

VulaLearn

AQL Practice Questions

Passage: Urban Green Spaces and Mental Health

In cities around the world, concrete and congestion dominate. Yet research increasingly shows that green spaces-parks, gardens, and tree-lined streets-have profound benefits for mental health. Exposure to greenery can reduce stress, enhance mood, and even improve cognitive function.

Despite these benefits, access to green spaces is often unequal. Affluent neighborhoods enjoy well-maintained parks, while low-income areas are more likely to be "green deserts." This inequity exacerbates existing health disparities and raises questions about environmental justice.

Urban planners are now rethinking design. From vertical gardens on buildings to green roofs and microparks, innovative approaches seek to bring nature into urban life. Still, challenges remain, including limited space and competing development priorities.

1. (questions)
2. What is the role of paragraph 1? (communicative function)
 - a. To propose a solution
 - b. To introduce the topic and its benefits
 - c. To question scientific studies
 - d. To describe ancient gardens
3. The term "green deserts" (paragraph 2) implies: (inferencing)

- a. Places with artificial plants
- b. Areas with excessive greenery
- c. Areas lacking accessible green space
- d. Overdeveloped commercial zones

4. In paragraph 1, "can reduce stress" contains: (grammar/syntax)

- a. A past tense verb
- b. A modal verb
- c. A present participle
- d. A conditional clause

5. "Exacerbates" in paragraph 2 could be replaced with: (vocabulary)

- a. Improves
- b. Worsens
- c. Clarifies
- d. Simplifies

6. In paragraph 3, "Still, challenges remain" signals: (cohesion)

- a. A summary of successes
- b. A change in speaker
- c. A shift from benefits to obstacles
- d. A repeat of previous ideas

7. How does paragraph 3 build on the previous ones? (discourse)

- a. It refutes the earlier paragraphs
- b. It introduces future predictions
- c. It gives real-world examples of solutions

d. It contradicts the evidence

8. Which detail is least essential to the main idea? (essential/non-essential)

a. Stress reduction

b. Income-based access to parks

c. Rooftop gardens

d. Concrete structures

9. "Green deserts" can best be interpreted as: (metaphor)

a. Beautifully planted oases

b. Isolated wilderness parks

c. Urban areas with little or no greenery

d. Gardens made of succulents

10. The overall tone of the passage is: (text genre)

a. Alarmist

b. Clinical

c. Practical and hopeful

d. Satirical