

Unit 1: A LONG AND HEALTHY LIFE

TEST 2

Mark the letter A, B, C, or D on your answer sheet to indicate the word whose underlined part differs from that of the other three in pronunciation in each of the following questions.

Question 1: A. virus B. habit C. fitness D. illness

Question 2: A. germ B. gorow C. gone D. gap

Mark the letter A, B, C, or D on your answer sheet to indicate the word that differs from the other three in the position of stress in each of the following questions.

Question 3: A. disease B. homework C. muscle D. treatment

Question 4: A. recipe B. energy C. poisoning D. infection

Mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the following questions.

Question 5: Many people find that they need to _____ sugary drinks and sodas to better manage their weight.

A. turn down B. get over C. work out D. give up

Question 6: People who _____ from high levels of stress are more likely to experience mental health issues

A. prevent B. suffer C. expect D. deny

Question 7: Drinking water _____ throughout the day is crucial for supporting bodily functions.

A. positively B. happily C. properly D. especially

Question 8: A balanced diet rich in essential _____ is key to maintaining a long and healthy life.

A. labels B. tools C. nutrients D. organisms

Question 9: She _____ a variety of fruits and vegetables in her diet for five years.

A. includes B. has included C. will include D. had included

Read the following advertisement/announcement and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 10 to 12.

Find Your Inner Peace: Join Our Meditation Course Today!

Are you looking to reduce stress, improve focus, and enhance your overall well-being? Our expert-led meditation course is designed just for you! Over the course of five weeks, you will:

- Learn effective meditation techniques to calm your mind and body.
- Develop a (10) _____ practice that fits into your daily routine.
- Experience the benefits of reduced anxiety and improved mental clarity.

Join us now and take the first step towards a (11) _____ and peaceful life. Sign up today and start your journey to inner tranquility!

Special Offer: Enroll now and get a 10% discount on your first session!

Visit our website or call us at 0123456789 to (12) _____ your spot!

Find your calm, one breath at a time.

Question 10: A. negative B. rare C. regular D. anual

Question 11: A. busy B. hard-working C. frustrated D. balanced

Question 12: A. reserve B. cancel C. secure D. postpone

Announcement: COVID-19 Vaccination for Students

Attention Students and Parents,

We are pleased to (13)_____ that our school will be hosting a COVID-19 vaccination clinic to help protect our community. This initiative is aimed at ensuring the safety and health of our students as we navigate through these challenging times. The vaccination clinic will be held (14)_____ March 15th from 9:00 AM to 3:00 PM at the school gymnasium.

To ensure a smooth process, we ask everyone to wear a mask, maintain social distancing, and arrive at their scheduled time to avoid crowding. It is also (15)_____ to stay hydrated and have a light meal before coming.

Question 13: A. announce

B. control

C. suggest

D. focus

Question 14: A. in

B. on

C. of

D. with

Question 15: A. advise

B. advice

C. advisable

D. advisedly

Mark the letter A, B, C, or D on your answer sheet to indicate the correct arrangement of the sentences to make a meaningful paragraph/letter in each of the following questions.

Question 16:

- a. In addition, avoiding smoking and limiting alcohol consumption are crucial for lung and liver health.
- b. Overall, adopting these habits can lead to a significantly improved quality of life.
- c. Drinking plenty of water is also vital for maintaining proper hydration and bodily functions.
- d. Furthermore, regular medical check-ups can catch potential health issues early on.
- e. Living a healthy lifestyle involves multiple factors that contribute to physical and mental well-being.

A. e - c - a - d - b

B. c - e - a - d - b

C. e - d - c - a - b

D. a - e - c - d - b

Question 17:

- a. I've come to realize how important it is to cherish and maintain our mental health.
- b. Engaging in regular exercise not only benefits the body but also boosts mental well-being.
- c. Moreover, surrounding oneself with positive relationships can have a profound impact on overall happiness.
- d. Dear Alex, I hope you're doing well! Lately, I've been thinking a lot about our conversations on mental health.
- e. Lastly, taking time for hobbies and activities we enjoy can greatly enhance our quality of life.
- f. I look forward to hearing your thoughts on this.

A. b - d - a - e - c - f

B. d - a - c - e - b - f

C. d - a - b - c - e - f

D. a - d - c - e - b - f

Mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 18 to 23.

Some people have trouble falling asleep, and one significant reason for this issue may be related to the food they consume at night. The types of foods eaten in the evening can have a substantial impact on one's ability to fall asleep. (18)_____ in the body called serotonin. Serotonin is a neurotransmitter that plays a key role in regulating sleep and mood. (19)_____, consuming foods like rice, pasta, and bread at dinner can be beneficial for those who struggle with insomnia, as these foods promote the production of serotonin, (20)_____.

