READING

TASK 1

Read the text below. Match choices (A-H) to (1-5).
There are three choices you do not need to use.
Write your answers on the separate answer sheet.

HOW TO LIVE HAPPY TODAY

1 ..... Many people worry excessively about the future. But the future is uncertain. Often, what we worry about never materializes. But we stew and fret about what essentially amounts to nothing. We waste today for a future that never comes. To find peace you need to realize that there's little use in wasting away today to try to live for tomorrow.

2 ..... How much do you really appreciate what you already have? Do you appreciate the home you live in, your family, your job and the investments you have? Unfortunately, most people concentrate only on what they lack. They struggle to get more, never thinking that they already possess the things that can make them happy.

3 ..... Activity prevents worry. It alleviates frustration. To live happy means to enjoy what you are doing right now. People find joy in gardening, others enjoy social activities. Others love to take walks with their spouse and children. Activity gets your mind away from your worries and on something that occupies your time.

4 ..... The world today is in a miserable state. While you can't change the world for the better all by yourself, there are things you can do today, no matter how small, to alleviate the pain and suffering of someone. Rather than stew in your own problems, focus your attention outward. Doing something for someone without expecting a reward brings happiness.

5 ..... Living today means enjoying the company of your circle of friends. Go bowling or play bridge. Good company and laughter help elevate the soul and dispels worry, fear and anxiety. Take every opportunity to find new friends.

A Get involved.
B Get active.
C Show thankfulness.
D Seek for companionship.
E Stop worrying.
F Have a positive attitude.
G Concentrating on what you need.
H Be appreciative.

LIVEWORKSHEETS

TASK 2

Read the text below. For questions (6-11) choose the correct answer (A, B, C, D).

A ROARING GOOD TIME IN DISNEY'S ANIMAL KINGDOM

Family travel expert Kate Pocock discovers this theme park.

It was only after I'd passed under the elephant archway and into the tropical Oasis, strolled through the Safari Village and came up against the cracked ochre walls of the Harambe river port, that I realized that Disney's Animal Kingdom was not a gimmick. This newest theme park really did have the sounds, the smells and even the look of Africa-Sure, there were stores along the way selling Goofy watches. Some of the 'trees' on the African savannah were actually made of concrete and topped with 'Lazy Susan' dinner trays of acacia shoots and bamboo. And the dinosaur bones that the kids were digging out of the Texas gritty sand in DinoLand, U.S.A. were not authentic four thousand-year-old quadrupeds.

Of course, the kids probably won't notice any of this. Rather, they'll have a ball travelling from the energetic show of the Festival of the Lion King to the 3-D 'It's Tough to be a Bug' film and on to an exciting safari journey past elephants and zebras in an open-sided lorry. And if they're the type of kid who knows his brontosauri from his diplodoci and whose idea of an excellent day is to watch a veterinarian treat a Galapagos sea turtle with a stomach virus, they'll be in heaven.

If you arrive early, just after the gates open at 7 a.m., head for the Kilimanjaro Safaris before the heat lays low the animals who roam the 100 acres of African savannah. It's the highlight for many visitors. 'Fasten your seat belts. This could be a rough ride,' instructed our driver as we lurched off down a road filled with ruts and rocks. The kids will love the adventure of trying to stop the 'elephant poachers' as the vehicle races over bridges and swoops past animals before it comes to a stop in a flooded ditch. Even some of the adults looked aghast when the guide joked, 'Oh no, I knew I should have had this truck serviced last week.' There we were, stuck in water, with wild animals seemingly all around.

During one 20-minute safari ride, we came so close to a white rhino that passengers could reach out and touch its very un-Oil of Olay-treated skin. One word of caution — because the sides of the trucks are open and the ride very jerky, younger children should not ride on the outside.

Another sure hit with kids is the 'It's Tough to be a Bug' film in the impressive Tree of Life. The audience shrieks with delight as the Stinkbug lets loose. And if you've got too-cool teens along, the terrifying Countdown to Extinction ride should shake their attitudes. Tired parents who want to park themselves under a shady tree should guide their offspring to the Boneyard in DinoLand U.S.A., where the kids can enjoy some downtime unearthing dinosaur bones from a large sand pit.

