

READING PRACTICE TEST - MATCHING HEADINGS – TEST 1

A. Necessary Components
B. Important Conclusion
C. Useful Advice
D. Significant Difference

E. Health Risks
F. Moderation Is the Key!
G. Diet and Exercise
H. Benefits of Good Nutrit

Q1. Developing healthy eating habits is simpler and easier than you might think. You will look and feel better if you make a habit of eating healthfully. You will have more energy and your immune system will be stronger. When you eat a diet rich in fruits and vegetables you are lowering your risk of heart disease, cancers and many other serious health ailments. Healthy eating habits are your ticket to a healthier body and mind.

Q2. A four-week clinical trial that tested the new regimen found that overweight adults who consumed a high-protein, entirely vegan diet were able to lose about the same amount of weight as a comparison group of dieters on a high-carbohydrate, low-fat vegetarian dairy diet. But while those on the high-carbohydrate dairy diet experienced drops of 12 percent in their cholesterol, those on the highprotein vegan diet saw cholesterol reductions of 20 percent.

Q3. ‘The idea preyed on me for a long time. If the Atkins Diet looks good, and it’s got so much saturated fat and cholesterol in it, suppose we took that out and put vegetarian protein sources in, which may lower cholesterol,’ Dr. Jenkins said. ‘We know that nuts lower cholesterol and prevent heart disease, and soy is eaten in the Far East, where they don’t get much heart disease. So we put these foods together as protein and fat sources.’

Q4. The first official warning about the dangers of the Atkins diet was issued by the government amid concern about the rising number of people opting for the highfat, highprotein diet. Cutting out starchy foods can be bad for your health because you could be missing out on a range of nutrients. Low-carbohydrate diets tend to be high in fat, and this could increase your chances of developing coronary heart disease.

Q5. Earlier this year, a large study that compared different kinds of diets — including lowfat and lowcarbohydrate plans — found that the method didn’t matter as long as people cut calories. That study also found that after two years, most people had regained at least some of the weight they had lost. Dr. Tuttle said that while different weight loss plans offer people different ‘tricks’ and strategies, ultimately, ‘It really comes down to calories in and calories out.’

Q6. When you think about nutrition, be aware of serving sizes. Many people will eat everything on their plate, regardless of how hungry they actually are. If you know you tend to clean your plate, make an effort to reduce your serving size. If you’re eating out or dining at a friend’s house, don’t be shy about asking for smaller portion sizes. Too much of any one food is a bad thing. There are no bad foods, just bad eating habits.

Q7. Your body has to stay well hydrated to perform at its best and to properly process all the nutrients in the food you eat. Drink at least 8 glasses of water a day. You may need even more water if you are in a hot environment or if you are exercising. If you are trying to lose weight, add plenty of ice to each glass of water. Your body will burn energy to warm the water up to body temperature.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 2

- | | |
|--------------------------------|---------------------------------------|
| A. Use Silence | E. Distinct and Audible Speech |
| B. Gestures and Posture | F. Consider Context |
| C. Audience Awareness | G. Speaking Through Eyes |
| D. Sensible Dress | H. Strategic Listening |

Q1. The first thing that a good speaker does is looks at the audience and takes a pause before beginning his speech. This helps to create a good impression on the audience. Throughout the speech, the speaker should maintain eye contact with the listeners, otherwise they will feel that they are being ignored and it is quite likely that they also ignore whatever he is trying to convey.

Q2. Proper variation in emotion and tempo of the voice improves the quality of performance. Accurate pronunciation of words with due stresses wherever required must be done. One more important thing while communicating is that your voice must be clear and loud enough for the audience to hear it. A loud voice can be a strong point for being an effective speaker.

Q3. Concentrate on your ideas and do not get distracted by the activities performed by the audience, for example, smiling or whispering. To make your communication successful get the clue about the listeners and their interests. Think over the age, sex and back ground of the people. See whether the audience is patient enough to handle you for hours. Check out if they are friendly or hostile.

Q4. Facial expressions reveal what thoughts are running through a person's mind. So while communicating, make sure that your facial expressions reveal your interest for the subject on which you are communicating. The body movements while speaking must coordinate with your convincing power. They must add to the things which are more effectively caught visually than verbally.

Q5. If you are trying to improve your own communication, concentrate on ways to make your nonverbal signals match the level of formality necessitated by the situation. Some situations require more formal behaviour that might be interpreted very differently in any other setting. So when you are communicating with others, always take into account the situation in which the communication occurs.

Q6. Don't be afraid to pause and breathe. Listeners need time to reflect on what you are saying. Just like we need 'white space' and punctuation on the written page, we need pauses when we speak. Talking nonstop is a huge drawback. Having the confidence to pause for a few seconds in between sentences commands attention rather than diverts it.

Q7. The appearance plays an important role in presenting ourselves to society. The people who wear clothes suitable to their body structure look attractive. A person's physical appearance creates a definite impact on the communication process. Our clothes should not be too modern for the people whom we are interacting with. However, they should be able to create a positive impression on them.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 3

- | | |
|---|---|
| <p>A. Exotic Pets</p> <p>B. Going Back in Time</p> <p>C. Small Screen Addiction</p> <p>D. Body Language</p> | <p>E. Massive Destruction</p> <p>F. Buried Treasure</p> <p>G. Reason for Extinction</p> <p>H. Intelligent Enemies</p> |
|---|---|

Q1. The VLT (Very Large Telescope) is the world's largest telescope and it is taking scientists further back to the Big Bang than they ever thought possible. In other words, the VLT is a kind of a time machine, giving astronomers detailed views of events that took place in the earliest days of the cosmos. One day, we will have a much clearer picture of how our planet was born.

Q2. The latest development in the debate amongst scientists about what killed the pre historic dinosaurs is the suggestion that acid rain was the cause. Some geologists suggest that a large meteor hitting the earth at 65 kilometres per second would have led to strongly acidic rain falling all over the world. This idea is fascinating but it would mean the dinosaurs would all have died within a very short time.

Q3. In 1948, a British farmer discovered an interesting lump of metal while ploughing his field. At first he thought the metal bits were parts of an old bed. Then more 'parts of old beds' turned up and the farmer took them to the local museum. 'But these bits are priceless!' exclaimed the keeper of the museum. 'They are Iron Age jewellery and coins!' Over the next 40 years, more and more items were found in the same field.

Q4. Rats may have had a bit of a hard time over the years but these days lots of people are forgetting about guineapigs and hamsters and are buying rats instead. Domestic rats aren't the same as the ones that run around rubbish bins — they're actually quite cute. They are very intelligent and can be trained like dogs. They come in different colours and — a big bonus — they will eat anything!

Q5. In Western cultures, people look each other in the eye during a conversation to show interest and trust, but in many Asian countries, it's rude to look people in the eye, especially a superior such as a teacher. One of the most basic and powerful signals is when a person crosses his or her arms across the chest. This can indicate that a person is putting up an unconscious barrier between themselves and others.

Q6. Earthquakes happen all the time in all parts of the world but we don't notice most of them because they are small. However, big earthquakes are really dangerous. They can make buildings fall down, set off landslides and do other deadly things. The highest death toll caused by an earthquake was in China in 1556, when at least 830,000 people died.

Q7. According to scientists, Americans watch more TV on average than any other nationality. In fact, many people, particularly children, sit for 35 hours or more per week glued to the box. What's wrong with watching all that TV? Studies have linked it to everything from obesity to aggression in children not to mention that it puts your mind in to a sort of sedated state. Habitual television watching, over long periods of time, has been known to cause depression, and anger.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 4

A. Hazardous Waste
B. Invisible Threat
C. Primary Reason
D. Possible Solutions

E. Global Destruction
F. Disastrous Growth
G. Water Shortage
H. Quick Change

Q1. Acid rain moves easily, affecting locations far beyond those that let out the pollution. As a result, this global pollution issue causes great debates between countries that fight over polluting each other's environments. The problem is that acid rain, one of the most important environmental problems of all, cannot be seen. Some scientists think that human production is primarily responsible, while others cite natural causes as well.

Q2. Air pollution has many disastrous effects that need to be curbed. In order to accomplish this, governments, scientists and environmentalists are using or testing a variety of methods aimed at reducing pollution. There are two main types of pollution control. Input controls are usually more effective than output controls. Output controls are also more expensive, making them less desirable to tax payers and polluting industries.

Q3. Global warming is called the greenhouse effect because the gases that are gathering above the earth make the planet comparable to a greenhouse. By trapping heat, the green-house effect is warming the planet and threatening the environment. Current fears stem largely from the fact that global warming is occurring at such a rapid pace. Models are predicting that over the next century, the global temperature will rise by several degrees.

Q4. Individuals often throw out goods without realizing that they could be dangerous for the environment. No matter where people put these materials, there is always a chance that they could find their way into the ground, and eventually into our bodies. Special research is necessary to provide data on the effects of every chemical as well as to learn how combinations of these chemicals affect human health.

Q5. Only a few factors combine to create the problem of ozone layer depletion. The production and emission of CFCs, chlorofluorocarbons, is by far the leading cause. Many countries have called for the end of CFC production. However, those industries that do use CFCs do not want to discontinue usage of this highly valuable industrial chemical. So it's important to make people realize the disaster CFCs cause in the stratosphere.

Q6. Unlike some environmental issues, rainforest depletion has fortunately received significant public and media attention. According to some estimates, 50 million acres of rain forest are cut down every year. Every year, Brazil chops down an area of forest the size of the state of Nebraska. In Indonesia, Zaire, Papua New Guinea, Malaysia, Burma, the Philippines, Peru, Colombia, Bolivia, and Venezuela, rain forests that were once great have been lost.

Q7. The world's population has been booming for years. The population is now threatening to reach the stage where there are simply too many people for the planet to support. Greater populations pollute and consume more, ruining the environment and creating or intensifying a variety of problems. Also, with the food supply limited, the increase in population will make shortages in many parts of the world even worse.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 5

A. The Best Way of Learning
B. Key Factor in Learning
C. Linguistic Interference
D. Universal Language

E. Online Learning
F. Language Extinction
G. Learning by Imitation
H. Sign Language

Q1. Young children have a genetic ability to learn language. They come into the world as eager learning machines, and language acquisition is a major aspect of this learning. How children actually learn language is not entirely clear, however. Most linguists believe that they do it primarily by listening to and trying to communicate with adult speakers. Initially, this means that they copy the way adults use words and grammar.

Q2. Learning a second or third language is easier in early childhood than later. It is particularly important to learn correct pronunciation as young as possible. At any age, learning by constant contact with native speakers in their own society is the quickest and the most effective method. It is superior to taking foreign language classes because it forces you to concentrate on it all of the time.

Q3. Learning a second language can be affected by the patterns of the first language. There can be some blending of phonemes. For instance, most Americans who learn French in high school or college pronounce French words with a distinctive American accent. Grammar can also be affected. English speakers who learn both French and Spanish sometimes combine grammatical rules of both when speaking either of them.

Q4. Until just a few years ago, language study was limited to the classroom or personal tutor, or home study by book. In the last few decades technology has given us a much needed audio option — first vinyl records, then cassettes and CDs. Now technology has given us a new format — the Internet. Options to learn a language by Internet are still limited but the potential is not.

Q5. What is important when learning a language? If you have the desire and persistence, time is the only factor that you may have to work with. How much time you can devote to learning will play a role in how quickly you can learn the language. Just remember how exciting it will be and how rewarding you will feel at the accomplishment.

Q6. Rather than have businessmen, diplomats, scientists and tourists from every country learning all the major languages that they want to learn or need to learn, Esperantists would have everyone just learn one second language — Esperanto. Then everyone could communicate with everyone, everywhere. The major 'national' languages could keep their special characteristics for anyone who wanted to learn them. This is the essence of the 'Esperanto Movement'.

Q7. More than half of the world's 7,000 languages are expected to die out by the end of the century, often taking with them irreplaceable knowledge about the natural world. When a species dies out, sometimes fossils can be found, remains uncovered. But when a human language disappears, there's rarely any key left behind. Each loss becomes a linguistic black hole, where an entire way of knowing the world disappears.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 6

A. Harvest
B. Etymology
C. Toxicity
D. Growing Indoors

E. Breeding
F. Cultivation
G. Culinary Uses
H. History

Q1. The avocado originated in the state of Puebla, Mexico. The native undomesticated variety is small, with dark black skin, and contains a large seed. The oldest evidence of avocado use was found in a cave located in Coxcatlan, Mexico, that dates to around 10,000 BC. The avocado tree also has a long period of cultivation in Central and South America. A water jar shaped like an avocado, dating to AD 900, was discovered in the pre Incan city of Chan Chan.

Q2. The word 'avocado' comes from the Spanish 'aguacate'. Avocados were known by the Aztecs as 'the fertility fruit'. In some countries of South America, such as Argentina, Bolivia, Chile, Peru, and Uruguay, the avocado is known by its Quechua name 'palta'. The fruit is sometimes called an 'avocado pear' or 'alligator pear' due to its shape and the rough green skin. It is known as 'Butter Fruit' in parts of India.

