



HIPPO 2023 SEMI-FINAL ROUND READING TEST

CEFR **C1**

HIPPO CATEGORY **HIPPO 5 - S15**

Candidate Number _____

Date of Birth _____

INSTRUCTIONS FOR CANDIDATES:

Do NOT turn over the page until instructed.

Answer all the questions.

Use only black or blue PEN.

Dictionaries are not allowed.

Remember to transfer your answers onto the answer sheet.

Time allowed:

Reading 45 minutes

GATEHOUSE

AWARDS



Reading Task 1

Read the article and circle the best option to complete the text – a, b, c, or d. An example has been done for you.

Understanding criticism

Can anyone get through life without ever being criticised? No! It happens at school, work and home, and for some people is almost daily. Yet very few people know how to 0)_____ to criticism appropriately, or how to deal with it effectively. Criticism can be 1)_____ into three categories: irrelevant, destructive, or constructive. Let's take a look at each of them.

Irrelevant criticism, i.e. one that is not 2) _____ to you, is best ignored. Some individuals are so critical of everything that they just make negative comments 3)_____ the situation is. Such comments do not deserve a response, or any reaction on your part. In fact, not responding to them may 4)_____ the criticiser to be more positive and improve their behaviour. Of course, people usually don't have total control of their emotional reactions, but not responding is the important thing 5) _____ how the comment makes you feel.

Destructive criticism usually comes in the form of an attack. If you ever receive such criticism, try to accept that there is something wrong with the person making those 6)_____, and not with you. So, whenever someone criticises you 7)_____, remember that the problem might be with them rather than you.

You should never let such attacks upset you. Instead, ask the critic to 8)_____. For instance, if someone at work suggests that you are 'unprofessional', ask, "What is it that makes you say I am so unskilled?" The answer may sound something like this: "Well, you forgot to answer that email from a client.", something that can be 9)_____ quickly.

It's important to note that constructive criticism can be useful, because it addresses the issues and offers a 10)_____ experience. For example, "You forgot to send that important letter. I think you need to pay more 11)_____." If someone is using criticism in a positive way, they can use the so called "sandwich technique" that puts a critical point between two positive comments. Remember, everything can be said constructively and 12) _____ - you just have to know how to do it correctly.

- Example:** a) answer b) respond c) accept d) face
1. a) promoted b) permitted c) created d) divided
2. a) applicable b) powerful c) painful d) clear
3. a) whoever b) whatever c) whenever d) however
4. a) reveal b) encourage c) advise d) threaten
5. a) even though b) considering c) regardless of d) due to
6. a) promises b) hints c) notes d) remarks
7. a) excessively b) sympathetically c) responsibly d) gently
8. a) apologise b) explain c) testify d) interpret
9. a) puzzled b) unfolded c) determined d) resolved
10. a) thrilling b) learning c) confusing d) depressing
11. a) attention b) compliments c) money d) respect
12. a) comfortably b) finally c) positively d) certainly

(12 marks)

Reading Task 2

Read the text and answer the questions below. Circle the correct option, a, b, c, or d. An example has been done for you.

Eating insects: fancy trying a crunchy snack?

Swapping your favourite burger and chips for a crunchy insect sandwich might not sound like the most appealing lunch option, but eating insects could actually help save the planet. Did you know that insects have been eaten for thousands of years in many countries around the world? In fact, around 2 billion people regularly eat insects as part of their diet. So, should more of us be doing it?

Look around the world!

Para. 2

Insects are commonly eaten in Africa, Asia, and South America, where you can feast on over 1,900 different species, including grasshoppers and ants. These insects can be served in a variety of ways, including fried, boiled, roasted or baked with a bit of oil and salt - tasty! They can also be made into flour and used in breads, crackers, and biscuits. In Thailand, crickets, grasshoppers, and woodworms are usually deep-fried and sold at street markets. Fried wasps are popular in Japan, while deep-fried scorpion is typically found in China. Oaxaca, in Mexico, offers arguably the best cuisine in the country, which includes fried grasshoppers seasoned with lime, chillies and salt, served in a fresh corn tortilla.

Remember this simple fact: insects are good for you. Some people claim that 'eating grasshoppers could be 'as healthy as drinking orange juice', though obviously for different reasons. Insects are filled with lots of good nutrients, including protein and minerals. These creatures may look small, but they can provide as much protein as beef, if not more. And many insect species have less than 5g of fat per serving.

Help the environment.

Para. 4

Not only is eating insects good for you, but it is also good for the environment. Entomophagy - which means eating insects - could help to fight world hunger and reduce pollution. The world's population is growing, so we need to produce more food to feed everyone - and there are lots of insects to GAP) _____. Farmed animals traditionally need a lot of space, so compared to producing meat, bugs don't take up much land, or need much water or feed. It's not necessary to burn down a rainforest to make an insect farm. Not only that, but insect farming produces fewer greenhouse gases than farming cattle.

Let's just farm them!

