

Self Image

Section I

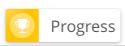
The image we have of ourselves - we realize this too slowly, if at all – is not the same as the image others have of us. One of the last things we get to know about ourselves is what others really think of us. We may spend our whole life going around thinking that what we see in the mirror is what others see, too.

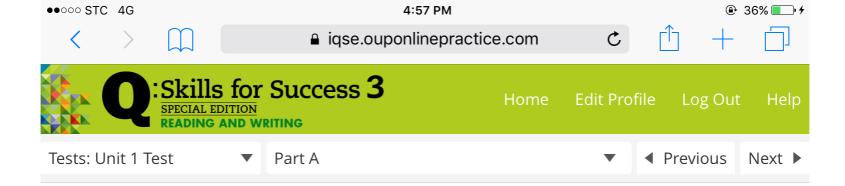
Section II

This is complicated by the fact that we try, sometimes consciously, sometimes not, to give different impressions to different people. Also, others - by their behavior, reputation, social standing, attractiveness, or other qualities - may make us present ourselves in ways that looking back we consider not the real "us," whatever that may be. A compulsive user of foul

- 1. Section I suggests that
 - we are often misunderstood.
 - we present mirror images of ourselves.
- others' views of us differ from our own.
 - we never really know ourselves.
- **2.** How may personal qualities in others affect our behavior?
 - We become careful about the language we use.
- We behave in a way appropriate to the situation.
 - Attractive people make us behave unnaturally.
 - They make us regret the way we

Submit





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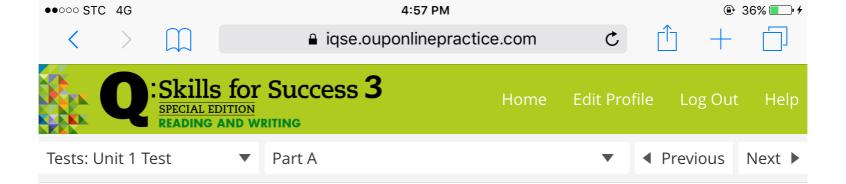
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- **3.** In Section III it is implied that
 - o people judge us by appearances.
 - we are always acting.
- we act out the person we want to be.
 - we deliberately give a false impression.
- **4.** What is said about students and their behavior?
 - If a school has a bad reputation, so do the students.
- Bad behavior reflects badly on the school.
 - Wearing a uniform affects how they are perceived.
 - They behave differently in and out

Submit



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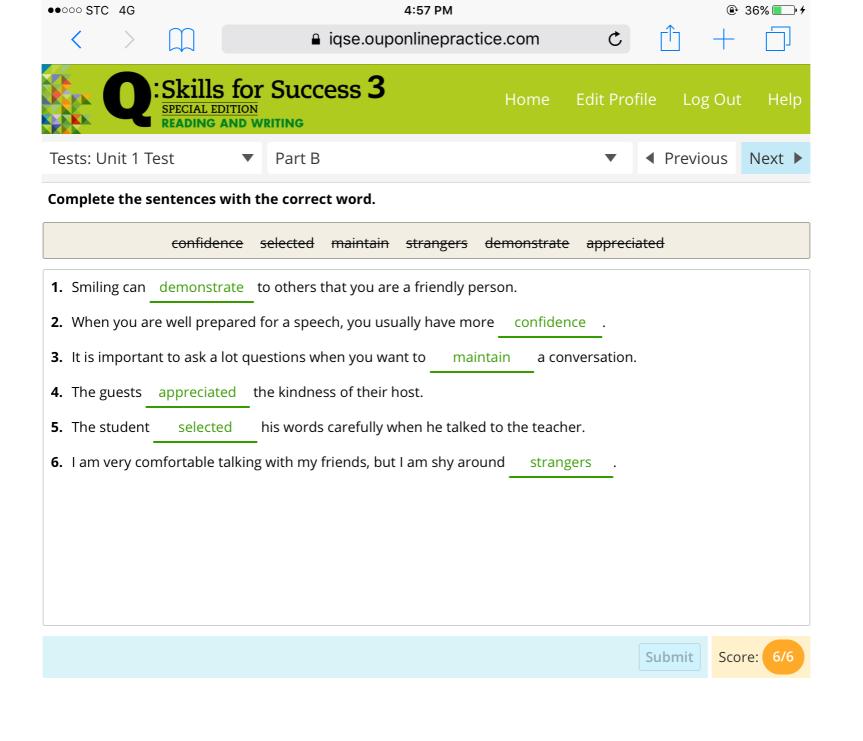
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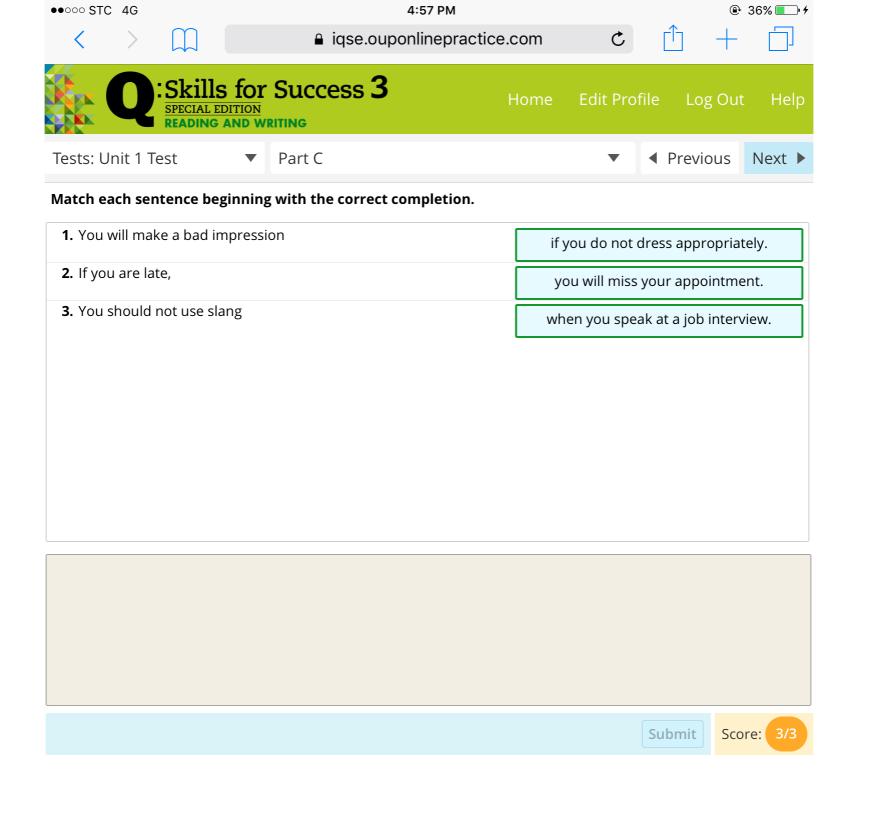
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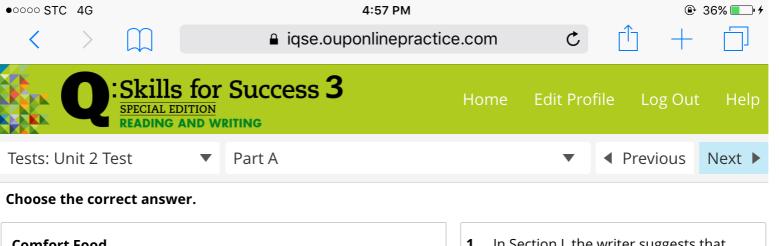
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- 5. What is said about globalization and behavior in other countries?
 - Greeting someone in the wrong way can have serious consequences.
 - People should act as ambassadors for their country when abroad.
 - Cultural differences between countries have almost disappeared.
- Despite globalization, countries maintain old customs and habits.
- 6. In the final paragraph, what is said about the way we view foreigners?
 - We give the subject very little thought.
- We think in terms of national characteristics.

Submit







Comfort Food

Section I

We all have foods we love, and most people can even choose one dish or meal as their favorite, but what is it about food that makes us enjoy it so much? Is it the taste or the texture, or is it something more complicated than that? Food can have a more striking effect on us than just filling our stomachs; it can actually impact how we feel.

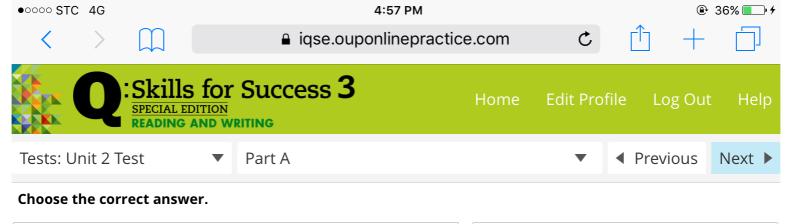
Section II

The term "comfort food" was first used in the 1970s to describe food that was traditionally made, and which made the person eating it nostalgic for an earlier time, especially for happy childhood memories. Someone who enjoyed homemade chicken soup as a child would most likely consider this a comfort food as

- **1.** In Section I, the writer suggests that
 - our enjoyment of food depends on taste.
 - of food is about a practical need rather than enjoyment.
 - not everyone has food preferences.
- food is linked to human emotion.
- **2.** Traditionally, comfort food is
- of food that reminds us of another time.
 - only food that we used to eat as children.
 - of food that is served hot on cold days.
 - any food that brings us pleasure.

Submit





Comfort Food

Section I

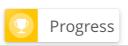
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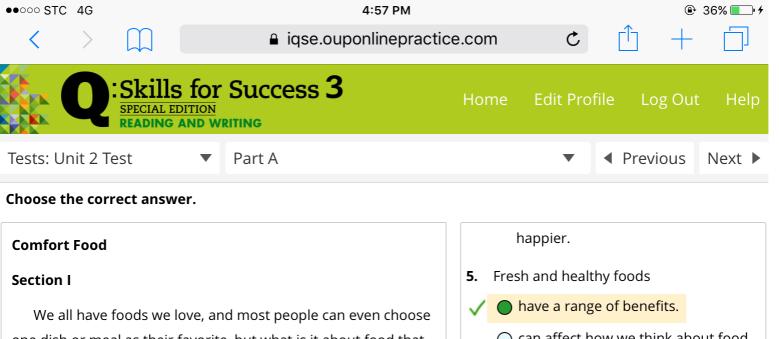
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- **3.** What is the main message of Section 111?
 - Comfort food is enjoyed internationally.
- Comfort food has taken on a different meaning.
 - People would rather eat junk food than comfort food.
 - People nowadays have unhealthy diets.
- **4.** People who eat unhealthily
 - are less stressed than others.
- can put on weight quickly.
 - need to be more active than those who eat well.
 - at to make themselves feel happier

Submit





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ocan affect how we think about food.

are the best things to eat on a diet.

are more comforting than fatty foods.

6. What effect of eating unhealthily is presented in Section VI?

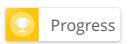
> having mixed feelings of satisfaction and guilt

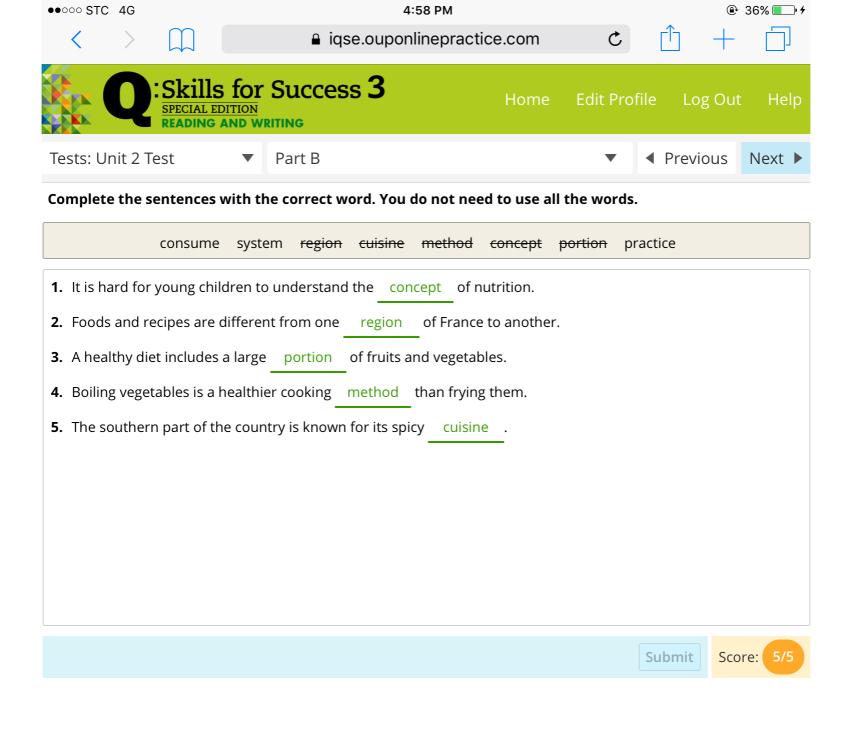
less balanced diets than in the past

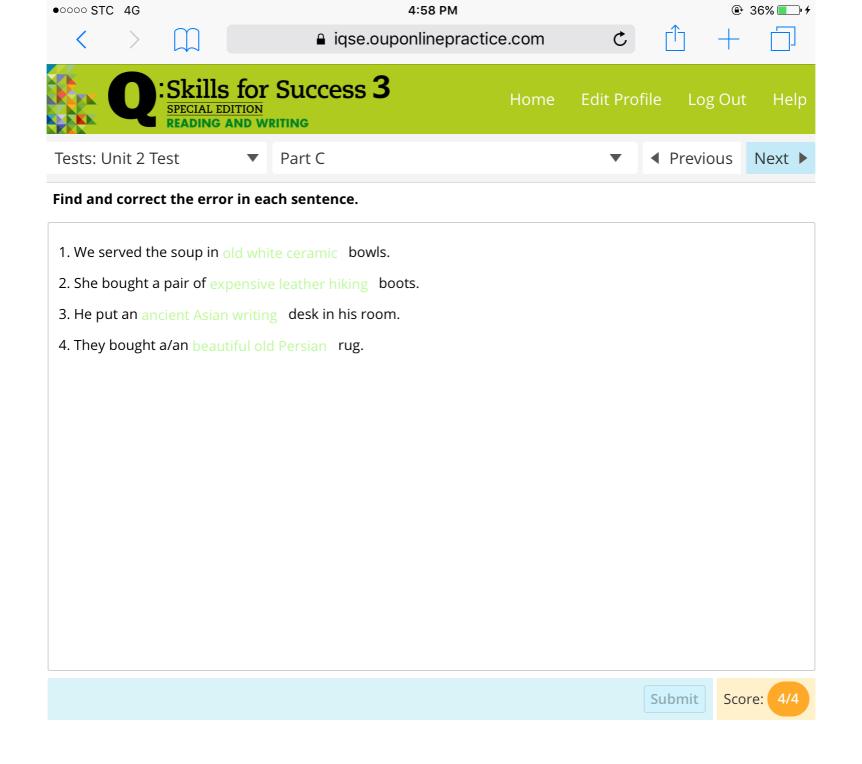
a population of people who only eat comfort food

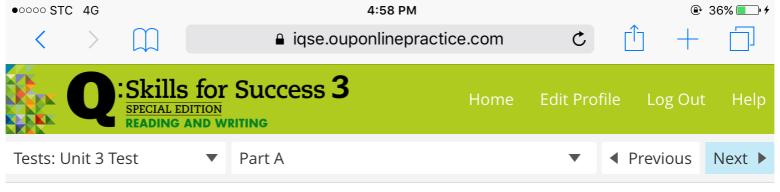
an increase in overweight people

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Choose the best answer.

Adaptable Humans

Section I

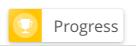
The famous saying "no one likes change" is debatable, but whether we like change or hate it, we all have our own way of dealing with it. While some people relish a change in circumstances, others worry about how they will cope with new situations. While some love the challenge of "the new," some hate the inconvenience of getting to grips with something different. In reality, it doesn't really matter where we stand or what opinion we have about change, because we all adapt.

