Listening Comprehension Text for 11th form

Good afternoon and welcome to another edition of "You and Your Body." The topic of today's program is vitamins, one of the basic components of the human body, and one that still mystifies many people…at least that's what the letters from listeners show. Today we will try to answer as many of your questions as possible.

So, what are vitamins? Well, vitamins are one of the five elements essential for a healthy body. The others are proteins, which we get from meat; carbohydrates, which we get from pasta and bread; fats and minerals. Actually, the name vitamin comes from Latin "vita" which means "life."

Now, before we go on, let me clarify something. Some people may believe that vitamins and minerals are similar because they're combined in the various food supplements on the market. But they're not. Vitamins are organic compounds, whereas minerals are inorganic substances. For example, calcium is a mineral, not a vitamin.

Actually, even vitamins differ from one another in their chemical composition and the way they act. Nevertheless, we can see two main vitamin groups: fat-soluble and water-soluble, that is, vitamins that can dissolve either into fat or into water. Let's have a closer look at those two groups.

Fat-soluble are vitamins A, D, E and K. Their common characteristic is that the body can store them in fat, in the liver and in the kidneys. So we don't need to take them on a daily basis. Water-soluble are vitamin C and the vitamin B complex. The body cannot store them, so we must make sure that they are contained in our daily diet.

Why are vitamins so important? The main reason is that vitamins help the metabolism of three of the important elements we mentioned before: proteins, carbohydrates, and fats. In other words, without vitamins the body cannot process these essential substances. Vitamins also help the body create blood cells, hormones, chemicals in the nervous system and genetic material. Unfortunately, we still don't know much about the complex ways in which vitamins operate in the body. Actually, we are not even sure about the precise effect of certain vitamins, for example, vitamin E.

You may be asking, "How do we get these vital elements?" Well, the main sources of vitamins are just around the corner at your local supermarket. We can see two categories: plant products such as fresh fruit and vegetables; vegetable oil and margarine; bread, pasta and cereals; and animal products; meat, poultry and fish; liver, heart and kidneys; and dairy products, that is fresh milk, butter and cheese. Now, there is one vitamin which you get for free, so to speak. Most of vitamin D is produced in the body when the skin is exposed to sunlight. And here is an important piece of information for vegetarians who don't eat any animal products. Because vitamin B12 is found only in animal products, vegans should take vitamin B12 supplements. Vitamin supplements may also be needed by pregnant women and people on special diets.

I would like to end this program with a word of caution. Vitamins are essential for our health and we do need to ensure that we take the necessary amounts, but we can have too much of a good thing. Yes, it may sound strange to some of you, but taking more than the amount we need will result in a number of health problems. This happens particularly with fat-soluble vitamins. For example, large amounts of vitamin A can cause anything from headaches and skin rashes to growth problems in children. Even

large doses of vitamin C, which is not stored in the body, can destroy vitamin B12 and reduce calcium in bones. So be careful when taking food supplements. Good day and good health.

Listening Comprehension Test For 11th form Students

Directions:

In this Test you will carefully listen to a text read aloud twice. The text is followed by 20 tasks. You should do tasks 1 through 10 following the first reading of the text on the basis of what is stated or implied in the text. The text will be read a second time and you should do tasks 11 through 20 following the second reading of the text on the basis of what is stated or implied in the text. For each task you will choose from four possible answers (A, B, C, or D), or two symbols (+ or -) as specified prior to each task. Choose the best answer and mark the letter or symbol of your choice on the Answer Sheet.

Questions 1 through 10 (on your answer sheet circle + if the statement is true, - if it is false).

