

## Part 1 Reading

### Task 1

Read the texts below. Match choices (A-H) to texts (1-6)

1

#### Meditation

Suffering from stress? Is having too many things on your mind affecting your concentration? Come to one of our meditation classes and we will help you have a richer and deeper experience of life. You will develop calmness and peace of mind, and reduce any feelings of stress.

2

#### Indoor Cycling

Also known as 'spinning', this is a great workout done on stationary bikes that increases endurance and works the lower body. So if you don't want to bother with the weather, want to avoid physical risk, or need a little extra motivation from an instructor, come to one of our classes.

3

#### Aerobics

Have you been under a lot of pressure lately? Well, there is nothing like working up a little sweat to make you forget all about your problems. We offer a range of aerobics classes to suit everyone's needs and abilities.

4

#### Sailing

Whether you are setting foot on a boat for the first time or planning a trip along the coast, we will help you achieve your goals. We offer the best sailing lessons in the country both for beginners and more advanced levels. Because we realise that most people nowadays are very busy, we have also designed a number of weekend sailing lessons.

5

#### Scuba Diving

Our scuba diving classes not only teach you how to be a diver, they also allow you to fully enjoy your underwater adventures in a safe and comfortable way. You do not even have to buy any study materials or equipment.

6

#### Horse Riding

At our riding academy we teach children and adults how to ride. What better way to explore the great outdoors at the weekend than on a horse! Set off on one of the many trails on your own or accompanied by one of our guides. We provide all the equipment you need.

**Which activity would be suitable for someone who wants to \_\_\_\_\_?**

**A** take up a high-energy activity to beat stress

**B** explore the ocean depths

**C** exercise but is worried about getting injured

**D** improve their skills and become professional

**E** relax and find someone inner peace

**F** take up an activity, which is offered for free

**G** take up an activity that combines their love for animals and countryside.

**H** take up an outdoor activity on weekdays



## Task 2

Read the text below. For questions (7-12) choose the correct answer (A, B, C or D)

### 10 Ways to Improve Your Memory

1. We all remember the things we are interested in and forget the ones that bore us.

This no doubt explains the reason why schoolboys remember football results effortlessly but struggle with dates from their history lessons! Take an active interest in what you want to remember, and focus on it consciously. One way to make yourself more interested is to ask questions – the more the better.

2. Repeating things is the best way to remember things for a short time, e.g. remembering a phone number for a few seconds. 'Chunking' or grouping numbers would be impossible for most of us to remember: 1492178919318483. But look at them in 'chunks', and it becomes much easier: 1492 1789 1931 8483.

3. Another way to make something more memorable is to think about something visual associated with it. Design a mental picture and the stronger the picture the better you will remember it! If an English person studying Spanish wanted to remember the Spanish word for duck, 'pato', he/she could associate it with the English verb 'to pat' and imagine a picture of someone patting a duck on the head.

4. To remember long lists, try inventing a story which includes all the items you want to remember. In experiments, people were asked to remember up to 120 words using this technique and when they were tested afterwards, on average they could remember ninety percent of them.

5. If we organize what we know in a logical way then when we learn more about that subject we understand that better, and so add to our knowledge more easily. Make well-organised notes. Be sure things are clear in your mind. If not, ask questions until you understand!

6. Many experts believe that listening to classical music, especially Mozart, helps people to organize their ideas more clearly and so improves their memory. Sadly, rock music does not have the same effect.

7. If you do not want to lose your memory as you get older you need **to keep your brain fit**, just like your body: 'use it or lose it' is the experts' advice. Logic puzzles, crosswords and mental arithmetic are all good 'mental aerobics'.

8. Physical exercise is also important for your memory because it increases your heart rate and sends more oxygen to your brain, and that makes your memory work better. Exercise also reduces stress, which is very bad for the memory.

9. The old saying that 'eating fish makes you brainy' may be true after all. Scientists have discovered that the fats found in fish like tuna, sardines and salmon – as well as in olive oil – help to improve the memory. Vitamins C and E (found in fruits like oranges, strawberries and red grapes) and vitamin B (found in lean meat and green vegetables) are all good 'brain food', too.

