

Read the text. Choose the correct answers (1-10).

Binge-watching



Streaming platforms are changing the way we watch television. With access to thousands of TV shows, movies and documentaries, we can watch just about anything we want, mostly commercial-free, at any time, day or night.

Watching anywhere between two and six episodes of a TV series in one sitting is a behaviour called binge-watching, and it can have a negative impact on your health.

1. Binge-Watching Is Like a Drug

Did you know binge-watching your favourite series could produce a "high"? It's true.

When you're engaged in an activity you enjoy, your brain produces dopamine — a chemical that promotes feelings of pleasure, excitement and happiness. The release of dopamine helps us feel good, and it results in a "high" like that induced by drugs and other substances with addictive qualities. Your brain craves more, and as long as you continue to binge, your brain produces dopamine. _____

_____.

"Our behaviours and thoughts, when repeated over time, can become actual neural patterns and habits that are hard to break or change," says Northwestern Medicine Psychiatrist Danesh A. Alam, MD.

Marathon viewing can adversely affect your relationships, goals and commitments. You may struggle to manage how much time you spend watching TV, or you may find that you need to continually increase the time you spend watching TV to experience the same degree of satisfaction. You may become defensive, irritable or unreasonable when

asked to stop, and you may even start lying to cover up your binge-watching.

2. Binge-Watching Can Make You Feel Isolated

Watching TV has traditionally been a way to wind down. It can bring temporary relief from the daily stress of work, school and parenting. With multiple streaming platforms and multiple ways to view a show, it's easy to zone out for hours at a time.

_____. In fact, there is a strong link between the use of digital technologies and an increase in loneliness among individuals. People may often feel a sense of melancholy or feelings of frustration and emptiness after watching multiple episodes of a TV show in a row.

3. Binge-Watching Impacts Your Sleep

Staying up late to keep up with cliffhangers can have real-world consequences. Research shows that staying up late may make you feel frustrated at losing out on sleep. This frustration can interfere with your ability to sleep, leaving you feeling tired and drained the next day.

When you watch several episodes in a row, it becomes easy to ignore the signs that your body is tired. The bright light from screens can make it harder for your brain to relax and prepare for sleep. As a result, you may fall asleep later than usual and wake up feeling less refreshed. _____.

4. There are other negative health effects, including:

- Depression and anxiety. Research has found a strong link between binge-watching and mental health problems such as depression, insomnia, anxiety, stress, and loneliness.
- Back problems. _____, leading to back pain and musculoskeletal issues.
- Lack of physical activity. If you're spending more time on the couch and less time exercising, your risk for heart disease, including stroke, is higher.

5. Tips for Managing Binge-Watching

- Limit yourself to a certain (small) number of episodes, like two or three at a time. When you've reached your limit, turn off the TV and move on to something else.
- _____.
- Balance TV viewing with other activities, such as physical exercise, seeing friends and reading.



- Keep lights turned on in the viewing area and your home so you don't lose sense of time.
- Make it a social thing and invite friends or family members to watch TV with you. Chat with fellow fans about characters, plots and cliffhangers.

You may start planning to just watch one episode, but if you burn through an entire season in one sitting, it may be time to reassess.

1. What does the term **binge-watching** stand for?

- A) TV viewing without breaks
- B) watching streaming platforms
- C) watching anywhere
- D) at any time, day or night
- E) episodes of a TV series

5 sentences have been removed from the text.

Choose the right paragraph for each sentence.

2. However, binge-watching makes it easy to disconnect from other people

- A) 1 B) 2 C) 3 D) 4 E) 5

3. Set a time limit by deciding the amount of time you watch TV per night

- A) 1 B) 2 C) 3 D) 4 E) 5

4. For this reason, it is important to set limits and give yourself enough time to rest

- A) 1 B) 2 C) 3 D) 4 E) 5

5. No wonder 73% of people surveyed by Netflix reported having positive feelings when they binge-watch

- A) 1 B) 2 C) 3 D) 4 E) 5

6. Poor posture while watching TV can cause your spine to be curved or weak

- A) 1 B) 2 C) 3 D) 4 E) 5

Choose the correct answers to the following questions based on the text.

