

## READING

### Task 4

Read the text below. Match choices (A–H) to (17–21). There are three choices you do not need to use. Write your answers on the separate answer sheet.

#### HOW TO PACK FOR MOVING DAY

17

Go from room to room. You need to pack room by room so that you don't forget anything. Starting with the smallest room, like a half bathroom, and working towards a larger room, like the basement or kitchen, is the best approach.

18

Do one room per day or one room every other day. It should take you at least an hour no matter what the room size, so don't wait until the last minute.

19

Set them aside. Don't let movers take these items at the risk of them damaging something irreplaceable. Take as much as you can in your own vehicle to the new place.

20

It will be easier to find the rooms that they will be going into in the new house. This will save you a lot of time once you get into your new house because you won't be going back and forth from room to room with boxes. They will already be put in the right room and ready to be unpacked.

21

If you don't think you'll ever use something again, pitch it. This will save you a lot of time in the end because let's face it, buying a new home and moving into it are two immense tasks to take on at once.

- A Get rid of items you don't need!
- B Do a general cleaning of your home
- C Properly pack fragile items
- D Clean the kitchen appliances!
- E Put the items you pack into boxes labelled
- F Give yourself enough time
- G Keep important papers with you during the move
- H Don't get scatter-brained

### Task 5

Read the text below. For each empty space (22–26) choose the correct variant (A, B, C, D). Write your answers on the separate answer sheet.

## ECO-TOUR ADVENTURE IN ECUADOR

*By Mike Adams*

Imagine walking through the rainforests of Ecuador, surrounded by medicinal plants and wild foods. Harmonies of birds and locusts blanket the forest from lush treetops. Your group pauses for a moment to take it all in... that's when you discover you're standing right next to a sacred Sangre de Drago tree, rich with natural medicine, standing five stories tall with a gorgeous canopy of leaves shaped like hearts. Your group guide makes a small incision on the tree bark and the medicine begins to flow: It's an anti-cancer tree sap, made of 90 % proanthocyanidins. It's been used by the Shuar Indians as living medicine for centuries and now you're getting to taste it fresh, raw and wild, right off the tree...

This scene isn't fiction. I experienced it myself a few weeks ago as part of an eco-tourism mission. I was invited as a guest to go on a preview of this tour, and what I experienced was truly breathtaking: Hikes through the national forest, the identification and sampling of wild herbs, and the tasting of all varieties of exotic wild foods that I never even knew existed. This tour, called the 'Amazon Wild Foods and Medicinal Plants Adventure,' promises five days of adventure in Ecuador that you'll remember for a lifetime.

The tour is focused on Zamora, a magical town in Southern Ecuador that's host to a magnificent assortment of wild foods and medicines. What's really amazing about this particular tour is that you'll have the opportunity to identify, harvest and experience numerous wild foods and herbal medicines straight from the Ecuadorian rainforest. You'll also get the opportunity to visit a local herbalist who makes his own powerful medicinal tinctures using local wildcrafted herbs in the way they have been traditionally used for generations by the indigenous Shuar culture of Southern Ecuador.

The January tour being offered in Zamora will also be repeated later in June. I'm told, so if you can't make the January timeframe, contact them anyway to inquire about adventures later in summer.

And, yes, the company organizing this tour books your local airfare and hotels, too. They also arrange for your ground transportation and two meals a day. Most of the planning is already done for you.

**Enjoy Ecuador!**

## Task 6

Read the text below. Match choices (A–H) to (27–32). There are two choices you do not need to use. Write your answers on the separate answer sheet.

### TV, ADVERTISING AND DIET

27 When we slouch on the couch and spend hours staring at that colourful electronic box called a television, we are actually, subconsciously, taking in hours of subtle indoctrination via TV commercials. The study, published online in the International Journal of Behavioural Nutrition and Physical Activity, found that teens who watch more than 5 hours of TV each day are more likely to become fast food junkies when they reach young adulthood.

