

Exam practice Units 9–12

Reading and Use of English Part 1

For questions 1–8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0). (8 marks)

Explaining jet lag

How often do we feel tired or ill when we travel through different time **0** A ? It can take several days for our body clocks to recover from the unpleasant **1** ____ known as 'jet lag'. First, we may notice changes to our sleep and eating patterns; we may be wide awake and hungry in the middle of the night. Other **2** ____ may include headaches, forgetting things, and feeling generally unwell.

The basic **3** ____ of jet lag is complicated. We actually have several body clocks, not one, and these **4** ____ to work together for maximum efficiency. In addition to controlling sleep patterns, these clocks **5** ____ blood pressure and body temperature. Our brain contains a 'master' body clock **6** ____ by daylight.

So is jet lag affected by the direction of travel? If you fly west, your day will naturally be longer, something the body finds easier to **7** ____ to: jet lag will be less **8** ____ . Travelling east results in a shorter day, which your body clocks find more challenging.

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|---|--------------|------------|-------------|--------------|
| 0 | A zones | B frames | C spaces | D areas |
| 1 | A impression | B response | C sensation | D sense |
| 2 | A illnesses | B examples | C symptoms | D effects |
| 3 | A cause | B reason | C purpose | D result |
| 4 | A must | B want | C require | D have |
| 5 | A effect | B involve | C affect | D concern |
| 6 | A ordered | B directed | C run | D controlled |
| 7 | A agree | B adjust | C vary | D correct |
| 8 | A strong | B severe | C important | D strict |

Reading and Use of English Part 2

For questions 9–16, read the text below 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). (8 marks)

What happened to playing outside?

When I was a kid, I **0** used to change out of my school uniform when I got home and then go outside to play. I hardly **9** _____ came home unless it was raining or until I was absolutely starving. I used to get involved **10** _____ all kinds of things which my parents would not **11** _____ approved of, like swimming in the nearby canal, or teasing dogs in the park. But mainly I just hung around with my mates. Back then, children **12** _____ hardly any time staring at screens. By contrast, you rarely see children playing outdoors these days. As a grown-up, I appreciate the fact that **13** _____ I live in a relatively quiet area, but I certainly wouldn't object to the sound of kids playing. I sometimes wonder who is responsible for this trend. The media is always **14** _____ us that our children are overweight and that their lifestyle may lead **15** _____ illnesses in middle or old age. Sadly, however, we don't hear many concrete suggestions as to how this trend might **16** _____ reversed.