Section II: Reading

A. Giving short answer

Exercise 1: Look at the students' answers in the table below and make them shorter if necessary

Questions	Students' answers	Short answer
1. What were his parents afraid of?	There was a possibility that he would have problems with his health	*His possible health problems*
2. When did they first find out there was a problem?	When doctors did a medical examination during the mothers' pregnancy	
3. How does his illness affect him?	At the moment he is not effectively by it at all but he needs to take medication	
4. What will happen in the future?	Nobody knows that yet	

Exercise 2: Answer these questions **WITH NO MORE THAN THREE WORDS**

1. What do you think is the best way to lose weight?
2. How do you feel about football?
3. What do you enjoy doing in your free time?
4. Why is exercise important?

Practice 1: Using **NO MORE THAN FOUR WORDS** for each, answer the following questions:

THE BODY

The concept of the "body" is closely related to the ideas of "illness" and "health". All of us exist in "bodies" of different shapes heights, colors and physical abilities. The main reasons for the differences are genetic, and the fact that people's bodies change as they age. However, a huge range of research indicates that there are social factors too. Poorer people are most likely to eat "unhealthy" foods, to smoke cigarettes and to be employed in repetitive, physically difficult work or the opposite: boring, inactive employment. Moreover, their housing conditions and neighborhoods tend to be worse. All of these factors impact upon the condition of a person's health: the physical shapes of bodies are strongly influenced by social factors.

There social factors are also closely linked to emotional wellbeing. People with low or no incomes are more likely to have mental health problems. It is not clear, however, or whether it is the other way around. For example, certain people with mental health issues may be at risk of becoming homeless, just as a person who is homeless may have an increased risk of illnesses such as depression.

There are other types of social factors too. Bodies are young or old, short or tail, big or small, weak or strong. Whether these judgements matter and whether they are positive or negative depends on the cultural and historical context. The culture- and the media- of different societies promote very different valuations of body shapes. What is considered as attractive or ugly,

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normal or abnormal varies enormously. Currently, for example, in rich societies the idea of slimness is highly valued, but historically this was different. In most societies the ideal body shape for a woman was a "full figure" with a noticeably belly, while in middle-aged men, a large stomach indicated that they were financially successful indicated that they were financially successful in life. In many traditional African and Pacific island cultures, for example, a larger body shape was a sign of success and a shape to be aimed at.

It is easy for people to feel undervalued because of factors they have no power to change, for example, their age and their height. Equally, they can feel pressured into making changes to their appearance when there is a choice, which in extreme cases can lead to obsessions with weight loss and fitness regimes.

Sociologists, then, are suggesting that we should not just view bodies and minds in biological terms, but also in social terms. The physical body and what we seek to do with it change over time and society. This has important implications for medicine and ideas of health. Thus, the idea of people being "obese" is physically related to large amounts of processed food, together with lack of exercise, and is therefore a medical issue. However, it has also become a mental health issue and social problem as a result of people coming to define this particular body shape as "wrong" and unhealthy.

1. *In what ways do our bodies physically differ?*
2. *Why do our bodies differ physically?*
3. *What types of jobs are poor people likely to have?*
4. *What aspects of poor people's living environments are not good?*
5. *What influences how groups of people value bodies?*
6. *What have wealthy cultures changed their opinion about?*
7. *In the past, what part of the body could indicate that people were rich?*
8. *According to sociology, in what ways should we think about the body?*
9. *Which two physical factors contribute to whether people are obese or not?*
10. *What does society sat that being obese is?*

b. Completing sentences

Exercise 3: In the following sentences, underline any words that refer to a similar idea or thing. The first one has been done for you.

1. Your mobile phone contains small amounts of gold and platinum, as well as less valuable metals.
2. There are some materials that allow electricity to pass through them. These electrical conductors are used in many different appliances in the home.
3. Another example is electrical insulators, substances that do not let electricity pass through.
4. We sell any computer you can imagine, from the traditional desktop to tablet computers and other kinds of mobile computers, as well as cameras and e-readers.
5. Your smartphone's operating system may have the same or a different OS to the one controlling your tablet.

*Practice 2: Complete the sentences below. Choose **NO MORE THAN TWO WORDS OR NUMBERS** from the text for each answer*

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Cupcakes are made from a mixture of ingredients. Different flavoured cupcakes have different mixtures. The icing used to decorate the cakes contains sugar, water, colouring and flavouring. Water and sugar are different types of compounds. These compounds are made from elements.

