READING

Task 4

Read the text below. Match choices (A–H) to (17–21). There are three choices you do not need to use. Write your answers on the separate answer sheet.

HOW TO FEEL BETTER INSTANTLY

17 _____

There is something a bit dark about listening to a song that makes you feel sad or bad. It feels like it is going to help but it really doesn't. Pay close attention to the music you listen to. Is it positive, uplifting and happy? There are tons of positive songs out there that you can listen to you. Remember garbage in, garbage out. Whatever you allow in your mind, you'll see show up in your life.

18 _____

Go to YouTube and search on words like 'inspiring', 'happiness', 'inspirational', 'kindness', 'amazing'. Then sit down and immerse yourself with the videos. You'll be amazed how you'll feel like you've had a bath in pure sunlight. You'll feel better about yourself, others and the world. Plus, it will save you a fortune in therapy.

19 _____

Stand up and do some simple exercises. Your physiology determines much of your emotions. While you're doing some kind of physical activity, smile while you're doing it.

20 _____

Allow your troubles to lift off of your shoulders. Imagine them going away from you. Really use your imagination to see them moving farther and farther away from you. It is a simple exercise but one that is powerful.

21 _____

Start living in the present moment. Most of what makes you feel bad emotionally has to do with images of the past or fears of the future. Right now is the only time anyone has. Live in it.

A Communicate more
B Take up your favourite hobbies
C Look for positive words
D Become immediately aware of the present moment
E Get up and get moving
F Relax or meditate
G Have more rest
H Listen to positive music

LIVEWORKSHEETS

Task 5

Read the text below. For each empty space (22–26) choose the correct variant (A, B, C, D). Write your answers on the separate answer sheet.

MEDITERRANEAN DIET REDUCES DEPRESSION RISK

There's yet another reason why eating the Mediterranean way is not only delicious but extraordinarily healthy. In addition to helping prevent and even treat type 2 diabetes, metabolic syndrome heart disease, dementia and obesity, the Mediterranean diet, which consists of lots of fruits, nuts, whole grains and fish, also helps keep depression at bay. That's the conclusion of new research just published in the Archives of General Psychiatry.

According to background information in the study, the rate of mental disorders over the course of a lifetime is lower in the Mediterranean region than in Northern European countries. That observation suggested to researchers that the way people eat in Mediterranean countries could play a role in better mental health.

Scientists investigated 10,094 healthy Spanish participants who completed an initial questionnaire. The research subjects kept track of what they ate daily by using a food frequency list. The scientists then calculated adherence to the Mediterranean diet based on a high ratio of monounsaturated fatty acids to saturated fatty acids, moderate intake of alcohol, moderate consumption of dairy products, low intake of meat and a high consumption of legumes, fruit, nuts, cereals, vegetables and fish.

After approximately 4.4 years of follow-up, 480 research subjects were diagnosed with depression, including 156 men and 324 women. However, the people who had followed the Mediterranean diet most closely had a greater than 30% reduction in the risk of depression than whose who had the lowest Mediterranean diet scores.

'The specific mechanisms by which a better adherence to the Mediterranean dietary pattern could help to prevent the occurrence of depression are not well known,' the authors wrote in the Archives of General Psychiatry research paper. 'Components of the diet may improve blood vessel function, fight inflammation, reduce risk for heart disease and repair oxygen-related cell damage, all of which may decrease the chances of developing depression.'

Although antidepressant drugs are now the most commonly prescribed medications, there are numerous natural alternatives to these risky, mind altering chemicals. A host of natural strategies are known to help fight depression including yoga, eating sunflower seeds and getting adequate amounts of vitamin D.

22 According to the studies people from Northern European countries ____ than those who live in the Mediterranean region.
- A suffer from mental disorders more
- B suffer from mental disorders less
- C keep to a more healthy diet
- D keep to a less healthy diet

23 The food frequency list shows that the preference is given to ____ .
- A meat products
- B intake of wines
- C dairy products
- D fish and grown products

24 What percentage of women was diagnosed during the research?
- A more than 60%
- B about 50%
- C approximately 40%
- D less than 40%

25 The components of the diet may not ____ .
- A fight inflammation
- B reduce risk for heart disease
- C improve blood vessel function
- D cause depression

26 The researches imply that taking drugs ____ .
- A is safe for the patient
- B leads to changes in the mind
- C is an effective method of treating mental disorders
- D cannot be substituted by natural alternatives

LIVEWORKSHEETS

Task 6

Read the text below. Match choices (A–H) to (27–32). There are two choices you do not need to use. Write your answers on the separate answer sheet.

THE HISTORY OF MOBILE PHONES

Mobile phones have become ubiquitous in our society. In fact, they have been around for several decades in some form or another. The technology began shaping in the late 1940s, when the idea of a mobile phone was introduced. Let us see how the mobile phone developed in its current form.

