

ENGLISH B2

READING COMPREHENSION

Duration: 60 minutes



READING COMPREHENSION

PART ONE (6 X 0,8 mark = 4,8 marks)

Read the following newspaper article and for questions 1 to 6 choose the option (a, b or c) that best completes the statement, as in the example (0 – c).

For Cosmetics, Let the Buyer Beware

By JANE E. BRODY AUG. 7, 2017



When you wash your hair, clean or moisturize your skin, polish your nails, or put on makeup, deodorant or sunscreen, do you ever think about whether the products you're using may do more harm than good? Maybe you should. [...]

To be sure, these products are not nearly as worrisome as drugs, which require extensive testing and premarket approval by the Food and Drug Administration (F.D.A.). Still, disasters can and sometimes do occur from the use of cosmetics and personal care products, and the government is powerless to act until a large number of consumer complaints raise a red flag about a product.

In a recent editorial in *JAMA Internal Medicine*, Dr. Robert M. Califf, who served as F.D.A. chief under President Obama, noted, "The cosmetic industry remains largely self-regulated. History has repeatedly shown that when there is insufficient regulatory oversight, a few unscrupulous people or companies will exploit the vulnerable public for profit." Even when a hazard comes to light, a product can remain on the market for years until negotiations make their way through the legal system or the company decides to halt sales. [...]

A current case is a classic example. When in 2013 the agency received 127 reports of adverse effects from a single line of hair-care products called WEN, it discovered that the manufacturer, Chaz Dean, Inc., had received more than 21,000 complaints of hair loss and scalp damage associated with the products' use. A lawsuit filed by more than 200 women against the company [...] was settled last year for \$26.3 million. Yet the company claims that WEN hair care products are "totally safe" and continues to sell them.

Unlike drugs, cosmetics can be sold based solely on manufacturers' tests (or no tests at all) and claims for effectiveness and safety. Even the ingredients don't have to be filed with the government. (Only color additives require premarket approval.) [...]

Asked in an interview whether more can be done to protect the public, Dr. Califf said, "It's highly unlikely in the current administration. There's a tiny work force at the F.D.A. to deal with an enormous industry that's currently self-policing. Voluntary reporting of adverse events linked to cosmetics and personal care products is a lot better than nothing, but it's way inadequate for the job. There's no legal requirement for manufacturers to submit reports of adverse events to the F.D.A." [...]

The Federal Food, Drug and Cosmetic Act defines cosmetics as "articles intended to be rubbed, poured, sprinkled, or sprayed on, introduced into, or otherwise applied to the human body ... for cleansing, beautifying, promoting attractiveness, or altering the appearance."

Dr. Califf's editorial accompanied a rather startling report in the journal by Dr. Shuai Xu, a dermatologist. [...] On the heels of the thousands of complaints uncovered about WEN products, the F.D.A. made publicly available its Center for Food Safety and Applied Nutrition's Adverse Event Reporting System, a repository of adverse events related to foods, dietary supplements and cosmetics.

This enabled Dr. Xu to analyze all the adverse events associated with cosmetics and personal care products voluntarily submitted from 2004 through 2016 by consumers and health care professionals. Through 2014, he averaged 396 a year. There was a 78 percent increase in reports in 2015 and a 300 percent rise in 2016, largely driven by complaints about WEN products.

"Over all," the researcher found, "the three most commonly implicated products were hair care, skin care and tattoos," and "significantly higher than average reports of serious health outcomes" involved baby, personal cleanliness, hair care and hair coloring products. [...]

Dr. Xu said, "As a dermatologist, I live and breathe personal care products day and night. Patients ask me about them all the time. I warn patients that labeling can be very tricky. One needs a Ph.D. in chemistry to be able to interpret all the terms. What does it mean for a product to be labeled 'natural'? That doesn't make it safe. Poison ivy is perfectly natural."

