

DUOLINGO SAMPLE TEST

5

A)TYPE THE MISSING LETTERS TO COMPLETE THE TEXT

Sleep is paramount for metabolic health. Studies have shown that when you sleep 5.5 hours per (1) n_g_t instead of 8.5 hours per night, a lower proportion of the (2) e_e_ _y you burn comes from fat, while more comes from carbohydrate and (3)p_o_ _in. This can predispose you to fat gain and muscle loss. Additionally, insufficient sleep or abnormal sleep (4) cy_ _es can lead to insulin insensitivity and [metabolic syndrome](#), increasing your

(5) r_ _k of diabetes and heart disease. All of this to say, that better sleep is critical for your (6) m_n_ _l and (7) p_ys_ _al health. Before we get too (8)d_ _p into this sleep guide though, let's pause for (9) j_s_ a second. If you're enjoying this article o (10) s_e_p, then you'll probably find my other writing on performance and (11) h_m_n behaviour useful.

B) SELECT THE REAL ENGLISH WORDS IN THE LIST.

dissatisfied hied switch helpfull jocker

sonflower unplug churp immaterial branch

plant raw dezzert jiuice fulfill

C)TYPE THE STATEMENT THAT YOU HEAR

1. Can I speak to Priya? I am sorry, she is not at home.

2. He lived a simple life in the solitude of the jungle.

3. A kind heart treats all men and even animals as members of one family, one humanity.

4. It had been a long cold winter , and the flowers cheered him.

5. The man slowly crossed the hot desert on his camel.

D) SPEAK THE ENGLISH WORDS FOR EACH IMAGE



E) WRITE ONE OR MORE SENTENCES THAT DESCRIBE THE IMAGE



F) RESPOND TO THE QUESTION IN ATLEAST 50 WORDS

Describe a time when you lost something important. Explain what happened then.

G) PREPARE TO SPEAK FOR ATLEAST 30 SECONDS ON THE QUESTION BELOW

An article that you enjoyed reading.

Which article was it.

When did you read it ?

What was it about ?

Explain why you enjoyed reading it.

H) SPEAK FOR 1-3 MINUTES ON THE TOPIC BELOW

How important are religious functions in your country?

Describe what special activities are performed and how are they performed.

I) CHOOSE A TOPIC TO WRITE ABOUT

1. Music is therapeutic. To what extent do you agree. Explain the benefits of learning music.

2. More and more business is being done via internet.

Is this a good thing?

What are the dangers and disadvantages of it?

Write for 3-5 minutes on the topic chosen.

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ANSWER KEY

A) (1)night (2)energy (3)protein (4)cycles (5)risk (6)mental (7)physical

(8)deep (9)just (10)sleep (11)human

B) dissatisfied switch unplug immaterial branch plant raw fulfill

D) bike soldier chocolates fish-bowl suitcase

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