

Test 3 Body and Soul

NAME: _____ DATE: _____

CLASS: _____ GRADE: _____

100

(Time: 40 minutes)

Vocabulary

1 Complete the sentences with the correct word.

insomnia • restless • dim • cluck • addiction • habit • relief • wand • recovery • side

- 1 How did you manage to kick the ... of smoking so quickly?
- 2 If I had a magic ..., I would ask for good health and total happiness in the world.
- 3 This medicine will give you pain ... for about two hours.
- 4 Who will cure my ...? I cannot find a good therapist.
- 5 Will this treatment have any ... effects, I wonder?
- 6 Paul has been having three ... week at work.
- 7 The ... was a little dim in the hall so we didn't feel quite comfortable.
- 8 Can you ... like a chicken? It will be necessary for the part you are playing.
- 9 My dad has been suffering from ... to fast food. He cannot pass by McDonald's.
- 10 What medicine will speed up my ... ?

(Points: _____
10 x 1 10)

2 Match the parts to make true words or word combinations.

- | | |
|-----------------|--------------------------------------|
| 1 take | a. like a chicken |
| 2 pay | b. from the 18 th century |
| 3 put sb | c. addictions |
| 4 date | d. a visit |
| 5 cluck | e. awake |
| 6 overcome | f. from the world |
| 7 kick | g. medicine |
| 8 wide | h. advice |
| 9 cut off | i. into a deep sleep |
| 10 conventional | j. a habit |

(Points: _____
10 x 1 10)

Grammar

3 Underline the correct one.

- 1 You (must/ have to) read more if you want to be an educated person.
- 2 You (should/ ought to) do it yourself to improve your playing skills.
- 3 He (doesn't need/ doesn't have) to take that medicine, it is not effective in his case.
- 4 (Can/ May) I use your phone, mine has a flat battery already.

Test 3

- 5 You (mustn't/ can't) prescribe medicine if you are not a medical man.
- 6 What (may/ might) happen in the following situation?
- 7 Sue (couldn't/ wasn't able) to participate in the programme as she was busy that night.
- 8 (Shall/ Would) I follow the prescriptions given yesterday?
- 9 You (must try/ have tried) new ways of unconventional treatment, it's the only chance.
- 10 The therapist (can't/ couldn't) have told you so, you are mistaken. He is very experienced.

(Points: _____)
10 x 1 10

4 Rewrite the sentences using the phrases from the pool.

supposed to bound to likely to why don't advise it is possible how about obliged

- 1 Linn *should* exercise regularly to lose weight by the end of the month.
- 2 Mickey'd *better* follow some diet to improve his health condition.
- 3 The number of mental diseases people suffer from *might be growing* every year.
- 4 Colene *has to* concentrate first to do any given task otherwise she fails.
- 5 *Shall* we go to the country side to grasp some fresh air as the doctor has advised.
- 6 You *ought to* take pills to recover sooner.
- 7 It *might be* important if he was so serious to talk about that way of treatment.
- 8 *Would you like* some sandwich? We may also have some tea.
- 9 It *may be* cold tomorrow.
- 10 *It is very possible that new ways of treatment will* make people live longer.

(Points: _____)
10 x 2 20

Reading

5 Read the text and match the headings to the paragraphs. There is one extra.

Test 3

Improving Mental Activity

1. Exercise may improve mental health by helping the brain cope better with stress, according to research into the effect of exercise on neuro chemicals involved in the body's stress response.
2. Preliminary evidence suggests that physically active people have lower rates of anxiety and depression than people who are leading a very passive life. But little work has focused on why that should be. So to determine how exercise might bring about its mental health benefits, some researchers are looking at possible links between exercise and brain chemicals associated with stress, anxiety and depression.
3. So far there's little evidence for the popular theory that exercise causes a rush of endorphins. Rather, one line of research points to the less familiar neuromodulator norepinephrine, which may help the brain deal with stress more efficiently.
4. Work in animals since the late 1980s has found that exercise increases brain concentrations of norepinephrine in brain regions involved in the body's stress response. Norepinephrine is particularly interesting to researchers because 50 percent of the brain's supply is produced in the brain area that connects most of the brain regions involved in emotional and stress responses. The chemical is thought to play a major role in modulating the action of the body. And although researchers are unsure of exactly how most antidepressants work, they know that some increase brain concentrations of norepinephrine.
5. But some psychologists don't think it's a simple matter of more norepinephrine equals less stress and anxiety and therefore less depression. Instead, they think exercise prevents depression and anxiety by enhancing the body's ability to respond to stress.
6. Biologically, exercise seems to give the body a chance to practice dealing with stress. It forces the body's physiological systems - all of which are involved in the stress response - to communicate much more closely than they do without being active. The heart vessel system communicates with the kidney system, which communicates with the muscular system. And all of these are controlled by the central nervous system, which also must communicate with the whole body. This workout of the body's communication system may be the true value of exercise; the more passive we get, the less efficient our bodies in responding to stress.

(Points:
6 x 5 30)

- A. Norepinephrine helps to respond to the stress.
- B. Still a question how activity helps.
- C. No simple correlation between stress and norepinephrine.
- D. Exercise and stress are co-dependant.
- E. No proven connection yet.
- F. Stress is very harmful for our body.
- G. Coordination of all the systems is the key to fight stress.

Writing

- 6 Write a report making some suggestions how to improve psychological atmosphere in office. Include:**

Test 3

- para 1: purpose of report
- para 2-4: discuss the points of report
- para 5: summarise your opinion

(Points: $\frac{\quad}{20}$)

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