28 The study had looked at data on 1,366 students from high school and 564 students from middle school. The researchers found that high school students who watched over 5 hours of TV each day consumed less fruits, vegetables, whole grains and calcium-rich foods as young adults, and instead had a higher intake of fast food, fried foods, snack foods, sugary drinks as well as foods with trans fats.

29 This study has brought our attention to an important issue — the impact of the media is real and very pronounced. 'This research suggests that heavy TV-viewing adolescents consume about 200 more calories per day than those who watch a moderate amount of TV. That is a lot of calories by anyone's count,' said Frederick J Zimmerman, an assistant professor at the Child Health Institute of the University of Washington. He also added that these findings will not be unexpected for people familiar with research connecting TV, advertising and diet.

30 The kids are still very young, and it is clear that parents have an important role to play in influencing their habits and choices. This is another key issue which we need to take note of. 'Parents need to adhere to the American Academy of Paediatrics' recommendation that children watch less than two hours of quality television per day,' said Barr-Anderson.

31 Another recent worrying study on the state of health of our young ones explains how poor sleep and lack of sleep were found to be causing heightened blood pressure in healthy adolescents. This increase could not be explained by other factors such as obesity or socioeconomic status. Even more alarming was what a study revealed — that children and teenagers had arteries which were as degenerated as middle aged adults. The study had found that more than 50 % of the 70 young persons who were involved in the study were about 3 decades older than their actual age.

32 'For those looking to nudge their families in the right direction, implement a rule in your home of no eating while the TV is on. Or if that's too tough, then insist that only fruits and vegetables and water get consumed while viewing TV. You could also require that for every hour of TV viewed, each member of the family needs to engage in at least 20 minutes of vigorous exercise,' suggested Thompson.

This passage tells us about...

- A the recommendations we need to accept in order to avoid the problem
- B the necessity to assume the negative results of the survey
- C the influence of TV commercials
- D the diet commercials
- E another important finding
- F the details and findings of the study
- G the role of parents
- H the fast food addicts

### Task 7

Read the text below. Choose from (A–H) the one which best fits each space (33–38). There are two choices you do not need to use. Write your answers on the separate answer sheet.

#### HALLOWEEN

Halloween is the perfect time (33) \_\_\_\_\_. We never forgot the thrill of yelling 'TRICK OR TREAT' and getting that candied apple, popcorn ball or candy bar dropped in our bag from when we were children. That same excited child still lives in all of us, we just pretend it does not matter anymore. We relive the thrill every year when the kids come to our door and repeat the same ritual we did so many years ago.

Lets face it the world is not as safe (34) \_\_\_\_\_, and parents no longer take their children to the homes of strangers to collect treats the way our parents did. Most parents take their children to one of the thousands of malls across America to trick or treat. I did it myself once, but I never will again. The lines are long, it is boring and the candy is cheap. I came up with an idea that changed all that and my children remained equally safe.

All the parents in the office I worked at brought in their own bags of candy and we divided it all up and gave it to every worker, along with permission to eat (35) \_\_\_\_\_ but save some for the children. We all left work a little early and brought our costumed children back to the office. At a predetermined time we started going from office to office and desk to desk allowing the kids to Trick or Treat. It was a blast!

The children went right up to the desk of each person and received the candy purchased by the parent. The employee did not need to get out of their seats and it only took up one or two minutes of the workers time to give treats to all the children. I honestly believe the employees giving the treats enjoyed it more (36) \_\_\_\_\_. They talked about it for days!

The following Halloween I had more employees without children asking if we were going to get to do it again than employees with children. It created a bond between all of the employees and bonded employees make better teammates (37) \_\_\_\_\_.

I have also worked in offices (38) \_\_\_\_\_ filled with candy for their co-workers. It puts a bit of excitement in the air and everyone is happy and productive for the day! So go out there and let your inner child run free for the day and trick or treat in your own chosen way at the office this year.

- A where people brought in little plastic pumpkins
- B to enjoy that excitement in the office
- C without spending a penny on it
- D as much as they want
- E to have fun and build comradeship at the office
- F than the children did
- G as it used to be
- H when working on various projects