Adapted from <https://www.nytimes.com/2017/08/07/well/for-cosmetics-let-the-buyer-beware.html>

Example:

- 0. The title of this article informs us that the writer is trying to ...**
- a) persuade us to use cosmetics.
 - b) tell us how to use cosmetics.
 - c) **warn us about the use of cosmetics.**
-

- 1. The F.D.A. keeps strict control of ...**
- a) consumer preferences.
 - b) cosmetics and personal care products.
 - c) drugs.
- 2. A product considered to be harmful ...**
- a) continues being advertised.
 - b) is soon removed from the shelves.
 - c) may still be available in the shops.
- 3. The use of WEN hair-care products allegedly harmed people's hair and the skin on their ...**
- a) fingers.
 - b) heads.
 - c) necks.
- 4. When he was interviewed, Dr. Califf said that ...**
- a) manufacturers feel morally obliged to submit reports of adverse events.
 - b) the F.D.A. is clearly understaffed.
 - c) voluntary reports of adverse events could be enough.
- 5. Dr. Shuai Xu's analysis proved that WEN products ...**
- a) accounted for the majority of complaints.
 - b) caused the F.D.A. to publish its repository of adverse events.
 - c) were among the most harmful on the market.
- 6. According to Dr. Xu, the information on product labels can be ...**
- a) incomplete.
 - b) misleading.
 - c) too simple.

KEY to B2 RP2 “For Cosmetics, Let the Buyer Beware”:

1.c 2.c 3.b 4.b 5.a 6.b

E O I D N A

READING COMPREHENSION TEST

PART TWO (6 x 0.8 marks = 4.8 marks)

You are going to read four texts about the importance of a healthy diet. Match the statements from the box (7-12) to their corresponding text (A-D). An example has been given for you (0-B).

THE IMPORTANCE OF A HEALTHY DIET

A.

A healthy diet doesn't require a lot of money, sophisticated appliances or fancy nutritionists. Eating well simply means listening to that little voice inside that knows what healthy foods generally look like – fresh and recognizable in nature – and what they don't: prepackaged and processed. This sensibility may not fit so well with our on-demand culture, where we want results now – be it dinner or weight loss. If you want a program that works in the long run, you'll need a lifestyle you can live with and like. That means a diet that's nutritious and delicious, and that will take a bit of commitment from you.

B.

While staying slim is a big part of good health, weight lost doesn't always equal health gained. That new diet that took inches off your waistline could be harming your health if it locks out or severely restricts entire food groups, relies on supplements with little scientific backing or reduces calories to an extreme. It's important to keep in mind that a healthy diet isn't only or all about losing weight. A healthy diet is one that improves health and helps fight disease. There is not one diet that's right for everyone, so it's important to follow an eating plan that's packed with tasty, healthy foods that keep your unique lifestyle in mind.

C.

Keeping up with the latest diet craze is becoming a full-time job," says Lisa Jones, a registered dietitian in Philadelphia. "It's overwhelming." She notes that research can sometimes seem confusing. For example, one day you might read about a new study that says eating eggs is healthy. The next day, you learn about another that suggests consuming eggs could be bad for your heart health. The best thing is to eat all kinds of food, just in moderation. "The types of diets that work in the long run are those that aren't restrictive, don't have rules and don't have time limits."

D.

Losing weight is never going to be a piece of cake. But obstacles such as bland food, a rigid eating schedule and hours-long meal prep make sticking to a diet – and seeing the number on the scale steadily decline – much less likely. That's why it's smart to look for a plan or approach that's relatively easy to follow.

“It's always going to be hard at first, but you're more likely to be able to live with some diets than you are with others,” says registered dietitian Andrea Giancoli, who serves on the Best Diets panel of experts in nutrition and diet assembled by U.S. News. “You don't want something that's immediately setting you up for failure”.

Which paragaraph...?