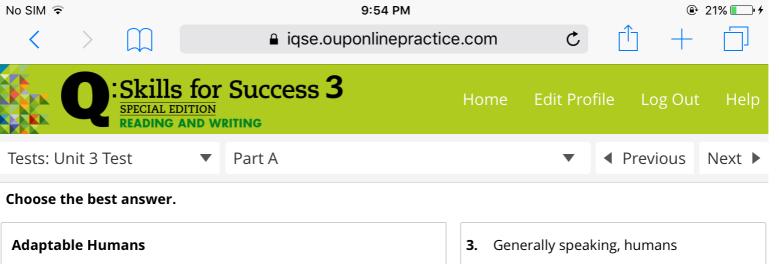
Section II

Human beings are highly adaptable creatures. We can survive in freezing temperatures and still get on a plane to hot and humid climates without a problem. Humans can survive

- **1.** In paragraph 1, the writer says that
 - o everyone finds new situations hard to cope with.
 - adapting to change is the biggest challenge we face.
 - change is easier to deal with if it's not too different.
- people feel differently about
- **2.** According to the writer, what does it mean to be "adaptable"?
 - to see just how much we can cope with
- to be comfortable in a variety of situations
 - to behave in the way others think we should

Submit





Section I

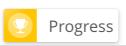
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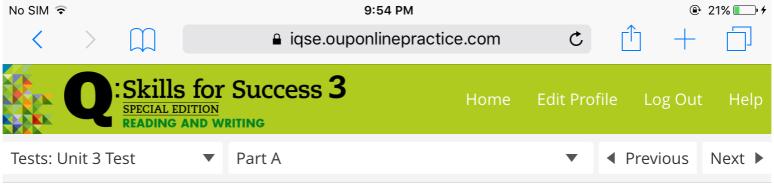
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- aren't sure how they would cope without modern gadgets.
- let technology control their lives.
- have accepted changes in technology.
 - feel uncomfortable about how fast technology changes.
- **4.** What does the phrase "we think nothing of making a video call" in Section IV mean?
 - We hardly ever consider it.
 - We don't really like the idea of it.
 - We do it automatically.
 - We aren't bothered or intimidated by it.

Submit





Choose the best answer.

Adaptable Humans

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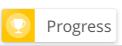
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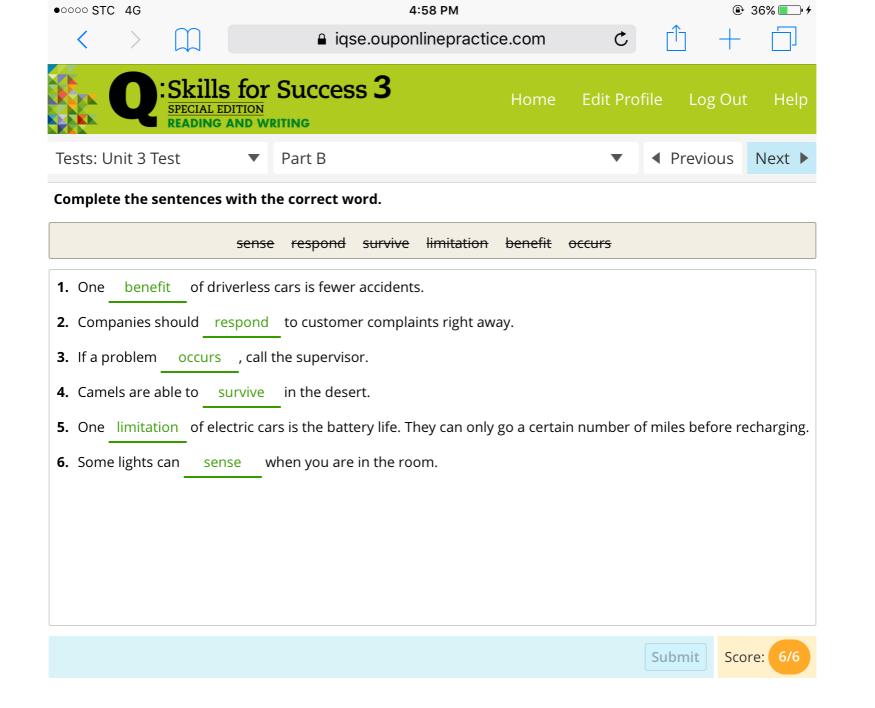
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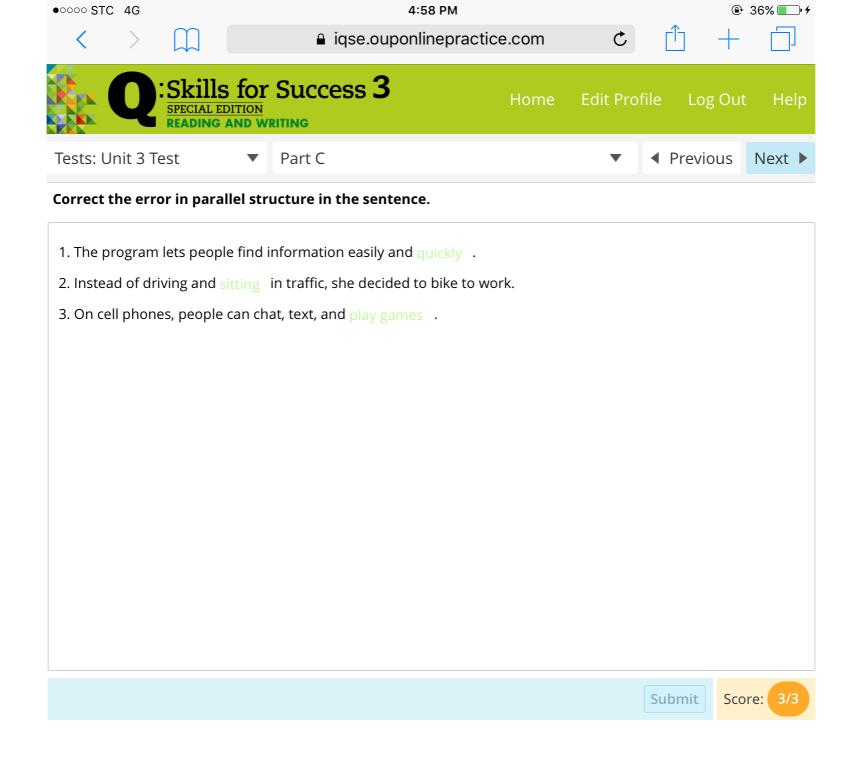
by it.

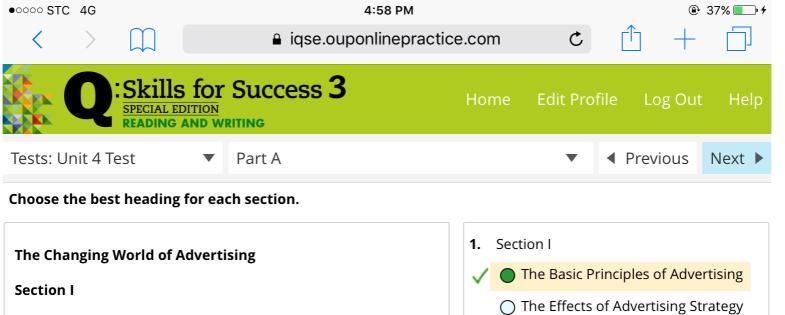
- **5.** Some older people consider gadgets
 - to be useful in some situations.
- to have no real point or worth.
 - to be more suited to young people.
 - to be a hindrance to real life.
- **6.** The world of technology
 - includes some of the biggest changes we face these days.
- is only one instance of how humans adapt to change.
 - is the most rapidly changing market.
 - has the biggest influence on our society.

Submit





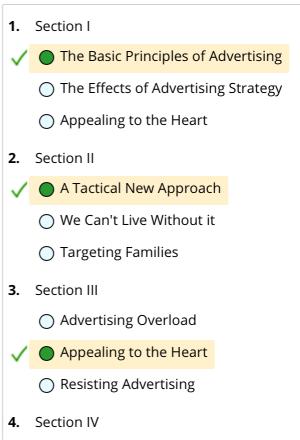




Advertising equals awareness. The more we are exposed to information about a product or service, the more aware we are that it exists. We are told how to buy it and where to buy it, and we feel comfortable knowing that should we need that product or service, we are fully informed about how to go about getting or using it. This is the basis of advertising, or at least it was.

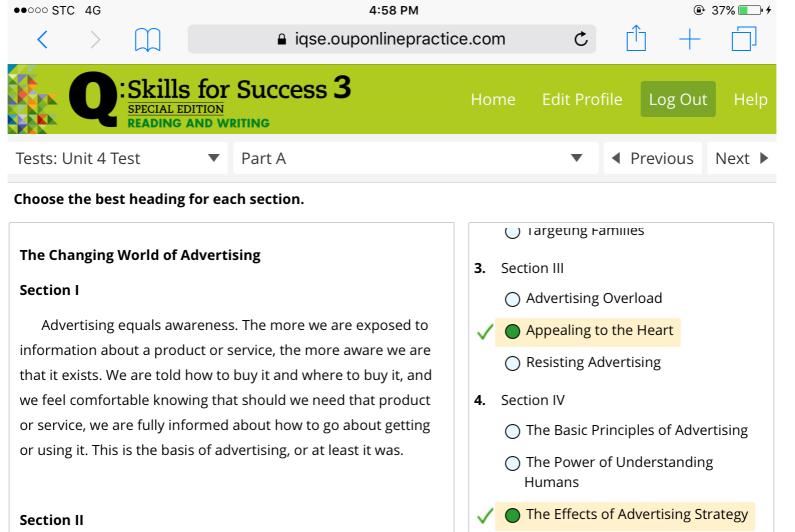
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Somewhere along the line, advertising has become less about the sharing of useful information about a product, and more about the presentation of products as necessity. The messages have changed from "if you would like this product, here's how to get it", to "you need this product, get it from here

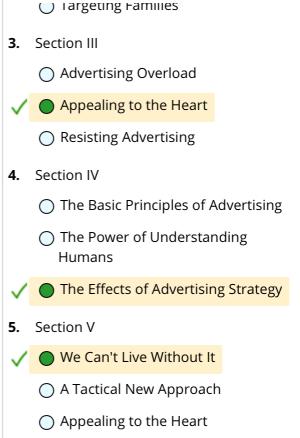




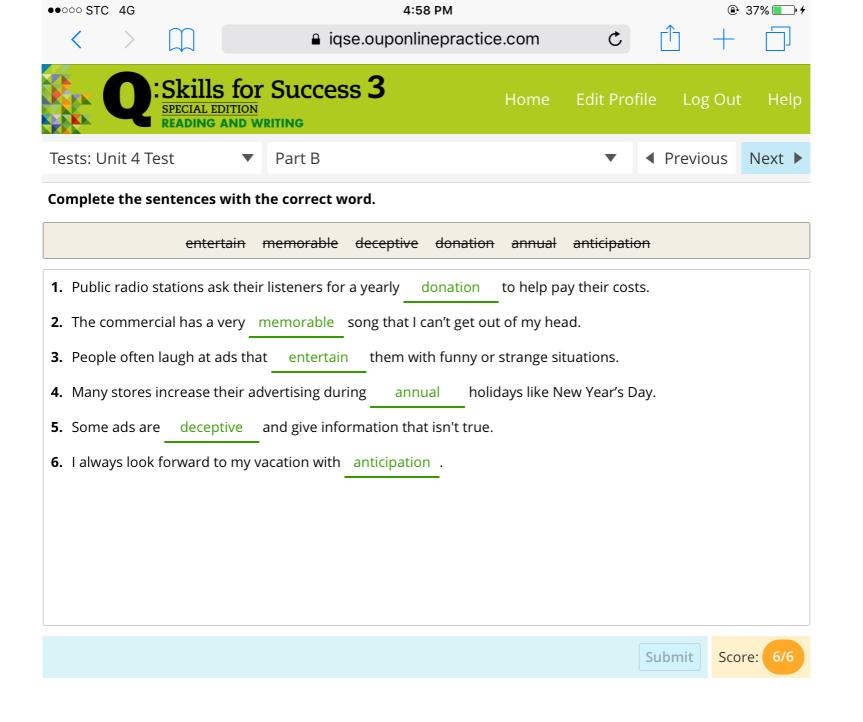


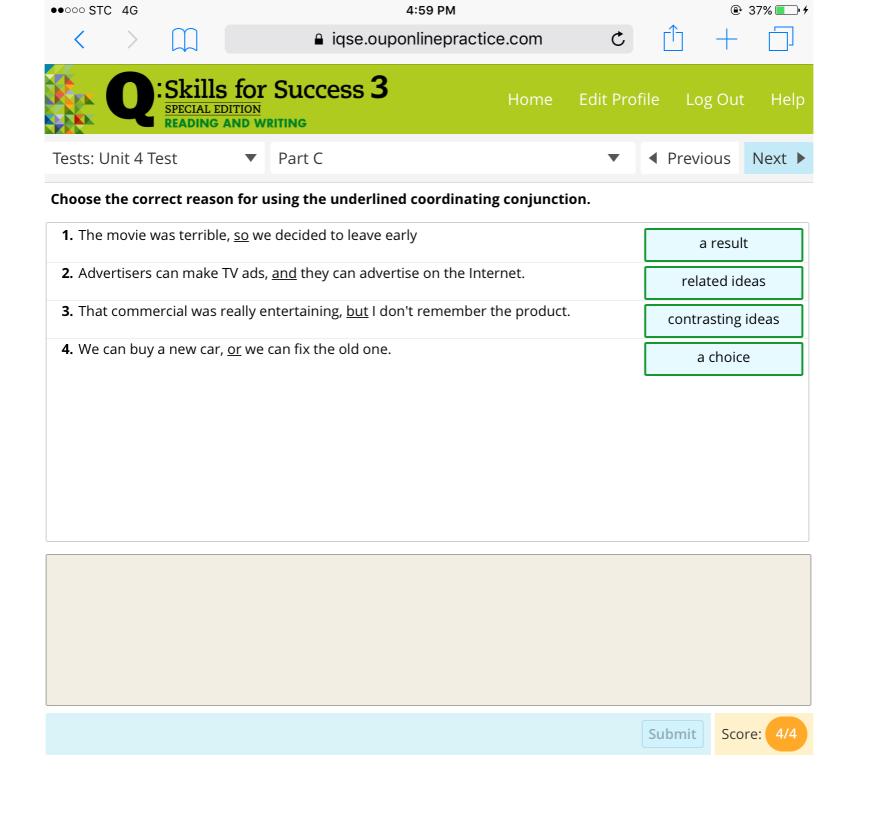


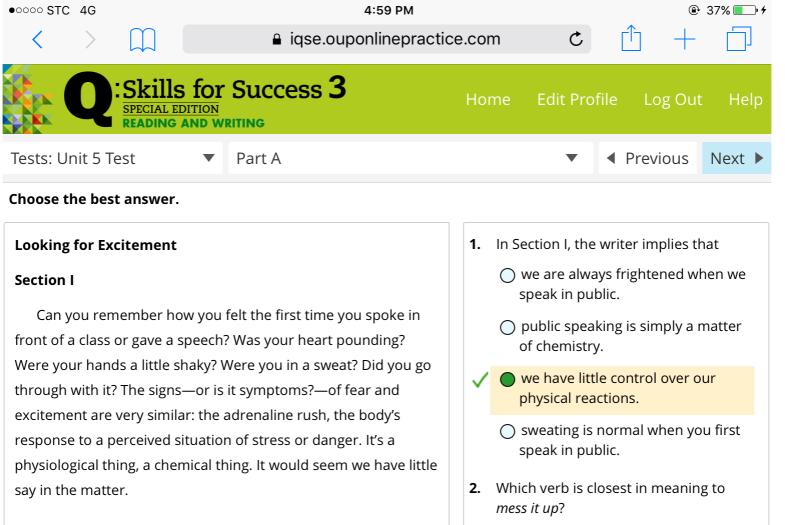
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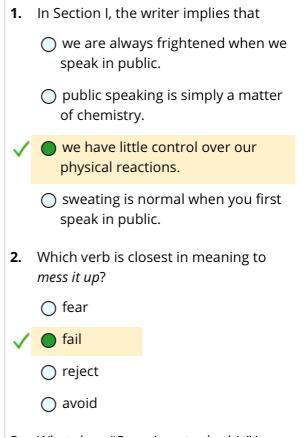




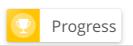


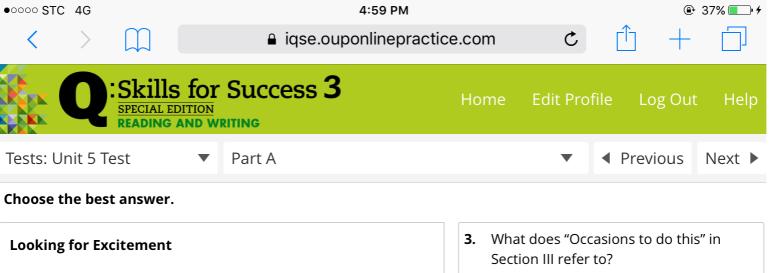
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Public speaking is not risking life and limb, but if you mess it up you may well feel that the psychological risk embarrassment and all the feelings that go with it—outweighs



Submit





Section I

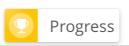
Can you remember how you felt the first time you spoke in front of a class or gave a speech? Was your heart pounding? Were your hands a little shaky? Were you in a sweat? Did you go through with it? The signs—or is it symptoms?—of fear and excitement are very similar: the adrenaline rush, the body's response to a perceived situation of stress or danger. It's a physiological thing, a chemical thing. It would seem we have little say in the matter.

