

READING

Read the text and answer questions 1-6.

(6 x 2 = 12)

This passage is about memory.

Although everything we hear, see, or experience enters our memory, it is not always easy to recall details after some time has passed. A good memory can put you at an advantage when it comes to learning historical facts for an exam, for instance, or remembering passwords. However, our memories can sometimes let us down. What can we do to improve our memories?

In some ways, the human brain is similar to a computer – information is categorized and linked to memories we already have. But a memory is actually no more than a pattern of brain activity. When we remember, the brain is recreating a pattern of electrical waves.

Scientific studies of the process of remembering have revealed that there are different types of memory. In addition to sensory memory (the continuous impression of what's happening around us), we have what's known as short-term memory and long-term memory. Our short-term memory can hold an average of seven items for 15-30 seconds, while long-term memory stores information indefinitely once it has been processed.

Although seven is often the upper limit for the number of items we can memorize at one time, we can remember more by learning things in a group or category. For example, if a 10-digit number is broken down into three chunks, we can remember it more easily. Similarly, a *mnemonic*, a word or sentence intended to help you remember things, can help you learn a whole list because you have just one word or phrase to remember. Another aid to memory is to make connections between new information and a familiar item, place, or even a song. Techniques like these help us store new memories more quickly, and this makes it easier to recall them later.

1. Why does the author mention historical facts?
 - A. to explain how quickly we can forget
 - B. to compare two kinds of memory
 - C. to suggest a way of improving our memories
 - D. to show that a good memory is helpful
2. What have scientists discovered about memory?
 - A. There is more than one kind of memory.
 - B. We do not categorize our memories.
 - C. It is easier to remember facts than numbers.
 - D. We cannot improve our memories.
3. What is the importance of the number seven?
 - A. We can recall things for seven minutes.
 - B. On average, we remember seven things for a short time.
 - C. We can never learn more than seven items a day.
 - D. Memory breaks things down into seven chunks.
4. In the last sentence of paragraph 3, which phrase is closest in meaning to **indefinitely**?
 - A. for an unlimited time
 - B. for a very short time
 - C. in an efficient way
 - D. in a perfect way
5. According to the author, what is the best way to remember a long number?
 - A. by putting it in a sentence
 - B. by writing it as a list
 - C. by learning it in small parts
 - D. by making it into a song
6. According to the passage, what is true about the human brain?
 - A. Understanding the way it works is useful.
 - B. Its functions are very mysterious.
 - C. Facts are retained more easily than experiences.
 - D. It stores facts in a very different way from a computer.

READING

Read the four texts and use them to answer questions 1-12.

(12 x 2 = 24)

A

To: Parents
Subject: 7th grade field trip

Dear Parents,

A field trip for the 7th grade to John's Grains is scheduled for Wednesday, March 16. Admission is free, but the cost of transportation is \$5 per child.

The trip is part of our work this semester on nutrition and healthy eating. Students will see how breakfast cereals and other whole-grain products are produced, and learn more about the ingredients that go into them. The students can also sample different kinds of freshly baked cereals straight from the oven.

Please indicate on the permission slip attached if your child has an allergy to wheat, dairy products, or nuts.

Regards,
Ms. Hunt



B

John's Grains



Tour the place where John's famous whole-grain cereals are made. A visit to our factory is a fun and educational outing, with edible treats along the way!

- Watch wheat being ground into flour using actual grinding stones just like in the "good old days."
- Walk down the factory aisles with our "Grain Guides" and watch employees operating state-of-the-art machines when packaging our products.
- End your tour at our Visitor's Center for the highlight of your visit with delicious samples of our organic cereals and cookies!
- Visit our café for a wide variety of healthy foods, from gluten-free pancakes to our specialty sandwiches.

Tours at 10 am, Mon-Fri. Call ahead to make a reservation.
Tel: (503) 654-3215

C



Will Keith Kellogg (1860-1951) was born and brought up in Battle Creek, Michigan. Although he left school at the age of 16, he founded a company that changed the breakfast cereal industry forever.

