

Text One

Once a group of 50 people was attending a seminar. Suddenly the speaker stopped and decided to do a group activity. He started giving each one a balloon. Each one was asked to write his/her name on it using a marker pen. Then all the balloons were collected and put in another room.

Now these delegates were let in that room and asked to find the balloon which had their names written within 5 minutes. Everyone was madly searching for their names, crashing with each other, pushing around others and there was absolute confusion.

At the end of 5 minutes no one could find their own balloon.

Now each one was asked to randomly collect a balloon and give it to the person whose name was written on it. Within minutes everyone had their own balloon.

The speaker began- Exactly this is happening in our lives. Everyone is frantically looking for happiness all around, not knowing where it is.

Our happiness lies in the happiness of other people. Give them their happiness, you will get your own happiness. And this is the purpose of human life.

1. According to the passage you can find happiness in your life

- a. Only if others have happiness
- b. If you are after it to get
- c. In case that others won't find it
- d. Only if your name are found on the balloons

2. The speaker in the above story was probably

- a. A scientist presenting some results of an experiment
- b. A university student who was giving a lecture
- c. A family advisor and counselor
- d. A teacher at primary school

3. What is the best title for the text?

- a. How can we be with others?
- b. How is life without happiness?
- c. Why is being happy important?
- d. How can we be happy?

4. According to the passage

- a. Happiness is something that is ready for everyone to find
- b. It is impossible to find happiness alone
- c. Happiness is somewhere very far to be found
- d. Only the narrator of above story found happiness

Text Two

Many people believe this food can prevent heart disease, cancer, the flu, and common colds. People in the past thought it was good for toothache. It can also reduce the cholesterol in your blood. It is even said that it can keep away evil spirits and vampires. What is it this magical food? Garlic of course! Garlic is used around the world to add flavor to food or even as a side dish. It has been used by humans for eating and medicine for 7000 years. Its strong flavor and smell make it easy to identify.

It is a member of the onion family and people usually eat the bulb. You can eat other parts of the garlic plant though. Some people eat garlic leaves and flowers. The flavor of these is not as strong as the bulbs. Are you a fan of garlic? It has very few calories, and is very healthy! If you don't eat much garlic, it might be a good idea to add it to your diet.

1. Garlic has been called a magical food in the text because

- a. It can keep away evils
- b. It is a useful food for many diseases

- c. It has a strong flavor
 - d. People used it to cure toothache.
- 2. Around the world, people use garlic**
- a. to cure toothaches
 - b. as a magical food
 - c. to make their food delicious
 - d. to identify its flavor
- 3. The above text has a moretone of voice.**
- a. Imperative
 - b. Informative
 - c. Supportive
 - d. Advising
- 4. Which one can best be implied from the text?**
- a. Those who use garlic get more diseases
 - b. Garlic is a plant to be used in different foods only
 - c. High blood pressure is a kind of plant diseases
 - d. Garlic and onion are of the same plant family

Text Three

This is a true story about a man who ate some very unusual things. His name is Michel Lotito, and his nickname is Monsieur Mange Tout (“Mr. eat all things”). He was born on June 15, 1950, and sadly he died on June 25, 2007. The biggest and probably strangest thing he ate was an airplane! That’s right, he ate an airplane! He started eating it in June 1978, and finished it in 1980. He ate many different things that were made out of metal.

Once he ate a bicycle! Would you like to try eating a bicycle? I don’t think it would taste very delicious! Of course he didn’t just take a part of a bicycle and start chewing. His technique was to cut the metal into bite-size pieces and then he would swallow them. He could eat about a kilogram of metal a day. Some of the other unusual items he ate were a computer, two beds, and 15 shopping carts. Just thinking about it is enough to give you stomach-ache!

- 1. According to the passage the man**
- a. was a man with regular habits
 - b. didn’t eat anything to live
 - c. had a very strange eating habit
 - d. he ate the plane in one year
- 2. The man’s nickname was**
- a. taken from the name of the plane he ate
 - b. given to him because of his strange habit
 - c. given to him at the time of birth
 - d. not related to his way of living
- 3. Probably, all who read the story of Michel Lotito become**
- a. Satisfied
 - b. upset
 - c. Experienced
 - d. Surprised
- 4. In the last line of the text the sentence “Just thinking about it is enough to give you stomach-ache!” is a sign of**
- a. A common lifestyle

- b. A regular habit for everyone
- c. A bad lifestyle in the USA
- d. An uncommon eating habit

Text four

There is a famous expression in English: "Stop the world, I want to get off!" This expression refers to a feeling of panic, or stress, that makes a person want to stop whatever they are doing, try to relax, and become calm again. 'Stress' means pressure or tension. It is one of the most common causes of health problems in modern life. Too much stress results in physical, emotional, and mental health problems.

