



# HIPPO 2022

## 10<sup>th</sup> International English Language Olympiad

IESOL Assessment Reading  
RQF Level: Level 2  
(CEFR Level: C1)

Candidate Booklet - Reading  
**HIPPO S19**  
Preliminary Round

### INSTRUCTIONS FOR CANDIDATES:

- Do NOT turn over the page until instructed.
- This examination is made up of 3 TASKS.
- Answer all the questions
- Remember to transfer your answers onto the answer sheet.
- Use only black or blue PEN.

**Time allowed:** 45 minutes

**Total marks available:** 40

## 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
1. a) throw in      b) throw away      c) throw out      d) throw back
2. a) worthy      b) capable      c) sure      d) true
3. a) moving      b) rational      c) emotional      d) sensible
4. a) dismiss      b) defend      c) approve      d) accept
5. a) sensitive      b) hostile      c) friendly      d) distinct
6. a) relate      b) reveal      c) admit      d) conceal
7. a) correctly      b) strictly      c) roughly      d) precisely
8. a) breakdown      b) success      c) collapse      d) failure
9. a) addresses      b) avoids      c) cancels      d) allocates
10. a) precise      b) random      c) positive      d) confident
11. a) limited      b) variable      c) fixed      d) specific
12. a) merely      b) fortunately      c) otherwise      d) neither

## 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.

### 13. In paragraph 1, the best option to complete the gap is

- a) appealing
- b) welcoming
- c) applauding
- d) motivating

### 14. What is the author's main intention in Paragraph 2?

- a) To show how many countries he has visited.
- b) To advise which insects to avoid eating.
- c) To recommend the best tasting dishes.
- d) To demonstrate various ways of cooking insects.

### 15. The author says that insects are healthy to eat because

- a) they have all the same vitamins as orange juice.
- b) they are small so we can eat a lot of them.
- c) they are both low in fat and high in protein.
- d) they compensate for the lack of amino acids in our diets.

- 16. How does the author suggest entomophagy will help the environment?**
- a) He thinks it won't because of the new land used in insect farming.
  - b) There is a good supply of insects and their impact on the environment is low.
  - c) It will help restore the rainforest and that in turn will produce more insects.
  - d) Eating insects will reduce the number of insects that eat out crops.
- 17. The author suggests that in developing nations insect farming will**
- a) also bring other benefits.
  - b) exhaust scarce water resources.
  - c) bring an end to cattle farming.
  - d) fail because of a lack of resources.
- 18. In paragraph 5, the best option to complete the gap is**
- a) feasible
  - b) nutritious
  - c) predictable
  - d) edible
- 19. In paragraph 6, the best option to complete the gap is**
- a) formulas
  - b) senses
  - c) patterns
  - d) textures
- 20. According to the author, consumers who eat scorpions**
- a) will find them a superior food to shrimp.
  - b) will enjoy benefits other than just taste and nutrition.
  - c) have to avoid eating the poisonous part.
  - d) might have a bad reaction after eating them.
- 21. What is the best title for paragraph 7?**
- a) Changing Consumer Habits.
  - b) What did you have for breakfast?
  - c) Keep Eating Traditional Food.
  - d) Why Fish is Still the Best Food.
- 22. In paragraph 7, the best option to complete the gap is**
- a) invisible
  - b) imaginary
  - c) notable
  - d) evident
- 23. In paragraph 8, the best option to complete the gap is**
- a) once you think
  - b) the same as
  - c) as much as
  - d) any more than
- 24. What does the author suggest to people who are vegetarian?**
- a) That they should be more like Jain priests.
  - b) That they should include insects in their diet.
  - c) That insects should be removed from crops.
  - d) That vegetarianism helps to protect insects.

**25. What is the author's approach to eating insects?**

- a) He is very supportive of the idea.
- b) He is hesitant about some of the aspects.
- c) He thinks it has both advantages and disadvantages.
- d) He believes further research is required.

**26. The main purpose of the article is to**

- a) describe the reaction people have when they eat insects.
- b) highlight the need for more research into eating insects.
- c) show how diverse eating habits are around the world.
- d) encourage readers to consider eating insects.

### 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

27. describe a setback in their training?

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28. say they enjoy the competitive aspect of sport?

