

VOLUNTEERING

Volunteering is a noble act that (1) _____ people from all walks of life to contribute to society. Whether it is helping out at shelters, tutoring children, or cleaning public spaces, volunteers (2) _____ a key role in building stronger communities.

One of the most (3) _____ aspects of volunteering is the sense of fulfilment it provides. Many volunteers report that they (4) _____ happier and more connected to others. In some cases, volunteering also (5) _____ career opportunities by building experience and networks.

However, not all volunteering efforts are without challenges. Sometimes, volunteers (6) _____ limited resources or difficult environments. It is important that organisations (7) _____ their volunteers and provide proper guidance.

Ultimately, the act of giving one's time freely (8) _____ both the individual and society. If more people (9) _____ to volunteer, we could create a more caring and inclusive world. Every little effort (10) _____.

1. **A. compels** **B. persuade** **C. encourage** **D. forces**
2. **A. play** **B. acting** **C. playing** **D. played**
3. **A. meaningful** **B. temporary** **C. compulsory** **D. tolerable**
4. **A. feeling** **B. feel** **C. felt** **D. feels**
5. **A. limits** **B. shrinks** **C. enhances** **D. lowers**
6. **A. encounter** **B. avoid** **C. achieve** **D. react**
7. **A. abandon** **B. support** **C. neglect** **D. control**
8. **A. benefits** **B. isolates** **C. ignores** **D. suffers**
9. **A. would choose** **B. chose** **C. will choose** **D. choosing**
10. **A. matters** **B. fails** **C. disappears** **D. doubts**

THE INTERNET AND PRIVACY

In today's digital age, almost every activity we perform online leaves a digital (1) _____. From social media posts to online purchases, our data is constantly being (2) _____, stored, and analysed. While this connectivity offers convenience, it also raises concerns about privacy. Many users are unaware of how much of their information is (3) _____ without their consent. Companies often use this data to (4) _____ targeted advertisements. Cybersecurity experts advise users to be cautious. For example, it is important to (5) _____ strong passwords and avoid suspicious links. In addition, turning off location services when not needed can (6) _____ data exposure. Governments around the world have started (7) _____ laws to protect digital rights. However, enforcement remains inconsistent. Until stricter measures are in place, the best defence is awareness and (8) _____ behaviour. If internet users (9) _____ proactive steps, the risk of data misuse can be significantly reduced. Ultimately, we all have a part to play in safeguarding our (10) _____ identity.

1. **A. track** **B. print** **C. footprint** **D. pad**
2. **A. collected** **B. deleted** **C. ignored** **D. restricted**
3. **A. downloaded** **B. sold** **C. posted** **D. hidden**
4. **A. gather** **B. deliver** **C. generate** **D. broadcast**
5. **A. memorise** **B. reuse** **C. create** **D. break**
6. **A. increase** **B. limit** **C. bypass** **D. erase**
7. **A. proposing** **B. recycling** **C. avoiding** **D. fleeing**
8. **A. passive** **B. careless** **C. responsible** **D. dependent**
9. **A. took** **B. take** **C. taken** **D. takes**
10. **A. personal** **B. public** **C. digital** **D. social**

FOOD WASTE

Food waste is a growing issue that affects the environment, the economy, and global hunger. Every year, millions of tonnes of food are (1) _____ away, much of it still edible. This waste usually happens when consumers (2) _____ more than they need, or when food passes its "best before" date even though it is still safe to eat. In addition, supermarkets (3) _____ food that doesn't meet visual standards.

To reduce waste, individuals can (4) _____ good shopping habits and plan meals in advance. Governments can also step in to (5) _____ public campaigns or offer incentives for donating excess food.

Some countries have (6) _____ laws that prevent supermarkets from throwing away unsold food. Instead, it must be donated to charities. These efforts help (7) _____ food insecurity and reduce environmental impact.

When people understand how food waste (8) _____ the world, they are more likely to act. After all, it is a (9) _____ issue that requires cooperation from everyone.

Even simple acts, like using leftovers, can make a (10) _____.

1. **A. thrown** **B. threw** **C. throwing** **D. throws**
2. **A. purchase** **B. purchasing** **C. purchases** **D. purchased**
3. **A. discard** **B. eating** **C. encourage** **D. freeze**
4. **A. adopt** **B. adapt** **C. abandon** **D. deny**
5. **A. fund** **B. ruin** **C. invent** **D. avoid**
6. **A. passing** **B. passed** **C. past** **D. pass**
7. **A. exaggerate** **B. eliminate** **C. multiply** **D. overlook**
8. **A. influences** **B. causes** **C. affects** **D. results**
9. **A. common** **B. severe** **C. personal** **D. mild**
10. **A. mistake** **B. difference** **C. loss** **D. risk**