

Exam Unit 9 Reading to Writing

Exercise 1: Read the article above on how to plan your week, and fill in Simon's diary with the entries below, using the advice and information in the text.

date with Anne	do weekly shopping	job interview
prepare tax return form	refresh cv	test drive new car
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

How to live your life by numbers

Whether you're starting a romantic relationship or going for a hospital check-up, it is helpful to have a statistical approach to organising your week.

1 MONDAY

One way to improve your Mondays: avoid job interviews. Recruitment advisers say employers are more open-minded later in the week.

Interviews held on a Monday are also more likely to be the first interviews held for a particular job, which could reduce the chances of success; one study by the "executive search" industry in the US found that the person who attends the first interview gets the job 17.6 per cent of the time, compared to 56 per cent for the person who attends the last interview.

2 TUESDAY

Tuesday is the day to get important jobs done. A study published last month by the US Society of Industrial Psychology said our rational "left" brain dominates thinking early in the week, better for routine, non-social jobs like refreshing a CV or planning a presentation.

3 WEDNESDAY

Wednesday is the day for starting a romantic relationship, according to a survey of 8,000 single people by an online dating site. Forty-one per cent of respondents to the survey said the best day for a first date is a Wednesday. The reason, apparently, is Thursday. After a successful date both parties get a day's breathing space, but they don't have to wait long before a second meeting on Friday night. Additionally, a "busy" Thursday at work is a convenient excuse to settle the bill and leave.

4 THURSDAY

The fourth day of the week is the worst day to be admitted to hospital. A report released last week by the Institute of Public Policy Research found that people who go into hospital on a Thursday stay longer. The 180,000 people admitted on a Thursday in the past year stayed an average 6.3

days, compared to 5.5 days for a Saturday and 5.3 days for a Sunday. The main reason is that Thursday patients who need just two or three days of treatment are less likely to be released during the weekend, when there is less hospital staff. This "weekend effect" required an extra 500 beds over the year.

5 FRIDAY

Thank God it's Friday - or so they say. The end of the working week should result in celebration, but Friday is statistically a bad day. It's also an unlucky day, because of superstition on Friday 13th.

But a fear of Fridays is not always irrational. Statistically, it is the worst day to drive. A study published last November by Continental Tyres found that road accidents tend to happen more frequently on Fridays than other days. According to the report, this was due to various factors, including end-of-week tiredness and heavy traffic.

6 SATURDAY

If Wednesday is the best day for a first date, then Saturday is the day to get married (unless you're Jewish). Government statistics for England and Wales show that in 2003, 61 per cent of the total 270,109 marriages took place on a Saturday (with only 3 per cent on a Tuesday - the least popular day).

7 SUNDAY

For those not at a Jewish wedding, Sunday could be the best day to hit the supermarket. A recent survey by "field marketing agency" FDS showed that availability of a wide range of products was at its highest (98 per cent) on Sundays. Empty shelves are more likely on Mondays when availability fell to a low of 94 per cent.

Adapted from The Independent, 03 January 2007, by Simon Usborne

Exercise 2: Read the text

How to live to 114 (in theory)

Doctors can now tell us which habits may extend our lives - and just how much extra time they give us.

By Roger Dobson, Tuesday, 21 October 2008

1 New research shows exactly how many years longer people can live by adopting healthy behaviours - from stopping smoking and losing weight to eating less meat and being positive.

2 Studies have suggested that dark chocolate is good for the heart and may boost longevity. Research based on Harvard graduates showed that people who eat chocolate lived a year or so longer than those who do not. Those who ate one to three bars a month came out best with a 36 per cent lower risk of premature death. Antioxidants, especially in dark chocolate, may be responsible.

3 Diets with low levels of meat and vegetarian diets have been linked to lower risk of premature death. A review of research by public health specialists at Loma Linda University in America looked at the life expectancy of those who rarely ate meat and found that sticking to such a diet added 3.6 years to a person's life. The health effect may be due to lower saturated fat intake and higher antioxidant levels as a consequence of eating more fruit and vegetables.

4 Moderate to high levels of activity can extend life by between 1.3 and 3.7 years. Researchers at Erasmus University in the Netherlands say the main reason is the beneficial effect that physical activity has on the heart. People who take exercise are also less likely to be overweight and more likely to have a better quality of life.

5 Highly educated women can expect to live more than five years longer than less-educated women, while men with a university degree have an extra 7.8 years, according to a Harvard University study. One explanation is the adoption of healthier lifestyles, and one of the biggest differences was in heart disease rates.

6 Research at the Karolinska Institute in Sweden shows that golfers live five years longer. The

study shows a 40 per cent reduced risk of a premature end. The health benefits of exercise and companionship may be the reason.

7 Losing weight can add as much as seven years to a person's life. A team at Oxford University showed that people who are obese at the age of 40 died, on average, seven years earlier.

8 Not smoking adds up to 10 years to life. A team at the University of Helsinki found that those who had never smoked lived an average 10 years longer than those who smoked more than 20 a day. Research on men in New Zealand showed that 50 per cent of smokers die prematurely, and that they die 14 years earlier than non-smokers. Heart disease and cancer are among the biggest killers. The good news for smokers is that it is never too late to give up. According to the US National Institute on Drug Abuse, a 35-year-old man who quits smoking will increase his life expectancy by 5.1 years on average.

9 According to a Chicago University report, married men live, on average, 10 years longer than non-married men, while married women live about four years longer than non-married women. One theory is that married men adopt less risky and more healthy lifestyles as a result of the commitment that marriage brings. Married women may live longer due to improved financial wellbeing. However, one Swiss study found that being married shortens a woman's life by 1.4 years, possibly because of the stress of living with a man.

10 Wealthy people live longer than the poor. One of the clearest contrasts was found by Baltimore health officials in the US. In the poor neighbourhoods, the average life expectancy was 63 years, against 83 in wealthy suburbs.

Complete the average number of years that each of the following lifestyles and behaviours add to a person's life expectancy according to the 'research' in the article, and write down the reasons given:

Lifestyles and behaviours	Average number of years	Reasons
a. Eating chocolate	1 year	antioxidants in dark chocolate
b. Eating less meat		
c. Keeping active		
d. University education (men)		
e. Education (women)		
f. Golf		
g. Not smoking		
h. Marriage (men)		
i. Marriage (women)		
j. Living in the right neighbourhood		

Writing

What do you think of the research findings in the article: How to live to 114 (in theory)? Is the life expectancy in Mexico high or low? What are the reasons for this?

Write a report (120-160 words).