



สถาบันทดสอบทางการศึกษาแห่งชาติ (องค์การมหาชน)  
National Institute of Educational Testing Service (Public Organization)

สถาบันทดสอบทางการศึกษาแห่งชาติ (องค์การมหาชน)

รหัสวิชา 03 วิชา ภาษาอังกฤษ

สอบวันเสาร์ที่ 21 กุมภาพันธ์ พ.ศ. 2552 เวลา 14.30 - 16.30 น.

ชื่อ-นามสกุล..... เลขที่นั่งสอบ.....

สถานที่สอบ..... ห้องสอบ.....

### คำอธิบาย

- ข้อสอบเป็นแบบปรนัย 4 ตัวเลือก จำนวน 100 ข้อ (30 หน้า) 100 คะแนน
- ก่อนตอบคำถาม ให้เขียนชื่อ-นามสกุล เลขที่นั่งสอบ สถานที่สอบและห้องสอบ ในข้อสอบ
- ให้เขียนชื่อ-นามสกุล วิชาที่สอบ สถานที่สอบ ห้องสอบ เลขที่นั่งสอบและรหัสวิชาที่สอบ ด้วยปากกาในกระดาษคำตอบ พร้อมทั้งระบายเลขที่นั่งสอบและรหัสวิชา ด้วยดินสอดำเบอร์ 2B ทับตัวเลขในวงกลม ให้ตรงกับตัวเลขที่เขียน
- ในการตอบ ให้ใช้ดินสอดำเบอร์ 2B ระบายวงกลมตัวเลือก ① ② ③ หรือ ④ ในกระดาษคำตอบให้เต็มวง (ห้ามระบายนอกวง) ในแต่ละข้อมีคำตอบที่ถูกต้องหรือเหมาะสมที่สุดเพียงคำตอบเดียว  
ตัวอย่าง ถ้าตัวเลือก ② เป็นคำตอบที่ถูกต้อง ให้ทำดังนี้  
① ● ③ ④  
ถ้าต้องการเปลี่ยนตัวเลือกใหม่ ต้องลบรอยระบายในวงกลมตัวเลือกเดิม ให้สะอาดหมดรอยดำเสียก่อน แล้วจึงระบายวงกลมตัวเลือกใหม่
- ห้ามนำข้อสอบและกระดาษคำตอบออกจากห้องสอบ
- ไม่อนุญาตให้ผู้เข้าสอบออกจากห้องสอบ ก่อนหมดเวลาสอบ

เอกสารนี้เป็นเอกสารสงวนลิขสิทธิ์ของสถาบันทดสอบทางการศึกษาแห่งชาติ (องค์การมหาชน)

ห้ามเผยแพร่ อ้างอิง หรือ เผลย ก่อนได้รับอนุญาต

สถาบันฯ จะย่อยทำลายข้อสอบและกระดาษคำตอบทั้งหมด หลังจากประกาศผลสอบแล้ว 3 เดือน



Part One: Language Use and Usage (Items 1 - 40)

1. Oral Expression

Directions: Choose the best answer.

1.1 Conversation

Situation 1: Ladda studies at an international school. Today her teacher asked to see her. Now Ladda is in front of her office.

Ladda: (Knock ... knock) 1?

Mrs. Carson: Hello, Ladda. Please take a seat.

Ladda: Good morning, Mrs. Carson. I was told that you wanted to see me.

Mrs. Carson: 2?

Ladda: Fine. I find every subject interesting.

Mrs. Carson: Good. 3. That's why you get straight A's every semester. Would you like to join a competition? All the instructors agree that you would be the right person.

Ladda: 4?

Mrs. Carson: It's a speech contest.

Ladda: 5. But when and where is it?

Mrs. Carson: Next month in Singapore.

Ladda: In Singapore?

Mrs. Carson: 6. There'll be contestants from several countries in this region.

Ladda: Will there be any other contestants from Thailand?



Mrs. Carson: 7. Well, I have been assigned to train you if you are willing to join the contest.

Ladda: Oh yes. 8. I promise to do my best.

