

Gyakorló jegyzet
Zöld Út középfok angol írásbeli
általános nyelvvizsgához

Magyar Agrár- és Élettudományi Egyetem
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TIPPEK A FELKÉSZÜLÉSHEZ

Először is oldjuk meg a honlapon található mintafeladatsort, hogy lássuk, hogyan teljesítenénk jelenleg. Ebből kiderül majd, hogy melyek az erős és melyek a fejlesztendő pontjaink.

Aztán térjünk rá a jelen gyakorló jegyzet **olvasás** feladataira. Először (egynyelvű) szótár nélkül oldjuk meg, amit csak tudunk. Ha valami még hiányozna, nézzük meg az egynyelvű szótárból, hogy nyújt-e számunkra segítséget először is a kérdések értelmezésében, aztán a szöveg kulcsszavainak megfejtésében. (Az egynyelvű szótár használatát egyébként is gyakorolni kell, ismerkedjünk meg vele, milyen információk találhatóak benne, és forgassuk is a gyakorlatban.) Ha még mindig hézagos a megértésünk, ekkor használhatunk kétnyelvű szótárt is, a gyakorlásnál, felkészülésnél ez még elfogadható, ha a vizsgán nem is.

Az olvasás feladatoknál nagyon fontos, hogy ne ijedjünk meg attól, ha bizonyos szavakat nem értünk, hiszen megvan az a képességünk, hogy kitaláljuk egy-egy szó jelentését már a szöveggörnyezetből is. Persze, minél több szót ismerünk, annál kevesebb a bizonytalanság az értelmezésben, ezért fontos az aktív szókincsfejlesztés is, de arról se feledkezzünk el, hogy bizonyos szavaknak több jelentésük van, és mindig a kontextusba illően kell megpróbálni értelmezni.

Ha elolvastuk és megoldottuk a feladatokat, a megoldókulcs segítségével magunk is ki tudjuk értékelni. Érdekes a hibákat is elemezni, vajon hol csúszott félre az értelmezés. Jó ötlet továbbá a hasznos, fontos szavakat, kifejezéseket külön is kijegyzetelni, megtanulni, vagy akár le is fordíthatjuk gyakorlásképpen, ha valaki segít majd azt ellenőrizni.

Nagyon jól aktivizálhatjuk a szókincset, ha ezután röviden összefoglaljuk a szöveget szóban vagy írásban, akár különböző hosszúságú szövegekben.

Az **írás** feladatokhoz lehetőleg csak egynyelvű szótárt használjunk. Nem jó stratégia, ha mindenáron a magyar gondolatainkat próbáljuk meg „lefordítani” idegen nyelvre. Igyekezzünk a meglévő tudásunkból, a meglévő nyelvi fordulatokra, elemekre támaszkodni. Tervezzük meg a fő pontokat a megadott irányítási szempontok alapján. Úgy tudjuk a megadott szószámot elérni, ha minden irányítási szempontot kifejtünk, azaz minimum két gondolatot írunk szempontonként. Törekedjünk arra, hogy a minimális szószámot mindenképpen elérjük, mert rövidebb mű esetén pontot veszthetünk. Nem elegendő a megadott szempontot átmásolni vagy átfogalmazni. Igyekezzünk minél változatosabb szókincset és igényesebb nyelvtani szerkezeteket használni, különösen a hosszabb levélnél.

A végén mindenképpen olvassuk át, ellenőrizzük a nyelvhelyességet, stílust, a gondolatok logikus összefűzését. Ne csak számítógépen készítsük el az írást, hanem kézzel is gyakoroljunk, mert a kézírásnak olvashatónak kell lennie, csak úgy tudják majd értékelni a vizsgán.

Az írás ellenőrzéséhez mindenképpen kérjük nyelvtanár vagy az idegen nyelvet biztosan beszélő és író ember segítségét.

Jó felkészülés kívánunk!

Bármilyen kérdéssel forduljon a vizsgaközpont munkatársaihoz!

READING COMPREHENSION

READING I.

Task

Read the text about wellness travel and do the task after the text.

I./1. The rise of wellness travel, from rewilding to yoga and pilgrimages

The number of people **concerned (0)** about their health and wellbeing has rocketed since the pandemic began. Just over a fifth (21%) of global travellers are currently travelling for health- and wellness-driven (1) according to the 2022 Travel Trends research. Trends include travel to (2) – with friends, family, partners or children – and a growing focus on sleep wellness. The research notes ‘the rise in apps like Calm and Headspace permeating travel products, providing flyers the ability to plug in and meditate while in flight’ – not to mention the (3) number of sleep retreats aimed at aiding insomniacs.

“Health and wellness technology is moving forward at a very fast (4) and creating exciting new possibilities that we’re exploring, from sleep therapy and guided meditation to dynamic bathing, cryotherapy and infrared saunas,” says Emlyn Brown, vice president of wellbeing at Accor, Europe’s largest hospitality and hotels company, which (5) the Health to Wealth white paper earlier this year.

“Guests now come to us loaded with their own health data,” says Brown of the ubiquity of smartwatches and fitness apps. “We’re (6) ways that we can create bespoke wellness experiences for our guests in spa, nutrition, fitness and sleep.” Accor’s Fairmont Windsor Park hotel, for example, is home to the UK’s first spa multi-person cryotherapy chamber. Hotels Pullman Paris Centre-Bercy and Pullman San Francisco Bay, meanwhile, equip guests with Dreem, a technology wearable that (7) breathing, brain waves, heart rate and sleeping patterns.