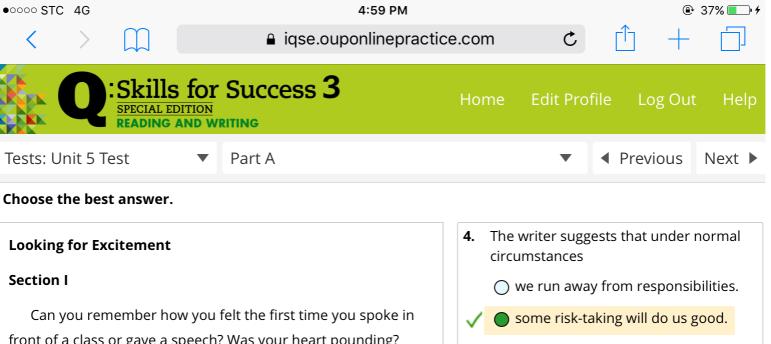
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- stepping out of your comfort zone
 - odoing things that are generally beneficial
 - taking on a job with extra responsibilities
 - tricking your mind into thinking fear is excitement
- **4.** The writer suggests that under normal circumstances
 - we run away from responsibilities.
- some risk-taking will do us good.
 - we're certain which risks are harmful.
 - we deliberately take harmful risks.

Submit





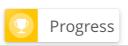
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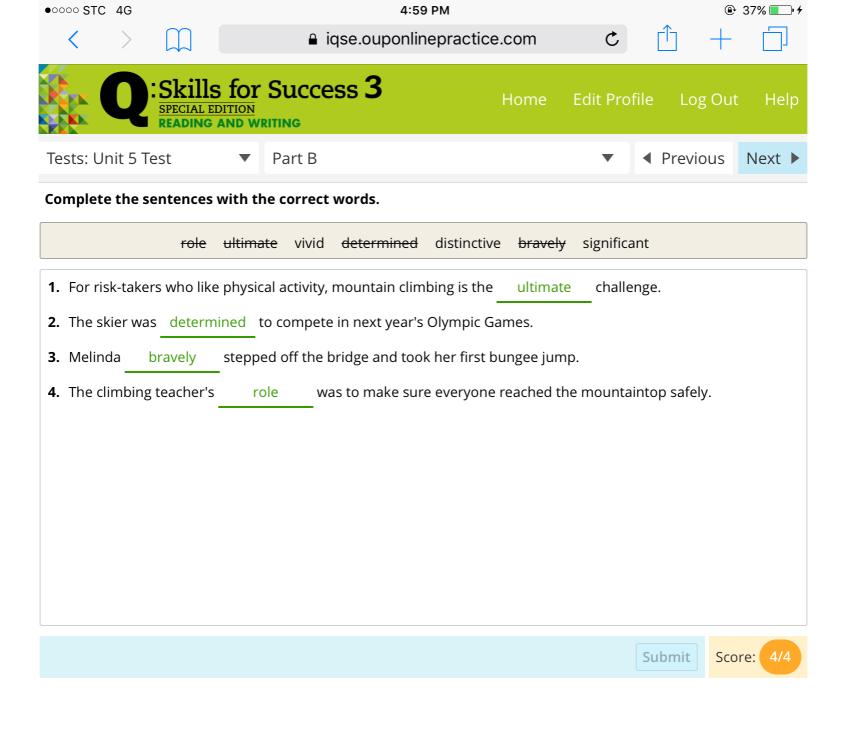
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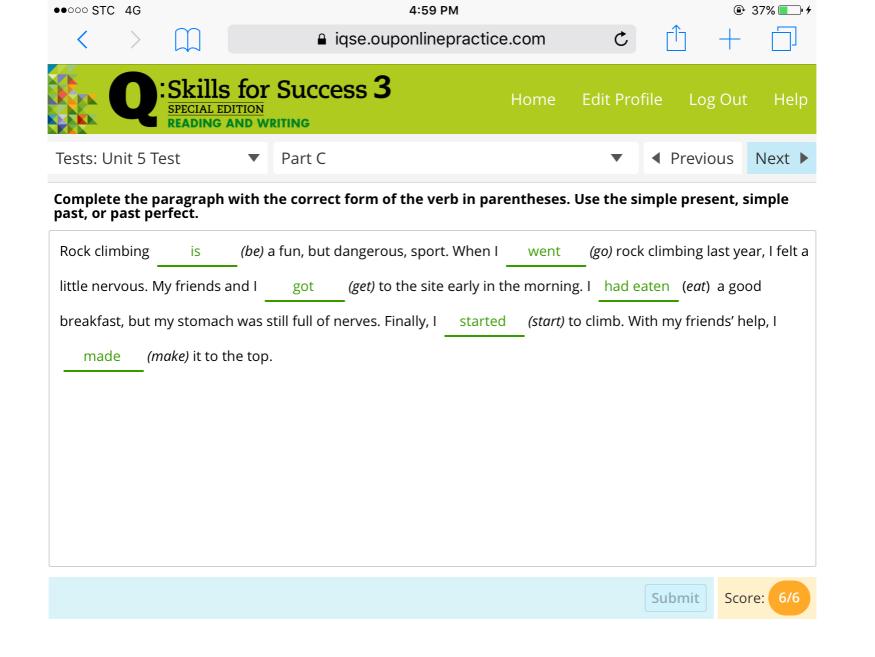
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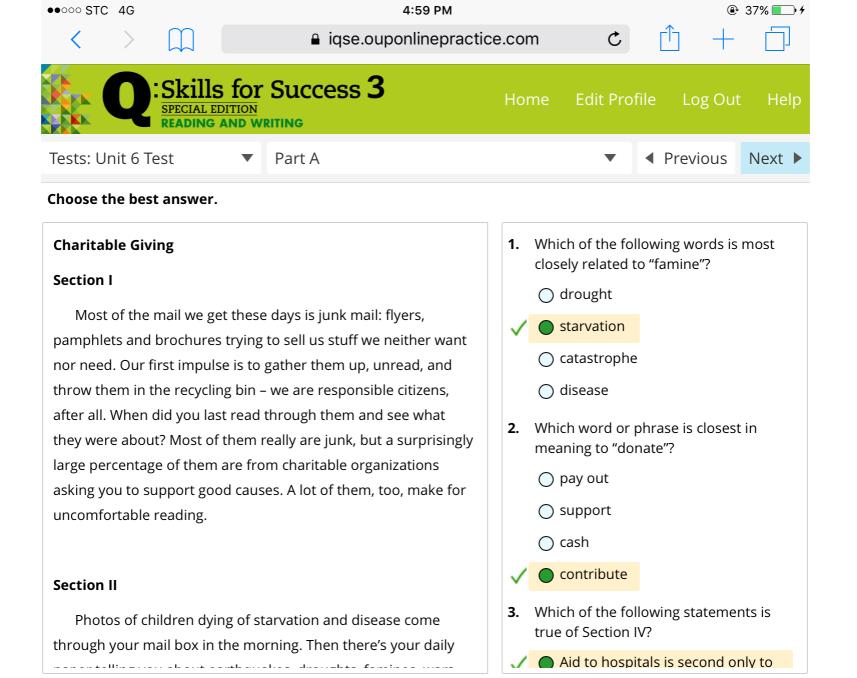
- we're certain which risks are harmful.
- we deliberately take harmful risks.
- **5.** In Section IV the writer suggests that
- overeating and addiction to extreme sports are similar.
 - people should avoid hobbies like shopping.
 - smoking and overeating always become addictions.
 - smokers are certain that their addiction is safe.

Submit

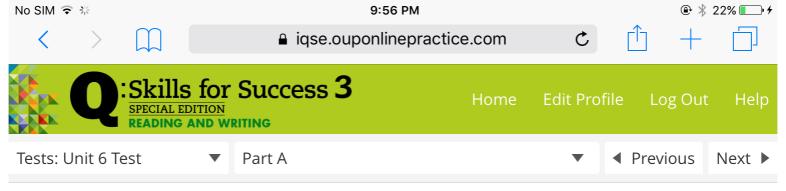








Submit



Choose the best answer.

Charitable Giving

Section I

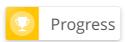
Most of the mail we get these days is junk mail: flyers, pamphlets and brochures trying to sell us stuff we neither want nor need. Our first impulse is to gather them up, unread, and throw them in the recycling bin – we are responsible citizens, after all. When did you last read through them and see what they were about? Most of them really are junk, but a surprisingly large percentage of them are from charitable organizations asking you to support good causes. A lot of them, too, make for uncomfortable reading.

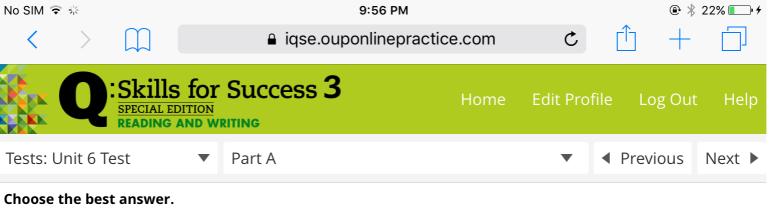
Section II

Photos of children dying of starvation and disease come through your mail box in the morning. Then there's your daily

- **3.** Which of the following statements is true of Section IV?
 - Aid to hospitals exceeds overseas aid by a third.
 - People only donate when they are personally involved.
 - Most of us worry about the state of the environment.
- Aid to hospitals is second only to aid for medical research.
- **4.** Which of the following statements is not true?
 - It's not the government's business to give aid.
- ✓ Governments don't provide aid.
 - We should take responsibility for others' misery.

Submit





Charitable Giving

Section I

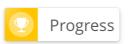
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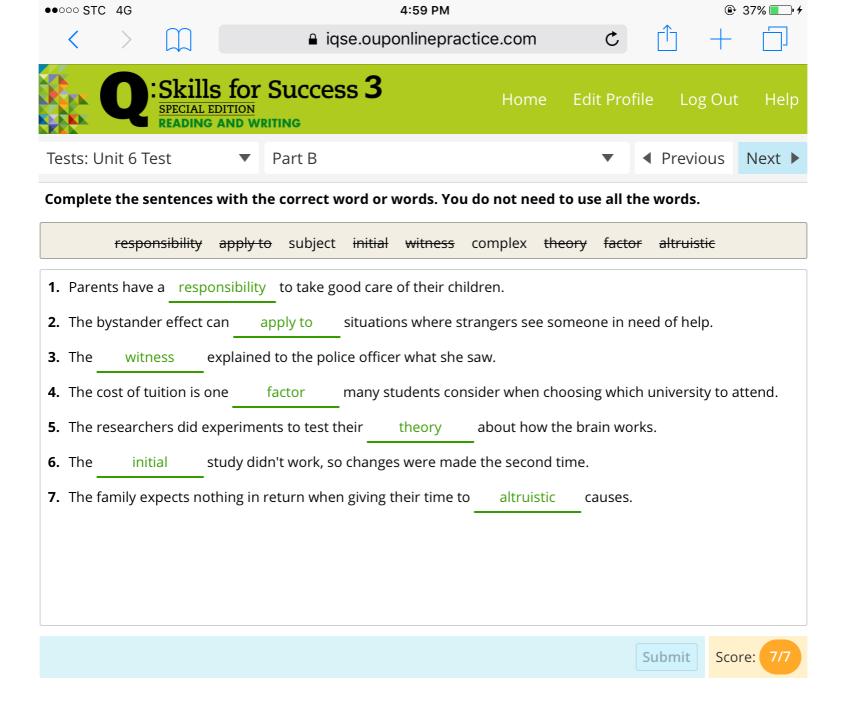
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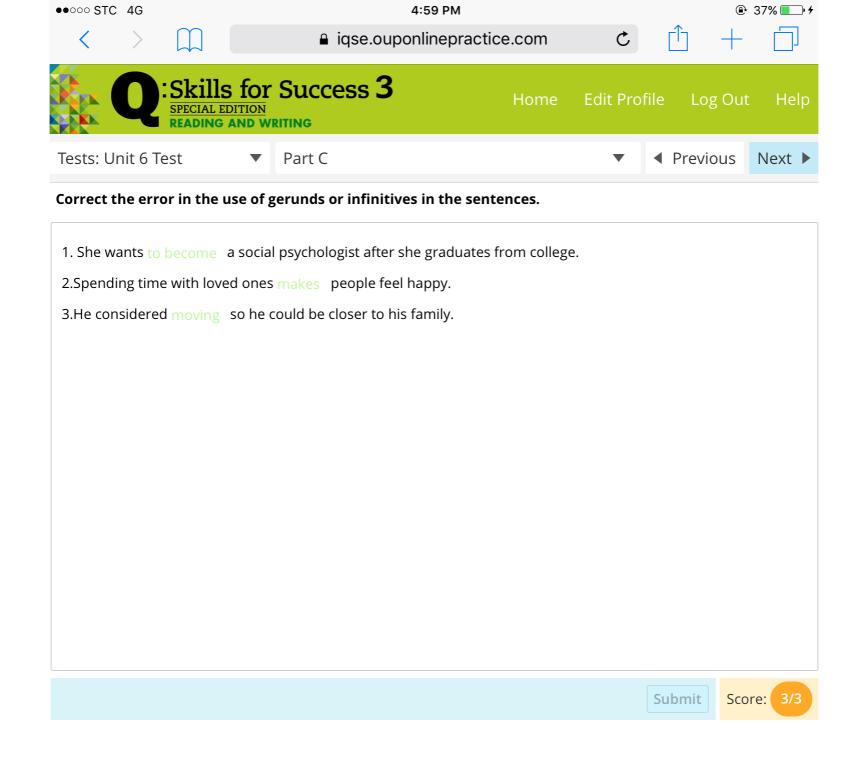
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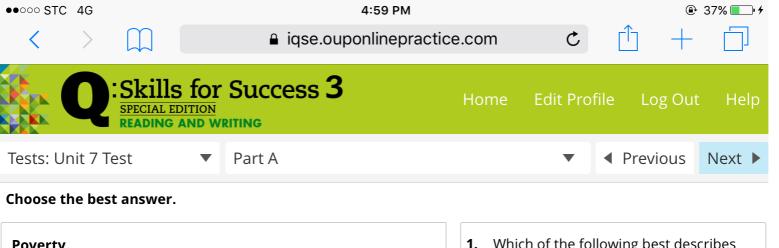
- **4.** Which of the following statements is not true?
 - It's not the government's business to give aid.
- Governments don't provide aid.
 - We should take responsibility for others' misery.
 - People should give aid where they can.
- **5.** In an economic recession
- fewer people make donations.
 - opeople lose the desire to help.
 - o people feel unable to help.
 - our contributions make little difference.

Submit









Poverty

Section I

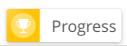
Most of us have dreamed of what it would be like to suddenly find ourselves in possession of a large sum of money – for example, an unexpected inheritance from a long lost relative and have imagined what we would do with the money. Many of us, depending on the size of the windfall and the advice of our accountants, might set aside some money to help those less fortunate than ourselves or to give to a deserving cause. After that we would probably spend it on cars, private jets, and houses in countries around the world so that we can enjoy summer all year long.

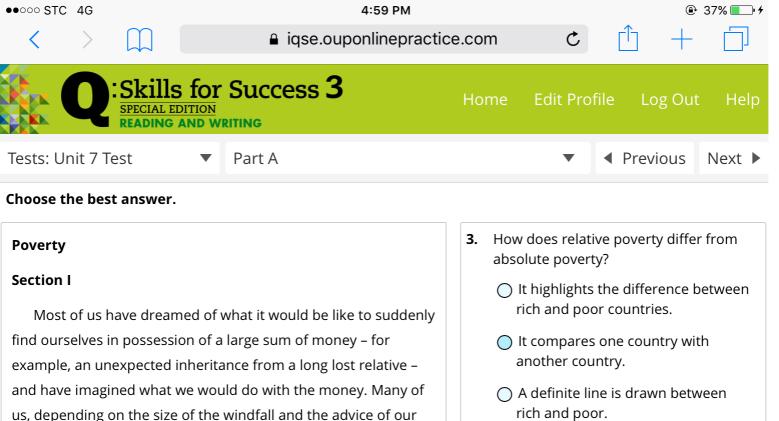
Section II

But have you ever imagined things going the other way?

