

CAUCASUS UNIVERSITY
GENERAL ENGLISH
UPPER INTERMEDIATE (B2)
TOTAL 100

Circle the correct alternative. (28 points)

Food for Thought:

*The American Dietetic Association Position Statement on Vegetarianism (July 1, 2009): Vegetarian diets, including total vegetarian or vegan diets, are healthful, nutritionally adequate and may provide health **drawbacks** / **benefits** in the **prevention** / **preventing** and treatment of **certainly** / **certain** diseases. Well-planned vegetarian diets are appropriate for individuals **during** / **while** all stages of the life-cycle including **pregnancy** / **pregnant**, lactation, infancy, childhood and **adolescent** / **adolescence** and for athletes."*

Reasons For Going Vegetarian

1. Reduce risk of heart disease, the number 1 killer in the United States: Vegetarian diets are naturally lower in saturated fat, and cholesterol, and higher in plant nutrients **than** / **then** most meat-based diets. Vegetarians have been shown to have a 24% lower risk of **killing** / **dying** of heart disease than non-vegetarians. New Harvard research has shown high **consuming** / **consumption** of red meat and heme iron may **increase** / **decrease** the risk of heart disease by 50% **among** / **between** diabetics. World-renowned **physicist** / **physician** Dr. Dean Ornish found that patients on a low-fat vegetarian diet actually **reversed** / **reserved** heart disease.
2. Cancer prevention: "Studies have shown that significant **reducement** / **reduction** in cancer risk among those who avoided meat... Meat is devoid of fiber and other nutrients that have a protective **effect** / **affect**. Meat also contains animal protein, saturated fat, and, in **some** / **any** cases, carcinogenic compounds formed **during** / **while** we are processing or cooking meat. HCAs, formed as meat is cooked at high temperatures, and PAHs, formed during the burning of organic substances, **are believed** / **believe** to increase cancer risk. **Apart from** / **In addition**, the high fat content of meat and other animal products increases hormone **production** / **produce**, thus increasing the risk of hormone-related cancers such as breast and prostate cancer...Vegetarian diets and diets rich **in** / **of** high-fiber plant foods **so as** / **such as** whole grains, legumes, vegetables, and fruits **offer** / **suggest** a measure of protection."
3. **Lose** / **lost** excess weight and keep it off: On average, vegetarians **tend** / **tendency** to be slimmer than meat eaters. **Obese** / **Obesity** rate in the general public is extremely high, while in vegetarians, the obesity rate only **range** / **ranges** from zero to six percent. A vegetarian diet **low** /

high in fat and rich in vegetables, fruits, whole grains and legumes accompanied with daily exercise is the perfect formula for healthy weight loss.

Complete the text with the words below. You **DO NOT** need to change the form. (22 points)

agents/ arrangements / destination/ package/ advance / brochures

Many people take their main holiday in summer, and although some people choose a last-minute break, others plan their holiday months in _____.

The beginning of the year is a good time for people to start looking at holiday _____.

Tour operators as well as travel _____ give lots of information about holiday _____ and types of holiday.

As well as the traditional two-week beach holiday, you can choose from a range of holidays: a cruise an activity holiday, a city break and so on. A lot of people choose a _____ holiday, where flights and accommodation are included in the price. But many people prefer an independent holiday, where they make their own travel _____.

expired / / departure / must-see / local / documents / airport / guide / much / currency / customs / reservation / packing / vaccinations / tickets / insurance / necessary

If you travel independently, you will need to **book** your flights or train _____. Then you will need to **make a** _____ at a hotel, or another place to stay. For all types of foreign holidays, it is essential that you check you have all your **travel** _____. Make sure your **passport** hasn't _____, and that you have a **visa** if _____. If you are travelling to some countries, you also need to make sure that all your _____ (protection against illness) are up to date. As your _____ **date** gets nearer, you can start to plan the details of your journey. Perhaps it will be a good idea to buy a _____ **book**, or a **phrase book**, if you don't speak much of the _____ language. Some people like to read up on where they are going, and find out about the **places of interest** and " _____ " **sights**. It's also fun to make a _____ **list**, so you don't forget any vital clothes or toiletries.

