HOW PETS CAN IMPROVE YOUR HEALTH

Having a pet can, at times, test your patience but most pet owners will agree that pets give back much more than they receive in the form of companionship and love.

The United States is a pet-loving nation, having more dogs and cats than any other country. Pet owners treat their pets like any other member of the family, perhaps even giving them special birthday and holiday presents.

But there is another reason to have a pet: owning a pet can actually improve the health of its owner. According to the Center for Disease Control and Prevention, having a pet can decrease your blood pressure, cholesterol levels and feelings of loneliness. Perhaps the most notable benefit has to do with heart health. Several studies have found that people who have had a heart attack survive longer with a pet than without.

The director of UCLA’s People-Animal Connection says she believes the human-animal relationship offers many social, psychological and physiological benefits: ‘Among other things, animals contribute to raising self-esteem, significantly lowering anxiety levels, improving attitude toward others and opening lines of communication.’

So, which types of pets provide the most health benefits? Most commonly, dogs and cats are mentioned in the studies. However, any animal has the potential to make your life more pleasant.

Adapted from [http://www.sixwise.com](http://www.sixwise.com)

QUESTIONS

I. READING COMPREHENSION. (2 POINTS) (0.5 points for each correct answer)
Add TRUE or FALSE and copy the evidence from the text to support your answer.
NO marks are given for only true or false.

1. Most pet owners are American.
2. People can feel lonelier when they have a pet.
3. Having a pet after a heart disease is good for the patient.
4. Dogs are the best pets to brighten our lives.

II. CHOOSE TWO OUT OF THE THREE QUESTIONS:

A. EXPRESSING THE MAIN IDEAS. (1 POINT) (0.5 points for each correct answer)
Answer the following questions according to the information given in the text. Where possible, use your own words.

1. What is the meaning of ‘Pet owners treat their pets like any other member of the family’?
2. Can a pet help a person who is under great stress? Why?

B. LEXICON. (1 POINT) (0.25 points for each correct answer)
Find words or phrases in the text that mean the same as these given.

1. Behave towards someone in a particular way.
2. The red liquid that is sent around the body by the heart.
3. Relating to society.
4. Small four-legged furry animals with a tail and claws.

C. PHONETICS. (1 POINT) (0.25 points for each correct answer)

1. Write two plural nouns from the text that include the same final sound as "lovers" /z/. (0.5)
2. Write two words from the text that include the same diphthong sound as "May" /eI/. (0.5)

III. USE OF ENGLISH. (3 POINTS) (0.5 for each correct answer)
Rewrite the following sentences starting with the words given.

1. I haven’t got any e-mails from him for two months. I last …
2. ‘Why don’t you call me tomorrow?’ he said. He suggested …
3. The doctor is testing my eyes next Friday. I …
4. I’ve never seen such a beautiful mosque. This is the …
5. He forgot my birthday. Therefore, he didn’t call me. If he …
6. People are allowed to smoke in this bar. People …

IV. COMPOSITION. (3 POINTS)
Write a composition of between 100 and 125 words on ONE of the following topics. Specify your option.

- What would be your ideal pet? Why?
- Write a pet-related story.