

## Task 1

Read the text about water. What are the ten missing words? Choose from these options:

Roughly 60 percent of the body is made of water, but how \_1\_ of it do you drink in a day? Although it's the best thing we can put in our body most of us are not drinking \_2\_.

Drinking water in either plain or in the form of other fluids or foods is \_3\_ to your health. Experts recommend adults drink between 8 and 10 glasses a day. Drinking coffee or soda are not included because they can dehydrate you.

So why should we drink water?

If you want to \_4\_ positive and focused, you should drink water. Dehydration, from not enough water, can lead to forgetfulness, mood swings and fatigue. \_5\_ your body doesn't have enough water it gets tired. So \_6\_ extra energy, make sure you drink plenty of water.

Do you \_7\_ feel hungry? Do you have cravings for food? Drink a glass of water. When you drink water, it fills your stomach and \_8\_ the tendency to eat more. Suppressing appetite will also help you \_9\_ weight.

Drinking plenty of water may also \_10\_ you from getting a headache, and if you do have one, the first thing that you can do for relief is drink some.

- Missing word 1 is:

- much
- many
- ever
- some

- Missing word 2 is:

- of
- too
- such
- enough

- Missing word 3 is:

- essential
- single
- interrupt
- easily

- Missing word 4 is:

- felling
- feel

felt

feels

- Missing word 5 is:

For

How

When

Why

- Missing word 6 is:

on

in

for

to

- Missing word 7 is:

constantly

appreciate

condition

regulate

- Missing word 8 is:

stop

decline

reduces

refuse

- Missing word 9 is:

lose

losing

loose

loses

- Missing word 10 is:

cause

persuade

- engage
- prevent

## Task 2

Read the text about spicy food:

In the news: Is spicy food men's food?

In your culture, is spicy food associated with masculinity? Does ordering the hottest thing on the menu make you more of a man?

A new study has revealed that men who like spicier foods have higher levels of testosterone. So basically, men who love spicy Indian curry are more manly - they have qualities traditionally ascribed to men, such as strength or bravery!

Researchers at University of Grenoble have published a report which suggests that men who eat spicy food regularly are likely to see an increase in testosterone levels. Testosterone levels affect everything in men from the reproductive system and sexuality to muscle mass and bone density. Greater quantities of testosterone are linked to characteristics that define the typical "alpha" male, e.g. aggression and recklessness.

The study approached 114 men aged between 18 and 44 who were asked to add hot pepper sauce and salt to mashed potatoes before evaluating the spiciness of the meal. The effect of hot peppers on women has yet to be studied.

## Task 3

1) Spicy means:

Tasty

Bright

Itchy

Hot

2) Masculinity means:

Tall

Manly

Gentle

Strong

3) Revealed means:

Shown

Designed

Returned

Opened

4) Testosterone means:

Cooking ability

Intelligence test

Hospital treatment

Steroid hormone

5) Traditionally means:

Rarely

Musically

Slowly

Commonly

6) Regularly means:

Seldom

Never

Always

Often

7) Quantities means:

Powers

Tastes

Abilities

Amounts

8) Aggression means:

Fear

Stability

Romance

Violence

9) Recklessness means:

Honesty

Sympathetic

Laughter

Irresponsible

10) Evaluating means:

Solving

Wondering

Consuming

Checking

#### Task 4

Read the text about GM Food

It is hard to be a farmer. Cold weather can kill your crops. Bugs can eat your crops. Weeds can hurt your crops. Your crops may need more rain than they get. Fruits and Vegetables can go bad before they are sold. Some people say farmers can fix all of this with GM food.

What is GM food? All living things have DNA. DNA tells living things how to grow. These days, people can change the DNA that tells food how to grow. When people change the DNA of food, it is called GM food.

Some GM food can grow in cold weather. GM food can stop bugs from eating it. GM fruits and vegetables can stay good longer. One day, GM food may be able to grow in dry land in Africa. It will feed people who do not have much food.

But there is a lot we do not know about GM food. Will GM companies help poor people grow food? Or do GM companies just want to get rich? Does GM food kill bugs we need, like butterflies? Does GM food make birds sick? Does GM food make people sick? We do not know. There have not been many tests on GM food. Do you think farmers should grow GM food?

#### Task 5

Choose the correct variant:

1. What can bugs do that make it hard to be a farmer?

They make your crops too dry.

They make your food go bad.

They can eat your crops.

They can make your food GM.

2. What is DNA?

It is something everyone needs to change.

Something about life that cannot be changed.

Something that is only in GM foods.

DNA is the part of every living thing that tells it how to grow.

3. According to the reading, what is something that GM food can NOT do?

It can make food grow in cold weather.

It can make food grow faster.

It might help grow food in dry parts of Africa.

GM food will help foods stay good longer.

4. What is the main reason we do not know enough about GM foods?

Farmers don't like GM foods.

Scientists need to do more testing to understand GM foods.

Insecticides prove that GM foods will survive bug infestations.

Companies just want to get rich.

5. What is the writer's main purpose for writing about GM foods?

To convince the reader that GM food is good.

To educate the reader about GM food and help the reader make an opinion about whether it is good or bad.

To convince the reader that GM food is bad.

To convince the reader that farmers need to work harder so we don't use GM food.