Q3. The avocado tree does not tolerate freezing temperatures, and can be grown only in subtropical or tropical climates. High winds reduce the humidity, dehydrate the flowers, and affect pollination. When even a mild frost occurs, premature fruit drop may occur, although the Hass cultivar can tolerate temperatures down to 1°C. The trees also need well aerated soils, ideally more than 1 m deep. Yield is reduced when the irrigation water is highly saline. These soil and climate conditions are available only in a few areas of the world.

Q4. An average avocado tree produces about 500 avocados annually. Commercial orchards produce an average of seven tonnes per hectare each year, with some orchards achieving 20 tonnes per hectare. The avocado is a climacteric fruit, which means it matures on the tree, but ripens off the tree. Avocados that fall off the tree ripen on the ground. Generally, the fruit is picked once it reaches maturity. Avocados used in commerce are picked hard and green and kept in coolers until they reach their final destination.

Q5. Avocados are often grown from pits. This is done by removing the pit from a ripe, unrefrigerated avocado. The pit is then stabbed with three or four tooth picks, about one third of the way up. The pit is placed in a jar or vase with tepid water. In four to six weeks, it should split and out should come roots and a sprout. Once the stem has grown a few inches, it is placed in a pot with soil. It should be watered every few days. Avocados have been known to grow large, so owners must be ready to replot the plant several times.

Q6. The fruit is not sweet, but fatty, and distinctly yet subtly flavoured. It is used in both savoury and sweet dishes, though in many countries not for both. The avocado is very popular in vegetarian cuisine as substitute for meats because of its high fat content. Generally, avocado is served raw, though some cultivars can be cooked for a short time without becoming bitter. In Ethiopia, avocados are made into juice by mixing them with sugar and milk or water. Avocados are also used to make salads.

Q7. Avocado leaves, bark, skin, or pit are documented to be harmful to animals. Cats, dogs, cattle, goats, rabbits, rats, birds, fish, and horses can be severely harmed or even killed when they consume them. Avocado leaves contain a fatty acid derivative, person, which in sufficient quantity can cause equine colic and, without veterinary treatment, death. Birds also seem to be particularly sensitive to this compound. Feeding avocados to any animal should be avoided completely. Negative effects in humans seem to be primarily in allergic individuals.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 7

A. Head-and-Heart Listening
B. Clear Responsibilities
C. Family Discussions
D. Flexibility

E. Balanced Communication
F. Caring and Appreciation
G. Family Roots
H. Encouragement

Q1. Building a successful family is like building a home. Both need a plan. A successful family based on unity and love takes careful planning, but it's worth every moment. The best way to be organized as a family is to talk about family matters. By doing this, families enjoy a special closeness and stability. Choosing to spend time with your family sends a message more powerful than words. Memories made together during this time will bond and sustain your family through the years.

Q2. Family traditions promote feelings of warmth and unity. Trace your family tree and collect all the photographs of your ancestors that you can find. Public libraries and bookstores have books on genealogy for you to get you started. Compile a family oral history. Ask older relatives to talk about their parents and childhood and record their comments. Then transcribe the tapes and send copies to aunts and uncles, grandparents and cousins. These stories contain a glimpse of the past that would be lost otherwise.

Q3. How much time should families spend together? That varies from family to family. Families with young children usually spend most of their time together because young children need a great deal of physical care and guidance. Families with teenagers may spend less time together because teens naturally want to spend more time with their friends. Healthy families keep a good balance between 'too much' and 'not enough' time together. They spend enough time to satisfy all family members.

Q4. Strong families take time to talk to one another. They share their hopes and dreams, feelings and concerns. This involves listening beyond words to the meanings and feelings attached to them. A good listener can better understand and respond to the needs and concerns of others. It means laying aside personal views and really trying to understand the other person's point of view. Even if you don't agree with their opinion, you can make sure you understand them before responding.

Q5. Members of successful families feel they really belong in their family. Family members feel accepted for what they are and promote one another's self-esteem. They celebrate their victories and help each other learn from mistakes. Sometimes life gets rough and we need all the support we can get. A cheering word from a family member can really come in handy. Put the words on sticky notes and stick them in places where they can be easily found.

Q6. Strong families develop predictable routines, roles, and rules that govern everyday life and provide for continuity and stability. Reasonably stable patterns empower a family to deal with the many challenges inevitable in family life; without such patterns, chaos would result. At the same time, strong families adapt relationships and family rules when needs arise. The varied circumstances of family life may necessitate individual adaptation. Since no family knows what tomorrow will bring, being adaptive is a good trait for family members to develop.

Q7. Recent studies affirm the importance of love in families. Research shows that expressions of affection towards children reduce problem behaviours and enhance children's development. Strong families notice and share positive aspects of each member. They notice the talents, skills and achievements, special qualities, and characteristics that make the other person unique. They find ways to be positive even when another family member makes a mistake and make a conscious effort to develop closeness and show love at home.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 8

- | | |
|---|---|
| <p>A. Remembering the 3D's</p> <p>B. Having Self-Belief</p> <p>C. Taking Action</p> <p>D. Choosing a Course of Action</p> | <p>E. Staying Focused</p> <p>F. Investing Money</p> <p>G. Having Commitment</p> <p>H. Setting Goals</p> |
|---|---|

Q1. One of the first steps in the process of becoming successful is to make the decision to achieve something. All of us know that nothing can move forward until that first decision to do so is made. The initial action is always the decision to go ahead, which many people tend to overlook. So, decide on moving forward, put your decision down in writing, just to keep it in focus, and then carry on from there.

Q2. Having clarity of vision and purpose is perhaps one of the most important factors of achieving success. The fact is that most people simply have no idea about what they really want. Clarity means understanding exactly what you want and how it will affect your life. Once you acquire clarity of vision and purpose, the next vital step of becoming successful is determining aims you want to achieve.

Q3. You should be able to accomplish what you set out to do with unwavering concentration. Life is full of distractions — TV, family, email and telephones — all of which can be completely overwhelming. How can you concentrate on your goals? Willpower is one of the factors although willpower alone will not be sufficient to achieve your aims. One of the best ways is to make a plan and then stick to it.

Q4. Before beginning any new activity, examine it to see if it will help in moving you nearer to your goals. If a certain activity can be put away for a later time, defer it. If that activity can be done by somebody else, delegate it. And if it does not really need to be done at all, it can be deleted. This kind of close examination of each activity will help in keeping you focused on the things that are really important.

Q5. Success often involves being willing to pay the price that everything has. The price may not be in monetary terms. It could be sacrifice, effort, time, and also money, or maybe something else. The point is that in order to become successful, you must be ready to work hard and to put all your effort into achieving your purpose. Success takes a lot of dedication.

Q6. Lack of confidence is one of the biggest hurdles that many people need to get over in order to become successful. People often think they are not good enough or not smart enough, which can actually prevent them from finding the success they seek. It is common knowledge that if you think you can do something, you will, and conversely, if you think that it cannot be done, it will lead to failure.

Q7. Nothing can be achieved until action is taken to achieve it. After all the above steps of taking a decision, setting goals, making plans and choosing a strategy, you will need to go ahead and act on what you want to achieve. By putting your plan of action into play, you will get to what you set out to achieve — becoming successful!

READING PRACTICE TEST - MATCHING HEADINGS – TEST 9

- | | |
|---|---|
| <p>A. Behind the Wheel</p> <p>B. Pessimistic Predictions</p> <p>C. Intelligent House</p> <p>D. New Possibilities for Business</p> | <p>E. Permanent People</p> <p>F. Greenhouse Effect</p> <p>G. Easy Shopping</p> <p>H. Future Entertainment</p> |
|---|---|

Q1. The smart fridge will be connected to the Internet as part of a home network that runs your domestic life, interacting with the barcodes on your food, and reordering them online as you use them. Virtually all domestic appliances will be linked by computer, so that the fridge can communicate with the cooker and rubbish bin, coordinating complex tasks such as cooking a meal.

Q2. Children of the future will never be able to complain that there's no one to play with. Equipped with virtual reality headsets, they will be taking part in global games, for example, in medieval jousting tournaments. Their opponents, selected by the computer, will probably live on the other side of the world.

Q3. Cars of the future will take much of the strain out of driving. The intelligent navigation system will be able to choose the best route for you by monitoring an online traffic database for holdups, while the cruise control keeps a constant distance from the car in front. And if you exceed the speed limit, the speedometer will give a polite warning to you.

Q4. Holographic conferencing and virtual reality meetings will allow people to interact with colleagues and clients via computer, without needing to leave the comfort of their own homes. This will also mean that a lot more people will either work freelance from home, or on flexible short-term contracts. The old concept 'jobs for life' will be a thing of the past.

Q5. In the future it will become harder to tell the difference between the human and the machine. All body parts will be replaceable. A computer will function like the human brain with the ability to recognize feelings and respond in a feeling way. We will then be able to create a machine duplicate of ourselves and transfer our spirit so we will be able to live for as long as we want.

Q6. There will be great changes to the environment particularly because of the rising sea levels. Global warming is expected to cause oceans to rise by one meter, which will increase the risk of flooding. It will happen regardless of any future actions to curb greenhouse gases. Projected climate change will also tend to degrade water quality through higher water temperatures.

Q7. We will not rely so much on cash as we do now. It will mainly be digital money, the inevitable medium of exchange for an increasingly wired world. We will no longer need to carry a wad of bills or fumble for exact change. Supermarkets will have iris recognition systems so the money for our groceries will automatically be transferred from our bank accounts as we're standing at the checkout.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 10

- | | |
|---|---|
| <p>A. Carefully Preserved</p> <p>B. The Emblem with an Animal</p> <p>C. The City of Brides</p> <p>D. The Cradle of the Tsar Dynasty</p> | <p>E. The Oldest Town</p> <p>F. The Religious Centre</p> <p>G. The Market Town</p> <p>H. The Home Town of an Artist</p> |
|---|---|

Q1. Sergiev Posad was built around the Trinity Monastery of St. Sergius. Dating back to 1340, the monastery is one of Russia's most important historical landmarks. The town possesses a variety of 12th-17th century buildings and visitors today still get a real feeling of Medieval Russia. The dominating structure of the monastery is the massive, blue-domed and gold-starred Assumption cathedral, built in the 16th century. Adjacent is the tomb of Boris Godunov and his family. The monastery is still a place of spiritual pilgrimage.

Q2. Rostov Velikiy (Rostov the Great) is an ancient Russian town located on the 'Nero' lake. The history of this place started four thousand years ago, when the first tribes stayed next to the lake. Until the 11th century the territory of Rostov was inhabited by the Finno-Ugors 'Meryans' people, and the town was founded by them. Rostov was first mentioned in Russian chronicles in 862. It is a sleepy town with some magnificent buildings. The focal point of the town is the Kremlin. Its churches are good examples of ancient Russian architecture.

Q3. The name of Suzdal appeared in the annals for the first time in 1024. The first stone church was built here in the 12th century. In Suzdal there are 33 churches, 5 monasteries, 7 chapels and no modern construction in the centre of the town. Suzdal is officially protected from industry, and the old architecture and buildings are kept intact. Suzdal is the town that was awarded The Golden Apple Prize for preservation of its architectural ensemble and tourist development in the area.

Q4. Ples is a small town located in a picturesque area on the banks of the river Volga. It is an ideal place for a picnic or a walking tour, fishing or boat trips. There you can take a traditional Russian steam bath (called 'banya'), have an opportunity to learn the art of Russian cooking or enjoy painting classes. Ivan Levitan lived in Ples and was inspired by the local nature to paint his famous landscapes. Activities in the area include visits to Levitan's museum and the museum of medieval Russian family life.

Q5. Kostroma, originated in the 12th century, is situated on the left bank of the river Volga. In 1613 Mikhail Romanov came to Kostroma with his mother, a nun, called Marfa. They were hiding from Poles and numerous other groups of outlaws, who were roaming Russia at the time. After daylong talks with his mother, who was against the idea of her son ruling the country, Mikhail finally consented to take the crown and thus became the first Tsar of the Romanov dynasty.

Q6. Yaroslavl is a large, quiet old town, which is much more metropolitan than the other cities of the Golden Ring. The main place of interest is the monastery, founded in the 12th century. The town itself was founded in 1010. According to legend, Yaroslavl the Wise wanted to have a trading town in this area. However, the locals responded by sending a sacred bear to stop him. Yaroslavl was not afraid of the bear and killed it with an axe. Then he founded a town on this spot and the symbol of the bear was included in his coat of arms.

Q7. The village of Ivanovo was first mentioned in Russian chronicles in 1561. The inhabitants were fishing, hunting and trading, but their main occupation was making cloths. The first cloth manufacture was built in the village in 1741 by a peasant who made a fortune from selling homemade cloths. That's when the glory of Ivanovo took off: the village started to sell its fabrics all over Russia. Ivanovo is still one of the main textile centres of Russia. Interestingly, there are more women than men in the city as they all work in the textile industry.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 11

A. Circles on the Water
B. Ancient Ancestor
C. Different Explanations
D. Unexpected Invention

E. Solution to the Problem
F. Hidden Menace
G. Artificial Eye
H. Significant Benefits

Q1. Chocolate chip cookies were actually a mistake! One day in 1903, Ruth Wakefield, while baking a batch of cookies, noticed she was out of bakers' chocolate! As a substitute she broke some semisweetened chocolate into small pieces and put them in the dough. She thought that the chocolate would melt in the dough and the dough would absorb it. When she opened up the oven, she realized she had invented the tasty treat called chocolate chip cookies!

