UNIT 1: TEST 1

Read the following advertisement and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 1 to 6.

Small Daily Choices, Decades of Vibrant Living

- The revolutionary health approach transforms your aging process through **(1)**_____ decisions. **(2)**_____ routines can add years to your life while improving your overall well-being.
- People **(3)**_____ the Quantum Aging philosophy experience remarkable improvements in energy levels. Our coaches explain longevity secrets **(4)**_____ participants during each personalized session.
- Our experts will help you **(5)**_____ back on your feet after years of neglecting your health and wellness needs. **(6)**_____ a longer, more vibrant life requires making small but significant choices every day.
- Join Quantum Aging today and discover how tiny daily decisions can compound into decades of extraordinary health and vitality!

Question 1:A. mind **B.** mindfully **C.** mindful **D.** mindfulness

Question 2:A. Morning exercise consistent **B.** Consistent morning exercise
C. Consistent exercise morning **D.** Exercise morning consistent

Question 3:A. adopting **B.** which adopted **C.** adopted **D.** was adopted

Question 4:A. to **B.** for **C.** with **D.** at

Question 5:A. bring **B.** take **C.** do **D.** get

Question 6:A. Living **B.** To live **C.** To living **D.** live

Read of the following leaflet and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 7 to 12.

Thriving Beyond Tomorrow: The New Science of Extended Wellness

- Modern wellness practices differ from **(7)**_____ in their focus on long-term health outcomes rather than quick fixes. Scientists are constantly **(8)**_____ how lifestyle choices affect our longevity and quality of life.
- Recent **(9)**_____ in nutritional science have revealed the importance of micronutrients for cellular health. **(10)**_____ common misconceptions, aging is not simply an inevitable decline but a process that can be optimized.
- The **(11)**_____ of preventive medicine has transformed how we approach healthcare in the 21st century. A **(12)**_____ of studies have demonstrated the benefits of regular exercise for maintaining cognitive function.

Question 7:A. others	**B.** another	**C.** the others	**D.** other
Question 8:A. working on	**B.** thinking over	**C.** going through	**D.** looking into
Question 9:A. methods	**B.** discoveries	**C.** theories	**D.** publications
Question 10:A. On top of	**B.** Because of	**C.** In spite of	**D.** With regard to
Question 11:A. philosophy	**B.** advancement	**C.** implementation	**D.** regulation
Question 12:A. quantity	**B.** bunch	**C.** piece	**D.** number

Mark the letter A, B, C or D on your answer sheet to indicate the best arrangement of utterances or sentences to make a meaningful exchange or text in each of the following questions from 13 to 17.

Question 13:

a. Alex: A garden? What do you do there?

b. Alex: Hi! Do you like my new phone? It can show pictures in the air!

c. Jordan: Wow! That's cool. I like simple things. I go to a garden every day.

A. c-b-a **B.** c-a-b **C.** a-b-c **D.** b-c-a

Question 14:

a. Maya: A plant that sends messages? What does it say?

b. Liam: That's nice. I have a smart plant at home. It sends messages to my phone.

c. Maya: I want to see it! Can I visit your home?

d. Maya: Look at my smart watch! It tells me when I need to drink water.

e. Liam: It says "I need water" or "Too much sun!" It's like a pet.

A. b-e-d-a-c **B.** d-b-a-e-c **C.** d-b-c-a-e **D.** e-b-a-c-d

Question 15:

Dear Mr. Kim,

a. We can now grow new parts for your body! It is like magic. When you are old, some parts stop working well.

b. Now, we can make new skin, bones, and more.

c. I think this can help you. Please come to my office next week. We can talk more about your options.

d. How are you? I am Dr. LK. I want to tell you about new medicine for old bodies.

e. Your own cells help make these new parts. They are safe because they come from you. This treatment is not painful and very effective.

Best wishes,

Dr. LK

A. c-a-e-d-b **B.** a-d-e-b-c **C.** d-a-b-e-c **D.** e-b-a-d-c

Question 16:

a. Countries should help old people with money. This can help them live better and longer.

b. Many old people worry about money. This worry can make them sick. Stress is bad for health.

c. Having money means better health for old people. They can eat well, see doctors, and live in safe homes.

d. Some old people cannot pay for doctors. This is a big problem. They do not get help when they are sick.

e. Old people need money to stay healthy. When they have enough money, they can buy good food and medicine.