1	The name of the program is "You and Your Vitamins."	+	-
2	The word "vitamin" is derived from Latin.	+	-
3	Vitamins and minerals are similar.	+	-
4	Vitamins are divided into two categories.	+	-
5	Fat-soluble vitamins are stored in the liver and kidney.	+	-
6	Two water-soluble vitamins are A and C.	+	-
7	The primary function of vitamins is to metabolize proteins, carbohydrates and fats.	+	-
8	The effects of some vitamins are not known.	+	-
9	Vitamin B12 is found only in plant products such as vegetables.	+	-
10	It is detrimental to one's health to take too much of some vitamins.	+	-

STOP. WAIT FOR THE SECOND READING OF THE TEXT

Questions 11 through 20 (on your answer sheet choose the correct letter A, B, C, or D)

1. **Information about vitamins:**
    a. is entirely clear
    b. brings up a lot of questions
    c. is of little interest to the listeners of the program
    d. is very mystical to some people
2. **In addition to vitamins, good health depends on:**
    a. five other elements
    b. three other elements
    c. a sufficient supply of minerals
    d. four other elements
3. **The word "vitamin" comes from a word for:**
    a. food
    b. life
    c. health
    d. energy
4. **Vitamins are:**
    a. organic compounds
    b. the same as carbohydrates
    c. the same as proteins
    d. inorganic compounds
5. **Vitamins are different from one another:**
    a. in their chemical composition
    b. in the way they dissolve
    c. in the way they act
    d. all of the above
6. **Fat-soluble vitamins:**
    a. need to be taken every day
    b. do not need to be taken every day
    c. add significantly to body weight
    d. give the body extra energy
7. **Most vitamins can be gotten from:**
    a. minerals
    b. rain water
    c. chemicals
    d. food
8. **Vitamin D is produced:**
    a. while you sleep
    b. when the body is exposed to sunlight
    c. by vitamins A and E
    d. in a laboratory
9. **Vitamin B12 is found:**
    a. only in plant products
    b. only in pregnant women
    c. only in animal products

d. only in carbohydrates

10. **One of the dangers in taking fat-soluble vitamins is that:**
    a. they can add to body weight
    b. they can cause an upset stomach
    c. they can cause health problems if taken in excess
    d. none of the above

Reading Comprehension Test for 11th form Students

Directions:

In this Test you will read four texts. Each text is followed by 5-10 tasks. You should do the tasks following the text on the basis of what is stated or implied in that text. For each task you will choose the best possible answer from four possible answers (A, B, C, or D) or two symbols (+ or -) as specified prior to each task. Choose the best answer and write down the letter or symbol of your choice on the answer sheet.

Questions 1 through 5 refer to Text 1.

Text 1

Nkosi Johnson was an AIDS victim activist, who became a martyr and iconic figure in South Africa's battle against the epidemic. When he was refused admission to school because he had HIV, Nkosi hit the headlines. His foster mother, Gail Johnson, gave him her name and in return took his, opening up Nkosi's Haven, a Johnannesburg refuge for those facing death from AIDS. Despite his dwindling health, Nkosi remained a vocal activist in the war on AIDS, even publicly rebuking President Thado Mbeki in July 2000 for his controversial stance on the causes of the disease. "Babies are dying very quickly", said Nkosi on that occasion. Nkosi had to be one of them.

Questions (on your answer sheet choose the correct letter A, B, C or D)

1. Nkosi became an activist:

a) because he had AIDS;
b) because his mother had AIDS;
c) because he was not allowed to go to school;
d) because he did not agree with the president.

2. When Nkosi was refused admission to school he:

a) stayed at home and did nothing; b) studied with a private tutor;
c) publicly rebuked the president; d) told his story to the local media.

3. What is Nkosi's Haven?

a) an animal shelter; b) a home for AIDS victims;
c) a school; d) a community center.

4. Nkosi rebuked President Mbeki because:

a) he disagreed with him;
b) the president had helped him;
c) he liked the president's stance on the disease;
d) the president said that people with AIDS are bad.

5. Where is Nkosi now?

a) in Johannesburg;
b) at Nkosi's Haven;
c) in school;
d) dead.

Questions 6 through 15 refer to Text 2.

Text 2

Ask anyone where they plan to celebrate at least part of the annual Kyiv Days Festival on the last weekend of May, and their answer will be — Andriyivsky Uzviz (Andrew's Descent) of course! Over the centuries, this twisting 850-meter street has wound its way up between the lush hills of the capital into the cultural and spiritual heart of Kyiv. Its collection of several dozen picturesque buildings is soaked in history that stretches back a thousand years. Intellectuals, craftsmen and artists have gravitated towards Andrew's Descent for generations.