LIVEWORKSHEETS

But be warned: the kids may not want to leave. I kept seeing parents drag their reluctant paleontologists away from their 'dig'.

After hours of excitement, it's time to travel on the Wildlife Express train, with a steam whistle right out of a British mystery movie, to the very heart of Animal Kingdom — the Conservation Station. Here, the keepers, dieticians and hospital veterinarians both entertain and educate. Through large glass windows, kids can watch a wounded bird being fed with an eyedropper, a chinchilla rolling herself in a volcanic ash dust bath to clean herself, or someone's misplaced key chain being surgically removed from the stomach of an unfortunate parrot.

Last year, the park added two new attractions: Maharajah Jungle Trek, where tigers, gibbons and other animals roam freely without apparent barriers, and Kali River Rapids, a high-speed, white-water raft trip down a raging river through the rain forest. Next year, visitors will also be able to see animals from their hotel windows. The new Animal Kingdom Lodge will recreate the feel of a South African game reserve lodge and offer views of some 100 grazing animals and 130 birds on the property's private savannah.

Well, Mr. Disney, Animal Kingdom more than makes up for this shortcoming. Enough lions and tigers and hares. Oh yes! And the setting of far-away continents to house them all.

6. Where's the Animal Kingdom situated?

A in African safari
B in Kilimanjaro
C on the Galapagos Islands
D in North America

7. Visitors can extend their knowledge about the ancient animals of the earth...

A digging in the Boneyard
B travelling on the wildlife express train
C heading for Kilimanjaro Safaris
D watching 'It's Tough to be a Bug' film

8. What kind of rest does not Disney's Animal Kingdom offer?

A open-nature walks
B adventure river rides
C true-life adventure
D underwater rides

9. Safari Ride is usually ..... .

A boring B relaxing C terrific D safe

10. Animals roam safely without barriers ..... .

A in Kali River Rapids
B in the Boneyard in DinoLand
C in the Maharajah Jungle Trek
D at the Conservation Station

11. The park attracts a great number of tourists because ..... .

A they are provided with comfortable accommodation.
B they have a chance to trace the animals in the wild.
C have an opportunity to make their own series of film shootings.
D it offers a great deal of true-to-life adventures for kids and adults.

LIVEWORKSHEETS

TASK 3

Read the text below. Match choices (A-H) to (12-16).
There are three choices you do not need to use.
Write your answers on the separate answer sheet.

TOP PROFESSIONS OF THE WORLD

12 .....

At many departments, responding to medical calls or car accidents it is the most frequent activity, and a routine shift might also entail sorties to deal with hazardous materials, gas leaks, structural collapses, floods, ice storms, wild animals, or the myriad predicaments from which local residents need to be rescued. There's also a ton of training, since this is a tactical, technical job that requires intense discipline under pressure. They work for local governments and respond mainly to community calls, but there are also specialists trained to cope with forest fires, airplane accidents, terrorism, and mass-casualty events. The profession attracts its share of adrenalin junkies primed for action.

13 .....

It's the job to ensure that the students learn despite their disabilities. You may spend your day using sign language to teach deaf students or working with students who were born with mental retardation. You may work with students who have learning disabilities and ensure that they receive the necessary test-taking accommodations, such as removal of time limits. Some of your time may be spent helping general-education teachers adapt their lesson plans for students with learning disabilities, working with parents on ways they can help their children at home, or learning about assistive technologies that could improve the classroom experience for your students.

14 .....

While some counsellors focus on the behaviour of an individual, these specialists go a step further, addressing mental-health issues within the context of the family. By counselling couples, families, or individuals, they can tackle a host of problems: adult schizophrenia, substance abuse, anorexia, and marital conflict. Today, this therapy is considered a 'core' mental-health profession, alongside social work, psychiatric nursing, psychology, and psychiatry. More than 1.8 million people are currently receiving treatment from these specialists.

