

# PARTIEL

## PART ONE: READING

*Read the text and do all the activities that follow it.*

### SMOKING AND HEART DISEASE

Cigarette smoking can double your risk of dying from a **heart attack**. And if you smoke **heavily** you are even more **likely** to die young from heart disease. For example, a man aged 50 who smokes more than 20 cigarettes a day is 4 times more likely to suffer from heart disease than a non-smoker of the same age. And women are just as much at risk as men. The risk for a woman  
5 who smokes is especially **high** if she is **over** 35 and is on the pill.

How does smoking affect the heart? The nicotine in tobacco smoke increases the pulse rate and raises the **blood** pressure. The carbon monoxide content of cigarette smoke cuts down the amount of oxygen in the blood. So your heart is having to work harder but getting less oxygen. Smoking also accelerates the 'furring up' of the coronary arteries.

10 What you can do?

The answer is to **give up** smoking. As soon as you stop smoking, you will start to reduce your risk of a heart attack. Giving up smoking altogether may not be easy.

But, it's certainly **worth** it. To help you make your decision, think about what you gain by stopping. It's not just that you **improve** your chances of avoiding heart trouble. You gain in other  
15 ways too:

- You'll be healthier and breathe more easily –for example, when you climb stairs or run for a bus. And you'll help that smoker's cough.
  - You'll suffer fewer colds and infections.
  - You'll smell fresher. No more bad breath, stained fingers or teeth.
  - You'll save money.
- 20

## VOCABULARY

Read the text and match the words in column A with their synonyms or definitions in column B. Write your answer like in the example.

Example: 1- h (heart problem)

### Column A

- 1- Heart attack (line 1)
- 2- Heavily (line 2)
- 3- Likely (line 2)
- 4- High (line 5)
- 5- Over (line 5)
- 6- Blood (line 7)
- 7- give up (line 11)
- 8- Worth (line 13)
- 9- Improve (line 14)

### Column B

- a- ameliorate
- b- red liquid that circulate in arteries and veins
- c- merit
- d- elevated
- e- to abandon
- f- too much
- g- probable
- h- heart problem
- i- more than
- j- risk

## COMPREHENSION

Read the text again and answer the following questions.

- 1- What are the consequences of smoking on health?
- 2- Who is more exposed to the risk of heart disease: young men, men aged more than 50 or women ?
- 3- How does smoking affect health?
- 4- What are the advantages if a man aged 50 stops smoking?

## PART TWO: LANGUAGE IN USE

A- The passage below is about risky living. Read and fill in the blank with the appropriate word from the box. A word can be repeated if necessary. Write your answers like in the example. Example: *1- organ*

and- can- heart- organ- attack- but

The heart is a body 1..... Even if a part of it may have been severely injured, the rest of the heart keeps working. But, because of the damage, your heart may be weakened, and unable to pump as much blood as usual. With proper treatment 2..... lifestyle changes after a heart 3....., further damage 4..... be limited and prevented.

B- The following passage is about Steven's life. Read it and choose the correct form of the verb in brackets. Write your answer like in the example.

Example: *1- used to live*

Steven (1- used to/got used to/is used to) live in London but now he is in York. He can't (2- get used/be used to) living in the country. After city life, it's very boring. He (3- used to/ get used/be used to) to visit

his friend go to pubs every night. His brother (4- gets used to/is used to) living in Britain now. He has been there for 2 years.

### **PART THREE: WRITING**

Write a letter to your Liberian friend about smoking in public places.

In your letter,

- state the problem,
- talk about the consequences of smoking in public places,
- propose some solutions to solve the problem of smoking in public places.

(10-15 lines)