It's also a good idea to buy **local** _____ in advance, if your flight arrives in the middle of the night, when no banks are open. Most airlines also advise you to get **travel** _____ just in case your flight is delayed or cancelled, or if you get ill and need to be repatriated (sent back to your country).

Finally, get to the _____ with plenty of time to spare. Nowadays it can take _____ longer to get through _____ and security and onto the plane. Have a nice trip!

Complete each second sentence using the word given, so that it has a similar meaning to the first sentence. Write between two and five words in each gap. (10 points)

1. I have never read a worse book than this one. **Ever**
This is the _____ read.
2. Nobody has ever been this far into the forest. **The**
This is _____ has ever been into the forest.
3. I have never worked so hard in my whole life. **Ever**
It was the _____ in my whole life.
4. Brian is the shortest boy in the class. **Than**
Every other boy in the class _____ Brian.
5. This is the nicest beach along this part of the coast. **Than**
This _____ the others along this part of the coast.
6. I read that Mount Everest is the highest mountain. **No**
I read that _____ Mount Everest.
7. Has anyone ever been this far north before? **The**
Is _____ has ever been?
8. The painting John did is the ugliest one you can imagine. **Than**
You can't imagine _____ the one John did.
9. This stamp is rarer than any other in my collection. **Common**
The other stamps in my collection _____ this one.
10. Nobody in the class runs as fast as Tom. **Runner**
Tom _____ in the class.

Join the halves. (12 points)

1. On the day of her funeral the church was packed _____
2. His answer demonstrated a complete lack _____
3. As a senior member of the faculty, it fell _____
4. It was three months before my parents found _____
5. My parents have always been keen _____
6. Though 20 years old, the book is still regarded _____
7. She was not used _____
8. Doctors had to operate _____
9. London employers were suffering _____
10. Faced with voluntary redundancy, nearly half the managers opted _____
11. Many people who know they are allergic _____
12. She had to take several days off as she came _____

- A. from a desperate shortage of school-leavers.
- B. down with this summer flu.
- C. with friends and relatives.
- D. for early retirement.
- E. as the authority on the subject.
- F. to him to introduce the two speakers.
- G. on his spine.
- H. out I'd been going out with Peter.
- I. of understanding of the question.
- J. to stings carry an epinephrine shot with them.
- K. to travel, whenever they get the chance.
- L. to speaking Chinese.

Fill in the gaps with the following sentences. (1 point for each = 20 points) (10 points)

Healthy living

- a. growth and maintenance of a healthy body
- b. portion that can satisfy hunger and then stop eating
- c. between meals
- d. change (good or bad) in one directly affects the other
- e. of fruits, vegetables, whole grains, and fat-free or low-fat milk products
- f. three times per day

- g. in saturated fats, trans fats, cholesterol, salt (sodium), and added sugars
- h. children with sugary snacks
- i. hunger and not cause excessive weight gain
- j. feeding every four hours

"Healthy living" to most people means both physical and mental health are in balance or functioning well together in a person. In many instances, physical and mental health are closely linked, so that a _____.

All humans have to eat food for _____, but we humans have different requirements as infants, children (kids), teenagers, young adults, adults, and seniors. For example, infants may require _____ until they gradually age and begin to take in more solid foods. Eventually they develop into the more normal pattern of eating _____ as young kids. However, as most parents know, kids, teenagers, and young adults often snack _____. Parents should avoid rewarding _____; such a pattern may become a lifelong habit for people. Snacks are OK in moderation and should consist of items like fruit, whole grains, or nuts to satisfy _____. It is advisable to eat three meals a day. The bulk of food consumption should consist _____. You should choose foods that are low _____. You should eat the smallest _____.

Reading Part

1. Read the text and decide which one is correct. Circle the correct alternative. (10 points)

EXAMS AND THE YOUNG GENERATION

They're a lesson in life!

