

Read the short extract and choose the correct answer A or B.

When Grant arrived home, he went into the kitchen. There was flour and rice all over the table top. The sink was full of dirty dishes and there were puddles of spilt milk on the floor. 'Mike!' he shouted angrily up the stairs.

Why does the writer mention the state of the kitchen?

- A To show how proud Grant was of Mike.
- B To show why Grant was cross with Mike.

2b Read the text about eating sweets. Match the questions (4-5) with the correct answers (A, B, C or D) according to the text.

THE TRUTH ABOUT CHOCOLATE

SO, YOU THINK CHOCOLATE IS BAD FOR YOU? People have been telling you all your life how fattening it is, how much damage it does to your teeth and how the caffeine it contains makes you nervous and irritable. But how much truth is there in these claims? Let's dispel a few of the myths about chocolate here and now.

Firstly, many teenagers are warned of chocolate because it is said to increase acne. Not true. We are also told that it is generally bad for our health and contributes to obesity and risk of heart attacks. Not completely true! Like many foods, if we eat it in moderation, we will come to no harm. However,

if we overindulge, then yes, chocolate will make us put on weight and trigger bad headaches. But there are benefits of eating chocolate too. The cocoa in chocolate might help us relax and feel happier, and it is proven to help keep our blood flowing well. In addition to this, dark chocolate is said to actually raise good cholesterol. And another branch of research reports that men who regularly eat chocolate live on average a year longer than those who don't!

Perhaps the most surprising scientific claim is that whereas most of us believe that chocolate is extremely addictive, this is not in fact true. It is apparently no more addictive than any other foods we enjoy. I, personally, might question that claim as the need to consume chocolate seems at times to me an illogical and uncontrollable urge. But I am happy to go along with the consensus of opinion. And isn't that all good news for the chocolate lovers amongst us?



4 Which of the following is mentioned in the text as a fact, not an opinion?

- A Eating chocolate helps us to live longer.
- B Eating chocolate is bad for our skin.
- C Eating chocolate helps our circulation.
- D Eating chocolate is addictive.

5 From texts in tasks 2a and 2b we learn that

- A chocolate can never be bad for us.
- B too much chocolate makes us fatter.
- C people disagree about the addictive nature of chocolate.
- D we should differentiate between different types of chocolate.

I Work in pairs. Explain the difference in meaning between the following pairs of words. Use them in sentences to illustrate the difference.

1 to complement / a compliment	4 to adopt / to adapt
2 to ensure / to assure	5 a practice / to practise
3 to lead to / to result in	6 apart from / except for

Multiple choice

2 Read the following text. Fill in the gaps (1-4) by choosing the correct answer (A, B, C or D) to obtain a logical and grammatically correct text.

Diets and an obsession with them are as old as the hills. For centuries people (1) ___ with them to lose weight, look more attractive or just stay fit and healthy. However, they often discover that few of them ever work while most can cause serious complications.

One of such examples were the Victorians, who would buy poisonous mixtures made of soap, lard and strychnine or arsenic to speed up their metabolism. These mixtures often (2) ___ to cancer or total blindness, so they were finally banned in 1938.



Then came obsessive chewing. People, including some Edwardian celebrities such as Henry James or Franz Kafka, would chew each piece of food hundreds of times to get all the juices out before spitting the rest out. Although it wasn't particularly pleasant to watch, it was believed to (3) ___ wonders for many people.

Another crazy idea was born in the 20th century, when dieting was very trendy and the diet industry relied on fear and low self-esteem to sell its products. In those days, people were encouraged to buy tapeworm pills and then take more pills to kill the worm. You can only (4) ___ yourself how harmful this was for the people when you read the statistics of how many of them died because of that!

These days people, young and old, still believe in miracle diets and often risk their lives.

1 A have been experimenting	B experiment	C had experimented	D are experimenting
2 A resulted	B led	C caused	D influenced
3 A take	B get	C make	D work
4 A insure	B be sure of	C assure	D ensure

Multiple choice

3 Read the following text. Fill in the gaps (1-4) by choosing the correct answer (A, B, C or D) to obtain a logical and grammatically correct text.

Peter J. D'Adamo made himself famous when he published his book *Eat Right 4 Your Type*, which outlined different diets (1) ___ into account your blood type.

In his book, D'Adamo describes what exactly each blood type carrier should eat to remain healthy. He believes that blood types (2) ___ the digestive system and that some foods good for people of one type are dangerous for others. So, people with blood group O are recommended to eat a higher protein diet, consisting of lean meat and fish (3) ___ to exercise a lot. Blood group A is supposed

to turn vegetarian and avoid red meat and vigorous exercise at all costs. Blood group B, according to the writer, should eat dairy products and should (4) ___ their diet with a moderate fitness programme. Blood group AB should mix the diets of blood groups A and B and avoid chicken, beef, and pork but enjoy seafood, tofu and dairy products.

To prove or disprove D'Adamo's theory, more tests are being carried out. So you need to wait for the final results before making up your mind about it!

1 A making	B taking	C putting	D giving
2 A have effect	B result in	C affect	D take advantage of
3 A besides	B additionally	C on top of	D as well as
4 A consist	B supplement	C compliment	D include