

Unit 7 Quiz Reading/Vocabulary Level 3**Multiple Choice**

Identify the choice that best completes the statement or answers the question.

The Secrets of Longevity

Why do some people die young while others live to the age of 80, 90, or even 100? The search for the secrets of longevity has a long history. For centuries, kings and queens searched for an answer in religion or magic. Today, researchers are using science instead. They are investigating specific populations in which longevity is common. Is there something special about the elderly, that is, the old people, in these groups?

Several of these groups live on islands that are somewhat isolated from modern life, for example, the Italian island, Sardinia, and Okinawa in Japan. Many members of the population on these islands live long and healthy lives. They do not suffer from diseases and other problems that are common in today's population. These include cancer, heart disease, obesity, and the memory problems that often come in old age. Scientists have invented a new word to describe these people. They call them the "*welllderly*," a word that is a combination of "well" and "elderly."

Researchers who study the *welllderly* on these islands say these groups have several things in common. They have a healthy diet. They eat mostly grains, fruits, and vegetables, but very little meat. And they don't eat a lot. Scientists call this a "hardship diet," and in fact, these communities were historically poor. People ate this way because they had to, but they have continued to follow the diet even though they have more choices now. Most of them don't smoke or drink alcohol. They have active lives and exercise every day. Most say they have a low level of stress. In short, their lifestyle is beneficial to their physical and mental health. Some or perhaps all of these factors may have a positive impact on longevity.

Environmental factors are clearly important but they cannot explain everything. Although most people on these islands share a healthy lifestyle, they do not all live long, healthy lives. To understand why, researchers have compared the genes of the *welllderly* to the genes of other the members of the island population. They have discovered several important variations in the genes of the *welllderly*. All of these genetic variations can be passed on from one generation to another. The most distinct variations are in genes that affect growth as well as the ways that the body uses and stores energy. The scientists believe that these genetic changes contribute to longevity. Other variations affect lifestyle choices. One scientist discovered a genetic variation that affects the sense of taste. People with this genetic variation like bitter foods, such as green, leafy vegetables. These foods are very good for you. They may even help prevent some common diseases. Such discoveries suggest that genetic and environmental factors both contribute to the longevity of the *welllderly*.

Because the people who live on these islands are relatively isolated, the genes of the *welllderly* have become widespread in the population. Parents have passed them on to their children, who still live on the island. In addition, until recently, most of them have shared the same healthy lifestyle. Today, however, more young people on these islands have adopted a more modern lifestyle that includes more stress and fewer healthy foods. Scientists are eager to find out whether they will join the *welllderly* in the future.

Instructions: Refer to the reading “The Secrets of Longevity.” Choose the correct answer for each question.

- _____ 1. What is the main idea of the reading?
- Scientists really don't know why some people live longer than others.
 - Genes and lifestyle probably both contribute to longevity.
 - People who live on isolated islands generally have healthier lives.
 - Diet is probably the most important factor in living a long and healthy life.
- _____ 2. Why did scientists choose to investigate longevity on isolated islands?
- People who live on islands live differently from people in other communities.
 - It is easier to study people on islands because they live close together.
 - Researchers prefer to study island communities because many people have the same genes.
 - People who live on isolated islands often live long, healthy lives.
- _____ 3. Why did these communities historically have “hardship diets”?
- Food that contained a lot of protein was very expensive.
 - There were no farm animals on the islands.
 - They preferred a healthy diet of fruits, grains, and vegetables.
 - They knew that eating too much food is unhealthy.
- _____ 4. What is the main idea of the third paragraph?
- Food choices are the most important aspect of a healthy lifestyle.
 - The island *welllderly* have a healthy lifestyle.
 - Physical and mental health both depend on the choices you make.
 - An active lifestyle is a healthy lifestyle.
- _____ 5. What did research into the genes of the *welllderly* reveal?
- Genetic differences are more important than lifestyle choices.
 - The *welllderly* have genes that give them a long life.
 - There are some important variations that may be connected to longevity.
 - All of the people on the island have similar genetic variation.
- _____ 6. Which research finding suggests that genetic variation can affect lifestyle choices?
- Genetic variations may be linked to longevity.
 - The genetic changes in the *welllderly* are passed on to their children.
 - Genetic variation affects growth.
 - Genetic change can affect the sense of taste.
- _____ 7. Overall, what has research on the *welllderly* shown?
- There will be no clear answers about them until the next generation grows old.
 - They have passed on their most important characteristics to their children.
 - Their lifestyle and genes are somewhat different from those of other elderly people.
 - We will all live longer if we live like the island *welllderly*.

Matching

Instructions: Refer to the reading “The Secrets of Longevity.” Match each sentence from the third paragraph to its purpose in the paragraph.

- a. This sentence supports the claim made in the paragraph.
- b. This sentence connects the claim to the main idea of the whole reading.
- c. This sentence provides a concrete example of the support for the claim.
- d. This sentence makes a claim.
- e. This sentence summarizes the evidence presented in the paragraph.

- _____ 1. Researchers who study the *welllderly* on these islands say these groups have several things in common.
- _____ 2. They have a healthy diet.
- _____ 3. They eat mostly grains, fruits, and vegetables, but very little meat.
- _____ 4. In short, their lifestyle is beneficial to their physical and mental health.
- _____ 5. Some or perhaps all of these factors may have a positive impact on longevity.

Unit 7 Vocabulary Reading/Voc. Level 3**Completion***Complete each statement.***Instructions:** Choose the correct word or words to complete each sentence.

altered	drew distinctions	fell apart	got into trouble
had an impact on	inherited	suppressed	untangled

1. Although the speaker _____ between the two candidates, they did not seem very different to me.
2. The law fundamentally _____ how the nation conducted business in the nineteenth century.
3. My brothers always _____ when they were in younger. Our mother could not control them.
4. Her bicycle was not very well made so it _____ the first time that she tried to ride it.
5. He _____ his red hair from his mother.
6. She _____ a smile as she listened to her boss try to explain the mistakes he had made.
7. He carefully _____ the mess of wires that were connected to the computers.
8. Several factors _____ my decision to take the job, but the most important one was its location in Shanghai.

True/False*Indicate whether the statement is true or false.***Instructions:** For each sentence, choose *True* or *False*.

- _____ 1. **Radical** changes are usually easy for everyone to accept.
- _____ 2. The **subsequent** decade is the next decade.
- _____ 3. People who do things **on their own** do them alone.
- _____ 4. If your perspective is **consistent** with the law, you do not agree with it.
- _____ 5. A person who is under **stress** probably worries a lot.

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- _____ 6. A study that is **on the cutting edge** of science is the newest and most recent research.
- _____ 7. Participants that are picked **at random** have been carefully chosen.
- _____ 8. Someone who is **anything but** calm is very relaxed.

Matching

Instructions: Match each word or phrase with the sentence that best suggests it.

- a. an only child
- b. peer group
- c. talent
- d. obesity
- e. pass something on to
- f. be forced to conclude
- g. temporary
- h. isolated

- _____ 1. It was clear from an early age that he could play the piano very well.
- _____ 2. I have no brothers or sisters.
- _____ 3. All of the boys in the family have blue eyes and big ears, just like their father.
- _____ 4. We grew up in a small village that was far away from major roads or cities.
- _____ 5. Everyone agreed that there was no other way to interpret the report.
- _____ 6. I am only staying in this apartment for a little while until I can find something cheaper.
- _____ 7. He gained so much weight that even walking was difficult.
- _____ 8. Young people often want to do what their friends are doing.