Wellness travel is clearly no longer something that’s confined to the (8), but it’s travelled far beyond the hotel, too. “Wellness travel has evolved and expanded to encapsulate all manner of experiences that boost travellers’ mental and (9) health,” says Paul Joseph, founder of Health and Fitness Travel, a specialist tour operator for wellness breaks. “Far from the ‘fly and flop’ wellness holidays of old, we’re able to send customers on a hand-picked retreat that includes a (10) wellness programme – from personalised nutrition and exercise plans to one-on-one coaching and holistic (11) therapies. Following the pandemic and in spite of the cost-of-living crisis, we’ve seen a marked increase in (12).”

It’s what Expedia is calling a ‘no-normal’ era of wellness travel. “We’re seeing a new wave of interest in wellness retreats, and a spike in demand for outdoor destinations (13) beaches and mountains,” says Jon Gieselman, president of Expedia Brands. “Not a new normal, but people branching out to unexpected trends: the ‘no-normal’.”

So, what exactly does ‘wellness’ mean today? (14) the Global Wellness Institute (GWI) — the US-non-profit offshoot of the Global Wellness Summit, which has been driving research and business across the industry since 2007 — the term is varied. It can be associated with fitness holidays and adventure travel focused around improving a sense of wellbeing or life balance, along with the obvious mind and body retreats. And it’s a booming sector. GWI projects a 9.9% average annual growth in the wellness economy between now and 2025, when it will (15) nearly \$7 trillion (£5.5 trillion).

Meanwhile, US-based non-profit the Wellness Tourism Association (WTA) was founded in 2018 with the aim of bringing standards to the growing wellness sector of the tourism industry, and defines wellness travel as simply that which allows the traveller ‘to maintain, enhance or kick-start a healthy lifestyle, and support or increase one’s sense of wellbeing’.

Task

Fill in the gaps with the help of the given words. You should use each word only once. There are two words which you don't need to use. Write your solutions in the table, according to the example (0).

The words to use:

according to beyond bookings <i>concerned</i> exploring	find growing healing monitors pace	physical reasons reach reconnect released	spa tailored touch
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WORDS TO FILL THE GAPS	MARKING BOX
0. <i>concerned</i>	✓
1.	
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3.	
4.	
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SCORE	

Task

Read the text about protecting your ears and do the task after the text.

I./2. Protecting your ears at movies and concerts

Ever go to the movies or a rock concert and been blasted by the *sound* (0) ? You may not realize it while it's happening, but ongoing exposure to loud sounds at these places can damage your hearing.

Our ears are highly (1) to loud noise. Even very short exposures to high-level sounds – that's anything above 132 decibels – can cause permanent hearing (2) for some people. That's true even if it's just a brief blast; a single gunshot or fireworks explosion can(3) immediate damage to the ear.

Even lower-level sounds – around 85 decibels – can (4) the ear if heard for extended periods of time. Listening to a lawn mower for eight hours a day, for example, can put a person at (5) for hearing loss.

Simply put, as the sound gets louder, safe exposure times get (6) . Currently, about 40 million Americans have hearing problems from loud noise exposure.

How hearing damage happens

Injuries to the ear from loud sound can cause difficulty hearing, decreased tolerance of loud sounds – also known as hyperacusis – and tinnitus, a constant (7) in the ears.

While we commonly think about potential harms from loud (8) in factories, construction sites or other loud workplaces, the Centers for Disease Control and Prevention estimates that 53% of people ages 20 to 69 who have hearing loss from loud noise report no workplace noise exposure.

That means these people choose loud hobbies or recreational (9) without being aware of the risks. It's not just movies, concerts and sporting events; power tools, motorcycles, off-road vehicles and firearms can all be hazardous to the ear.

Concerts and movies

Concerts regularly (10) 105 decibels, where sound exposure is safe for only about four minutes. Some shows can be even louder. And these levels of sound usually last for long (11) of time – two or three hours. This clearly puts listeners at risk for hearing loss.

Movie theaters can exceed 100 decibels, though usually not for extended periods of time. Generally, most people are safe when going to movies, though many moviegoers may find some louder sounds (12). Extended watching of movies, such as a double feature, can increase a viewer's risk.

Protecting yourself

Using a sound (13) app can estimate how loud the environment is, and then you can decide if you need to protect your hearing.

Here are some other tips to protect your ears:

First, if you can control the volume, turn it down. For headphones, use the 80-90 rule, which means you can listen at 80% of the maximum volume for 90 minutes per day. Turning it down gives you more time; turning it up gives you (14) time.

If you can't control the volume, move farther away from the sound source. Taking breaks from the sound also helps.

So will earplugs or earmuffs. Specialty earplugs are designed to (15) loud music levels without muffling the sound.

Injury from loud sound results in premature aging of the ears. But remember, it's largely preventable. Taking action today can help you protect and preserve your hearing for a lifetime.

Task

Fill in the gaps with the given words. You should use each word only once. There are two words which you don't need to use. Write your answers in the table, according to the example (0).

Words to use:

activities cause exceed follow increase	injure less loss meter noises	periods reduce ringing risk sensitive	shorter sound uncomfortable
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WORDS TO FILL THE GAPS	MARKING BOX
0. <i>sound</i>	✓
1.	
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SCORE	

Task

Read the text about hay fever and driving and do the task after the text.

I./3. Hay fever and driving: how to stay safe

Hay fever has been reported as a cause of accidents in the UK this year. So, what should you do if you have hay fever (0) symptoms while driving? And what should you do if you are taking medication?