- |                                |                                       |
|--------------------------------|---------------------------------------|
| 1. 1. May I come in            | 2. Anyone in the office               |
| 3. Can you see me              | 4. Should I see you for a few minutes |
| 2. 1. How are you today        | 2. Do you like my class               |
| 3. Can I see your class report | 4. How are you doing in your studies  |
| 3. 1. That 's very nice of you | 2. That's the way you are             |
| 3. You should always work hard | 4. I know you always work hard        |
| 4. 1. What is a competition    | 2. What kind of competition           |
| 3. What is the contest about   | 4. What contest will be held          |
| 5. 1. I don't think so         | 2. Oh, I'd love to                    |
| 3. Well, I guess I do          | 4. I wouldn't think of it             |
| 6. 1. That's right             | 2. Of course                          |
| 3. You could say so            | 4. You may be right                   |





7. 1. There might be some
  2. The contestants are Thai students
  3. Yes, Thai students can join the contest
  4. Yes, other contestants come from Thailand
- 
8. 1. I'll tell you later
  2. I'm happy to do it
  3. I'm sure I'll do it
  4. I need time to think it over

**Situation 2: Maria is stopped by a policeman while she is driving.**

Maria: Yes, Officer? 9 ?

Policeman: Sorry, madam. 10 while driving.

Maria: Oh, 11, but my daughter has had an accident at school and ...

Policeman: But it's against the law. It's dangerous to telephone while driving. You may have an accident.

Maria: I'm sorry, sir. ...Er... I'm in a hurry. 12. My daughter ...

Policeman: Sorry, madam, but 13 before letting you go. May I see your driving license, please?

Maria: 14 ! I haven't got it with me. I was in a rush when I left home. Can't you let me go this time? I must go to see my daughter now. If you don't believe me, you can talk to her teacher.

Policeman: All right, madam. You may go. 15.

Maria: Thank you very much.



- |                                      |   |
|--------------------------------------|---|
| 9. 1. What can it be                 | 2. What's the matter                      |
| 3. What do you want                  | 4. What are you doing                     |
| 10. 1. You can't concentrate         | 2. It's hard to use the mobile phone      |
| 3. I want you to stop talking        | 4. You mustn't use a mobile phone         |
| 11. 1. help me                       | 2. excuse me                              |
| 3. I ask your pardon                 | 4. I do apologize                         |
| 12. 1. Please let me go              | 2. I want to go now                       |
| 3. Come on, I have to go             | 4. Let's go now, please                   |
| 13. 1. I will give you a ticket then | 2. here is a ticket for you               |
| 3. you must take this ticket         | 4. I'm afraid I have to give you a ticket |
| 14. 1. No way                        | 2. Oh, dear me                            |
| 3. No problem                        | 4. Ah, my mistake                         |
| 15. 1. See you later                 | 2. Please hurry up                        |
| 3. It's time to go now               | 4. But be more careful                    |



## 1.2 Situational Dialogs

16. A woman calls her husband at his office and asks him if they can have dinner out.

He says: \_\_\_\_\_

1. Yes, shall we eat out?
2. I haven't decided yet.
3. I've never thought about it.
4. Great idea! Let's have Japanese food.

17. Your boss has the flu and has to take sick leave. You want to know how long he is going to be away. You ask his secretary and she says: \_\_\_\_\_

1. It's not very long.
2. I'm happy to help.
3. I'm not sure. Let me find out.
4. It takes me days to get everything done.

18. You go shopping at a new supermarket near your house and you ask a cashier whether she accepts credit cards. She says: \_\_\_\_\_

1. Yes, please.
2. No, cash only.
3. Whatever you want.
4. I'll take credit for that.



19. A tourist asks you how to get to the National Museum. You say: \_\_\_\_
1. I think it's too far to walk.
  2. Thai history is very interesting.
  3. You can ask anyone to drive you there.
  4. The bus stop is in front of the National Museum.
20. My friend asks me what I think about his proposal. I say: \_\_\_\_
1. I haven't had time to look at it.
  2. I haven't got any problem so far.
  3. I have never made up my mind.
  4. I have never heard about anything better.
21. A typist is worried that she is not good at typing and might lose her job. She talks to her close friend and says: \_\_\_\_
1. Should I quit my job?
  2. How do you like my job?
  3. Should I use a new typewriter?
  4. How can I improve my typing skills?



22. Nat forgot to tell his host family that he would not be back for dinner. When he returns home he says: \_\_\_\_
1. Sorry that you have to wait.
  2. I must apologize for not calling.
  3. Pardon me. Am I late for dinner?
  4. Too bad. I forgot to have dinner with you.
23. My friend suggests trying the new restaurant at the mall. I say: \_\_\_\_
1. OK, I heard it was great.
  2. Yes, I've been to the mall.
  3. Sure, the food was delicious.
  4. Well, it's a restaurant at the mall.
24. The manager asks an employee who is always late for work if he wants to move closer to the office. The employee says: \_\_\_\_
1. It should be any time soon.
  2. I rarely have any free time.
  3. It's too late to do you a favor now.
  4. I wonder if that would be possible.
25. Your hostess offers you some more coffee. You say \_\_\_\_
1. Yes, I like drinking coffee.
  2. Yes, I can wait a while.
  3. No, thank you. I don't mind.
  4. No, thank you. I've had enough.





