

# HIPPO S19 Sample

Preliminary Round

Reading

Time allowed: 45 minutes



## Reading Task 1

Read the article and circle the best option to complete the text – a, b, c, or d. An example has been done for you.

### Understanding criticism

Who can get through life without being criticised? Nobody! It happens at school, work and home, and for some people is almost daily. Yet very few people know how to 0)\_\_\_\_\_ to criticism appropriately or how to deal with it effectively. Basically, criticism can fall into three categories. It can be irrelevant, destructive, or constructive. Let's take a look at each of them.

Criticism that is not relevant to you is best ignored. Some individuals are so critical of everything that they just 1)\_\_\_\_\_ negative comments whatever the situation is. Such comments are not 2)\_\_\_\_\_ of a response, or of any reaction on your part. In fact, ignoring them may encourage the criticiser to lighten up and improve their behaviour. Of course, few people have total control of their 3)\_\_\_\_\_ reactions, but not responding is the important thing.

Destructive criticism usually comes in the form of an attack. If you are ever at the receiving end of such criticism, try to 4)\_\_\_\_\_ that there is something wrong with the person making those remarks, and not with you. So whenever someone criticises excessively in a 5)\_\_\_\_\_ manner, consider that there is something psychologically wrong with him or her. Indeed, these irrational statements 6)\_\_\_\_\_ a lot more about the critic than the person being criticised.

You should never let such attacks upset you. Rather, ask the critic to define his or her terms. For instance, if someone at work suggests that you are an 'amateur' or 'unprofessional' ask, "What is it 7)\_\_\_\_\_ that makes you say I am so unskilled?" The answer may sound something like this: "Well, you forgot to answer that email from a client." An alert person could then quickly respond that she or he had made a mistake, but that does not make him or her a 8)\_\_\_\_\_ at their job.

It's worth noting that constructive criticism can be useful, because it 9)\_\_\_\_\_ the issues and offers a learning experience. For example, "I think you need to pay more attention. You omitted to send that important letter." If someone is using criticism in a 10)\_\_\_\_\_ way, they can use the so called "sandwich technique" that puts the critical remark between two positive comments. So, in the above example, someone could say, "I really appreciate how quickly you get your work done. But I think you need to pay greater attention to 11)\_\_\_\_\_ details. Still, on the whole, thanks for the good work you do." So remember, everything can be done constructively, even though many well-intentioned people, 12)\_\_\_\_\_ quite rational and highly intelligent, have no idea how to do it.

Example: a) answer

b) respond

c) take

d) face

## Reading Task 2

Read the text and answer the questions below. Circle the correct option, a, b, c, or d. An example has been done for you.

### Eating insects: fancy trying a crunchy snack?

Para.1

Swapping your favourite burger and chips in the school dinner-hall for a crunchy insect sandwich might not sound like the most \_\_\_\_\_ option, but eating insects could actually help save the planet. Did you know that insects have been eaten for thousands of years in many countries around the world? In fact, around 2 billion people regularly eat insects as part of their diet. So, should more of us be doing it?

#### Look around the world

Para.2

Insects are commonly eaten in Africa, Asia and South America, where you can feast on over 1,900 different species, including grasshoppers, ants, wasps, beetles, crickets and cockroaches. These insects can be served in a variety of ways including fried, boiled, roasted or baked with a bit of oil and salt - tasty! They can also be made into flour and used in breads, crackers and biscuits. In Thailand, crickets, grasshoppers and woodworms are usually deep-fried and sold at street markets. Fried wasps are popular in Japan, while deep-fried scorpion is typically found in China. Oaxaca, in Mexico, offers arguably the best cuisine in the country, which includes fried grasshoppers seasoned with lime, chillies and salt, served in a fresh corn tortilla.

Remember this simple fact: insects are good for you. Eating grasshoppers could be 'as healthy as orange juice'. Insects are filled with lots of good nutrients, including amino acids and protein. These creepy crawlies may look small, but they can provide as much protein as beef, if not more! And many insect species have less than 5g of fat per serving.