7. What has led to the rise of binge-watching?

- A) Television channels which release only one episode per week.
- B) Dopamine release.
- C) Neural patterns and habits.
- D) Modern viewing platforms that provide unlimited entertainment at any hour.

E) Feelings of frustration and emptiness.

8. Why is binge-watching called marathon viewing?

- A) Marathon races are usually watched on television.
- B) Continuous viewing is called marathon viewing because, like a marathon race, it lasts a long time without stopping.
- C) Marathon races produce dopamine.
- D) People experience the same level of satisfaction when they binge-watch as when they run a marathon.
- E) Running a marathon may help reduce binge-watching.

9. Which is true?

- A) Binge-watching reduces the risk of depression, anxiety and heart disease.
- B) Binge-watching increases your ability to sleep, leaving you feeling tired and drained the next day.
- C) You can manage binge-watching by limiting yourself to a certain number of episodes, like two or six at a time.
- D) With many streaming platforms and different ways to watch shows, it's easy to spend hours watching without noticing the time.
- E) A and B are correct.

10. This moment leaves the audience in suspense and makes them want to watch the next episode. For example, two characters are about to reveal an important secret, but the screen fades to black. What is this moment called?

- A) binge-watching
- B) a cliffhanger
- C) to wind down
- D) zoning out
- E) frustration

Choose the correct answer for questions 11-30.

11. Which of the following language features are more common in formal language?

- A) Indirect questions: *I would like to know how much it costs.*
- B) Abbreviated words: *ASAP*
- C) Phrasal verbs: *They needed to put the meeting off.*
- D) A and B are correct
- E) A and C are correct.



12. Find the sentence where the adjective is used appropriately to match the meaning of the sentence.
- A) Sarah was too ecstatic to speak when she heard the shocking news.
 - B) Everything had gone exactly as planned, and I felt very overwhelmed.
 - C) Maria was exhilarated by her husband's insensitive comments about her weight.
 - D) Alma was anxious to hear how her sister's surgery had gone.
 - E) Tommy's unsuccessful attempts to fix the Wi-Fi connection had left him quite stunned.
13. Some prisons have been closed in the Netherlands _____ a lack of prisoners.
- A) because
 - B) despite
 - C) so
 - D) although
 - E) due to
14. If the employees _____ the taxi to the office, they _____ on time.
- A) would take/would arrive
 - B) had taken/would have arrived
 - C) would have taken/had arrived
 - D) had been taken/arrived
 - E) had taken/can arrive
15. The people _____ are organising community mobilisation efforts.
- A) itself
 - B) each other
 - C) by their own
 - D) themselves
 - E) ourselves
16. Which of the following nouns can be both countable and uncountable depending on context?
- A) happiness
 - B) water
 - C) chicken
 - D) furniture
 - E) equipment
17. Which sentence contains a modal passive form?
- A) They might finish the work tomorrow.
 - B) The results might be announced later today.
 - C) We might meet them after the meeting.
 - D) She might take the train instead.
 - E) They might change their plans.
18. Finish the sentence in Reported Speech.
Luka: "The bus didn't arrive on time yesterday."
Luka said to Jossy that the bus _____.
- A) didn't arrive on time yesterday
 - B) didn't arrived yesterday
 - C) hasn't arrived on time the day before
 - D) hadn't arrived on time the day before
 - E) wouldn't arrive yesterday on time
19. I can't _____ still at the dinner table.
- A) get my child to sit
 - B) get to sit my child
 - C) get sitting my child
 - D) get my child sit
 - E) A and D are correct
20. Choose the correct sentence.
- A) She arrived to the airport just before midnight.
 - B) We discussed about the problem during the meeting.
 - C) He has been interested in astronomy since childhood.
 - D) The manager explained us the new policy yesterday.
 - E) I am responsible of organizing the event.
21. Choose the correct sentence.
- A) She insisted to pay for dinner despite our protests.
 - B) I look forward to see you again soon.
 - C) They suggested us to leave earlier to avoid traffic.
 - D) He can solve complex problems under pressure.
 - E) The information were given to the students yesterday.
22. Ask about the underlined part. Write the correct English question.
The conference was postponed because of the severe storm.
- A) Why the conference was postponed?
 - B) For what reason did the conference postponed?
 - C) Why did the conference was postponed?
 - D) Why was the conference postponed?

