



Conversation 1

Q2- U10-U11

Mark

Student's Name: _____

Date: _____

Teacher's Name: _____

Part I Listening

Listen to the radio advertisement. Then choose all the correct answers (2 options). Choose the letters on the line.

1. According to the advertisement, karate would be good for kids _____

- a) who can't keep up in school.
- b) whose parents are overprotective.
- c) who don't always obey rules.
- d) who get everything they want.

2. According to the advertisement, the karate course will help children _____

- a) develop into adults.
- b) do better in their studies.
- c) learn to control their emotions.
- d) communicate better with their parents.

3. The advertisement _____

- a) associates positive qualities with karate.
- b) provides "snob appeal."
- c) provides testimonials.
- d) provides scientific facts and figures.

4. According to the advertisement, the karate course would also be beneficial for adults who _____

- a) spend too much time alone.
- b) are not physically active.
- c) have stressful jobs.
- d) want to set some limits with family and work.

5. The advertisement claims that the karate course can give families _____

- a) more time together.
- b) a safe environment.
- c) a good routine that everyone can follow.
- d) something to share.

Listen to the conversation. Then answer the questions. Choose the letter

6. Why does the woman think she is a shopaholic? _____

- a) She loves to shop.
- b) She feels bad right after she shops.
- c) She is drowning in debt.

7. What is the biggest attraction about shopping for the woman? _____

- a) window shopping
- b) ads that show new items for sale
- c) bargains

8. What does the man suggest to help the woman? _____

- a) avoiding sales
- b) calling a professional for help
- c) getting rid of her credit cards

9. What does the man offer to help the woman do? _____

- a) make a budget
- b) shop without buying anything
- c) avoid sales and special offers

Part II Reading

Read the article. Then answer the questions. Choose the letter on the line

1. According to the article, why are adults today not getting enough sleep? _____

- a) advancements in technology
- b) stress from responsibilities and modern life
- c) an inability to keep up with work

2. What is the most likely meaning of a segment? _____

- a) a division
- b) a location
- c) part of a whole

3. The article says that people used to wake at dawn. About what time would that have been?

- a) before 4:00 A.M.
- b) around 5:00 A.M.
- c) after 10:00 A.M.

4. What does the author mean when she says that the practice of segmented sleep "must have worked for them"? _____

- a) They were very productive.
- b) They did not complain.
- c) The practice continues today.

5. What does the author mean when she says that research suggests that eight hours of sleep is wishful thinking? _____

- a) Research shows that very few people actually get this much sleep.
- b) No one really knows how much sleep humans need.
- c) Sleep needs vary from one society to another.

6. Which of these statements can you infer from the article? _____

- a) The way that adults slept in the past was probably healthier.
- b) Most adults today probably are getting enough sleep.
- c) Sleeping patterns today are probably having a negative effect on health.

7. Which statement best expresses the author's attitude? _____

- a) We shouldn't always take health experts' advice too seriously.
- b) We need to learn from the past.
- c) We cannot turn back the clock on technology.

8. In terms of their impact on human sleep, in what way was electric lighting like today's electronic devices? _____

- a) They are both technological solutions.
- b) They have made our lives easier.
- c) They have both extended the workday.

Are We Sleeping Enough?

Health experts say that many of us don't get enough sleep and that, unlike previous generations—who regularly got a full eight hours—we have too many distractions. Many of us have a demanding work life, we are constantly connected to our devices, and we feel as if we are on call 24/7. All of these pressures tend to keep us up at night. We just can't seem to switch off and unwind at the end of the day. This lack of sleep results in frustration and exhaustion for many people.

But did people really get eight solid hours of sleep in past generations? New research into sleep patterns in the eighteenth and nineteenth centuries suggests that they did not. In fact, most people did not sleep through the night. Instead, they would sleep in two separate segments. For the first segment, they would sleep starting when it was too dark to see until about midnight. Then they would get up and engage in quiet activities, often by candlelight, for an hour or two. They would write in their journals, check on their animals, or do some work in the kitchen to prepare for the following day. Then, they would go back to sleep for another three to four hours, waking at dawn. This practice must have worked for them. They couldn't have gotten so much work done if they were constantly exhausted. But this all changed with the invention of electric lighting. People started staying up later and later, sometimes until midnight, so they stopped waking up in the middle of the night to complete tasks. Instead, they would sleep through the night. Also, because fewer and fewer people were working on farms, they didn't need to wake up as early to care for their animals. As a result, more and more people began to sleep in a single segment. Does that mean the eight hour guidelines are correct? Perhaps, but research on traditional societies living in different parts of the world today suggests otherwise. The full eight hours may still be just wishful thinking for the average adult. Between six and seven hours is probably enough for most of us. ✨

Part III Writing

Agree or disagree with this statement: "Technology has improved our lives by making our work and school lives easier and giving us more free time for leisure activities." Write about how technology has made an impact on your own work or school life and your leisure activities. Write a three-paragraph essay in which you express your opinion. Support it with examples, facts, and details. Use modal verbs in the present and the past in your sentences.