

Test 3

- 1 Complete each sentence with the nouns from the box in the correct form and write *C* (countable) or *U* (uncountable) in the gap at the end of the sentence. Add *a*, *an* or *the* if necessary. One of the nouns is not used. In one answer, both forms are possible.

art business coffee culture disease disorder
exercise memory sight society speech sport

- 0 Paris's Eiffel Tower is a sight familiar to people all over the world.C.....
- 1 The papers on his desk were in complete I couldn't find anything
2 I first read this when I was about ten. I have is of staying up all night to finish it.
3 like smallpox have been almost completely wiped out now.
4 My partner and I have been in together for over a decade now.
5 There's to great cooking, no different to painting or sculpture.
6 Early civilisations like the Egyptians had at least as sophisticated as ours.
7 People with severe back pain need to take if they want to improve.
8 To save his political career, he had to make of a lifetime.
9 When the waiter arrived, I ordered all round. Nobody wanted any food.
10 When I was in the US, I found American football was I just couldn't understand.

- 2 Correct any mistakes in the sentences. One sentence is correct.

- 0 It was impossible to get into work this morning as there were ~~not~~ buses running at all. no
1 I've got hardly no money left at the end of the week these days.
2 You know your problem? You don't understand nothing about the way people think.
3 This is not exactly the way I imagined my career would turn out.
4 There's no a great difference between the two candidates for the job.
5 Everybody did not come to the party – I forgot to send any invitations out.
6 I usually have not problems with my computer, but this is not one of those days
7 It's no that I dislike my sister, it's just that we aren't especially close.
8 They waited for hours, but none taxis arrived. In the end, they had to walk.

- 3 Rewrite this text using passive verbs to replace the underlined active verbs. Only include an agent if you think it is important. Use one verb with *it*.

Prior to the development of industrial baking, people ⁰had traditionally made bread by hand. In industrial bread production, ¹a mechanical mixer mixes the ingredients, flour, yeast and water (which someone ²may have added vitamins, emulsifiers and enzymes to), at high speeds. This generates high temperatures, which the operator ³keeps under control using specially cooled mixing bowls (people ⁴would have used chilled water or ice in the past). Operators ⁵can adjust the air pressure to keep the gas bubbles in the dough at the desired size. Once mixing is complete, a machine ⁶cuts the dough into individual pieces. After the operator ⁷has allowed the dough to 'rest' for 5–8 minutes, a machine ⁸places it in baking tins which another machine ⁹will move to a temperature-controlled store, where the operator ¹⁰leaves it to rise for 45–50 minutes before baking. Finally, someone ¹¹removes the loaves from their tin. Once cool, another machine ¹²will slice and package them.

Prior to the development of industrial baking, bread making *had* traditionally been carried out by hand.

- 4 For questions 1–8 read the text and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

International advertising

In the view of advertisers the main objective

(0) of advertising is to sell products or services. In achieving this key aim, (1) are often important secondary consequences. Advertising is a powerful and inescapable medium, exerting (2) influence on beliefs and attitudes, affecting behaviour most obviously in commercial activity, but (3) in every facet of life. Internationally, advertising has been proved to influence societies worldwide. A great (4) of international advertising is intended to introduce and then promote new goods and services from one culture into (5) This frequently leads to radical alterations in the way of life and social norms of the target market. In the past this has (6) to the growth of fast food (7) none previously existed, changes in fashion, and the increased use of health and beauty products. Such advertising further stimulates the demand for imported products, (8) are seen as somehow superior to the domestic equivalent. Its constant promotion of some mythical 'good life' is therefore a key driver of change globally.

- 5 You are going to read a newspaper article about happiness. For questions 1–6, choose the answer (A, B, C or D) which you think fits best according to the text.

- 1 According to the first paragraph, people's characters
 - A may be deliberately altered.
 - B are inherited from our parents.
 - C tend naturally towards being positive.
 - D usually form through external influences.
- 2 Why does the writer compare research into happiness with dieting?
 - A To make the point that it is fashionable at the moment.
 - B To show how people could easily incorporate it into their everyday lives.
 - C To highlight the difficulties in making long-term changes to our habits.
 - D To illustrate the idea that mental health is as important as physical health.

