

Questions 1 - 10

Look at the sentences below about ageing and the life course. Read the text to decide if each sentence is true or false. Write T (true) or F (false) on the line provided before the question number.

- ___ 1 People all over the world live longer because they are healthier.
- ___ 2 The ageing process causes problems to state medical care systems.
- ___ 3 Developed countries are going to face the most serious problems caused by population ageing.
- ___ 4 Life expectancy in Africa is not as high as in Japan.
- ___ 5 Richer people usually live longer.
- ___ 6 It is impossible to reduce the cost of care of elderly people.
- ___ 7 Healthy old people are important for the society.
- ___ 8 It is too late to stop smoking at an old age. It does not have a positive health effect.
- ___ 9 WHO is going to organize special programmes for all the people working in the medical field.
- ___ 10 More and more old people all over the world suffer from bad treatment.

Ageing and the life course

Long life is a sign of good health. The ageing of the world's population - in developing and developed countries - is an indicator of improving global health. The world's elderly population - people 60 years of age and older - is 650 million. By 2050, the "greying" population is forecast to reach 2 billion.

Along with this positive trend, however, come special health challenges for the 21st century. Preparing health providers and societies to meet the needs of elderly people is essential: training for health professionals on old-age care and developing age-friendly services.

Ageing is a global phenomenon. The world's elderly population is the fastest growing age group. By 2050 about 80% of the elderly will be living in developing countries. Population ageing is occurring in parallel with rapid urbanization: in 2007 more than half of the world's population lived in cities. By 2030 that figure is expected to rise to more than 60%.

Vast health inequalities persist, as is clear from differences in life expectancy at birth. For example, while Japan has the highest life expectancy in the world at 82.2 years, in several countries in Africa the figure is as much as 40 years lower.

Within countries, health inequalities are also significant. For example, in the United States of America higher socioeconomic groups can expect to live up to 20 years longer than those from lower socioeconomic groups.

Health expenditure increases with age and is concentrated in the last year of life - but the older a person dies, the less costs are concentrated in that period. Postponing the age of death through healthy ageing combined with appropriate end-of-life policies could lead to major health care savings.

Healthy older people also represent a resource for their families, communities and economies. It is rarely too late to change risky behaviours to promote health: for example, the risk of premature death decreases by 50% if someone gives up smoking between 60 and 75 years of age.

Effective, community-level primary health care for older people is crucial to promote health, prevent disease and manage chronic illnesses in dependent and frail patients. In general, training for health professionals includes little if any instruction about care for the elderly. However, they will increasingly spend time caring for this section of the population. WHO maintains that all health providers should be trained on ageing issues, regardless of their specialism.

Elder abuse is on the increase as the population ages and social dynamics change. WHO estimates that between 4% and 6% of older persons worldwide have suffered from a form of elder abuse - either physical, psychological, emotional, financial or due to neglect. Elder abuse is an infringement of human rights.

Questions 11 - 20

Read the text below and choose the correct word for each space.

For each question, write the letter of the correct word on the line provided after the number of the question. An example (0) has been done for you.

Chocolate

Chocolate is a flavouring made (0) A the seeds of a cacao tree. It is used in many desserts like pudding, cakes, candy, and ice cream. It can be in a solid form, often as a candy bar. The (11)_____ form would be in a drink like hot chocolate.

There are three main (12) _____ of chocolate: white chocolate, milk chocolate, and dark chocolate. White chocolate tastes much sweeter than the other two types, because it has more of the sweeter (13)_____ in it. White chocolate has little cocoa in it. It is mostly (14)_____ of cocoa butter. Milk chocolate is sweet, but not as sweet as white chocolate. Milk chocolate has some cocoa. Dark chocolate is the strongest, with up to 80-85 percent cocoa.

Chocolate is safe to eat, if it is not eaten in large (15)_____. Some people eat it every day. Some animals and some people cannot eat chocolate because they get sick. Some examples are dogs, and people with diabetes. Chocolate does not (16)_____ acne, it is the milk in it that does it. Dark Chocolate is the only type of healthy chocolate, with chemicals which offer some health (17)_____. It can even help to (18) _____ some forms of cancer.

It was made (19)_____ by Spanish explorers who brought it back from North America to Spain. At (20)_____, only the rich could afford chocolate, but now, many people enjoy it.

