



Onderwijs en  
Ontwikkeling

# Toelatingsexamens en Ondersteunend Onderwijs

**TEXTBOOK**

**PRACTICE EXAM**

**Code:** ENG

**Subject:** Textbook English reading practice exam

**Candidates are allowed to use the following aids/materials:** dictionary

**Pages:** 5

**Good luck with your practice exam.**

## Text 1: Kilt

Tell that to Sean Connery! The teenager told off for cross-dressing: he wore a kilt to school... Over at Rocky Mountain Junior High, there's a great debate going on. Fourteen-year-old



Gavin McFarland (the name might, rightly, suggest some Scottish ancestry) has been told off for wearing a kilt to school. The reason? He's been accused of "cross dressing."

"I was kind of surprised," Gavin told the Standard Examiner "No teachers had gotten mad at me for it. A lot of them thought it was pretty cool."

Apparently Gavin had worn the kilt (hand-sewn from what the paper calls "Scottish material", but I'm guessing was tartan) before, and was wearing it last week as a prop for an art project he was working on. However, Principal of the school, Craig Jessop, then told him that he needed to change because the kilt could be "misconstrued as cross dressing."

The Principal is now in a bit of hot water - and has been told to apologise. Meanwhile Gavin's father, Preston has said that he hopes the incident will lead to some discussion about Scottish heritage and history. The family are very proud of their Scottish roots, and Preston actually runs a website on the history of the McFarlane Clan. They are currently trying to "raise the profile of McFarlanes worldwide" in their quest for money for a "Clan MacFarlane Heritage Center and Museum of Highland Life". Young Gavin has certainly helped raised the profile, but possibly not in the way his parents might have expected...

*Timesonline, 18 May 2009*

## Text 2: Spring Martini



Though I say it myself, my winter martini was a triumph. This is my spring/summer version — guaranteed to cause chaos at barbeques and village fêtes.

For some, this recipe may be an elegant introduction to a sophisticated evening of scintillating fabulousness. For me it forms a hazy backdrop to the question, “Mummy, why is Daddy slumped and crying behind the bouncy castle (again)?”

Two tips:

1. Never say yes to a third seasonal martini.
2. It will taste better if you're dressed like Tony Bennett.

### Serves 4

1. If you're not at home, book a taxi for later.
2. Place one leaf of mint, one gooseberry and a head of elderflower in a bowl. Add two measures of vermouth. Mash it up. If you can remember to do this a couple of hours in advance, all the better.
3. Strain out the bits through a cloth and pour some of the mixture over loads of ice in a cocktail shaker. The less you add, the drier your martini.
4. Add 12 measures of gin or vodka.
5. Stir, pour, add a twist of lemon, drink.

Feel free to replace the ingredients with a few drops of elderflower cordial and mint and gooseberry cordial — there's no need to get carried away and no one likes a purist.

### How to enter the competition

Do you have your own secret recipe? A family favourite passed on through generations or a dish you learnt from your best friend? If you'd like to share it then send it to us and we'll consider it for publication. If it arrives before 5pm on May 27, it will automatically be entered for our Reader's Recipe Exchange competition. Gordon Ramsay will select his five favourites and each winner will receive Waitrose vouchers worth £150 (also redeemable at John Lewis). Send your favourite family recipes to [recipeeexchange@the.times.co.uk](mailto:recipeeexchange@the.times.co.uk) or post them online by clicking [here](#).

*The Times, May 16 2009*

### Text 3: Made for each other

#### Melinda Wenner on 'Beyond Pets: Made for each other: The Biology of the Human-Animal Bond' (By Meg Daley Olmert, Da Capo Press, 2009)

1. In 1980 Brooklyn College health scientist Erika Friedmann designed a survey to assess how social support affects survival after a heart attack. Just for fun, she threw in a question about pet ownership. When she analysed her results months later, she was startled to find that pets – more than support from family and friends – kept people alive. Patients who owned pets were 22 percent more likely to be alive a year after their heart attack than those who did not.
2. No one knew at the time why pets were such excellent 'medicine.' But in the decades since, research has revealed that animals and people share a special bond that is based not only on emotions but also on biology – and that relationships with animals keep us healthier and happier. As Meg Daley Olmert writes in her heartwarming and fascinating book *Made for Each Other*, the human-animal bond, which developed over the course of several millennia, shaped our evolution and that of the animals we love.
3. About 100,000 years ago, the theory goes, an ice age forced our herbivore hominid ancestors to expand their diet to include meat. Those who had the courage to draw near the animals they feared probably had some help from oxytocin, a hormone that Olmert argues is key to the animal-human bond. Oxytocin – best known as the hormone that facilitates the mother-child bond – is also important for overcoming fear. The first hominids to approach animals most likely had higher-than normal levels of oxytocin in their brains. And Oxytocin has other effects: it promotes social bonding, reduces stress levels, increase antioxidant production and promotes happiness. So when oxytocin-rich hominids started focusing on animals, even though their intention was to hunt them, they probably also started bonding with them. This emotional connection then released more oxytocin, building a self-propagating cycle.
4. Over the course of the next 100,000 years, human-animal relationships solidified. According to Olmert, women occasionally breast-fed wolf pups and children sometimes suckled milk from cows' udders. This bond started influencing the evolution of both humans and animals as we lived together and learned from one another. The surges of oxytocin our ancestors enjoyed also kept them healthy and happy. We needed animals, and they needed us.
5. Today in our urban and technological culture, we have only the faintest memories of these incredible ties. But our continued love for pets is evidence that we have not forgotten entirely. Still, only 63 percent of Americans own pets. As a population, we may not be getting the same oxytocin doses we used to, which could have negative effects on our well-being. Olmert makes a convincing case that we are better off with them in our lives. "Clinically speaking, animals are a homeostatic necessity," she writes. "Like breathing, they can only be denied for so long."