Conversely, there are foods that have the opposite effect and can hinder your ability to fall asleep. Foods such as ham, cheese, and chocolate can interfere with the production of serotonin and instead promote wakefulness. These foods contain high levels of tyramine, an amino acid that increases the release of a stimulant known as norepinephrine. Norepinephrine can heighten brain activity and keep you alert, (21) _____ and fall asleep. (22)_____ can disrupt your sleep cycle and contribute to sleepless nights.

To improve sleep quality, we should be mindful of your evening diet. Opting for meals rich in carbohydrates like rice, pasta, and whole-grain bread can help facilitate better sleep, (23)_____ such as ham, cheese, and chocolate can prevent nighttime restlessness. By making these dietary adjustments, individuals can create a more conducive environment for a restful night's sleep.

- Question 18:** A. Certain foods help promote sleep although they lead to the production of a chemical
B. Certain foods help promote sleep because they lead to the production of a chemical
C. Certain foods help promote sleep although they lead to the productivity of a chemical
D. Certain foods help promote sleep because they lead to the productivity of a chemical
- Question 19:** A. Such as B. Like C. In short D. For instance
- Question 20:** A. which subsequently makes you feel sleepy and relaxed.
B. that subsequently makes you feel sleepy and relaxed.
C. which subsequently makes you feel sleep and relaxed.
D. which subsequent makes you feel sleepy and relaxed.
- Question 21:** A. making it difficult wind down
B. to making it difficult to wind down
C. making it difficult to wind down
D. making it difficulty to wind down
- Question 22:** A. However, consuming these foods in the evening
B. Moreover, consuming these foods in the evening
C. Consume these foods in the evening
D. Therefore, consuming these foods in the evening
- Question 23:** A. while avoiding foods that contain stimulants
B. while avoiding foods contain stimulants
C. after avoiding foods which contain stimulants
D. before avoiding foods containing stimulants

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct option that best fits each of the numbered blanks from 24 to 28.

A virus is a tiny infectious agent (24)_____ can only replicate inside the living cells of an organism. Viruses consist of genetic material, either DNA or RNA, surrounded by a protective protein coat called a capsid. Some viruses also have an outer lipid envelope.

Viruses are very diverse and can infect (25)_____ forms of life, including animals, plants, fungi, and bacteria. When a virus infects a host, it attaches to a specific cell, injects its genetic material, and takes over the cell's machinery to produce new virus particles. These new viruses then burst out of the host cell, often destroying it, and go on to infect more cells.

While some viruses cause mild or no symptoms, others can (26)_____ to serious diseases such as influenza, HIV/AIDS, COVID-19, and Ebola. Vaccines, which are a key tool in preventing viral infections, and antiviral medications can help manage some viral diseases. (27)_____ their tiny size and simple structure, viruses have a profound impact on the health and disease of all living (28)_____.

- Question 24:** A. that B. whose C. when D. whom
- Question 25:** A. each B. much C. many D. other
- Question 26:** A. take B. lead C. pay D. put
- Question 27:** A. Because B. Despite C. As D. Though
- Question 28:** A. structures B. organisms C. forms D. samples

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 29 to 33.

Monaco, with an average life expectancy of nearly 86 years, **attributes** its longevity to a diet rich in seafood, fruits, and vegetables, inspired by French and Italian cuisines. Known as the "playground of billionaires," Monaco is famous for **its** luxurious and affluent lifestyle. Data reveals that this second smallest country in the world, with a population of under 40,000, boasts an average life expectancy of 85.9 years. Following Monaco in the list of

countries with the highest life expectancy are Japan (84.8), Australia (84.5), Switzerland (84), Malta (83.8), and South Korea (83.7). In contrast, the ten countries with the lowest life expectancy, all under 60 years, are in Africa, including Chad, Nigeria, Lesotho, the Central African Republic, South Sudan, Somalia, Eswatini, Ivory Coast, Guinea, and Mali.

These statistics from Our World in Data are based on updated figures from the United Nations Population Fund. Life expectancy has significantly increased worldwide over the past few decades, thanks to medical advancements such as vaccines, antibiotics, and improved hygiene, which have eradicated many causes of early death. In 1950, the average life expectancy was 46.5 years, but this figure rose to 71 by 2021.

Health disparities between countries have also improved. In 1950, Mali in West Africa had an average life expectancy of 28.2 years, while Norway's was 71.2 years—a gap of 43 years. By 2021, this difference had decreased to 33.4 years. Technology, better food sources, improved nutritional education, and greater awareness of health risks have collectively extended human life spans. Additionally, learning from Monaco and Japan's experiences could help us live longer.

One significant factor contributing to Monaco's high life expectancy is its Mediterranean diet. Located near the sea, seafood is a crucial component of the Monegasque diet, along with abundant fruits and vegetables, and dishes influenced by French and Italian cuisine. Besides a healthy diet, Monaco's high-quality, state-supported healthcare system and the residents' substantial income levels have also contributed to their increased longevity.