If you are a long-term hay fever (1), then you will already know this. Almost 1 in 2 people experience hay fever at some point in their life. If you are experiencing hay fever for the first time, the most common symptoms reported are: sneezing, itchy or (2) eyes and a running or blocked nose.

But can you drive with hay fever? This depends on whether it affects your driving or not. According to our research, more than 2 in 3 motorists told us that hay fever (3) affected their ability to drive. Almost 1 in 4 of these motorists told us that sneezing and coughing impacted their vision. A further 21% said they (4) concentration while driving and 17% felt dizzy or light headed. Almost 17% of motorists have experienced an accident or near-miss as a result of their hay fever symptoms.

You can drive while taking certain hay fever medications. Usually most medications that you pick up off the shelf or (5) the counter at the pharmacy are safe. But some hay fever medications have a sedative effect. Check the medication label for diphenhydramine and chlorphenamine. These are common ingredients that cause drowsiness. If you are driving, make (6) you choose a non-drowsy medication. If you are not sure, speak to a pharmacist beforehand.

If your reaction to your hay fever medication has (7) you to have a crash, you could be convicted for drug driving. Nearly a third said their insurance costs increased because of an accident. And 1 in 3 had points on their licence, or a fine. If you find your symptoms are too severe while you are driving, you (8) pull over in a safe place until they pass. This could help avoid a dangerous situation.

You should also take measures to keep your hay fever symptoms (9) bay. This includes taking non-drowsy hay fever medication or (10) the pollen count before you drive.

Car expert Louise Thomas gives more insight into hay fever and driving and how you could stay safe: "We're not at the peak time of year where people suffering from hay fever are hit hard with their symptoms, and these are uncomfortable at the best of times. (11) it's clear that this is also impacting them while driving, with consequences (12) an accident or near-miss a common occurrence for many."

Sneezing or coughing behind the wheel can (13) you to swerve or lose control of the car, and this can be unavoidable. But if you feel a sneeze or cough coming, try to slow down and be aware of any traffic or hazards ahead of you. But the other risk is taking certain medications before you drive. Always read the label or speak to a doctor or pharmacist if you are unsure if your (14) medication is considered to be unsafe for driving. They should point you to an alternative.

Unfortunately, hay fever cannot be (15), and it is a real pain for those who suffer. But taking the right measures before driving can keep you safe while on the road.

Task

Fill in the gaps with the given words. You should use each word only once. There are two words which you don't need to use. Write your answers in the table, according to the example (0).

Words to use:

at avoided cause cause checking	however lacked like negatively over	should suffer sufferer sure symptoms	usual usually watery
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WORDS TO FILL THE GAPS	MARKING BOX
0. <i>symptoms</i>	✓
1.	
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SCORE	

Task

Read the text about rentals and do the task after the text.

I./4. With rentals scarce, a program that houses students with seniors is growing fast

As rental prices rise in many Canadian cities, students are finding it more difficult to secure *affordable* (0) housing. One program is offering an alternative that is not only easier on student wallets, but also provides (1) to older adults.

Canada HomeShare is an intergenerational housing initiative that matches students in need of housing with older adults with extra (2) in their homes. Students pay between \$400 and \$600 in rent per month, while also providing five to seven hours of (3) around the house or companionship. The program operates in Toronto and neighbouring Peel Region, Kingston, Ont., Vancouver, Peterborough, Ont. and, most recently, Edmonton.

Jordana Knelsen is in (4) year at York University and moved from Alberta to Toronto to attend classes in person for the first time this fall. While she said she also explored roommate search programs and even (5) living in a van in a worst-case scenario, Canada HomeShare was her first choice. “I spoke with the social workers and read through the website, and it just seems like a really great setup,” she said.

Following an application and initial interview, Jordana Knelsen (6) an email with a potential match: Shelagh Larkin, who had read about the program in a magazine article a few years ago. “I thought, wouldn’t that be a nice idea, a little bit of income, someone in the house, and it’s just a (7) to help out.”

As students return to campus this fall, Canada HomeShare is planning for about 100 matches in the Toronto area and 10 to 15 in the other (8). “We wanted to study our process before scaling up and out farther,” said Ms. Tanner. That process includes an application, personal (9) check, enhanced criminal background check and an interview with a social worker. Once complete, the matching process begins. To find a match, considerations include location, the requested (10) from the home provider, allergies and common interests. The student and homeowner then meet to assess whether or not they feel it would be a fit. If successful, an agreement is worked out in collaboration with a social worker.

That detailed process was a big factor in Ms. Larkin’s decision to (11) in the program. “They do a lot of the work in terms of checking, making sure that it’s a good fit. Given that this would be my first venture out, it’s a bit of a (12) net in terms of knowing that I can stand behind them and not have to go and do it on my own,” she said.

It also makes (13) for seniors. There are a lot of seniors who live in a larger space. There might be these creative opportunities where they can rent out a room and earn a little bit more income. Downsizing isn’t necessarily an option for many — smaller homes simply aren’t (14).

Meanwhile, for those like Jordana who are already participating in the program, the stress of not knowing where they would live is eased. “Getting set up with Shelagh and meeting her and getting to know her has been really great,” she said. “And my family and friends are super (15) because me and Sheila are a lot alike. I think it’s going to be a really great situation.”

Task

Fill in the gaps with the given words. You should use each word only once. There are two words which you don't need to use. Write your answers in the table, according to the example (0).

Words to use:

<i>affordable</i>	locations	second	thought
assistance	participate	sense	unhappy
available	received	space	way
considered	reference	support	
excited	safety	tasks	

WORDS TO FILL THE GAPS	MARKING BOX
0. <i>affordable</i>	✓
1.	
2.	
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SCORE	

Task

Read the text about American habits and do the task after the text.

