Text 1

Read the text. Answer the questions on your mark sheet.

Terrifying mythical creatures

Maritime myth is filled with tales of vicious sea serpents, but few creatures of the deep have struck fear into sailors' hearts like the mighty kraken. Tracing its _____ back to a giant fish from Norse mythology called the hafgufa, the kraken first entered popular folk lore as a huge octopus or squid spotted by fishermen off the coasts of Norway and Greenland. The kraken supposedly used its many tentacles to capture ships' masts and drag them to the icy depths, but it could also create a deadly whirlpool just by descended underwater. The legend may have been inspired by sightings of an actual giant squid. Palaeontologists say many years ago the oceans were once home to 100 foot long cephalopods, or squid-like creatures, that fed on whale-sized Ichthyosaurs.

An intimidating blend of two different predators, the griffin was said to possess the body and back legs of a lion as well as the wings, beak and talons of a hawk or an eagle. Tales of the flying creatures most likely originated in the Middle East, but they later became a poplar motif in ancient Greek literature. The griffin legend was later picked up in the 14th century in a largely fictional travelogue by Sir John Mandeville, who described the creatures as, "stronger than eight lions and "a hundred eagles." Griffins were revered for their intelligence and dedication to monogamy, they supposedly mated for life, but they could also be ferocious.

One of the most forbidding of all mythical creatures, the manticore was a bloodthirsty quadruped that supposedly sported the head of a blue-eyed man, the auburn body of a lion and the stinging tail of a scorpion. The legend of this deadly hybrid first began with Greek authors such as Ctesias, who chronicled it in a book about India. Ctesias and others described the manticore as having three rows of teeth like a shark and a tuneful bellow that sounded like a trumpet. According to Ctesias, the manticore was capable of paralysing or killing its victims from a distance by firing stingers from its tail "as if from a bow."

LIVEWORKSHEETS

1. **Which creatures is the griffin made of?**
   a. Wings of a hawk and body of a tiger.
   b. Wings of an eagle and a head of a lion.
   c. Body of a lion and beak and wings of an eagle.

2. **Which features doesn't the manticore have?**
   a. Sharks' teeth.
   b. Scorpion pincers.
   c. Blue eyes.

3. **Which sea creature was most feared?**
   a. The giant squid.
   b. The kraken.
   c. A sea serpent.

4. **Where did tales of the griffin originate from?**
   a. Norse myths.
   b. Travelogue of India.
   c. The Middle East.

5. **What do palaeontologists believe inspired tales of the mythical sea creature?**
   a. Cephalopods.
   b. Hafgufa.
   c. Ichthyosaurs.

6. **There is a spelling error on:**
   a. Line 13.
   b. Line 14.
   c. Line 15.

7. **There is a grammar error on:**
   a. Line 6.
   b. Line 7.
   c. Line 8.

8. **There is a punctuation error on:**
   a. Line 16.
   b. Line 17.
   c. Line 18.

9. **The best word to complete the sentence on line 4 is:**
   a. Origins.
   b. Pedigree.
   c. Foundations.

10. **The best word to replace 'intimidating' on line 12 is:**
    a. Unapproachable.
    b. Terrific.
    c. Frightening.

LIVEWORKSHEETS

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Text 2

Read the text. Answer the questions on your mark sheet.

What is 80/20 training?	1
	2
Here's an idea: do most of your training at a leisurely pace and, come race day, you'll be	3
nailing your goals. It may seem _____, but it's supported by the latest research, which	4
tells us that running slower for the bulk of our runs really can reap huge rewards. 'From our	5
research, it's clear that elite athletes (including Kipchoge) train around 80 per cent of the	6
time at what we'd call low intensity, and they spend just 20 per cent of their time training	7
hard,' says Dr Stephen Seiler of the University of Agder, Norway, one of the foremost	8
exercise physiologists.	9
	10
Seiler's endurance epiphany occurred nearly a decade ago when he analysed a huge swathe	11
of studies into training intensity and duration. Since then, further studies by the likes of	12
sports' scientists Veronique Billat, Augusto Zapico and Jonathan Esteve-Lanao have	13
confirmed Seiler's theory that 80/20 is the holy grail of running fitness.	14
	15
'Whether the elite is training 20 or 40 hours a week, the training broadly follows this 80/20	16
split,' says Seiler. Paula Radcliffe adhered to an 80/20 split at her peak in 2003, when 12 of	17
her 15 runs (160 miles per week in total over an eight-day cycle would be at a low intensity.	18
	19
'We undertook further research and showed that it's equally relevent if you're training four	20
sessions a week or 14. It's arguably more important for recreational runners because we	21
often get our intensity wrong in relation to long-term fitness,' says Seiler.	22
	23
'Many recreational runners feel they must go hard every time, so they do a lot of training in	24
this threshold area,' says Seiler. 'They'll improve initial, but then they stagnate. The problem	25
is, they become too fatigued to do high-intensity sessions.'	26
	27
Studies show that recreational runners naturally gravitate towards running 50 per cent at	28
moderate to high intensity and 50 per cent at low intensity. And when Esteve-Lanao asked	29
experienced club runners to follow either this 50/50 split or an 80/20 split, the 80/20 group	30
improved their 10K times by 5 per cent compared with 3.5 per cent for the 50/50 group.	31

LIVEWORKSHEETS

11. **What is 80/20 training?**
    a. A mixture of low and high intensity training.
    b. A low intensity training programme.
    c. A mostly high-intensity training programme.

12. **What is the impact of a high-intensity approach to training?**
    a. It means you improve faster.
    b. It may leave you fatigued.
    c. It increases your exercise time.