Para. 5

Another thing to consider is that insects can be farmed in almost any climate and, because they reproduce quickly and only live for a short time, they can be farmed in large quantities. Any farmer can do it, whatever their resources or income. Insect farming can also provide jobs and incomes for people, particularly those in developing countries. Even in the harshest, driest conditions, insect farming can thrive because they use only very small amounts of

precious water. And don't forget, most insects are entirely edible too, compared to cattle, of which we only consume around 40% and throw away the rest.

Para. 6

Another thing that might tempt the consumer who likes to enjoy their food is that insects are surprisingly tasty! You'll find they come in a variety of tastes and textures, depending on how they are cooked, but many describe them as having a flavour which is not unlike chicken, shrimp, or crab. If you fancy some deep-fried scorpion, you'll be relieved to know the cooking process destroys the poison in their body. The final aspect to consider is that once a cooked scorpion has been eaten, it reacts well with the acids in the stomach, which further aids the digestion process.

Section 5 - TITLE

Para. 7

The dislike of eating insects in the Western world is strong, but completely illogical. Most diners would happily munch their way through a plate of seafood, for example shrimp, which are essentially insects of the sea. However, it might all be different in a few years. Fifty years ago, nobody in Europe would have eaten raw fish. Yet today, Japanese sushi is completely accepted and indeed sought after by those prepared to pay a lot for their dining experience. I have no doubt that my grandchildren will embrace change and happily snack on a bag of bug-crisps. And one more thing; the insects that we eat, or might eat, could also be invisible. By that I mean we won't notice them, because they will be powdered, and possibly even hidden in flour.

Para. 8

So, should insects be part of a vegetarian diet? Opinion is divided. Some believe that because insects are really animals, they should not be included on a vegetarian menu. On the other hand, we must consider that large quantities of insects are killed when crops are sprayed with harmful chemicals, and later harvested with heavy machinery. While there are some priests in the Jain religion in India who gently sweep away the insects on the crops they harvest, it's not likely that this solution can be GAP) _____ on a large scale. So all in all, I'd argue that it's preferable to eat those we can, rather than waste them.

So, what do you think about all of this? Are you now eager to eat insects? Let us know below.

Example: This text is about

- a) eating insects.
- b) fast food.
- c) travelling.
- d) healthy diets.

13. In paragraph 1, the best option to replace the word 'appealing' is

- a) engaging
- b) tempting
- c) agreeing
- d) comforting

14. What is the author's main intention in paragraph 2?

- a) To show how many countries he has visited.
- b) To advise which insects to avoid eating.
- c) To recommend the best-tasting dishes.
- d) To demonstrate various ways of cooking insects.

15. The author says that insects are healthy to eat because

- a) they have all the same vitamins as orange juice.
- b) they are small so we can eat a lot of them.
- c) they are both low in fat and high in protein.
- d) they provide us with all the minerals we need.

16. In paragraph 4, the best option to complete the gap is

- a) spin around
- b) go around
- c) throw around
- d) show around

17. The author suggests that entomophagy helps the environment because

- a) insects can be used as food for farm animals.
- b) farming insects has low environmental impact.
- c) it helps restore the rainforest by introducing new species.
- d) it reduces the number of insects damaging crops.

18. In paragraph 5, the underlined word 'harshesht' means the same as

- a) worst
- b) strictest
- c) lowest
- d) sharpest

19. The author says that in developing nations, insect farming will

- a) offer a number of benefits.
- b) use up limited water resources.
- c) bring an end to cattle farming.
- d) fail because of a lack of resources.

20. In paragraph 6, the underlined phrase 'not unlike' means the same as

- a) very enjoyable
- b) quite similar
- c) just typical
- d) closely related

21. According to the author, people who eat scorpions

- a) think they taste better than shrimp.
- b) have to avoid eating the poisonous part.
- c) find it has more positives than just the taste.
- d) might have a bad reaction after eating them.

22. In paragraph 7, the meaning of the underlined phrase 'sought after' is

- a) finally discovered
- b) looked down on
- c) tried and tested
- d) in high demand

23. What is the best title for section 5?

- a) Changing consumer habits.
- b) What's on the menu in Japan?
- c) Keep eating traditional food.
- d) Why fish is still the best food.

24. In paragraph 8, the best option to complete the gap is

- a) implemented
- b) supplied
- c) exaggerated
- d) observed

25. What is the author's recommendation to vegetarians?

- a) They should grow their own crops.
- b) They should consider eating insects.
- c) They should avoid the mistakes of Jain priests.
- d) They shouldn't eat insects sprayed with chemicals.

26. What is the author's overall approach to eating insects?

- a) He is very supportive of the idea.
- b) He believes further research is required.
- c) He is hesitant about some of the aspects.
- d) He thinks it has both advantages and disadvantages.

(14 marks)

Reading Task 3

Read the four texts and answer the questions below by indicating which text each question relates to: A, B, C, or D.

An example has been done for you.

