



## I. Reading Section (15 marks)

Read the article and do the activities.

### 'Mediterranean Diet' Cuts Heart Attack, Cancer Risk

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BOSTON Wed June 25 (Reuters) - A study of more than 22,000 Greeks provided further evidence on Wednesday that the "Mediterranean diet" rich in cheese, nuts and olive oil can protect against heart disease and cancer. The study found that people who ate a Mediterranean-style diet had a 33 percent reduction in the risk of death from heart disease and a cancer death rate that was 24 percent lower compared to volunteers who ate other foods.

The diet, which varies from country to country, often includes monthly servings of meat and weekly meals of poultry, eggs and sweets. Vegetables, fruits, nuts, legumes, unrefined cereals, olive oil, cheese and yogurt are eaten most days, as is fish. Wine is consumed in moderation.

Although olive oil is widely credited with many of the benefits of the diet, the research team, led by Antonia Trichopoulou of the University of Athens Medical School, found that no specific food in the diet appeared to be responsible for the improvement

In an editorial in Thursday's New England Journal of Medicine, in which the study was published, Frank Hu of Brigham and Women's Hospital in Boston said specific nutrients or foods in the diet may somehow interact to reduce the risks of cancer and heart disease in health.

**Vocabulary**  
vary - change

#### A. Answer the following questions. (6 marks)

1. Why is a Mediterranean-style diet a good thing?
2. What was the nationality of the people involved in the study?
3. Who was responsible for the research team?
4. Write four different things that people eat almost every day in the Mediterranean region. (2 marks)
5. According to the study, do Mediterranean people drink a lot of wine?

#### B. Complete the following sentences. Choose the best answer. (3 marks)

1. Heart disease and cancer are ...

- a. kinds of food                      b. kinds of people                      c. kinds of illnesses

2. Many people believe that olive oil ...

- a. is not good for you.                      b. is responsible for the good health of Mediterranean people.  
c. should be consumed in moderation.

3. The study was published ...

- a. in the University of Athens Medical School                      b. by Reuters in Boston  
c. in the New England Journal of Medicine.



Read the article and do the activities (6 marks)

### Sherpa Plans World's Highest Cyber Cafe at Everest

KATMANDU Sat Feb 22 (Reuters) - The grandson of a Nepali sherpa plans to set up the world's highest Internet cafe at Mount Everest's base camp. Gyaltsen will use radio and satellite links and solar and generator power.

Tsering Gyaltsen's grandfather, Gyaltsen Sherpa, was in the 1953 team that helped Sir Edmund Hillary and Tenzing Norgay reach the 29,040 foot summit. Money from the cafe will go to a project to clear Mount Everest of the hundreds of tons of garbage left behind every year.

Thousands of mountaineers pass through the base camp at 17,400 feet every year and many expeditions carry satellite phones into the Himalayas to run web sites about their efforts and contact friends and family at home. The nearest phones are a four-day trek away. Nepal has eight of the world's 14 highest mountains and the tens of thousands of tourists they attract annually are a major source of income for what is one of the world's poorest nations.

**Words:**

**sherpas** - people who mainly live in the Himalayas in Northeast Nepal. They have often worked as porters or guides for expeditions in Nepal.

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**C. Choose the correct answer. (3 marks)**

1. Nepal ...

- a. is a poor, flat country.
- b. is a rich, mountainous country
- c. is a poor, mountainous country

2. Tsering Gyaltsen ...

- a. wants to visit the cyber cafe on Mount Everest
- b. wants to open a cyber cafe on Mount Everest
- c. wants to climb Mount Everest

3. Many mountaineers ...

- a. use satellite phones to run websites from Mount Everest.
- b. use the internet cafe on Mount Everest.
- c. use the fixed-line phones on Mount Everest to call their friends and family

**D. From the context of the article, choose the correct definition for the following words. (3 marks)**

1. ... the 29,040 foot **summit**. (paragraph 2)

- a. base camp
- b. top
- c. cyber cafe

2. **The nearest phones are a four-day trek away.** (paragraph 3)

- a. It takes four days to walk to a telephone.
- b. It takes four days to send a message from a telephone.
- c. It takes four days to drive to a telephone.