- **1.** Which of the following best describes "windfall"?
 - a large sum of money left to you by
 - a sum of money given to a charity
 - a sum of money that comes to you unexpectedly
 - an amount of money you can only dream of
- **2.** Which of the following statements is
 - Olf you earn more than two dollars a day you are not in poverty.
- Absolute poverty is defined as living on less than two dollars a day.
 - More than half the world's population live below the poverty

Submit





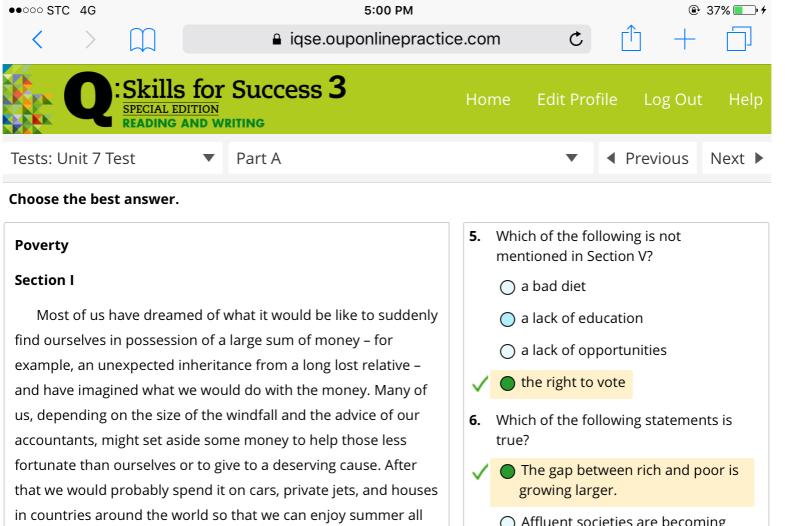
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Section II

But have you ever imagined things going the other way?

- It compares people within a single country.
- **4.** Which of the following is closest in meaning to "Making do"?
 - buying
- managing
 - cooking
 - developing

Submit



Section II

year long.

But have you ever imagined things going the other way?

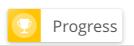
 Affluent societies are becoming poorer. The poor are becoming more aware

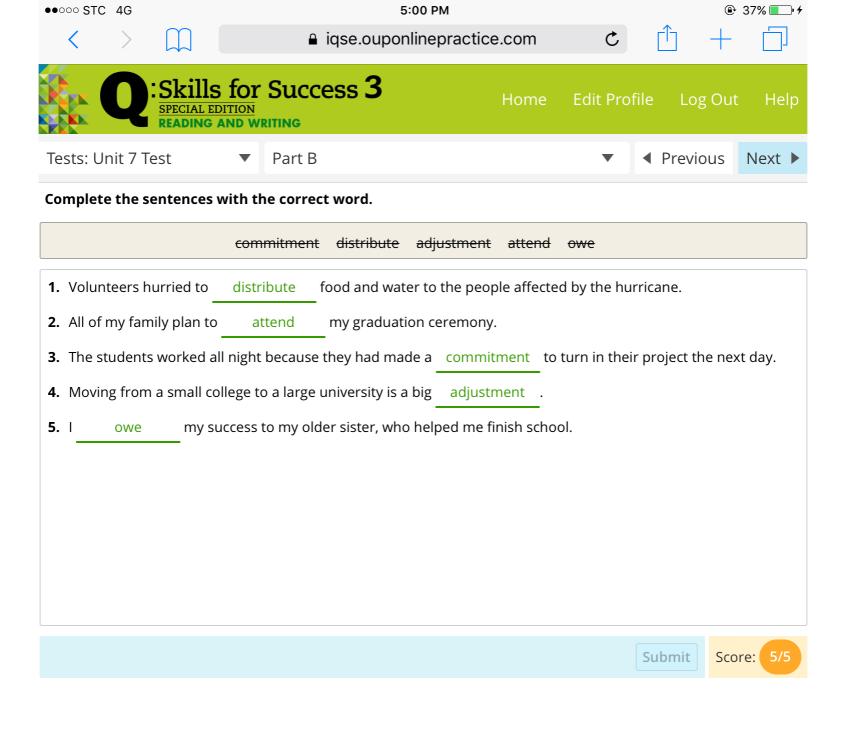
of their situation.

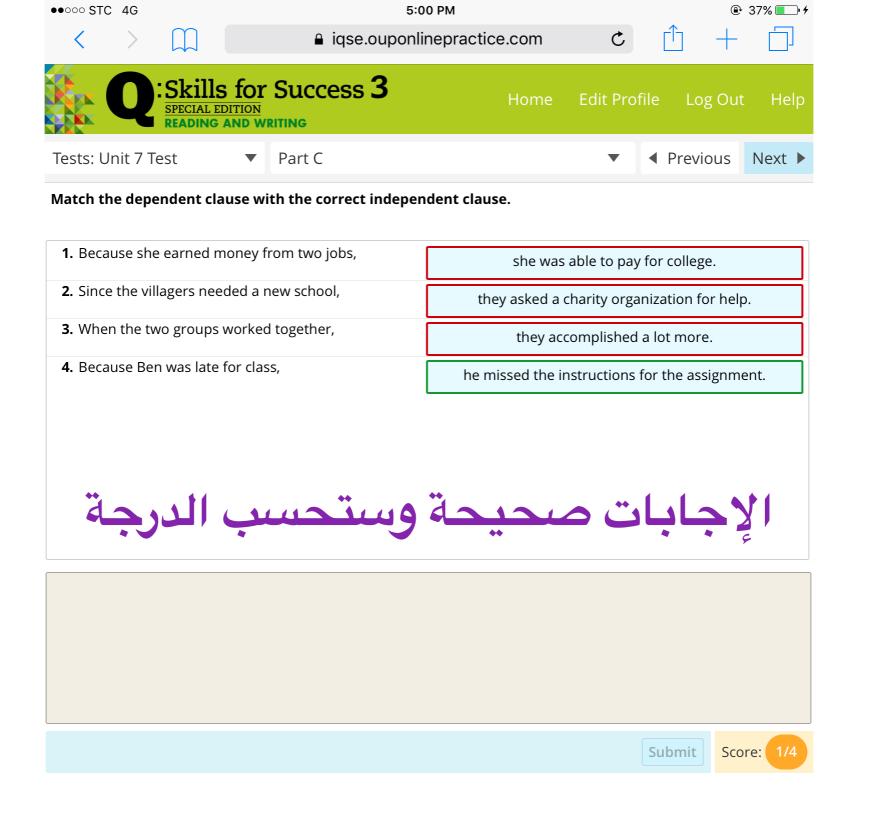
countries.

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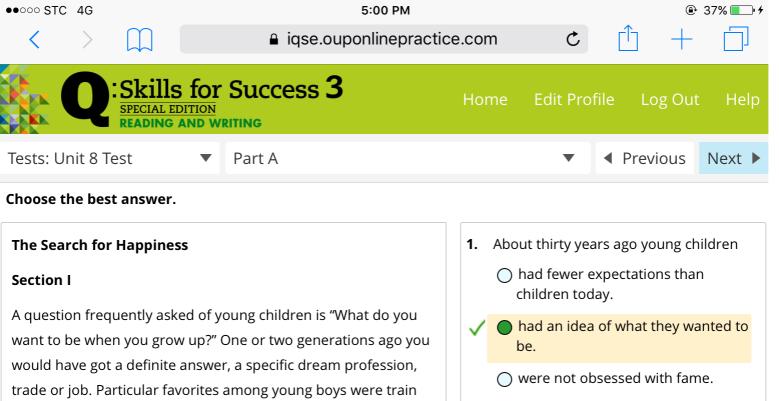
O Poverty only occurs in distant







Reading and writing



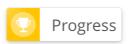
driver and pilot. The answers back then might have depended on the expectations of the children asked, the opportunities that life presented them, and on the social and financial status of their parents. But you got a proper answer.

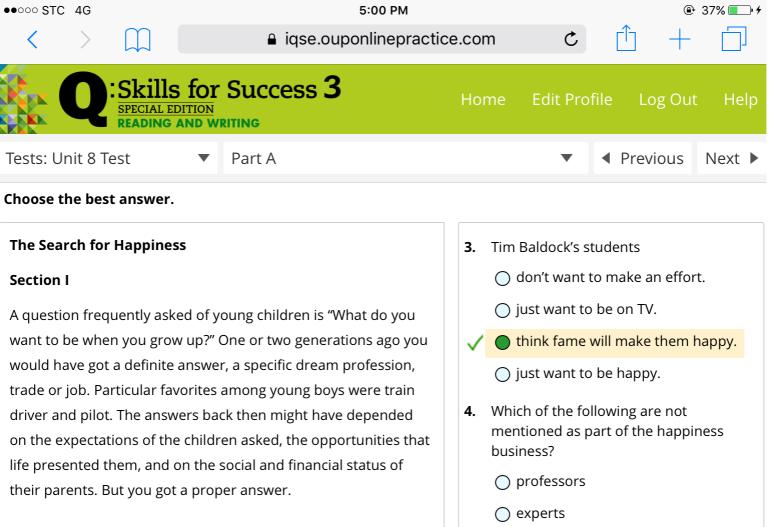
Section II

Things are different now. Tim Baldock, a schoolteacher, has asked this question of his pupils over a twenty-year career, and is almost in despair at the answers – or rather, the answer - he is

- knew exactly what they wanted to
- **2.** Which of the following best describes Tim Baldock's attitude to the situation?
 - It makes him angry.
 - He doesn't understand it.
 - It doesn't concern him.
- He is saddened by it.

Submit





Section II

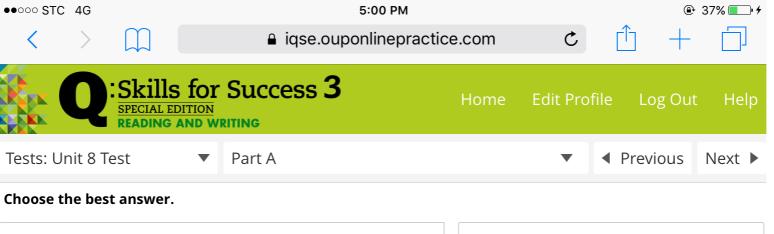
Things are different now. Tim Baldock, a schoolteacher, has asked this question of his pupils over a twenty-year career, and is almost in despair at the answers – or rather, the answer - he is

politicians gurus 5. What do Tim Baldock's students fail to realize?

Submit

Achieving goals hrings hanniness





The Search for Happiness

Section I

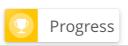
A question frequently asked of young children is "What do you want to be when you grow up?" One or two generations ago you would have got a definite answer, a specific dream profession, trade or job. Particular favorites among young boys were train driver and pilot. The answers back then might have depended on the expectations of the children asked, the opportunities that life presented them, and on the social and financial status of their parents. But you got a proper answer.

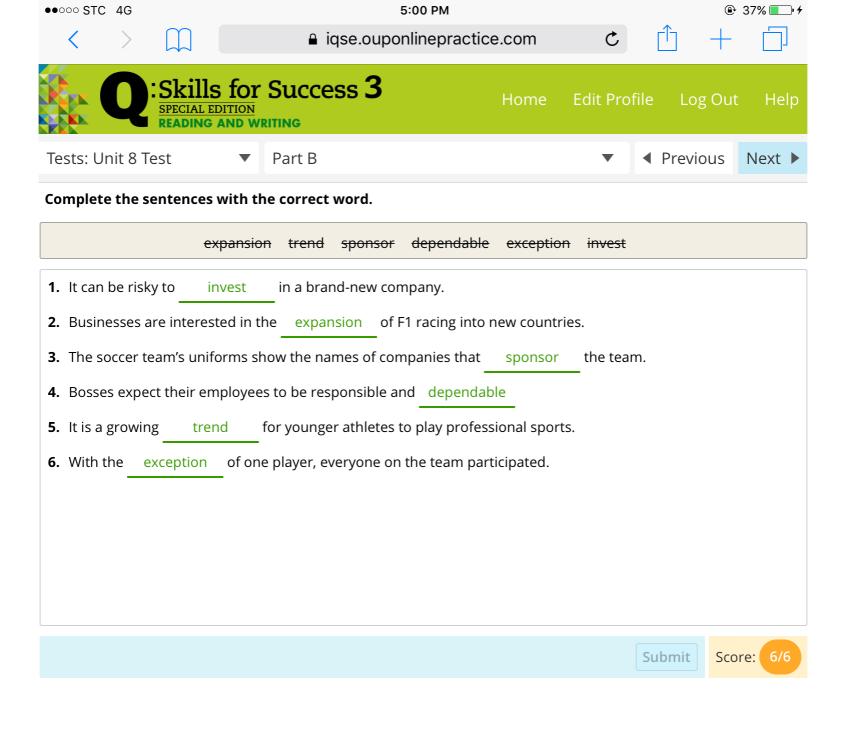
Section II

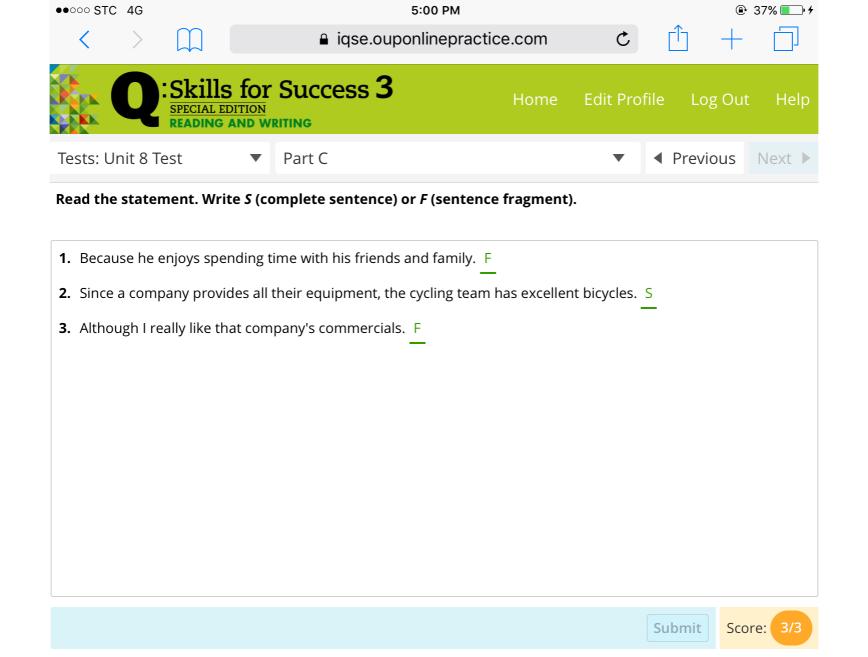
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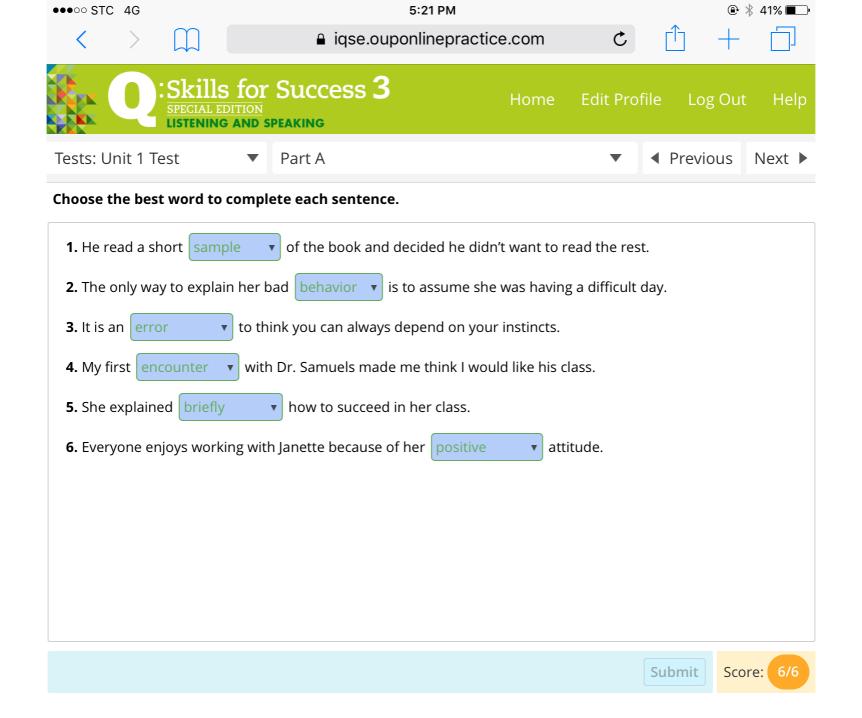
- 5. What do Tim Baldock's students fail to realize?
 - Achieving goals brings happiness.
 - Fame won't bring them happiness.
 - Happiness is a mental condition.
- Happiness is not the same as pleasure.
- **6.** The author suggests that happiness
 - ocomes from leading Aristotle's virtuous life.
 - only exists in one's memory.
- an occur through concentration on work.
 - ocomes when you get something you want.

