Blueprint 6: B2 Pre-Advanced

Vocabulary

1. Read the sentences. Circle the correct answers.

1. No one knows for sure what the future will bring, but I'm very _____.

2. Roberto is being treated by a doctor for a skin _____.

3. Being _____ due to an unhealthy diet is very common these days.

4. You could _____ yourself if you exercise without warming up first.

5. Good friends give each other _____ during hard times.

1. a. optimistic	b. alternative	c. absurd	d. misleading
2. a. process	b. condition	c. sensation	d. serotonin
3. a. conventional	b. mental	c. addictive	d. overweight
4. a. cope	b. injure	c. resist	d. misinform
5. a. encouragement	b. debate	c. recovery	d. blame

2. Fill in the gaps with the correct words from the box. Two words will not be used.

struggle	resist	misinform	desperate	debate	absurd	blame

1. The plot of this film is completely _____! It could never happen.

2. News reporters must carefully check their facts so that they don't _____ the public.

3. We had an interesting _____ in class about whether people should eat meat.

4. Many people _____ with severe headaches their whole lives.

5. It's difficult, but I usually try to _____ ordering dessert.

3. Match the words with the correct definitions.

1. misleading	a. the feeling that you want to do something you should not
2. ailment	b. to decide that something or someone is not important
3. ache	c. a feeling of shame or unhappiness
4. dismiss	d. causing someone to believe something that is not true
5. temptation	e. to happen, often without planning
6. recovery	f. an illness or health problem
7. innocently	g. bad or low quality
8. occur	h. the process of becoming well
9. guilt	i. in a way that lacks knowledge or ill intent
10. poor	j. a lasting physical pain

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Grammar

4. Fill in the gaps with *both, either, neither,* or *none.*

1. This breakfast fruit smoothie is _____ delicious and good for you.

2. _____ conventional medicine nor Chinese medicine cured her ailment.

3. My parents said we could get a puppy or a kitten, but not _____.

4. _____ of the stores in the shopping centre are open this early.

5. I like the two hotels equally, so _____ of them is fine.

5. Circle the correct word(s).

1. If I (am / were) you, I'd ask my doctor about that pain.

2. If Jamie (would have / had) better eating habits, she wouldn't be so tired.

3. If you had invited me, I (would have / had) come with you.

4. If Grandpa (had gone / went) to college, he would've studied agriculture.

5. If we had solved the crime, we (would get / would've gotten) a reward.

6. Put the words in order to make sentences.

1. the / stumped / doctors / of / were / all

_____

2. you / if / would / healthier. / exercised, / you / be

_____

3. we'd / harder, / tried / we / if / would / succeeded. / have

_____

4. insists / my / I / that / junk food. / give up / nutritionist

_____

5. take / essential / you / that / it's / medicine. / of / all / the

_____

7. Find the error and write the correction on the line.

1. If I know the answer, I'd tell you. _____

2. If she'd passed that class, she had graduated. _____

3. You can order both them. _____

4. I recommended that he rests for a while. _____

5. It's important that you'll follow the instructions. _____

Comprehension

8. Read and answer the questions.

Sugar Addiction

None of us can resist sugar all the time. In fact, our brains need it for energy. If you didn't consume any sugar (or other carbs, which the body turns into sugar), your brain would **struggle** to work properly. However, it can be addictive. You might notice that after eating a sugary snack, you feel a boost in your mood, and your energy goes through the roof. This is only temporary, though. Soon, your energy drops again and you feel tired—so you want more sugar. It's a vicious cycle. There's a link between eating too much sugar and having a weaker immune system. Sugar can also prevent you from getting enough sleep, and it may even lead to depression. Of course, it is also high in calories, and your body stores the extra calories as fat. So how do you know if you've developed a sugar addiction?

The basic sign is that you often feel a desire for sugary foods, at meals and between meals. You might even reward yourself with sugar when you do something "good." For example, you might tell yourself that if you finish your workout, you can have a chocolate bar. But this is just spoiling a good habit with a bad habit. Also, you might be addicted if you've tried to quit sugar but failed, which can lead to feelings of shame and guilt.