A. d-a-e-b-c **B.** b-a-e-d-c **C.** e-b-d-a-c **D.** a-b-d-e-c

Question 17:

a. People who believe in God often feel happy. Happy people get sick less. Religion can be good for both mind and body.

b. Praying can make people feel calm. When people feel calm, their bodies can heal better. Stress is bad for health.

c. Many people pray and go to church. Studies show that these people often feel less sad and live longer.

d. Some religions say no to smoking and drinking. This is good for the body. These rules help people stay healthy.

e. Going to church helps people make friends. Friends can help when you are sick. They can bring food and medicine.

A. c-b-e-d-a **B.** c-a-e-b-d **C.** c-d-e-b-a **D.** c-e-a-d-b

Read the following passage about Latest Research Findings and mark the letter A, B, C or D on your answer sheet to indicate the option that best fits each of the numbered blanks from 18 to 22.

Sleep is very important for our health. Good sleep helps us live longer. Many doctors study how sleep affects our life. **(18)**_____. They also check if we wake up a lot during the night. If we sleep well, our body can fix itself. Had people slept better in the past, **(19)**_____. The way we sleep, which changes as we get older, can tell doctors about our health. People **(20)**_____. They also have more heart problems; moreover, they feel tired all day. Bad sleep makes our body weak; therefore, we cannot fight illness well. Having analyzed data from over 50,000 participants across three continents, researchers concluded that consistent, **(21)**_____. They say we should sleep seven to eight hours each night. We should also go to bed at the same time every day. Doctors tell us to turn off phones before bed. The light from screens makes it hard to fall asleep. **(22)**_____. When we follow these simple rules, we sleep better. Good sleep helps our brain work well. It also helps our heart stay strong. Children need more sleep than adults. Older people often sleep less at night. If we want to live longer, we must take care of our sleep.

Recent studies show that deep sleep is the most important kind. During deep sleep, our brain removes harmful waste.

Question 18:

A. They prepare delicious meals for children every morning

B. They look at how many hours we sleep each night

C. They design colorful posters to decorate school hallways

D. They collect various plants from forests around the world

Question 19:

A. they might have lived longer lives which they enjoyed

B. they might have lived longer lives

C. they might have lived longer lives who were happier

D. they might having lived longer lives

Question 20:

A. who sleep less than six hours each night often get sick more

B. sleeping less than six hours each night will often got sick more

C. whom slept less than six hours each night have often gotten sick more

D. they sleep less than six hours each night often getting sick more

Question 21:

A. quality sleep significantly extending healthy lifespan

B. quality sleep, significantly extended healthy lifespan

C. quality sleep significantly extends healthy lifespan

D. quality sleep having significantly extended healthy lifespan

Question 22:

A. They should say we also not drink tea early in the week

B. They also say we should not drink coffee late in the day

C. We also say they should not drink water long in the night

D. They not also suggest we should avoid coffee early for health

Read the following passage about Anti-inflammatory Diets and Their Role in Chronic Disease Prevention and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 23 to 30.

Chronic inflammation contributes to many health problems like heart disease, diabetes, and some cancers. An anti-inflammatory diet rich in fruits, vegetables, whole grains, and healthy fats helps fight inflammation. These diets include foods with antioxidants and omega-3 fatty acids, while **limiting** processed

foods, refined sugars, and saturated fats. Studies show that these eating patterns may reduce inflammatory markers and lower disease risk.

The Mediterranean diet is a good example of anti-inflammatory eating that has been well-studied. It includes olive oil, nuts, fish, and many plant foods with anti-inflammatory properties. The DASH diet and traditional Asian diets have similar benefits. People following these diets show lower levels of inflammatory markers compared to those eating typical Western diets. Research indicates that the combination of various nutrients working together provides greater benefits than individual **supplements** alone.