10. Caffeine may not be too good for you, but like exercise, it increases your heart

rate and sends more oxygen to your brain. A cup of coffee really does help you concentrate when you sit down and study. And if you don't like coffee, don't worry – experts believe that chewing gum has the same effect!

**7 According to the first paragraph a good memory is \_\_\_\_\_.**

- A a “gift” of nature at birth
- B something inherently invariable
- C a result of your self-perfection
- D something that changes from time to time

**8 What does the author mean by saying that “you need to keep your brain fit” (line 31)?**

- A You need to attend a gym.
- B You need to go on a special diet.
- C You need to undergo special medical treatment.
- D You need to exercise your mind regularly.

**9 Which of the following can be inferred from the text?**

- A To be in good shape means to have a good memory.
- B For improving your memory you need to make some efforts.
- C You have to follow the experts' ten tips to improve your memory.
- D Listening to any kind of music helps you to improve your memory.

**10 According to the text, which of the following is true of ways to improve your memory?**

- A There are only ten ways to improve your memory.
- B You need to use special associations to improve your memory.
- C You can follow your own program to improve your memory.
- D “Mental aerobics” is the best way to improve your memory.

**11 When discussing the ways of improving the memory, the author mentions all of the following EXCEPT \_\_\_\_\_.**

- A Eating high-calorie food makes your memory better.
- B An excellent memory is not a God-given talent, it's hard work.
- C You can choose the most suitable way to improve your memory.
- D Brainwork and physical exercise are both important for improving the memory.

**12 According to the text, which of the following statements is true?**

- A To help your memory eating tuna is better than eating tomatoes.
- B Chewing gum is not advisable if you want to improve your memory.
- C Fatty meat is a good ‘brain food’ as it sends oxygen to your brain.
- D Reducing stress is very bad for the memory.



### Task 3

**Read the text below .Choose from (A-H) the one which best fits each space (13-18).There are two choices you do not need to use. Write your answers on the separate answer sheet.**

100-year-old woman who is still an active volunteer at her local hospital has vowed to keep going. Betty Lowe, (13) \_\_\_\_\_, was awarded the Member of the Order of the British Empire 12 years ago for her contribution to the Women's Royal Voluntary Service, a charity that provides a range of services for vulnerable people who might otherwise feel lonely.

She still helps out at her local WRVS shop at Hope Hospital, Salford, (14) \_\_\_\_\_ so that it can offer services from meals on wheels for elderly people to welfare centres for soldiers in the Army. The active lady, (15) \_\_\_\_\_ and had to attend an open-air school, is also still involved with the Girl Guides, 89 years after she first joined.

Miss Lowe said: "I've been in the guides since I was 11. I was very interested in it and I used to go camping and walking. I was a bit of an outdoor girl when I was younger."

She progressed to being a guide leader, a role in which she introduced hundreds of teenage girls to the organisation, running annual camping trips, and is still a member of the Trefoil Guild, an organisation of more than 20,000 members (16) \_\_\_\_\_.

She said: "I've been involved with the WRVS for 34 years and I still do half a day a week."

She never married or had children, but her nephew Peter Lowe says (17) \_\_\_\_\_ and bakes dozens of cakes for relatives. Mr. Lowe said: "She has a massive circle of friends and we all think she is marvellous. I think she loves being active. She doesn't like sitting around doing nothing." Miss Lowe had a run of accidents before her birthday, spending a week in hospital after a fall at home and suffering whiplash in a car accident while being driven to her nephew's house. But (18) \_\_\_\_\_ and more than 100 friends and relatives turned up to congratulate her on her centenary. She said: "I think it's very good to be 100. I've enjoyed all my life

- A** which raises money for the charity
- B** she had a party to celebrate
- C** she always liked children very much
- D** who has spent her life volunteering
- E** who was considered a sickly child
- F** who is known for her delicious cakes
- G** who have been involved with the Guides or Scouts
- H** she spends lots of time with the family