Q2. Computers originally began as calculators. The first calculator was made by Blaise Pascal. It only had eight buttons, and it could only do addition and subtraction. There was a set of wheels, and all of the wheels had the numbers zero through nine on them. The wheels were connected by gears and each turn of one wheel would turn the next wheel one-tenth of a turn. This machine was completed in 1642 when Blaise was twenty one years old.

Q3. A helicopter has a big advantage over an airplane, especially when people might be trapped in a tight place like on a mountain, where there is not much space to land, or on the water. They are also used for rescuing people from burning buildings or from trees when there are floods. Without the helicopter as a rescue vehicle, many people would lose their lives because the rescuers would be unable to reach them if they were in a difficult area.

Q4. Cars have always caused air pollution. In the past, there was a lot more air pollution created by cars than there is today. In the future, there will probably be even less. Two good ways for pursuing the dream of less air pollution are cars that run on solar energy and cars that run on fuel cells. Solar energy and fuel cells don't cause pollution because they do not give off any exhaust.

Q5. Reporter Rob Spence is planning to have a camera embedded in his eye socket and become a 'bionic reporter'. Spence, who lost one of his eyes when he was young, says he has a prototype in development and that one day the replacement of even healthy eyes with bionic ones may become commonplace. 'It seems shocking now, but it will become more and more normal,' he said.

Q6. Crop circles have been appearing in fields all over the world for the past 30 years. There have been suggestions that they are made by flying saucers landing and flattening the crops, or even that they are messages left by visiting aliens. Others think they are created by microwave beams from satellites orbiting the Earth. Other more rational suggestions are that crop circles are manmade hoaxes, attempting to convince the public of extraterrestrial life on Earth.

Q7. The Egyptian Pyramids have always been surrounded by mystery. When Egyptologists began to open the tombs of the pharaohs, rumours abounded that anyone who raided them would be cursed. Many think a curse was to blame for the death of Lord Carnarvon, who funded the expedition to open King Tutankhamen's tomb in 1923. He died of pneumonia after being bitten by a mosquito a few weeks after the tomb was opened

READING PRACTICE TEST - MATCHING HEADINGS – TEST 12

A. Capital Punishment
B. Shoplifting
C. Crime Prevention
D. Kidnapping

E. Frightening Changes
F. LongTerm Effect
G. Virtual Crime
H. Guilty or Not Guilty?

Q1. The presumption of innocence is a legal right that the accused in criminal trials has in many modern countries. The burden of proof is thus on the prosecution. It has to collect and present enough compelling evidence to convince the jury of the fact that beyond a reasonable doubt the accused has broken the law. In case of remaining doubts, the accused is to be acquitted.

Q2. Sarah and Lisa always enjoyed hanging out at the mall. But one Saturday, after shopping for jeans, Sarah pulled a new shirt out of her bag. Lisa didn't remember seeing her buy it. 'I didn't,' Sarah told her. 'I lifted it.' Lisa was upset and puzzled. Stealing didn't seem like something Sarah would do. Sometimes people do not realize the consequences of this crime.

Q3. Even families living in so-called 'safe' neighbourhoods are concerned. They may feel safe today, but there is always a reminder that violence can intrude at any moment. Polly Klaas and her family no doubt felt safe in Petaluma, California. But on October 1, 1993, she was abducted from her suburban home during a sleepover. If she can be abducted and murdered, so can nearly any other child.

Q4. The Internet is a great place to find information, make friends, keep in touch with others, and do business. There always are other sides as long as there is a criminal element. As our world becomes more computerized and ever more interconnected, different kinds of computer crimes will continue to grow. These include break-ins of computers to get trade secrets or illegal entry for the thrill and challenge.

Q5. Movie violence these days is louder and bloodier than ever before. When a bad guy was shot in a black and white Western, the most we saw was a puff of smoke and a few drops of fake blood. Now the sights, sounds, and special effects often jar us more than the real thing. Slow motion and pyrotechnics conspire to make movies and TV shows more gruesome than ever.

Q6. University of Illinois psychologist Leonard Eron studied children at age eight and then again at eighteen. He found that television habits established at the age of eight influenced aggressive behaviour through childhood and adolescent years. The more violent were the programs preferred by boys in the third grade, the more aggressive was their behaviour, both at that time and ten years later.

Q7. In the debate about execution and human dignity, supporters and opponents of the death penalty have found very little common ground. Since the 18th century, those who wish to abolish the death penalty have stressed the significance of requiring governments to recognize the importance of each individual. However, supporters of this penal practice see nothing wrong with governments deliberately killing terrible people who commit terrible crimes.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 13

A. Recognize Your Limitations
B. Take a Rest
C. Clear Out Distractions
D. Have Help Handy

E. Plan Your Work
F. Stay Calm Under Pressure
G. Work With Interest
H. Stay Focused

Q1. The overriding idea is to go for simplicity. A quiet basement, a library table or the ground next to a big tree outside allow you to focus on what you're doing. Examples of poor locations would include the kitchen table, common areas where you're likely to encounter friends, or even your own room, as it's usually stocked with a computer, television, and video games that seem a lot more appealing than what you're doing. You have to remove yourself far enough from any potential disturbance. This is the key to any successful session of work.

Q2. Making your work relate to your leisure activities or hobbies eliminates much of the tedium associated with it. Whenever possible, make your schoolwork centre around something you love, and run with it. Essay assignment? Write about your favourite hobby. History report? Write about your favourite historical battle. Just pick anything to make your reports and assignments less mundane. As long as you meet all the requirements of the assignment, the rest is yours to choose.

Q3. It's okay to reward a long session of hard work with a quick break here or there. Eat something, watch a TV show, play a bit of your favourite video game, pick up a musical instrument and practise a little bit. Trying to work too long at too hard a pace without a break is only going to spoil your work in the end, as you'll start to tire, grow apathetic, and make mistakes. Taking semifrequent breaks proportional to the amount of time you spent working keeps your mind fresh and your spirits up.

Q4. Ultimately, you are going to have to make executive decisions about the importance of various assignments relative to how much time and effort you're expending on them. Don't get bogged down worrying about finishing a small assignment that is worth a negligible fraction of your grade if it means that finishing it will cost you important points on a far more important project or paper for another class. Always rank assignments based on their due date and importance. In the grand scheme of things, it's always best to do what will get you the best overall average of grade points.

Q5. If you have multiple assignments to do, don't try and work on more than one at a time. Pick the most immediately due assignment and stick with it like glue until it's done. Then move on to the next most pressing assignment. This way, you resist the temptation to bypass hard, looming assignments to jump to easier but less pressing assignments for your sense of accomplishment. Concentrating your efforts on one task is the key to any successful session of work.

Q6. Often, you'll be tempted to pull all-nighters simply to get things done and out of your head. This is extremely counterproductive. If you feel very tired, you can just drop off at any moment. If you sense you're giving less and less effort to your work, then stop. It's always better to pick it up the next day when you're focused than to run a marathon all night and wind up with substandard work that you aren't proud of.

Q7. It's not always easy to stay on the ball in college, but if you know how to stay calm, and make your assignments work for you, you can simplify things tremendously. If you have no idea how to even start an assignment, always feel free to contact your professor, campus tutoring office, or even your parents for advice. Don't let your fears get in the way of your doing well. If asking a professor for assistance is the difference between a C and an A on an assignment, you should not care about your pride, you should care about your college marks.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 14

- | | |
|---|--|
| <p>A. Health Problem</p> <p>B. Significant Difference</p> <p>C. Fashions in Food</p> <p>D. New Weapon</p> | <p>E. The Price of Success</p> <p>F. Holiday Regulations</p> <p>G. Strong Competitor</p> <p>H. Psychological Barrier</p> |
|---|--|

Q1. Nowadays, potatoes are the ‘in’ thing so far as health is concerned. In the 60s and 70s we were told to avoid them at all costs for fear of getting fat, but now they have been reinvented by the dieticians as a source of fibre and vitamins. Sensible people, like you and me, have always eaten them because they taste so good.

Q2. Organizing a holiday isn't the easiest task in the world; there are so many things to think about. Let's keep it simple by assuming that there's no overseas travel to arrange. That doesn't mean that you can also forget about injections and other health precautions entirely. What about sun blocker? What about regular medication prescribed by your doctor? My point, quite frankly, is that planning a holiday can be a real pain although a well-planned holiday can more than reward the pains you go to before you set out.

Q3. Symantec, McAfee and Trend Micro have the US market for antivirus software sewed up between them. But here comes Russia's Kaspersky Lab trying to gain a foot hold. The Moscow-based company opened a sales office outside of Boston in February and has signed up about 40 resellers. Kaspersky reacts quicker than the giants to new viruses and other forms of malware, and gets fixes out fast.

Q4. Sitting in the office armchairs all-day long has become the norm for many of us. Stress and rush make us forget about regular food and stuff our stomachs with cheese burgers and sodas, which don't do any good to our bodies. As a result, we rarely find time for exercises, gyms or balanced nutrition and it's one of the reasons why a lot of people are overweight nowadays. However, it is possible to change your lifestyle and lose your weight if you are willing to.

Q5. The Internet is a very effective medium for spreading ideas or news. It eliminates geographical boundaries, and Greenpeace is aware of it, and benefits from it. For instance, in 1995, Greenpeace utilised its site to publicise a route that the French use to send nuclear shipments to Japan. They also included the fax number of the French Embassy and of the newspaper Le Monde so that letters of protest could be sent.

Q6. The biggest problem most people face in learning a new language is their own fear, like Stage Fear. They worry that they won't say things correctly or that they will look stupid so they don't talk at all. Don't do this. Actually, the fastest way to learn anything is to do it — again and again until you get it right. Like anything, learning English requires practice. Don't let your fear stop you from getting what you want.

Q7. Fuel cells are similar to a battery except unlike batteries, they don't need to be recharged. Fuel causes air pollution and noise, while fuel cells do not cause either. Fuel cells don't cause pollution because they don't create waste like fuel. Fuel cells are also very efficient, so efficient that fuel cells have been providing energy on spacecrafts for a very long time.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 15

- | | |
|--------------------|-----------------------------|
| A. Changing Habits | E. Popular but Useless |
| B. Eating Out | F. Plan Your Diet Carefully |
| C. Foreign Food | G. Eating Together |
| D. Diet Dangers | H. Food Safety |

Q1. A quick look at junk food facts tells us junk food and diets do not go hand in hand. Junk foods are also called ‘empty calorie’ foods and have no nutritional value. Nevertheless, they are enjoyed by lots of people because of their simplicity to manufacture, consume and, of course, their taste. Chocolates, burgers, pizzas, potato wafers and fries will surely find their way into everyone’s heart.

Q2. Thai cuisine is one of the healthiest foods you can eat. In fact, several Thai dishes, such as Tom Yum Soup, are currently under scientific study for their incredible health benefits. Of course, it’s already known that many of the fresh herbs and spices used in Thai cooking — such as turmeric, galangal, coriander, lemongrass, and fresh chillies — have immune-boosting and disease-fighting power.

Q3. Vegetarian diets can be very healthy, but eating a balanced diet when you are vegetarian usually requires a little extra attention. Because vegetarians eliminate certain foods from their diets, they often need to work to add foods into their diet that will provide the nutrients found in meat products. If properly planned, vegetarian diets can provide all the nutrients you need.

Q4. It’s actually easy to make good choices at a fast-food restaurant or the cafeteria. Most cafeterias and fast-food places offer healthy choices that are also tasty, like grilled chicken or salads. Be mindful of portion sizes and high fat add-ons, like dressings, sauces or cheese. Most restaurant portions are larger than the average serving of food at home. Ask for half portions or take half of your dish home.

Q5. Family meals are making a comeback. Shared family meals are more likely to be nutritious, and kids who eat regularly with their families are less likely to snack on unhealthy foods and more likely to eat fruits and vegetables. Teens who take part in regular family meals are less likely to smoke, drink alcohol, or use drugs. Beyond health and nutrition, family meals provide a valuable opportunity to reconnect.

Q6. Families are cooking more meals at home, cutting back on take away in the face of the economic downturn. In addition to cutting back on take away and eating out, families have begun cooking more vegetarian meals and are adding vegetables, lentils and baked beans to allow them to cut back on meat quantity. Consumers also indicate that they are likely to prepare meals that can be spread across more than one mealtime.

