

READING COMPREHENSION: TASK 1

Read this text carefully and answer the questions according to the text.

TREKKING IN THE HIMALAYAS



In 1953, when Sir Edmund Hillary climbed Everest for the first time and trekking tourism didn't exist, walking in the Himalayas was only for experienced trekkers. Since then, the Himalayas have become far more accessible to walkers. For the last 10 years, the number of trekkers visiting the Everest region has more than doubled to 35,000 a year.

However, trekking in the Himalayas still sounds like a very unusual holiday. The altitude, the problems of travelling in one of the least developed regions of Asia and fears about hygiene put some people off*. If you're used to walking and you are cautious about gaining altitude then you're unlikely** to have any problems.

So, if you are interested in trekking in the Himalayan region, here are some tips that you must remember:

Tip 1: You must be in good physical and mental condition. Being positive is as important as your physical preparation.

Tip 2: Take your time and enjoy the moment. Go slowly; it is not a race. When ascending, your trekking mantra should be 'short steps, deep breaths'.

Tip 3: Indispensable companions: your water, a good pair of trekking-boots, a dry pair of socks, a sun hat and windproof jackets are indispensable companions for trekking in the Himalayas. Remember to bring good sunglasses because the sun is very strong in the mountains.

Tip 4: Recently, trekking in the Himalayas has become a clear example of how people's desire for the unusual can damage the environment. So remember to protect the natural environment. Don't trek in restricted areas, never make open fires or pollute water sources —you might be thousands of miles from home, but the smallest careless*** actions can be disastrous for local ecosystems and people. Don't leave your garbage behind and make sure the campsite is cleaner than you found it.

Tip 5: Respect the local traditions and protect the local cultures. Say 'Salam' or 'Namaste' when you meet local people on the trail. Respect their holy places and follow the traditions of the place. To communicate with the locals, carry a few photographs of your family or friends to show them. That will help to break down the cultural barriers. Respect privacy and wait for permission before taking photos of local people. Photography in some remote regions can cause offence.

In conclusion, you must let the Himalayas change you, but do not change them!

Text adapted from <https://www.lonelyplanet.in/articles/3977/expert-tips-for-your-first-trek-to-the-indian-himalaya>

GLOSSARY:

- * **put someone off:** to discourage someone from doing something. En català vol dir 'desanimar'.
- ** **unlikely:** not probable. En català vol dir 'poc probable'.
- *** **careless:** negligent, inattentive. En català vol dir 'negligent, descuidat'.

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- 16** Mount Everest was first climbed _____ 1953.
- a. before
 - b. in
 - c. after
- 17** In the 1950s, trekking in the Himalayas was...
- a. impossible.
 - b. quite accessible.
 - c. for experienced trekkers.
- 18** Nowadays, the Himalayas are _____ holiday destination.
- a. an uncommon
 - b. an ordinary
 - c. a typical
- 19** When you ascend a mountain in the Himalayas, it's important to...
- a. sing mantras.
 - b. breathe fast.
 - c. walk slowly.
- 20** When you trek in the Himalayas, it's essential to...
- a. wear good trekking-boots.
 - b. drink a lot of water.
 - c. walk with friends.
- 21** The actions trekkers do _____ on local ecosystems.
- a. have no consequences
 - b. can have negative consequences
 - c. have only positive consequences
- 22** What should you do with the rubbish at the campsite?
- a. Take it with you.
 - b. Make a fire and burn it.
 - c. Tell the local people to take it away.

READING COMPREHENSION: TASK 1

23 When trekkers visit a local temple, they should...

- a. learn local prayers.
- b. respect the traditions of the place.
- c. act according to their own religious beliefs.

24 You can take photos of local people...

- a. without permission.
- b. if they don't see you.
- c. only if they give you permission.

25 You can find information about the type of clothes to wear in the Himalayas in...

- a. Tip 2.
- b. Tip 3.
- c. Tip 5.

26 Tip 4 tells the reader how to...

- a. protect the environment.
- b. make a fire.
- c. get water.

27 In this text, you can find _____ the Himalayas.

- a. news about
- b. the history of
- c. advice for trekking in

28 The text you have read is from a...

- a. sports magazine.
- b. travel website.
- c. history book.