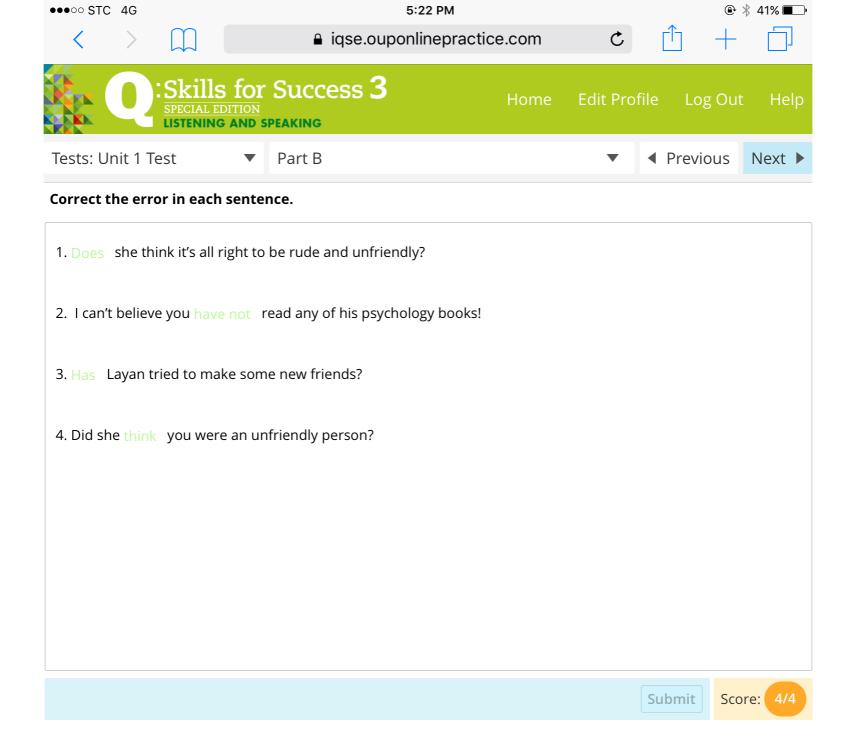
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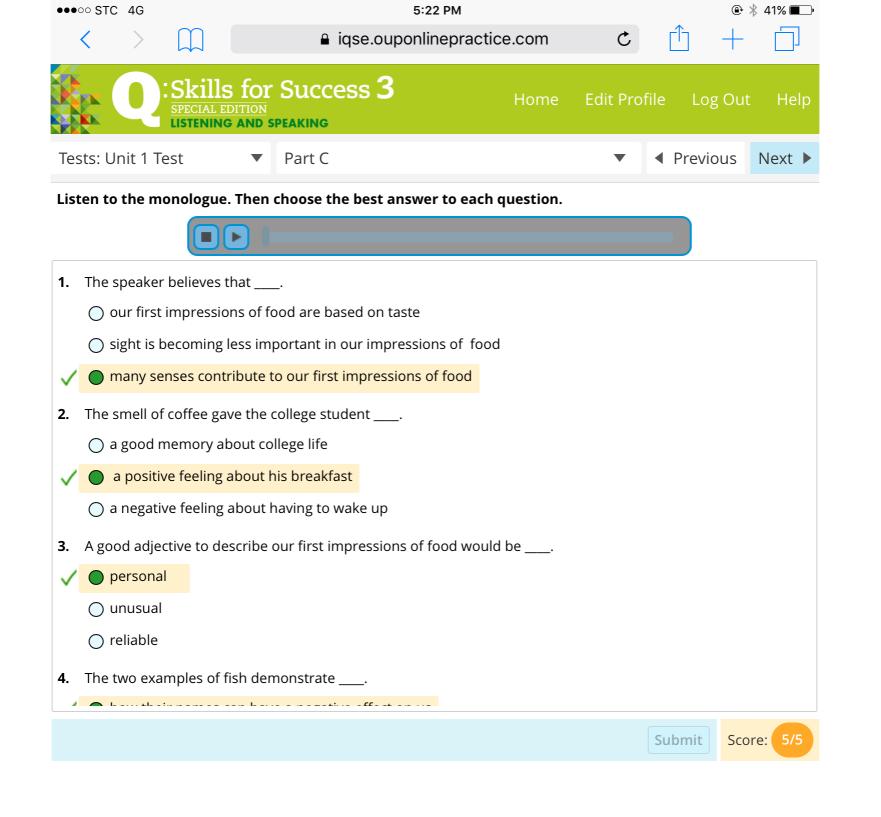