Text A

Although getting a personal trainer can be vital for some people, I found it a bit dull and quickly realised it's better for me to just get on with it and actually complete an exercise session without relying on someone else. I have a superb app on my phone called Extreme Training, which pushes me to the limit. If I ever want to enter a running race or other competitive event, I need to be in top physical shape. The app allows me to monitor my diet, which is an important aspect of any training programme. You can't just eat what you feel like when you train hard. Eating food high in protein and low in fat gives you energy and ensures that your muscles recover after each session.

I'd recommend using headphones with the app: they block out (GAP) _____ and allow you to totally concentrate on your workout – including an appropriate 'cool down'. This is an important part of your exercise routine, when you gradually slow down towards the end.

Of course, training is only the build up for a race. The commitment to entering a race is massive compared to working out in your own home, and there is a great potential for embarrassment if you perform poorly. I just need to be brave and enter a race at some point, even though I know I'll be nervous!

Text B

Pain, pain, more pain. That is what they promise you at Boot Camp USA, a holiday focused on army-inspired fitness training. It takes place in a different location every year, and I've been several times. All military personnel are world-class heroes in my eyes, so this type of holiday has really driven me to take my fitness more seriously.

Because it is really strict, just like in the army, you have to closely follow a restricted diet and there are no opportunities for opting out. You are isolated in the woodlands, and it's impossible to just walk to the local store. That suits me, since eating junk food when nobody is looking is one of my greatest weaknesses.

The training includes a lot of exercises that they do in the army, like climbing walls, jumping over mud, and carrying logs, though of course we also do the more traditional things, like running. Quite a few of the tasks cannot be completed by an individual: instead, you have to learn how to cooperate with other members of the group in order to achieve the goals set by your trainer.

Text C

Global Cycling training camp in Mallorca is a holiday with around a hundred other people. It is mainly concentrated on cycling, but involves other activities as well, such as swimming, the gym, and intensive supervised workouts. The camp is in a breath-taking landscape, with stunning scenery and excellent weather, and the team that run it are knowledgeable and welcoming.

There is some great food for cyclists, like pasta dishes. Thankfully, the organisers aren't too strict with our meals, and everyone is there to enjoy themselves. Some people are obsessed with attempting to build muscle or slim down, trying out the latest 'super foods' and miracle drinks, which in my opinion are simply not worth the money. Personally, I feel like some diets are misleading and promise impossible results. Most cyclists at the camp take a similar view – they just like to have a good time, and eat and drink sensibly. Most of the participants realise they are unlikely to become top racers. I do enter races, but really just for fun.

The company which runs the camp has its own YouTube channel, if you fancy looking them up. Be careful you don't end up just watching the channel so much that you end up spending more time in front of the screen than training.

Text D

I am a member of a large and highly disciplined athletics team, along with a couple of my friends from work. For the past few years, we've been following a really strict schedule, which has been difficult. I've always looked forward to participating in tournaments, but the intensive training isn't my cup of tea. Some of my workmates are much faster than me, (GAP) _____ Jason. He ran the London Marathon last year, in an impressive 3 hours 10 minutes!

Six months ago, I injured my knee, which first seemed like a minor thing, but it meant that I couldn't take part in my usual training sessions for months. I have now recovered, but my doctor says I should still take it easy. At some point, I fully intend to get back to the level of fitness I had last year, maybe even entering events again, but perhaps not in athletics.

The primary goal after intensive training should be fast recovery, and to achieve this, I'd recommend eating wholesome food. A diet should be anything that gives you the energy your body needs, not an unrealistic plan designed by a dietician. Having said that, following the advice of a dietician or nutritionist can be really helpful for anyone who has specific dietary needs or poor general health.

In which text does the author...

Text

Example: recommend a fitness app?

A

- | | | |
|-----|--------------------------------------------------------|-------|
| 27. | describe a setback in their training? | ----- |
| 28. | say they enjoy the competitive aspect of sport? | ----- |
| 29. | say they are yet to take part in a sports competition? | ----- |
| 30. | most heavily criticise some diet products? | ----- |
| 31. | praise the people who organised the training? | ----- |
| 32. | say they tend to struggle to follow a diet? | ----- |
| 33. | say that the activity develops team building skills? | ----- |
| 34. | say that they train mostly on their own? | ----- |

35. In Text A, the underlined word ‘monitor’ means the same as

- a) to reduce gradually
- b) to explain slowly
- c) to watch carefully
- d) to change quickly

36. In Text A, the best option to complete the gap is

- a) connections
- b) solutions
- c) intentions
- d) distractions

37. In Text B, the underlined phrase ‘driven me to’ means the same as

- a) forced me
- b) advised me
- c) inspired me
- d) affected me

38. In Text C, the best option to replace the underlined word ‘fancy’ is

- a) think about
- b) feel like
- c) carry on
- d) can’t stop

39. In Text D, the best option to complete the gap is

- a) especially
- b) only
- c) strangely
- d) lastly

40. In Text D, the phrase 'take it easy' could be replaced with

- a) not do too much
- b) stay at home
- c) make things simple
- d) remain calm

(14 marks)

END OF READING ASSESSMENT.