## 2. Error Identification

Directions: Four parts of each sentence below are underlined and marked with the numbers 1, 2, 3, and 4. Identify the underlined part that makes the sentence incorrect.

26. The minutes of last month's meeting will deliver to all the board members

1 2 3

for approval before the next meeting.

4

27. A few tiny primitive moths have chewing mouth parts for which they feed on pollen

1 2 3 4

and spores.

28. The most troublesome types of pollution are the sewage of cities or the wastes of

1 2 3

industrial plants.

4

29. One must bear in mind that in the early stages of learning a new language, students

1 2

often return to something as childhood.

3 4



30. Some viruses can be transmitted from a sick to a well person only through close

1                      2                      3

person contact.

4

31. Quality customer-service leaders know that what their team members want and

1                      2                      3

provide it.

4

32. The majority of settlers on the continent were farmers, supported themselves

1                      2                      3

as much as they could by their own labors.

4

33. Electronics are one of the most recent and most exciting branches of electrical

1                      2                      3                      4

science which is taught at most universities.

34. The soldiers who had been marching across the desert nearly died of thirst and

1                      2                      3

being exhausted.

4



35. The first passenger elevator was installed in a New York hotel; he traveled up and

1 2 3 4

down on a giant screw.

36. Most people were unhappy about the government, but they became

1 2

determined to protest against it.

3 4

37. It is important for understanding that people are not weak or old-fashioned if

1 2 3

they experience dissatisfaction caused by change.

4

38. A sudden losing of weight and the slow aging of the body result from many

1 2 3

of the fat cells being absorbed into the body to be used as energy.

4

39. It is required that government plays an important role in stopping

1 2

depressions and recessions in industrialized countries.

3 4



40. Large downtown department stores often spend vast amounts of money try to have

1

2

3

the best window displays in their community.

4

## Part Two: Writing Ability (Items 41 - 60)

### 1. Sentence Level

Directions: Choose the best item to complete each sentence.

41. When \_\_\_\_\_, the people must depend on the goodwill of other countries to provide them with the food they need.

1. it is country famine

2. famine is in a country

3. a country is in famine

4. there is famine in a country

42. The more the girl practiced playing the piano, \_\_\_\_\_ on stage.

1. she could the better perform

2. the better she could perform

3. she could perform the better

4. the better could she perform

43. \_\_\_\_\_ information but it distributes it as well.

1. The computer stores not only

2. Not only does the computer store

3. Not only the computer stores

4. The computer does not store only



44. A patient is unlikely to make fast progress toward full recovery \_\_\_\_.
1. if he takes medicine regularly
  2. once he takes medicine regularly
  3. unless he takes medicine regularly
  4. when the medicine is regularly taken
45. The new product was not popular for two reasons: \_\_\_\_.
1. one was its quality, the other the price
  2. the quality was one, another was its price
  3. its quality was one of them, the price was other
  4. the first one its quality, the price was another one

## 2. Paragraph Level

Directions: Choose the best item to complete the missing part.

### Passage 1

Police Chief Tom Boggs informed the Sutherlin City Council this week that a pest-removal company has trapped and removed 788 rats 46. An exterminator will be brought in to poison any 47.

The council declared the property a nuisance in early March and 48 from Douglas County to proceed with the extermination efforts.

Jerry Wilson, owner of The Relocator pest-removal company, will inspect the house in a few months to make sure the rats 49.



Neighbors at 50 say the smell has improved since March, 51 flies are a problem.

52, Mary Pirkey, told the council the house needs 53. But the chief told her the owner of the house has rights, too.

