TEST 5 | Units 9 and 10

Name _____

Total score: _____

VOCABULARY

1 Complete the sentences with the correct form of the word in CAPITAL LETTERS.

0 Maybe taking a long weekend away would help with your ___relaxation___ . **RELAX**
1 You can deal with life's difficulties if you learn to be _____ . **MIND**
2 I always feel so _____ at home when I'm stressed from work. **REST**
3 Don't ask him to do any more jobs. He's up to his _____ already. **EYE**
4 You'll increase your _____ of how the staff feel by talking to them more often. **AWARE**
5 The researchers are running more _____ trials of the drug next year. **CLINIC**
6 The _____ of being hacked is relatively low. **PROBABLE**
7 The whole _____ of the house is made from wood. **FRAME**
8 Big Ben is probably London's most famous _____ . **LAND**
9 A _____ filmed the protest and then he posted it on Facebook. **STAND**
10 The couple signed a prenuptial _____ before they got married, just in case. **AGREE**

Marks (out of 10): _____

2 Read the text and choose the word (A–D) which best fits each gap.

I'd managed **(0)** ___A___ infiltrate the gang and finally I was going to meet their boss. The **(11)** _____ were very high. One mistake on my part now and the whole thing could end in a **(12)** _____ . For weeks we'd observed the gang and studied their movements in order to **(13)** _____ out the brains behind the whole operation. At first we'd monitored them using cameras and microphones but the **(14)** _____ of this was that we never got close to the top man. It was clear that in order to meet him, someone needed to go in undercover. We **(15)** _____ the risk of being found out and wasting months of work but there was no other choice left. The gang **(16)** _____ a huge threat to public safety. I was standing outside a metal door and my hands were tied behind me. No doubt about it, I was now in well over my **(17)** _____ in this thing. There was no going back now – no chance of getting cold **(18)** _____ and walking away. Besides, at this point, all the **(19)** _____ pumping through my blood was giving me a strange thrill. 'Keep your **(20)** _____ up,' I muttered quietly to reassure myself. A voice behind the door shouted, 'Open.' I walked in and faced him for the first time.

0	**A** to	**B** by	**C** in	**D** on
11	**A** burst	**B** stakes	**C** thrill	**D** place
12	**A** calamity	**B** frantic	**C** innocuous	**D** intuition
13	**A** go	**B** root	**C** plant	**D** get
14	**A** plus	**B** slope	**C** downside	**D** alternative
15	**A** ran	**B** showed	**C** played	**D** went
16	**A** increased	**B** followed	**C** ran	**D** posed
17	**A** cheek	**B** head	**C** neck	**D** face
18	**A** toes	**B** hands	**C** fingers	**D** feet
19	**A** adrenaline	**B** vaccination	**C** guts	**D** illness
20	**A** chin	**B** lip	**C** eyes	**D** hand

Marks (out of 10): _____

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GRAMMAR

3 Complete the second sentence so that it has a similar meaning to the first. Use the word given in bold. (2 marks per question).

0 It was a fairly warm evening. **quite**
It was _____ *quite a warm* _____ evening.

21 The fact they were so late slightly worried me. **little**
The fact that they were late _____ .

22 Rather a long time passed before we said anything. **fairly**
_____ passed before we said anything.

23 The Italian climber conquered the mountain. **by**
The mountain _____ .

24 The house didn't cost what we originally predicted. **not**
The cost of the house _____ what we originally predicted.

25 Newspapers report that the burglars were caught. **it**
_____ that the burglars were caught.

Marks (Two marks per question. Total out of 10): _____

4 Complete the text with a suitable word in each gap.

Of all the extreme sports, 'Highlining' **(0)** _____ *has* _____ long been thought to be **(26)** _____ literally the most dangerous. The sport takes place between two **(27)** _____ high points. Typically, a rope **(28)** _____ strung across two mountain peaks or tall buildings and the 'highliner' walks across. This in itself is extremely risky but it has **(29)** _____ considered even more treacherous in windy weather conditions.