Q7. In recent years it has become common practice for celebrities and stars to publicize food products. Businesses take advantage of consumers’ mentality of ‘following the stars’ and invite celebrities and stars to perform ‘false advertising’ so as to mislead or even deceive consumers. The law stipulates that those who publicize ‘faulty food products’ will share responsibility with food producers and sellers.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 16

A. Gifted Children Always Become Famous
B. Awareness of Giftedness
C. Special Attitude is Required
D. Lack of Challenge May Cause Problems

E. Contrary to Popular Belief
F. Gifted Children Have no Support
G. Identifying the Gifted Child
H. Being Gifted Is not Always Easy

Q1. Gifted children's behaviour differs from that of their age-mates. Many gifted children learn to read early, with better comprehension of the nuances of language. As much as half of the gifted and talented population has learned to read before entering school. They can work independently at an earlier age and can concentrate for longer periods. They like to learn new things, are willing to examine the unusual, and are highly inquisitive.

Q2. Being academically gifted is a topic laced with myths and fears, many of which are unfounded. Moreover, academically gifted children often face special problems. So do their parents. Schools treat those children differently from those whose talents lie in other areas, like music, art, and sports. Gifted children may also be learning disabled, or have another disability while being highly intelligent.

Q3. Social and emotional difficulties are not directly linked to giftedness. Rather, they result from a lack of understanding by the child of the nature of their intellectual difference. Parents and teachers don't usually discuss this difference with them because of the concern that they may get a 'swelled head'. The risk is that gifted children may view their differences as 'weird' or 'bad' or try to ignore or deny them.

Q4. Most of the athletes are allowed to develop their special skills at whatever rate best suits them. No one tries to stop them from becoming much better baseball players or swimmers than their classmates. Yet if an academically gifted child tries to do two years of work in one, that's viewed as potentially harmful. Much of the concern focuses on the nonacademic areas of these gifted children's development.

Q5. Researchers emphasize that for the vast majority of academically gifted children those concerns are groundless. In fact, these children are more likely to develop social and even academic problems if they don't feel intellectually challenged. If gifted children don't go to challenging programs, they may not learn how to learn. Eventually, in college or graduate school, they feel emotionally overwhelmed when they can't just coast through their courses anymore.

Q6. Gifted children represent both a challenge and a resource for schools. Educators have a responsibility to provide programs to meet the educational needs of gifted students who are capable of learning at advanced levels. Ideally, schools should have specifically trained teachers for gifted students to create a challenging and supportive learning environment for these children.

Q7. Gifted children are often viewed as 'the smart ones' who should know everything. Yet, being gifted does not mean they possess great abilities in every area. Albert Einstein was 4 years old before he spoke a word. Winston Churchill failed the 6th grade, and Leo Tolstoy flunked out of college. What do these three famous people have in common? In fact, they are all considered gifted, and in some cases, geniuses.

A. Unexpected Tech Failure
B. Military Use
C. World Without Drivers
D. Health Benefits

E. Saving Time And Money
F. Other Side of the Coin
G. Robotic Future
H. Specialised Vehicles

Q1. Globally released worldwide, Microsoft Vista hit the markets in early 2007. Its ideology was to enhance the security system of the personal computer. But the security features weren't all that better than its previous versions', according to many software critics. Vista is also not compatible on all sorts of PC's and runs slower compared to Windows XP. All of this prevented Vista from being a better version and it never took off like the company had hoped.

Q2. A couple centuries ago, if you wanted to record a moment for posterity, you sat around for hours or days while someone painted it. Up until ten years ago, you were at the mercy of photo developers charging 20 cents or more to help preserve your memories. Now you can record countless images and store them electronically for all of eternity at virtually no cost per picture.

Q3. With technology advancing at the pace it is today, we have to believe that by the end of the century we won't be driving our cars around the city. Rather, we will just be sitting on the then historic driver's seat and doing some work. While the concept looks futuristic, industrial designer Kubik Petr believes that nothing seems impossible with modern technology at hand.

Q4. The Kenguru is designed only for the disabled. Previously car manufacturers would design cars for the disabled but not specifically for them. This Hungarian company is taking it to the next step, the disabled will be able to open the rear of the car and just roll in the driving position, secure their wheelchair — without ever having to leave their chair.

Q5. Technology certainly offers us innumerable comforts within our world, especially when it comes to people who have extreme medical conditions and need the help of science and technology to live comfortably within their everyday lives. The creation of robot limbs allows a person to walk again. The introduction of synthetic body parts such as a heart pump can help a person to live longer.

Q6. Everyone knows that being a soldier is a dangerous job. Walking through mine fields, deactivating unexploded bombs or clearing out hostile buildings, for example, are some of the riskiest tasks. What if we could send robots to do these jobs instead of humans? Then, if something went wrong, we'd only lose the money it cost to build the robot instead of losing a human life.

Q7. Cutting edge technologies offer the hope for a better world, bringing welcome solutions to everything from disease to environmental damage. But these same technologies can also bring danger by aiding criminals and terrorists, invading personal privacy and even potentially creating diseases and damaging the environment. The more powerful and pervasive technology becomes, the more dangerous it becomes as well.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 18

A. Struggle for Survival
B. Ancient Wonder
C. Great Beginning
D. Important Event

E. Tourist Boom
F. Agriculture Success
G. Practical Invention
H. Living Longer

Q1. Computers have already revolutionized the way we live and work. But it is early days for computers. We do not know how much they are still changing the world. Already, Internet users can buy things and study holiday offers. It's much easier to edit and print documents using a PC. More computer wonders are yet to come.

Q2. Only a few years before men were walking on the moon, reputable scientists declared that it was impossible. But in 1969 Neil Armstrong stepped out of his space capsule and made his famous statement, 'That's one small step for a man, one giant leap for mankind.' However, progress in this area is slower now. Not as much money goes into research as in the 1960s.

Q3. Surely nothing has done more for the comfort and happiness of mankind than the advance of medical knowledge! Lots of people have benefited from the aspirin and lots of lives have been saved by penicillin. Surgeons can perform the most amazing operations. Average life expectancy in Europe has risen dramatically over the last hundred years.

Q4. In the past, a holiday used to mean simply a day when you did not work. Now millions of holidaymakers travel to all parts of the world. Perhaps, not all people like to see lots of tourists in their countries, but we must admit that a phenomenon which sees the population of Greece treble is a wonder of the world.

Q5. It is true that the Olympic Games are now commercialized and there is greed and drug abuse. However, it is a competition in which every country of the world takes part. Every four years, for a brief moment, we see these countries come together in peace and friendship. We see people from warring countries shake hands. We feel hope again for the future of mankind.

Q6. In 1724, Jonathan Swift wrote, 'Whoever makes two blades of grass or two ears of corn grow where only one grew before serves mankind better than the whole race of politicians'. In Europe farmers have done it and we produce enough food to feed the world. If only politicians could find a way to share it with those parts of the world where there is still famine.

Q7. The greatest wonder of the modern world is simply that we are still here. We have bombs that could destroy the world but we try our best not to use them. Because of people's effort no government dares to use such weapons. The year 2001 marked the 100th anniversary of the Nobel Peace Prize, the most famous attempt to raise awareness of the issues of war and peace.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 19

- | | |
|------------------------------|---------------------------|
| A. Unsolved Mystery | E. Clever Camouflage |
| B. Meteorological Phenomenon | F. Friendly but Dangerous |
| C. Curious Conclusion | G. Animal Diseases |
| D. Group Builders | H. Feeding to Death |

Q1. Tree squirrels are quite used to humans and many will come close to people hoping they will be fed. However, squirrels deserve our respectful distance. They have very sharp teeth and sharp claws and defend themselves by biting and scratching if they are startled. However, they are fun to observe. So treat them with gentle respect... and they can be wonderful 'wild friends'.

Q2. Elephants display 'right-handedness', not in their limbs, but in the tusks. Close examination of an elephant's tusks will reveal that one tusk has a blunter tip and is thicker than its less favoured counterpart. The reason for this difference is that in their natural habitat elephants use their tusks for gathering food, and digging for water. Consequently the tusk on their favourite side becomes more developed, but blunter.

Q3. In October 1987, an attempt to find a famous Loch Ness monster was made with 20 cruisers that swept the loch using sonar equipment, electronically recording all contacts. While the cruisers caught enough salmon to feed an army, there was no sign of Nessie. Most scientists would bet that there is no monster, yet they do seem to hedge themselves and keep an open mind as they await conclusive proof in the form of skeletal evidence or the capture of the monster.

Q4. Birds used for the production of Foie Gras are trapped in tiny cages, where they hardly have any place to move or flap their wings. Mechanized feeders come at regular intervals to feed them and metal pipes are forced down their gullets several times a day. The overfed birds have difficulty breathing and acquire a range of diseases. Once these birds have reached a point of neardeath, they are slaughtered, and their livers end up in restaurants!

Q5. Animals adapt over time to their environments, some so much so that they begin to look like their surroundings — a helpful evolutionary advantage in the face of potential predators (or while stalking prey). There are octopi that blend in perfectly with sandy ocean floors, insects that look just like leaves and fish that resemble oceanic plants. There is even an octopus that can mimic nearly twenty other oceanic species to scare off.

Q6. Humans work together all the time to build incredible structures we could never have dreamed up, let alone construct, on our own — but some animal architecture is arguably even more impressive. There is a spider web built by a variety of species working together that spans much of a public park, an ant colony that extends for thousands of miles and birds nests built by entire flocks living together under one thatched roof.

Q7. Raining animals... it sounds ridiculous, right? Nonetheless, it happens — although rarely. Fish, frogs and birds are the most common forms of animal rain. Sometimes the creatures land relatively unscathed but in other cases they are frozen or shredded to pieces. Theories vary in their details but generally it is assumed that certain kinds of strong winds lift up the animals with a volume of water (fish and frogs from ponds, for example) or sweep them out of the sky in the case of birds and then deposit them, often right before a major storm.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 20

A. Don't Ignore Warning Signs
B. Use Alternative Medicine
C. Staying in Shape is Important
D. Threat to Your Eyesight

E. Turn a Bad Habit into a Good Idea
F. Fat People Are at Risk
G. Prevention Is Better Than Cure
H. Choose Proper Nutrition

Q1. There are numerous problems associated with obesity. It is not just a cosmetic problem but also a health hazard. Doctors generally agree that the more obese a person is, the more likely he or she is to have health problems. This is because obesity has been linked to several serious medical conditions. People who are overweight can gain significant health benefits from losing weight.

Q2. Hey, couch potato! Don't feel guilty indulging in serials or reality shows — use the commercials as an excuse to burn calories. There is probably an average of 15 minutes of commercials in an hourlong program. If you exercised through each commercial break during just two hours of TV, you'd already have met the recommended amount of daily exercise necessary to reduce health risks.

Q3. Regular checkups are a valuable tool in maintaining good health. Taking proper care of your health at the right time can help avoid a lot of problems in the future. The main aim of a checkup is to detect illness at an early stage. It's good to find out that you have a health problem before it is too late so appropriate tests should be done at the right time.

Q4. Do you mainly exercise for a few weeks in January before you forget your New Year's resolution, and then again when you realise your summer holiday is around the corner? You'd not be alone, but keeping fit is something you should do all year round. You might not be particularly bothered about your appearance or your weight, but keeping fit is as much about what's on the inside as it is what's on the outside.

Q5. Pain is our body's means to indicate that something is wrong and requires immediate attention. Pain for a short time can be taken care of by a painkiller but if the soreness is lingering for too long, then it requires proper medical expertise. Sometimes life menacing problems have back pain and joint pain as symptoms and can, if neglected, do permanent damage.

Q6. Think about your car — the higher the grade of the fuel you put in it, the better it runs. Your body works the same way. If you eat healthy foods, you'll be healthier and feel better. Eating well is easy if you're aware of what foods are best for you. But don't worry! Eating healthy food doesn't mean eliminating every single thing you love from your diet.

Q7. Do you spend more than 3 hours a day working or maybe playing on a computer? If so, you are at a higher risk than casual computer users. Researchers warn that watching a computer screen for six or more hours a day might be linked to a progressive eye disease. This does not mean, however, that people who work on a computer for less than 3 hours a day will not suffer eye complications due to computer use.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 21

- | | |
|--------------------------|---------------------------|
| A. Space Research | E. Wary Birds |
| B. A Touch of Magic | F. Viable Alternative |
| C. Great Expectations | G. Old Custom |
| D. M-Learning Revolution | H. Attractive Destination |

Q1. The Hebrides, a group of islands off the Scottish coast, offers tourists a diversity of wildlife and scenery with few equals in the UK. And in the waters around them you can find not only dolphins but whales and the mighty sea eagle as well. In places it is possible to see such marine animals from the shore, but to have the best views you need to be on a boat.

Q2. Mostly it's about hot air — for without that, balloons are just big empty bags with baskets on the bottom. The Montgolfier brothers had great hopes when they made the first manned flight. They thought balloons would take off as a viable means of commercial flight. Instead, they have remained the province of sport, adventure and enjoyment. Yet they still retain the essential characteristics which make them so attractive.

Q3. Many people still think that to get the chance to go to space you have got to try to become an astronaut. Unfortunately, the chances of succeeding are tiny, simply because there are so few astronauts and there is no prospect of a lot more being employed. However, you need not despair because you will be able to go as a visitor. But the first thing you should do is to save up because the demand is expected to be strong and prices will be high.