I./5. Six American habits

It's Rude NOT to Tip

Not leaving a tip in the United States is widely *viewed* as an impolite gesture, and the reasons behind this social norm are fairly easy to comprehend. Servers in the US do not make enough money to live solely on their (1), so they rely on tips to boost their income. In many countries outside of the US, a service charge is typically included in the bill, making it appear (2) to add an additional tip. Consequently, tipping on top of the included service charge may give the (3) of frivolously dispensing money. Also, servers in other countries make a much better wage than those in the US.

Showing Off the Flag

Apart from the classic identifiers like Hawaiian shirts or pairing socks with (4), one can often spot an American by observing someone proudly donning the American flag. Stripes and stars happen to be our favorite pattern, and no one can say we don't have (5) pride.

While American patriotism is often endearing, it is not something you will find across the globe. Consequently, if you disembark from a plane clad in stars and stripes, be (6) for the curious gazes of onlookers.

Trick-Or-Treating for Halloween

While Halloween's American traditions have started gaining (7) beyond the United States, many people still find them peculiar and out of the ordinary. People also say it is another way for Americans to commercialize every holiday.

Some may argue that other countries feel envious of what the United States has with Halloween, as no other celebration allows you to approach a stranger's door and receive (8) candy. However, when we write out the concept, it actually does seem rather sketchy.

Using Coffee Creamer

While people outside of the United States typically use (9) types of milk in their coffee, within the country, there is a distinct product known as creamer. It's a mystery what it actually is, but we know it is filled with (10) and not good for you.

Unlike certain European or South American countries celebrated for their coffee offerings, the United States isn't particularly renowned for its delectable coffee choices. We often rely on potent flavors to mask the less desirable qualities of over-roasted beans or diluted brews.

Eating Peanut Butter and Jelly

Peanut butter and jelly has to be one of the most classic (11) in the US. Did you know that the delightful fusion of salty and sweet flavors is a uniquely popular combination in the United States? It's a taste sensation cherished by Americans. The reasons why more people aren't embracing this flawless combination remain a mystery to us.

However, some individuals do find it peculiar or (12). Some people don't know if jelly is the same thing as jam and why these two things are eaten for lunch past the age of five, but we don't (13). We are proud of our all-American classic PB&J, and we will never give that up.

Americans Cannot Live without Those Sugary Drinks

Just as our eating habits raise concerns, America's drinking culture follows a similar pattern, lacking in healthiness. While indulging in a soda and ice cream; it's disheartening to (14) that these choices are often abundant in added sugars.

Non-Americans have brought up that there is sugar in pretty much every drink that isn't water, and it boggles their minds. Even if it isn't real sugar, there is (15) sweetener added. There's no denying our past fondness for Vitamin Water, though.

Task

Fill in the gaps with the given words. You should use each word only once. There are two words which you don't need to use. Write your answers in the table, according to the example (0).

Words to use:

artificial care cheap combinations free	impression national observe paycheck popularity	prepared sandals sugar traditional unconventional	unnecessary various <i>viewed</i>
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WORDS TO FILL THE GAPS	MARKING BOX
0. <i>viewed</i>	✓
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SCORE	

READING II.

Task

Read the article about social media's push and do the tasks after the text.

II./1. Social media's push for the perfect muscular body is fuelling a new form of disordered eating - and young men are most at risk

From celebrities and influencers to everyday people, social media is full of content that showcases perfectly toned, muscular bodies – and how to achieve them. Having a muscular physique is no longer confined to elite athletes and body builders – it has become a widely popular aspiration.

But alongside the rising popularity of this kind of content has been an increase in the pressure on both men and women to achieve a more athletic, muscular physique. This seemingly healthy trend has coincided with the detection of a new form of disordered eating.

Muscularity oriented disordered eating (Mode) refers to a set of disordered eating habits driven by an excessive focus on lean muscle gain. This includes excessive consumption of protein supplements and drinks, rigid diet patterns, strict tracking of macronutrients (protein, carbs and fat in food) and frequent muscle checking.

Unlike eating disorders such as anorexia and bulimia, Mode is specifically related to muscularity and predominantly affects young men. But, as with other forms of disordered eating, Mode can disrupt daily life, harm social relationships and emotional wellbeing.

Social media plays a significant role in Mode. While social media can sometimes offer helpful health and fitness information, social media algorithms also amplify content of extreme or visually striking bodies that attract attention.

Platforms such as Instagram and TikTok are saturated with “fitspiration” content. Posed shots and before and after photos suggest that “fitspiration” content may be about appearance rather than health. These pictures of idealised, muscular bodies not only reinforce unrealistic body ideals, they can also create dissatisfaction with body image, increase muscle fixation and lead to disordered forms of eating.

Many social media influencers also promote unattainable body standards, unsustainable lifestyles and extreme eating habits. These include the daily use of protein supplements, rigorous tracking of macronutrients, extreme workouts and the use of drugs (including anabolic steroids) to enhance performance.

While not every fitness enthusiast is at risk of developing Mode, this intense preoccupation with muscle growth is growing. According to one 2019 study, 22% of males and 5% of females aged 18–20 reported such behaviour. College students may be particularly at risk of Mode due to their high use of social media and because they're often in control of their diet for the first time.

Mode has also been reported at comparable rates in many countries around the world – including the United States, Canada and Iran.

Risk of harm

There are many physical and mental harms that may be associated with Mode.

