

VARIANT 1. KEYS

LISTENING		READING		USE OF ENGLISH	
№	Answer	№	Answer	№	Answer
1	F	1	C	1	D
2	T	2	B	2	B
3	F	3	A	3	A
4	T	4	E	4	C
5	NS	5	H	5	A
6	F	6	C	6	A
7	C	7	D	7	D
8	A	8	F	8	B
9	B and C	9	C	9	A
10	B	10	F	10	C
11	C	11	T	11	B
12	A	12	NS	12	B
13	A	13	F	13	D
14	B	14	T	14	C
15	B	15	T	15	A
				16	side / end
				17	may / might / can
				18	as
				19	known
				20	the
				21	after / when
				22	its
				23	brought
				24	who
				25	till / until
				26	feature
				27	hard
				28	light
				29	maintain

Transcript. Variant 1

Listening 1

Fish has long been a staple food in many cultures, but there has been some controversy recently about the benefits and risks of fish consumption. For example, we know that fish supplies us with polyunsaturated fatty acids, substances that have been found to protect against heart disease. Moreover, because it is beneficial to the development of the brain, in many cultures fish is known as a 'brain food'. However, recent studies have shown that fish can also contain mercury, which is poisonous in large doses and has been linked to lower intelligence. As a result, people are unsure whether to increase or decrease the amount of fish they eat.

We recently undertook a project to evaluate the health advice currently being given about fish consumption. Although this work was supported by grants from the Fisheries Scholarship Fund, this did not affect the research findings or interpretations of the results. We discovered that, in spite of the literature available on the risks and benefits of fish consumption, there are still important gaps in this information. Despite these gaps, however, decisions about how to advise people on fish consumption should be made based on what we know now.

Firstly, in terms of heart disease, it has been shown that consuming even small quantities of fish can lower your risk of heart disease by 17%. Secondly, consuming fish is known to have a beneficial effect on brain development. Finally, although exposure to mercury through eating fish can have a negative effect on IQ levels, the effects that have been observed are relatively small.

To sum up, it would seem that the health benefits of eating fish outweigh the risks.

Listening 2

Hello, everyone, and welcome to today's talk about the current trends in health and fitness. Nowadays, it seems as though everyone in the wealthiest parts of the world is battling with their weight and as a consequence, more and more people are joining local gyms or buying home-exercise machines.

In fact, according to the International Health, Racquet and Sportsclub Association, membership in health clubs in America doubled from a little over 17 million in 1987 to more than 36 million. While the figures for Europe are harder to come by, evidence over the past decade suggests that health club membership has doubled there as well.

What few people nowadays realize is that the average person in the developed world is now burning 800 fewer calories a day than a generation ago. This means that even if people today ate no more than the previous generation, they would still be getting fatter. Unfortunately, instead of eating less than their parents did, as they should, many people consume a lot more.

So what exactly has brought about this change in fitness levels? Well, people in developed countries are not only eating more but are also doing less exercise. Increased technology has not helped. The car and other such machines designed to help reduce our work load are as much to blame as deep-fried fast food. On top of this, the changes in how and where we work have reduced the amount of daily calories people actually need. Such factors are taking their toll on our health, with health costs soaring. And this is where exercise machines

come in. Walking machines or treadmills and the like may not be the most efficient way of burning off those excess calories and boosting cardiovascular fitness but they are certainly the most common. According to the Sporting Goods Manufacturing Association International, some 45 million Americans used a treadmill. That's an amazing number of people and an awful lot of treadmills.

Having said that, an exercise machine that did not even exist a few decades ago - the elliptical cross trainer - is fast replacing the traditional treadmill. As its name implies, the machine delivers an elliptical or swinging motion, with both the hands and feet tracing semi-circular patterns - the feet on two moving platforms rather than bicycle pedals, and the hands gripping handles that move but are not meant to support any weight, which is important as there is no seat. Since the machine was introduced there, the number of people using elliptical machines in America has tripled to more than 11 million a year. We have been doing some tests to find out if these machines are actually any better than the previous machines or if they are just another passing trend. Dr John Porcari, a professor of exercise and sport science, believes that ellipticals are at least better than the previous exercisers, but no better than treadmills in terms of increasing cardiovascular fitness. In one set of tests, Dr Porcari measured the oxygen consumption, heart rate and calorific expenditure of 16 volunteers, and found that there was virtually no difference between elliptical machines and treadmills. But elliptical machines have a lower impact on the user than running, claim their manufacturers. True, says Dr Porcari, who measured the 'ground reaction forces' of the test subjects on the various machines. Running on a treadmill results in forces that are roughly two and a half times the subject's body weight. But using an elliptical machine gives forces that are roughly equal to the subject's weight. This is much kinder on the body and makes the impact comparable to that of walking. In that respect, ellipticals are superior.

However, those who do not want to shell out for fancy exercise machines will be heartened by the results of a seminal study in 1969 by Lewis Pugh, a British physiologist, which has been confirmed many times since. Dr Pugh found that, when reaching speeds above 14 kilometres per hour or so, running on firm ground uses up substantially more calories, and therefore leads to a greater reduction in weight, than running on a treadmill or using an elliptical machine. Dr Pugh attributed the difference to air resistance. Manufacturers of exercise machines point out, correctly, that running on firm ground creates a greater force on the body's joints than using machines, in particular the knees and ankles. But, what they don't say is that modern running shoes go a long way to reducing the impact of such forces. So, perhaps the best exercise of all is simply to leave the car at home, and run to the gym - and then right past it. After that, just keep going and going and going ...