

Read the text and answer the questions that follow. *Let's Get Back to Nature*

When was the last time you went out into nature? Can you remember searching for butterflies or picking flowers? It seems that childhood experiences like these can generate a lifelong love of nature. According to statistics, many teenagers and young children nowadays are missing out on these positive encounters with Mother Nature. Researchers into mental health are claiming that not experiencing the outdoors has negative consequences for young people's well-being.

This connection between well-being and a love of nature is not obvious to everyone. Well-being is defined as good physical, mental and emotional health. According to reports, getting in touch with nature not only has physical benefits, but mental and emotional ones as well. Recent research in the Netherlands found that those living near to green spaces rated their well-being as higher than those who did not (1)

These findings are especially important at a time when there is concern about young people's mental health. One in eight boys and one in 10 girls aged between 11 and 17 have a diagnosed mental health problem. (2.....) One such programme is "EcoMinds" in England, which uses gardening projects to help increase teenagers' self-esteem.

(3.....) The reasons are far more complex than just an addiction to new technology. Nowadays, everything in a young person's life is organised and based on indoor experiences. This leaves little room for spontaneous outdoor activities such as fishing, exploring a forest or climbing the nearest hill.

However, all is not lost! There are many ways of bringing back nature into our lives. One of them is just outside your back door: an urban garden. (4.....) Another idea is to "donate" an hour of screen time for an hour outside. An additional possibility could be participating in "boot-camp" outdoor challenges, which teach teenagers how to survive and be grateful for the natural environment.

Whatever way you choose, let's imagine a world where going out into nature is an ordinary everyday activity and not one requiring special planning. (5.....) After all, it's a wonderful world!

1 Five sentences have been removed from the text. From sentences A-F, choose the one that fits each gap. There is one extra sentence. (5 x 2 = 10 points)

- A Why has this disconnection with the world of nature happened?
- B In order to overcome this problem, there are programmes which aim to help young people get back to nature and improve their well-being.
- C Just a few plants – or even weeds – can provide a positive green space.
- D Green spaces help give oxygen to the environment.
- E Other studies also show that children suffering from stressful situations recover more quickly when they are in areas with access to nature.
- F You don't have to go to the Rocky Mountains or on safari but rather look for the nature that already exists in your own neighbourhood.

2 Decide if the following sentences are true (T) or false (F). Find evidence in the text to support your answers. (5 x 2 = 10 points)

- 1 Young people who visit nature will enjoy nature as adults.
- 2 Everyone knows that your well-being will improve if you spend time in nature.
- 3 People throughout the Netherlands rate the level of well-being as high.
- 4 Young people aren't spontaneous enough.
- 5 The writer doesn't have an optimistic view.

3 Find words or expressions in the text that mean: (5 x 2 = 10 points)

- 1 not experiencing (paragraph I)
- 2 connecting (paragraph II)
- 3 worry (paragraph III)
- 4 confidence (paragraph III)
- 5 appreciate (paragraph V)

1 The following sentences do not make sense. Correct them by replacing the words in bold with words in bold from another sentence. (10 x 1 = 10 points)

- 1 He was **fined** a serious crime.
- 2 She was caught **robbery** cosmetics.
- 3 He lost all his money because of **shoplifting**.
- 4 No phones here – it's **go straight** to take pictures.
- 5 The thief tried to **forbidden** my bag.
- 6 He isn't **charged with** but no one believes him.
- 7 Nobody was hurt during the **gambling**.
- 8 I was **concerned** for returning the library book late.
- 9 Don't worry. There's no reason to be **guilty**.
- 10 They are trying to **grab** and stay away from crime.

2 Complete the sentences with a modal or modal perfect below. (5 x 2 =10 points)

must have | must | might | would have | could have

- 1 He gone home. His car isn't here.
- 2 I driven, but I walked instead.
- 3 It's too bad you didn't come with us. You enjoyed the film.
- 4 That be the reason. It explains everything.
- 5 I'm not sure what is happening. They come for dinner tonight.

3 Complete the sentences using the words in brackets. Use affirmative or negative modals, modal perfects or *had better*. (5 x 15 = 15 points)

- 1 He's injured. He (should / wear) a helmet.
- 2 They weren't there, so they (could / know) what happened.
- 3 The roads are very icy. You (better / drive) tonight.
- 4 The suspect was released, so the lawyer (have to / defend) him.
- 5 The driver (able to / pay) the fine, so he wasn't arrested.

4 Rewrite the sentences using the words in brackets. Do not change the meaning of the original sentence. (5 x 3 = 15 points)

- 1 Don't drink from this cup. (better)
- 2 There's no doubt that he's guilty. (must)
- 3 It's impossible that this story is true. (can't)
- 4 She's angry that you didn't invite her. (should)
- 5 Perhaps she didn't receive your e-mail. (might)

Composition: (100-140 words) (20 points)

.- Should our government ban smoking in our beaches.