There are numerous physical effects of stress. Stress can affect the heart. It can increase the pulse rate, make the heart miss beats, and can cause high blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe too fast, resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomach aches and problems digesting food. These are only a few examples of the wide range of illnesses and symptoms resulting from stress.

Emotions are also easily affected by stress. People suffering from stress often feel anxious. They may have panic attacks. They may feel tired all the time. When people are under stress, they often overreact to little problems. For example, a normally gentle parent under a lot of stress at work may yell at a child for dropping a glass of juice. Stress can make people angry, moody, or nervous.

Long-term stress can lead to a variety of serious mental illnesses. Depression, an extreme feeling of sadness and hopelessness, can be the result of continued and increasing stress. Alcoholism and other addictions often develop as a result of overuse of alcohol or drugs to try to relieve stress. Eating disorders, such as anorexia, are sometimes caused by stress and are often made worse by stress. If stress is allowed to continue, then one's mental health is put at risk.

It is obvious that stress is a serious problem. It attacks the body. It affects the emotions. Untreated, it may eventually result in mental illness. Stress has a great influence on the health and well-being of our bodies, our feelings, and our minds. So, reduce stress: stop the world and rest for a while.

1. Which of the following is not a common problem caused by stress?

- a. physical problems
- b. anecdotal problems
- c. mental problems
- d. emotional problems

2. According to the essay, which of the following parts of the body does not have physical problems caused by stress?

- e. the arms
- f. b. the stomach
- g. c. the lungs
- h. d. the heart

3. Which of the following show how stress can affect the emotions?

- a. it can make people feel nervous
- b. it can cause panic attacks
- c. it can make people feel elated
- d. it can make people feel angry

5. Which of the following is not caused by long-term stress?

- a. bloating
- b. addiction
- c. anorexia
- d. alcoholism

Text Five

The history of clinical nutrition, or the study of the relationship between health and how the body takes in and utilizes food substances, can be divided into four distinct eras: the first began in the nineteenth century and extended into the early twentieth century when it was recognized for the first time that food contained

ingredients that were essential for human function and that different foods provided different amounts of these essential agents. Near the end of this era, research studies showed that rapid weight loss was associated with nitrogen imbalance and could only be balanced by providing adequate dietary protein associated with certain foods.

The second era started in the early decades of the twentieth century and might be called "the vitamin period." Vitamins came to be recognized in foods, and deficiency syndromes were described. As vitamins became recognized as essential food parts necessary for health, it became common to suggest that every disease and condition for which there had been no previous effective treatment might be responsive to vitamin therapy. At that point in time, medical schools started to become more interested in having their scientific subjects combined nutritional concepts with the basic sciences. Much of the focus of this education was on the recognition of vitamin deficiency symptoms.

In the third era of nutritional history in the early 1950's to mid-1960, vitamin therapy became uninteresting. At the same time, nutrition education in medical schools also became less popular. It was just a decade before this that many drug companies had found their vitamin sales increasing and quickly gave practicing physicians a lot of samples of vitamins and advertised supplementation for a variety of health-related conditions. They highly exaggerated the efficiency of vitamins. As is known in thinking back, vitamin and mineral therapies are much less effective when applied to health-crisis conditions than when applied to long-term problems of under nutrition that lead to chronic health problems.

1. What does the passage mainly discuss?

- a. The effects of vitamins on the human body
- b. The history of food preferences from the nineteenth century to the present
- c. The stages of development of clinical nutrition as a field of study
- d. Nutritional practices of the nineteenth century

2. It can be inferred from the passage that which of the following discoveries was made during the first era in the history of nutrition?

- a. Protein was recognized as an essential component of diet.
- b. Vitamins were synthesized from foods.
- c. Effective techniques of weight loss were determined.
- d. Certain foods were found to be harmful to good health.

3. It can be inferred from the passage that medical schools began to teach concepts of nutrition in order to.....

- a. convince medical doctors to participate in research studies on nutrition
- b. encourage medical doctors to apply concepts of nutrition in the treatment of disease
- c. convince doctors to conduct experimental vitamin therapies on their patients
- d. support the creation of artificial vitamins

5. The paragraph following the passage most probably discusses

- a. the fourth era of nutrition history
- b. problems associated with under nutrition
- c. how drug companies became successful
- d. why nutrition education lost its appeal

Text Six

Women generally live about six years longer than men. Investigations show that boys are weaker sex at birth, which means that they die more in their early childhood. Also, women do not have as much heart disease as men. In terms of lifestyle, men smoke more than women so more die of smoking-related diseases. They are more nervous in behavior, especially when driving cars, so they are more likely to die in accidents. Also, they usually have more dangerous jobs, such as building work. Historically, women died in childbirth and men in wars. Because of this nuns and philosophers often lived to great ages. Now, childbearing is less risky and there are fewer wars. The country with the highest life expectancy is Japan, where the average age for men is 76 and for women 82.

