


Date: _____
 Teacher/ Group: _____
 Name: _____
 Grade: _____

1  Listen to the podcast about old wives' tales and answer the following questions in relation to what they talk about. (1 POINT)

1. An old wives' tale could be:
 - a) handed down from father to son
 - b) given by a brother to a sister
 - c) offered by a manager to a staff member

2. How did the podcast describe the difference between soy milk and dairy milk?
 - a) 0% difference
 - b) 50% difference
 - c) 100% difference

3. What is a fever good for?
 - a) Passing infection to others
 - b) Keeping the infection inside
 - c) Fighting the infection

4. Where is it better to get your vitamin C from?
 - a) Pills
 - b) Fruit and vegetables
 - c) The doctor

2 Look at the podcast script and find words that match the definitions below. (1 POINT)

1. **Misconceptions** (*noun*) ideas that are not based on correct information.
2. **Supposed** (*adjective*) used to show that you think something might not be true.
3. **Dairy** (*noun*) milk and milk products.
4. **Appetite** (*noun*) the physical desire for food.
5. **Compresses** (*noun*) cloths that are pressed onto the body to reduce pain, stop bleeding etc.
6. **Pediatric** (*adjective*) medical field that is connected to children and their diseases.

Host: Welcome to the Medical Mythbusters, the podcast where we debunk common myths and misconceptions about health and wellness. In today's episode, we'll be discussing some popular old wives' tales about being sick. So, to get us started, Jack can you tell us what an old wives' tale is?

Jack: Sure, an old wives' tale is a supposed truth which is passed down from generation to generation.

Host: Can you tell us about any old wives' tales you've heard related to sickness?

Jack: Of course, there are loads. Like, the one about avoiding dairy when you're sick. Some people believe that if you eat dairy, it increases how much mucus you produce.

Host: Right. But apparently, that's not true. A recent study showed no difference between participants who drank dairy milk and those who had soy milk. So, if you have an appetite for a big bowl of ice cream then go for it.

Jack: Interesting. I've also heard that cold compresses or cold baths help with fevers, but according to research performed by the chief of pediatric infectious diseases at the University of California, a fever is good for fighting infection. It has also been shown that cold baths can lower core body temperature and cause shivering.

Host: That's true, and what about the one I heard about vitamin C curing colds?

Jack: They say that while vitamin C boosts immunity, it is unlikely that an increased intake helps once you're already sick. It's better to get your vitamin C from natural sources like fruits and vegetables which will reduce how long and how serious your cold is once you are unlucky enough to catch one.

Host: Okay, so it sounds like we shouldn't take these old wives' tales too seriously, should we?

Jack: Sure, it's important to question everything but the final word should always lie with a medical professional.

3 Put the verbs into the correct tense (simple past or past perfect simple). (1 POINT)

1. When he woke up (wake up), his mother had already prepared (already / prepare) breakfast.
2. We went (go) to London because the Queen had invited (invite) us for tea.
3. He heard (hear) the news, grabbed (grab) the phone and called (call) a friend.
4. When she started (start) to learn English, she had already learnt/learned (already / learn) French.
5. Jane had already typed (already / type) ten pages when her computer crashed (crash).
6. By the time he arrived (arrive) at the pub, they had run (run) out of beer.
7. Before that day we had never thought (never / think) of going to Japan.
8. I knew (know) him for a long time before I had met (meet) his family.
9. They didn't know (not / know) where to meet because nobody had told (tell) them.
10. It had been (be) cloudy for days before it finally begun (begin) to rain.

4

Choose the correct word for each sentence - each is only used once. (1 POINT)

moreover
on the other hand
however
besides
firstly
while
then
actually

1. Television turns people into lazy couch potatoes. **On the other hand**, there are some educational programmes on.
2. **Firstly**, I would like to welcome you all to the conference today.
3. I've always known Caroline as a mean person. **However**, she lent me \$10 yesterday without me having to ask twice!
4. I got up at 9 o'clock yesterday and had a cold shower. **Then**, I had breakfast and left for work.
5. My brother works in a large office **whereas** I work on my own at home.
6. Why do you think I don't want to go out tonight. **Actually**, I would be delighted to get out of the house.
7. You should go to university as it gives you a chance to meet so many new people. **Moreover**, it gives you the chance to get important qualifications and get a better job.
8. I don't want to go to the football game. Football bores me and I don't want to pay \$40 for a ticket. **Besides**, look at the weather! All that rain!

5

Rewrite the sentences and questions in the Passive Voice. Be careful with the tense. (1 POINT)

a) They have opened a new shop.

A new shop has been opened (by them).

b) The weather conditions affect human health.

Human health is affected by weather conditions.

c) The class learned the lesson quickly.

The lesson was learned quickly by the class.