- E) For what was the conference postponed because?

23. Find the incorrect sentence.

- A) By the time we arrived, the meeting had already started.
B) She insisted on paying for the dinner despite our objections.
C) I look forward to hear from you soon.
D) The lecture was so interesting that nobody wanted to leave early.
E) He has lived in Madrid since 2018.

24. Complete the sentence with the correct question tag.

You had never visited Japan before last year, _____ you?

- A) hadn't
B) did
C) had
D) have
E) didn't

25. Choose the correct preposition pair.

I have always been fascinated _____ classical music, but I never paid much attention _____ opera.

- A) by / for
B) in / on
C) with / about
D) by / to
E) with / to

26. Which sentence is incorrect?

- A) The soup tastes delicious.
B) The flowers smell wonderful.
C) The cake smells beautifully.
D) The fabric feels very soft.
E) The idea sounds interesting.

27. Choose the correct sentence.

- A) There's no use to argue about the decision now.
B) I would rather you stayed here tonight.
C) I suggest you to reconsider the proposal.
D) She insisted to pay for dinner.
E) We look forward to meet you again.

28. Which sentence is correct?

- A) The company profits have increased significantly this year's.

- B) The company's profit have increased significantly this year.
C) The companies profit has increased significantly this year.
D) The company's profits have increased significantly this year.
E) The companies profits have increased significantly this year.

29. What do you write on food packaging that must stay cold?

- A) Hold cold.
B) Stay freezing.
C) Keep frozen.
D) Remain freeze.
E) Be cold.

30. After purchasing a new phone, my account was _____. I can't afford to go out this weekend. I'm completely _____

- A) prodigal/cheap
B) broke/prodigal
C) in the red/broke
D) bankrupt/good value
E) bankrupt/broke

Read the text and answer questions 31-40.

The War in Ukraine



On 24 February 2022, children in Ukraine woke up to the sounds of airstrikes as a full-scale war between Ukraine and Russia began. Russia invaded Ukraine. Within weeks, millions of people were forced to leave their homes, fleeing to safer areas inside Ukraine or across borders into countries like Poland, Lithuania,

Romania, Hungary, Moldova or even as far away as Germany, Ireland or Australia. It is a displacement crisis on a scale not seen since World War II. By the end of 2025, more than 1.7 million children were living as refugees outside Ukraine. At first, many



people believed the war would be over quickly. But now, four years later, the fighting has devastated families and communities across Ukraine. Many children have lost loved ones, their homes, their schools, and a sense of normalcy.

Are children still going to school?

Schools have been one of the hardest-hit areas. More than a thousand schools have been damaged or destroyed, and frequent power cuts make online learning difficult. This means many young people are missing out on years of in-person learning and time with their friends. Some children, especially those living near active fighting, have spent long periods sheltering underground to stay safe. Imagine spending months in a basement or bunker – it's incredibly stressful and scary.

How is the war impacting children's mental health?

War doesn't just cause physical harm; it takes a serious toll on mental health too. Many young people in Ukraine are living with constant fear, grief and uncertainty, not knowing if their loved ones are safe or whether they'll ever get to go home. Some regularly shelter underground during airstrikes, disrupting school, separating them from friends, and making normal life impossible.

The impact is real: 1 in 3 children reported feeling so overwhelmed with sadness and hopelessness that they couldn't do their usual activities.

What is the world doing to help?

People and countries around the world are responding to the crisis in different ways.

Humanitarian organizations like _____ provide children and families with access to clean water, lifesaving nutrition, warm clothes, healthcare, mental health support, and safe spaces to learn. Organization is also helping to repair schools, support access to education, and protect children from harm.

