

TEST – UNIT 7

Listening

1>  07 Listen to the interview and choose the correct answers.

- 1 Which is true of children aged 3–7?
 - a Even a quarter of them might occasionally sleepwalk.
 - b They're less likely to sleepwalk than adults.
 - c They have sleepwalking incidents in about 15% of their sleep time.
 - d Only about 4% of them sleepwalk.
- 2 Adults might experience sleepwalking
 - a as a result of taking some medicine.
 - b because it's a natural sleep pattern for them.
 - c due to having nightmares.
 - d because they often feed their children at night.
- 3 According to Anna, sleepwalkers may often
 - a walk out of their homes.
 - b prepare a meal.
 - c use their cars.
 - d drink some cold water.
- 4 Anna says that a myth about waking a sleepwalking person is that
 - a it might cause the sleepwalker to be aggressive.
 - b it should be done rather carefully.
 - c it should always be avoided.
 - d it should be done by pouring water over their head.
- 5 During the interview, Anna mainly
 - a presents some basic facts about sleepwalking.
 - b describes some methods of treating sleepwalking problems.
 - c focuses on the causes of sleepwalking disorders.
 - d discusses a possible treatment for sleepwalking.

Reading

2> Read the text. Answer questions 1–6. Two questions do not match any of the paragraphs.

Which paragraph...?

1	mentions the negative social effects of working out	
2	discusses the influence of a person's mental state on the nature of the work out	
3	explains the relationship between working out and happiness	
4	offers advice on what to eat before working out	
5	lists some of the health problems that working out might cure	
6	talks about how working out affects an individual's dietary habits	

A

Nowadays, a regular gym workout has become a symbol of a healthy lifestyle, and it's certainly true that a well-designed and regular exercise routine helps safeguard you from a range of health problems commonly associated with a more sedentary lifestyle, whether it is obesity or heart disease. But, can exercise also be bad for you? According to some researchers, it may well be, especially if you start overdoing it and forget about the negative consequences of regular, strenuous exercise.

B

Beginning with some of the less serious problems, workouts may make it impossible to keep to a healthy, low-calorie diet. A lot of people who go to the gym regularly find it hard to cut down on carbohydrates because they constantly need a lot of energy. This often results in them consuming more and more calories – leading to weight gain and unhappiness – and quitting exercise altogether only to go back to their previous unhealthy lifestyle.

C

What might happen whenever you overdo a gym workout, is not only a strain on your muscles, it's also a strain on your mind. It is well known that exercise can easily become addictive due to the fact that it boosts the production of endorphins, the 'hormones of happiness'. As we get used to the increasingly high levels of these hormones, we might become compulsive athletes or body builders and experience anxiety or even depression if, for some reason, we miss a single workout.

D

Paradoxically, getting too serious about body building may also result in some individuals seeing themselves in a bad light because of the desire to build the 'perfect body'. This, in turn, makes them intensify their workout routines, often at the cost of social interactions. But because the ideal is forever out of reach, they are likely to experience anxiety, depression and even some form of social phobia.

Language functions

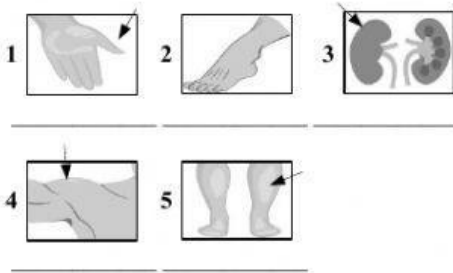
3> Choose the correct option to complete each sentence.

- 1 I've been feeling *poor* / *unwell* for a few days, so I should see the doctor.
- 2 What would you *advise* / *suggest* me to do about it?
- 3 To improve the situation, I'd create a list of *expectations* / *recommendations*.
- 4 I think you *should* / *ought* to stay in bed for a day or two.

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Vocabulary

4) Label the pictures.



5) Complete the sentences with the correct form of the words in brackets.

- The company carries out _____ (*medicine*) research.
- The new wonder drug proved to be extremely _____ (*profit*), and the company earned millions of dollars through selling it.
- Unfortunately, some bacteria are _____ (*resist*) to antibiotics.

6) Complete the sentences with the missing words. The first letters have been given.

- My sprained wrist got awfully s _____ shortly after the accident. It looked twice as big as it should be.
- I've got a really s _____ throat. I can barely speak at the moment.
- I don't need a course of antibiotics. It's only a minor i _____, so some vitamin C tablets will do.

7) Translate the Polish parts of the sentences into English.

- He's making a quick _____ (*powrót do zdrowia*) after the surgery.
- Amazingly, the human body can _____ (*przystosować się do*) really extreme conditions.
- I was _____ (*zdekoncentrowany*) during the test because of the noise in the corridor.

Grammar

8) Complete the sentences with the correct form of the verbs in brackets. Use the second conditional.

- If healthy food _____ (*be*) cheaper, more people _____ (*buy*) it.
- What _____ (*you / do*) for the health care system if you _____ (*have*) a high position in the government?
- If we _____ (*not throw*) away things so readily, we _____ (*not produce*) so much waste.

9) Complete the second sentence so that it means the same as the first, using the past modals of deduction.

- I'm sure he did it on purpose.
He _____ it on purpose.
- It's not possible they knew about the problem.
They _____ about the problem.
- You possibly called the wrong number.
You _____ the wrong number.
- I'm positive she didn't go out anywhere.
She _____ out anywhere.
- It's obvious he felt very embarrassed.
He _____ very embarrassed.

English in use

10) Choose the answer a, b or c that means the same as the Polish parts of the sentences in brackets.

- _____ (*Na twoim miejscu*), I'd consult a specialist immediately.
a In your place
b If I were you
c Up to you
- There are some dangerous viruses that attack the _____. (*wątroba*).
a skull
b spine
c liver
- I'm not sure, but they _____ (*pokłócili się*) again.
a could have had an argument
b will have an argument
c must have had an argument
- I was disappointed with the service. _____ (*Dlatego*), I suggest you go somewhere else.
a However
b Therefore
c Though
- I need to _____ (*umówić się na*) another appointment at the health care centre next week.
a get
b take
c make

Writing

11) Read the instruction and do the writing task.

Przebywając za granicą, wzięłeś/wzięłaś udział w kilkudniowym kursie poświęconym zdrowemu stylowi życia. Jesteś rozczarowany / rozczarowana przebiegiem kursu. Napisz do organizatora kursu **list z zażaleniem** (200–250 słów), w którym wyjaśnisz, dlaczego kurs nie spełnił Twoich oczekiwań, oraz zaproponujesz rozwiązania, które sprawią, że tego typu kursy w przyszłości będą bardziej atrakcyjne dla uczestników.