

Module Test 3

Vocabulary

1 Problems and solutions

Choose the correct options in *italics* to complete the text.

Say goodbye to extra weight

After visiting his doctor last year, Jeremy was advised to lose 20 kg, which was quite a **1** *challenge/threat/method* for the young man. His doctor said that his weight was a **2** *issue/priority/threat* to his overall health. Jeremy wasn't sure what **3** *method/approach/outcome* to take so he searched online and was inundated with ways to lose weight. The **4** *danger/approach/priority* was that there were so many different **5** *methods/issues/problems* of losing weight that he almost gave up. Then he noticed a flyer for a local club which promised weight-loss **6** *results/priorities/concerns* and guaranteed to refund his money if the **7** *test/outcome/threat* didn't meet his expectations. That had been a key **8** *danger/challenge/concern* for him as he was a student and couldn't afford to waste money. It turned out to be money well spent as he lost all the weight the doctor recommended.

/8

2 Academic collocations

Complete the text with the words in the box.

face find make pose tackle

Absenteeism reduces profits

Long hours spent at work can **1** _____ a challenge to the work-life balance of employees and ultimately their health. Their bodies **2** _____ threats every day from stress, pollution and unhealthy workplaces causing large numbers of employees to take sick leave. This is an issue which employers are struggling to **3** _____ because absence from work means poor productivity. Many large companies now realise that they must **4** _____ it a priority to **5** _____ a solution to this problem as soon as possible.

/5

3 Idiomatic phrases for problems and solutions

Complete the sentences with a word from each box.

crux of knock-on last quick thorny tip of vicious

cycle effect fix issue resort the iceberg the matter

- They failed to realise that the _____ was the cost of the food and not the quality.
- She loses weight then regains it. It's become a _____ that she can't escape.
- We tried cutting out junk food first and only went on a diet as a _____.
- Working in a stressful job can have a _____ on all areas of our lives.
- The debate about obesity is a pretty _____, which can upset a lot of people.
- There isn't a _____ for losing weight. You have to eat well and exercise regularly.
- Doctors have discovered that a couple of people in the area are allergic to a local plant but this could be just the _____ and there could be many more.

/7

4 Adverbs of attitude

Match the underlined words (1–5) with the perspectives (A–E).

- Eating healthy food is undeniably good for you. _____
- Undoubtedly you'll be healthier and live longer if you eat a Mediterranean style diet. _____
- He evidently has the information we need, or he wouldn't have said anything. _____
- Unfortunately he didn't lose as much weight as he had hoped. _____
- He was naturally very upset by what his friends had posted on Facebook. _____

- A it's normal and unsurprising
B you cannot reject this idea
C you can see that this is true
D I think this is definitely true
E this is an unlucky situation

/5

Language development

5 Real and unreal conditionals

Complete the text with the correct form of the verbs in brackets.

I hate diets. If I 1 _____ (do) them, I never 2 _____ (stick) to them so I decided to see what 3 _____ (happen) if I 4 _____ (exercise) regularly everyday but 5 _____ (not/change) my diet. Most health experts agree that if you 6 _____ (diet) and exercise, your health 7 _____ (improve) but I was keen to find out how much difference it 8 _____ (make) if I 9 _____ (eat) my normal diet with exercise. I knew that if I 10 _____ (get) fitter, I 11 _____ (be) bound to feel better and my diet 12 _____ (probably/change) anyway. And I'm happy to say that I was proven right.

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6 Other ways to express conditionality

Choose the correct options in *italics* to complete the sentences.

- 1 Everyone can have a healthy lifestyle *as long/provided that/otherwise* they eat a balanced diet.
- 2 *Unless/Otherwise/Supposing* you took a few days off, you might feel less stressed and happier.
- 3 *As long as/Unless/Supposing* you keep avoiding exercise, you'll never improve your health.
- 4 I'm working late this week, *unless/otherwise/provided that* I'll never complete this project.
- 5 You'll definitely have health problems later in life *as long as/unless/otherwise* you get fitter now.

/5

7 Modal forms; degrees of certainty

Choose the correct options in *italics* to complete the text.

Exercise your brain

Research has shown that we 1 *could/must/won't* all benefit from exercising our brains throughout our lives. In addition, good nutrition and regular exercise can improve our vascular health. Our brains need to be stimulated so that we are less likely to lose our cognitive functions. This 2 *must/will/can* be done in several ways: experts suggest that we 3 *should/ought/need* give our brains new experiences as often as possible using every physical sense and it 4 *doesn't have to/can't/won't* be anything too difficult. For example, you 5 *can/will/have to* try doing normal daily actions like brushing your teeth with your non-dominant hand or change your daily routine because this helps to activate areas of the brain where activity seems to decline when you do something automatically. One strange exercise suggested is to pick up an ordinary object, like a wooden spoon, for which you 6 *will/must/would* find ten alternative things it 7 *might/would/should* be used for. Unfortunately, there is other research which totally contradicts this. A recent study concluded that, apparently, playing cognitive games 8 *will/need/may* not be a particularly effective way of improving brain function. Whether the latter research is any more accurate than the former, who knows? One thing is for sure, if the brain is anything like other muscles in our bodies, it needs to be used regularly to keep it in shape.

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TOTAL /50