

FACOLTA' DI STUDI UMANISTICI

PROVA SCRITTA LINGUA INGLESE 2

CDL Lingue e Comunicazione; Lingue e Culture per la Mediazione

Tutti i CdL vecchio ordinamento

NAME _____ **MAT. NO.** _____

2nd Year Exam –

ONE HOUR

Reading comprehension – Transformation questions – Verb Forms-Word formation exercise

SLEEP HABITS

Kip, nap, doze, forty winks, shut-eye and snooze are all expressions we use to describe that mysterious state, sleep. We all do it, we can't get by without it and by the time we reach old age most of us have spent 20 years sleeping. Yet nobody knows why we do it. Most scientists reckon that by resting our bodies, we allow time for essential maintenance work to be done. Any damage that there is can be put right more quickly if energy isn't being used up doing other things. Injured animals certainly spend more time asleep than usual while their wounds are healing. And quite a few illnesses make us feel drowsy so our body can get on with curing us. Sleep is controlled by certain chemicals. These build up during the day, eventually reaching levels that makes us tired. We can control the effects of these chemicals to some extent. Caffeine helps to keep us awake while alcohol and some medicines make us sleepy.

By using electrodes, scientists are able to study what goes on in people's heads while they sleep. They have discovered that when we first drop off everything slows down. The heart beats more slowly and our breathing becomes shallow. After about 90 minutes our eyes start to twitch and we go into what is called REM sleep. REM stands for Rapid Eye Movement, and it's a sign that we've started to dream. You have dreams every night, even if you don't remember them. There are all sorts of theories about why we dream. One is that it gives the brain a chance to sort out the day's activities, filing everything away in the right place. Another is that the brain gets bored while we're asleep and organizes its own entertainment; a sort of late-night cinema!

A lot of people say that they have to have eight hours' sleep every night while others seem to manage on a lot less. One thing's for sure, we all need some sleep and going without it can have some strange effects. An American disc-jockey, who stayed awake for 200 hours to raise money for charity, thought things were bursting into flames all around him after 120 hours without sleep. He survived the ordeal but was depressed for three months afterwards.

Humans are unusual in the way they sleep. Most animals have a sleep during the day and tests have shown that a siesta can be beneficial for us too. It's even been recommended that airline pilots should have a nap during long flights so that they are more alert for the tricky business of landing.

So next time you nod off after Sunday lunch in front of the T.V., don't feel embarrassed about it. Science, after all, is on your side.

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A) Questions

1. Most scientists think we sleep because
 - a) our brains are tired and need to rest.
 - b) our bodies need to carry out repair work.
 - c) our bodies contain too many chemicals.
2. What have scientists discovered about dreaming?
 - a) People's eyes move when they are dreaming.
 - b) Some people never dream.
 - c) Most people dream for ninety minutes every night.
3. What does the writer say about the amount of sleep we need?
 - a) Most people need eight hours' sleep a night.
 - b) People who don't get enough sleep get depressed.
 - c) Not everyone needs the same amount of sleep.
4. What does the writer say about people's and animals' sleeping habits?
 - a) People and animals have similar sleeping habits.
 - b) Animals need more sleep than people.
 - c) People would benefit from copying animals' sleeping habits.

B) Choose ONE to answer. Indicate your choice; Question number_____.

- 1) What main ideas do we learn about sleep in this text?
- 2) Do your sleep habits change with the seasons?

Write 50-80 words in your own words.

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C) 5 key-word transformation questions

*Complete the second sentence so that it means the same as the first. You must include the word in brackets . Do not change the word given. Use **NO MORE** than 5 words including the word given.*

Example

0 What type of music do you like best?

FAVOURITE

What **IS YOUR FAVOURITE** type of music?

1. I slept so little last night, I could hardly do anything at work this morning!

SUCH

I _____ night last night, I could hardly do anything at work this morning!

2. Despite having slept ten hours that night, he still felt tired.

Even

He still felt tired, _____ ten hours that night.

3. When we get to London, friends of ours are going to give us a bed for the night.

UP

When we get to London, friends of ours are going to _____.

4. The moment I get to sleep, I'm dead to the world. Nothing can wake me up!

FALL

As _____, I'm dead to the world! Nothing can wake me up!

5. When I was a child, I remembered my dreams more than now.

TO

When I was a child, I _____ my dreams more than now.

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D) Verb forms Put the verbs in brackets into the correct tense. When necessary, put the adverb indicated into the correct position.

1) I have a tendency to sleep more during the week than at the weekends. I _____ (not usually/to go out) during the week but as soon as Friday _____ (to come) I'm ready to party!

2) Cats _____ (to be) well-known for _____ (to take) a catnap at any time of the day or night.

3) If I _____ (to watch) that horror film last night, I _____ that nightmare!

4) I regret _____ (to stay out) late last night! I wish I _____ (to go) to bed earlier!

5) My sister _____ (just/to give birth)! With a baby, she _____ much sleep!

GO ON TO EXERCISE (E)

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ONE HOUR

E) Word formation exercise

Read the passage and use the word given in capitals at the end of each line to form a word that fits grammatically in the numbered gap. The words are already in order.

SALVADOR DALI; THE PAINTER WHO DREW ON A CENTURY'S DREAMS

Example: Most of us know of the (0) SPANISH painter, Salvador Dali. (0)

(0) SPAIN

Born in 1904, he became a member of the Surrealist movement during the (1) ____ .
After (2)____ from the School of Fine Arts in Madrid,
he became a Surrealist in 1929, though other members accused him of being too
(3)____. Dali's paintings are famous for their brilliant colours and
(4) ____ drawn detail, while employing original and dreamlike
imagery which often include simple (5) ____ objects. The great film director, Alfred
Hitchcock even asked Dali to create a dream sequence for his 1945 film
'Spellbound' which is a (6) ____ of strange, illogically connected symbols.
One of his most famous works of art is 'The Persistence of Memory', in which ,
(7)____ ,watches seem to have melted in the sun. From 1940 to 1949, Dali lived
in the United States, but, thereafter, moved back to his native Spain. His later
paintings often have a (8) _____ theme and are more classical in style. As for his
personal life, his last ten years were dogged by turmoil, (9)____ and misery.
He died in 1989 of heart (10)_____.

(1) TWENTY
(2) GRADUATE
(3) COMMERCE
(4) SKILL
(5) DAY
(6) MASTER
(7) SURPRISE
(8) RELIGION
(9) FORTUNE
(10) FAIL

Write your answers here

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____