#### Help the environment

Not only is eating insects good for you, but it is also good for the environment too. Entomophagy - which means eating insects - could help to fight world hunger and reduce pollution. The world's population is growing, so we need to produce more food to feed everyone - and there are lots of insects to go around. Farmed animals traditionally need a lot of space, so compared to producing meat, bugs don't take up much land, or need much water or feed. It's not necessary to burn down a rainforest to make an insect farm. Not only that, but insect farming produces fewer greenhouse gases than farming cattle.

#### Let's just farm them

Para.5

Another thing to consider is that insects can be farmed in almost any climate and, because they reproduce quickly and have shorter lifespans, they can be farmed in large quantities. And any farmer can do it, whatever their resources or income. Insect farming can also provide jobs and income for people, particularly those in developing countries. Even in the harshest dry conditions farming can thrive because they use only limited amounts of precious water.

And don't forget, most insects are entirely \_\_\_\_\_ too, compared to cattle, of which we only consume around 40% and throw away the rest.

Para.6

Another thing that might tempt the consumer who likes to enjoy their food is that insects are surprisingly tasty! You'll find they come in a variety of tastes and \_\_\_\_\_ depending on how they are cooked, but many describe them as having a similar flavour to chicken, shrimp or crab. If you fancy some deep fried scorpion, you'll be glad to know the cooking process

destroys the poison in their body. You can also rest assured that when you have swallowed them, they are actually good for your stomach because they react well with the acid in it.

### Paragraph title

Para.7

The dislike of eating insects in the Western world is strong but completely illogical. Most diners would happily munch their way through a plate of seafood, for example shrimp, which are essentially insects of the sea. However, it might all be different in a few years. Fifty years ago nobody in Europe would have eaten raw fish. Yet today Japanese sushi is completely accepted and indeed sought after by those prepared to pay a lot for their dining experience. I have no doubt that my grandchildren will embrace change and happily snack on a bag of bug-crisps. And one more thing; the insects that we eat, or might eat, could also be \_\_\_\_\_. By that I mean we won't notice them, because they will be powdered, and possibly even hidden in flour.

Para.8

It's important to remember, though, that not all bugs and insects are edible. You can't just go into the garden and start cooking your local cockroaches \_\_\_\_\_ you can eat every mushroom or fungus you find. So you should always check before you bite!

And here is a question for vegetarians: are insects meat? And if they are, which I'd argue is the case, how many are you killing with the spraying and harvesting of crops? There are some priests in the Jain religion in India who gently sweep away the insects on the crops they harvest, but the average Western vegetarian tucks into their vegetables after all the insects have been killed. We might as well eat those we can, rather than waste them.

So, what do you think about all of this? Would you be up for eating insects? Let us know below!

### Example: This text is

- a) a magazine article.
- b) an academic essay.
- c) an excerpt from a diary.
- d) a summary of a study.

## Reading Task 3

A) Read the four texts and answer the questions below by indicating which text each question relates to: A, B, C or D.

An example has been done for you.

### Text A

Although getting a personal trainer can be vital for some people, I found it a bit dull and quickly realised it's better for me to just get on and actually complete an exercise session without relying on someone else. I have a superb app on my phone, called Extreme Training, which pushes me to the limit. It really ensures I GAP 1 \_\_\_\_\_ what I need to do to build and maintain my stamina and strength. If I ever want to enter a race or other competitive event, I need to be in top physical shape. The app allows me to monitor my diet, which is a really important aspect of any training programme. You can't just eat what you feel like when you train hard. Eating food high in protein and low in fat ensures that your muscles recover after each session, and it gives you energy.

I'd recommend using headphones with the app: they block out distractions and allow you to totally concentrate on your workout – including an appropriate 'cool down'. This is an important part of your exercise routine, when you gradually slow down towards the end. I always devote a quarter of my training session to the warm up, and a similar amount to the cool down, because a GAP 2 \_\_\_\_\_ number of injuries occur if you just stop suddenly.

