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NOTE: Choose option A or B, and answer the questions from 1 to 4. For question 5, you can choose to write the composition that you like best, from either option A or option B.

OPTION A

ARE YOUR FRIENDS BAD FOR YOUR HEALTH?


5 At the start of a new year, lots of people will resolve to make a healthy lifestyle change. Many find resolutions like reducing unhealthy snacks or taking part in a weekend fitness class easier when friends and family are making the same changes. However, not all decisions affecting our health are intentional, as we copy the behaviour of friends, colleagues and family who we relate to and admire. Unfortunately, we also imitate habits that are bad for our health, like smoking or eating too much. This phenomenon means non-contagious conditions like heart disease, strokes and cancer can appear to spread from person to person like an infection.

10 People whom we value and are in regular contact with form our social network. Research findings indicate that a person is far more likely to become obese if someone in their circle has also become obese. The effect is more pronounced if the two people are of the same gender, and is linked to how strongly the individual feels about the other person. If we copy the behaviour of friends and family, how can we use this trait for good? Initiatives like the one named Stoptober, which encourages people in England to stop smoking in October, is a well-known example of a group lifestyle change: based on the spread of behaviour
15 through social networks, it has been hugely successful since it began in 2012. It is thought to have encouraged more than a million attempts to quit, suggesting a single big collective push may promote rates of people stopping more than constant low level messaging throughout the year.

20 While Stoptober is a big success story, high-profile health campaigns aren't effective on everybody. Traditional health messaging can make health inequalities bigger, because not everyone is in a position to take the advice that is given. However, even those who are not "health-conscious" are influenced by the behaviour of those they regularly interact with and care about. (Fragment adapted from *BBC News*).

1) BRIEFLY ANSWER ONLY 4 OUT OF THE FOLLOWING 6 QUESTIONS WITH ONLY THE DATA REQUIRED (NOT A WHOLE SENTENCE) (2 POINTS; 0.5 POINTS EACH).

1. In the phrase *Many find resolutions like reducing unhealthy snacks* (lines 1-2), the word 'Many' refers to ...
2. In the phrase *Research findings indicate that a person is far more likely to become obese if someone in their circle* (lines 9-10), the word "their" refers to ...
3. In the phrase *based on the spread of behaviour through social networks, it has been hugely successful* (lines 14-15), the word 'it' refers to ...
4. Give two examples of harmful habits we tend to imitate
5. Which non-contagious diseases seem to start disseminating as if they were infections?
6. How many people are believed to have tried stopping smoking thanks to the Stoptober initiative?

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2) ARE THE FOLLOWING STATEMENTS TRUE OR FALSE? INDICATE THE LINES THAT SUPPORT YOUR ANSWER (1 POINT).

1. The feelings we may have for another person do not have an effect on their influence over our behaviour.
2. Single big social campaigns can have more effect on people's behaviour than many small but constant ones.

3) CHOOSE a OR b. ONLY ONE CHOICE IS CORRECT ACCORDING TO THE TEXT (1 POINT).

- a) New Year resolutions are better accomplished if they are carried out on your own.
- b) Group lifestyle change takes advantage of social networks and their effectiveness in affecting behaviour.

4) VOCABULARY (2 POINTS).

4.1 Find one word in the text for one of the two definitions (0.6 POINTS):

- a) Promises to yourself to do or to not do something.
- b) Having achieved a lot, become popular, and/or made a lot of money.

4.2 Find a synonym in the text for one of the two words below (0.6 POINTS):


- a) investigation
- b) fat

4.3 For one of the following words from the text, give a synonym that fits the meaning of the text (0.8 POINTS):

- a) change (line 1)
- b) disease (line 6)

5) WRITE ABOUT THE FOLLOWING TOPIC USING BETWEEN 120-150 WORDS (4 POINTS).

Are you influenced by your friends in a positive or negative manner concerning health issues?

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NOTE: Choose option A or B, and answer the questions from 1 to 4. For question 5, you can choose to write the composition that you like best, from either option A or option B.

OPTION B

ALL THE PRESIDENT’S MEMES


5 There are so many unusual aspects of Donald Trump’s presidency that his willingness to communicate with the public through internet memes is often overshadowed. Typically, he retweets images made by his most enthusiastic backers — in November he shared one of the Clintons, Barack Obama, Huma Abedin, Robert Mueller, his own deputy attorney general Rod Rosenstein and others, all locked up in a prison cell together — but the wall meme appears to be a White House original. He shares memes so often that the Senate minority leader, Chuck Schumer, recently felt compelled to tweet, like an exasperated high school teacher, “Enough with the memes.”

10 It’s impossible to overstate how peculiar it is that the most powerful man in the world, who will turn 73 in June, posts memes. It’s a behavior more often associated with youth, irreverence and a surfeit of free time. In current usage, “meme” refers most often to an image with text overlay, designed for distribution online. What began more than a decade ago as a fun way to imagine how cats might talk has evolved into a surprisingly fertile mode of political communication. The online database *Know Your Meme* has confirmed the existence of 4,066 successful memes in the wild but the actual number is much higher.

15 You might find this very silly, and you wouldn’t be wrong. But keep in mind: *The president* posts them. At a 2016 rally in Burlington, Vt., Trump mentioned the wall to tremendous, wonderful applause, then paused and asked his audience, “And who’s gonna pay for the wall?” The crowd roared back, “MEXICO!” They did this two more times together, and then Trump laughed. “I’ve never done it before, I swear,” he said, throwing his arms up. “That was pretty cool. We’re gonna have to use that.” The border wall is, in the truest sense, a meme: an idea that persists not because it will benefit us but simply because it
20 thrives in our environment. (Fragment adapted from *The New York Times*)

1) BRIEFLY ANSWER ONLY 4 OUT OF THE FOLLOWING 6 QUESTIONS WITH ONLY THE DATA REQUIRED (NOT A WHOLE SENTENCE) (2 POINTS; 0.5 POINTS EACH).

1. In the phrase *He shares memes so often that* (lines 5-6), the word ‘he’ refers to ...
2. In the phrase *The president posts them* (line 14-15), the word ‘them’ refers to ...
3. In the phrase *They did this two more times* (line 17), the word ‘they’ refers to ...
4. Who tweeted the words “Enough with the memes”?
5. How old is going to be Trump?
6. Are memes spread online or printed in the media, according to the text?

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2) ARE THE FOLLOWING STATEMENTS TRUE OR FALSE? INDICATE THE LINES THAT SUPPORT YOUR ANSWER (1 POINT).

1. President Donald Trump doesn't know how to share memes online.
2. President Trump spoke about the wall issue in a political gathering in Virginia.

3) CHOOSE a OR b. ONLY ONE CHOICE IS CORRECT ACCORDING TO THE TEXT (1 POINT).

- a) Trump retweeted an image of a range of people behind bars in November.
- b) Memes are not used in politics since they are often associated with irreverence.

4) VOCABULARY (2 POINTS).

4.1 Find one word in the text for one of the two definitions (0.6 POINTS):

- a) People who give support to someone or something with money or words.
- b) A public meeting of a large group of people, especially supporters of a particular opinion.

4.2 Find a synonym in the text for one of the two words below (0.6 POINTS):

- a) disrespect
- b) clapping

4.3 For one of the following words from the text, give a synonym that fits the meaning of the text (0.8 POINTS):

- a) prison (line 5)
- b) world (line 8)

5) WRITE ABOUT THE FOLLOWING TOPIC USING BETWEEN 120-150 WORDS (4 POINTS).

Do you think the Internet (for example, social media) is useful for politicians? Why?