

Reading

- 1 Read the text. Complete the text with sentences A–F. There is one sentence you do not need.

Our genetic inheritance

Most of us are familiar with the phrase ‘You are what you eat’ and understand that our health and well-being are dependent on a nutritious and balanced diet.

[¹ _____] We know that our lifestyle affects us, but scientists have discovered that what we experience during our lifetime may well have a significant effect on our grandchildren’s lives too. It may be a case of ‘I am what I eat but I am also what my grandmother ate!’

With the discovery of epigenetics – the word literally means ‘above genetics’ – has come a potentially devastating change in our understanding of inheritance. [² _____]

This is to not say that there is some sort of memory gene that can carry actual memories of experiences through to future generations. [³ _____] Epigenetics concerns DNA and the genetic code, but it goes beyond the conventional view, which is that DNA carries all our heritable information and that nothing we do during our lives will be biologically passed on. To many scientists the idea that we can affect our genes and this can be handed down to future generations is pure heresy!

Epigenetics maintains that what happens to us in our lifetime has an effect on our genes in some way.

[⁴ _____] This may be a significant gene such as one which suppresses cancer or another disease. If it’s switched off then the body loses its resistance. What is important is that this ‘on or off’ switch can be passed on to future generations. [⁵ _____] This means that the lives of our grandparents, including the air that they breathed, the food they ate, the stresses they experienced, can all directly affect us decades later. Studies in northern Sweden have shown that a famine at critical times in the lives of the grandparents affected the life expectancy of the grandchildren. Such results have confounded traditional scientific thinking.

There is a long way to go before scientists understand exactly what lifestyle factors affect genes and how to reverse the process, but epigenetics will definitely change the way researchers see disease. It should also make people review their lifestyles and relationships. It’s a sobering thought to know that what we do no longer affects just us, but the health of our children and grandchildren too.

- A For example, a stressful experience may result in a particular gene being switched on or off, or in other words suppressed.
- B It is based on the belief that genes have ‘memory’.
- C We are also too well aware of the consequences on our health of stress and certain environmental factors.
- D That is another question for another time!
- E Important research is continuing in this field and more detailed results will shortly be available.
- F Hence the idea of ‘memory’.

Mark /10

Vocabulary

- 2 Complete the sentences with the correct words.

- You know, I’ve had this cold for nearly two months now and I just can’t seem to _____ it off.
- At last the baby is _____ asleep, so don’t you dare wake her up again!
- Some good news! The boss has had a change of _____ and is going to let us take Monday off after all.
- Amanda is fighting a _____ with her daughter about not spending so much time with her boyfriend. She won’t listen to her.
- We forgot to take an umbrella and got _____ wet in the downpour.

Mark /5

- 3 Complete the sentences with the correct form of the words in brackets.

- Mick is a very _____ child and has produced some wonderful stories in class. (imagine)
- After we’ve made a few _____ to the design we’ll send it back to you. (modify)
- It’s more _____ to buy food in bulk. (economy)

- 4 Never _____ the opposition in a match – that’s the quickest way to a defeat. (estimate)
- 5 My grandfather was a generous man and inclined to make grand, _____ gestures. (altruism)

Mark /5

Grammar

4 Complete the dialogues with the correct form of the verbs in the box.

apologise be bring do eat feel
feel forget like look mention put off

- 1 **A:** This is the third time you (a) _____ late this week.
B: I know. I (b) _____. I’d appreciate your (c) _____ it to the boss.
- 2 **A:** (a) _____ confident about the interview?
B: I (b) _____ better about it if I (c) _____ more research on the company.
- 3 **A:** (a) _____ any sandwiches today? You can share mine, if you (b) _____.
B: Thanks! It’s my brother. He (c) _____ always _____ to pack his lunch and he usually ends up (d) _____ mine!
- 4 **A:** You (a) _____ cheerful! What’s happened?
B: I am! The science test (b) _____ until next week!

Mark /12

5 Decide which of the sentences are incorrect. Circle I (incorrect) or C (correct). Then correct the incorrect ones.

- 1 That is far and away the healthiest option on the menu. I / C

- 2 It was raining for half an hour before we realised and rushed out to shut the car windows. I / C

- 3 I’ve been watching three George Clooney movies this afternoon and still prefer the first, *Ocean’s Eleven!* I / C

- 4 The minister is contemplating introducing a new law concerning data protection. I / C

- 5 Some of the first books published had errors on the back cover. I / C


- 6 He felt ill a lot recently and I’m starting to worry about him. I / C

- 7 I would tell you about the proposed changes, but it completely slipped my mind. I / C

- 8 As my best friend, I far prefer feel-good movies to ones that feature a lot of violence. I / C

Mark /8

Listening

6  5.11 Listen to an actor talking about preparing for a role. Are the sentences true or false?

1 The speaker believes his approach is the best.
T / F

2 Drama school is only helpful for a few actors.
T / F

3 Most actors bring a lot of their own personality to a role.
T / F

4 He researches his roles carefully. T / F

5 He doesn't think staying in character all the time is practical. T / F

Mark /10

Writing

7 Write a discursive essay with the title: 'What do you think are the advantages and disadvantages of being the youngest child in a family?' Use the writing guide to help you. Write 200–250 words.

Paragraph 1: Introduction.

Paragraph 2: Talk about the advantages.

Paragraph 3: Talk about the disadvantages.

Paragraph 4: Conclusion.

Mark /10

Total /60