1. The pronoun “they” in line 4 refers to
 - a. women
 - b. men
 - c. children
 - d. smokers
2. Studies show that
 - a. girls are weaker at the time of birth.
 - b. boys are stronger at their birth time.
 - c. women are more likely to die in accidents.
 - d. men are more likely to stay healthy in the case of heavy smoking.
3. According to the passage, we can say that.....
 - a. women are interested in talking more about their babies.
 - b. women nervous than men.
 - c. men have more heart disease than women.
 - d. men are against smoking in public places.
4. The expression” life expectancy” in the text can be best defined as
 - a. the number years women are likely to live
 - b. the expectations people usually have during their life
 - c. the number of years people may live
 - d. the period of old-age in men and women

Text Seven

These days many people eat ready-made food. This means food which is already prepared, in packets or cans, or often frozen. People also go to fast-food restaurants a lot, where they buy take away meals. This type of food is suitable in the busy, modern world, but it often contains a lot of fat or sugar. If you eat a lot of sugar, dentists say you might get holes in your teeth. Similarly, if you eat a lot of fat, doctors will tell you that it is bad for your heart. Most scientists say that the best food is fresh, natural food such as fruit and vegetables. They also say that we should cut down on the amount of fat we eat.

Nowadays we eat too much oil and butter. Instead of frying food in the fat, we should lightly boil it, steam it or eat it uncooked as in salads. Food which hasn't been cooked often contains more vitamins. These vitamins are often destroyed during cooking. Of course, it is as we get older that we start to notice the effect of bad eating habits. When we are young we don't have to worry too much, but it's a good idea to develop good eating habits as early in life as possible.

1. Why is uncooked food often better for us?
 - a. Its vitamins are not damaged
 - b. It has less sugar and fat
 - c. It is easier to eat in this busy world
 - d. It can be bought from fast-food restaurant
2. What is wrong with ready-made food?
 - a. It has a lot of fat and sugar
 - b. It must be eaten within a short time
 - c. It is not properly prepared
 - d. It is not suitable for young people
3. What do scientists suggest people not to eat?
 - a. Food that is not heated
 - b. Food cooked in water
 - c. Food cooked in oil
 - d. natural food
4. The word “cut down” in line 8 is closest in meaning to -----.
 - a. manage
 - b. decrease
 - c. measure
 - d. design

Text eight

There is a big difference between the amount of sleep you can get by on and the amount you need to function optimally. According to the National Institutes of Health, the average adult sleeps less than seven hours each night. In today's fast-paced society, six or seven hours of sleep may seem pretty good. In reality, though, if you

sleep that long, you are most probably not getting the sleep you need. Just because you're able to operate on six or seven hours of sleep doesn't mean you wouldn't feel a lot better and get more done if you spent an extra hour or two in bed.

While sleep needs vary slightly from person to person, most healthy adults need between 7 to 9 hours of sleep each night to function at their best. Children and teenagers need even more. And despite the idea that our sleep needs decrease with age, most older people still need a least 7 hour of sleep. Since older adults often have trouble sleeping this long at night, daytime naps can help fill in the gap.

1. What is the main idea of the passage?

- a. Differences in sleep patterns
- b. Ways to improve our sleeping habits.
- c. The amount of sleep humans need
- d. Reasons why we do not sleep enough

2. According to the passage, the appropriate number of hours of sleep for people

- a. is on the rise in today's fast-paced society
- b. is something between 6 to 7 hours per day
- c. depends on their daily function
- d. is not exactly the same

3. what does the author mean by "that long" in paragraph 1?

- a. As much sleep as required
- b. Six or seven hours of sleep
- c. Longer than seven hours of sleep per night
- d. The length of time you actually sleep in real life

4. With which of the following statements is the author more likely to agree?

- a. All people need daytime naps these days
- b. As people age, they tend to sleep longer hours
- c. Today's society is a fast-paced one because people cannot function optimally.
- d. Children and teenagers in general need more than 7 to 9 hours of sleep per day

Text Nine

Have we ever thought why our parents and teachers always insist on having a healthy food? Healthy food is one of the most important part in leading a healthy life. Combined with physical activity, a balanced food can help us to reach and maintain a healthy weight. Healthy food habits can reduce the risk of chronic diseases. It can also improve our concentration and promotes our overall health.