Like many historic places, the origin of Andrew's Descent is part myth and legend. Today's Descent was first mentioned in the 11th century. Then it was the main road between several towns. However, Saint Andrew blessed the surrounding hills and foretold the future glory of Kyiv while visiting during the first half of the 1st century. The place where Saint Andrew put a cross in memory of his vision is now the location of the magnificent Baroque style Saint Andrew's Church.

Questions (on your answer sheet circle + if the statement is true, - if it is false)

6	Andrew's Descent is a flat 850-meter long street.	+	-
7	Many people come to Andrew's Descent to celebrate May 1.	+	-
8	Andrew's Descent has many beautiful historical buildings.	+	-
9	Intellectuals, craftsmen and artists have lived on Andrew's Descent for many generations.	+	-
10	The history of Andrew's Descent is known exactly.	+	-
11	Andrew's Descent used to connect several towns.	+	-
12	Saint Andrew blessed the church and told of the glory of Kiev.	+	-
13	Andrew's Descent was first written about in the 11th century.	+	-
14	Saint Andrew's Church was built in a classical style.	+	-
15	The Kyiv Days Festival happens every year.	+	-

Questions 16 through 20 refer to Text 3.

Text 3

On a giant stage in London, England, three young actors take their places on a chessboard. Smoke is pumped onto the set, creating an eerie mist. Giant chess pieces tower over Daniel Radcliff Rupert Grint and Emma Watson. They are playing three of the best-loved characters in children's literature today; the brave young wizard Harry Potter, his best friend, Ron Weasley, and their brainy friend Hermione Granger. All of them are actors in the new film "Harry Potter and the Sorcerer's Stone". The richly decorated set has cast a spell on the actors. "I really did believe I was playing with giant chess pieces", Daniel later said. "The sets are truly amazing", he adds. In the fall of 2001, the world had a chance to see Daniel as Harry. That's when the film based on J. K. Rowling's best-selling book finally came to theatres.

Questions (on your answer sheet circle + if the statement is true, - if it is false)

16	Many parts of the film are being made outdoors in London.	+	-
17	Harry Potter is not very popular among children.	+	-
18	The scene discussed in this text takes place on a chessboard.	+	-
19	Daniel Radcliff is being played by Harry Potter.	+	-
20	The film is based on the book "Harry Potter and the Sourcerer's Stone".	+	-

Questions 21 through 30 refer to Text 4.

Text 4

A Latvian judge declined to punish a teenage girl who slapped Prince Charles with a flower in November, ordering her instead to go home with her parents and stay out of trouble. Alina Lebedeva, 16, struck the heir to the British throne in the face with a red carnation as he toured Riga, the capital of the former Soviet Baltic republic. She said she was protesting the war in Afghanistan. Police at first charged Lebedeva with "threatening the life of a foreign dignitary", which carries a maximum 15-year prison term. Those charges were later dropped, but Lebedeva had to appear in court and could have been sent to a correctional facility for minors. Judge Andris Celms released Lebedeva under her mother's supervision late January 21, warning her mother could face charges if she commits any crime in the next year. Prince Charles' office earlier had expressed surprise at the serious charges filed against Lebedeva and appealed for leniency.

Questions (on your answer sheet circle + if the statement is true, - if it is false)

21	Alina Lebedeva is a teenager who caused a disturbance.	+	-
22	Prince Charles is heir to the Swedish throne.	+	-
23	Because of her daughter’s actions, Lebedeva’s mother will be imprisoned.	+	-
24	Alina Lebedeva lives in Latvia, where she is a citizen.	+	-
25	The girl was unhappy with the war in Afghanistan.	+	-
26	Prince Charles was presented with a bouquet of red carnations by Lebedeva.	+	-
27	Lebedeva was sentenced to a 15-year prison term.	+	-
28	The judge showed compassion towards the girl’s inappropriate actions.	+	-
29	Prince Charles’ office states that he will never again visit Latvia.	+	-
30	The girl faced two possible punishments.	+	-

Writing Comprehension Test For 11th form Students

Directions:

In this Test you will select from the three tasks written on the board one which you feel you are most capable to write about. You will then begin writing your essay on the pages provided. When you are finished close your papers, lay down your pen and wait for us to collect your test materials.

