

WORLD MOSSION HIGH SCHOOL  
LEVEL 3 ALL  
ENGLISH EXAMINATION

**Read the following passage and answer the questions that follow:**

It was not until the beginning of the twentieth century that it was recognised that certain substances were essential in the diet to prevent or cure some diseases. These substances are now known as vitamins, and they are vital for growth, good health, and maintenance of the normal functions of the body. The Hungarian biochemist, Szentayorgyi, who first isolated vitamin C (ascorbic acid), defined the vitamin as a substance which makes you ill if you don't eat it.

A well-balanced diet should provide all the vitamins we normally require. Those of us who are fortunate enough to be able to buy sufficient food should not suffer from vitamin deficiency. However, for various reasons, some people do not maintain a balanced diet. People often lose their appetite because of the illness. People living alone may not bother to eat proper meals, and people on diet may not eat sufficient quantities of necessary foods. Elderly people are at risk because they may be unable to shop and cook. Moreover, modern methods of preserving, freezing and long-term storage of food together with over cooking can destroy many of the vitamins. Food served in restaurants and canteens has often lost much of its vitamin content because it has been kept hot, or even prepared the day before. So you may have problems if you eat it.

Are you getting enough vitamins?

*Source: Judy Garton- Spenger: A complete course for the new Cambridge First Certificate'.*

**Questions:**

**1. Vitamins are necessary to**

- A. Make it one ill
- B. Keep the body in a healthy condition
- C. Encourage vitamin deficiency
- D. Make a balanced diet

**2. Loss of appetite may be due to**

- A. Lack of vitamins
- B. Not maintain a balanced diet
- C. Not eating sufficient quantities of necessary foods
- D. Illness

**3. The following are ways of destroying vitamins except**

- A. Modern methods of preserving food
  - B. Freezing
  - C. Keeping and eating food fresh
  - D. Long term storage of food
4. Food served in restaurant may lose its vitamins because of
- A. Being kept under hot temperatures or prepared overnight
  - B. Having been stored too long
  - C. Not being fresh
  - D. Being eaten regularly

**5. Elderly people may suffer ill health particularly because they**

- A. May be unable to buy their food and prepare their meals
- B. Do not know about balanced diets
- C. Often eat in restaurants.
- D. Always keep essential vitamins out of their diet

**REWRITE THE FOLLOWING SENTENCES AS INSTRUCTED IN BRACKET**

1. Brazil lost the game. It was a better team however. (Begin: **Despite**)
2. . Great things come only to those who wait.(Rewrite the sentence beginning: **It is**)
3. . The preacher said, “Every man has his price and every traitor has his day.” (Rewrite the sentence in indirect speech)
4. If the patient wakes up, I will require you to administer his third dose. (Begin: **Should** .....)
5. . Did you close the door? Might you have left it open? (Join the sentences beginning: **Did**.....)
6. . The waiter brought me the bottle of beer. It was opened. I rejected it. (Join the three clauses using: **because**)

**END**