Q4. The natural cautiousness is usual in herons. They prefer to spend the day in areas where they can hunt for fish in peace. They seldom allow close approach and are quick to take to the air when they sense humans are about. Such nervousness is understandable, given that they have suffered from persecution from fish farmers.

Q5. Crop circles are large circular patterns which have been turning up mysteriously in cornfields all over southern England, and in other parts of the world, since the 1980s. Many people believe they could not have been done by human beings — they say only visitors from outer space could have created such circles. Although scientists are trying to solve this mystery, the scientific explanation has not been found yet.

Q6. Teachers are used to asking students to turn off their mobile phones but soon they could be a major classroom aid for teaching and learning. Three schools in the Richmond area are taking part in an innovative project in which students will use their mobile phones. Students can use the phones to get access to learning materials as more phones nowadays have links to the Internet.

Q7. Every year, large crowds of people gather at Cooper's Hill to watch the Cheese Rolling Championship. A group of brave people roll a large cheese down the hill, and then run down after it. In theory, competitors must catch the cheese, but as it can reach speeds up to 70 miles an hour, this rarely happens. Cheese Rolling has been going on for hundreds of years and nobody knows for sure when it first started.

A. Time to Relax
B. Safety First
C. Exciting Prospect
D. Addictive Pastime

E. Positive Results
F. Rewarding Hobby
G. Discovering the World
H. Changing Influence

Q1. Boating can be a very relaxing pastime. It isn't entirely limited to just cruising around. You can also set up water skis and enjoy waterskiing. While boating is fun, however, it is also a hobby where you need to be very careful. Too many boaters die each year, mainly by falling overboard and drowning. It is important that you use common sense as well as always take lifejackets with you.

Q2. Painting is one of the most relaxing pastimes. Most people take up painting in oils or watercolours, others start with acrylics or pastels, but whatever your choice, it will be the beginning of a voyage of discovery. When you look at things that are familiar to you, you'll see them in a different light. Learning something new almost every day will encourage you to keep going.

Q3. Fishing can be enjoyed at any age, individually or in groups, with little more investment than a cane pole and a few hooks. Within an hour from most homes, there is usually a place to fish. Perhaps the greatest appeal in fishing is the opportunity to get outdoors and have a rest. It's an enjoyable pastime that can be used as a way to clear your head and forget about everyday problems.

Q4. For centuries gardening has been an extremely popular pastime across the British Isles and here you can find some of the most superb garden exhibits in the world. For countless people, gardening offers a peaceful and relaxing pastime that can create some very picturesque or beneficial results, depending on the kind of gardening taken up. Caring for your own garden will bring enjoyment and save you money at the grocery store.

Q5. Parents and teachers worry about games having negative effects on children and a great deal has been written about games leading to violent behaviour and addiction. However, not everything about gaming is negative. Games help children who are ill or have injuries. Absorption in a game distracts the mind from pain and discomfort. Many hospitals are encouraging children and others undergoing painful treatments to play games.

Q6. In these virtual worlds, you can choose an avatar or character that represents you. The latest games offer the ability to customize these characters in unlimited ways; you can change your character's hairstyle, facial features, size, weight, and clothing. How about the ability to change your voice to match your online personality? That is currently not a standard feature in games but technology will provide a solution.

Q7. Gaming is enjoying a revolution. Not just in the fact that it is a growing business in itself, but also that it is rapidly becoming a leading means for communication and social interaction among people from all over the world. Young adults are at the forefront of the future for gaming and recent research shows that the role of gaming in young adults' lives is evolving rapidly.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 23

- | | |
|---|--|
| <p>A. Future Rescuers</p> <p>B. Origin of the Superstition</p> <p>C. Risky Sport</p> <p>D. Oldest Creatures</p> | <p>E. Discredited Myth</p> <p>F. Distress Call</p> <p>G. Visible Obstacle</p> <p>H. Significant Difference</p> |
|---|--|

Q1. ‘When men first flew in space, they were amazed to discover that the only men made object visible from orbit was the Great Wall of China.’ This is a nice idea, but it’s not true. The Great Wall is mostly grey stone in a grey landscape and, in fact, is very difficult to see even from an aeroplane flying at a mere 15 kilometres above. What can be seen when orbiting the earth are the fires of African desert people and the lights of fishing boats off Japan.

Q2. The term ‘Mayday’ is an internationally recognized radio signal which is only used when a ship is in great danger and needs help immediately. The signal is transmitted on a wavelength of 2.182 kHz, which is permanently monitored by rescue services on the shore. The use of this expression has a very straightforward explanation. It came from the French phrase ‘m’aidez’, which means ‘help me’.

Q3. In 1700, Henri Misson, a Frenchman visiting Britain, asked villagers why they had horseshoes nailed above their doors. They said it was to keep witches away. Horseshoes are made of iron and the strength of the iron was thought to protect from evil. Still today they are thought to bring good luck and many brides carry silver ones at their weddings. The position of the horseshoe is very important. It must point upwards like a cup so that the luck cannot fall out.

Q4. Women generally live about six years longer than men. Evidence suggests that boys are the weaker sex at birth, which means that more die in infancy. Also women do not have as much heart disease as men. In terms of lifestyle, men smoke more than women and thus more die of smoking-related diseases. Also, they generally have more dangerous occupations, such as building work.

Q5. Scientists say that rats can help look for earthquake survivors buried in the ruined buildings. Dogs are already used to search for people, but rats can be even more useful. Like dogs they’ve got a great sense of smell, but scientists still need to train rats to sniff out people and to carry special radio transmitters to let them know when the survivor is found. Rats may also be trained to find bombs or explosives.

Q6. Dinosaurs roared for about 150 million years before they disappeared. We humans have only been around for about 2 million years. But cockroaches are 350 million years old and still going strong! Cockroaches can survive in extreme conditions. They can be frozen, then thawed, and walk away as if nothing had happened. They can go for incredibly long time without eating anything. And that is the secret of their success!

Q7. Founded in 1980, BASE jumping grew out of skydiving. But BASE jumping is much more dangerous than skydiving that is why it is banned in many countries. Legal jumps now happen on specific days and from approved structures. However, like other extreme sports, it’s the risk of disaster that makes BASE jumping so exciting.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 24

A. Human Resource Manager
B. Network Administrator
C. Sales Representative
D. Broadcast Technician

E. Computer Programmer
F. Shop Assistant
G. Public Relations Manager
H. Journalist

Q1. Would you like a challenging job? Then think about this career. You might work from home and be your own boss, or you may prefer to apply for a job with a large company. To become successful in this profession, you need good logical reasoning and problem-solving skills. You will definitely have to study at a college or university and get a good qualification in computing.

Q2. As a key member of Advancement Services, this position is responsible for all aspects of web administration including servers, desktop systems, Internet access, communications hardware/software and office systems. The employee is required to perform technology needs analysis and assist with technology planning through ongoing research. This position reports to the Director of Services and periodically works with all development staff.

Q3. This is a widely spread job in the media. Common responsibilities for this type of occupation include setting up, operating, and maintaining the electronic equipment used to transmit radio and television programmes. You are also required to control audio equipment to regulate volume level and quality of sound during the programmes. Tasks will vary considerably depending on whether you are working in studios or on location.

Q4. You will work across a range of factual, news and current affairs programmes for radio, television and the print media, reporting on local, national and international stories. You may be expected to contribute ideas, write scripts and news bulletins, direct news items on location and interview on camera. Vital qualities for this occupation are a good eye for a story, excellent communication skills and the ability to write well.

Q5. Regardless of industry, you will play an important role in the success of your company. Your primary duties will be to interest buyers and purchasing agents in the company's goods or services and to address clients' questions and concerns. To do this job well, you have to be outgoing, patient, persuasive, and polite and you also have to be prepared to do a lot of travelling.

Q6. You will be responsible for the creation and representation of a positive company image to the clients and general public. The duties of this job include writing, editing and publishing articles as well as preparation and dissemination of press releases. This position requires superior written and oral communication skills and the organizational skills necessary to manage a multitude of tasks at a fast and dynamic pace.

Q7. This job requires extensive knowledge of brand names and the suitability of each product for the purpose stated by the consumer. It is also necessary to be able to assess the consumer's needs and advise him in a friendly, efficient manner on the best options available at the most affordable price. The employee will have to restock shelves, and tidy up the counter area and the floor whenever necessary.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 25

- | | |
|-------------------------------------|---------------------------------|
| A. Various Applications | E. A Sport or a Hobby? |
| B. Changing Styles | F. Unexpected Victory |
| C. Benefits of Sport | G. Breaking World Record |
| D. Choosing Proper Equipment | H. Challenging Sport |

Q1. Playing sports is a great way to make exercise fun and help children to develop healthy habits. Sports can also help children improve their agility, balance, and coordination. Participating in sports can help build a child's self-esteem. Studies show that children who play sports work harder in the classroom. Children also learn problem solving skills and time management skills when they are part of a team.

Q2. Late last week BMX legend, Kevin Robinson, made history by flying higher than any human has ever gone on a BMX bike as part of Red Bull Experiment in New York City! Thousands of fans and spectators were onsite to catch all the action. This awesome feat had been a lifelong dream of Kevin's which until now no one else has ever been able to pull off!

Q3. American tennis star Venus Williams has lost her place at the Madrid Open when she was beaten in the secondround part of the contest by Russian teenager Alisa Kleybanova. Williams is the current world number three and her 19yearold opponent was unseeded so the defeat came as a big shock. Williams said she thought Kleybanova had won by just being aggressive from both sides of the court.'

Q4. Skateboarding traces its roots to the seventies but it really reached the peak of its popularity in the mid-eighties to the present when major skateboard manufacturers propelled it to new heights. First, they started with halfpipe and vert ramp skateboarding. As the years went by, the focus shifted to street skateboarding, which brought about a few changes in deck shape and wheel size.

Q5. While the majority of scuba diving is recreation, there are those who do it for a living as well. Scientific exploration and research is another area with a lot of scuba diving demand. They spend a lot of time in the water watching sea life cycles, and how microorganisms fit the whole underwater environment. There are also others who work in constructing underwater platforms that are often used for research as well as offshore oil.

Q6. Surfing is a sport which is undertaken by almost every individual in the U.S. This term is often referred to as a surface water sport in which the person surfing is carried along the face of a breaking ocean wave standing on a surfboard. Surfboards can also be used on rivers on standing waves. Some people practise this as a hobby while others become professional surfers.

Q7. If you're interested in snowboarding, you will need to find out which length and width board is best for you. Both of these factors are critical to the success of snowboarding. Be aware that shorter boards are easier to manoeuvre, therefore making them great if you are just learning to snowboard. When it comes to width, it is important to consider foot size when choosing the width of a board.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 26

A. Weather considerations
B. Joys of biking
C. On bike from train
D. Severe adventures

E. Preparations
F. Meeting the locals
G. Beware of thieves
H. Follow the rules

Q1. If you want to see Europe on \$30 a day you might prefer to stay at hostels and shop at farmers' markets, but you definitely will not be able to do it without the help of a bike as it is one of the most economical ways to see Europe. But most bikers choose to pedal for the sheer joy of it. Just imagine riding up a beautiful mountain road, going to the very top, hearing birds singing in the treetops, and enjoying a well-earned and glorious downhill run.

Q2. The most important thing to do before you go for a long ride is to learn which tools to bring for basic repair work, such as patching a flat. If possible, first take a weekend camping trip with everything you'll need with you. If you don't already know how to fix your bike, you can ask about classes at your local bike shop. Although you can buy a good touring bike in Europe, you're better off bringing a bike that you're sure is the right fit for you as well as your own racks and panniers.

Q3. Expect rain and bring good bikers' rain equipment. You'll also be exposed to the sun, so plan on using plenty of sunscreen. Even if you never ride at night, you should bring a back light for long and unavoidable tunnels. Always wear a helmet as well as biking gloves to guard against unsightly road rash. Beware of the silent biker who might be right behind you, and use hand signals before stopping or turning. Stay off the freeways; smaller roads are nicer for biking, anyway.

Q4. Use a bike lock to secure your bike and never leave your pump, bag or laptop on your bike if you're going to step away, even for a moment. Keep your bike inside whenever possible. At hostels, ask if there is a locked bike room, and, if not, ask for a place to put your bike inside overnight. Remember that hotels and many pensions don't really have rules against taking a bike up to your room. Just do it quietly so the owners and other guests aren't disturbed.

Q5. The most rewarding aspect of bicycling in Europe is having the chance to get to know and communicate with new people. Europeans love bicycles, and they are often genuinely impressed when they see a tourist who rejects the view from a tour-bus window in favor of riding through their country on two wheels. Your bike provides an instant topic for conversation, the perfect bridge over cultural and language barriers.