Adapted from <http://simple.wikipedia.org/wiki/Chocolate>, 12.8.08

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|----|--------------|------------|-------------|---------------|
| 0 | A from | B out of | C off | D with |
| 11 | A water | B liquid | C soft | D melted |
| 12 | A kinds | B forms | C labels | D brands |
| 13 | A components | B elements | C parts | D ingredients |
| 14 | A contained | B prepared | C made | D produced |
| 15 | A numbers | B quantity | C amounts | D amount |
| 16 | A make | B cause | C form | D create |
| 17 | A benefits | B effects | C profits | D advantages |
| 18 | A stop | B protect | C heal | D prevent |
| 19 | A common | B popular | C favourite | D well-known |
| 20 | A beginning | B start | C first | D initially |

Questions 21 - 35

For questions 21 - 35, read the text below and think of the word which best fits each space. Use only one word in each space. Write the word on the line provided after the number of the question. There is an example at the beginning (0).

Former ESL student designs card games

by Betty Malmgren

Sergio Limon lives in Santa Barbara, California. He (0) was born in Santa Barbara but went to live in Mexico when he was 4 years old. He graduated (21) _____ the University of Guadalajara with a degree in engineering. (22) _____ he returned to the U.S. nine years ago, he worked (23) _____ a gardener and then he worked in a hotel. When he went to work at Santa Barbara City College as a custodian, he says it (24) _____ him a chance to study English. He earned a certificate in CAD/drafting and (25) _____ a tutor in the drafting department.

Because he was an ESL (English as a Second Language) student, he wants to help others (26) _____ are learning English as a second language. Sergio developed two card games to help ESL students. One is (27) _____ "100 Irregular Verbs Present and Past Tense," and the (28) _____ game is "The Wave." It is to (29) _____ children develop math skills. He says the math card games are his favourites. He has invented more (30) _____ 20 card games. The instructions for the card games are available in (31) _____ Spanish and English.

Sergio is (32) _____ a business plan course at Santa Barbara City College's Adult Education programme to help his business. His teacher Mike Kauffman is proud (33) _____ him. Sergio appreciates the help Mr. Kauffman (34) _____ given him. He has redesigned his card games. "I am starting this new adventure to sell my card games seriously," Sergio says. He says it is important to make a business plan (35) _____ you start any business.

Adapted from http://www.easyenglishtimes.com/teachers_tutors.html, 12.8.08

Part 4

Result ___ / 5

Questions 36 - 40

For questions 36 - 40 complete the second sentence so that it means the same as the first sentence. Use no more than three words. Write the words on the line provided in each sentence.

Example:

0 Last year, I was given a guitar by my father.
 Last year, my father _____ gave me _____ a guitar.

36 It is possible that Tom will be late.
 Tom _____ late.

37 My father smoked a lot but he gave up recently.
 My father _____ a lot.

38 I started writing the essay an hour ago.
 I have _____ the essay for an hour.

39 There was not enough time to complete the work.
 There was too _____ to complete the work.

40 Although it rained a lot, they enjoyed themselves.
 In spite of _____, they enjoyed themselves.

Part 5

Result ___ / 10

Questions 41 - 50

For questions 41 - 50, read the text below. Use the word given in capitals at the end of each line to form a word that fits in the space in the same line. There is an example at the beginning (0).

Some facts on food safety	
Food (0) <u>safety</u> is a public health priority; millions of people fall ill every year and many (41) _____ as a result of eating (42) _____ food.	SAFE
Serious (43) _____ of disease caused by food have been documented on every continent in the past decade, and in many countries rates of illnesses are increasing (44) _____.	DEATH, SAFE BREAK
Key global food safety concerns include:	SIGNIFICANT MICROBIOLOGY
- spread of (45) _____ hazards (including such bacteria as <i>Salmonella</i> or <i>Escherichia coli</i> , <i>e. coli</i>);	CHEMISTRY
- (46) _____ food contaminants;	ASSESS
- (47) _____ of new food technologies (such as (48) _____ modified food); and	GENETICS
- strong food safety systems in most countries to (49) _____ a safe global food-chain.	SURE
WHO is working to (50) _____ health risks from farm to table and to promote five keys to food safety.	MINIMAL
Adapted from http://www.who.int/features/factfiles/food_safety/en/index.html , 12. 8.08	