Scientific American Mind, 2009

## Text 4: Games of Chance

# \*games of chance

The benefits of playing sport are undeniable. Almost every day, a new piece of scientific research appears that proves regular, vigorous exercise can massively cut a person's risk of developing heart disease, diabetes, depression, cancer and a host of other maladies.

But there is a paradox at the heart of amateur and professional sport: while it boosts mental and physical health, it can also result in injury and—albeit extremely rarely—death. The dangers associated with some full-contact sports are well known. For decades, the British Medical Association has campaigned for a ban on boxing. According to the BMA, repeated punches to the head tear and bruise the brain's blood vessels, tissue and nerves. The end result is often permanent brain damage.

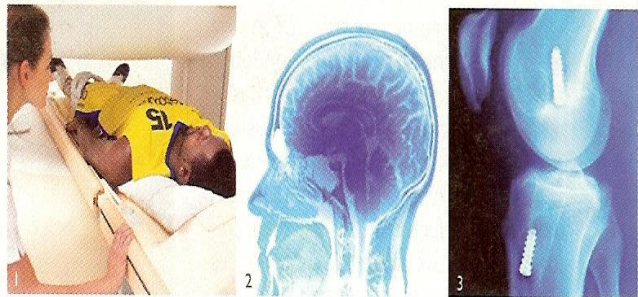
However, some doctors believe that boxing has been singled out for criticism, and that sports such as American football and horse riding carry similar, if not greater risks. "Twelve percent of head injuries come from sport," says London-based neurosurgeon Peter Hamlyn. "If you want to ban a sport on medical grounds, then you need to start with the most dangerous and unmanageable. That would not lead you to start with boxing."

The risks of boxing may appear obvious. But sportsmen and women who engage in seemingly harmless physical activities can sometimes be struck down by an invisible killer like sudden cardiac arrest (SCA). In 1995, 28-year-old Russian ice skater and Olympic gold medalist Sergei Grinkov collapsed and died from a heart attack while training. And a study published in the journal *Circulation* found that on average 66 U.S. competitive athletes died every year from SCA between 2000 and 2006.

### KEY FACTS

- \*In the U.S. alone, at least one athlete dies every week from sudden cardiac arrest
- \*80% of professional boxers have serious brain scarring
- \*Young female football players face a three to four times greater risk of knee ligament injury
- \*300,000 sports-related concussions occur each year in the U.S.

Sources: BMA, *Circulation*, *Arthritis & Rheumatism*



1. Philips Panorama high field Open MRI; 2. MRI scan of the human head from the side; 3. Anterior cruciate ligament repair.

To help curb this tragic toll, Philips—a leader in the diagnostic health industry—founded a program in the U.S. called Save an Athlete. In the U.K., meanwhile, the company is working with health body Cardiac Risk in the Young. Both organizations campaign to raise awareness of sudden cardiac death. Philips provides equipment, supplies and technical advice that allows these groups to carry out numerous public screenings each year, and identify potentially fatal heart defects and diseases in young people.

Gender can also play a crucial role in sports injuries. In 2007, a study from Ohio's State University and Nationwide Children's Hospital noted that girls playing high-school soccer suffered concussions 68% more often than boys. And in 2004 researchers at Sweden's Lund University estimated that young female footballers face a three to four times greater risk of knee ligament injury than their male counterparts. Many women with a damaged ligament later developed arthritis of the knee.

In order to tackle the soaring injury rate among female players, the Oslo Sports Trauma Center, together with football's governing body, FIFA, developed a structured 20-minute warm-up program. The pre-match exercise routine uses slow and speed running and key exercises to improve strength, balance, core stability and muscular awareness. The training program has been a huge success: studies have shown that it can cut injuries by a third, and severe injuries by almost 50%. John Brooks, an injury expert at England's Rugby Football Union, declared in the influential *British Medical Journal* that this warm-up routine should be implemented across the wider sporting community.

Thanks to innovative programs like this, and Philips' pioneering work in the U.S. and U.K., more athletes will be able to stay safe and healthy as they enjoy their sporting passions.

For more information, visit [www.cnn.com/vitalsigns](http://www.cnn.com/vitalsigns)

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