Adopting anti-inflammatory eating habits requires gradual changes, not strict diets. Experts suggest starting with small steps, like adding more vegetables to meals or choosing nuts and fruits as snacks. Drinking enough water and regular exercise enhance these benefits. People with health conditions should talk to doctors before changing **their** diet. Meal planning and preparation can make the transition easier and more sustainable for long-term success.

Anti-inflammatory diets offer protection against age-related diseases when followed long-term. People in regions with these traditional diets have fewer chronic conditions and live longer. Diet is just one part of health, though. Managing stress, getting enough sleep, and avoiding tobacco are also important. As research advances, nutrition advice may become more personalized based on genetics and individual needs. The growing field of nutrigenomics studies how food interacts with our genes.

Question 23: According to the passage, which of the following is NOT mentioned as a component of anti-inflammatory diets?

A. Omega-3 fatty acids **B.** Olive oil **C.** Whole grains **D.** Fermented foods

Question 24: The word "**limiting**" in paragraph 1 is OPPOSITE in meaning to _____.

A. restricting **B.** reducing **C.** minimizing **D.** increasing

Question 25: The word "**supplements**" in paragraph 2 could be best replaced by _____.

A. dietary products **B.** medications **C.** additives **D.** vitamins

Question 26: The word "**their**" in paragraph 3 refers to _____.

A. doctors **B.** people with health conditions **C.** experts **D.** vegetables

Question 27: Which of the following best paraphrases the underlined sentence in paragraph 4?

A. Long-term dietary restrictions are necessary to reverse damage caused by age-related inflammatory conditions.

B. Following anti-inflammatory eating patterns consistently over time may help prevent diseases associated with aging.

C. Anti-inflammatory food regimens provide immediate benefits but require lifelong commitment to maintain results.

D. Consuming specific nutrients for extended periods can cure most health problems that typically occur in older age.

Question 28: Which of the following is TRUE according to the passage?

A. People in regions with traditional anti-inflammatory diets typically experience fewer chronic conditions and longevity.

B. Individual supplements provide greater health benefits than consuming nutrients from whole foods in combination.

C. Anti-inflammatory diets require strict adherence to specific meal plans and immediate elimination of all processed foods.

D. The DASH diet and Mediterranean diet have fundamentally different approaches to reducing inflammatory markers in the body.

Question 29: In which paragraph does the writer mention how to start an anti-inflammatory diet?

A. Paragraph 1 **B.** Paragraph 2 **C.** Paragraph 3 **D.** Paragraph 4

Question 30: In which paragraph does the writer mention people living longer in certain regions?

A. Paragraph 2 **B.** Paragraph 1 **C.** Paragraph 4 **D.** Paragraph 3

Read the following passage about the Stress Management Techniques and Their Impact on Cellular Aging and mark the letter A, B, C or D on your answer sheet to indicate the best answer to each of the following questions from 31 to 40.

Chronic stress has emerged as a significant factor in accelerating cellular aging, particularly through its effects on telomeres—protective caps at the end of chromosomes that shorten with age. When individuals are **under the weather** due to prolonged stress, **their** bodies produce excessive cortisol, which can damage cellular structures and accelerate the aging process. Research has shown that people with high stress levels often exhibit shorter telomeres, which is associated with various age-related diseases including cardiovascular problems, diabetes, and cognitive decline.

[I] Mindfulness meditation represents one of the most thoroughly researched stress reduction approaches with documented benefits for cellular health. **[II]** This practice involves focusing one's attention on the present moment without judgment, which helps break the cycle of rumination that often characterizes chronic stress. **[III]** A study found that participants who completed an eight-week mindfulness program showed significant increases in telomerase activity—an enzyme that helps rebuild telomeres. Physical exercise constitutes another powerful intervention, with both aerobic and resistance training shown to boost telomerase activity. **[IV]**

Sleep quality plays a crucial role in stress management and cellular repair processes. During deep sleep phases, the body engages in essential **maintenance** activities, including DNA repair mechanisms that

help preserve telomere length. Cognitive behavioral therapy for insomnia has shown promise in improving sleep quality. Dietary interventions also merit consideration, with Mediterranean and plant-based diets rich in antioxidants appearing to support telomere preservation. These approaches work synergistically—combining multiple stress management techniques typically yields more significant benefits than any single method alone.