-----

29. say they are yet to enter a sports competition?

-----

30. most heavily criticise some diet products?

-----

31. praise the people who organised the training?

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32. say they struggle to follow a diet?

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33. explain the reasons for eating a controlled diet?

-----

34. say that they train mostly on their own?

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**B) Now answer the following questions by circling the correct option.**

**35. In Text A, the best words option to complete the first gap is**

- a) turn on
- b) move on
- c) focus on
- d) rely on

**36. In Text A, the best option to complete the second gap is**

- a) calming
- b) scaring
- c) panicking
- d) shocking

**37. In Text B, the best option to complete the first gap is**

- a) isolated
- b) insulated
- c) distant
- d) rejected

**38. In Text C, the underlined phrase 'bound by convention' means the same as:**

- a) being so slow you can't get anywhere
- b) following the traditional way
- c) making mistakes all the time
- d) always changing and innovating

**39. In Text D, the best option to complete the first gap is**

- a) forget
- b) assess
- c) exaggerate
- d) reconsider

**40. In Text D, the best option to complete the second gap is**

- a) intend
- b) devote
- c) purpose
- d) signify

# HIPPO 2022

Preliminary Round

HIPPO S19 Use of English Test

Time allowed: 30 minutes



Candidate Number

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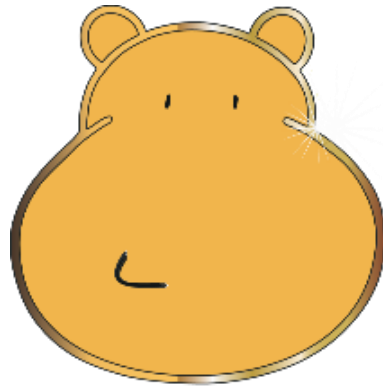
Date of Birth

D	D	M	M	Y	Y	Y	Y

Choose a, b or c to complete the sentences.

41. I am afraid your elephant has \_\_\_\_\_ to his wounds.  
a) succumbed                      b) yielded                      c) perished
42. When you make pizza dough, it is essential not to use too much \_\_\_\_\_.  
a) yeast                      b) mildew                      c) preservative
43. \_\_\_\_\_ Gozza River flows into \_\_\_\_\_ Buzzo Lake, also known as \_\_\_\_\_ Jucco Sea.  
a) The / the / the                      b) - / - / the                      c) the / - / the
44. \_\_\_\_\_ a badger before, she was unsure what to think of them.  
a) Not seeing                      b) Not having seen                      c) Because she didn't see
45. When faced with his teacher, he had that \_\_\_\_\_ feeling.  
a) shrinking                      b) withering                      c) wince
46. Don't forget, we don't call it kitchen, on the ship it is called a \_\_\_\_\_.  
a) gulley                      b) galley                      c) gelley
47. \_\_\_\_\_ you need help, feel free to call me.  
a) might                      b) would                      c) should
48. She \_\_\_\_\_ into the dark closet looking for her lost brooch.  
a) peeked                      b) peered                      c) scrutinised
49. Threshing is a process of separating \_\_\_\_\_ from their husks.  
a) grain                      b) pellet                      c) grains





**HIPPO 2022**  
**10<sup>th</sup> International English Language Olympiad**

**IESOL Assessment Listening**  
**RQF Level: Level 2**  
**(CEFR Level: C1)**

**Candidate Booklet - Listening**  
**HIPPO S19**  
**Preliminary Round**

**INSTRUCTIONS FOR CANDIDATES:**

- Do NOT turn over the page until instructed.
- This examination is made up of 3 TASKS.
- Answer all the questions.
- Remember to transfer your answers onto the answer sheet.
- Use only black or blue PEN
- Dictionaries are NOT allowed.

**Guide time: Approx. 30 minutes    Total marks available: 22**

## Listening Task 1

Listen to the recording and circle the correct option – a, b, or c.

You have one minute to read the questions before the recording is played. You will hear the recording twice.

Example: The radio interview is about the subject of

- a) noise pollution.
- b) water pollution.
- c) air pollution.

**61. At the beginning of the interview, Tony**

- a) says he has never experienced noise pollution.
- b) lists different types of noise pollution.
- c) asks for clarification of what noise pollution is.