For instance, the condition is associated with a variety of disordered eating patterns. Fixation on muscle development can trigger or exacerbate eating disorders, notably binge eating. Orthorexia nervosa – a pathological and potentially harmful focus on “healthy eating” – is also frequently recorded in fitness communities.

While women were once the main audience for the health food market, health supplements and protein products are increasingly targeted at men.

Over-consumption of protein products can be harmful to health. While it's true your body needs more protein when you are more active, not all muscle-building products are necessarily healthy. Protein shakes, for example, can be highly processed, and contain artificial sweeteners and thickeners. They may also contain potentially harmful chemicals such as heavy metals (including lead and aluminium).

More work needs to be done to identify Mode risk factors and prevent further escalation. The fitness industry should also be held more accountable for the products and lifestyles they promote.

June 3, 2025

Task 1

Read the text and answer the questions in no more than 5 words, according to the example (0).

QUESTIONS	ANSWERS	MARKING BOX
Who did the ideal of muscular bodies spread to from athletes?	0. <i>Celebrities and influencers</i>	✓
What does Mode stand for?	1.	
Which group of people does Mode characterise most?	2.	
What feeling can the viewing of extremely muscular bodies cause?	3.	
What unhealthy consumption habits are frequent in Mode? Give 1 example.	4.	
What unhealthy ingredients do muscle-building products contain? Give 1 example.	5.	
SCORE		

Task 2

Read the text again and use it to decide if the statements are true (T) or false (F). Write your answers in the table below according to the example (0). *Please note that if all your answers are marked as true or as false, your answers will be disqualified.*

STATEMENTS	TRUE or FALSE	MARKING BOX
0. <i>The number of pictures of muscular bodies is on the rise in social media.</i>	T	✓
6. The popularity of muscular bodies places pressure on people to conform to these images.		
7. „Fitspiration” content contains mostly idealised images of bodies.		
8. College students are able to resist the influence of social media in connection with Mode.		
9. Binge eating is opposed by fitness gurus on internet forums.		
10. The fitness industry should bear more responsibility for the images they advertise.		
SCORE		

Task

Read the article about treating wounds and do the tasks after the text.

II./2. Finnish solution for treating wounds is berry good

VTT Technical Research Centre of Finland has developed a skin spray capable of killing pathogenic bacteria by harnessing the antimicrobial properties of berries.

Designed to treat wounds and eliminate potentially fatal pathogens before surgery, the spray is used to impregnate the pores and surface of nanocellulose with a berry extract to prevent the antimicrobial compounds from becoming trapped in the network of fibres, revealed **Panu Lahtinen**, senior scientist at **VTT**.

The spray can also be applied as cream, trans-dermal patch or wound dressing. The berry extract has applications also beyond wound care, including as a replacement for synthetic preservatives in cosmetics.

The next step is to find companies that are interested in developing, producing and commercialising products utilising the extract, possibly as soon as in a couple of years.

The Finnish research centre has investigated the health benefits and antimicrobial properties of berries for 20 years, finding that the compounds can also help to prevent the growth of dangerous microbes on human skin, with even a tiny amount of berry extract capable of killing pathogenic bacteria such as MRSA bacteria.

“Our research has identified antimicrobial compounds in several wild berries, including sea buckthorn, bilberry, strawberry, cloudberry and raspberry,” **said Kirsi-Marja Oksman-Caldentey**, associate professor and senior adviser at VTT. The seeds of berries are coated with antimicrobial compounds to protect the seed from microbes, such as moulds, before germination.

VTT has developed a production method capable of producing extracts enriched with a by-product of berry juice production that contains the berry skin and seeds. It has also developed technologies to produce the key molecules in cultivated plant cells using plant biotechnology, enabling year-round production without the seasonal berry harvests.

The World Health Organization (WHO) has identified antibiotic-resistant bacteria as one of the 10 foremost health challenges globally. MRSA, for example, has been associated with a growing number of difficult-to-treat wound infections, especially during surgery.

In Finland, an estimated 20 per cent of the population unknowingly carry these bacteria.

According to the WHO, other health challenges include preparing for epidemics, medicine safety, tobacco control and making health care fairer for both for the professionals and the patients. It would be important to use new technologies to the advantage of health care as well as planning for the health aspects of climate change. New technologies are revolutionizing our ability to prevent, diagnose and treat many diseases. Genome editing, synthetic biology, and digital health technologies such as artificial intelligence can solve many problems, but also raise new questions and challenges for monitoring and regulation.

International cooperation should be set up to tackle these global and local challenges.

28.05.2025

Task 1

Read the text and answer the questions in no more than 5 words, according to the example (0).

QUESTIONS	ANSWERS	MARKING BOX
What group of fruits is used for preparing a skin spray for disinfection?	0. <i>berries</i>	✓
What products have been developed for medicinal purposes? Give 1 example.	1.	
What other area of beauty industry is it used in?	2.	
When could this product be available if there is interest for its making?	3.	
Which well-known berry is used for these products? Give 1 example.	4.	
What did the WHO list in connection with global health?	5.	
What dangerous habit would the WHO like the world to reduce?	6.	
SCORE		

Task 2

Read the text again and use it to decide if the statements are true (T) or false (F). Write your answers in the table below according to the example (0). *Please note that if all your answers are marked as true or as false, your answers will be disqualified.*

STATEMENTS	TRUE or FALSE	MARKING BOX
0. <i>The new disinfectant was developed in Sweden.</i>	F	✓
7. Berries have been researched for two decades at VTT.		
8. In natural circumstances, berry seeds are covered by microbes.		
9. The antimicrobial substance of the berries cannot be produced artificially.		
10. MRSA infection is one of the most dangerous ones in hospitals.		
SCORE		

Task

Read the article about Norwegian folk costume and do the tasks after the text.