Many countries have welcomed refugees, offering safe places to live and access to schools, healthcare and support services. Governments, charities and everyday people have donated money and supplies, while world leaders and international organizations continue to push for peace.

How do we know what is true and what is fake news?

It can be hard to tell what's true online, especially during a war when misinformation spreads quickly. Here's how to navigate it:

- **Check the source:** Trust well-known news outlets or organizations. If a story is real, it's usually reported by multiple reliable sources, not just one random account.
- **Watch for red flags:** Be careful with posts that use extremely emotional language or shocking images. Photos and videos can be old, taken out of context, or even completely fake.
- **Ask questions:** Who posted this? How do they know? Where did this information come from?
- **Pause before sharing:** If you're unsure whether something is true, don't share it. It's better to wait and verify than to spread misinformation.

How to deal with upsetting news

When natural disaster strikes or conflict breaks out, it is ok to feel scared, worried or sad. Adults can feel this way too. When you're feeling overwhelmed, remember:

- **It's in the news because it's serious, but also because people care:** When bad things happen, it's also a time when people come together to help each other.
- **You can take a break:** If reading about the war feels like too much, it's okay to step back, log off, and give yourself space.
- **Talk about it:** Share how you're feeling with trusted adults, friends, or a counselor. Asking questions is healthy.
- **Focus on what you can control:** You can't stop the war, but you can stay informed, support others, and act in meaningful ways.

What can you do to help?

Gather your family, friends and school and fundraise for children in Ukraine.

31. The sentence "children woke up to the sounds of airstrikes" mainly emphasizes ...

- A) how prepared people were for the invasion
- B) the effectiveness of Ukrainian air defence
- C) the role of children in wartime reporting
- D) the military readiness of Ukraine
- E) the sudden intrusion of war into daily life



- 32. The expression “a displacement crisis on a scale not seen since World War II” suggests that ...**
- A) previous wars did not cause such refugee movements
 - B) the number of displaced people is historically unprecedented in recent decades
 - C) refugees are returning to their homes quickly
 - D) displacement is limited to European countries
 - E) migration from Ukraine began before the war
- 33. Which of the following best explains why schooling has been disrupted?**
- A) Teachers have refused to work in dangerous areas.
 - B) Internet access has been banned in conflict zones.
 - C) Physical destruction and infrastructure problems interfere with education.
 - D) Students prefer online education over traditional schooling.
 - E) International organizations have moved schools to basements and bunkers.
- 34. The description of children sheltering underground is intended primarily to ...**
- A) show the efficiency of Ukraine’s civil defense system
 - B) explain how military shelters function
 - C) criticize families who remain in dangerous regions
 - D) illustrate the psychological burden of living in a war zone
 - E) emphasize children’s curiosity about conflict
- 35. Which inference can be made from the statistic “1 in 3 children reported feeling overwhelmed”?**
- A) Most Ukrainian children have received psychological therapy.
 - B) Emotional distress among young people is widespread.
 - C) Only a small number of children are affected by the war.
 - D) Children exaggerate the emotional impact of war.
 - E) Mental health concerns are limited to refugee children.
- 36. In the section about misinformation, the phrase “red flags” refers to ...**
- A) national symbols
 - B) political opinions
 - C) warning signs
 - D) emotional reactions
 - E) news headlines
- 37. The main purpose of the text is to ...**
- A) persuade readers to take political sides
 - B) inform readers about the effects of war on children
 - C) explain what is true and what is fake news
 - D) explain military strategies used in Ukraine
 - E) inform readers how to deal with upsetting news
- 38. One word is missing from the text. Choose the correct answer to fill in the gap.**
- A) European Union
 - B) NATO
 - C) UNESCO
 - D) UNICEF
 - E) World Health Organization
- 39. Find the odd one out.**
- A) trust well-known organizations
 - B) step back
 - C) log off
 - D) give yourself space
 - E) talk about it
- 40. The final section encourages readers to ...**
- A) take a break
 - B) support humanitarian efforts in practical ways
 - C) gather your family
 - D) travel to Ukraine to provide aid
 - E) avoid discussing the war publicly