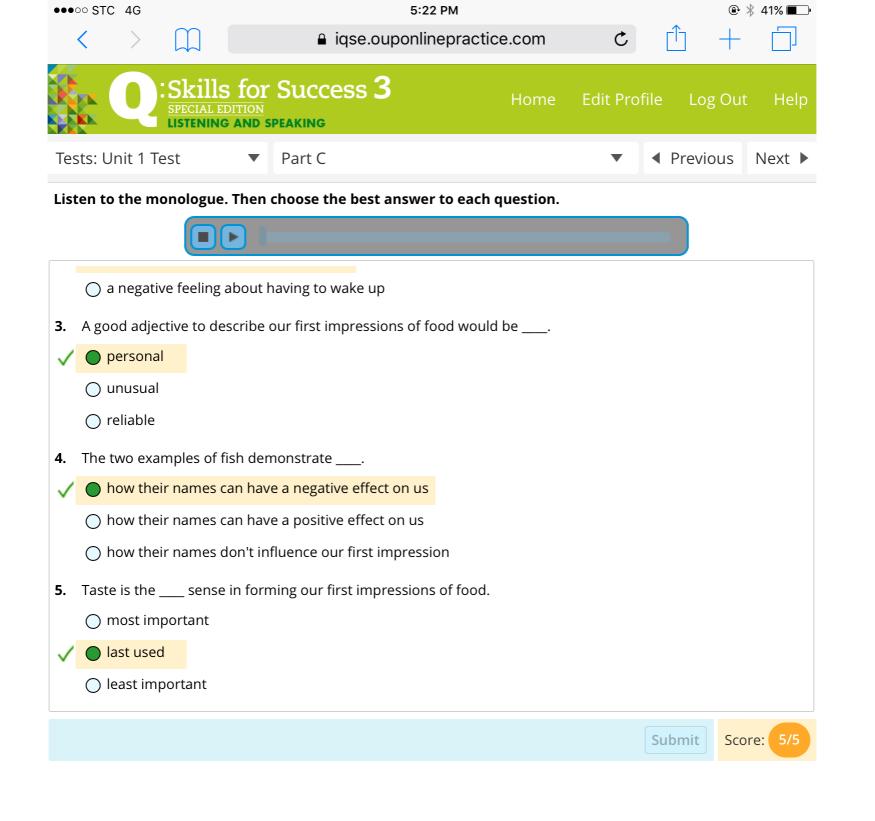


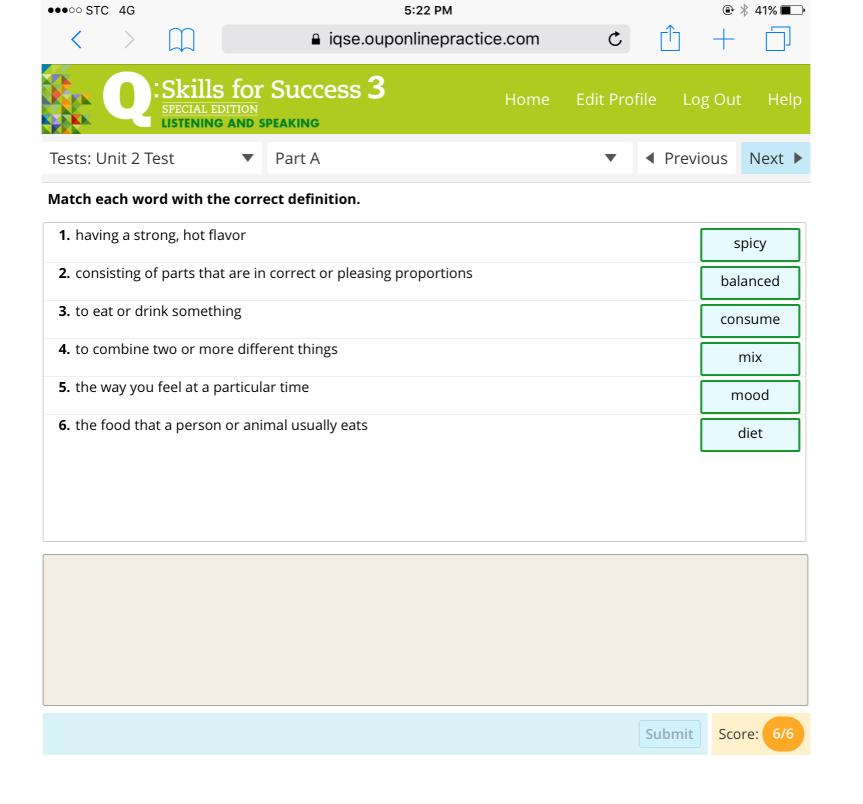


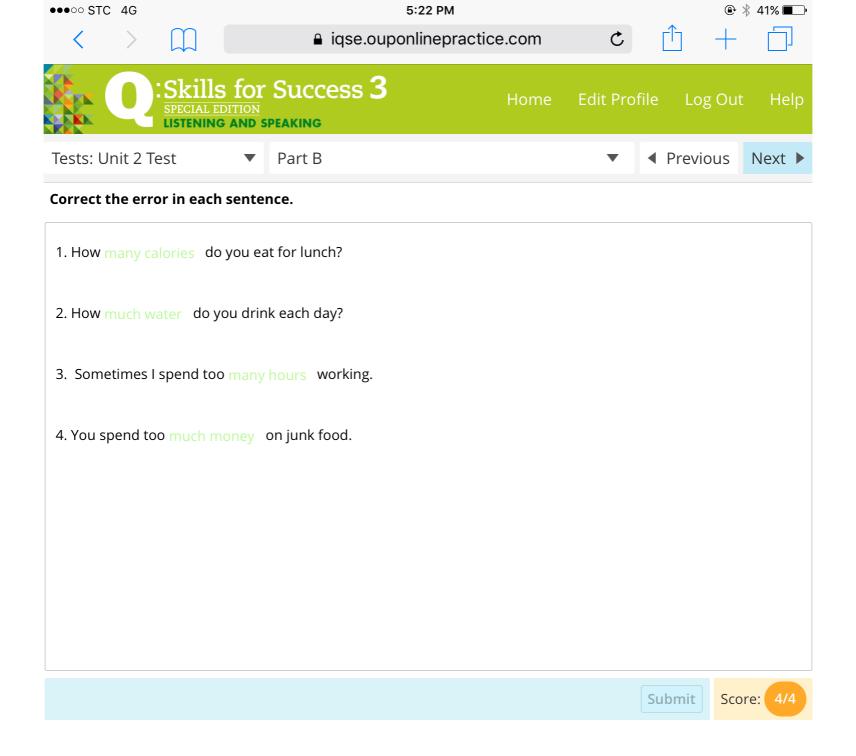


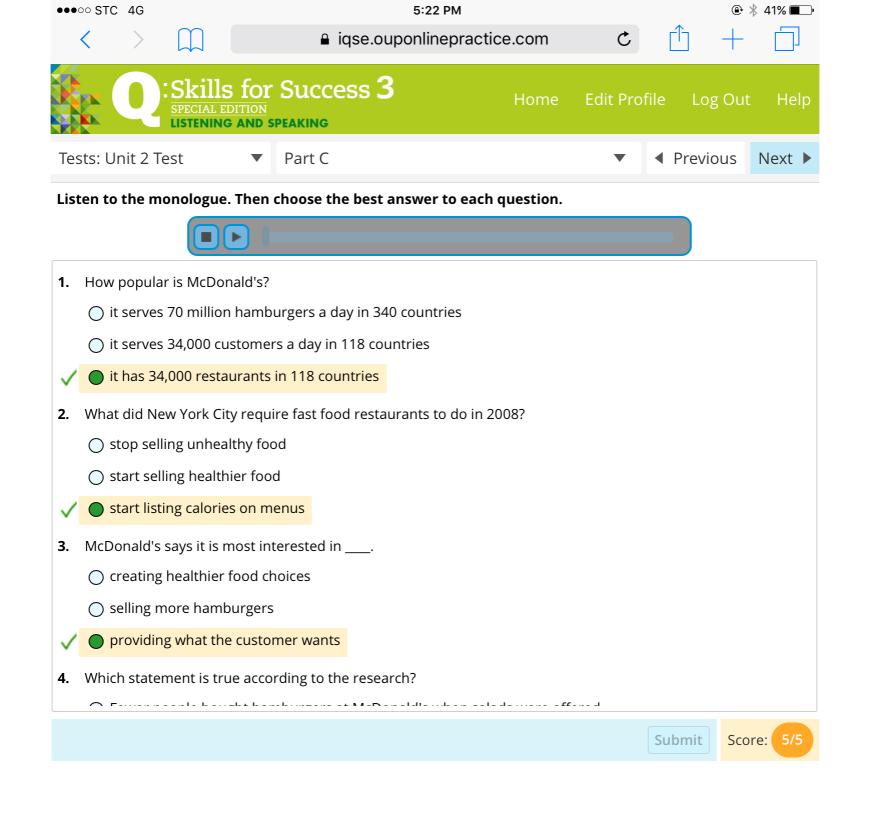


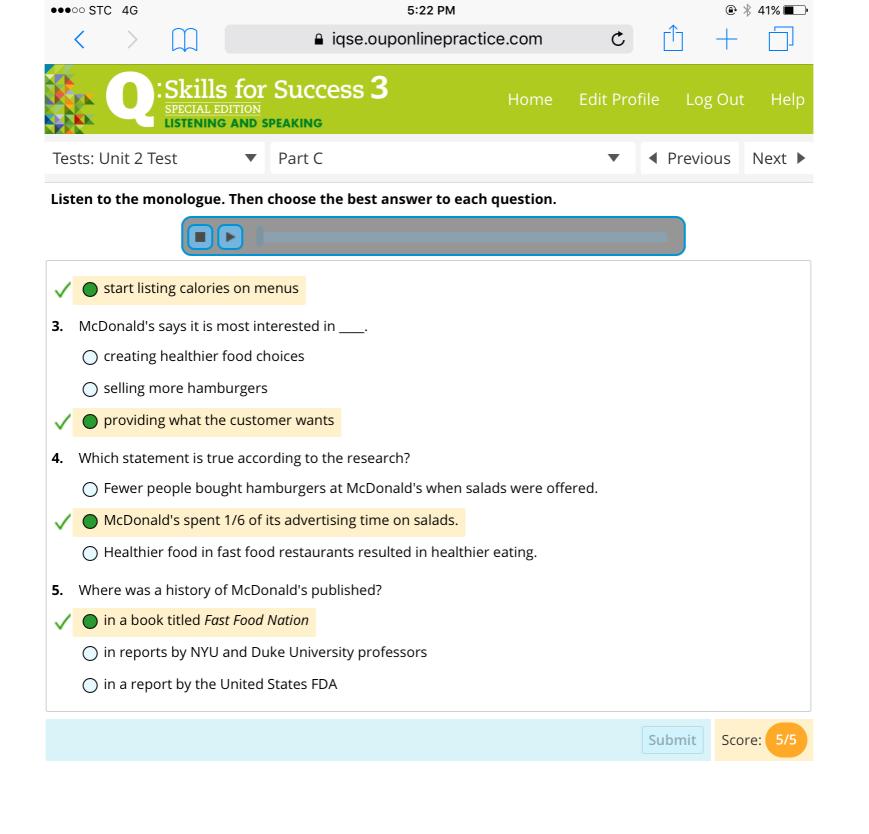


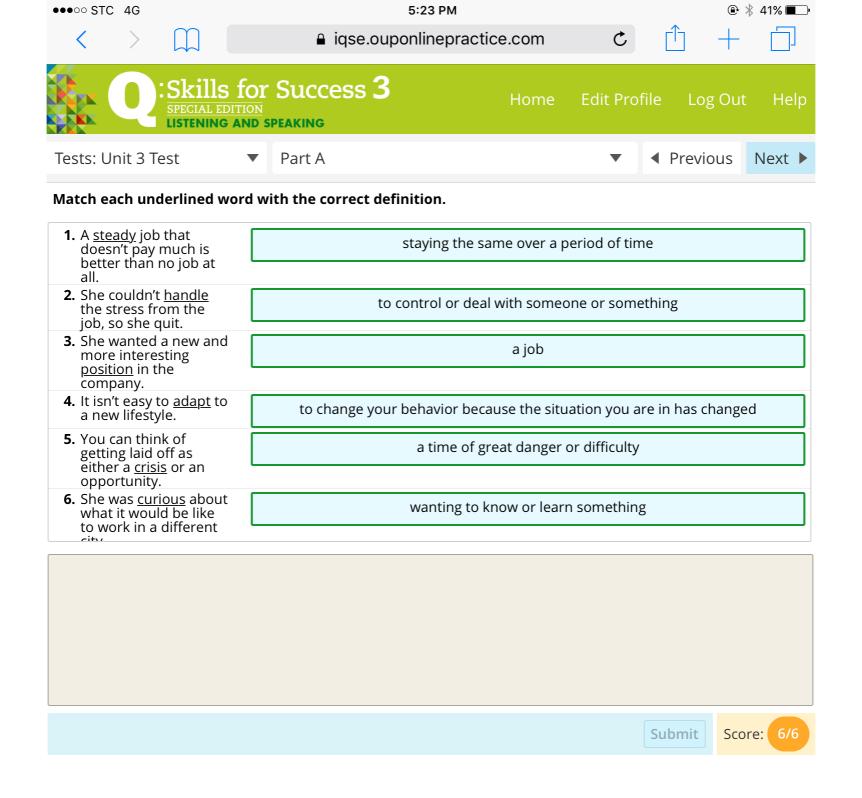


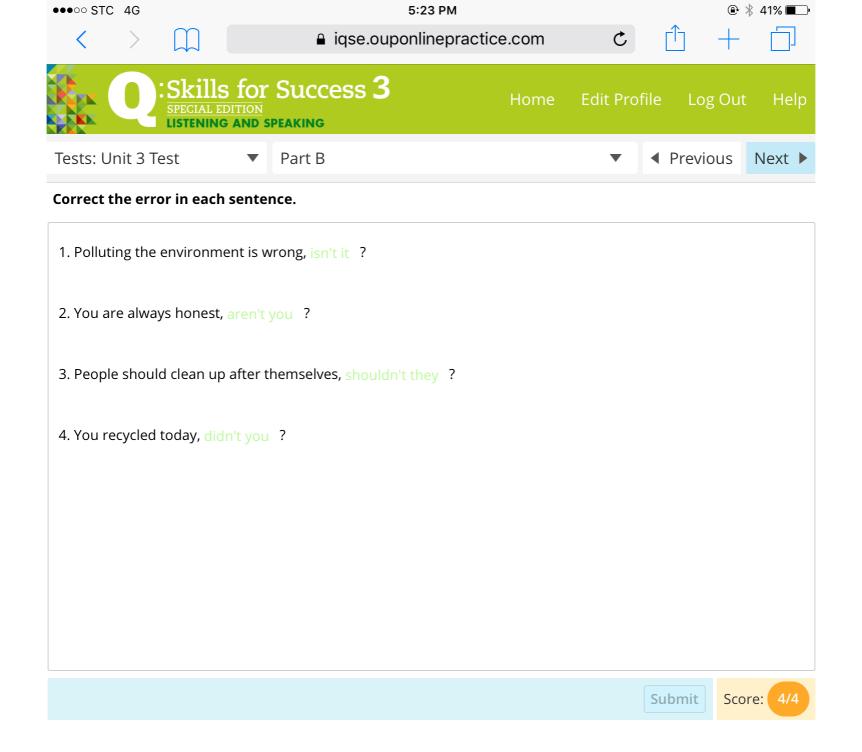


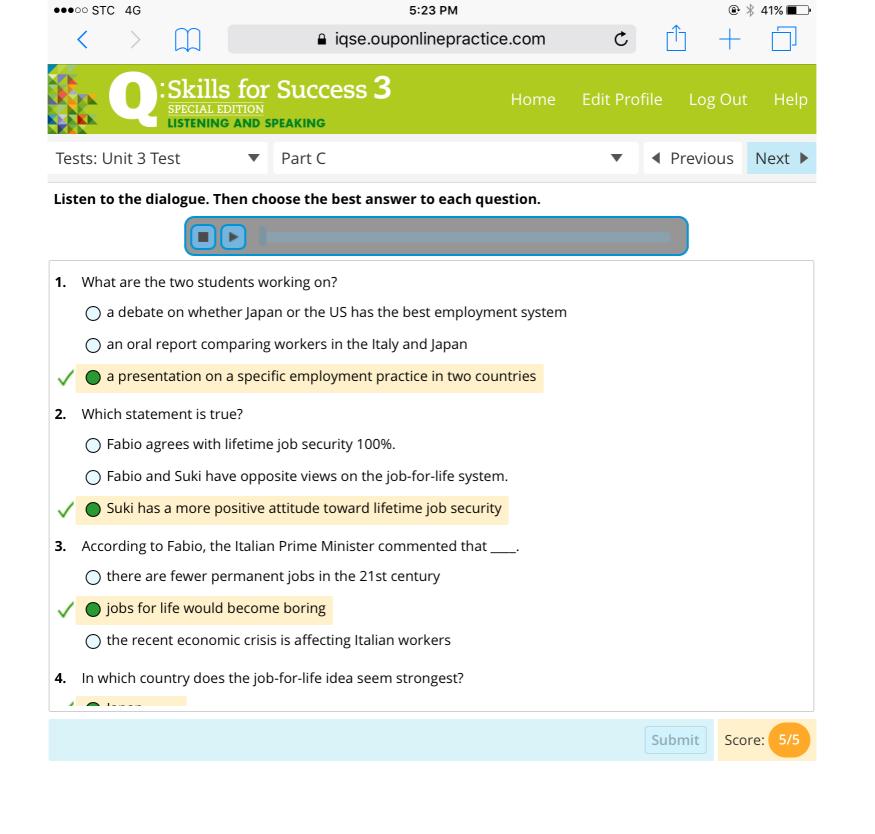


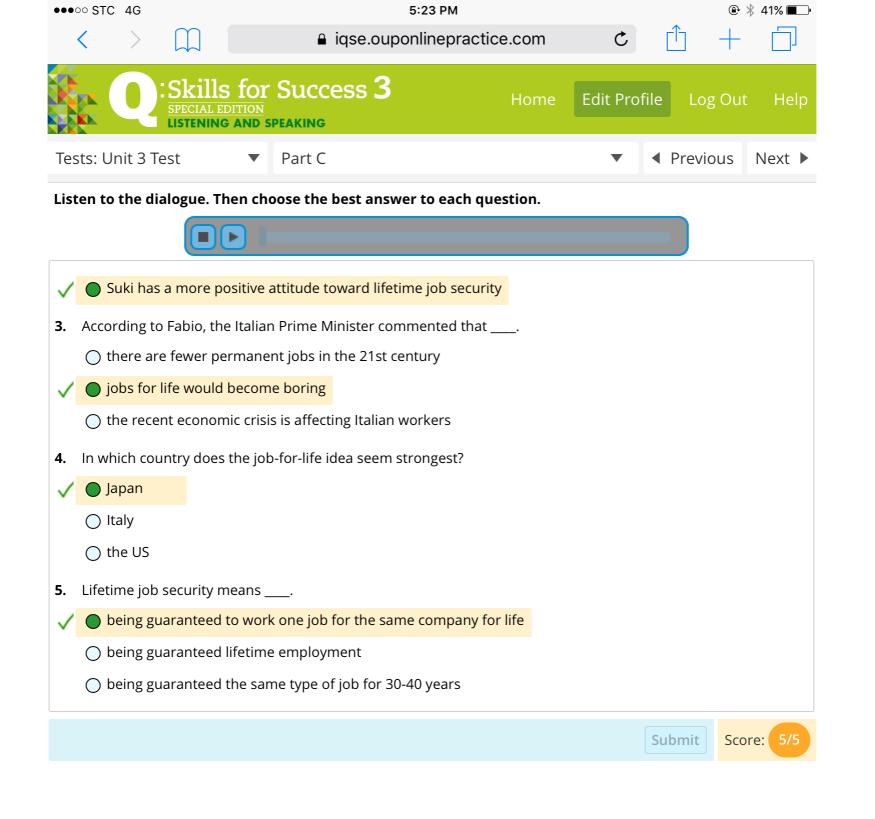


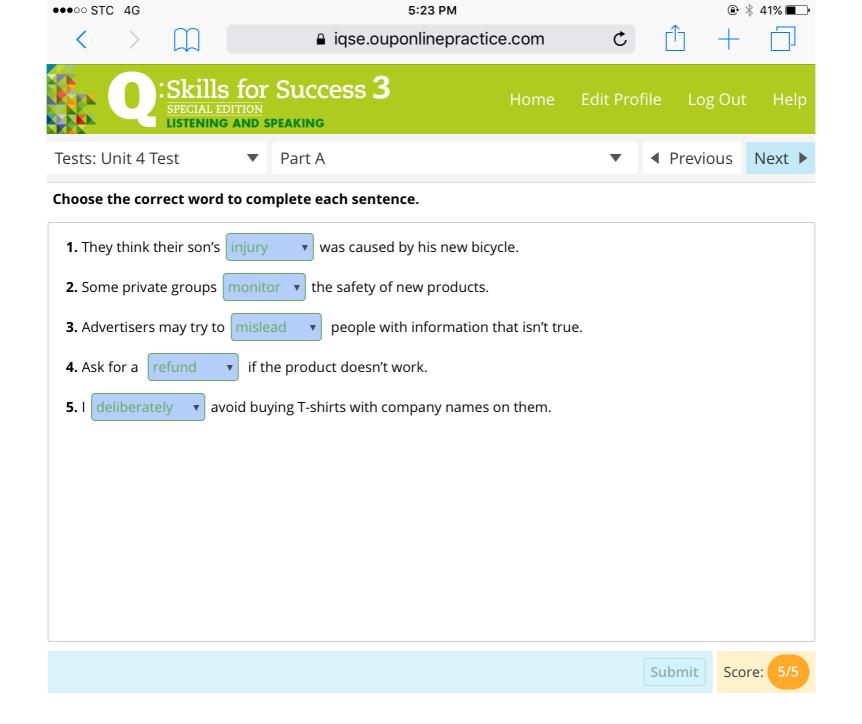


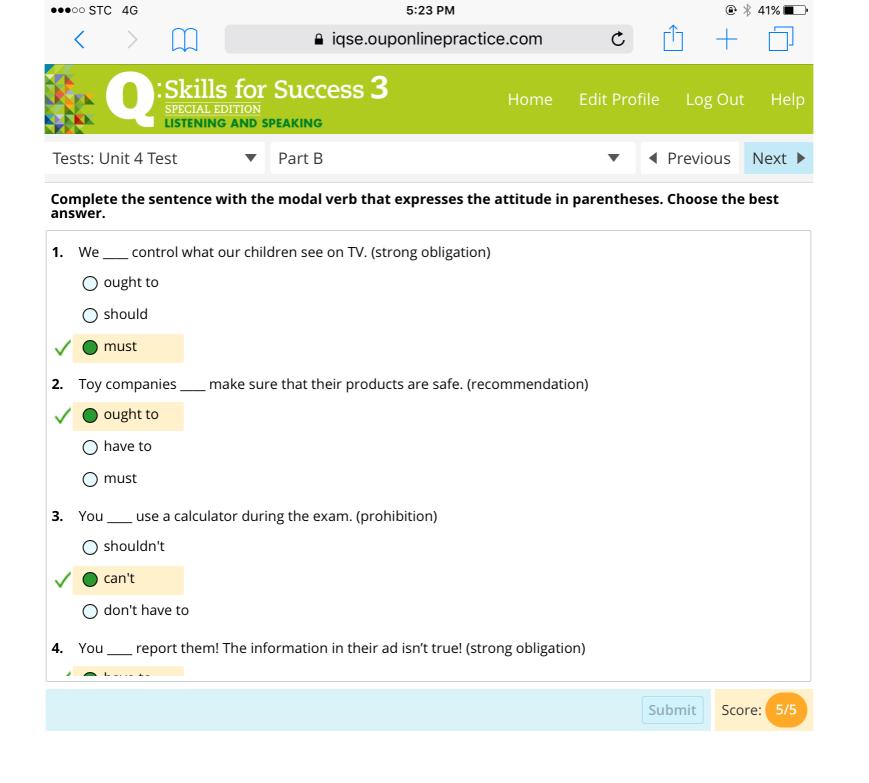