- 7. CHOOSING HEALTHY FOODS IS A MATTER OF INSTINCT
- 8. COMPLICATED DIETS ARE RARELY SUCCESSFUL
- 9. DIETING DOES NOT ALWAYS IMPLY AN ENHANCEMENT OF YOUR HEALTH
- 10. INFORMATION ABOUT DIET CAN BE CONTRADICTORY
- 11. NOT ALL DIET PLANS ARE NUTRITIOUS AND SAFE
- 12. THE BEST DIET IS A VARIED AND BALANCED ONE

ANSWERS

ITEM	7	8	9	10	11	12
TEXT						



KEY

ITEM	7	8	9	10	11	12
TEXT	A	D	B	C	B	C

READING COMPREHENSION

PART THREE (6 x 0,8 mark = 4,8 marks)

Read the following text and complete the gaps (13-18) with the corresponding sentence (A - I) from the box, as in the example (Ex. - C). There are THREE extra sentences you do not need to use.

Why We Should Embrace Mistakes in School

by Amy I. Eva. November 28, 2017

When my daughter was a toddler, I regularly spilled milk in front of her during meal time. (0) "_____ C _____" I would say in my high-pitched, goofy mom voice.

Before she could speak, I sensed that she was wired for perfectionism (something very familiar to me), so I attempted to normalize day-to-day mistakes and to show her how easy it was to bounce back from them.

We're in the thick of the spilled-milk journey right now—learning to accept and embrace mistakes on a larger scale. Now that she is 13 years old, I am all the more sensitized to how she responds to mistakes at school, in particular—and how they enhance or detract from her learning.

For many teens, perceived faults loom large as their self-consciousness grows. (13) _____—judging, comparing, and evaluating—while mental health conditions like anxiety and depression are on the rise.

Our performance-based school culture may not be helping, but there is an alternative—and it involves guiding our students to embrace the very failures they're trying to avoid.

Mistakes help us to learn

In her 2017 paper "Learning from Errors," psychologist Janet Metcalfe claims that avoiding and ignoring mistakes at school appears to be the rule in American classrooms— and it may be holding back our education system. Drawing on research, she argues that students may actually benefit from making mistakes (and correcting them) (14) _____.

Focus on errors; don't ignore them: Only a few studies can shed light on how teachers respond to mistakes in the classroom. One famous study of mathematics classrooms in a variety of countries revealed a marked difference between the instructional strategies in Japan versus the United States. Videotapes showed that American teachers focused on the correct procedures for solving problems— (15) _____. Japanese teachers, on the other hand, rarely praised their students and asked them to solve problems on their own. Then, they led discussions of common errors as students explored a variety of pathways to both correct and incorrect solutions.

Because Japanese students outperform U.S. students in math, it's worth taking note of this contrast. Japanese teachers seem to be embracing the learning struggle by acknowledging mistakes rather than ignoring them.

Helping students respond to perceived failure

When children worry that they are making too many mistakes or possibly failing at something, the emotional fallout can be difficult to manage. According to UC Berkeley professor Martin Covington, (16) _____, or the belief that you are valuable as a person. Covington found that students will put themselves through unbelievable psychological machinations in order to avoid failure and maintain the sense that they are worthy.

Here lies the larger challenge: How can we help kids to accept their errors and failures, particularly in school, so that they might translate this skill to the real world?

Adjust the learning environment: “Let’s try this another way.” In the same study of fourth to sixth graders’ mistakes, emotions, and coping strategies, (17) _____. Students may find it more emotionally challenging to work in a small group when they’re having difficulty, and may be better served by working privately. So, consider providing options to kids who may need a little space to flounder.

Encourage persistence: “Keep trying. Don’t give up!” A 2017 study demonstrates that when adults model persistence in working toward a goal, (18) _____. Persistence can be learned. As teachers, we have a lot of power to influence our students’ efforts by sharing our own vulnerability and identifying our own self-conscious emotions, our stops and starts during problem solving, and our commitment to keep going.

Model self-compassion: “Be kind to yourself when you’re confused; it’s okay.” If we model and normalize the ups and downs of learning with our students, we can also share the power of self-compassion. They can learn to think: “This is tough, and I don’t get it. I’m not alone here; other people get confused just like me, and I’m going to cut myself some slack; it’s okay to not know the answer right now. I can be kind to myself and know that I will find my way through this challenge.”