II./3. Norwegian folk costume - can it change?

Very few things are more Norwegian than wearing the traditional folk costume, the bunad. It's a powerful symbol of Norwegian cultural heritage, and its rulebook is finally expanding to include a broader and more diverse cultural heritage.

Kristin Dilani Nadarajah

Think flowing wool skirts, white linen shirts, and embroidery that would make your grandma happy— that's the magic of a Norwegian bunad. What you need to know about bunads is that they are worn for special occasions (like weddings, christenings, and confirmations) and they are made from heavy wool or cotton fabrics with intricate embroidery. Also, they are mostly owned by women (around 70%), although there's a growing popularity for the male bunad.

The idea of the bunad emerged during Norway's 19th-century national romanticism era, when the upper class took a huge interest in peasant life and dress, as it was viewed as *authentically Norwegian*. This marked the start of the bunad project – transforming them from everyday peasant clothing into special occasion wear, as a way to celebrate Norwegian culture and tradition.

Today, there are more than 400 regional variations of the bunad. Each region has its specific customs of colour use, placement of embroidery, and design.

But sometimes deviations cannot be avoided, particularly for those of us with mixed heritage and foreign background. I'm part Icelandic, part Sri Lankan Tamil, and there is never a day I feel less Norwegian than on 17 May, Norway's constitution day. That's when streets fill up with seas of bunads, except for *us* who simply wear off-the-rack dresses because we don't have access to them.

Just get one, then, one might say. Well, it is slightly complicated. These colourful, hand-embroidered, and woven pieces are treated like family heirlooms, often included in wills and the cause of bitter sibling quarrels. If you don't inherit one, a bunad can cost a small fortune – around €4,000.

Also, without a long local family history, which region's bunad does one choose? There is an option of a cheaper non-official party suit (folkedrakt in Norwegian) that bears a semblance to a bunad, but they were usually dismissed as inauthentic.

Making space for *the others*

Now, a wave of popular sewing and TikTok influencers encourages people to make their own versions of the bunad/folkedrakt. These new designs break from tradition, blending in identity and cultural heritage, as people are now making suits using fabrics with patterns from all over the world, making them more personal – and more accessible.

More and more people are joining this new wave of bunad making. However, it may be a bit too fast for some Norwegians. Many face criticism for simply wearing a bunad or customising it with patterns, fabrics, and details from other cultures.

Yet, tradition is evolving. Norwegian customs are becoming less rigid and gradually making more space for other identities and traditions. When I started school, my teachers discouraged my mum from teaching me her native tongue not to confuse me. Thankfully, she didn't listen. Today, multilingualism is cherished – also by teachers.

Similarly, the rise of personalised bunads is a great way for more people to feel included in the cultural identity and celebrate both Norway and the other parts of ourselves. I'm excited to see this shift, but I can't help wishing this had happened while I was growing up, too. I used to believe that bunads weren't for people like me, and that we weren't Norwegian enough, but now I just want to get sewing.

May 30, 2025

Task 1

Read the text and fill the table with your notes, in no more than 3 words, according to the example (0).

QUESTIONS	ANSWERS	MARKING BOX
The name of the traditional Norwegian folk costume	0. <i>bunad</i>	✓
The way bunad is decorated	1.	
Kind of population new folk costumes would be needed for	2.	
A simpler version of bunads	3.	
A new movement regarding folk costumes	4.	
Current attitudes to multilingualism	5.	
Current plans of the author	6.	
SCORE		

Task 2

Read the text again and use it to decide if the statements are true (T) or false (F). Write your answers in the table below according to the example (0). *Please note that if all your answers are marked as true or as false, your answers will be disqualified.*

STATEMENTS	TRUE or FALSE	MARKING BOX
0. <i>Bunads are worn exclusively by women.</i>	F	✓
7. Bunads are black and white.		
8. It is difficult to obtain a set of bunad.		
9. The new wave of bunad making is supported by all the Norwegians.		
10. The author grew up questioning her value as a Norwegian citizen.		
SCORE		

Task

Read the article about buying groceries online and do the tasks after the text.

II./4. Buying groceries online

You might think that just about everybody is buying groceries online today, as retailers like Walmart, Kroger and Amazon race to perfect their delivery services to get food to shoppers' homes in under an hour. But that's not exactly the case.

Grocery shoppers are still complaining they're being charged higher prices online and about delivery drivers being late, among other disappointments.

In the US, a mere 3 percent of grocery purchase takes place online today. Americans haven't been as quick to jump on board with placing their grocery orders from their computers or smartphones, especially when compared with markets like South Korea, where online grocery penetration can be as high as 15 percent.

Only a quarter of consumers have tried an online grocery service in the past year, according to a new survey of more than 8,000 US grocery shoppers completed by consulting group Bain & Co. in collaboration with Google. And only 26 percent of those shoppers, or 6 percent of all US consumers, went on to say they order groceries online more than once a month. Instead, most Americans are taking multiple trips to the grocery store each week.

"We've been early adopters in this country in almost every other retail category," Bain & Co. partner Stephen Caine said. "We know online grocery will expand at some point."

For now, though, grocery chains and delivery providers alike are coping with how to get more shoppers to take advantage of their services. Fear of Amazon's dominance has pushed many companies to make these investments, even if they eat into profits.

"If one retailer is doing it, the others need to offer it," Stewart Samuel, program director at food and consumer goods research organization IGD, said.

Still, there's some convincing to be done.