Q6. A bell is generally required by law in Europe, so you should have one on your bike for giving a multilingual "Hi!" to other bikers as well as for saying "Look out, here I come!" Some countries, such as the Netherlands, have directions and signs just for bikers. For example, a bike in a blue circle indicates a bike route and this sign will get you through even some of the most complicated highway interchanges. A bike in a red circle indicates that bikes are not allowed.

Q7. Not all tourists use their bikes for long-distance European trips. For example, you can take the train from Paris to Amsterdam, and then use your bike for a few days to get around the city and out to the tulip fields and windmills. In many countries, especially France, Germany, Austria, Belgium, and the Netherlands, train stations offer bikes with very easy rental plans making it possible to pick them up in one place and drop them off somewhere else.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 27

- | | |
|---|---------------------------------|
| A. Money string changes source | E. Size matters |
| B. What in a colour | F. How we got that mark |
| C. Weight of money | G. Before money comes in |
| D. From a million pounds to thousands of dollars | H. Free to choose from |

Q1. In early societies people developed barter as a form of proto-money, when they used the things that everyone agreed to accept in trade. Various items have been used by different societies at different times. Thus, for example, Aztecs used cacao beans, Norwegians used butter, the early U.S. colonists used tobacco leaves, and Roman soldiers were paid a salary of salt. On the island of Nauru, the islanders even used rats for this purpose.

Q2. The first coins were made in the Kingdom of Lydia, located on the territory of Turkey in the 7th century B.C. The Lydians used weighed lumps of metal and stamped them with pictures to confirm their weight (the shape of the coins was unimportant). The process of stamping was called “minting”. In fact, the stamp on the coin was a seal that identified the person who had guaranteed the weight of that coin.

Q3. The well-known dollar sign has various explanations. Perhaps one of the most widely accepted is that it was the result of the evolution of the Mexican or Spanish “Ps” which was used for pesos. This theory explains that the “S” gradually came to be written over the “P”, developing a close equivalent to the American dollar “\$” mark. It was widely used even before the adoption of the United States dollar in 1785.

Q4. The largest banknote ever issued by the Bank of England was the £1,000,000 note. Designed for use by the UK government only, the notes were canceled after just a few months, allowing very few to escape into private hands. However, just because the notes are out of service nowadays doesn't mean that they are valueless. In 2008, one of two known surviving notes was sold at auction for almost \$120,000.

Q5. According to the Guinness Book of World Records, the world's largest banknote is the 100,000- peso note, which is of the size of a standard sheet of paper. It was created by the government of the Philippines in 1998 to celebrate a century of independence from Spanish rule. The note was offered only to collectors, who could purchase one of the limited-edition notes for 180,000 pesos, or about \$3,700.

Q6. American Indians used to have strings of clamshells, which they called wampum and used as money. The process to make wampum was very labor intensive, which increased their value among the European traders. However, the Dutch colonists began to manufacture wampum themselves and eventually became the primary source of wampum, thereby destroying the system which had functioned for centuries.

Q7. Why are U.S. notes green? No one is really sure. However, in 1929, when the Bureau of Printing and Engraving began making smaller size currency, green continued to be used because its pigment was readily available in large quantities. Green is also relatively high in its resistance to chemical and physical changes, and it has been psychologically identified with the strong and stable credit of the government.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 28

- | | |
|--|---|
| <p>A. Women doing men's jobs</p> <p>B. Holidays - the best time to visit</p> <p>C. Ideal to grow a man</p> <p>D. A costume for a mythic sea creature</p> | <p>E. The best profession for a lady</p> <p>F. A festival to a season</p> <p>G. Words for all times</p> <p>H. Best clothes for burial</p> |
|--|---|

Q1. Mary is a professional dress-maker specializing in exotic costumes. She devotes many hours to crafting mermaid tails and hand-made tops. Her professional mermaid costume includes a tail and a top. A tail is made of the finest silicone that bends naturally with movement and looks beautifully on film and in print. Out of the depths of the water her costume shines with hundreds of pearls, crystals, and gemstones.

Q2. Today's well-educated person uses about 18,000 words. Shakespeare, whose plays written for a small theatre are now performed in more countries than ever before, used over 34,000 different words, thousands of which he made up. For example: accessible, roadway, schoolboy, and watchdog. Many of his phrases have fallen into everyday use in our language today, including, "A horse, a horse! My kingdom for a horse!" by Richard III.

Q3. The Celtic division of the year was into two parts. The winter half was considered the beginning of the year, and the summer half the second part. There were two further subdivisions, so the year was finally divided into the standard four seasons. At each of these four stages, a Fire Festival was celebrated. It involved religious ceremonies, music, storytelling, and poetry. These great festivals were regarded to be the best time.

Q4. As symbols of respect and courage, knights turned out to be an intriguing mix of all the things that made males the best, as their education included the most effective sorts of exercises for the brain and the human body. Knight tournaments were a good way for the knights to try out the actual travails of fighting and never having to go through the pain and troubles of having to look after themselves, and of their kingdoms.

Q5. Were there any women pirates in Renaissance England? They were in the minority, but they were never the less there and very able. Lady Mary was a daughter of a pirate and married to a pirate. When her husband died, she recruited her castle staff and went to sea herself. Her luck ran out when she captured a German captain, who was a friend of Queen Elizabeth. So Lady Mary quit piracy ... and started selling stolen goods.

Q6. Russia is an amazing holiday destination. It should be visited during the festival season, as it reveals the rich cultural tradition and fascinating customs of its people. While the festivals come from the Christian legacy Russia shares with Europe and America, the manner of celebration is unique. Enthusiastic travelers suggest planning a Russian holiday during the festival time and to be sure that the memories will last a lifetime!

Q7. Normally very fine textiles are found in graves. Obviously, the quality of clothing worn in the Middle Ages would reduce with lower ranks, but even the slaves did not wear cloth as rough as people thought in the past and some still do today. Slaves would probably wear their master's clothes, which may have been very thin in places and not decorated. They would usually receive the underclothes to be worn as overclothes.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 29

A. Strange colours in the sky
B. Changes of the seasons
C. Expanding the influence
D. The last role

E. The last night
F. Waves in the air
G. Influence of magic forces
H. For war and peace

Q1. In rural Irish communities of the early 1800s, weather forecasting was anything but a precise science. There were people who predicted and explained turns in the weather through the prism of superstition. One particular storm in 1839 was so peculiar that rural folk in the west of Ireland, stunned by its ferocity, feared it could be the end of the world. Some blamed it on the “fairies” from local tales.

Q2. The eruption of the volcano at Krakatoa in the Pacific Ocean was a major disaster by any measure. In 1883, the entire island of Krakatoa was simply blown apart, and the resulting tsunami killed tens of thousands of people on other islands. The volcanic dust thrown into the atmosphere affected the weather around the world, and people as far away as Britain and the United States saw red sunsets caused by particles in the atmosphere.

Q3. The dust from Mount Tambora, which had erupted in early April 1815 in the Indian Ocean, shrouded the globe. And with sunlight blocked, 1816 did not have a normal summer. The weather in Europe and North America took a bizarre turn that resulted in crop failures and even famine. Spring came but then everything seemed to turn backward, as cold temperatures returned.

Q4. Wireless telegraphy originated as a term to describe electrical signaling without the electric wires to connect the end points. It was different from the conventional electric telegraph signaling. The term was initially applied to a variety of competing technologies to communicate messages encoded as symbols, without wires, around the turn of the 20th century, but radio emerged as the most significant.

Q5. By the time Abraham Lincoln became president, the telegraph had become an accepted part of American life. Lincoln's first State of the Union message was transmitted over the telegraph wires in 1861. During the Civil War, Lincoln spent many hours in the telegraph room of the War Department building near the White House. The president would generally write his messages in longhand, and telegraph operators would relay them, in military cipher, to the front.

Q6. One of the truly tragic events in American history is the assassination of Abraham Lincoln. Just as the Civil War was coming to an end, on April 14, 1865, the president had sought a night of relaxation at Ford's Theatre, a short carriage drive from the White House. As Lincoln watched the play, John Wilkes Booth, an actor, shot the president and fled.

Q7. It is probably impossible to overestimate Queen Victoria's importance to the British history of the 1800s. She took an active involvement in the affairs of state and strongly believed that Britain should rule much of the world as an empire. Indicating her role as an imperial leader, her official title as Queen of Great Britain and Ireland was changed in the late 1870s to also include the title Empress of India.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 30

- | | |
|---------------------------------------|--|
| A. Not for children | E. One is not enough |
| B. Benefits for poor countries | F. Don't speak - text |
| C. Illegal and unsafe | G. Spreading wider - weighing lighter |
| D. Small size - great role | H. One device - many functions |

Q1. A mobile phone (also known as a cell phone) is a device that can make and receive telephone calls while moving around. It does so by connecting to a cellular network provided by a mobile phone operator, allowing access to the public telephone network. In addition to telephony, modern mobile phones also support a wide variety of other services such as text messaging, MMS, email, Internet access, Bluetooth, business applications, gaming and photography.

Q2. The first hand-held mobile phone was demonstrated by Dr. Martin Cooper of Motorola in 1973, using a handset weighing around 1 kg. In 1983, the first commercial cell phone was released. In the twenty years from 1990 to 2010, worldwide mobile phone subscriptions grew from 12.4 million to over 4.6 billion. It got to the developing countries and reached the poorest citizens. The devices themselves have also become smaller and much lighter.

Q3. The most commonly used data application on mobile phones is SMS text messaging. The first SMS text message was sent from a computer to a mobile phone in 1992 in the UK, while the first person-to-person SMS from phone to phone was sent in Finland in 1993. The first mobile news service, delivered via SMS, was launched in Finland in 2000. Mobile news services are expanding with many organizations providing «on-demand» news services by SMS.

Q4. Mobile phones need a small microchip called a Subscriber Identity Module, or SIM card, to function. The SIM card is approximately the size of a small postage stamp and is usually placed underneath the battery in the rear of the unit. The SIM card does not only store data like telephone numbers but also allows users to change phones by simply removing the SIM card from one mobile phone and inserting it into another mobile phone or broadband telephony device.

Q5. Mobile phones are used for keeping in touch with family members, conducting business, and having access to a telephone in an emergency. Some people carry more than one cell phone for different purposes, such as for business and personal use. Multiple SIM cards may also be used to take advantage of the benefits of different calling plans - a particular plan might provide cheaper local calls, long-distance calls, international calls, or roaming.

Q6. Mobile phones have spread more quickly than any other technology and can improve the life of the poorest people in developing countries. They provide access to information in places where landlines or the Internet are not available. In Africa, people travel from village to village to let friends and relatives know about weddings and births. They need not do this if the villages are within coverage. Mobile phones are recharged using a solar panel or motorcycle battery.

Q7. Mobile phone use while driving is common but dangerous, as it increases the risk of accident. Many countries prohibit it. Some schools also limit or restrict the use of mobile phones because cell phones are used for cheating on tests, harassment and bullying, causing threats to the school's security. Many mobile phones are banned in school locker room facilities, public restrooms and swimming pools due to the built-in cameras that most phones now have.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 31

- A. To take from home
- B. Evening drinks
- C. Food for relaxation
- D. Skipping the meal

- E. Foreign cuisine
- F. Unusual meals
- G. Traditional morning meal
- H. Take it ready to eat

Q1. If you go to a hotel in Britain and ask for a typical English breakfast, you will probably get bacon and eggs, sausage, mushrooms, baked beans, tea and toast. When porridge or fruit juice are offered as well, the meal is sometimes advertised as a «full English breakfast». Many years ago people couldn't imagine their breakfast without a bowl of cereal or usual bacon and eggs.

Q2. But how many people in England actually eat an English breakfast? Only one person in ten! One in five people say all they have for breakfast is a cup of coffee, and many children go to school without eating anything. That is happening because people lack time. They are always in a hurry and prefer to choose something light and ready-made, especially in the morning.

Q3. If in Britain you stay with a family, you will almost certainly be given a «packed lunch» to eat for your midday meal. Some factories and schools have canteens where a packed lunch is the most common thing to eat. A packed lunch usually consists of some sandwiches, a packet of crisps, an apple, and a can of something to drink, for example, Coca-Cola. The quality of the packed lunch can vary.

Q4. Fish and chips is the classic English takeaway food. It is usually bought ready cooked at special shops - fish and chip shops, or «chippies» as they are sometimes called. This takeaway food is wrapped in paper to be eaten at home or outside. If you go to a fish and chip shop, you'll be asked if you want salt and vinegar to be sprinkled over your chips. Be careful because sometimes they give you too much.

Q5. If you have trouble getting off to sleep, don't panic. There are plenty of healthy, low fat alternatives to pills to help you nod off. Why not try a glass of warm skimmed milk, or even a cup of camomile tea? These natural and low-fat drinks will help you to get asleep. They can also relax you after a difficult day.

Q6. Every British town has Indian or Chinese restaurants. There are more Chinese takeaways than there are fish and chips shops in the UK. But most people are eating curry. Curry is now Britain's most popular meal because the majority of British people like spicy food. But British people like food from other countries, too. They say it allows them to understand other cultures better.

