



READING COMPREHENSION- 5TH ADOLESCENTS FINAL EXAM 2025

Honey

The next time you are looking at a jar of honey in the supermarket think about this - it is possible that thousands of bees were needed to make that single jar! And the bees will have flown over 80,000 kilometres! Honey is made when honey bees collect nectar from flowers. They take the nectar back to their hive where other bees, called worker bees, add natural chemicals called enzymes which help it resist bacteria and last a long time. Before they re-enter their hive, they do a little dance at the entrance, called the 'waggle dance'. The dance is a combination of wiggling their bodies fast and making a buzzing sound with their wings. In fact, a bee has two dances, one shows the direction the other bees need to travel to find food and the other dance tells the bees how close the nectar is. The more the bee wiggles, the more nectar is to be found! The nectar is then taken to a special room where it is turned into honey.

It is difficult to say when honey originated, but fossils of honey bees have been found that are about 150 million years old. In Spain, there are some cave paintings from 7000 BC which show humans keeping bees. And archaeologists have discovered pots of honey thousands of years' old but perfectly preserved inside a pyramid! So we can say with confidence that not only has honey been eaten for a long time, it has also existed for a long time.

Honey is mostly used to make food sweeter, but it is also used for health purposes. You probably know it best when you have a cold and a sore throat. It is often used with lemon and boiling water in a hot drink and it can make your throat feel better. It is also a natural antibiotic and can be used as a dressing for wounds and a first aid treatment for cuts and burns.

Honey is popular with athletes because the natural fruit sugars in honey - fructose and glucose - are digested quickly by the body. For athletes and other sportspeople, honey gives them a natural energy boost. If you go running you can add honey to water and it will give you energy before, during and after your run. Honey is completely natural and nothing is added to it or removed from it, which is another reason why it is so healthy compared with other foods.

If honey is so good, why do bees let us take it from them? Bees produce honey so they can store it away in their hives during the winter when there aren't many flowers about. But bees produce two to three times more honey than they need, which means that the extra honey can be taken by beekeepers. Lucky for all of us who love honey!



1. Read the article about honey. What do the following words mean? Choose definition (a), (b) or (c). Read the text to see the words in context.

1 fossils (n)

- a) family members or relatives who are very old
- b) rocks that contain an animal that lived many thousands of years ago
- c) old photos

2 boiling (adj)

- a) when a liquid is so hot that it becomes a gas
- b) very clean, without anything in it that might reduce its quality
- c) a strong yellow colour

3 dressing (n)

- a) a mixture of liquids such as oil and vinegar that you put on a salad
- b) clothes that Egyptians wear
- c) a piece of material used for covering and protecting a skin injury

4 beekeepers (n)

- a) people who write blogs about bees
- b) people who raise bees and collect their honey
- c) people who collect interesting species of bees

4 Read the article again and choose the best answer (A, B, C or D).

1 The main purpose of this article is

- A to explain where bees live.
- B to explain the history of beekeeping.
- C to explain why honey has always been popular.
- D to help runners improve their health.

2 Enzymes are added to nectar

- A to make honey taste sweeter.
- B to keep it in good condition for a long time.
- C to add bacteria.
- D to make the honey yellow.

3 The bees do a dance

- A when they see a flower which has nectar.

- B which involves movement and sound.
- C to tell other bees where the hive is.
- D because they are happy when they make honey.

4 The Egyptians

- A would place jars of honey in pyramids.
- B used honey to make what they ate sweeter.
- C lived longer because of eating honey.
- D put honey on people when they died.

5 If you cut yourself,

- A you could put some honey on the wound.
- B you should drink a honey and lemon drink.
- C you must eat a lot of honey.
- D you should buy a first aid kit.

6 Runners like honey because

- A it adds calories for energy.
- B it helps them run much faster than before.
- C its natural ingredients enter the body faster.
- D it helps them digest other food more easily.