

Student's full name:
Class:

Listen to an interview about holidays in Scotland. Choose the correct answers:

1. What does Peter say about his time in Scotland? It was ...
A. not very exciting B. not what he expected
C. a mistake going there D. so repetitive
2. How did Peter feel before his water-skiing lesson? He was...
A. relaxed B. nervous
C. confident D. calm
3. What did Peter enjoy most about Glencoe?
A. visiting the zoo B. seeing the wildlife
C. walking in the mountains D. experiencing the freezing coldness
4. What does Peter say about Eriskay? It was ...
A. quiet B. boring C. too small D. not really far
5. What advice does Peter give the listeners?
A. use public transport B. take a lot of photographs
C. go to Scotland more than once D. choose home stay rather than hotels

Choose the correct answers:

6. I found it terribly difficult to _____ the exam I had failed.
A. review B. rejoin C. resume D. resil
7. Red Cross was _____ in Geneva, Switzerland in 1863.
A. found B. set up C. built up D. brought in
8. Diabetes _____ more popular in the society of fast food and lack of exercise for the last few decades.
A. has become B. have become C. become D. is becoming
9. They _____ shut down the airport due to the earthquake.
A. were able to B. should C. need to D. were obliged to
10. I am sure Josh is honest. He _____ steal books from the library.
A. should not B. must not C. cannot D. need not
11. The traditional medicine could be given in powder or _____ form.
A. remedy B. tincture C. herbal D. ground
12. The great effort of a few athletes brought _____ changes in the nation's sports development.
A. about B. up C. in D. on

13. The allergy _____ certain items in the house could lead to more health problems than we expect.
A. in B. for C. with D. to

14. They have not _____ their plan though newspapers all are mentioning it.
A. put forward B. brought out C. worked out D. set off

15. When you choose ready-cooked food, you should avoid the one with many _____.
A. preservatives B. preserves C. preservation D. preserved

16. She _____ her wrist while trying to catch the ball.
A. pulled B. bruised C. stretched D. twisted

17. The children should be taught to _____ themselves in public places. Some make so much noise. Others just run around, even in a restaurant.
A. help B. look C. behave D. care

18. _____ down to the bottom of the document to get more information from the article.
A. Scroll B. Search C. Slide D. Log

19. In case of doubt, do not download the information. It may cause virus _____.
A. attempt B. attachment C. infection D. infiltration

20. The culprit had _____ crime in many countries before he was arrested in Cuba.
A. prosecuted B. committed C. charged D. ignited

21. The _____ walked away from the fire without being noticed.
A. forger B. vandal C. blackmailer D. arsonist

22. If it _____ raining, we could have gone out at weekend.
A. had not kept B. did not keep C. was not D. has not kept

23. The movie star _____ troubles if he _____ himself and walked out of the room.
A. could have avoided/ controlled B. would have avoided /had controlled
C. would avoid/ controlled D. will have avoided/ has controlled

24. A passer-by successfully brought the unconscious man _____ and took him to the hospital.
A. out B. up C. back D. round

25. It is time to provide better protective garments _____ the workers.
A. for B. with C. at D. toward

Identify the mistake in each of the following sentences;

26. We are proud of living (A) a more and more modern life, but (B) heavy traffic and smoke (C) from factories are caused (D) more smog.

27. Though scientists have found cures of (A) deadly diseases (B), more dangerous ones (C) arise and become prevalent (D).

28. The money Jack left (A) in one of the drawers were not (B) what he had saved (C), but what his Mom had given him (D).

Choose the word whose underlined part is pronounced differently:

29. A. panel B. packet C. endanger D. mankind
30. A. devise B. species C. refusal D. increase

Choose the word whose stress pattern is different:

31. A. graffiti B. solution C. livestock D. incredible
32. A. community B. necessary C. estimates D. prosecute

Choose the sentence that is similar in meaning to the one given:

33. Kate sang a touching song at the farewell party and all of us cried.
A. If Kate had sung a touching song at the farewell party, all of us would have cried.
B. Had Kate sung a touching song at the farewell party, all of us would not have cried.
C. Unless Kate had sung a touching song at the farewell party, all of us would not have cried.
D. All of us would not cry if Kate did not sing a touching song at the farewell party.

34. They believed that the sailors had found something strange in the sea.
A. The sailors were believed to have found something strange in the sea.
B. It is believed that the sailors had found something strange in the sea.
C. The sailors were believed that they had found something strange in the sea.
D. The sailors were believed to find something strange at the sea.

