

**UNIVERSITA' DEGLI STUDI DI CAGLIARI
FACOLTA' DI BIOLOGIA E FARMACIA
CORSO DI LAUREA MAGISTRALE IN
"SCIENZE DEGLI ALIMENTI E DELLA NUTRIZIONE"**

TEST INGRESSO INGLESE A.A. 2020-2021

READING COMPREHENSION

Read the following article and tick (✓) the answer (A, B or C) which you think fits best according to the text

A healthy mind

The brain is the most amazing part of our body and despite all medical research nobody really understands everything about it. But just like our bodies, it needs to be cared for in ways that can be quite simple. Getting a good night's sleep, eating a balanced diet and taking deep breaths are all important methods of looking after your body and your brain.

Many people think their brain will slow down with age and their memory will get worse as a result. The truth is, just like your body, you can also improve your mind. I've found I can improve my memory by imagining what I need to remember. For example, if I'm going shopping and I need bread, milk and a birthday card for my brother, I imagine a loaf of bread, a carton of milk with a cow on the front and a birthday card with a football on it.

The same kind of method can be used with important dates. If you have a picture in your mind of a particular event it's much easier to remember than just a number on a calendar.

Another way of improving your mind is to make sure you regularly visit new places and have new experiences. Personally I find learning Spanish is a great way to keep the brain working, but communication in any language is important. Having a conversation is so much better for your brain than staring at a computer screen or at other people talking on TV.

1. What is the writer's main aim in writing the text?

- (A) To explain how the brain works.
- (B) To suggest the brain needs attention.
- (C) To describe how clever she has become.

2. What does the reader learn about the writer from the text?

- (A) She is learning another language.
- (B) She enjoys travelling.
- (C) She has a computer.

3. What does the writer say about the brain?

- (A) It should be treated in a similar way to our body.
- (B) It definitely becomes less quick when we are older
- (C) It ages faster than our bodies

4. What does the writer say about her own memory?

- (A) It has got worse over the years.
- (B) She often forgets birthdays.
- (C) It has been possible to make it better.

USE OF ENGLISH

Complete the following sentences with the best option (A, B or C)

5. I'm sorry Tom! I _____ haven't cut the grass.

- X (A) still
- (B) just
- (C) yet

6. What time _____ yesterday?

- (A) have you finished your homework
- (B) did you finished
- X (C) did you finish your homework

7. "My car doesn't work"
"Don't worry, I'll _____ you mine"

- (A) borrow
- (B) gave
- X (C) lend

8. – "Sheila didn't write that post" –
"_____ did I."

- X (A) neither
- (B) so
- (C) either

9. My mum _____ be very angry if I don't clean my bedroom.

- (A) do
- X (B) will
- (C) would

10. My brother doesn't eat _____ at breakfast.

- X (A) anything
- (B) something
- (C) nothing

11. Use my computer, it works _____ than yours.

- (A) the best
- X (B) better
- (C) best

12. I think there are _____ people on the bus, it's not safe

- (A) too much
- (B) a little
- X (C) too many

13. Tim and Pam were late yesterday and they _____ the train.

- (A) lost
- X (B) missed
- (C) lose

14. A church is a place _____ people go to publicly worship God.

- (A) which
- (B) who
- X (C) where

15. I couldn't sleep because of the _____ outside

- (A) noisy
- (B) quietly
- X (C) noise

16. We _____ to the party.

- (A) didn't invite
- X (B) weren't invited
- (C) wasn't invited

17. I would like _____ philosophy at university

- (A) studying
- X (B) to study
- (C) study

18. Jane _____ to the beach when it started to rain.

- (A) was leaving
- (B) is going
- X (C) was going

19. An overcast day means there _____.

- (A) are no clouds
- (B) is no sun
- (C) is no wind

20. You _____ read this book! It's really great!

- (A) should
- (B) haven't to
- (C) shouldn't

21. My friends _____ tennis on Saturdays.

- (A) play always
- (B) usually plays
- (C) often play

22. I've lived in this flat _____ I was born

- (A) for
- (B) from
- (C) since

23. Mum, you are too busy. I _____ the shopping for you.

- (A) 'll do
- (B) 'll help with
- (C) 'm doing

24. Janet is afraid _____ dark.

- (A) of
- (B) about
- (C) by

25. I only watch TV for _____ hours every day.

- (A) lots
- (B) a few
- (C) A little

26. Is _____ one hour a day healthy?

- (A) walking
- (B) to walk
- (C) walk

27. The lesson starts _____ a few minutes

- (A) in
- (B) at
- (C) on

28. You _____ walk to school, you can take the bus.

- (A) haven't to
- (B) don't have to
- (C) must to

29. How _____ feel if you got lost in a foreign city after midnight?

- (A) you would
- (B) did you
- (C) would you

30. When we arrived the train _____.

- (A) has just left
- (B) had left just
- (C) had just left