

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. O ₂
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
- 2 dementia
- 3 reduce
- 4 amount
- 5 promoting
- 6 conducted
- 7 discovered
- 8 suffer
- 9 right
- 10 risk

- a developing
- b cut
- c carried out
- d correct
- e mental illness
- f experience
- g globe
- h chances
- i quantity
- j Found

III. Language Cloze

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



People around the world are living longer. This (1) there are more people who suffer from mental illnesses like dementia. Researchers have found that food can cut the (2) of developing dementia. In particular, if people eat food that contains flavonoids, they could (3) their chances of getting dementia by a third. Flavonoids are chemicals that give fruit and vegetables their (4) colours. They help increase the (5) of oxygen going to the brain. They are in produce such as blueberries, oranges, (6) and strawberries. Researcher Dr Walter Willett from Harvard University said: "A colourful (7) rich in flavonoids seems to be a good bet for promoting long-term (8) health."

- a) reduce
- b) peppers
- c) brain
- d) means
- e) bright
- f) chances
- g) diet
- h) amount

Dr Willett conducted a study of the eating habits and (9) health of around 77,000 (10) -aged people for 20 years. He discovered that people who ate more flavonoids were less (11) to experience signs of cognitive (12) later in their life. The researchers said people who ate more flavonoid-rich food were 38 per cent less likely to (13) from mental decline. Dr Willett said this meant people in their later years could feel up to four years younger with the (14) diet. He added: "Flavonoids are powerhouses when it comes to preventing your thinking (15) from declining as you get older. Adding colour to your plate may lower the (16) of cognitive decline."

- a) likely
- b) suffer
- c) risk
- d) middle
- e) skills
- f) mental
- g) decline
- h) 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