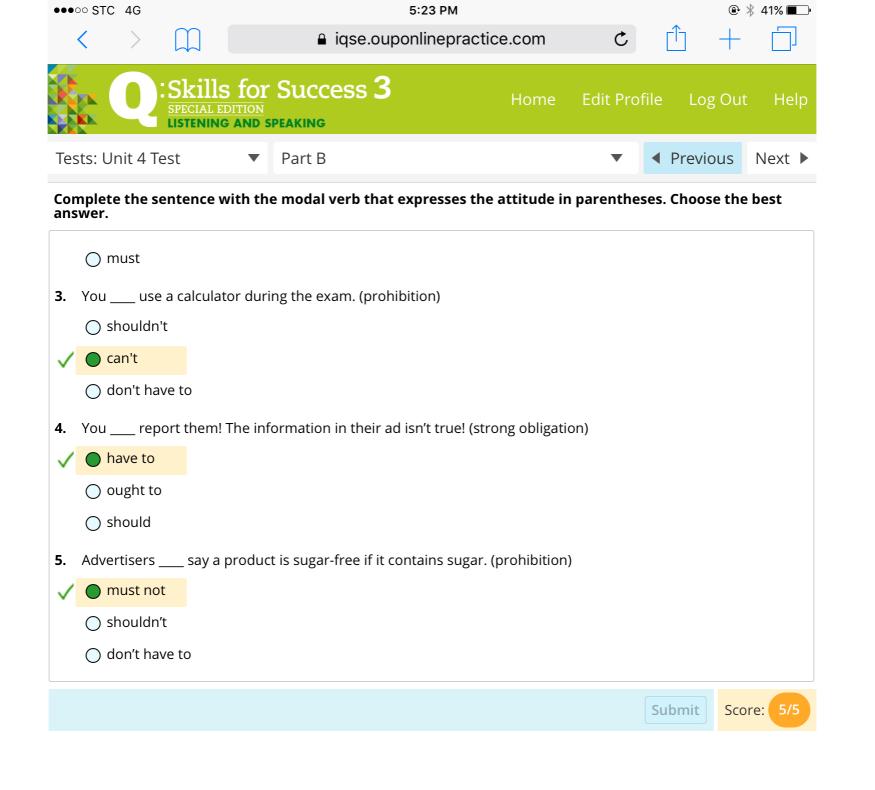


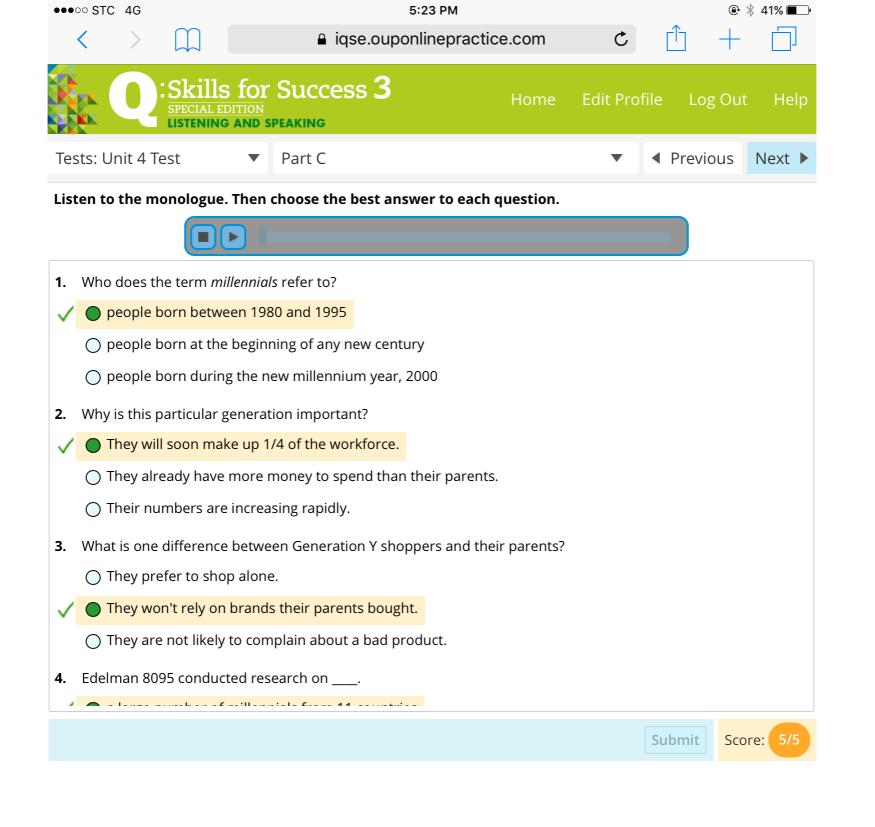


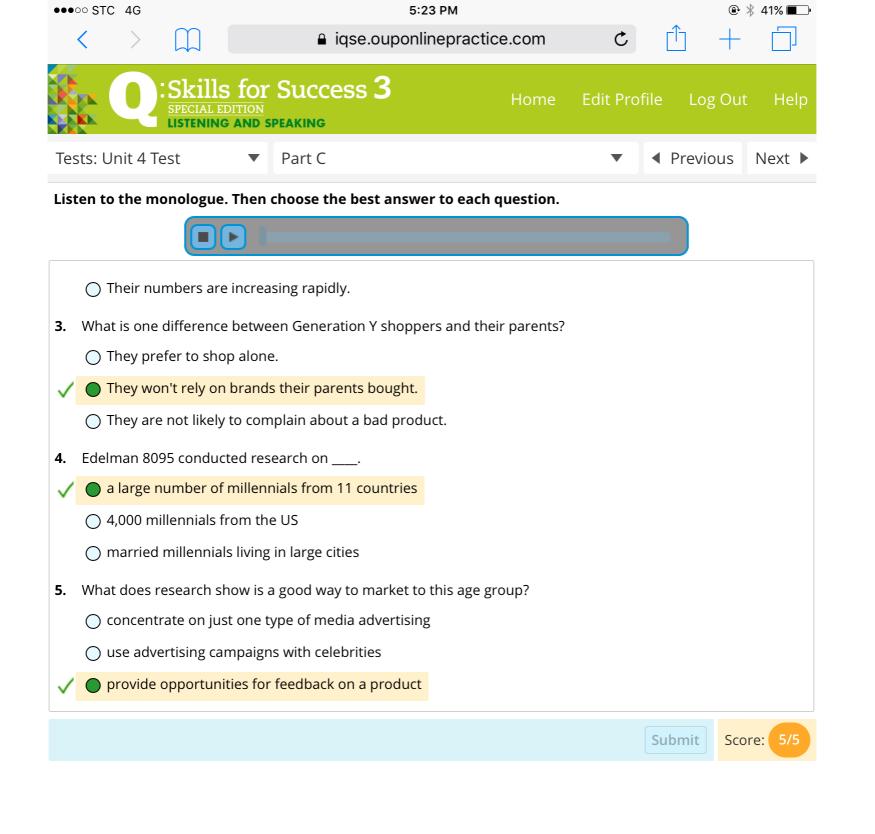


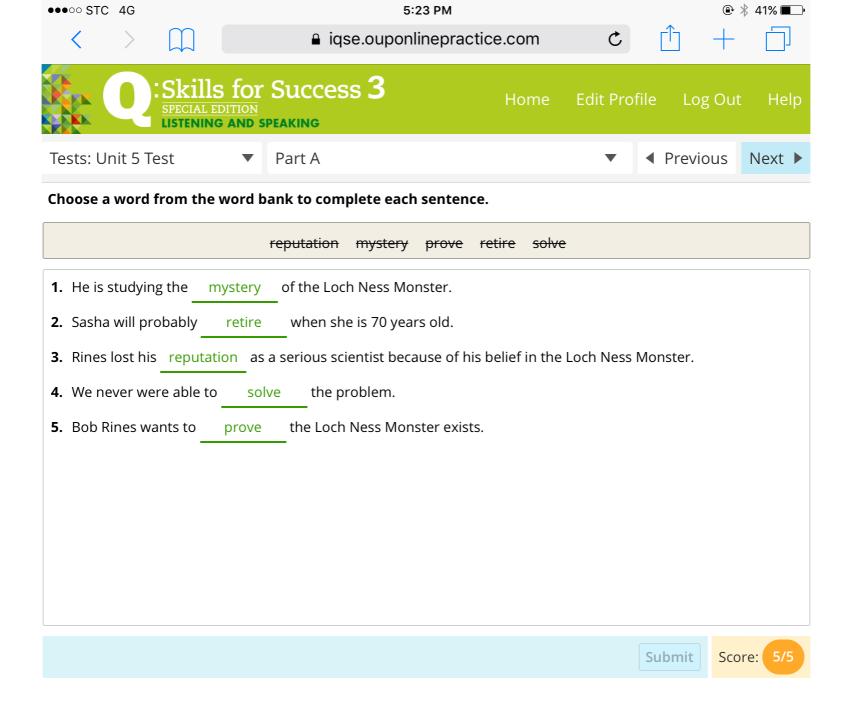


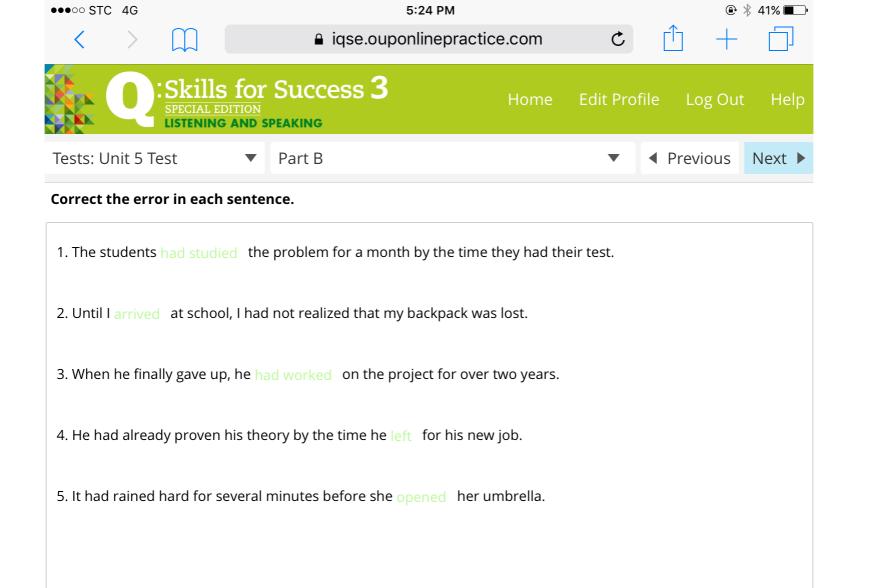




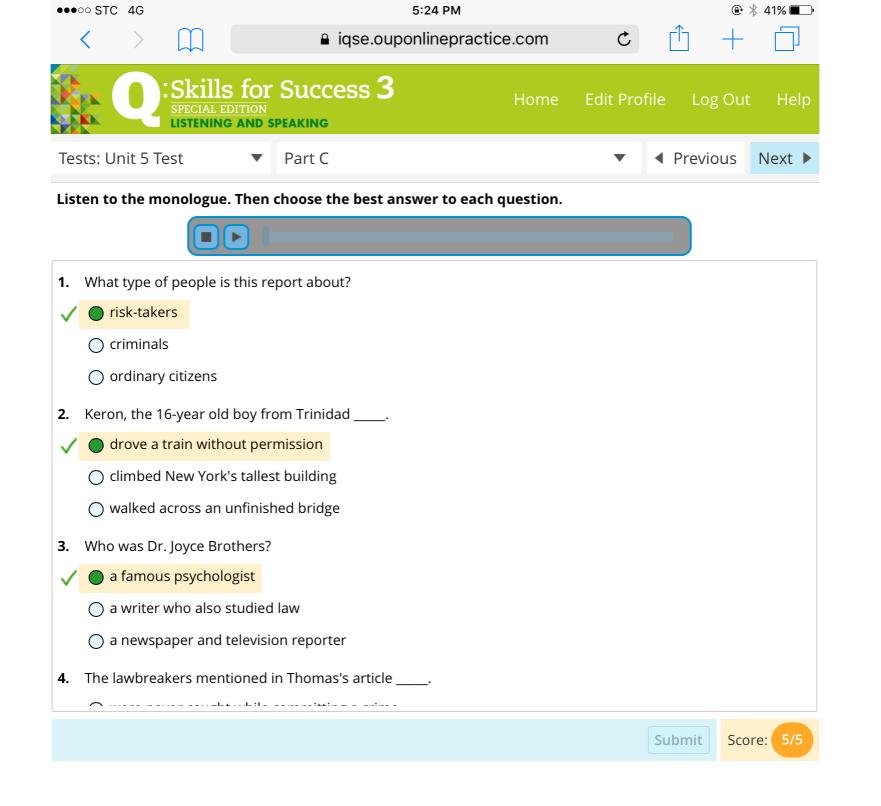


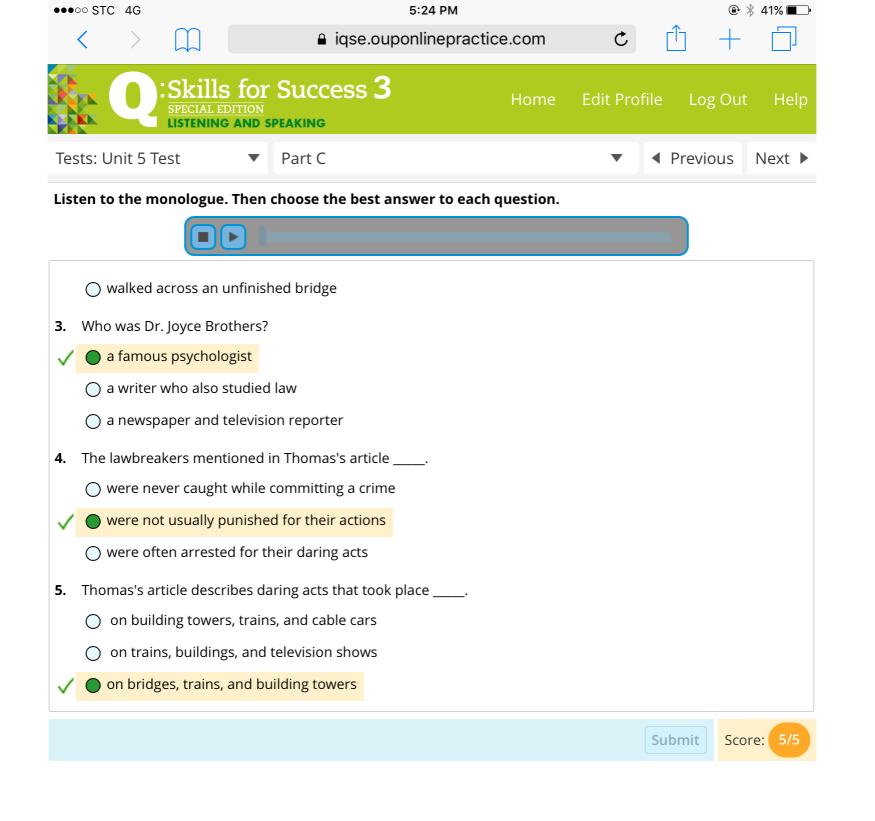






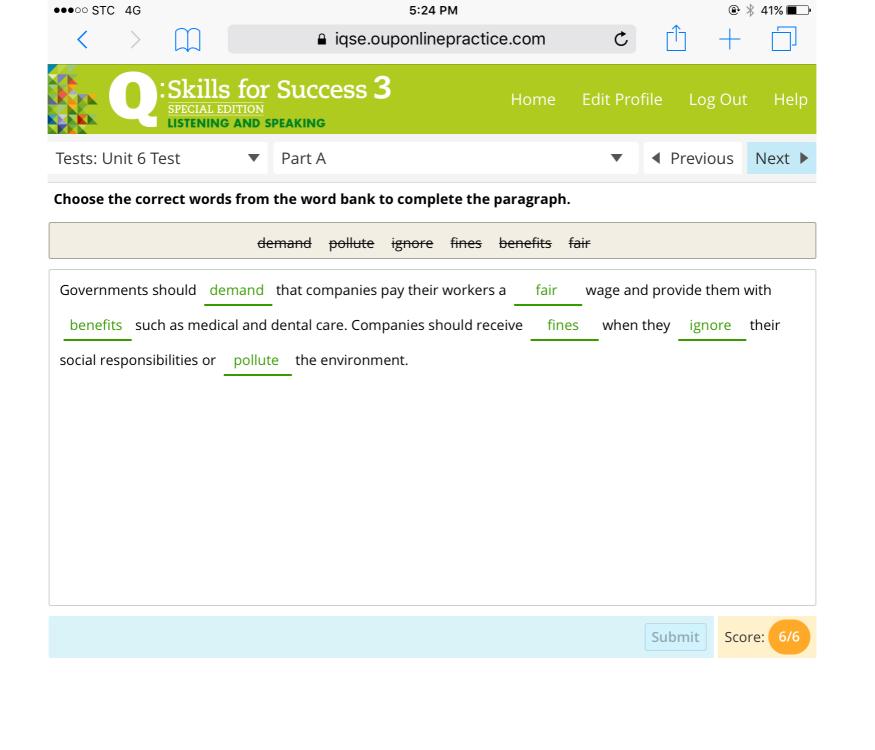
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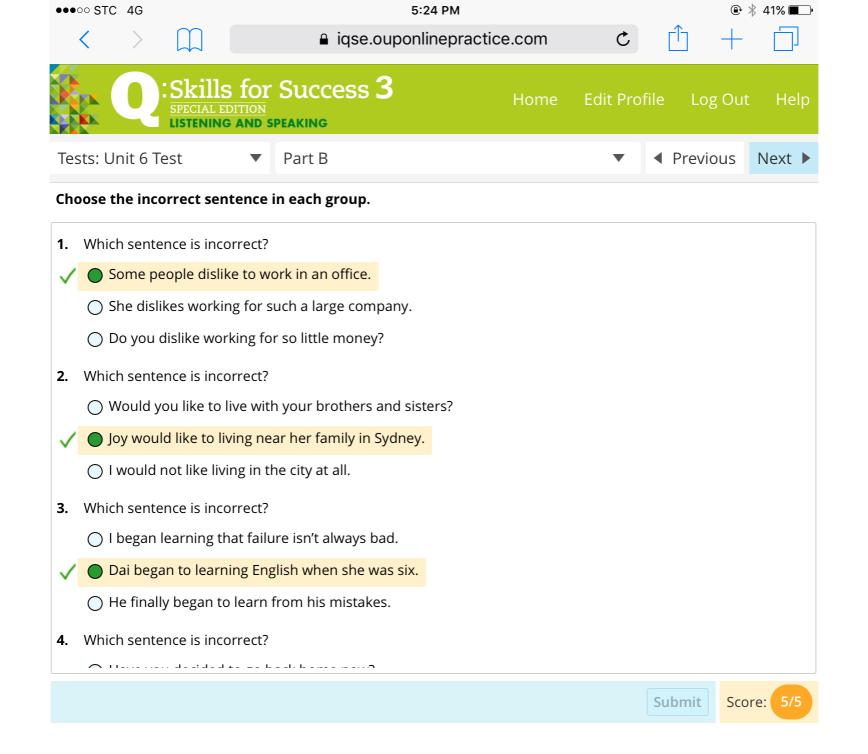




