



## SECTION 1: READING (QUESTIONS 1-10)

Read the following passage, and then answer all the questions about it.

Note: (The numbers in the text are for the sentence insertion question No.7)

There are two types of diabetes: insulin-dependent (Type I) and non-insulin-dependent (Type II). An estimated 14 million people in the United States have diabetes, and most (90–95%) have the non-insulin-dependent type. Unlike the symptoms of Type I diabetes, the symptoms of Type II often develop gradually and are hard to *identify* at first. (1) Therefore, nearly half of all people with Type II diabetes do not know they have it. (2) While the causes, onset of symptoms, short-term effects, and treatments of the two types differ, both types of diabetes can cause the same long-term health problems. (3)

The most important problem is the way *both* types affect the body's ability to use digested food for energy. Diabetes does not interfere with digestion, but it does prevent the body from using an important product of digestion—glucose (commonly known as sugar)—for energy. After a meal, the normal digestive system breaks some food down into glucose. The blood carries glucose *throughout* the body, causing blood glucose levels to rise. In response to this rise, the hormone insulin is released into the blood stream. Insulin signals the body tissues to metabolize, or burn, the glucose for fuel, which causes blood glucose levels to return to normal. The glucose that the body does not use right away is stored in the liver, muscle tissue, or fat.

In both types of diabetes, however, this normal process malfunctions. A gland called the pancreas, found just behind the stomach, makes insulin. In people with insulin-dependent diabetes, the pancreas does not produce insulin at all. These patients must have daily insulin injections to survive. People with non-insulin dependent diabetes usually produce some insulin in their pancreas, but the body's tissues do not respond very well to the insulin signal and therefore do not metabolize the glucose properly. This condition is also known as insulin resistance.

There's no cure for diabetes yet. (4) However, there are ways to *alleviate* its symptoms. In 1986, a National Institutes of Health panel of experts recommended that the best treatment for Type II diabetes is a diet that helps one maintain a normal weight and balances all food groups. Many experts, including those in the American Diabetes Association, recommend that 50–60 percent of daily calories come from carbohydrates, 12–20 percent from protein, and no more than 30% from fat. Foods that are rich in carbohydrates, like breads, cereals, fruits, and vegetables, break down into glucose during digestion, causing blood glucose to rise. Additionally, studies have shown that cooked foods raise blood glucose higher than raw foods.

1. What is the author's main purpose in this passage?

- to show readers how to prevent diabetes
- to show the differences between Type I and II diabetes
- to describe the health problem caused by both types of diabetes
- to describe the best diet for people with diabetes

2. The word *alleviate* in paragraph 4 is closest in meaning to

- get rid of.
- reduce.
- increase.
- medicate.

3. Insulin is produced by \_\_\_ a. the pancreas. b. the stomach. c. the blood. d. the liver.

4. Which of the following is NOT true of glucose?

- It is produced from food during digestion.
- It is carried in the bloodstream.
- It is burned by the body for energy.
- It is a hormone produced by the body.



5. The passage suggests that:

- a. A diet too heavy in carbohydrates is bad for people with diabetes.  
b. People with diabetes need extra carbohydrates in their diet.  
c. Diabetes is not really a very serious disease.  
d. People with diabetes should lose weight.

6. What does the author mean by the statement "Diabetes does not interfere with digestion, but it does prevent the body from using an important product of digestion—glucose (commonly known as sugar)—for energy?"

- a. Diabetes prevents the body from digesting food.  
b. Diabetes causes the body to burn too much glucose for energy.  
c. Diabetes is triggered by too much sugar in the body.  
d. Diabetes blocks the body's ability to process sugar during digestion.

7. The following sentence can be inserted into the passage:

"But it is very important for people to be aware that they have this disease".

Where would this sentence best fit in the passage? Choose the number to indicate where you would add the sentence to the passage.

- a. (1)      b. (2)      c. (3)      d. (4)

8. The word *identify* in paragraph 1 is closest in meaning to

- a. recognize      b. develop      c. lose      d. prevent

9. The word "both" refers to

- a. Insulin-dependent      b. non-insulin-dependent      c. Type 1& Type 2      d. (a, b, and c)

10. The word *throughout* in paragraph 1 is closest in meaning to

- a. part of      b. about      c. all over      d. some of

SECTION 2: VOCABULARY (QUESTIONS 11-15) Choose the best answer (A, B, C, or D)

11. The human bones are filled with a fatty substance called \_\_\_\_\_.

- a. tissue      b. marrow      c. ligament      d. mucus

12. The science that helps the police fight crime is called \_\_\_\_\_ science.

- a. Religious      b. Law      c. Forensic      d. Genetic

13. Lines of longitude are also called \_\_\_\_\_.

- a. meridians      b. measurement      c. distance      d. equator

14. Frequencies higher than those that can be heard by people are called \_\_\_\_\_

- a. Subsonic      b. ultrasonic      c. masonic      d. alaphasonic

15. \_\_\_\_\_ is an illness that spreads quickly and affects many people.

- a. A famine      b. A flood      c. An epidemic      d. A drought



SECTION 3: Grammar and Usage (QUESTIONS 16-25)

Note: Answer the questions below. If the question has a blank, choose the correct answer to fill in the blank. If the question has four underlined words or phrases, choose the underlined word or phrase that is incorrect.

16. After a female seahorse produces eggs, she gives them to her mate, \_\_\_\_\_ fertilizes them and carries them in his pouch until they are ready to be born.  
a. he                      b. who                      **c. which**                      d. while
17. It is illegal \_\_\_\_\_ cars on a two-lane road when there is a solid yellow dividing line.  
a. passes                      b. passing                      **c. to pass**                      d. when passing
18. A lack in folic acid, especially in early pregnancy, can lead to serious birth defects.  
A                      B                      C                      D  
**a. A**                      b. B                      c. C                      d. D
19. The band on my watch \_\_\_\_\_.  
a. break                      **b. broke**                      c. did breaking                      d. broken
20. He believes we \_\_\_\_\_ go to a specialist right away.  
a. will                      b. should                      **c. must**                      d. would
21. Neither the president nor the senators \_\_\_\_\_ the outcome of the vote.  
**a. know**                      b. knows                      c. are knowing                      d. have known
22. Because the rain fell all night, the clogged drain pipe burst and flooded the house.  
A                      B                      C                      D  
a. A                      b. B                      **c. C**                      d. D
23. I can't help \_\_\_\_\_ that we made the wrong decision.  
a. to think                      b. think                      c. thought                      **d. thinking**
24. The sun was raising over the mountain when I rose out of bed and sat at the table.  
A                      B                      C                      D  
a. A                      **b. B**                      c. C                      d. D
25. I plan to return to school \_\_\_\_\_.  
a. at the near future                      b. within the near future                      c. on the near future                      **d. in the near future**

End of the Test    Best Wishes