Many shoppers want to be able to see and even touch certain foods like meat or produce before they buy it. That's also why packaged goods like chips and granola bars tend to be the most popular items placed in online shopping carts. And then there are always flaws with delivery services, like items being out of stock or incorrect items being sent.

Only 42 percent of people using a grocery delivery service for the first time say it actually saves them time, according to Bain & Co.'s survey. One bad experience can potentially ruin a shopper's perception of the concept and make them never want to try it again. It's important for a company to get it right the first time because 75 percent of online grocery shoppers say they continue to use the first retailer they shopped from, the survey found.

And then there are other trust issues over pricing.

Typically, there are two pricing models that retailers follow. One is: a retailer will price items on the internet exactly like they would be in stores and then be transparent about how much the extra service charges are on top of that. Second is: a retailer will hike prices on items online to cover for the extra fees. Because some prices are noticeably inflated, people tend to minimize what they buy online.

Task 1

Read the text and complete the table with your notes of no more than 7 words, according to the example (0).

QUESTIONS	ANSWERS	MARKING BOX
competitors in online grocery market	0. <i>Walmart, Kroger, Amazon</i>	✓
main concerns of online grocery customers. Give 1 example.	1.	
proportion of online grocery spending in South Korea	2.	
the reason why packaged goods are more popular in online shopping	3.	
typical problems online shoppers face concerning delivery services	4.	
	5.	
the way retailers can keep their online grocery shoppers	6.	
SCORE		

Task 2

Read the text again and use it to decide if the statements are true (T) or false (F). Write your answers in the table below according to the example (0). *Please note that if all your answers are marked as true or as false, your answers will be disqualified.*

STATEMENTS	TRUE or FALSE	MARKING BOX
0. <i>Buying groceries online is a preferred choice.</i>	F	✓
7. Online grocery shopping is more popular in South Korea than in the US.		
8. Around a quarter of US consumers order groceries online more than once a month.		
9. The US has been in the forefront of online grocery shopping.		
10. Stephen Caine believes online grocery has potentials.		
SCORE		

Task

Read the article about rare species and do the tasks after the text.

II./5. Red alert over rare species

The well-known "Red List" that details which species are threatened with extinction is inaccurate, according to a new assessment. It concludes the list fails to reflect the true threat to species, by not taking full account of the threat posed by people.

The Red List, which is compiled by the World Conservation Union (IUCN), estimates a species' risk of extinction mainly on the basis of its population size, rate of decline and geographic range.

But Alexander Harcourt and Sean Parks at the University of California, Davis, argue that this is not enough. They compare an endangered species to a house that has been left unlocked. The house is vulnerable to burglary, but it only becomes threatened when there is a burglar nearby. In the same way, a small population of animals susceptible to extinction only becomes actively threatened when it is being poached or its habitat is destroyed. Harcourt and Parks advocate modifying the Red List criteria to include local human population density.

Although a large number of people nearby may not in itself be a threat, they argue that hunting, pollution and habitat destruction, for example, are all likely to increase as people encroach on wildlife. What is more, data on human density is readily available. "We have the numbers, why not use them?" says Harcourt.

Low to high

To illustrate their point, the researchers reassessed 200 primate species from the 1996 Red List. They found that 17 species designated as being at relatively low risk by the Red List should now be reassigned as high priority. Two such species are Wied's tufted-ear marmoset (*Callithrix kuhlii*) and the golden lion tamarin (*Leontopithecus rosalia*) from South America. Contrary to the expectations of many, the researchers also found that two high-profile species, the gorilla and the pygmy chimpanzee, or bonobo, should be downgraded to a lower level of threat.

But Craig Hilton-Taylor, Red List Programme Officer based in Cambridge, England, says that the IUCN has already introduced a specific classification system for threats such as human density. The system runs in parallel to the main Red List classification. Besides, part of the Red List's value is that you can make comparisons with past assessments, he says, and modifying the criteria would make this impossible. "We've been asked by everyone, please don't change the system again," says Hilton-Taylor.

Harcourt maintains that making explicit threats part of the criteria is not only more accurate, it may also help highlight future problems. Matt Walpole, a conservation researcher at the University of Kent at Canterbury, England, agrees: "Where [population] data is lacking, it might be a useful way of flagging up potentially threatened species."

Task 1

Read the text and use it to decide if the statements are true (T) or false (F). Write your answers in the table below according to the example (0). Please note that if all your answers are marked as true or as false, your answers will be disqualified.

STATEMENTS	TRUE or FALSE	MAKING BOX
0. According to American researchers, the Red List needs to be re-assessed.	T	✓
1. Harcourt and Parks would like to add one more risk factor to the Red List.		
2. Researchers in Cambridge, UK, oppose the changes only because they claim it unnecessary.		
3. As a result of the new classification, all endangered species had to be put into a higher risk category.		
SCORE		

Task 2

Read the text again and complete the table with your short notes (based on the text) with no more than 4 words, according to the example (0).

QUESTIONS	ANSWERS	MAKING BOX
Previous criteria for assessing the risk of a species' extinction	<i>0. its population size</i>	✓
	4.	
	5.	
New criterion to be included	6.	
Advantages of new criterion	more exact	
	7.	
Forms of danger humans can cause to wildlife	8.	
	9.	
	10.	
SCORE		

WRITING SKILLS

I./1

Your English friends discuss Black Friday on the social media. Comment on the topic in 100-120 words.

In your post, describe

- the more and more popular habit in Hungary
- the opposers of this custom
- your personal opinion/experience.

I./2

One of your Polish friends put up a post about her unpleasant school experiences in connection with too many lessons. Comment on her post in 100-120 words.