35. The man got away with his theft because there was no evidence.
A. The man got no evidence for his own theft and got away.
B. The man was not punished due to lack of evidence.
C. The man's theft was forgotten though there was evidence.
D. No evidence is found and the man is not punished.

Read the following passage and choose the correct answers:

Reading books benefits your physical, mental and spiritual health and those benefits can last a lifetime.

Reducing stress and depression

Reading forces us to be still, which calms us and takes us out of 'action mode'. When our bodies are at rest, physiological changes take place – our breathing and heart rate slow down, and our blood pressure lowers. In this sense, reading can be seen as a meditative activity. **Ultimately**, getting lost in a good book is a great way to reduce stress and increase our overall well-being.

Stress management

When you start reading for enjoyment, your focus is **shifted** away from things that may be causing you stress. This is true of a lot of leisure activities, but becoming involved in

- a plot or narrative and absorbing new information requires a high level of concentration.
- This makes reading one of the most effective activities for stress relief.
- One study found that reading can reduce stress levels by as much as 68%. This was more effective than other popular hobbies including going for a walk, listening to music, and playing video games. In February 2021, a survey uncovered that 43% of the UK population used reading to manage their personal stress over the third national COVID-19 lockdown.

Exercise for the brain

- Just as physical exercise improves your body's strength and agility, getting into the habit of reading improves your brain function.
- As you read, you are constantly absorbing new information, from plots and characters in fictional narratives to novel ideas and facts in non-fiction. This brings the ability to **rewire** and form new connections and communications between different areas of the brain. Creative hobbies, like painting or playing music, have a similar impact on the brain.
- Reading helps your brain process information both visually and verbally. Reading enhances imagination, creativity, and visual abilities.

36. What is the main idea of the passage?

- A. Reading is one of the hobbies
- B. Reading during the Covid-19 lockdown
- C. How people's health can benefit from reading
- D. What reading can do to patients.

37. How does our body change when we concentrate on reading?

- A. Heart rate is faster and breathing is slower
- B. Both heart rate and breathing speed up
- C. Both heart rate and breathing slow down
- D. Heart rate is slower and breathing is faster.

38. What does the word '**ultimately**' mean?

- A. surprisingly
- B. rarely
- C. finally
- D. originally

39. The word '**shifted**' is similar in meaning to ____.

- A. developed
- B. reduced
- C. moved
- D. removed

40. Why is reading considered an effective activity for stress relief?

- A. Reading helps tell a story
- B. Reading helps absorb information
- C. Reading helps creating a plot
- D. Reading helps concentrating better

41. Compared to other popular hobbies, how effective is reading?

- A. a little less effective
- B. more effective
- C. as effective
- D. 68% more effective

42. Why does the writer mention the third national COVID-19 lockdown?

- A. to compare the stress of reading with that of Covid-19
- B. to illustrate how reading can control personal stress

- C. to provide the percentage of stressed people in UK
- D. to mention a very successful survey

43. Which of the following statements is NOT true?

- A. Reading can also better physical health.
- B. Reading improves imagination
- C. Reading can ease stress up to more than 50%
- D. Reading helps separate different areas of the brain.

44. Which of the following words can replace the word 'rewire'?

- A. rebuild
- B. recognize
- C. revise
- D. recheck

Choose the correct answers to complete the passage:

One the main reasons that panda populations have declined is habitat destruction. As the human population in China continues to (45)_____, pandas' habitat gets taken (46)_____ by development, pushing them into smaller and (47)_____ livable areas. Habitat destruction also leads to food (48)_____. Pandas feed on several varieties of bamboo that bloom at different times of the year. If one type of bamboo is destroyed by development, it can leave the pandas with nothing to eat during the time it normally blooms, increasing the risk of starvation.

To (49)_____ this issue, the Chinese government has actively worked to restore and protect bamboo habitat, and these measures have shown positive results. State Forestry Administration surveys have concluded that the panda population has increased since the Chinese government's actions, and in 2016, the IUCN upgraded the giant panda's (50)_____ from Endangered to Vulnerable.

45. A. grow	B. raise	C. come up	D. spring
46. A. away	B. over	c. off	D. out
47. A. more	B. most	C. less	D. as
48. A. shortness	B. rare	C. control	D. shortage
49. A. combat	B. attack	C. release	D. forget
50. A. level	B. status	C. class	D. name