



English entrance exam test for 10th grade

1. Read the text and answer follow - up questions

IND

Worry more, live longer

Stress may not be the one-way ticket to an early grave that most of us assume. In fact, it could benefit the immune system and even prevent cancers.

By Kate Hilpern

1. Dr Marios Kyriazis, a GP and expert in geriatric medicine, is among a growing number of health professionals claiming that stress isn't the one-way road to illness and an early grave that most of us assume. In fact, if it's relatively short-term, it appears that stress can benefit the immune system and ageing process. In addition, it can prevent diseases such as Alzheimer's, arthritis and certain cancers.
2. "We tend to blame stress for everything from exhaustion to bad moods to heart disease, but it's all a myth. Contrary to popular belief, stress is vital for survival. I advise people to seek out stress because it can make you live longer. It's people who have routine, uncomplicated, unchallenging lives that tend to be harder hit by ill-health," explains Kyriazis, who is president of the British Longevity Society and author of the book *Anti-Ageing Medicines*.
3. It's the degree of stress that is important. "Research indicates that mild and moderate stress benefits the body by increasing the production of special proteins that nourish brain cells," he says.
4. In particular, short-term stress benefits your memory and can even protect against diseases such as Alzheimer's, says Kyriazis. Some research also suggests stress may help to prevent breast cancer. Meanwhile, another study found that people who experience moderate levels of stress before surgery had a better recovery than those with high or low levels.
5. Research by Texas University even revealed that people who spent most of their lives in undemanding jobs had a 43 per cent risk of dying prematurely - indicating that a regular amount of pressure at work could keep the doctors away.
6. "If you think about it, all this is entirely logical. If your body is stressed, it is stimulated and therefore continually has its immune system tested and provoked, which strengthens it," says Kyriazis.
- 7 The general advice on recognizing good stress from bad is asking yourself whether you feel a sense of accomplishment or excitement either during or afterwards. An overwhelming feeling, on the other hand, generally points to bad stress. If stress continues longer than 24 hours, it can also start to spoil the good benefits of stress.
- 8 Anne Phillips, a health psychologist, is sceptical, though, about whether people are really aware that they are stressed. "When we get people to do calculations under a time pressure, some participants say they found it really stressful and yet we don't find much of a reaction. Others say they felt relatively unstressed and yet their heart rate was up by 20 beats a minute."
- 9 It wouldn't be fair to ignore the studies that suggest short-term stress can precipitate severe illness and even sudden death. Increases in the number of victims of heart attacks were recorded after earthquakes hit California, Greece and Japan and during military conflicts.
- 10 Dr. John MacLeod, a GP and reader at Bristol University, is certainly unconvinced there is a proven link with stress. One of his studies - of 5,600 men in 27 workplaces in Scotland - found a lower rate of heart disease and death overall in those most likely to say their lives were stressful.

2. Match the expressions on the left with their definitions on the right (total 4, each 0,4)

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|-----------------------|---|
| 1. the immune system | a. a branch of medicine for or relating to old people |
| 2. geriatric medicine | b. a disease caused when blood containing oxygen is prevented from reaching the heart |
| 3. the ageing process | c. a disease in which a person's joints become painful, swollen and stiff |
| 4. nourish | d. a disease in which cells in the body grow in an uncontrolled way, destroying normal cells and often leading to death |
| 5. cancer | e. a medical operation |
| 6. heart disease | f. cells and tissues which make the body able to protect itself against infection |
| 7. exhaustion | g. the process of getting older |
| 8. surgery | h. the speed with which a person's heart beats |
| 9. heart rate | i. the state of being extremely tired |
| 10. arthritis | j. to provide with food or other substances necessary for life |

1-	2-	3-	4-	5-	6-	7-	8-	9-	10-
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3. Decide if the following statements are true or false. Read the text to check

your answers: (total 3, each 0.5)

- Most people believe that stress is bad for you. _____
- Research shows that people who have less stressful lives live longer. _____
- Studies suggest that stress can help to prevent cancer. _____
- People who are stressed tend to have worse memories. _____
- All types of stress are bad for your health. _____
- Most people know when they feel stress. _____

4. Add the following expressions to the table below: (total 2, each word 0.25)

actually for instance furthermore however on the whole overall
contrary to popular belief though

1. Talking in general:	generally
2. Saying that something is the opposite what is considered to be true:	in fact
3. Making a contrast with what was said before:	on the other hand
4. Giving an additional point:	in addition
5. Giving an example:	in particular

5. Multiple - choice. Choose the correct tense form. (total 2 , each 0.2)

1. Frank in Toronto?
a) Did you meet b) Have you met c) Were you meeting
2. He had a break after he for two hours.
a) was walking b) had been walking c) has walked
3. I you in your office with a girl!
Really? We
- a) saw - have just talked b) have seen – just talked c) saw- were just talking
4. She books on the shelf all day. That's why she is so exhausted.
a) was putting b) has put c) has been putting
5. Youat last! Where so long?
a) arrived - have you been b) have arrived - have you been c) arrived - were you
6. Do you think you it by next Thursday?
a) will be finishing b) will have finished c) are going to finish
7. She couldn't play yesterday because sheher ankle the day before.
a) have sprained b) sprained c) had sprained
8. When the dog him, he his bike.
a) was biting - fell off b) bit - was falling off c) bit - fell off
9. How many cupboards since yesterday?
a) did they move b) have they moved c) have they been moving
10. This time tomorrow we _____ on the beach. I can't wait!
a) will be sitting b) will have sat c) will sit

6. Conditional clauses. Put the given verbs in the correct tense form (total 4, each 0,4)

1. My brother is only five feet tall. If he _____ (to be) a foot taller, he would be a great basketball player.
2. If you _____ (heat) water to 100 °C, it boils.
3. If I had known, _____ I (will help) you.
4. If you are there, _____ (will) you do me a favour?
5. I am terribly afraid of heights. If I _____ (climb) that tall tree in the front yard, I would die.
6. If he is there, there _____ (will) be trouble.
7. If you stand in the rain, you _____ (get) wet.

8. If I _____ (play), they would have won the match.
9. I won't mark your homework if you _____ (to do, not) hand it in.
10. If I were you, I _____ (will tell) her straightaway.

7. The first sentence is in the Active voice. Choose the most correct way of saying the same thing in the Passive voice: (total 5, each 0,25)

1. They were interviewing her for the job.
She _____ for the job.
- a) was being interviewed
 - b) was interviewed
 - c) has been interviewed
 - d) is interviewed
2. Tom is writing the letter.
The letter _____ by Tom.
- a) was written
 - b) is being written
 - c) has been written
 - d) is written
3. Everyone understands English.
English _____ by everyone.
- a) is understood
 - b) has been understood
 - c) was understood
 - d) is being understood
4. The employees brought up this issue during the meeting.
This issue _____ by the employees during the meeting.
- a) has been brought up
 - b) is brought up
 - c) was brought up
 - d) had been brought up
5. The professor told him not to talk in class.
He _____ by the professor not to talk in class.
- a) has been told
 - b) was told
 - c) was being told
 - d) is told

Total _____ / 20