Adapted from Greater Good Magazine

- A. INFANTS AS YOUNG AS 15 MONTHS TEND TO MIMIC THAT BEHAVIOR
- B. KIDS ARE WATCHING EACH OTHER CLOSELY BOTH IN SCHOOL AND ONLINE
- C. OOPS, OH WELL, NO BIG DEAL, LET’S CLEAN IT UP!! (Example)**
- D. PRAISING STUDENTS FOR EACH MISTAKE SO AS TO ENCOURAGE PARTICIPATION
- E. PRIMARILY IGNORING ERRORS AND COMPLIMENTING STUDENTS ON CORRECT ANSWERS ONLY
- F. RATHER THAN AVOIDING THEM AT ALL COSTS
- G. RESEARCHERS SUGGESTED THAT THE CONTEXT FOR LEARNING MAY BE IMPORTANT
- H. THE FEAR OF FAILURE IS DIRECTLY LINKED TO SELF-WORTH
- I. THEY SET A POOR EXAMPLE FOR THEIR CHILDREN
- J. THEY THINK THAT MAKING MISTAKES IS SOMETHING TERRIBLE

GAP	0	13	14	15	16	17	18
ANSWER	C						

B2 RP3 Why We Should Embrace Mistakes in School

https://greatergood.berkeley.edu/article/item/why_we_should_embrace_mistakes_in_school

KEY

GAP	0	13	14	15	16	17	18
ANSWER	C	B	F	E	H	G	A

Distractors: **D, I, J**

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READING COMPREHENSION

PART FOUR (7 x 0,8 = 5,6 marks)

You are going to read an article about Hidden homeless: an increasing social problem in the UK. There are seven gaps. For questions 19 - 25, choose the option (a, b or c) which best fits in each statement, as in the example (0 – b).

Hidden homeless

Mark, a 35-year-old (0) b soldier from Kent, has spent the past seven years sofa-surfing. It's a term that perhaps sounds daring, but is nothing like that. "I've slept on a sofa, a mattress in a corner, in a spare room. I have no stability any more – you don't (19) like you belong anywhere," he says. "You're begging favours so you're always living by someone else's rules. You want your own place, your own shower, your own bed. After a while complacency kicks in, then your mates begin to get irritated with the situation and you get irritated. Arguments start, the friendship breaks down... I don't talk to many of them any more."

Mark is one of the "hidden homeless" – people who have no place of their own but who avoid sleeping rough by finding a (20) solution, such as staying with family members or friends. Others live illegally in squats or other insecure accommodation such as cars, or they get into inappropriate relationships in order to keep a roof over their heads.

(...) But the hidden homeless don't appear in counts. *Shelter* magazine estimates the true figure for homeless people in Britain to be at least 320,000 – more than the (21) of Hull.

Part of the problem is defining what hidden homeless are. At its core, these are people who are not registered by local authorities as being in need of housing (22) . Often, like Mark, they may not even (23) themselves homeless, just as we often say we are "between jobs".

"I had a job as a train driver for eight years and a two-bed flat, but because of some bad decisions it all fell away," explains Mark. "I left my job and my relationship collapsed, so I went travelling and thought of myself as a carefree hippy. I came back and began sofa surfing with mates. It was (24) to be a short-term thing but it went on for years".

It's a (25) situation that offers no promise of long-term security or peace of mind. Lack of stability can cause huge damage on a person, making the journey back to independence extremely difficult.

0. a. antique

b. former

c. old

19. a. bear

b. feel

c. sense

20. a. casual

b. short

c. temporary

21. a. number

b. population

c. resident

22. a. assistance

b. attendance

c. cooperation

23. a. consider

b. define

c. think

24. a. accepted

b. meant

c. regarded

25. a. precarious

b. thrilling

c. worthwhile



Key:

19. B

20. C

21. B

22. A

23. A

24. B

25. A

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