13. **How much did club runners improve when using a 50/50 training programme?**
    a. 3.5%.
    b. 5%.
    c. 10%.

14. **Who discovered the advantages of 80/20 training?**
    a. Veronique Billat.
    b. Stephen Seiler.
    c. Jonathan Esteve-Lanao.

15. **Which sports' scientist confirmed Seiler's theory?**
    a. Augusto Zapico.
    b. Paula Radcliffe.
    c. Kipchoge.

16. **There is a spelling mistake on:**
    a. Line 20.
    b. Line 21.
    c. Line 22.

17. **There is a grammar mistake on:**
    a. Line 24.
    b. Line 25.
    c. Line 26.

18. **There is a punctuation mistake on:**
    a. Line 16.
    b. Line 17.
    c. Line 18.

19. **The best word to complete line 4 is:**
    a. Far-fetched.
    b. Fantastic.
    c. Imaginary.

20. **The best word to replace the word 'confirmed' on line 14 is:**
    a. Supported.
    b. Contradicted.
    c. Documented.

LIVEWORKSHEETS

Text 3

Read the text. Answer the questions on your mark sheet.

Tips for solo cooking

Everywhere you look, prices are going up. So like everyone, I'm trying to watch what I spend on groceries. But a lot of the advice out there for careful budgeting seems to be geared towards cooking in bulk or catering for a large household, and I only cook for one.

Learning to embrace shortcuts like curry paste, cake mix, frozen fish fillets and ready-made sauces have helped make cooking less daunting, which ultimately means I save money because I'm not buying as many takeaways.

I'm very mindful of the expiry date as well as the price. Frozen and canned vegetables are my friends. Carrots, onions and potatoes have a decent lifespan and fit into nearly any dish or cuisine. I know I can't finish a whole loaf of bread, and it would take up half of my precious freezer space, so I only buy crumpets or English muffins.

I typically eliminate expensive garnishes such as fresh herbs and I've never eaten something and missed the sprinkle of fresh parsley. I substitute in cheaper ingredients (yoghurt instead of creme fraiche, onions instead of shallots, peanuts instead of cashews, dried herbs instead of fresh). I buy the cheapest available option for staples such as milk, butter, sugar, flour, honey and spices.

I love remixing leftovers into a new dish rather than eating many portions of the same thing. Turn a sauce into a stew with beans or lentils and add a layer of mashed potato and top with cheese to make a sort of shepherd's pie. A soggy stir-fry can become the base for baked eggs. A pumpkin and spinach salad can transform into a frittata. But do take care when reheating!

21. **What is the purpose of this text?**
    a. To advise how to become a better cook.
    b. To advise how to prepare meals for one.
    c. To advise how to store food.

22. **Why is it necessary to budget for food?**
    a. To buy expensive staple foods.
    b. Food is becoming more expensive.
    c. In order to afford takeaways.

23. **What does the writer suggest to do with leftovers?**
    a. Use them in other recipes.
    b. Reheat them the next day.
    c. Store them in the freezer.

24. **What can be done with expensive items?**
    a. Swap them for cheaper options.
    b. Buy less of them.
    c. Buy them in bulk.

25. **What does the writer do because they cannot eat a whole loaf of bread?**
    a. Put it in the freezer.
    b. Buy a smaller loaf.
    c. Buy English muffins.

LIVEWORKSHEETS

Text 4

Read the text. Answer the questions on your mark sheet.

Zealandia: the sunken lost continent

The mostly submerged continent of Zealandia may have been much closer to land level than previously thought, providing pathways for animals and plants to cross continents from 80 million years ago. Zealandia, a mostly underwater landmass in the South Pacific, was declared the Earth's newest continent in the journal of the Geological Society of America. It includes Lord Howe Island off the east coast of Australia, New Caledonia and New Zealand.

Researchers drilled more than 860 metres below the sea floor in six different sites across Zealandia. The sediment cores collected showed evidence of tectonic and ecological change across millions of years. "The cores have acted as time machines for us, allowing us to reach further and further back in time," said Stephen Pekar, a researcher. As one scientist put it, "We are rewriting the geologic and tectonic history of Zealandia at this drill site." The 5 million square kilometre continent, roughly the size of the Indian subcontinent, is believed to have separated from Australia and Antarctica, as part of Gondwana, about 80 million years ago. The research has big implications for understanding scientific questions, such as how did plants and animals disperse and evolve in the South Pacific. The discovery of past land and shallow seas now provides an explanation: there were pathways for animals and plants to move along.

Geologists and academics have argued at times for Zealandia's recognition as a continent over the past 20 years. The name was coined by the geophysicist and oceanographer Bruce Luyendyk in 1995. This is not a sudden discovery but a gradual realisation. The 4.9 million square kilometre area of continental crust is large and separate enough to be considered not just as a continental fragment or a microcontinent, but as an actual continent.

26. **What is Zealandia?**
    a. A part of the New Zealand continent.
    b. A newly discovered continent.
    c. The largest continent.

27. **When was Zealandia named?**
    a. In 1995.
    b. In the past 20 years.
    c. 860 years ago.

28. **Researchers drilled for:**
    a. Sediment cores.
    b. Tectonic plates.
    c. Sea plants.

29. **Why are recent discoveries so important?**
    a. They explain how the South Pacific was formed.
    b. They explain how the countries were formed.
    c. They explain how animals dispersed.

30. **How large is Zealandia?**
    a. As large as Antarctica.
    b. As large as the Indian subcontinent.
    c. Larger than Australia.

31. **Who gave Zealandia its name?**
    a. Lord Howe.
    b. Stephen Pekar.
    c. Bruce Luyendyk.

End of Examination.

LIVEWORKSHEETS