When Highlining first began it **(30)** _____ thought to resemble the tightrope walking you often see in circuses. However, nowadays, it's general considered **(31)** _____ highlining is more dangerous. Of course, tightrope walking isn't **(32)** _____ the least bit easy, but whereas tightrope walkers usually have a pole to help balance, highliners use their arms. Also, the rope used in highlining tends to be a **(33)** _____ springier than the steel cable used by circus acts.

It is often **(34)** _____ that highlining is made safer by wearing a harness which is attached to the line so that if you fall, you won't hit the ground. However, fixed or unfixed, highlining is **(35)** _____ unlike your average sport!

Marks (out of 10): _____

READING

5 Read the text. For questions 36–45, choose the answer (A–C) which best fits according to the text.

THE CONVERSATION

https://theconversation.com/stress-busting-effect-of-green-spaces-stronger-on-women-18572

Stress-busting effect of green spaces stronger on women

by Elizabeth Richardson, University of Edinburgh

A new study sheds light on why natural spaces in cities can help keep us healthy. Researchers found that people living in neighbourhoods with a large amount of green space, such as parks or playing fields, had lower stress levels. They also found that women were particularly affected: those with little neighbourhood green space showed higher stress levels than men in the same situation.

The research is part of wider efforts to understand why green space seems to be good for many aspects of human health. There is good evidence from the UK and elsewhere that suggests it leads to lower blood pressure, better mental health and reduced risks of being overweight or dying from heart disease.

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Importantly, this relationship remains after researchers account for how affluent or deprived an area is. When we consider the growing impact on society of the sort of chronic illnesses that green space could help to reduce, it's easy to see why there's so much interest in the connection.

But how, exactly, does green space benefit our health? The jury is still out on this one, but there are a few key suspects (and they may all be in on it together). First, green spaces may encourage us to be more physically active, such as going for a walk or a jog. Second, they may enhance our opportunities for social interaction with others. And third, they may help to relieve stress and mental fatigue. Each of these – lack of exercise, poor social relationships and stress – are known to lead to health problems, so it's not surprising that improving them could improve our wellbeing.

This latest study pursued the stress-relieving hypothesis, by investigating how different amounts of green space in a neighbourhood related to the stress levels of unemployed people living in deprived areas of Dundee, Scotland. The research team was led by Dr Jenny Roe of Edinburgh's Heriot-Watt University, along with members from the Universities of Edinburgh, Glasgow and Westminster, the James Hutton Institute and Biomathematics and Statistics Scotland.

The levels of the hormone cortisol in participants' saliva were measured every three hours, as it is a good indicator of stress levels. Cortisol concentrations peak in the early morning and subsequently decline through the day: individuals with more stress exhibit slower declines than less stressed people. To complement the tests, a questionnaire survey was also used to measure people's perceptions of their own stress levels.

It transpired that both men and women in neighbourhoods with more green space had lower levels of self-reported stress and sharper declines of cortisol than those in less green areas. So, it seems that living in a greener area appeared to counteract at least some of the negative effects of urban deprivation. It's well known that poverty and living in a poor environment is bad for health, so this finding is very significant.

Researchers in the Netherlands also found evidence that green spaces can provide a cushion against the negative health impact of stressful life events. And an earlier study in England found that excess deprivation-related mortality – the 'health gap' between the richest and poorest – was smallest in the greenest neighbourhoods. How this occurred was unclear. This new study contributes one promising explanation: that large amounts of greenery promote better health in deprived populations.

Interestingly, those participants in the study living in areas with little green space were more stressed overall, but women were especially so. They not only self-described as more stressed than men in the questionnaire, but their cortisol measurements indicated chronic stress and exhaustion.

The results clearly suggest that women take the absence of green, open spaces harder than men. As five times as many women in the study were caring for family than were men, a shortage of local parks and play spaces for children may have affected women more keenly. But this needs further investigation.

By adding to the evidence for the stress-relieving properties and health benefits of green space, this study adds to the body of research that should inform urban planning and health policies in our cities. More work like this is needed to fine-tune such policies, by asking how green spaces influence stress in different places and among different population groups. A point that needs particular attention is the comparison of quality versus quantity, as other studies suggest that it is the quality of green space that drives women to use and therefore benefit from it, and this will be an important factor in the provisions made by town planners.