Of course, training is really only the build up for a race. The commitment to entering a race is massive compared to working out in your own home, and of course there is a great potential for embarrassment if you perform poorly. Given the intensity of my training programme, I must take the plunge and enter the race at some point, even though I know I'll be nervous!

### Text B

Pain, pain, more pain. That is what they promise you at Boot Camp USA, a holiday designed to be full of army-inspired fitness training. It takes place in a different location every year, and I've been several times. All military personnel are world-class heroes in my eyes, so this type of holiday has really driven me to take my fitness more seriously.

Because it is really strict, just like in the army, you follow a strict diet and there are no opportunities for opting out. You are GAP \_\_\_\_\_ in the woodlands and it's

impossible to just pop to the local store. That suits me down to the ground, as my tendency to eat junk food when nobody is looking is one of my greatest weaknesses.

The training is a real mix, including a lot of exercises that they do in the army, like climbing walls, jumping over mud, and carrying logs, though of course we do the more traditional things as well, like running. Because you have to cooperate with others to complete the tasks, it helps you develop team building skills.

### Text C

Global Cycling training camp in Majorca is a holiday with around a hundred other people. It is mainly concentrated on cycling, but involves other activities as well, such as swimming, the gym and intensive supervised workouts. The camp is in a breath-taking location, with stunning scenery and excellent weather, and the team that run it are knowledgeable and welcoming.

There is some great food for cyclists, like pasta dishes. Thankfully, the organisers aren't bound by the convention that diet is central to training, and everyone is there to enjoy themselves. Some people obsess over trying to build muscle or slim down, trying out the latest so-called super foods and miracle drinks, which in my opinion are simply a total waste of money. Personally I feel like some diets are misleading, promising impossible results. Most cyclists at the camp are like me – they just like to have fun, and eat and drink sensibly. Most of the participants realise they are unlikely to become top racers. I do enter races, but I know I'll never be a professional.

The company has its own YouTube channel if you fancy looking them up. Be careful you don't end up just watching the channel every week to the extent that you spend more time in front of the TV than you actually do training.

### Text D

I am a member of a large and highly disciplined athletics team, along with a couple of my friends from work. For the past few years, we've been following a really strict schedule, which has been an absolute chore. I've always looked forward to participating in tournaments, but the drastic training isn't my cup of tea. Some of my workmates are much faster than me too, especially Jason. He ran the London Marathon last year, in an impressive 4 hours 10 minutes! Although we always received masses of positive feedback and encouragement, the training was never exactly thrilling, especially when it was damp and dark outside.

Six months ago I injured my knee, which first seemed like a minor thing, but it meant that I couldn't take part in my usual training sessions for months. I have now recovered, but my doctor says I shouldn't expect too much of myself too quickly. I fully GAP 2 \_\_\_\_\_ to get back to the level of fitness I had last year at some point, maybe even entering events again but perhaps not in athletics.

The primary goal after intensive training should be fast recovery, and to achieve this I'd recommend eating wholesome food. A diet should be anything that gives you the energy your body needs, not some abstract plan designed by a dietician. Now, most dieticians are excellent, but it's evident to me that some people GAP 1 \_\_\_\_\_ their importance. A dietician or nutritionist can be really helpful for anyone who has specific dietary or nutritional needs or poor general health though.

**In which text does the author**

**Text**

**Example:** recommends a fitness app?

**A**

# HIPPO S19 Sample

Preliminary Round

Use of English Test

Time allowed: 30 minutes



**Choose a, b or c to complete the sentences.**

I am afraid your elephant has \_\_\_\_\_ to his wounds.

- a) succumbed                      b) yielded                      c) perished

When faced with his teacher, he had that \_\_\_\_\_ feeling.

- a) shrinking                      b) withering                      c) wince

At first I was afraid, I was \_\_\_\_\_ .

- a) petrified                      b) energised                      c) galvanised

The new treatment can delay the \_\_\_\_\_ of the disease by several years.

- a) upset                      b) onset                      c) outset

He decided to help me with my computer \_\_\_\_\_ I lent him my car.

- a) consequently                      b) unless                      c) provided