George Marsh, head of posh Dulwich College Preparatory School in London, probably thought he was doing kids and parents a favour with his rousing speech at the annual prep school conference this week.

He spoke of the pressures facing young people, who need to be nurtured during difficult pre-teen and teenage years. Above all, he said, we had researched a stage where the obsession with passing exams was "killing the fun" of school.

We've all read this before. We've heard of the burnout kids, pushed by ambitious parents until they're at the end of their tethers, and gasped at the stories of the hothouse floer children who feel weak and tired in the real world. We've seen the headlines. "Pressures of work too much for our teenagers", they scream. Now we have Mr. Marsh's contribution about too many horrid exams spoiling the school's broth.

In our child-obsessed society, the worst sin of all is to stop a child having "fun". It is right up there with smacking in the new millenium book of bad parenting. Children must be endlessly indulged,

treated with kid gloves, escorted to amusement parks, given computer games and showered with pocket money.

They must never have a minute when they're neither protected nor enjoying themselves. Heavens forbid that they should be told to study, strive and compete - words which seem to have taken on the quality of blasphemy (ღვთისგმობა; შეურაცხყოფა).

But whoever said school was meant to be fun? Yes, school is a place where a child develops and a rounded curriculum is vital. Our children should play sports, do drama, join choirs, hang out at playtimes. The rest of the time, however, they are there to learn and to achieve some basic qualifications that will, whether they want to accept it or not, cushion them when life gets really hard. Yet, in the current climate, saying that exams matter is tantamount to saying that our children should spend their teenage years at an Army boot camp. This is the same mentality that dictates there should be no winners at sports day in case other children get upset by coming second. It's the same misguided attitude that drives parents to spray their kids with antiseptic to protect them from all known germs when actually they only end up sickly because their immune system never develops. Cossetting children in cotton wool does them few favours in the long run.

Mr. Marsh is right when he says that we should shelter our children from the pressures of growing up too soon but there is a difference between sheltering and smothering. If he really wanted to do us all a favour in his speech, he should have told parents to get real. School can be tough and exams always are but thin so is life - and it's best that children learn that particular lesson as early as possible.

1. George Marsh talked about
 - a. Being a teenager
 - b. The pressure faced by the youngsters
 - c. Teenager problems
 - d. Parents and teenagers
2. People are familiar with
 - a. The idea that children are burnt out
 - b. The idea that parents are very ambitious
 - c. Children being great
 - d. Children being burnt out because of ambitious parents.
3. The headlines scream that
 - a. There is too much pressure on children
 - b. Children are not left alone
 - c. Parents spoil all the fun
 - d. Children are tired.
4. In our society it is considered like a blasphemy
 - a. To tell a child to work hard, compete and respect
 - b. To tell a child to work hard

- c. To tell a child to compete, to work hard and to study
 - d. To tell a child to study.
- 5. At school children
 - a. Play sports and do drama.
 - b. Join the choir.
 - c. Study, play sports, do drama, join he choir and socialize
 - d. Make friends.
- 6. Some people consider it is better
 - a. To have no winners at sports.
 - b. To have all the children on the second place at sports.
 - c. Not to have competitions at sports.
 - d. Competition is not important.
- 7. Some parents protect their children
 - a. By spraying them with antiseptic
 - b. By giving them antiseptic substances
 - c. With treatment against germs
 - d. With vitamins
- 8. Mr. Marsh underlines
 - a. The problem is raising a child
 - b. The importance of sheltering the children
 - c. The importance of smothering the children
 - d. The difference between smothering and sheltering
- 9. Mr. Marsh should have told the parents
 - a. To be careful
 - b. To be real parents
 - c. To get real
 - d. To pay attention
- 10. It's best for children to learn that school, exams and life are tough
 - a. Very early
 - b. Later in life
 - c. As early as possible
 - d. When it's possible

Write One of the essays (8 points)

- a) Should the alternative medicine be covered by insurance**
- b) Does humanity need an eternal life**