LIVEWORKSHEETS

15 .....

More than 70 percent of all them work in small practices treating household pets and the occasional ferret or reptilian best friend. You will spend a lot of time diagnosing and treating minor ailments, providing vaccines and other medications, dressing wounds, and, if you specialize, performing surgery and repairing broken bones. Others deal with horses and, in farm settings, other large animals, in which case you'd spend a lot of time on the road tending to animals where they live — on farms or in zoos, aquariums, and research laboratories. They also can pursue a research specialty as a career.

16 .....

The line between educational success and failure is thick: High school dropouts earn just a fraction of what students with bachelor's and advanced degrees earn. As thick as the divide is, its causes are a gray and complicated area. It's your job to find the physical, psychological, social, or emotional issues that prevent students' success and craft a systemic solution that generally involves the student and the student's family, caregivers, and teachers. Although you may be working with limited resources and overstretched teachers, it's your job, for example, to ensure that a student who has just lost a parent to cancer can get the support he or she needs, or that a student's drug addiction doesn't go ignored. Programmes and solutions are monitored and reworked with the help and input of parents and teachers.

What profession is it?

A	General-Education Teachers
B	Life Guard
C	Special-Education Teacher
D	Beauty Specialist
E	Firefighter
F	Marriage and Family Therapist
G	School Psychologist
H	Veterinarian

LIVEWORKSHEETS

TASK 4

Read the text below.
Choose from (A-H) the one which best fits each space (17-22).
There are two choices you do not need to use.
Write your answers on the separate answer sheet.

NASA has announced there's evidence of frozen water on Mars and the moon, raising hopes humans will eventually explore and colonize those and other neighbours in our solar system and beyond. Already, astronauts live for long periods aboard the International Space Station. And, **(17)** ..... , those space travellers need good nutrition— especially when you consider they are faced with the extra stresses of cramped living conditions and exposure to excessive radiation.

Now new research just published in the Institute of Food Technologists Journal of Food Science has provided a way astronauts **(18)** ..... , starting with carrots, aboard their spacecraft.

So why should carrots in particular be such an important part of astronauts' diets? Carrots are loaded with phytochemicals in the carotenoid family. Alpha, gamma and beta carotene, **(19)** ..... , are antioxidants that are transformed within the body into an active form of vitamin A. Researchers believe adding unprocessed, carotene-rich carrots to astronauts' diets **(20)** ..... of excess radiation which include an elevated risk of cancer.

In fact, as previously reported, scientists have associated the high carotenoid content of carrots with protection against not only cancer but also cardiovascular diseases, cataracts and macular degeneration.

In order to investigate ways to incorporate natural and fresh antioxidants into the diets of astronauts, researchers from Tuskegee University in Alabama grew carrots using hydroponics, a technology for growing plants in nutrient-enriched water instead of in soil. In all, the scientists grew 18 different varieties of carrots **(21)** ..... . In one, called the nutrient film technique (NFT), roots were exposed to a nutrient solution held inside a plastic film trough.

LIVEWORKSHEETS

The second method, known as the microporous tube membrane system (MTMS), involved planting carrots in nutrient tubes embedded into a material dubbed surface which is similar to crushed clay.

Seventy days after planting, all the carrots were harvested and tested for moisture, fat and carotene content **(22)** ..... . The researchers also had consumer volunteers test the hydroponically grown carrots. The group evaluated the colour, crunchiness, sweetness, fibrousness and blandness of each of the 18 different carrot types grown using NFT and MTMS. The volunteers also told the scientists which carrot they preferred overall.

A	like their earth-bound counterparts
B	which is particularly plentiful in carrots
C	can help protect space travellers from the negative effects
D	using two different hydroponic approaches
E	as well as for colour and texture
F	because of their better colour
G	and more carrot-like appearance
H	can grow their own gardens of health-enhancing fresh veggies

LIVEWORKSHEETS