1. Write a formal letter of complaint about the poor condition of the roads in your area.

2. Computers are becoming more and more important in today's world. How do you feel people are using computers? Do you feel that they use them enough, or too much? Are there any negative effects to becoming more and more dependent on computers?

3. Someone from another culture has come to live with you and your family for one year.

   a) What is the best way to help your visitor adapt to your family and your culture?

   b) Would you teach this person about your family and your culture, or would you let the visitor find out for himself or herself?

   c) If the visitor behaves inappropriately in your home or in public, what would you say or do?

Speaking Comprehension Test for 11th Form Students

Directions:

In this Test you will choose from 20 topics to speak about. Each number corresponds to one topic. The number of your choice is the theme of your oral presentation. Take about a minute to collect your thoughts before you begin to speak on the topic.

1. You will soon be finishing your studies at school and will either continue your education at a higher institution or you will begin working towards a career. What's your dream profession? What qualifications must you have to get this job? What would you do? Describe your average day.

2. With all the poverty and illiteracy in the world, many organizations that want to help are faced with a very important question: is it more important to educate people or feed them? What is easier to give: food or education? How long can food without education help a person? Or vice versa? What can one do with only food or with only education?

3. Comment on the quote of a philosopher, 'He who knows does not talk. He who talks does not know'. What does this mean to you?

4. An old proverb says that you are often your own best friend and your own worst enemy. What do you think about this statement? Is this egoism, self-hatred or neither? Give some examples of when you might be your own best friend or worst enemy?

5. You are a travel agent and you are recommending trips to foreign destinations to two friends going on vacation for two weeks. Give them three possibilities to choose from. Explain the highlights of each destination. Where will they be living in these countries? How will they get there?

6. It is much-debated topic whether or not it is morally acceptable for scientists to do genetic experiments on animals. What do you think? What about other types of medical research? Can you think of any alternatives to doing experiments on animals?

7. Many people say money is the most important thing in life. Do you agree? Are there things money can not buy? Does having a lot of money necessarily make a person happy?

8. How do you feel people from other countries view Ukrainians when they visit? Do you think it is similar or different from how you view visitors? Why do you think so?

9. What do you believe to be the greatest problem in today's society? Describe where you see it. Explain why you consider it to be so bad. How does it affect society as a whole and the individuals making up that society? How would you propose to do away with this problem?

10. What social issue do you think is most important for young people to learn about today? Where should young people learn about this issue – at school, home or someplace else? How should young people use this information?

11. Everyone has his or her own set of priorities or a list of things that he or she considers more important than other things. What is most important to you in your life? What made you decide upon your list of priorities? Do you think priorities change over time? Why?

12. Say what you think are the three most important qualities of an ideal parent. Why? Do you think the way you are being raised will affect the way you raise your children in the future?

13. How would you rate the way your parents brought you up? When you are a parent, do you think you will do anything differently? What and why?

14. What exams do you have to take in school? Do you feel that these exams are helpful or harmful? Why? Are there other forms of testing that you think are helpful? List them and explain why.

15. There is a saying in English: “You learn something new every day”. What did you learn yesterday? What were you doing yesterday? Will you remember what you learned? Why?

16. Sports are played and televised all over the world. People pay huge sums of money to attend events or see their favourite teams or games. Sports obviously have a universal appeal. Talk about one sport describing: how it is played, what are its most important rules, and what equipment is necessary for playing it.

17. A teenager’s life can often be more difficult than their parents suspect. What real problems do teenagers face today? What can you say about generation gaps between you and your parents? Do you feel that teenagers need to show more respect to older generations?

18. How fashion conscious are you? Do you give time and thought to what you wear each day? How much does this affect your daily routine? How would it be different if you didn't care about fashion? Why?

19. Technological inventions don’t make our lives better. They simply create more products we are expected to buy. Do you agree or disagree with the statement. Give arguments to support your view.

20. What kind of pictures do you have decorating your house or room? What do you think they say about you when others see them? Why?