READING COMPREHENSION: TASK 2

Read this text carefully and answer the questions according to the text.

HOW SIBLINGS* CAN AFFECT YOUR HEALTH



We have long known of the powerful influence our parents have on who we are, blaming them for our large ears or thanking them for our aptitude for sport. What's often forgotten is that siblings also reveal a large amount of information about our future health and happiness. The number of brothers and sisters you have — and whether they're older or younger — can influence everything from your height to your risk of allergy and how fat you will be in later life.

SIBLINGS AND FERTILITY

Men with lots of brothers may carry a gene that predisposes them to be more fertile, according to a study published last year by the University of Sheffield (England). Dr Allan Pacey, senior lecturer in andrology at the university, found men with lots of brothers were more likely to** have sons.

SHORT? YOU'RE PROBABLY THE BABY OF THE FAMILY

Always looked up to your big brother or sister? Research has found that last-born children tend to be shorter than their siblings. A study of 14,000 families by University College London (UCL) in 2007 showed that only-children were the tallest, and that the more older brothers and sisters you have, the shorter you are likely to be. Why? Dr David Lawson, who led the study, says children with lots of siblings may have less food, money and time with their parents. He says this could mean big brothers and sisters have better health overall.

HAVING SIBLINGS CUTS RISK OF ALLERGIES

A number of studies have shown that older children are more likely to suffer from eczema and allergies. Experts believe this is because of the 'hygiene hypothesis' — that growing up in a very clean environment makes you hypersensitive to inoffensive allergens.

AND STOPS YOU GETTING FAT

Having brothers and sisters seems to protect you from weight gain. Last year a study of 12,700 children from European countries found that only-children were 50 per cent more likely to be overweight or obese. The reason? They were more likely to have TVs in their room and to get less exercise than those with brothers and sisters. However, it's not just only-children who are more at risk. Last-born children are more likely to be obese than those born first.

Article adapted from
<https://www.dailymail.co.uk/health/article-2402398/From-risk-cancer-infertility-putting-weight-siblings-affect-health.html>

Image Source: <https://www.flickr.com/photos/standupp/5719658060>

GLOSSARY:

* **siblings**: brothers and sisters. En català vol dir 'germans'.

** **to be likely to**: to have a great chance of, to be probable. En català vol dir 'ser probable'.

READING COMPREHENSION: TASK 2

29 In the sentence 'blaming them for our large ears', what does the underlined word mean?

- a. Thanking.
- b. Accusing.
- c. Asking.

30 What may influence our future health and happiness?

- a. Our children.
- b. The number of friends.
- c. The number of siblings.

31 Men with _____ may be more fertile.

- a. no brothers
- b. a lot of brothers
- c. a lot of sisters

32 Research has found that _____ children were the tallest.

- a. first-born
- b. middle
- c. only

33 Older children may develop _____ their younger brothers and sisters.

- a. fewer allergies than
- b. the same allergies as
- c. more allergies than

34 Only-children have a greater risk of suffering obesity because of...

- a. the absence of physical activity.
- b. socioeconomic factors.
- c. an unhealthy diet.

35 The text presents different research studies conducted by _____ universities.

- a. European
- b. American
- c. American and European

READING COMPREHENSION: TASK 2

36 The last paragraph “AND STOPS YOU GETTING FAT” tells the reader that having siblings...

- a. protects you from weight gain.
- b. cuts the risk of allergies.
- c. affects your height.

37 Put the sentences in the correct order as they appear in the text.

A. If you are short, you are probably the baby of the family.	B. Only-children are at risk of becoming obese in childhood.	C. Our parents have an influence on our physical traits and our behaviour.	D. Having siblings affects men's fertility.
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- a. D → C → B → A
- b. C → D → A → B
- c. A → D → C → B

38 The text is about...

- a. siblings and health.
- b. children and parents.
- c. obesity and children.

39 The text is an _____ text.

- a. opinion
- b. informative
- c. instructive

40 The text you have read is from...

- a. a book.
- b. a paper magazine.
- c. an online newspaper.