However, it is worrying that obesity among children is growing, worldwide. For six to eleven year old children, the rate of obesity increased from four percent in the seventies to a staggering eighteen percent in 2010. One of the key factors which contributed to this shocking trend is bad food habits and the increasing fascination towards Junk Food. Children who are overweight or obese are more likely to be obese as adults. Being overweight or obese can put children at a higher risk for health problems such as heart disease, hypertension, diabetes, etc. during childhood and as they age.

1. According to the text the rate of obesity among children is a result of

- a. Not having enough body movement
- b. Being interested in having junk food
- c. Their parents genetic patterns
- d. Their physical activity and gender

2. This text is more likely

- a. Giving us warning about a future problem
- b. Making us aware of a present danger
- c. Providing evidence for the risk of aging
- d. Persuading us to be more careful about aging

3. What can probably be the next paragraph for this text about?

- a. Importance of having regular exercise
- b. Necessity of being aware of the danger of bad habits
- c. Variety of lifestyles in the present age
- d. Importance of having healthy eating habits

4. The writer of the text is probably a

- a. Psychologist
- b. nutritionist
- c. socialist
- d. behaviorist

Text Ten

The famous proverb 'Health is wealth' reminds us about the importance of good health. Healthy eating habits is one of the vital part in achieving good health. We should always try to take a balanced diet that contains the correct proportions of carbohydrates, fats, proteins, vitamins, minerals, and water. We should include more vegetables and fruits in our daily life as vegetables can provide nutrients vital for health and maintenance of your body. However busy we are on a day, we should never skip breakfasts and should ideally have a light dinner. We are always fascinated by the world of Burgers, Chips, fried chicken and soft drinks. A regular consumption of these food can have terrible health disorders and can make you obese with other health problems. These food are now correctly described as 'Junk'. We should strictly avoid these food or should take steps for a drastic reduction of this group from our lifestyle. In recent years, a growing trend toward vegetarianism has arisen among young people due to their increasing awareness of health, the environment and compassion for animals.

As children, let's make a swear that we will avoid junk Foods and accept a healthy life style. Moreover, we should also work towards spreading the awareness among our friends about the importance of healthy food.

1. It is highly recommended in the text that we

- a. eat only vegetables to stay healthy
- b. avoid eating vegetables and burgers
- c. eat a balanced diet including all nutrients
- d. don't pay much attention to what is said about bad habits

2. According to the text, what is the main reason for the increase in developing healthy life styles during recent years?

- a. Increasing in awareness of health
- b. Having been more interested in environment
- c. Being more aware of animals rights
- d. All of the above mentioned factors

3. Burgers, chips, fried chickens and soft drinks are dangerous in case that

- a. they are eaten from time to time
- b. we are attracted to them
- c. people are not aware of their dangers
- d. they are eaten in a regular basis

4. The text is probably more

- a. disappointing than hopeful
- b. pessimistic than Optimistic
- c. hopeful than tragic
- d. threatening than friendly

Text Eleven

Laughter and smiling are similar, but not exactly the same phenomena. They both involve the movement of the mouth. Specifically, the corners of the mouth turn up and it often opens partially or completely. Laughter also makes use of the vocal chords and breath.

It is said, moreover, that a true laugh or a true smile also involves the eyes. When people are said to smile with their mouth but not their eyes, this is a shorthand way of saying that their smile was not real or honest. However, smiling and laughter are more than just physical movements, they are also associated with emotional affects, too. Smiling and laughter are linked to feelings of happiness, excitement, good humor and so on.

1. According to the text

- a. laughter is more efficient than smile
- b. smile doesn't need any eye involvement
- c. smile and laughter rare only physical activities
- d. both laughter and smile make use of emotions

2. The text is probably taken from a book about

- a. diseases
- b. linguistics
- c. teaching
- d. psychology

3. How can you guess that a smile is not real according to the text?

- a. the corners of the lips don't turn up.
- b. the mouth doesn't move too much
- c. the eye movement does not go with the mouth
- d. the feelings of enjoyment and excitement aren't involved

4. What is, probably, the first thing to do after reading this small text?

- a. laugh loudly
- b. smile gently
- c. stay indifferent
- d. make others smile

Cloze Passage One

There are numerous physical effects of stress. Stress can1..... the heart. It can increase the pulse rate, make the heart miss beats, and can cause2.....blood pressure. Stress can affect the respiratory system. It can lead to asthma. It can cause a person to breathe.....3....., resulting in a loss of important carbon dioxide. Stress can affect the stomach. It can cause stomach aches and problems digesting food. These are only a few examples of the wide4.....of illnesses and symptoms resulting5.....stress.

- 1. a. divide b. remain c. apply d. affect
- 2. a. wide b. far c. high d. bright
- 3. a. enough fast b. fast enough c. too fast d. fast too
- 4. a. range b. rate c. size d. pace
- 5. a. at b. for c. from d. around