In your post,

- agree with your friend about the overload
- mention starting schoolday too early/ outdated curriculum
- explain what you would change in the system.

I./3

Your American friend has asked for some suggestions for interesting series on the social media. Comment on her post in 100-120 words.

- Suggest your latest favourite
- explain what you liked about it give your opinion on streaming platforms

I./4

You live in Bristol with your family. You have been writing a blog since your arrival, and now you are writing an entry about keeping pets, in 100-120 words.

- Write about your pet and its role in the family
- How it changed family life
- Why you would like to have more pets at home or why not

I./5

You live in Manchester with your family. In your school, you have heard some gossips about your best friend. Ask advice on a forum about what to do, in 100-120 words.

- Describe the situation
- Introduce your plan
- Ask the readers' opinion

II./1

You would like to study in Canada, and you want to register for the Canada home share programme with the elderly. In exchange for help, they rent out cheap rooms. Write down in 140-160 words, why you are suitable for the programme. Your name in this role is Kovács Virág/Vendel.

- Explain why you would like to register
 - companionship
 - cheap accommodation
- Describe why you are suitable
 - like seniors, like grandparents
 - name some tasks you would be happy doing

II./2

You would like to work in Denmark this summer again.

Ask for a letter of recommendation from your former employer, George Brown, in 140-160 words. Your name in this role is Varga Bettina/Benedek.

- Describe
 - who you are and why you need this letter
 - what work you did for the organisation last year
- Ask the employer what to include in the letter
 - your personality
 - your work performance

II./3

You have ordered a JBL headphones from Amazon. However, you received earphones of a different make. Write an email in 140-160 words to complain. Your name in this role is Varga Beáta/Benedek.

- Describe the problem
- Express your dissatisfaction
- Ask about the way of returning the unwanted item
- Ask for replacing the item and for compensation

II./4

The Brighton Language School is offering 3 free places for Hungarian students for its 2-weeks intensive course. Apply for this opportunity in 140-160 words. Your name in this role is Németh Ilona/Imre.

- Say where you heard about this opportunity
- Introduce yourself and your studies
- Explain where you'll use this knowledge in the future
- Ask about accommodation

II./5

You stayed at a Dutch school for 3 months as an exchange student. The Dutch organiser, Mr Huiser is asking for your opinion afterwards. Your name in this role is Erdős Mária/Miklós.

Write down your experience in 140-160 words on

- the lessons you attended and what you liked the most
- the host family
- the free time activities they provided for you what your suggestions are for future programs

ANSWER KEYS

READING COMPREHENSION

READING I.

I./1. The rise of wellness travel, from rewilding to yoga and pilgrimages

1. reasons, 2. reconnect, 3. growing, 4. pace, 5. released, 6. exploring, 7. monitors, 8. spa, 9. physical, 10. tailored, 11. healing, 12. bookings, 13. beyond, 14. according to, 15. reach

I./2. Protecting your ears at movies and concerts

1. sensitive, 2. loss, 3. cause, 4. injure, 5. risk, 6. shorter, 7. ringing, 8. noises, 9. activities, 10. exceed, 11. periods, 12. uncomfortable, 13. meter, 14. less, 15. reduce

I./3. Hay fever and driving: how to stay safe

1. sufferer, 2. watery, 3. negatively, 4. lacked, 5. over, 6. sure, 7. caused, 8. should, 9. at, 10. checking, 11. however, 12. like, 13. cause, 14. usual, 15. avoided

I./4. With rentals scarce, a program that houses students with seniors is growing fast

1. support, 2. space, 3. assistance, 4. second, 5. considered, 6. received, 7. way, 8. locations, 9. reference, 10. tasks, 11. participate, 12. safety, 13. sense, 14. available, 15. excited,

I./5. Six American habits

1. paycheck, 2. unnecessary, 3. impression, 4. sandals, 5. national, 6. prepared, 7. popularity, 8. free, 9. various, 10. sugar, 11. combinations, 12. unconventional, 13. care, 14. observe, 15. artificial

READING II.

II./1. Social media's push for the perfect muscular body is fuelling a new form of disordered eating - and young men are most at risk

Task 1

1. Muscularity oriented disordered eating, 2. young men, 3. dissatisfaction with body image / muscle fixation, 4. (daily eating) of protein supplements/ use of drugs /use of steroids, 5. artificial sweeteners / thickeners / harmful chemicals / heavy metals / lead/aluminium

Task 2

6.T, 7.T, 8.F, 9.F, 10.T

II./2. Finnish solution for treating wounds is berry good

Task 1

1. cream/ patches/ wound dressing, 2. cosmetics, 3. couple of years, 4. strawberry/raspberry, 5. health challenges, 6. smoking / tobacco use /tobacco consumption

Task 2

7T, 8F, 9F, 10T

II./3. Norwegian folk costume - can it change?

Task 1

1. embroidery 2. Mixed heritage/foreign background 3. Folkedraft 4. Make your own personal bunad 5. Cherished 6. Wants to start sewing (bunad)

Task 2

7. F, 8. T, 9F, 10 T

II./4. Buying groceries online

Task 1

1. higher price / drivers being late, 2. 15%, 3. shoppers don't need to see them/touch them, 4. items out of stock, 5. incorrect items being sent, 6. to get it right the first time

Task 2

1.T, 2.F, 3.F, 4.T

II./5. Red Alert

Task 1

1. T, 2. F, 3. F

Task 2

4. its rate of decline, 5. its geographic range, 6. local human population density, 7. helps highlight future problems, 8. hunting, 9. pollution, 10. habitat disruption