The implications of this research extend beyond individual health to public policy and healthcare systems. As evidence accumulates regarding the cellular impact of chronic stress, medical professionals increasingly recognize stress management as a legitimate clinical intervention rather than merely a lifestyle choice. Workplace wellness programs that incorporate stress reduction techniques have shown promising results in improving employee health markers. While more research is needed to fully understand the relationship between stress management and cellular aging, the existing evidence suggests that how we respond to life's challenges may significantly influence our biological aging trajectory.

Question 31: The phrase "**under the weather**" in paragraph 1 could be best replaced by _____.

A. stressed out **B.** burned out **C.** worn down **D.** broken down

Question 32: The word "**their**" in paragraph 1 refers to _____.

A. telomeres **B.** individuals **C.** chromosomes **D.** cellular structures

Question 33: Where in paragraph 2 does the following sentence best fit?

Additionally, maintaining strong social connections can buffer against stress-induced cellular damage.

A. [I] **B. [II]** **C. [III]** **D. [IV]**

Question 34: Which of the following is NOT mentioned as a benefit of stress management techniques?

A. Reduced healthcare costs

B. Increased telomerase activity

C. Improved sleep quality

D. Preservation of telomere length

Question 35: Which of the following best summarises paragraph 3?

A. Cognitive behavioral therapy effectively treats insomnia, while Mediterranean diets provide antioxidants that repair DNA and preserve telomeres during deep sleep cycles.

B. Multiple stress management techniques should be implemented simultaneously rather than individually to maximize cellular repair and telomere preservation benefits.

C. Quality sleep enables DNA repair during deep phases, while therapies and dietary changes support telomere health, with combined approaches yielding optimal benefits.

D. Deep sleep activates maintenance processes that Mediterranean diets enhance, making cognitive behavioral therapy unnecessary for those with proper sleep habits.

Question 36: The word "**maintenance**" in paragraph 3 is OPPOSITE in meaning to _____.

A. preservation **B.** restoration **C.** conservation **D.** deterioration

Question 37: Which of the following best paraphrases the underlined sentence in paragraph 4?

A. This research impacts not only personal wellbeing but also influences governmental regulations and medical institutions.

B. Personal health findings have prompted new investigations into policy reform and healthcare delivery improvements.

C. Individual health concerns are increasingly being addressed through policy changes and healthcare system modifications.

D. The findings primarily affect personal health outcomes but may eventually influence policy and healthcare decisions.

Question 38: Which of the following is TRUE according to the passage?

A. Cognitive behavioral therapy has proven more effective than dietary interventions for preserving telomere length in clinical trials.

B. Workplace wellness programs have consistently demonstrated significant reductions in healthcare costs across all industries.

C. Participants who completed an eight-week mindfulness program showed significant increases in telomerase activity that helps rebuild telomeres.

D. Research conclusively establishes that aerobic exercise contributes more to telomerase activity than maintaining social connections.

Question 39: Which of the following can be inferred from the passage?

A. Mediterranean diets have been scientifically proven more effective than plant-based diets for preventing telomere shortening.

B. Workplace wellness programs focusing on mindfulness meditation produce better health outcomes than exercise-based interventions.

C. Genetic factors play a more significant role in determining telomere length than lifestyle factors or stress management techniques.

D. Our emotional responses to stressful situations have measurable biological effects that can accelerate or slow cellular aging processes.

Question 40: Which of the following best summarises the passage?

A. Chronic stress accelerates cellular aging through telomere shortening, while interventions like mindfulness, exercise, sleep quality, and diet can mitigate this damage and influence biological aging trajectories.

B. Telomeres protect chromosomes but shorten with age, causing diseases like cardiovascular problems and diabetes, which can be prevented through mindfulness meditation and workplace wellness programs.

C. Medical research shows mindfulness meditation increases telomerase activity more effectively than exercise, sleep, or diet, leading to professional recognition of stress management as clinical intervention.

D. Healthcare systems should incorporate stress reduction techniques into public policy as legitimate clinical interventions rather than viewing them as lifestyle choices to improve population health outcomes.