## Use of English

### Task 4

**Read the text .For questions (19-30)choose the correct answer (A, B, C or D)**

A new problem has arisen recently, in connection with Western healthcare and treatments. The world is entering an antibiotic crisis, which could make routine operations impossible and make a scratched knee (19)\_\_\_\_ fatal . the head of the World Health Organization has claimed. Every antibiotic ever developed is now at (20)\_\_\_\_ of becoming useless. This could (21)\_\_\_\_ in a return to the past –to the times before Alexander Fleming discovered penicillin. The (22)\_\_\_\_ problem has been caused by our misuse of antibiotics. One reason is that many people (23)\_\_\_\_ to finish their course of antibiotics. This can enable the bacteria to grow and (24)\_\_\_\_ back-attacking the antibiotic when it is used again. What's more, the number of new antibiotics that have been developed (25)\_\_\_\_ the 1980s has declined. This is primarily because they are not (26)\_\_\_\_ types of medicine to invest in. Governments need to do something (27)\_\_\_\_ this. They could offer financial (28)\_\_\_\_ to encourage companies to (29)\_\_\_\_ work in this area. Unless action (30)\_\_\_\_ taken. The situation can only get worse.

- |                  |                |              |             |
|------------------|----------------|--------------|-------------|
| 19 A potentially | B thoughtfully | C imahinably | D likely    |
| 20 A chance      | B danger       | C risk       | D threat    |
| 21 A cause       | B result       | C contribute | D produce   |
| 22 A actual      | B modern       | C current    | D latest    |
| 23 A fail        | B ignore       | C miss       | D avoid     |
| 24 A combat      | B struggle     | C challenge  | D fight     |
| 25 A since       | B for          | C during     | D meanwhile |
| 26 A fulfilling  | B profitable   | C rewarding  | D paying    |
| 27 A with        | B around       | C for        | D about     |
| 28 A foundation  | B support      | C saving     | D donation  |
| 29 A study       | B work         | C do         | D develop   |
| 30 A is          | B has          | C was        | D has been  |



### Junk food generation

How many greasy burgers and chips have you eaten for lunch this week? And of course you've forgotten to eat your vegetables, haven't you? Our generation is often associated with the growing (31)\_\_\_ of fast food. The media are constantly reporting on how teenagers are developing unhealthy eating (32)\_\_\_. I must disagree with the claim that young people are ignorant of what a balanced diet (33)\_\_\_.

Most people my age are concerned about their appearance and health (34)\_\_\_, they consider proper eating habits crucial. Most people I know eat three healthy meals a day, and breakfast in (35)\_\_\_ is hardly ever missed. The school canteen is a popular place to have lunch (36)\_\_\_ the fact that it offers healthy meals. Some people prefer to bring their own lunch, which usually includes salads, fruit and other healthy ingredients. Despite the fact that the (37)\_\_\_ of fast food restaurant customers are teenagers, only a few eat there regularly. Much as young people like the taste of junk food, they realize it is so (38)\_\_\_ in calories and fat that it cannot possibly be beneficial for their health. For this very reason, fast-food restaurant (39)\_\_\_ to just be used as occasional meeting places. No one with any common (40)\_\_\_ eats there every day. (41)\_\_\_, instead of unfair criticism, why don't the media adopt the positive attitude and discuss (42)\_\_\_ most beneficial diet alternatives for teenagers?

- |                 |                |           |              |
|-----------------|----------------|-----------|--------------|
| 31 A popularity | B favour       | C regard  | D admiration |
| 32 A traditions | B customs      | C manners | D habits     |
| 33 A intends    | B explains     | C means   | D shows      |
| 34 A However    | B Therefore    | C Because | D Not only   |
| 35 A particular | B specific     | C regard  | D aspect     |
| 36 A although   | B due to       | C since   | D despite    |
| 37 A whole      | B majority     | C section | D group      |
| 38 A tall       | B big          | C high    | D great      |
| 39 A tend       | B ask          | C demand  | D suggest    |
| 40 judgement    | B intelligence | C sense   | D reason     |
| 41 A So         | B But          | C And     | D Why        |
| 42 A -          | B the          | C a       | D such       |

