**EXERCISE 1**
Answer the following questions.

## WHY WOMEN NEED CHOCOLATE?

Why do women crave for chocolate more often than men do? Studies suggest a number of reasons why women desire chocolate more often.

Debra Waterhouse, the author of Why Women Need Chocolate, found that 68 percent of women who craved for a certain food listed chocolate among their choices. According to Waterhouse, the desire for certain foods may be due to a variety of cultural, emotional and physiological factors. Women may crave for chocolate more often because women of childbearing age experience monthly hormonal changes. These fluctuations affect many women physically and emotionally.

Research demonstrates that chocolate can enhance a person's feelings. Chocolate contains a chemical which can stimulate the release of endorphins in the brain. Endorphins are known for their ability to lower the sensation of and to lift the mood of a person.

A Journal of American Dietetic Association article suggests that eating chocolate may be a way to cope with a lack of certain nutrients. For example, a person may not receive enough magnesium. Magnesium, which is important for bone development, muscles and nervous system can be found in chocolate. Other nutrients that are present in chocolate include protein and carbohydrates. Inadequate nutrition can contribute to cravings for chocolate.

Another article by Benson and Donahue claims that chocolate has a very strong effect on people. A deficient diet can influence state of emotional health. Eating chocolate may help to deal with the emotional effect of poor nutrition.

It appears that chocolate can benefit a person's well-being. Eating chocolate to feel better is acceptable as long as one exercises restraint.

*Adapted from the New Sunday times, 22 October 2000*

1. What is this article about?

   _____

2. Write True or False in the space after each sentence :
   a. More women than men love chocolate. _____
   b. Chocolate can make a person feel down. _____
   c. Chocolate does not benefit a person's well-being. _____

3. Is the writer's attitude towards eating chocolate positive or negative?

   _____

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**EXERCISE 2**

Look at the Karina furniture suite information text to answer the questions in this level.

# Karina

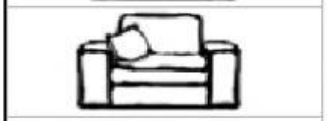
A beautiful and generously proportioned suite. 54% polyester, 46% cotton. Foam filled seat cushions. Reversible cushions. Suitable for general domestic use. Home delivery available.

3 seater sofa. **£409.95**
Size (W) 215, (D) 108, (H) 96cm.
Order number 57/402/15

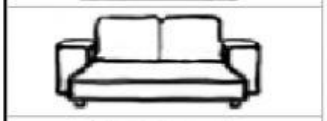
2 seater sofa. **£189.95**
Size (W) 168, (D) 108, (H) 96cm.
Order number 57/404/26

Large 2 seater sofa. **£479.95**
Size (W) 188, (D) 108, (H) 96cm.
Order number 57/404/98

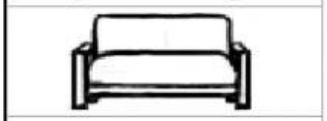
Armchair. **£232.99**
Size (W) 98, (D) 108, (H) 96cm.
Order number 57/406/61



Large armchair. **£209.99**
Size (W) 118, (D) 108, (H) 96cm.
Order number 57/406/02



Metal-action sofa-bed. **£379.95**
Size (W) 192, (D) 112, (H) 94cm.
Order number 57/409/22



Futon. **£359.95**
Size (W) 158, (D) 102, (H) 88cm.
Order number 57/406/11

Footstool. **£59.95**
Size (W) 75, (D) 75, (H) 75cm.
Order number 57/406/72

*Adapted from bbc.co.uk/skillswise*

1. The text is aimed at

B. Seller

C. People who want to buy furniture

D. Karina

E. International buyer

2. The suite is made of

A. 50% polyester, 50% cotton

B. 49% polyester, 51% cotton

C. 54% polyester, 46% cotton

D. 46% polyester, 54% cotton

3. Does the catalogue company offer a home delivery service?

A. Yes. It costs £100.00.

B. Yes. Delivery is free.

C. There is no delivery service offered.

D. Yes, but the cost of the service is unknown

4. The large armchair costs £232.99.

A. True B. False

5. How much does the 3 seater sofa cost?

A. £479.95 B. £409.95 C. £359.95 D. £232.99

6. For what type of use is the Karina range designed / made?

A. heavy domestic use C. light domestic use

B. general domestic use D. commercial use

7. The futon costs more that the armchair.

A. True B. False

8. How much does the smallest piece of furniture cost?

A. £59.95 C. £79.99

B. £69.99 D. £189.95

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**EXERCISE 3**

Look at this text and then answer the questions:

**PHOBIAS**

What is a phobia?

A phobia is an intense fear or feeling of anxiety that occurs only in a particular situation that frightens you This might be something as seemingly logical as a fear of heights, or as illogical as a fear of the colour green. At other times you don't feel anxious. For example, if you have a phobia of spiders (as millions of people do), you only feel anxious when there's a spider around, otherwise you feel fine.

About one in ten people has a significant phobia, although few people seek treatment. People develop phobias to all sorts of things. Each phobia has its own name. Some (of a very long list) include

- Musophobia – fear of mice
- Peladophobia – fear of bald people
- Amathophobia – fear of dust
- Pnigophobia – fear of choking or smothering
- Maieusiophobia – fear of childbirth
- Homichlophobia – fear of fog
- Arachibutyrophobia – fear of peanut butter sticking to the roof of the mouth

Phobias make people avoid situations they know will make them anxious, but this can make the phobia worse. A person's life can become increasingly dominated by the precautions they take to avoid a situation they fear. You may know there's no real danger and you may feel embarrassed by your fear, but you're still unable to control it. It's better to confront your fears, even if it's in a very careful way or with the help of a trained therapist. A phobia is more likely to go away if it began after a distressing or traumatic event.

What's the treatment?

Cognitive behavioural therapy – a 'talking treatment' where you learn all about the thing or situation you are scared of and how to change your behaviour – has a high success rate in phobias.

(from BBC website http://www.bbc.co.uk/health/emotional_health/mental_health/mind_phobias.shtml)

1. The purpose of the text is to ...
   A. give information about phobias
   B. give instructions for people with phobias
   C. persuade people with phobias to seek help

2. A phobia ...
   A. happens to everyone when they are frightened
   B. happens only in certain situations
   C. only happens to people who are anxious

3. Phobias ...
   A. are logical B. are not logical C. can be logical or not logical

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4. The number of people who have phobias is ...

   A. ten people  B. one out of ten people  C. 10 percent of the population

5. Peladophobia is ...

   A. fear of dust  B. fear of bald people  C. fear of fog

6. The writer advises people with phobias to ...

   A. consult a psychotherapist
   B. confront the fear rather than avoid it
   C. avoid situations that make them anxious

7. Which of these phobias is not mentioned in the text?

   A. Amathophobia  B. Arachnophobia  C. Arachibutyrophobia

8. Cognitive Behavioural Therapy is ...

   A. a recommended treatment for phobias
   B. not a recommended treatment for phobias
   C. is a recommended treatment for some phobias

9. This text might be found under which heading on the BBC website?

   A. Mental health  B. Physical health  C. You and your therapist

10. What is the main message of this article?

   A. What a phobia is and how to treat it.
   B. If you have a phobia you should see a therapist.
   C. Some people have phobias and live in fear of certain things.

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