

**Task 1. Read the following passage and choose the correct answer to each of the following questions.**

In today's fast-paced world, maintaining a healthy lifestyle has become more important than ever before. A healthy lifestyle involves making conscious choices about what we eat, how much we exercise and how we prioritise sleep. By adopting healthy habits, we can prevent chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life.

A balanced diet is the foundation of a healthy lifestyle. Eating a variety of fruits, vegetables, whole grains, lean proteins, and healthy fats can provide the essential nutrients needed to maintain good health. Processed foods, sugary drinks, and saturated fats should be avoided as they can lead to obesity, heart disease, and other chronic illnesses.

Regular exercises are also crucial for a healthy lifestyle. They help in strengthening muscles and bones, improving cardiovascular health, and reducing the risk of chronic diseases. Exercises also release endorphins, which are natural mood boosters and can help reduce stress levels. Experts recommend at least 30 minutes of moderate intensity exercises per day for adults.

**Adequate** sleep is another important aspect of a healthy lifestyle. Getting 7-8 hours of sleep per night can improve cognitive function, enhance memory, and promote physical and emotional health. A regular sleep routine, avoiding caffeine and electronics before bedtime, and creating a relaxing sleep environment can help improve sleep quality.

In conclusion, a healthy lifestyle requires a balanced diet, regular exercises and adequate sleep. By making small changes to our lifestyle, we can significantly reduce the risk of chronic diseases, improve our physical and mental health, and live a happier and more fulfilling life. It is essential to prioritise healthy habits and make **them** a part of our daily routine.

1. Which of the following can be the best title for the passage?  
A. How to Have a Healthy Lifestyle      B. The Importance of Exercises  
C. Our Daily Routine      D. The Well-being of the Brain
2. According to the passage, people should avoid \_\_\_\_\_ before bedtime to have a good sleep.  
A. processed food    B. caffeine      C. whole grains      D. endorphins
3. The word "**them**" in the last paragraph is referred to \_\_\_\_\_.  
A. regular exercises    B. chronic diseases    C. small changes      D. healthy habits
4. The word "**adequate**" in paragraph 4 is closest in meaning to \_\_\_\_\_.  
A. enough      B. poor      C. amiable      D. exceptional
5. Which of the following is NOT true according to the passage?  
A. Adults are advised to exercise moderately for 30 minutes every day.  
B. Adequate sleep can help enhance memory.  
C. People should avoid all kinds of fats to maintain good health.  
D. Endorphins help reduce stress.

**Task 2. Read the passage and decide whether the following statements are true (T), false (F) or not given (NG).**

A balanced diet is a crucial factor in maintaining a healthy life. It refers to a diet that contains all the essential nutrients in the right proportion to support proper bodily functions. The

effects of a balanced diet are numerous, and it plays a significant role in promoting overall health and well-being.

Firstly, a balanced diet can help maintain a healthy weight. Consuming foods that are high in fibre, such as whole grains and fruits, can help promote feelings of fullness and prevent overeating. A balanced diet can also help regulate blood sugar levels, reducing the risk of developing diabetes.

In addition, a balanced diet can improve mental health and cognitive function. Eating foods that are rich in omega-3 fatty acids, such as fatty fish, can improve brain function and reduce the risk of depression and anxiety.

Furthermore, a balanced diet can enhance physical performance and energy levels. Consuming foods that are rich in complex carbohydrates, such as whole grains and fruits, can provide the necessary energy to support physical activity and exercise.

In conclusion, a balanced diet is essential to promoting a healthy life. It provides the necessary nutrients to support bodily functions, reduce the risk of chronic diseases, maintain a healthy weight, improve mental health and cognitive function, and enhance physical performance and energy levels. Incorporating a balanced diet into one's lifestyle can have a significant impact on overall health and quality of life.

1. Eating fruits can help you feel full faster. \_\_\_\_\_
2. A balanced diet cannot contribute to controlling blood sugar levels. \_\_\_\_\_
3. All fish is rich in omega-3 fatty acids. \_\_\_\_\_
4. Fruits are the most recommended food for people who exercise. \_\_\_\_\_
5. A balanced diet can affect the body both physically and mentally. \_\_\_\_\_

**Task 3. Read the following passage and mark the letter A, B, C or D to indicate the correct word that best fits each of the numbered blanks.**

Yoga is a practice that has been around for thousands of years and has (1) \_\_\_\_\_ popularity in recent years (2) \_\_\_\_\_ its numerous health benefits. Yoga involves a combination of physical postures, breathing techniques, and meditation to promote overall health and well-being.

