JUNK FOOD MAKES YOU LAZY, NOT JUST FAT

Teenagers should know that an unhealthy diet affects your body and mind. Junk food is not only high in calories but also in sodium, fat and sugar. And it's low in fibre, vitamins and minerals. Eating too much sodium increases your risk of high blood pressure. Although high blood pressure in teens is rare, it can happen, and the risk increases, as you get older. Junk food may also increase a teen's risk of high cholesterol and atherosclerosis.

A new study finds eating too much junk food makes you less motivated. At least that seems to be true in lab rats. For the study, researchers at the University of California, Los Angeles, put rats on two different diets. Half of them ate a healthy diet of unprocessed foods. The remaining half were given a high sugar, diet, similar to the junk food humans, especially young people, consume.

Within three months, the researchers observed remarkable differences between the two groups of rats. Mostly, they found the rats on the junk food diet were fatter than the rats on a healthy diet. But the unhealthy rats were also less motivated, indicating that a poor diet had a serious impact on their tiny brains.

When the researchers put the rats through certain tasks the differences become even more apparent. All of the rats were required to press a lever for a reward of food and water. The rats on the junk food diet took breaks that averaged around 10 minutes long, versus the healthy rats whose breaks lasted for about five minutes each.

The results suggest that the idea that people become fat because they are lazy is wrong. The highly processed diet causes obesity, which causes fatigue.

Adapted from <http: www.cbsnews.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. NO marks are given for “V”.

1. A diet high in sodium increases the risk of high pressure.
2. If you eat too much junk food, your motivation will decrease.
3. The unhealthy diet affected the brains of the rats that were having it.
4. The results suggest that people are fat due to the fact that they are lazy.
II. LEXICON / PHONETICS (2 POINTS):

A. 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. makes bigger
2. significant
3. effect
4. obvious

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

1. How is the “g” pronounced in “teenagers”, /ɡ/, /dʒ/ or /tʃ/?
2. Is the final “-s” pronounced /s/, /z/ or /ɪz/ in “increases”?
3. Write a word from the text that includes the same sound as “fun” /ʌ/.
4. Write a word from the text that includes the sound /i:/ as in “sea”.

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

1. They missed the bus. However, they arrived in time for the wedding.
   Despite ………………………………………………………………………......

2. I’m interested in a young painter. Her name will be familiar to you.
   I’m interested in a young painter……………………..…………………………

3. Sheila hasn’t spoken German for ages.
   It’s ages ………………………………………………………………………….

4. People know that the situation is precarious.
   The situation ………………………………………………………………………..

5. I had a fight with Paula’s brother. That’s why I didn’t go to her birthday party.
   If …………………………………………………………………………………..

6. Write the correct question for the underlined words.
   …………………………………………………………………………………..?
   I have dreamt about a strange city.

IV. COMPOSITION. (3 POINTS)
Write a composition of at least 125 words on the following topic:

“How important is a healthy diet for you? Do you usually eat junk food?
STONEHENGE: A MECCA FOR ROCK MUSIC

Stonehenge is a famous prehistoric monument in southern England. It consists of two circles of large standing stones, one inside the other. Some of these stones have fallen, but some are still in position. A place of lunar and solar worship since 3000 BC, Stonehenge became a mecca for hippies and rock musicians in 1968. In those years Mick Jagger and Keith Richards acted the perfect hosts for a tourist visit by American group The Byrds. Leaving a South Kensington club in the early hours, the “stones” Jagger and Richards and the “byrds” Parsons and Hillman headed west out of London in Richard’s Bentley, walked to the ancient standing stones and later breakfasted in a nearby Salisbury park. As Hillman said years later, “the Stonehenge trip with Jagger and Richards was impressive”.

By 1972, Stonehenge began to stage annual free pop festivals. Hendrix made frequent appearances at Stonehenge festivals and attendance figures reached a peak in 1984 when 30,000 descended on the historic site. A year later, fights between police and travellers made the news headlines in the so-called “Battle of the Beanfield”. This battle field, a short distance from the standing stones, prevented the summer solstice celebrations from taking place again.

There is no record of the band Spinal Tap having actually visited the ancient site. However, the Spinal Tap’s track “Stonehenge” reflects the importance of the site for the band.

Nobody knows why Stonehenge was built, but people think it was to study the stars and planets. Now we know that it could have been built as a mecca for hippies, new-age travelers and rock musicians. In fact, all of them usually go there for their own midsummer celebrations.

Adapted from Rock Atlas by David Roberts (2001)

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. NO marks are given for “V”.

1. Stonehenge became a mecca for hippies and rock musicians in the early sixties.
2. Jagger and Richards paid a visit to the American band The Byrds.
3. Hendrix used to perform at Stonehenge.
4. Stonehenge was an influential place for Spinal Tap.
II. LEXICON / PHONETICS (2 POINTS):

A. 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. well-known
2. veneration
3. happening
4. really

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

1. How is the “-s” pronounced in “stones”, /s/, /z/ or /ɪz/? (0.25)
2. Write a word from the text that includes the sound /ɪ:/ as in “street”. (0.25)
3. Write a word from the text that includes the sound /ʌ/ as in “sun”. (0.25)
4. How is the “n” pronounced in “think”, /n/ or /ŋ/? (0.25)

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

1. “Leave my office now”, John told her.
   John told her ………………………………………………………………………

2. Although he didn’t study hard, he passed the exam.
   In ……………………………………………………………………………………..

3. Someone stole my laptop at the library.
   My laptop ……………………………………………………………………………

4. My advice to you is to stop smoking.
   You had ………………………………………………………………………………

5. His son is too short to play basket.
   His son is ……………………………………………………………………………

6. It will probably rain tomorrow.
   It ………………………………………………………………………………………

IV. COMPOSITION. (3 POINTS)
Write a composition of at least 125 words on the following topic:

Write about the best journey you have ever made (where you went to, the places you visited, who you went with, what happened, etc.)