46. 1. in a house infested  
2. from an infested house  
3. out of a house being infested  
4. away from an infesting house
47. 1. remaining rodents  
2. rodents remained  
3. remained rodents  
4. rodents remain
48. 1. subsequent permission received  
2. received subsequently permission  
3. received permission subsequent  
4. subsequently received permission
49. 1. have not returned  
2. had not returned  
3. would not return  
4. might not return
50. 1. this week's council meeting  
2. the council's meeting in this week  
3. a council's meeting for the week  
4. a meeting of this week's council





51. 1. so  
2. or  
3. but  
4. for
52. 1. Neighbors  
2. Any neighbor  
3. One neighbor  
4. Some neighbors
53. 1. burn down  
2. to burn down  
3. being burned down  
4. to be burned down

### Passage 2

Fossils are a faithful recording of 54, an accurate imprint of the past. 55, imagine a prehistoric fish swimming around in the sea a few million years ago. One day, the fish dies 56 its body sinks down to the water bottom, where it becomes buried in soft mud.

57 time passes, the flesh decays and 58. An imprint of the skeleton stays in the mud, even after the skeleton itself disintegrates. Many years pass. The mud with 59 gradually hardens and turns to stone under the pressure of the rock layers that have subsequently built up on 60.

54. 1. animals and dead plants  
2. dead animals and plants  
3. animals and plants dead  
4. animals' death and plants



55. 1. First  
2. Next  
3. In conclusion  
4. For example
56. 1. if  
2. unless  
3. and  
4. because
57. 1. As  
2. Until  
3. Once  
4. Before
58. 1. the skeleton only is left  
2. only the skeleton is left  
3. the skeleton is only left  
4. the skeleton is left only
59. 1. an imprint is fish  
2. fishy imprints  
3. the fish's imprint  
4. the imprint fish
60. 1. its top  
2. top of it  
3. top of its  
4. a top of it



Part Three: Reading (Items 61 - 100)

1. Vocabulary

Directions: Choose the word that best completes each blank.

Tom and his friend Dave drop by their favorite fast-food restaurant several times a week for a meal of hamburgers, fries, and shakes. Their parents 61 that this fast food will not provide the vitamins and minerals needed by growing teenagers. Their basketball coach insists that their diet of high-fat, high-calorie food will 62 with their athletic performance. The boys, who are active and not overweight, see no 63 to change their eating habits.

Fast-food meals like Tom's and Dave's are the cause of much 64. Diets that continue to be high in fat may be 65 with heart disease and certain cancers in later years. High-calorie diets may result in a 66 weight gain, which is difficult to lose once growth has stopped and taste for such foods has formed. A 67 meal of a cheeseburger, fries, and a shake provides a whopping 1,000 calories. This kind of caloric 68 when you grow older could cause serious weight problems.

If you enjoy fast-food meals once in a while, consider 69 milk or orange juice for shakes and sodas. Use the salad bar in place of fries and onion rings. If you 70 wise food habits now, they will help you throughout your adult years.

61. 1. complain  
3. announce

2. report  
4. defend



- |                  |                |
|------------------|----------------|
| 62. 1. interact  | 2. combine     |
| 3. interfere     | 4. associate   |
| 63. 1. reason    | 2. choice      |
| 3. support       | 4. opinion     |
| 64. 1. tiredness | 2. frustration |
| 3. enjoyment     | 4. discussion  |
| 65. 1. linked    | 2. mixed       |
| 3. dealt         | 4. joined      |
| 66. 1. rising    | 2. gradual     |
| 3. sufficient    | 4. temporary   |
| 67. 1. plain     | 2. healthy     |
| 3. typical       | 4. nutritious  |
| 68. 1. intake    | 2. input       |
| 3. insight       | 4. instance    |
| 69. 1. enjoying  | 2. taking      |
| 3. substituting  | 4. consuming   |



70. 1. gain  
2. form  
3. change  
4. follow

## 2. Reading Comprehension

Directions: Read the following extracts and choose the best answer for each question.

Extract 1

<b>Phone Message</b>	
To: Mr. Jack Smith	Date: Jan. 12 Time: 2:00
From: Miss Mary Evans Lenox Graphics	Remarks: Print order is in. Please call before 4:00.
Phone: 909-0965-8743	Operator: Dan Walker

71. The phone message was taken by \_\_\_\_.
1. Dan Walker  
2. Lenox Graphics  
3. Mary Evans  
4. Jack Smith
72. The message was taken at \_\_\_\_.
1. one o'clock  
2. two o'clock  
3. four o'clock  
4. twelve o'clock



73. \_\_\_\_\_ made the phone call.
1. Dan Walker
  2. Lenox Graphics
  3. Mary Evans
  4. Jack Smith
74. The call was made to \_\_\_\_\_.
1. place an order
  2. order graphics
  3. inquire about an order
  4. confirm the incoming order
75. Before 4:00, \_\_\_\_\_.
1. the print order must be in
  2. Dan Walker should call Mary Evans
  3. Lenox Graphics will call Jack Smith
  4. Jack Smith should dial 909-0965-8743