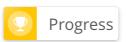
Listening and Speaking

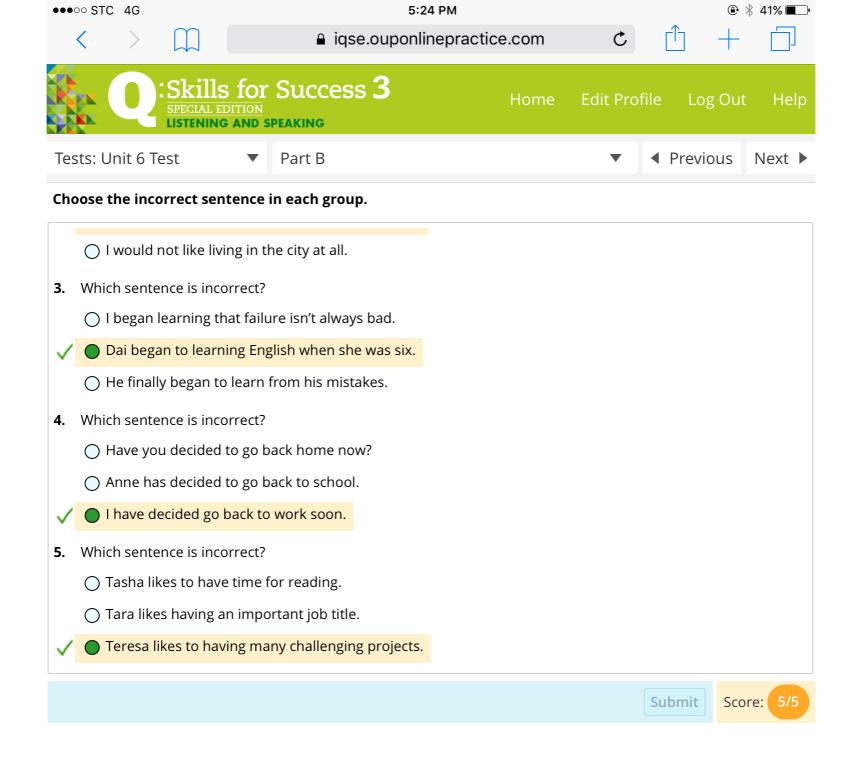
unit 6

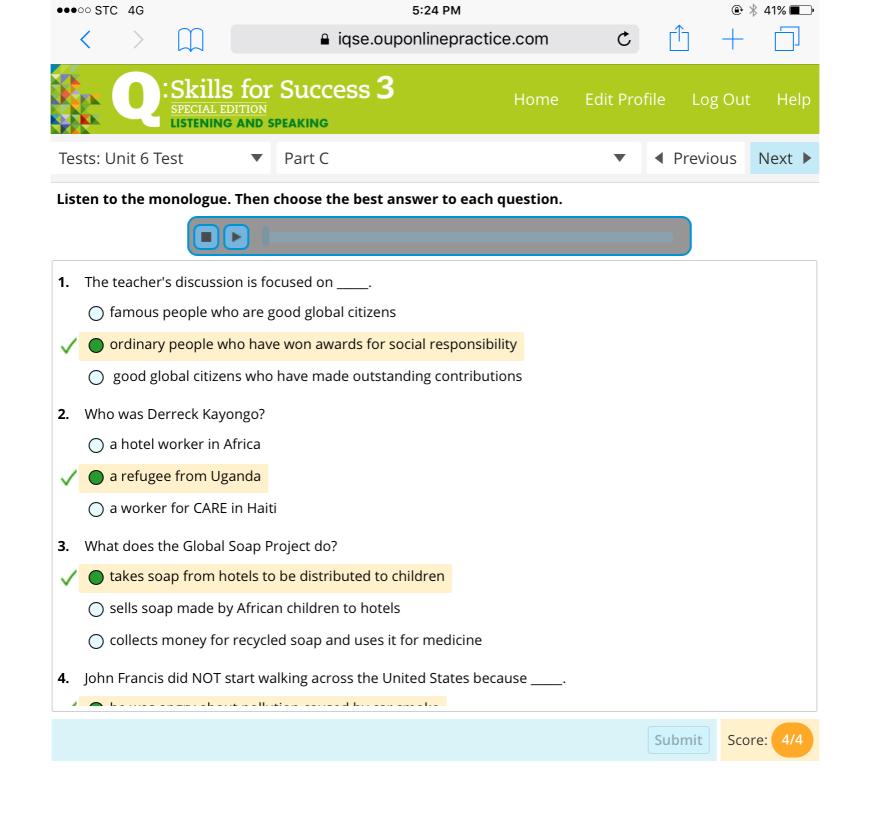


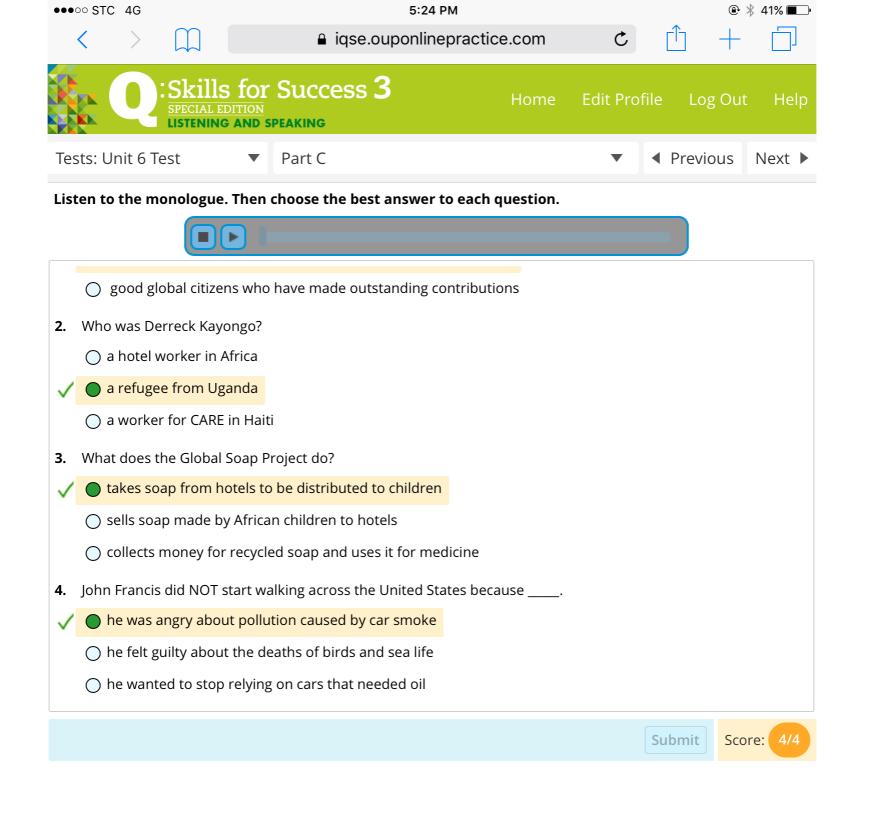






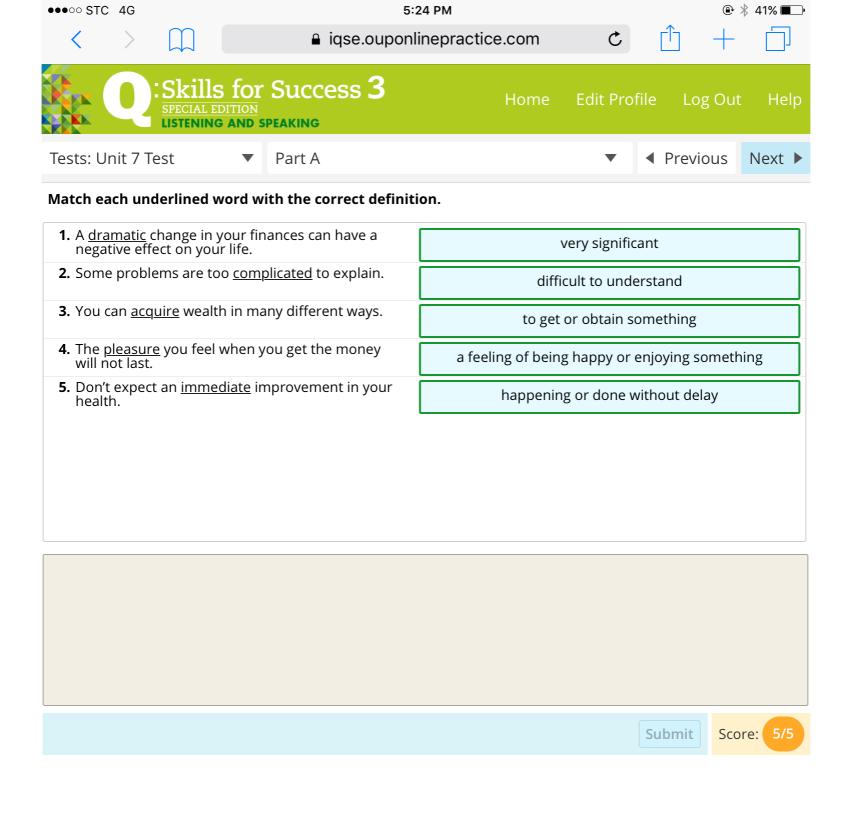


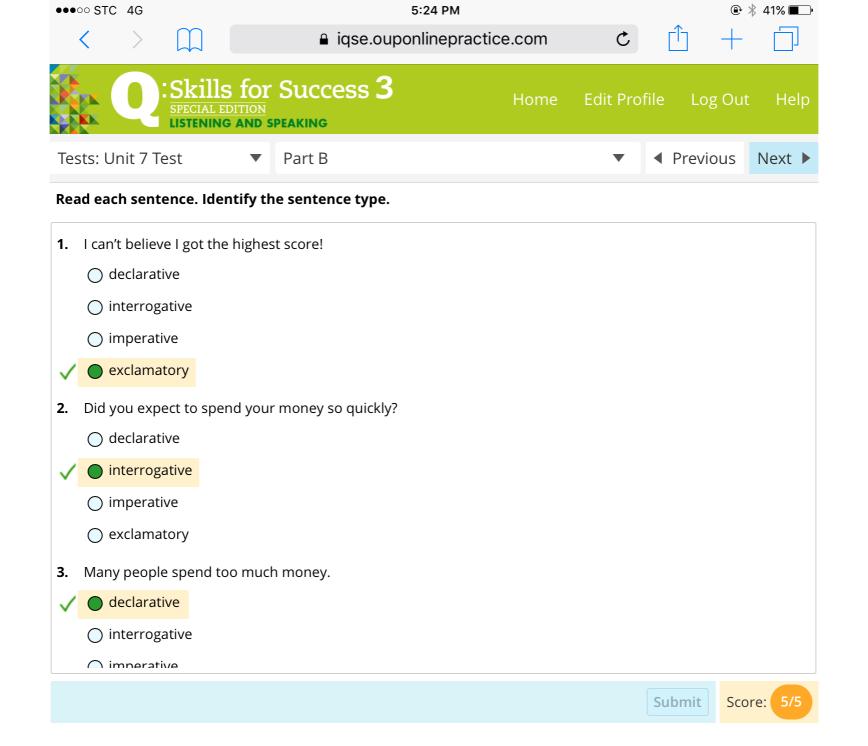




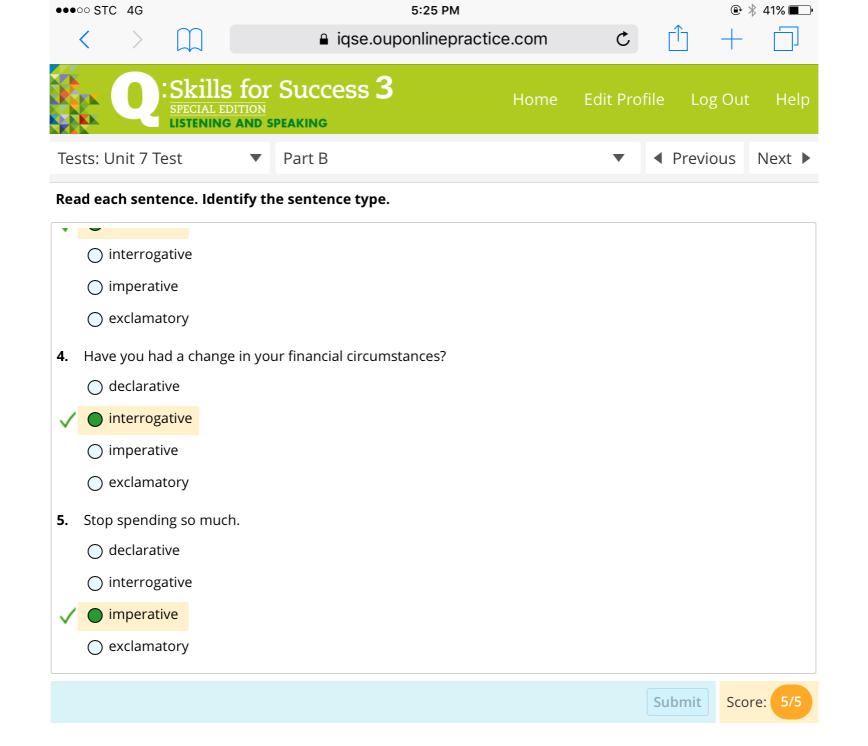
Listening and Speaking

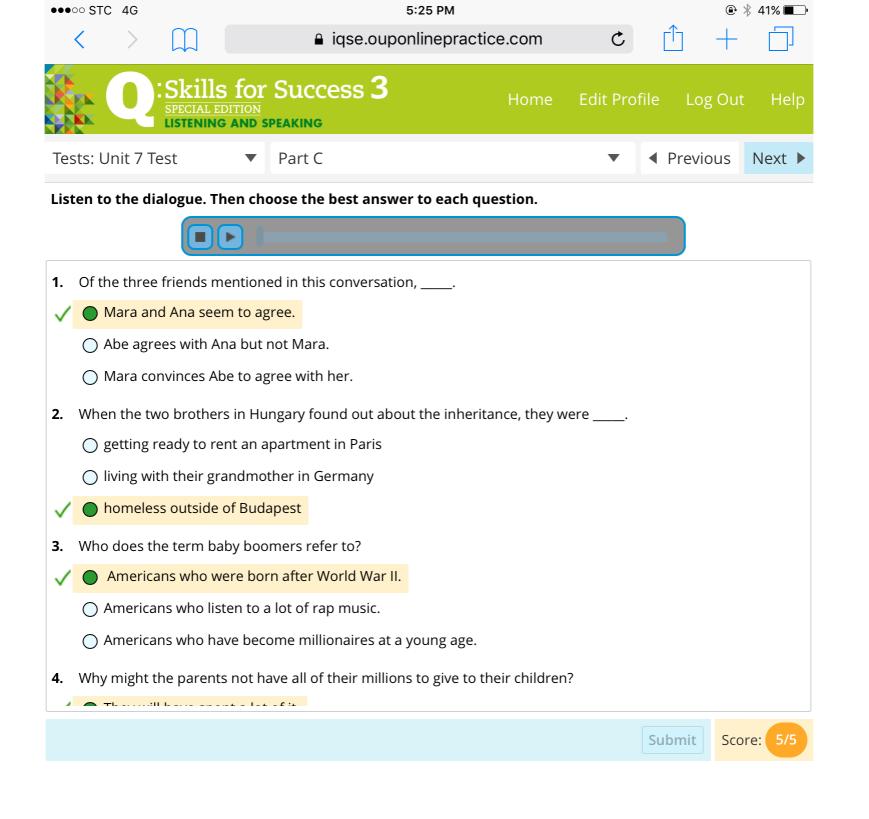
unit 7

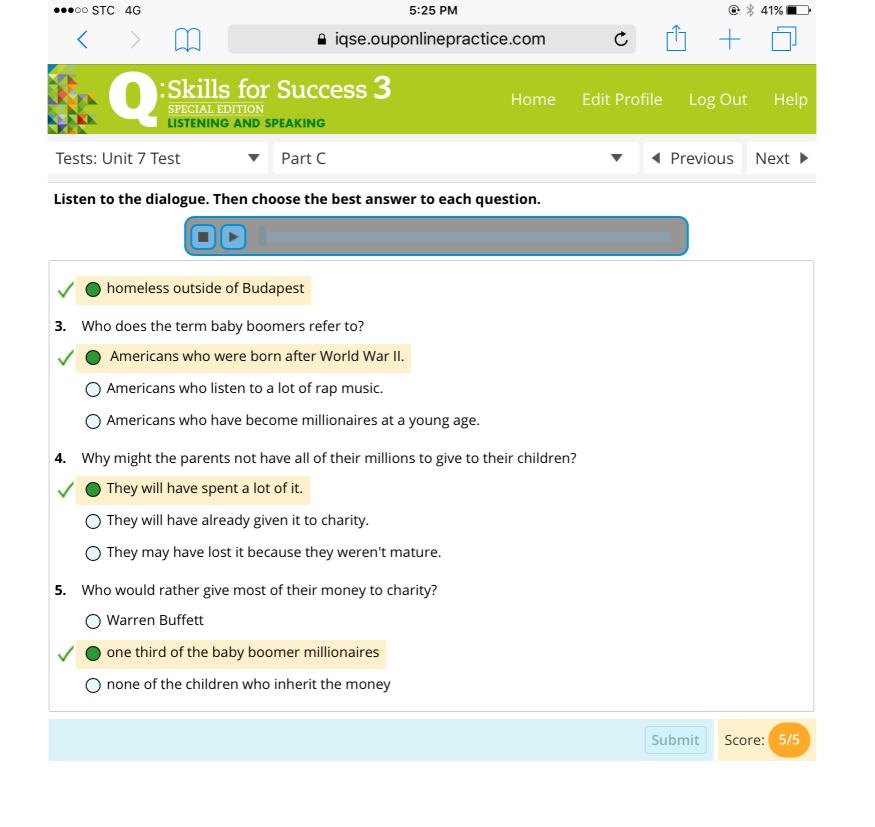












Listening and Speaking

unit 8

