

PAPER 1 Reading and Use of English

PAPER 2 Writing

PAPER 3 Listening

PAPER 4 Speaking

Part 1

Part 2

Part 3

Part 4

Part 5

Part 6

Part 7

For questions 1–8, read the text below and decide which answer (A, B, C or D) best fits each gap. There is an example at the beginning (0).

Mark your answers on the separate answer sheet.

Example:

0 A quantity B piece C unit D part

0	A	B	C	D
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Essential tips

Question 2: Which of the four verbs collocates with *weight*?

Question 5: Look at the context. Is it a good thing that diets don't work for most people? Does the missing word have a positive or negative meaning?

Question 6: Which of the four nouns can be followed by the preposition *to* and a gerund?

Going on a diet

A calorie is a (0)..... for measuring the amount of energy food will produce. The average person needs about 1,800 calories per day to stay healthy. Without energy, the heart cannot (1) blood through blood vessels and the organs cannot function.

You (2)..... weight because you consume more calories a day than your body requires. The only way to lose weight is to (3)..... the number of calories you consume. This is the basic (4) behind most diets.

(5) , diets don't work for most people. It's not that they don't lose weight: they do, but when they go off the diet, the kilos creep back. The (6) to losing weight and maintaining weight loss is a sensible diet and exercise plan. You need to work out how to eat fewer calories than you (7) consume. You should also exercise daily so you can use up calories. Burning 250 or 500 calories per day can (8) a big difference.

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|----------------|-------------|-----------------|--------------|
| 1 A pump | B pull | C drag | D force |
| 2 A make | B increase | C gain | D put |
| 3 A shrink | B take | C remove | D reduce |
| 4 A way | B principle | C method | D kind |
| 5 A Similarly | B Though | C Unfortunately | D Although |
| 6 A key | B secret | C way | D idea |
| 7 A preferably | B actually | C consistently | D eventually |
| 8 A have | B do | C make | D give |