3. Money from the cafe will go to a project to **clear** Mount Everest ... (paragraph 5)

- a. to protect
- b. to construct
- c. to clean



## II. Use of English Section (25 marks)

**A. You are talking to a friend on the phone, but you can't hear her very well. Write questions to check what you hear. (6 marks)**

1. A I met my sister last weekend.  
B Sorry, who did you meet?
2. A We had lunch in the Bella Roma restaurant.  
B Sorry, which restaurant \_\_\_\_\_?
3. A One of her friends works in the restaurant.  
B Sorry, who \_\_\_\_\_?
4. A After lunch, we looked at her new office.  
B Sorry, whose office \_\_\_\_\_?
5. A In her new job, she finishes work at 10pm.  
B Sorry, when \_\_\_\_\_?
6. A She interviews people for a TV programme.  
B Sorry, what \_\_\_\_\_?
7. A She's interviewing Jamie Oliver today.  
B Sorry, who \_\_\_\_\_?

Source: *Face2Face Pre-Intermediate Teacher's Book*/Rachel Clark & Anna Young /CUP/2005/Progress Tests page 211

**B. Put the verbs in brackets in the Present Perfect or Past Simple. (5 marks)**

1. I've never stayed (stay) at a five-star hotel, but I \_\_\_\_\_(work) in one when I was a student.
2. Robert \_\_\_\_\_(write) some excellent science-fiction stories. He \_\_\_\_\_(win) a prize for one last week.
3. My husband \_\_\_\_\_ never \_\_\_\_\_(go) to Thailand, but I \_\_\_\_\_(go) there on business last month.

Source: *Face2Face Elementary Teacher's Book*/Chris Redston & Rachel Clark/CUP/2005/Progress Tests page 223-224

**C. Fill in the gaps with the correct form of these verbs (7 marks)**

go lose stop drink eat have do  
get (x2)

- 1 I go to the gym every weekend
- 2 I'm quite overweight and I want to \_\_\_\_ fit
- 3 My father \_\_\_\_\_ some exercise every day.
- 4 I \_\_\_\_\_ smoking about four years ago.
- 5 I hardly ever \_\_\_\_\_ fried food these days.
- 6 You shouldn't \_\_\_\_\_stressed about work.
- 7 Do you know a good way to \_\_\_\_\_ weight?
- 8 I \_\_\_\_\_ a heart attack when I was only 41.

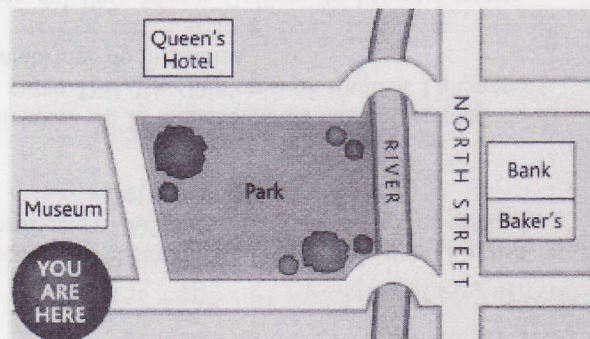
Source: *Face2Face Elementary Teacher's Book*/Chris Redston & Rachel Clark/CUP/2005/Progress Tests page 221

**D. Make sentences and questions with these words. (5 marks)**

1. theatre/on/We/go/the/never/to/  
Friday/.  
We never go to the theatre on Friday.
2. goes/a/Anna/week/concerts/usually/  
to/once/.
3. don't/mountain-biking/I/go/very often/.
4. sister/coffee/My/drinks/hardly ever/.
5. twice/We/sport/a/always/week/do/.
6. they/every/chess/Do/weekend/play/?

Source: *Face2Face Pre-Intermediate Teacher's Book*/Rachel Clark & Anna Young /CUP/2005/Progress Tests page 211

**E. Look at the map and answer the questions. (2 marks)**



Source: *Face2Face Elementary Teacher's Book*/Chris Redston & Rachel Clark/CUP/2005/Progress Tests page 222

1. Excuse me. Is there a bank around here?
2. Do you know where the library is?



### III. Listening Section (10 marks)

Listen to some telephone messages. Decide if each statement is true or false (10 marks).

One

1. David has curly brown hair and blue eyes.
2. David's number is 981 2146.

Two

3. Mary is at her boyfriend's house.
4. Susy should call Mary at 7 o'clock in the morning.

Three

5. The man's last name is ROJIRS.
6. He's calling about Susy's travel reservations.

Four

7. Susy can call Linda any day of the week.
8. Her number is 537 8665.

Five

9. Andre invited Kathy to the movies.
10. Kathy can't go because she is sick.

### IV. Writing Section (15 marks)

A. Steve wants to get fit. Write down five things he should do to get in shape and why he should do them. (7½ marks)

B. Imagine you are visiting a friend in a different town/city for a few days. Write an email to someone in your family and tell them about the things you've done and the things you're still planning to do. Describe the place where you are, where you are staying, etc. (7½ marks)

### V. Oral Exam (15 marks)

### VI. Homework and Tests (20 marks)