(3) \_\_\_\_\_ of the key benefits of yoga is its ability (4) \_\_\_\_\_ stress and anxiety. Yoga postures and breathing techniques can help calm the mind and reduce stress levels, (5) \_\_\_\_\_ can have a positive impact on mental health.

In addition, yoga can improve flexibility and balance. The physical postures, or *asanas*, (6) \_\_\_\_\_ yoga can help stretch and strengthen muscles, improve range of motion, and enhance balance and coordination.

Yoga can also help improve cardiovascular health by reducing blood pressure and improving circulation. Studies have shown that regular (7) \_\_\_\_\_ of yoga can help lower cholesterol levels and reduce the risk (8) \_\_\_\_\_ heart diseases.

Moreover, yoga can improve respiratory function by promoting deep (9) \_\_\_\_\_ and increasing lung capacity. This can be especially beneficial for individuals with respiratory (10) \_\_\_\_\_ such as asthma.

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|-----------------|---------------|------------|----------------|
| 1. A. gained    | B. taken      | C. set     | D. received    |
| 2. A. of        | B. in         | C. for     | D. from        |
| 3. A. One       | B. Each       | C. Every   | D. Any         |
| 4. A. reducing  | B. to reduce  | C. reduce  | D. to reducing |
| 5. A. when      | B. where      | C. that    | D. which       |
| 6. A. for       | B. by         | C. in      | D. on          |
| 7. A. doing     | B. practice   | C. dose    | D. proportion  |
| 8. A. in        | B. on         | C. from    | D. of          |
| 9. A. breathing | B. breaths    | C. breathe | D. breathable  |
| 10. A. illness  | B. conditions | C. disease | D. problem     |

Regular routines can help people feel like they have control over their daily lives and that they can take positive steps (29) \_\_\_\_\_ managing their health. For example, making time for exercise within routines can help meet recommended daily activity levels. This is especially relevant now, (30) \_\_\_\_\_ research shows that people who reduced their activity levels during the pandemic could experience enduring health effects. As people increase activity outside their homes, they might (31) \_\_\_\_\_ taking transit to school and work, returning to organised fitness activities and the gym and opportunities to include movement throughout the day. (32) \_\_\_\_\_ ways that routines can support health include regular meal preparation and getting enough sleep, activities (33) \_\_\_\_\_ seem simple but can give positive results in healthy ageing over a lifetime.

*Adapted from <https://theconversation.com/what-you-do-every-day-matters-the-power-of-routines-178592>*

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|---------------------------------|------------|-----------|------------|
| <b>Question 29:</b> A. on       | B. in      | C. of     | D. from    |
| <b>Question 30:</b> A. but      | B. yet     | C. since  | D. despite |
| <b>Question 31:</b> A. consider | B. use     | C. need   | D. open    |
| <b>Question 32:</b> A. other    | B. another | C. lot of | D. few     |
| <b>Question 33:</b> A. when     | B. where   | C. who    | D. which   |

**Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.**

Mental health issues such as anxiety and depression were a leading cause of global health problems even before the spread of COVID-19; however, **they**'ve gotten worse. Since the first year of the COVID-19 pandemic, anxiety and depression rates worldwide have increased by an overwhelming 25%. In the U.S, 4 in 10 adults have reported symptoms of anxiety or depression during the pandemic, compared with 1 in 10 from January to June 2019.

Among the most affected are young adults and women. The **surge** in people struggling with mental illnesses has coincided with gaps in mental care services as well.

Research suggests that the pandemic has exacerbated the impacts of loneliness. Additionally, people's fear of missing out, also known as FOMO, hasn't decreased even since in-person social gatherings became less frequent. But small daily actions - such as a short walk, break from social media or even a catnap - can add up to have an impact on mental health. Separately, counselling, therapy and medication prescribed by health care providers are effective treatments for those experiencing mental illness.