If this sounds like you, there are some simple ways to start kicking the habit. First of all, clean out your kitchen and throw away all biscuits, crisps, sweets, and fizzy drinks. It's recommended that you avoid fizzy drinks entirely. Adverts try to convince you that diet sodas are fine, but this is not true. Diet sodas use artificial sweeteners that are up to 600 times as sweet as sugar. This sweetness makes you want more. Satisfy your need for sweetness with healthy alternative choices like carrots, apples and sweet potatoes.

1. The brain needs some sugar to work normally.	true	false
2. Sugar has both mental and physical effects.	true	false
3. Sugar can interfere with sleep.	true	false
4. Sugar addicts often try to give up sugar but cannot.	true	false
5. It's suggested that sugar addicts drink diet soda.	true	false

6. Which is a possible effect of sugar addiction?
a. Depression b. A weaker immune system c. Both a and b

7. The word **struggle** in the reading means _____.
a. try hard at something difficult b. hurt a part of your body c. make healthy again

8. Which is recommended?
a. Rewarding a workout with candy b. Giving up sweet drinks c. Neither a nor b

9. Which is NOT suggested as a snack for sugar addicts?
a. Crackers b. Sweet potatoes c. Carrots

10. Which should sugar addicts do?
a. Avoid fizzy drinks b. Get rid of all sugary snacks c. Both a and b

9. Read and answer the questions.

Young-hee: Hey, I heard your sister Ginny was having some health problems. I hope it's nothing serious.
Donald: Well, we thought it was for a while. She kept having these weird symptoms, and we didn't know what was causing them. She had both headaches and stomach aches all the time. She felt tired a lot, and sometimes even seemed confused and would forget things. She's only nine. We were stumped.
Young-hee: Oh, no. Your mom must have been so scared.
Donald: Both my parents were at their wit's end. But finally, the doctor told us today that he thinks he's figured it out. She probably has a condition that makes her sensitive to wheat. Actually, it's a protein in wheat called gluten. There's no way to cure it, so the doctor says it's essential that she cut all wheat from her diet.
Young-hee: I guess it's a relief to know what the problem is.
Donald: Yeah. If we'd known it earlier, she wouldn't have had to go through so much pain.
Young-hee: I feel bad for her. Wheat is in so many things besides bread!
Donald: Yeah, the doctor mentioned that. He also mentioned that a lot of them are junk foods, like sugary cereals and other processed foods. So her diet will probably be healthier now anyway. The doctor recommended that she work with a nutritionist. She'll be eating mostly fruits, vegetables, meat, and fish. A lot less junk food. Then if she feels better, we'll know for sure.
Young-hee: That's definitely healthy. I wonder if it'll be hard for a nine-year-old to resist temptation and stick to that diet, though.
Donald: It might be hard at first, but she'll **gradually** get used to it, we hope.

1. Ginny had some mental symptoms.	true	false
2. Ginny is sensitive to a protein in wheat.	true	false
3. The doctor found the problem right away.	true	false
4. Ginny's condition can be cured.	true	false
5. Ginny will be eating fewer unhealthy foods.	true	false

6. Which symptom did Ginny have?
a. Chest pain b. Stomach pain c. Fever

7. Ginny's parents felt _____.
a. worried b. tired c. guilty

8. What does Ginny need to do?
a. Eat less meat b. Avoid fish c. Avoid wheat

9. Gluten is found in _____.
a. bread b. sugary cereals c. Both a and b

10. The word **gradually** in the reading means _____.
a. slowly b. immediately c. innocently

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Answer Key

1.
1. a
2. b
3. d
4. b
5. a

2.
1. absurd
2. misinform
3. debate
4. struggle
5. resist

3.
1. d
2. f
3. j
4. b
5. a
6. h
7. i
8. e
9. c
10. g

4.
1. both
2. Neither
3. both
4. None
5. either

5.
1. were
2. had
3. would have
4. had gone
5. would've gotten

6.
1. All of the doctors were stumped.
2. If you exercised, you would be healthier.
3. If we'd tried harder, we would have succeeded.
4. My nutritionist insists that I give up junk food.
5. It's essential that you take all of the medicine.

7.
1. know → knew
2. had → would have/would've
3. them → of them
4. rests → rest
5. you'll → you

8.
1. true
2. true
3. true
4. true
5. false
6. c
7. a
8. b
9. a
10. c

9.
1. true
2. true
3. false
4. false
5. true
6. b
7. a
8. c
9. c
10. a