Reference: <https://altoo.io>

Question 29: What would be the best title for the passage?

- | | |
|---|--|
| A. The Mediterranean Diet of Monaco | B. Life Expectancy Around the World |
| C. Factors Contributing to Longevity | D. The Impact of Wealth on Health |

Question 30: What does the word "**attributes**" in the passage mostly mean?

- | | | | |
|---------------------|----------------|-------------------|--------------------|
| A. considers | B. owes | C. ignores | D. controls |
|---------------------|----------------|-------------------|--------------------|

Question 31: What does the word "**its**" in paragraph 1 refer to?

- | | | | |
|------------------|---------------------------|---------------------|----------------------|
| A. Monaco | B. life expectancy | C. longevity | D. playground |
|------------------|---------------------------|---------------------|----------------------|

Question 32: Which of the following is NOT mentioned as a factor contributing to increased life expectancy worldwide?

- | | |
|----------------------------|-----------------------------------|
| A. vaccines | B. antibiotics |
| C. improved hygiene | D. higher education levels |

Question 33: According to the passage, what is a significant factor contributing to Monaco's high life expectancy?

- | | |
|-----------------------------------|-------------------------------------|
| A. Its Mediterranean diet | B. Its small population size |
| C. Its advanced technology | D. Its low pollution levels |

Read the following passage and mark the letter A, B, C, or D on your answer sheet to indicate the correct answer to each of the questions from 34 to 40.

Life expectancy refers to the average number of years a person can expect to live based on demographic factors, primarily influenced by geography, genetics, lifestyle, and access to healthcare. Over the past century, life expectancy has seen significant increases globally due to advancements in medical technology, improvements in public health, and higher living standards. In the early 1900s, the average life expectancy was around 50 years, but today, **it** has risen to over 70 years worldwide, with some countries boasting averages of over 80 years.

Several factors contribute to variations in life expectancy among different populations. Healthcare quality and accessibility are **paramount**; countries with advanced healthcare systems and **universal** coverage tend to have higher life expectancies. For example, Japan and Switzerland are known for their efficient healthcare systems and correspondingly high life expectancies. In contrast, countries with limited healthcare resources often have lower life expectancies due to higher rates of infant mortality, infectious diseases, and chronic health conditions.

Lifestyle choices also play a crucial role in determining life expectancy. Diet, exercise, smoking, and alcohol consumption are significant factors. Populations that consume diets rich in fruits, vegetables, lean proteins, and whole grains, such as the Mediterranean diet, often have higher life expectancies. Regular physical activity and the avoidance of smoking and excessive alcohol consumption further contribute to longer, healthier lives.

Social and economic factors are equally important. Education, income levels, and social support networks influence life expectancy. Higher education levels are associated with better health literacy and healthier lifestyle choices. Economic stability allows for better access to nutritious food, healthcare, and safe living conditions. Additionally, strong social support networks, including family and community ties, have been shown to reduce stress and contribute to overall well-being, thereby increasing life expectancy.

Genetics also play a role, albeit a less controllable one. Family history of certain diseases can predispose individuals to shorter lifespans, though modern medicine has made significant strides in managing hereditary conditions.

Environmental factors, such as clean air and water, also impact life expectancy. Regions with high levels of pollution and limited access to clean water tend to have lower life expectancies due to the increased risk of respiratory and waterborne diseases.

Reference: <https://ourworldindata.org/>

Question 34: What would be the best title for the passage?

- A. The Role of Genetics in Life Expectancy
- B. Factors Influencing Life Expectancy
- C. Advancements in Medical Technology
- D. The Importance of Public Health

Question 35: The word “**paramount**” in paragraph 2 is opposite in meaning to _____.

- A. secondary
- B. insignificant
- C. crucial
- D. irrelevant

Question 36: What does the word “**it**” in paragraph 1 refer to?

- A. life expectancy
- B. medical technology
- C. public health
- D. living standards

Question 37: The word “**universal**” in paragraph 2 is closest in meaning to _____.

- A. partial
- B. worldwide
- C. selective
- D. comprehensive

Question 38: According to the passage, why do countries with advanced healthcare systems tend to have higher life expectancies?

- A. They have access to more nutritious and balanced food options.
- B. They experience lower rates of smoking among the population.
- C. They engage in higher rates of regular physical activity and exercise.
- D. They have superior healthcare services and easier access to medical care.

Question 39: Which of the following is NOT true according to the passage?

- A. Life expectancy has increased significantly over the past century.
- B. Countries with advanced healthcare systems tend to have higher life expectancies.
- C. Obesity has no impact on life expectancy.
- D. Social and economic factors influence life expectancy.

Question 40: It can be inferred from the passage that _____.

- A. Life expectancy is solely determined by genetics
- B. Economic stability does not affect life expectancy
- C. Public health advancements have increased life expectancy
- D. Social support networks have no impact on life expectancy