Q7. Eating carbohydrate-rich foods like bread, cereal, rice and pasta causes the production of serotonin, which makes us feel calm. Fruit and vegetables also set off the production of this chemical. Milk and cheese are also useful. The next time you feel stressed, try a little piece of bread and a glass of milk and you'll feel better in no time.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 32

- | | |
|--|--|
| <p>A. Milk can be dangerous</p> <p>B. Fighting poverty</p> <p>C. The history of milk</p> <p>D. Why you should drink milk</p> | <p>E. Milk around the world</p> <p>F. A programme with a milky name</p> <p>G. From glass to plastic</p> <p>H. More than food</p> |
|--|--|

Q1. Milk is a primary source of nutrition for young mammals, including human babies, before they are able to digest other types of food. Moreover, it's proved that milk carries antibodies from mothers to babies protecting them from illnesses or reducing the risk of them. So, apart from containing necessary nutrients for a newborn, milk has other important functions as well.

Q2. As an agricultural product, milk is extracted from mammals such as cows or goats and used as food for humans. Worldwide, dairy farms produce about 730 mln tons of milk from 260 mln dairy cows. India is the world's largest producer and consumer of milk yet it neither imports nor exports milk. New Zealand and the USA are the world's largest exporters of milk products.

Q3. Throughout the world, there are more than 6 billion consumers of milk and milk products and over 750 million people live within dairy farms. Milk is a key contributor to improving nutrition and food security particularly in developing countries. Improvements in livestock and dairy technology offer significant promise in reducing poverty and malnutrition in the world.

Q4. Historically, milk was sold by milkmen in jars. The first glass bottle packaging for milk was used in the 1870s. The first company to do so may have been the New York Dairy Company in 1877. The Express Dairy Company in England began glass bottle production in 1880. Later in 1932 plastic coated paper milk cartons were introduced commercially and they are still popular worldwide.

Q5. It's recommended that a person consume 3 glasses of fat-free or low-fat milk for adults and children 9 and older (less for younger children) per day. However, this recommendation is being disputed at the time given that there are other sources for calcium and vitamin D. Probably whole milk is still better for health due to its increased ability to satiate hunger.

Q6. However, many people in the world are unable to consume cow's milk because they are unable to digest the sugar in milk called lactose. This sugar only exists in mammals' milk. Most babies can digest lactose, but some people lose this ability after the age of two. Symptoms of lactose intolerance include nausea, cramps, and diarrhea and usually appear within two hours of consuming milk.

Q7. Milk is a must in every frig of a household. It's such a common product that a new app for mobiles to help you plan your day wisely and remember important things was called 'Remember the milk'. The programme sends you e-mails or SMS to remind you about the things you've planned. You can even change your plans in this program while being offline.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 33

- | | |
|---|--|
| <p>A. For adventurous skiers</p> <p>B. Especially good in autumn</p> <p>C. Like an island in heaven</p> <p>D. Film-makers like it</p> | <p>E. Looking down from up there</p> <p>F. Probably the best one of five</p> <p>G. For the rich and lazy</p> <p>H. Not just for gamblers</p> |
|---|--|

Q1. If you go to the Insular Mountain Range of Vancouver Island and face the open Pacific Ocean, be ready to experience the magnificent natural and cultural heritage of Canada's west coast. If you decide to go deeper into the island, you will find a lush coastal rainforest that gives way to bountiful and diverse intertidal and subtidal areas. And to top it all off, there are breathtaking beaches that make this an island paradise.

Q2. The resort town of Whistler is about a two-hour drive from Vancouver. Whistler offers visitors fine food and spas, but mostly it is popular among tourists for the opportunities it offers for adventure. Whistler and Blackcomb Mountains make Whistler one of the best destinations in the world for first-class skiing. The passage between the two mountains creates a unique terrain one mile above the village, providing a year-round skiable territory.

Q3. A prized national treasure, Banff National Park is one of five national parks in the Canadian Rocky Mountains. It attracts millions of visitors each year for camping, hiking, biking, skiing, fishing or just relaxing. A full range of accommodation, restaurants and shops can be found in the resort. Two of the most famous and historic Canadian hotels, the Fairmont Banff Springs and the Chateau Lake Louise, are located in these towns as well.

Q4. Niagara Falls is maybe the most famous in the world, attracting millions of tourists each year. However, it has a certain reputation for being partly a small-scale Las Vegas and a theme park, because in addition to Niagara Falls the tourists can visit a casino resort with fine hotels and restaurants. Although this area is improving very quickly and everyone can easily find what they like, the Niagara region as a whole is worth deeper exploration.

Q5. Tourists are naturally drawn to tall buildings where they can get a bird's eye view of a city. The CN tower, located in downtown Toronto, is the tallest free standing structure in the world. Unfortunately, elevated observation usually comes at an equally elevated price, and the CN Tower is no different. However, tourists love it and the glass elevator takes them to the glass-floored outdoor observation deck which is a real thrill for both kids and grownups.

Q6. The 300 km long Cabot Trail is famous for its panorama views of the Atlantic Ocean. The trail is especially popular in the fall when the views are the most spectacular. Even though the drive into this area usually takes a few hours, once there, tourists can spend a day or two stopping in at one or two of the towns along the trail, relaxing and enjoying the magnificent nature all around.

Q7. By North American standards, Vancouver is a young city. But what it lacks in history it compensates for with its unique blend of urban and natural features. Thanks to its high-fashion boutiques, it has earned the nickname "North Hollywood." Vancouver's breathtaking views are often chosen as the setting for popular television shows and major motion pictures. Often tourists are surprised to recognize landmarks from their favorite films and shows.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 34

A. Staying in Contact
B. Internet Security
C. Digital Divide
D. Obvious Benefits

E. Floating City
F. Contrary to Popular Belief
G. Unknown Sailor
H. Varied Community

Q1. When the *Oasis of the Seas* sets sail later this year, it will claim the record for the biggest passenger ship, with space for 6,300 passengers, 2,000 more than any other ship. But it will also claim the most rooms with balconies, the biggest onboard swimming pool, and the first atsea, treefilled, outdoor park. Those features were possible because of the ship's unique design.

Q2. More and more people are getting broadband, and high speed net is available almost everywhere, but there are still a significant number of people who refuse to take the first step. As the cost of getting online is going down and Internet speeds are increasing, the gap between those who use the Internet and those without access continues to widen. That means these people will get left behind and miss out on many opportunities, especially in their careers.

Q3. There are more than 40 research projects being carried out at Davis Station in Antarctica. It is home to physicists, biologists, weather observers, mechanics, communication technicians, electricians, carpenters, plumbers, a doctor and a chef. There is also a station leader whose job is to keep everyone happy and productive and to look after all the paperwork. They have good food, comfortable buildings, telephone, entertainment, the internet, but for many months at a time no chance of leaving.

Q4. The term 'bird brain' has long been a common means of expressing doubts about a person's intelligence. In reality, birds may actually be a great deal more intelligent than humans have given them credit for. Now scientists understand that birds actually use a different part of their brain for intelligence. Observations of different species of birds, both in the wild and in captivity, have shown a great deal of evidence of high levels of avian intelligence.

Q5. Today cyber cafes are part of the cultural scene in the same way that cinemas and supermarkets are. Home computers are no good if you are out and about or happen to be on holiday somewhere. The cyber cafe is the obvious place to go if you want to keep in touch with friends and family. These caf_es are also popular with foreign students studying abroad. These students feel it's important to keep in touch with everyone at home and email is cheaper than the telephone.

Q6. When computers and the Internet entered the world of education, it has truly experienced a profound revolution. The information found on books remains static but the available information on the Internet is updated all the time. Plus, children are very much drawn to electronic gadgets and are learning the medium at a pretty fast pace. The use of computers in addition to books as a learning resource definitely boosts learning.

Q7. Ellen MacArthur became front page news when, in 2001, she came second in the Vendee Globe round-the-world yacht race. Up until that point most people had never heard of her, even though at one stage during the race it looked as if she might win. Ellen MacArthur spent three months at sea on her own and succeeded where many others, far older and more experienced, had failed.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 35

- | | |
|--|--|
| <p>A. Last Minute Offer</p> <p>B. Best Catches Without Mistakes</p> <p>C. Package Holiday</p> <p>D. Summer Holiday</p> | <p>E. Educational Tour</p> <p>F. Green Travel</p> <p>G. Mountain Adventure</p> <p>H. New Opportunities for Independent Travellers for Underwater Exploration</p> |
|--|--|

Q1. La Baume is a holiday camping site that caters for tents and caravans. It is divided into two main areas, each with their own pool area and facilities. They are a short walk apart so it is easy to enjoy the benefits of both. La Baume also boasts a small gift shop, a swimwear shop and a supermarket, which offers most of the goods you would expect from a local convenience store.

Q2. Explore the UK and Ireland knowing your guides care as deeply about the environment as they do that you have a blast! Shamrock and HAGGIS specialize in authentic tours of Ireland and Scotland. Locals run the companies with the goal of showing you the best of their lands while making as little negative impact as possible.

Q3. Here's yet another great deal for an Alaska cruise. You'll begin your adventure in Vancouver and call in the ports of Ketchikan and Skagway before disembarking in Seward. If you thought that being able to afford a dream cruise to Alaska was out of reach, think again. Check out this seven-night cruise that starts at only \$349 per person, but you have to jump on it fast since the sailing date's just days away.

Q4. Let us pick you up from selected locations for your day at the Kennedy Space Centre! Listen to expert narration from our knowledgeable guides as we stop to get a bird's eye view of the Space Shuttle launch pads. See other shows and exhibits at the Visitor Complex, including a chance to meet a real astronaut at the Astronaut Encounter Show and enjoy the live-action show 'Mad Mission to Mars 2025.' Try your hand at a mission control console and take a virtual moonwalk before returning home!

Q5. A dive vacation is much more than someone handing you a tank, transporting you to a dive site and saying, 'Have Fun.' Divers want much more. Today, Aggressor Fleet yachts span the globe in twelve different countries and the list of exotic destinations keeps growing. The yachts have got private staterooms, an onboard chef and a slide film processing lab — amenities that were unheard of on recreational dive boats.

Q6. Experience the centuries-old Inca Trail trek, the most famous of Peru hiking tours. If you seek to explore the culture, history, and grandeur of the Peruvian Andes, this trip is for you. From the well-preserved ruins of *Machu Picchu* to lush cloud forests and snow-covered peaks, this ten-day tour promises the ultimate experience in Peru adventure travel. Whatever itinerary you choose, this vacation is sure to meet your wildest expectations.

Q7. It is not just the spring that offers great fishing. These Boundary Waters lakes and rivers offer excellent fishing opportunities all season long. Our guides live for fishing these waters and will help you eliminate hours of trial and error on the water. They are there to put you on the fish! Not to mention the addition of a camp cook. Wake in the morning to the smell of fresh brewed coffee and breakfast cooking on the fire.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 36

- | | |
|--|---|
| <p>A. Improving memory</p> <p>B. Achieving excellence in the field of study</p> <p>C. Read to someone else</p> <p>D. Improving your creativity and focus</p> | <p>E. Reducing stress</p> <p>F. The best pastime before going to bed</p> <p>G. Improving your writing skills</p> <p>H. Improving your concentration</p> |
|--|---|

Q1. Set aside 30 minutes purely for reading a book at the end of the day and turn this into a daily routine. Don't play with your cellphone at this time — reading texts, replying to emails or looking at cats on the Internet will not bring prolonged relaxation or provide the true escapism that a book can offer. A good book can be hard to put down.

Q2. Reading doesn't have to be a solitary experience. It's therapeutic for the other person to listen. Some elementary schools welcome parents for 1 — 1 reading sessions with pupils. Some libraries want volunteers for reading sessions. Same goes for old peoples' homes. Also a natural consequence of reading to someone else is discussion about the book afterwards. Shared experiences are good experiences.

Q3. When you read, you have to keep in mind the plot and the events happened previously to keep with the flow. When you read a long novel, you must remember how the story of the novel began, how it unfolded and all the different events happened so far. Keeping all this in mind and reading with full concentration requires huge mental energy.

Q4. If your career is wildlife photography, reading various books about photography, wildlife, safaris, national geographic magazines and others will help you develop your skills in photography and wildlife. Reading extensively will help you understand small details about your field. You will avoid making the mistakes done by others in this field. Reading will help you sharpen your skills and achieve this competitive edge in your career.

Q5. This benefit of reading might not be very evident, but it is nevertheless very true. This can be explained in the following way. When you read, your mind makes a note of the various writing techniques used by the author. When you start writing, your brain automatically uses all these notes. You have ample source material in your brain which is used to prepare your own content.

Q6. Whenever you read a novel, you don't just read it passively. You have to get involved in the book and work on it actively. The description of the people is given, but you have to imagine that description. As a result when you read thousands of lines present in a book, your creativity is bound to increase and your imagining power increases because of reading.