In 1880, he joined his older brother, Dr. J.H. Kellogg, who was running a health resort called Battle Creek Sanitarium. Employed at a low salary, Will was nonetheless involved in many aspects of the business, and his duties included developing nutritious food to serve to the guests. The brothers discovered how to make toasted wheat flakes, which they then began selling by mail order. Kellogg also developed a recipe for flakes made of corn (cornflakes) and their cereal business started to grow.

Several disagreements over how to run their new business resulted in Will leaving to start his own cereal company. With his hard work and smart marketing, his company became the world's leading cereal producer and Kellogg himself became a millionaire. He never felt comfortable with his great wealth, however, and gave away large amounts of money. In 1930, he founded the W.K. Kellogg Foundation, which remains one of the largest charities in the U.S.

D

FOOD & HEALTH

A Good Start to the Day!

Many busy people no longer have time for breakfast. However, it is often considered the most important meal of the day. Skipping breakfast may mean we don't obtain our daily quota of vitamins and other essential nutrients. Breakfast is especially important for growing children – in fact, studies show that eating breakfast helps children do better in school.

So what should we be putting on the family breakfast table? A bowl of cereal with milk is the obvious answer. Cereals are typically low-fat and cholesterol-free, and can be an excellent source of iron and vitamins. Milk is an important part of any child's diet, and one which is all too often replaced by soft drinks.

Choose your cereal carefully, though – children's breakfast cereals may not be the best option. Many contain high levels of sugar and salt as well as artificial colorings to make them look more attractive. It's a myth that kids won't eat cereals if they are not chocolate-flavored or shaped like a cartoon character. There are dozens of healthier kinds of cereals available – think about serving pure cereals, like granola, and adding fresh fruit to give your children an even better start to the day.



The following question refers to section A.

1. What is the main purpose of paragraph 2?
 - A. to explain a choice of destination
 - B. to describe a range of food products
 - C. to provide information on students' work
 - D. to suggest students could eat more healthily

The following questions refer to section B.

2. What is the purpose of the text?
 - A. to publicize a special event
 - B. to explain how cereals are made
 - C. to advertise a place of interest
 - D. to encourage healthy eating
3. Why does the text mention the "good old days"?
 - A. to show that products are made in the traditional way
 - B. to emphasize how old John's Grains factory is
 - C. to contrast the factory's products with others
 - D. to explain the history of the company

The following questions refer to section C.

4. Why did Will Kellogg start making cereals?
 - A. He wanted to be a successful businessman.
 - B. He was trying to impress his brother.
 - C. It was part of his job at the sanitarium.
 - D. A doctor advised him to eat more healthily.
5. Why did Will leave his job at the Battle Creek Sanitarium?
 - A. He was not being paid enough.
 - B. He and his brother argued about the business.
 - C. He needed more time to develop his cornflakes recipe.
 - D. He wanted to start his own company.
6. What does the text suggest about Will Kellogg?
 - A. He was not interested in nutrition.
 - B. He had always wanted to be rich.
 - C. He was generous to others.
 - D. He was very similar to his brother.

The following questions refer to section D.

7. In the third sentence of paragraph 1, what does **skipping** mean?
 - A. eating
 - B. missing
 - C. postponing
 - D. preparing
8. What does the author suggest about children in paragraph 2?
 - A. Not all of them need a lot of milk.
 - B. Some drink too many unhealthy drinks.
 - C. Some prefer not to eat breakfast.
 - D. Children who drink milk don't need cereal.
9. In the second sentence of paragraph 3, what does **them** refer to?
 - A. children
 - B. artificial colorings
 - C. children's cereals
 - D. sugar and salt
10. What is the writer's opinion of many children's cereals?
 - A. They are unsuitable for adults.
 - B. Children will only eat them if they contain chocolate.
 - C. They are a healthier option than fresh fruit.
 - D. They contain unnecessary ingredients.

The following questions refer to two or more sections.

11. Which sections mention problems connected to eating cereals?
 - A. A, B
 - B. A, D
 - C. B, C, D
 - D. all sections
12. What conclusion can be reached about breakfast cereals?
 - A. Most people know the ingredients in cereals.
 - B. It's important to know what they contain.
 - C. More varieties were available 100 years ago.
 - D. Cereal is more popular with younger people.

Total: / 100