27 Mobile phones are looked upon as a modern invention. However, their origin can be traced back to the invention of telephone way back by Graham Bell in 1870s and success in the capture of radio message. Since those events, these basis technologies have merged and shaped themselves together as mobile phone.

28 Summing up the history of mobiles phones we can say that the Telephones were the beginning of the whole system. Radio charted the progress of radio communications. Both technologies came together to bring Radio Telephones. Then came Cellular which marked the development of the popular cellular mobile phone systems. Another step was Digital which led to the emergence of a digital standard, GSM. Satellites helped mobile phones emerge as the preferred medium of communication.

29 Alexander Graham Bell patented the telephone in 1876. The device was initially developed using the technology designed for the telegraph and started out as a manually-switched network. Calls were connected by operators. Another pillar of mobile telephony came into being when Charles Stevenson developed radio communication in the early 1890s to keep in contact with off-shore lighthouses. Marconi transmitted a signal over a distance of 2 km in 1894. Fessenden was able to broadcast music by radio in 1906.

30 Next development was merger of telephone and radio technologies. Units worked by connecting to one or more base stations. However, one could only talk or listen, for the transmit and receive frequencies were different.

In early 1920s in the United States, mobile radios began operating at 2 MHz. These mobile radios were used only by the police on experimental basis. By the 1920s, police forces in the United States were experimenting with two-way radios in patrol cars. Practical systems were not implemented until the 1940s. Development of the system was done keeping the police and emergency services requirements in mind. Public use of mobile technology was not yet thought.

31 Commercial Mobile Telephony goes back to the 1940s, when digital wireless and cellular roots came into being. The transistor, invented in 1948, made it possible to build smaller, cheaper and lighter devices. While early telephone network worked on the vacuum tube and the transistor, the wireless revolution began only after low cost microprocessors and digital switching became available.

32 New mobile phone system called Total Access Control System (TACS) made possible efficient use of frequencies. The system had the mobile phones connected to smaller, lower-powered base stations arranged in a cellular pattern. Hence the name cellular phone. However, limitation of Analogue technology led to the development of GSM or Global System for Mobile Communications technology. GSM enabled efficient use of radio spectrum, provided international roaming, gave satisfactory voice quality and was compatible with other systems such as ISDN (Integrated Services Digital Network).

LIVEWORKSHEETS

This paragraph tells us about ...

A the place where mobile technology was first used
B step by step improvement of the telephony
C the start of commercial mobile telephony
D the development of technical knowledge
E the satellite phones
F the creator of the phone
G the origin of the name 'cellular'
H the communication technologies

LIVEWORKSHEETS

Task 7

Read the text below. Choose from (A–H) the one which best fits each space (33–38). There are two choices you do not need to use. Write your answers on the separate answer sheet.

FERRAN'S GASTRONOMY

Ferran Adria, the world renowned chef of El Bulli, has been criticised for inadvertently poisoning customers **(33)** ____ known as haute cuisine. El Bulli, near Barcelona, Spain, has been chosen as the best restaurant in the world by Britain's Restaurant Magazine five times.

El Bulli is open only six months out of each year, **(34)** ____ . This, despite the price of $ 500 per head. Most in Spain regard Ferran Adria as a national treasure.

However, a year ago another highly regarded chef in Spain, Santi Santamaria, publicly denounced Ferra Adria's approach of 'molecular gastronomy' asking, 'Can we be proud of a cuisine which fills plates with gelling agents and laboratory emulsifiers?' Most regarded Santamaria's publicized query **(35)** ____ . Some even called Santamaria a traitor.

A German food critic and author of The Unappetizing Underside of Molecular Cooking, Jorg Zipprick, recently weighed in with an attack on Ferran Adria's creations. Zipprick calculated that one sitting in El Bulli would give a person 16% of his or her annual additive intake! 'It would not occur to any fast-food chain to stuff us with 20 or 30 dishes **(36)** ____ ', he asserted.

Ferran Adria argues that he is not doing anything unusual with his molecular gastronomy. He argues that the chemicals he uses **(37)** ____ for years. Adria believes his chemical concoctions cause no harm.

It's easy to assume that the six months El Bulli are closed gives Adria time to devote to his 'chemical laboratory'. The additives criticised are not off-the-shelf ingredients. A chef has to experiment with different chemical mixes **(38)** ____ .

Eating in cheap fast food restaurants or the best haute cuisine restaurant both have one thing in common: toxic food additives.

A full of chemical additives
B and has been booked in advance by international diners for years
C have been a tradition of haute cuisine
D with his version of the sophisticated culinary art
E was quoted as saying
F as professional jealousy
G was an experience and art
H to achieve textures and tastes that would be uniquely appealing

LIVEWORKSHEETS