Elements, compounds and mixtures

Chemical substances occur in three types.

- Elements – these contain one type of atom only. They cannot be chemically broken down into simpler substances.
- Compounds – these contain two or more different elements bonded together. A chemical reaction is needed to break up a compound. This will involve energy.
- Mixtures – these may contain two or more elements and/or compounds. They are mixed in any proportion and can be separated out.

When a baker mixes the flour, sugar, fat, eggs, flavouring and colour together to make cupcakes, he or she is making a mixture. The icing sugar, water and colour make a different mixture. The sugar and water are compounds.

The compound water is made from the elements hydrogen and oxygen. Sugar contains the elements hydrogen, oxygen and carbon.

In this unit, we will be looking at flavourings, the substances that are added to food or drink to give it a particular taste. They are added because people would probably refuse to eat certain products without them. Margarine and ice cream, for example, would have unacceptable tastes, whereas certain jellies, some other sweets, and meat replacement products would have little or no taste.

Natural flavours are those found in nature. Those from vegetable sources include vanilla, strawberry, lemon and nuts. An example of an animal source is beef flavouring, added for example to chips. Essential oils and fruit juices can also be used to flavour foods. They are sourced in nature and obtained through physical processes such as distillation and fermentation.

Some animal flavours, such as bacon and beef flavour in crisps, are vegetarian because they are artificial rather than made from animal sources.

There are also nature-identical flavourings. An example is vanillin, which is often produced cheaply from lignin, a polymer, rather than from vanilla pods. These flavourings are chemically identical to natural flavourings, but have been produced chemically rather than naturally, e.g. by a process of chemical extraction. The human body does not notice the difference as their molecules are identical to natural ones.

Artificial flavourings consist of chemically synthesized compounds which have no source whatsoever in nature. Although the word natural has positive connotations, some natural flavours may have contaminated sources, which are harmful. Artificial flavours undergo strict testing because they are subject to laws (e.g. The European Flavouring Regulation (1334/2008) and may therefore be purer and safer. Using natural flavourings is also more expensive and may be considered a waste at a time when we are trying to preserve nature.

1. *A compound cannot be separated without energy and a.....*
2. *Although mixtures consist of a combination of elements and compounds, it is possible for these to be.....*
3. *If flavorings were not added, people would probably.....to consume margarine.*
4. *Flavors can only be described as natural if they have a natural.....*
5. *Vanillin is chemically produced, but.....in chemical composition to a natural flavoring.*

***Practice 3**: Complete summaries A and B with words from the corresponding passage below.*
*Use **NO MORE THAN ONE WORD** for each answer.*

Passage A

Managers need a range of communication skills to carry out their jobs effectively. They need to be able to articulate their ideas and vision to convey enthusiasm. Good managers may, at times, need to be able to argue points cogently and to persuade people to their point of view. However,

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good managers appreciate that communication is a two-way process, and that listening is an important element of communication. Listening to the views of others can help to test ideas as well as to develop new products and methods of production.

The most common forum in which managers are required to communicate are meetings. It is important for managers to plan for meetings, whether with a single person or with a group. Managers should not invite too many participants to keep numbers to a minimum. They should have a clear agenda for discussion and should exercise tight time controls to prevent meetings dragging on. Managers should enter each meeting with a clear of what they want it to achieve. At the end of a meeting, it is good practice to summarize what has been agreed and what needs to happen in the future.

Summary A

There should be a small number of (1).....at meetings and there needs to be a(2).....for any meeting, which will include a clear agenda. During the meeting there needs to be good (3)..... management and clarity about what the meeting should hopefully(4).....At the end, there should be a summary and agreement about (5).....action.

Passage B

Communication skills should not be taken for granted. Many managers require training in written and oral communication skills and many businesses would benefit from employing managers who speaks at least one other language.

Interpersonal skills are also necessary if a manager is to work successfully with other people. If managers lack interpersonal skills, then they are likely to be of limited effectiveness in their role. Managers with effective interpersonal skills can motivate others and can co-ordinate the work of their employees. To do this, managers may need to coach and encourage employees as well as solving disputes and, perhaps more importantly, preventing conflicts.

Summary B:

Working with other people is not always easy, but it is (6).....for their role of managers that they have interpersonal skills that are(7).....Their (8).....may need encouragement and help with (9).....and solving problems between colleagues.

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