**62. According to Joyce, noise pollution**

- a) is almost as harmful as air pollution.
- b) affects people more than it does animals.
- c) is more dangerous to sea life than plastic pollution.

**63. What does Joyce say about monitoring noise levels in daily life?**

- a) It's easier to avoid noisy places than to monitor noise.
- b) There are simple ways to monitor noise levels.
- c) Usually, people monitor noise only after damaging their hearing.

**64. What advice does Joyce give to Tony about protecting his hearing?**

- a) He should try and avoid going to loud events.
- b) He should arrange to take regular hearing tests.
- c) He should leave noisy places for short breaks.

**65. What is Joyce's concern regarding children and noise?**

- a) Not enough parents try to protect children from noise.
- b) Children cannot be protected from every kind of noise.
- c) Parents do not understand what type of noise is most harmful.

**66. What is Joyce campaigning for shipping companies to do?**

- a) Buy technology which reduces noise.
- b) Sail at a slower speed to reduce noise.
- c) Follow specific routes when sailing.

## Listening Task 2

Listen to the recording and circle the correct option – a, b, or c.

You have one minute to read the questions before the recording is played. You will hear the recording twice.

Example: What is the radio programme about?

- a) A new museum in Oslo, Norway.
- b) The problems of museums.
- c) The future of museums.

67. The speaker says that Edvard Munch became well known

- a) a long time before he died.
- b) just before he died.
- c) a few years after he died.

68. Which statement is true about the two *The Scream* paintings that were stolen?

- a) They have both been recovered.
- b) They were both stolen at the same time.
- c) They were both stolen from the same place.

69. When did the new Munch building open?

- a) Exactly on time.
- b) Later than scheduled
- c) Earlier than scheduled.

70. The original Munch Museum

- a) lacked any of Munch's original works.
- b) was funded in an unusual way.
- c) was established just after Munch died.

71. What does the speaker think of the design of the new museum?

- a) She is not yet sure if she likes it.
- b) She is very enthusiastic about it.
- c) She is not keen on the design.

72. *The Scream* paintings are not all on display at the same time

- a) because one of them has recently been stolen.
- b) as they are needed for research purposes.
- c) to protect them from becoming damaged.

73. What did the speaker think of the Tracy Emin exhibition?

- a) She did not expect to like it.
- b) She was surprised she liked it.
- c) She knew she would like it.

74. Which of these activities does the speaker recommend visitors do in Oslo?

- a) Get tickets to visit the house where Munch grew up.
- b) Take part in outdoor winter sports.
- c) Have a meal where Munch used to socialise.

### Listening Task 3

Listen to the recording and answer the questions below. There are 3 speakers.

You have one minute to read the questions before the recording is played. You will hear the recording twice.

Which speaker?

<b>Example:</b>	Mentions their friends' online activities.	Speaker	1
75.	Criticises social media site owners for being greedy.	Speaker	_____
76.	Presents evidence that a site is becoming less popular.	Speaker	_____
77.	Mentions a site that they use for educational purposes.	Speaker	_____
78.	Gives some practical advice about keeping safe online.	Speaker	_____
79.	Doesn't use any social media sites.	Speaker	_____
80.	Regrets sharing personal information online.	Speaker	_____
81.	Implies that posting on social media sites can improve your skills.	Speaker	_____
82.	Recommends educating children about social media risks.	Speaker	_____

HIPPO S19 – HIPPO 2022 Answer Key

1. A	49. c
2. A	50. a
3. C	51. a
4. D	52. c
5. B	53. a
6. B	54. b
7. D	55. b
8. D	56. a
9. A	57. b
10. C	58. b
11. D	59. a
12. C	60. c
13. A	61. C
14. D	62. A
15. C	63. B
16. B	64. C
17. A	65. B
18. D	66. C
19. D	67. C
20. B	68. A
21. A	69. B
22. A	70. B
23. D	71. B
24. B	72. C
25. A	73. A
26. D	74. C
27. D	75. C
28. D	76. C
29. A	77. A
30. C	78. B
31. C	79. B
32. B	80. B
33. A	81. A
34. A	82. C
35. C	
36. D	
37. A	
38. B	
39. C	
40. A	
41. a	
42. a	
43. c	
44. b	
45. a	
46. b	
47. c	
48. b	