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0 A new study shows that natural spaces …
- **A** make us healthier. ✓
- **B** makes us feel ill more often. ☐
- **C** make no difference to our general health. ☐

36 The result of the study also showed that natural spaces …
- **A** affect both men and women in the same ways. ☐
- **B** affect women's stress levels more than men. ☐
- **C** relax men more than women. ☐

37 The positive relationship between general health and access to green spaces …
- **A** does not apply to people who are less affluent. ☐
- **B** is proportional to a person's wealth. ☐
- **C** is true for any type of person. ☐

38 The research shows …
- **A** how a green space benefits health. ☐
- **B** people exercise more when they have a green space. ☐
- **C** that green spaces benefit health. ☐

39 A hormone in humans called *cortisol* …
- **A** can change out stress levels. ☐
- **B** can show our level of stress. ☐
- **C** can be given to reduce stress. ☐

40 The level of cortisol in the subjects' bodies …
- **A** only declined in some people's bodies. ☐
- **B** declined faster if they had access to more green space. ☐
- **C** declined according to the amount of exercise they took. ☐

41 What finding is described as 'significant'?
- **A** That poverty causes ill health. ☐
- **B** That urban depravation causes ill health. ☐
- **C** That not living near a green space causes higher levels of cortisol. ☐

42 Previous research in the Netherlands …
- **A** supports findings in the UK. ☐
- **B** contradicted earlier UK research. ☐
- **C** looked into the 'health gap'. ☐

43 The theory that women are more affected because they tend to be at home with children …
- **A** has been proven. ☐
- **B** is unproven. ☐
- **C** is unlikely to be true. ☐

44 The writer thinks that …
- **A** the overall results are extremely conclusive. ☐
- **B** the same research will need to be carried out again in the future. ☐
- **C** further research into this area will be required. ☐

45 Previous studies have shown that …
- **A** the more green space there is, the better women feel. ☐
- **B** the better the green space, the better women feel. ☐
- **C** the more choice of green spaces, the better women feel. ☐

Marks (out of 10): _____

LISTENING

6 76 Listen to part of an interview. Are these statements true or false? You have one minute to read the statements before listening.

0 The topic of the radio programme is reading for relaxation. *True* / *False*
46 A third of all adults hardly ever read in their leisure time. *True / False*
47 Dr Ruth Graham carried out the research. *True / False*
48 The survey claims if you read 20 minutes a week you will feel happier. *True / False*
49 Dr Graham didn't expect the findings of the report. *True / False*
50 People who don't read will definitely suffer from depression. *True / False*
51 A fifth of the respondents believe reading avoids feelings of loneliness. *True / False*
52 Dr Graham refers to part of the survey in response to the issue of reading blogs and social media. *True / False*
53 The interviewer has posted messages before going to sleep and then been unable to sleep. *True / False*
54 Among the benefits mentioned, reading can make you more social. *True / False*
55 The interviewer isn't very surprised that reading might make you more social. *True / False*

Marks (out of 10): _____

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SPEAKING

7 Prepare a short presentation for your teacher about the arguments for and against learning a subject in a traditional face-to-face class or studying on your own online. You have two minutes to think of arguments for and against the two options. When you are ready, begin your presentation. Include the following in your presentation:

- Present the two options.
- Discuss the pros and cons of one option.
- Discuss the pros and cons of the second option.
- Consider the options and draw a conclusion.

After two minutes, give your presentation to your teacher. Make sure you talk about all four of the points above and your teacher will ask you a question at the end. You can receive ten marks for including all the points above, using a range of language for discussing alternatives and for answering the teacher's question effectively.

Marks (out of 10): _____

WRITING

8 Think of a bank or other financial service that you have used. Write an online consumer review of it. Write about these five points:

- The bank's customer service – were any staff you dealt with friendly, knowledgeable and helpful?
- Its explanation of a product or service – was it clear and easy to understand?
- The cost of the product or service – was it good value?
- The benefits of the product or service – how did it help you or improve your life?
- A final recommendation – should people consider using it or not?

You can receive ten marks for including all five points above and using qualifiers (e.g. *a bit, a little, slightly*).

Marks (out of 10): _____

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