continuous loss of strength, numbers, quality, or value. |

II. Synonym match: (The words on the left are from the news article.)

- | | |
|--------------|------------------|
| 1 world | a developing |
| 2 dementia | b cut |
| 3 reduce | c carried out |
| 4 amount | d correct |
| 5 promoting | e mental illness |
| 6 conducted | f experience |
| 7 discovered | g globe |
| 8 suffer | h chances |
| 9 right | i quantity |
| 10 risk | j Found |

III. Language Cloze

Listen, and write the correct letters "a", "b", "c" or "d" from the table below in the above article.



<p>People around the world are living longer. This (1) <input type="text"/> there are more people who suffer from mental illnesses like dementia. Researchers have found that food can cut the (2) <input type="text"/> of developing dementia. In particular, if people eat food that contains flavonoids, they could (3) <input type="text"/> their chances of getting dementia by a third. Flavonoids are chemicals that give fruit and vegetables their (4) <input type="text"/> colours. They help increase the (5) <input type="text"/> of oxygen going to the brain. They are in produce such as blueberries, oranges, (6) <input type="text"/> and strawberries. Researcher Dr Walter Willett from Harvard University said: "A colourful (7) <input type="text"/> rich in flavonoids seems to be a good bet for promoting long-term (8) <input type="text"/> health."</p>	<ul style="list-style-type: none">a) reduceb) peppersc) braind) meanse) brightf) chancesg) dieth) amount
<p>Dr Willett conducted a study of the eating habits and (9) <input type="text"/> health of around 77,000 (10) <input type="text"/> -aged people for 20 years. He discovered that people who ate more flavonoids were less (11) <input type="text"/> to experience signs of cognitive (12) <input type="text"/> later in their life. The researchers said people who ate more flavonoid-rich food were 38 per cent less likely to (13) <input type="text"/> from mental decline. Dr Willett said this meant people in their later years could feel up to four years younger with the (14) <input type="text"/> diet. He added: "Flavonoids are powerhouses when it comes to preventing your thinking (15) <input type="text"/> from declining as you get older. Adding colour to your plate may lower the (16) <input type="text"/> of cognitive decline."</p>	<ul style="list-style-type: none">a) likelyb) sufferc) riskd) middlee) skillsf) mentalg) declineh) right

V. Multiple Choice Quiz

Write the letters "a", "b", "c" or "d" to answer the next questions:

- 1) Who does the article say are living longer?
 - a) researchers
 - b) strawberry farmers
 - c) people around the world
 - d) old people
- 2) Does food with flavonoids reduce dementia?
 - a) Yes, it does.
 - b) No, it doesn't.
 - c) Yes, it did.
 - d) No, it didn't.
- 3) What do flavonoids give to fruit and vegetables?
 - a) colour
 - b) flavour
 - c) hope
 - d) a bitter taste
- 4) What do flavonoids increase the amount of in the brain?
 - a) colour
 - b) oxygen
 - c) fibre
 - d) iron
- 5) What food was mentioned besides blue berries, oranges and strawberries?
 - a) chocolate smoothie
 - b) bananas
 - c) beef steak
 - d) peppers
- 6) What can a colourful diet rich in flavonoids promote?
 - a) painting
 - b) taste
 - c) long-term brain health
 - d) meat dishes
- 7) How many people did researchers look at in the study?
 - a) exactly 77,000
 - b) around 77,000
 - c) more than 77,000
 - d) fewer than 77,000
- 8) How long did this study last?
 - a) five years.
 - b) ten years.
 - c) fifteen years.
 - d) twenty years.
- 9) When might we be less likely to experience signs of cognitive decline?
 - a) from the age of 72
 - b) after eating a strawberry
 - c) when becoming vegetarian
 - d) later in life
- 10) By how much might flavonoid-rich food cut the risk of mental decline?
 - a) 33%
 - b) 38%
 - c) 33.33%
 - d) 35%
- 11) How much younger might flavonoids make you feel?
 - a) years younger
 - b) up to four years younger
 - c) a lot younger
 - d) the number of strawberries you eat times 127
- 12) Does a rich diet help people look older?
 - a) Yes, it is.
 - b) No, it isn't.
 - c) Yes, it does.
 - d) No, it doesn't.
- 13) Are flavonoids good to prevent our thinking skills decline?
 - a) Yes, it is.
 - b) No, it isn't.
 - c) Yes, they are.
 - d) No, they aren't.
- 14) What did a researcher say could be added to your plate?
 - a) colour
 - b) spinach
 - c) flavour
 - d) sauce