- 3 According to the third paragraph, having high levels of personal happiness
 - A is a proven factor in better overall wellbeing.
 - B is the main factor in women achieving a longer life.
 - C is something that must be taught in the same way as other subjects.
 - D is something that educationally successful children have in common.
- 4 Why are neuroscientists now interested in the shape of the human brain?
 - A It allows them to predict certain behavioural characteristics in people.
 - B It can help them to find effective cures for common health problems.
 - C It provides a starting point for research by other branches of science.
 - D It has improved their understanding of the link between the brain and the body.
- 5 According to the fifth paragraph, how do some scientists feel about the results of their research?
 - A sceptical
 - B unsurprised
 - C encouraged
 - D uncertain
- 6 According to some psychologists, feeling continuously happy
 - A is not as unusual as we might think.
 - B is not a healthy balance of emotions.
 - C is not a condition that can be taught.
 - D is not a reflection of real life.

Look on the bright side, banish the blues and think yourself happy

How you can adjust your brain and teach yourself to be happier.

How did you feel when you woke up this morning? Did you leap out of bed, eager to start the day? Or were you just full of worries about all those jobs you had to do that morning? Until very recently, the opinion of scientists was that personal qualities like happiness were in your genes; you were born an optimist, or, of course, a pessimist. New research now indicates that genetic influences on personality are actually far less important than mental attitude and that it is perfectly possible to develop a happier, more optimistic personality simply by performing some basic mind training exercises. In short, a person can switch personalities at will.

If the ideas behind this research take a hold of the popular imagination in the same way that fashionable diets sometimes do, people could find themselves doing a mental workout alongside their morning trip to the gym. Politically, this research has come along at just the right moment. The happiness of individuals has never been a higher priority for government than it is now. Politicians take this kind of thing as seriously as more familiar policy initiatives such as promoting healthy eating and getting people to take more exercise.

Increasingly, academic research is showing that a positive mental outlook, i.e. happiness, has a demonstrable effect on human health. One particularly well-known piece of long-term research on a group of women in Milwaukee, in the United States, in which they were required to keep a regular journal of their thoughts, especially on how happy they were feeling, produced some astonishing results. The most consistently positive lived, on average, 9 years longer than those with the most negative outlook. Basically, this means that happiness apparently helps you to stay healthier and, ultimately live longer. And it doesn't stop there: performance at school and university seems to be affected too. A number of UK schools took part in research involving offering so-called 'happiness lessons', where they learned about mental well-being and positive thinking. These schools all showed a marked increase in academic performance and this programme is now being rolled out nationwide.

Part of the research involved volunteers having a series of brain scans by neuroscientists at Cambridge University. It is now known that brain asymmetry – where the brain is uneven in shape when viewed from the front – is strongly connected to our personalities. Happy individuals show much more activity in the front left-hand side of their brains than unhappy people do. Having a pessimistic outlook doesn't just mean seeing only doom and gloom ahead of them in life, it also means facing more everyday concerns like insomnia. An increasing number of psychologists now believe that you can alter this asymmetry through a series of exercises and so alter your character for the better.

In the simplest exercise, participants sit in front of a TV screen. For 10 minutes a day over two or three weeks they are shown, in quick succession, people's faces. With one exception in each 15, they all show people displaying negative emotions such as anger or crying, to various degrees. The task is to identify, when it appears, the single happy face. It seems hard to believe that just identifying one happy face from a set of unhappy ones can make one happier, but this is what scientists are claiming. Many of the academics involved admitted to doubts at the start of the research: 'I was extremely unconvinced at first, but having seen the results – and this has worked on people with real emotional problems, I can tell you – it does appear make a genuine difference. Admittedly, more work is needed, but the signs are all very positive,' said one.

Many psychologists make the point that continuous feelings of happiness are not the norm and can actually be negative. When things go wrong in life, we can, in fact benefit from a good dose of misery. It is what helps us cope with the inevitable let downs and disasters we'll all encounter. But, overall, being generally happy with life is highly desirable, as the ladies of Milwaukee have proved and surely merits further study.