Extract 2

You're standing at the supermarket checkout, frantically trying to pack your weekly groceries alone, at the same time **fumbling** for your purse. **The assistant, meanwhile, does nothing to help**, just sits glaring at the **queue that's growing** behind you. If it sounds familiar, you won't be surprised to learn that

5 British people moan on average to no less than 13 friends about bad shop assistants. But if poor service is increasing, it could be because, as a nation, we're the least likely to **make a fuss** about it.

Now big stores are turning to Chequers, a company which sends **bogus shoppers** -- women known as Checkmates -- into shops to test out service.

10 Chequers' reports go back to the stores, some of **which** have launched new staff training programs in an effort to improve matters.

76. The word "**fumbling**" (line 2) can be replaced by \_\_\_\_.

1. grabbing quickly
2. looking carefully
3. searching clumsily
4. checking roughly



77. "The assistant ... does nothing to help" (lines 2 – 3) means that the assistant \_\_\_\_.
1. does not give advice to customers
  2. refuses to make change for customers
  3. just sits and looks at customers hopelessly
  4. does not help customers pack their groceries
78. From the phrase "the queue that's growing" (lines 3 – 4), we learn that \_\_\_\_.
1. a line of people are on a waiting list
  2. a queue of shoppers keep on waiting
  3. more and more shoppers are waiting in the line
  4. rows of people are waiting one behind the other
79. The phrase "make a fuss" (line 7) means \_\_\_\_.
1. worry
  2. argue
  3. protest
  4. boast
80. The phrase "bogus shoppers" (lines 8 – 9) refers to \_\_\_\_.
1. women hired to check service in stores
  2. those who own a company called Chequers
  3. Checkmates doing the shopping in big stores
  4. housewives who go shopping to test out service



81. The word “which” (line 10) refers to \_\_\_\_.
1. reports
  2. stores
  3. programs
  4. Checkmates
82. We learn from the extract that most British people \_\_\_\_.
1. are patient with poor service in supermarkets
  2. like talking about bad shop assistants the most
  3. don't mind talking about increasing poor service
  4. enjoy shopping at the supermarket on weekends
83. It can be inferred that the staff training program will result in \_\_\_\_.
1. better working condition
  2. generating higher profits
  3. improving customer service
  4. increasing employee morale



Extract 3

## Postal Orders: the handy way to send cash today

### *What is a Postal Order?*

Postal Orders are the closest thing to cash you can send in the post.

They are simple to send and available in any amount from 50p to £20 with no limit to the cash value you can buy.

- 5 Unlike cash, a Postal Order is traceable as the counterfoil provides you with proof of purchase.

### *What can I use it for?*

- Any time you need to send money through the post, you can send a Postal Order. They are especially useful for sending to people without bank accounts as  
10 they are easily cashed at any local Post Office.

All your bills can be settled with Postal Orders. You can use them to pay for catalogue shopping and mail order purchases, for competition entries, football pools, film processing and many other uses.

- Anyone can cash a Postal Order at their local Post Office, so they make  
15 perfect gifts for children or anyone who does not have a bank account.

Postal Orders are one of the most popular methods of sending money abroad, to businesses or individuals. They are accepted in around 50 countries worldwide, and there is no limit to the cash value you can send.



84. The word “handy” (in the title) can be replaced by \_\_\_\_.
1. popular
  2. convenient
  3. unlimited
  4. comfortable
85. The word “they” (line 10) refers to \_\_\_\_.
1. bills
  2. Postal Orders
  3. bank accounts
  4. local Post Offices
86. The idea discussed in paragraph 3 (lines 11 – 13) is \_\_\_\_.
1. Postal Orders can delay bill payments
  2. catalogue shopping has many other uses
  3. any kind of bill can be paid by a Postal Order
  4. the Postal Order is another way to catalogue shop
87. The last paragraph is mainly about \_\_\_\_.
1. how to cash a Postal Order
  2. the cash limit for Postal Orders
  3. a popular way to send money abroad
  4. Postal Orders for businesses or individuals