Q7. Reading is a hobby that will keep your mind busy and improve your concentration and focus. The direct impact is the removal of all the negative thoughts in your mind. Since most of the negativity is removed, you start concentrating on positive things in your life. Also, you are distracted from the daily stressful activities during the entire time you are reading.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 37

- | | |
|--|---|
| A. How to begin enjoying abstract | E. The origins of abstract art |
| B. From representation | F. The process of making art |
| C. Being familiar with past art work | G. Abstract art takes time to absorb |
| D. Getting the wrong to abstraction impressions | H. Children's art and abstract art |

Q1. The biggest and the most common blunder that almost everyone makes is leaving the taps open especially in full flow even when it's not needed. This happens almost every day and contributes to a huge extent in wastage of water. The water need not be wasted unnecessarily when you are busy doing some other task. Make sure you close the taps tightly after use.

Q2. Some activities can be done so as to serve dual purposes and conserve water at the same time. You can wash your car and your pets in the garden, lawn or in a place where water needs to be poured or sprinkled. You can collect the water that is allowed to flow down while it gets heated up and use it for other purposes. In such a way, you do two tasks at the same time with half the amount of water.

Q3. Many have the habit of taking bath for over an hour and this regular bad habit leads to the wastage of several thousand gallons of water. Try to fix the time for your bath. Limit it to a maximum of five minutes and you can have the luxury to take an hour for your bathing time just a day in a week or so. Try using the shower instead.

Q4. Washing machines and dish washers can be used in such a way with appropriate load so as to provide minimal water usage. Use your washing machine with full load or use the necessary amount of water depending on the number of clothes to be washed. Also, use the dish washers too only when filled with full load as they are more water efficient in such cases.

Q5. Everybody loves to maintain a good garden and a lawn and the most important factor that comes into picture is watering. To water your lawns and plants, make use of a water sprinkler instead of a hose pipe. This prevents wastage as well as overwatering of your garden. Remove weeds periodically as weeds take up most of the water from the soil and leaves very less for the healthy growth of your plants.

Q6. Reduce the amount of water used as well as wasted by using some simple and efficient tips for your regular activities, like wash the vegetables in a bowl of water. While washing the dishes rinse those in a basin of water instead of letting the water run. Fix one glass for drinking water to prevent the number of glasses to be washed and store the drinking water in a jug.

Q7. Reuse the water wherever possible. It is one of the best practices to conserve water. Use the water that you used to wash the vegetables and fruits to wash other materials from you pool to salt resistant plants. Water the non-edible plants with the water that is cleared from the fish tanks. If you have ice cubes left in your drink, do not throw them away.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 38

- | | |
|---|---|
| <p>A. How to begin enjoying abstract</p> <p>B. From representation</p> <p>C. Being familiar with past art work</p> <p>D. Getting the wrong to abstraction impressions</p> | <p>E. The origins of abstract art</p> <p>F. The process of making art</p> <p>G. Abstract art takes time to absorb</p> <p>H. Children's art and abstract art</p> |
|---|---|

Q1. People often misunderstand abstract art because they are looking for something real and concrete with which they can identify. It is natural to try to name and make sense of what we experience and perceive in the world, so pure abstract art, with its unrecognizable subject matter and unpredictable shapes, colours, and lines, can prove challenging. It seems much harder to find meaning.

Q2. While there may be some similarities between the marks made by children and those made by professional abstract artists, the similarities are superficial. There are several reasons why children paint, but by that time there is more thought, planning, and understanding of the visual elements and principles of art. This understanding gives the professional work greater complexity and a visible structure that is often perceivable by even the non-artist.

Q3. Professional abstract art is often about much more than what you see on the surface of the canvas. It maybe about the process itself, the artist may be using symbolism, or the artist may have reduced something visible to its abstract essence. If you know the history relevant to the artist you will also be able to understand better his or her painting.

Q4. Piet Mondrian (1872—1944) was a Dutch artist most well-known for his minimal geometric abstract paintings in primary colours. He started out painting traditional representational landscapes, but then worked in series, in which each subsequent painting became more abstract and reduced to lines and planes until reaching the point where his paintings became the abstractions that are most familiar to the public.

Q5. Part of our problem in appreciating abstract art is that we expect to ‘get it’ immediately, and don’t give ourselves time to sit with it and absorb it. It takes time to understand the meaning and emotion behind a work of abstract art. The Slow Art Movement that is popular worldwide has brought attention to the fact that museum goers often move through museums very quickly.

Q6. Most abstract art starts with a common human experience. You might just have to spend some time with a painting to uncover what that is and what it means to you. A painting represents a unique conversation between the artist and a particular viewer. Although you don't know anything about the artist in order to be moved by a painting, the viewer with the greatest knowledge will most understand the artwork.

Q7. Art historians typically identify the early 20th century as an important historical moment in the history of abstract art as artists worked to create what they defined as ‘pure art’ — creative works that were not grounded in visual perceptions, but in the imagination of the artist. Influential works from this time period include *Picture with a Circle* (1911) by the Russian artist Wassily Kandinsky (1866—1944) and Francis Picabia's *Caoutchouc* (1909).

READING PRACTICE TEST - MATCHING HEADINGS – TEST 39

- | | |
|---|---|
| <p>A. Fonts and layout</p> <p>B. Get your fundamentals right</p> <p>C. Acronyms and emoticons</p> <p>D. The 3 'S'</p> | <p>E. E-mail threads</p> <p>F. Answer all queries</p> <p>G. Add disclaimers</p> <p>H. Keep it short and sweet</p> |
|---|---|

Q1. You are typing an e-mail, not a novel. It is also not the place to show your power over vocabulary. Nobody has time in this world to read a long e-mail. Remember, reading an e-mail on a computer screen is more difficult when compared to reading a printed or a handwritten letter. A long e-mail would obviously irritate the receiver and also make it tedious to read them.

Q2. The three mandatory things to be seen in your e-mail are subject, salutation and signature. An appropriate subject is very essential. A receiver should be able to get an idea about the content of the e-mail just by looking at the subject. Next is the salutation. This should be personal and formal. The last but not the least is the signature. So, always sign your e-mail with necessary details.

Q3. The basic necessities of any written communication are spelling, punctuation and grammar. The above three mentioned are the most essential and inevitable features required in your e-mail. A grammar error could lead to a lot of misunderstanding and confusion. So, be clear with the basics of the language you communicate in. Reread the e-mail and check for any kind of error and correct them before you send it.

Q4. When you type an e-mail, check the font size and the type of font used. Highlight the important statements. Use bold and italics when you want to emphasize a particular statement. Do not type everything in capitals. Make sure you follow proper layout. If it is really a long mail, try to summarize it in short, so that the reader would get a clear picture about it.

Q5. Acronyms like BTW (by the way) and ASAP (as soon as possible) etc., may not be known to everyone. They are not professional or formal way of communication. Do not use them in any official or important e-mails. People tend to use emoticons or smiley in their e-mails to express their emotions. The emotions and expressions should be conveyed through words and not through emoticons.

Q6. This will prevent a lot of unnecessary problems. Say, for example, if a virus is sent by mistake through an e-mail by an employee of an organization and if it infects the receiver's system, he could file a case and sue the company for damages. Sometimes if a confidential message is shared or forwarded between unauthorized people, the company can be sued by the affected people.

Q7. Always follow the e-mail thread. Do not delete the previous conversation or start a new e-mail when you are about to reply a received e-mail. If you start a new one, the content may not be understood clearly or the receiver might find it irrelevant as he might have lost track of the previous conversation. The person at the other end may not even remember what your previous conversation was all about! So, do not break the thread and reply accordingly.

READING PRACTICE TEST - MATCHING HEADINGS – TEST 40

- | | |
|--|------------------------------|
| A. Humour it all | E Eye to eye |
| B. Maintain a posture | F. Tell-a-tale |
| C. Expression and tone modulation | G. Be confident |
| D. Prepare in advance | H. Believe your words |

Q1. Your script should be ready — a rehearsal or two won't harm. A speech that has an impact when read in mind might not always be as powerful when spoken. The best way to go about it is by recording yourself and listening to it. Think rationally — if you want to forward through your own piece of speech why would someone else wish to sit through it without yawning.

Q2. If you speak about the topic for the sake of speaking it, people would listen to you for the sake of listening to it. If it does not reflect in you it will definitely not stir any emotions in your listeners. Superficial speaking only makes any speech boring for the listeners. When you believe in it, you will want others to believe in it too.

Q3. If you are standing there, you are in certain authority and post of it. Make it appear like you are. A slouched back impresses none. Your posture decides if you come across as the respectable orator. Fidgeting hands in pockets are too student like. A few in the audience will doze off, few will try their best to pay attention and few others will play critics.

Q4. Narrate a story to illustrate your point. Stories always capture interest more effectively than plain vague prose or statements. Also, tell a story you have experienced for then you would be more into the conversation and when you are more involved your listeners will be more involved too. No bargains there. Also stories are more memorable and hence would keep providing a reminder of your message.

Q5. If you cannot present the most serious of issues with a twist of humour you might not seem interesting enough. Learn how to capture your audience's interests. Also using self-deprecating humour is always a better option for you would not offend anyone. Surely there is something funny to tell about you. Maybe even some habit which is an obstacle in your daily routine.

Q6. Build an eye contact with your listeners. It will have more impact. Making eye contact does not mean staring. That will make listeners uncomfortable under your gaze. Eye contact can come in three forms: direct, broad sweep and a distant gaze. Make your words suit the eye contact. Aim statements towards your listeners when maintaining an eye contact.

Q7. You might have mispronounced a word. Pay no heed. You might correct yourself but without showing nervousness. Nervousness tends to be the biggest low to your speech. Speak confidently, throw your voice into the microphone and avoid mumbling and fidgeting. Smiling helps too. Smile where you felt you went wrong and continue without remembering you went wrong at all. Let nothing get you nervous and you would be the star.

ANSWERS

TEST 1	TEST 2	TEST 3	TEST 4	TEST 5
1. H 2. D 3. A 4. E 5. B 6. F 7. C	1. G 2. E 3. C 4. B 5. F 6. A 7. D	1. B 2. G 3. F 4. A 5. D 6. E 7. C	1. B 2. D 3. H 4. A 5. C 6. E 7. F	1. G 2. A 3. C 4. E 5. B 6. D 7. F
TEST 6	TEST 7	TEST 8	TEST 9	TEST 10
1. H 2. B 3. F 4. A 5. D 6. G 7. C	1. C 2. G 3. E 4. A 5. H 6. D 7. F	1. D 2. H 3. E 4. A 5. G 6. B 7. C	1. C 2. H 3. A 4. D 5. E 6. B 7. G	1. F 2. E 3. A 4. H 5. D 6. B 7. C
TEST 11	TEST 12	TEST 13	TEST 14	TEST 15
1. D 2. B 3. H 4. E 5. G 6. C 7. F	1. H 2. B 3. D 4. G 5. E 6. F 7. A	1. C 2. G 3. B 4. E 5. H 6. A 7. D	1. C 2. E 3. G 4. A 5. D 6. H 7. B	1. E 2. C 3. F 4. B 5. G 6. A 7. H
TEST 16	TEST 17	TEST 18	TEST 19	TEST 20
1. G 2. H 3. B 4. F 5. D 6. C 7. E	1. A 2. E 3. C 4. H 5. D 6. B 7. F	1. G 2. C 3. H 4. E 5. D 6. F 7. A	1. F 2. C 3. A 4. H 5. E 6. D 7. B	1. F 2. E 3. G 4. C 5. A 6. H 7. D

Welcome to Mr Aslanov's CEFR lessons

TEST 21	TEST 22	TEST 23	TEST 24	TEST 25
1. H 2. C 3. F 4. E 5. B 6. D 7. G	1. B 2. G 3. A 4. F 5. E 6. C 7. H	1. E 2. F 3. B 4. H 5. A 6. D 7. C	1. E 2. B 3. D 4. H 5. C 6. G 7. F	1. C 2. G 3. F 4. B 5. A 6. E 7. D
TEST 26	TEST 27	TEST 28	TEST 29	TEST 30
1. B 2. E 3. A 4. G 5. F 6. H 7. C	1. G 2. C 3. F 4. D 5. E 6. A 7. B	1. D 2. G 3. F 4. C 5. A 6. B 7. H	1. G 2. A 3. B 4. F 5. H 6. E 7. C	1. H 2. G 3. F 4. D 5. E 6. B 7. C
TEST 31	TEST 32	TEST 33	TEST 34	TEST 35
1. G 2. D 3. A 4. H 5. B 6. E 7. C	1. H 2. E 3. B 4. G 5. D 6. A 7. F	1. E 2. A 3. H 4. D 5. G 6. B 7. F	1. E 2. C 3. H 4. F 5. A 6. D 7. G	1. D 2. F 3. A 4. E 5. H 6. G 7. B
TEST 36	TEST 37	TEST 38	TEST 39	TEST 40
1. F 2. C 3. A 4. B 5. G 6. D 7. E	1. C 2. F 3. B 4. H 5. D 6. G 7. A	1. D 2. H 3. C 4. B 5. G 6. A 7. E	1. H 2. D 3. B 4. A 5. C 6. G 7. E	1. D 2. H 3. B 4. F 5. A 6. E 7. G