

Topic 11
Zdrowie

TEST TYPU – Test wielokrotnego wyboru

Przeczytaj poniższy tekst. Z podanych odpowiedzi wybierz właściwą, zgodną z treścią tekstu. Zaznacz jedną z czterech możliwości A, B, C lub D.

Housework does you a fat lot of good

Housework is not the new gym workout after all. Although many exercise experts say that women get nearly all the exercise they need from dusting, polishing and vacuuming, a study by Bristol University doctors has shown that it is not so. The study found that women who did more than eight hours of heavy housework a week more likely to be overweight than those who did none of all. The housework such as vacuuming, scrubbing floors or cleaning windows did not lower their heart rate, either. 'We thought that any form of exercise should make you thinner,' said Shah Ebrahim, a Professor in the Department of Social Medicine at Bristol. 'Among our women, housework simply didn't have that effect.'

More than 2,300, aged between 60 and 79, took part in the study. They all filled in a questionnaire which asked for details about their lifestyle. The women were asked questions about the exercise they took. The most typical form of exercise was housework, and most women said they did the housework for at least 30 minutes 3 times a week.

So why was so much work not very effective? The way the women are doing the work is not consuming as much energy as we expected,' Professor Ebrahim said, 'Or perhaps the women are doing all these heavy jobs but doing them slowly. That is why it is not making them fit.'

The study's results contrast with the opinions of many exercise experts that housework is good exercise. Steven Blair, president of the US National Commission for Promoting Physical Activity, says that doing simple things such as walking up stairs, or washing vegetables, can help you lose about 15 kilos in weight a year.

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1. The study by Bristol University doctors showed that
 - A. women don't get enough exercise from housework
 - B. housework provides women with all the exercise they need
 - C. housework made it possible for women to lose weight
 - D. women's heart rate increased during housework

2. The women who took part in the study
 - A. wanted to lose weight
 - B. got thinner
 - C. took a lot of exercise
 - D. were 60 years old or older

3. Probably the housework is not effective because
 - A. the duties are too heavy
 - B. the women don't do enough of it
 - C. the jobs are not done in the right way.
 - D. the women don't try to lose weight hard enough

4. The text was probably written by
 - A. a woman who took part in the study
 - B. a doctor who organised the study
 - C. a journalist interested in health issues.
 - D. a fitness expert