88. According to the extract, all of the following are advantages of using Postal Orders EXCEPT \_\_\_\_.
1. one can send money as a present through this method
  2. the amount of money to be sent can either be very large or very small
  3. the receiver of a Postal Order does not need to have a bank account
  4. you can transfer money from your bank account to pay bills by this method
89. We should use a Postal Order to send money because it is \_\_\_\_.
1. easier to cash than a check
  2. the most flexible method of sending money
  3. possible to claim your money back if it gets lost
  4. a better way to send money than any other means
90. The tone of the extract is \_\_\_\_.
1. suggestive
  2. narrative
  3. persuasive
  4. descriptive





#### Extract 4

Genetics plays a big role in the way our skin develops, determining its color, pore concentration, thickness, even the number of veins and nerves situated in its deepest layer. Yet your skin's well-being not only depends on a really efficient, scientific skincare routine, but on a healthy lifestyle too.

5           Getting enough sleep is important, for example, because this is the time when skin works especially hard at repairing itself. Lack of it leaves skin looking dull. If you're suffering from insomnia, the chances are that stress is a significant factor. Whereas happiness makes skin glow, stress makes skin show the worst side of **its nature**. Spots, pimples, eczema, blotchiness and flakiness: these are just  
10       some of the stress symptoms you may see in your skin.

          Luckily, one of the best ways of reducing stress is also very beneficial to skin: getting more exercise. Both aerobic exercise such as tennis, dancing, and jogging, and anaerobic exercise like stretching and yoga, are highly beneficial, because they improve circulation. And it is blood that brings the vitamins and  
15       nutrients necessary for cell metabolism to the skin. For your general well-being, it is always best to mix the **two types of exercise**.

          If you are not eating healthily, it certainly becomes evident swiftly in your skin, which loses its glow and shine. The problem can be as simple as a lack of vitamin C, which plays a vital role in collagen formation and cell repair. Although vitamin C  
20       is found in fresh fruit like melon, oranges, and even in tomatoes, the body cannot store it. Therefore, it needs regular supplies. Other important vitamins are the B



group, especially B2 and B12 and vitamin E, along with zinc.

But vitamin and mineral supplements are not the complete answer. The best way to obtain a balanced mix of vitamins and minerals is to eat the freshest, most  
25 natural foods. A diet rich in unsaturated fats such as olive oil rather than butter, unprocessed fiber, raw fruit and vegetables and low-fat protein such as fish and chicken will provide everything your skin needs. If you can cut out caffeine, smoking and alcohol, so much the better.

Do not forget to drink as much water as you can each day: six glasses at  
30 least. It helps every organ in your body function better, aiding digestion, circulation and even excretion of toxins through the skin's pores.

91. The best title for this extract is \_\_\_\_.

1. Keeping Skin Shiny
2. Good Skin from Within
3. How Your Skin Works
4. Healthy Food, Healthy Look

92. The main idea of the extract is \_\_\_\_.

1. genetics is necessary for our skin's well-being
2. genetics plays a big role in the way our skin develops
3. a healthy lifestyle is really important to our skin's well-being
4. our skin's well-being depends on a really efficient scientific skincare routine



93. \_\_\_\_ is not good for the skin.
1. Collagen
  2. Vitamin C
  3. Insomnia
  4. Exercise
94. According to the extract, it is TRUE that \_\_\_\_.
1. skin works hard at night to repair itself
  2. oversleeping may have bad effects on skin
  3. the most important vitamins for skin are the B group
  4. aerobic exercise is the best way to improve the skin
95. Your skin loses its glow and shine swiftly if you \_\_\_\_.
1. exercise regularly
  2. reduce your stress level
  3. consume alcohol and caffeine
  4. have a healthy, balanced diet
96. The phrase “its nature” (line 9) refers to the nature of \_\_\_\_.
1. skin
  2. stress
  3. sleep
  4. lifestyle



97. The phrase “two types of exercise” (line 16) refers to \_\_\_\_.
1. stretching and yoga
  2. aerobic exercise and dancing
  3. jogging and anaerobic exercise
  4. aerobic and anaerobic exercise
98. The word “it” (line 21) refers to \_\_\_\_.
1. the body
  2. fresh fruit
  3. vitamin C
  4. cell repair
99. According to the last paragraph, water helps the body to do all of the following EXCEPT \_\_\_\_.
1. digest food
  2. circulate blood
  3. eliminate toxins
  4. overcome insomnia
100. The extract is primarily intended for \_\_\_\_.
1. people trying to live longer
  2. women desiring to lose weight
  3. people wanting to have youthful skin
  4. women preparing to enter a beauty contest