Adapted from: <https://theconversation.com/the-power-of-short-breahs-movement-and-other-practices-on-improving-mental-health-4-essential-reads-187413>

**Question 34:** Which of the following can be the best title for the passage?

- A. How to Handle Mental Illness
- B. Mental Health - an Alarming Issue
- C. The Effect of Covid-19
- D. Fomo

**Question 35:** The word “**they**” in paragraph 1 refers to \_\_\_\_\_.

- A. global health problems
- B. symptoms
- C. mental health issues
- D. adults

**Question 36:** The word “**surge**” in paragraph 2 is closest in meaning to \_\_\_\_\_.

- A. growth
- B. decline
- C. view
- D. situation

**Question 37:** According to paragraph 1, which of the following is TRUE?

- A. Mental illness is not a worldwide problem.
- B. The rates of anxiety and depression experienced an increase by 25% in the first year of COVID-19.
- C. 4 in 10 adults in the US show symptoms of depression and anxiety before June 2019.
- D. Mental health issues have not changed since COVID-19.

**Question 38:** Which of the following is NOT true according to the passage?

- A. The influences of loneliness got worse during the pandemic.
- B. There are many kinds of treatments to tackle mental health issues.
- C. Even though now there are fewer in-person social meetings, the number of people having FOMO has not reduced.
- D. Young adults and men are the highest number of people suffering from mental illnesses.

**Read the following passage and mark the letter A, B, C or D to indicate the correct answer to each of the questions.**

The average daily time spent online by adults increased by nearly an hour during the UK’s spring lockdown when compared to the previous year, according to communications regulator Ofcom, with numerous countries back under severe pandemic restrictions, many of us once again find ourselves questioning whether our heavy reliance on technology is impacting our health.

It’s true that digital devices have provided new means of work, education, connection, and entertainment during lockdown. But the perceived pressure to be online, the tendency to **procrastinate** to avoid undertaking tasks, and the use of digital platforms as a way to escape stress all have the potential to turn healthy behaviours into habits. This repetitive use can develop into addictive patterns, which can in turn affect a user’s wellbeing.

Digital addiction refers to the addictive and excessive use of digital devices. The design of digital platforms themselves contributes to this addictive use. Notifications, news feeds, likes and comments have all been shown to contribute towards a battle for your attention, which leads users to increase the time **they** spend looking at screens.

Screen time is an obvious measure of digital addiction, although researchers have noted that there is no simple way to determine how much screen time one can experience before it

becomes problematic. As such, there is a continued lack of **consensus** on how we should think about and measure digital addiction.

During a global pandemic, when there often feels like no alternative to using Netflix, or video conferencing with friends and family, screen time as an indicator of digital addiction is clearly ineffective. Nonetheless, research conducted on preventing digital addiction does provide insights on how we can all engage with our digital technologies in a healthier way during a lockdown.

Adapted from: <https://theconversation.com/five-ways-to-manage-your-screen-time-in-a-lockdown-according-to-tech-experts-152715>

**Question 39:** Which of the following can be the best title for the passage?

- A. Digital Addiction During Pandemic Lockdown
- B. The Effect of Covid-19 Lockdown
- C. Forms of Digital Entertainment
- D. Research about Digital Addiction

**Question 40:** The word “**procrastinate**” in paragraph 2 is closest in meaning to \_\_\_\_\_.

- A. complete
- B. push
- C. delay
- D. extend

**Question 41:** The word “**they**” in paragraph 3 refers to \_\_\_\_\_.

- A. notifications
- B. users
- C. digital platforms
- D. researchers

**Question 42:** The word “**consensus**” in paragraph 3 is closest in meaning to \_\_\_\_\_.

- A. research
- B. repetition
- C. discord
- D. agreement

**Question 43:** Which of the following can be inferred from the passage?

- A. The way to measure digital addiction needs to be studied more.
- B. Digital addiction happens when people use digital devices moderately.
- C. The design of social platforms is not related to overuse of digital devices.
- D. It is not hard to decide the problematic amount of screen time.

**Question 44:** Which of the following is NOT TRUE according to the passage?

- A. During the spring lockdown, the daily amount of time people spend online increased by nearly one hour compared to the previous year.
- B. Digital devices create a new means of entertainment.
- C. The use of digital platforms cannot become addictive.
- D. People use digital platforms to escape from anxiety.

**Question 45:** Which of the following is TRUE according to the passage?

- A. Overuse of digital devices can have a negative health effect.
- B. Notifications and news feeds do not distract you from other things.
- C. People cannot connect with their family during lockdown.
- D. People have to completely get rid of digital devices to be healthy.