

- 1) Reading comprehension: Health, fitness and sports are really important for many people.
Read the texts from A to D and answer the questions

Question 1 refers to text A

1. What is true of Penny?

- a) She attends Pilates classes.
- b) She is very fit.
- c) She has a sibling.
- d) She has a lot of free time available.



Questions 2-3 refer to text B

2. What can you find at the *Fruities Fitness Bar*?

- a) Free smoothies for all.
- b) Sugar-packed desserts.
- c) Food that does not contain meat.
- d) Discounts for all meals on weekends.

3. Who gets the biggest discount on menu prices at the *Fruities Fitness Bar*?

- a) Any member arriving first on the weekend.
- b) Those buying Jim Best's book.
- c) A student with a membership that lasts for a year.
- d) Members with a gold card.

Question 4-6 refer to text C

4. What is the main purpose of the text?

- a) To inform members of the opening hours.
- b) To promote Atlas Fitness Center.
- c) To give advice to members of the gym.
- d) To inform parents of available child watch services.

5. You are over 60, want to lose weight and get fit. Which fitness class should you try?

- a) Kickboxing.
- b) Yoga.
- c) Group ride.
- d) Pilates.

6. What is true of *Atlas Fitness Center*, according to the flyer?

- a) It opened recently.
- b) The child watch services on offer come at an extra charge.

- c) Special weekly rates are given to members of the same family.
- d) New members who wish to cancel their registration within a week are given their money back.

Questions 7-8 refer to text D.

7. What is true about "*The Absolute Guide to Fat Loss*", according to the book review?

- a) It has been on the market for quite a while.
- b) It is a bestseller.
- c) It provides easy-to-follow instructions on how to prepare healthy dishes.
- d) It is written by a famous nutritionist.

8. What is true of Jim Best, according to the book review?

- a) He carried out an extensive background study before writing the book.
- b) He based his book entirely on experiences of a personal nature
- c) He is responsible for many advancements in the fitness industry
- d) He has stuck to traditional weight loss methods.

Questions 9-10 refer to two or more texts.

9. Which sections make reference to both, food and exercise?

- a) A, C, and D
- b) A, B and C
- c) A, B and D
- d) B, C and D

10. What will Penny be entitled to if she is the first customer to arrive on May 10th?

- a) A \$10 discount on registration fees as a newcomer
- b) Two free massages.
- c) A seven-day membership.
- d) A half-price discount on Jim Best's book

2) Match the words **highlighted** in the text with their meanings A-H. There are 2 extra meanings you will not need.

Thrilled

Sensible.

Gathered.

Worthless.

Invaluable

Geared

Sound

Accumulated

Annual

Yearly.

Designed

Excited

Extremely useful.

Very pleased.

