

PASSAGE 1: The man with the most world records

Ashrita Furman is a record-breaking record-breaker: He has set more records than anyone else in the world! In the last 40 years, he has established more than 600 records!

As a child, Ashrita loved reading the Guinness Book of World Records. He wanted to be in it too. But he thought people had to be good at sports to be in the book. He wasn't a good athlete. He felt his dream would never come true. But later in life, Ashrita learned meditation, and with this, he learned that nothing is impossible. He tested this idea in 1978 by entering a 24-hour bike race in New York. Without any training, Ashrita came third! After that, he started thinking about breaking records again.

First, he tried to break the record for the most jumping jacks. He failed at first, but, remembering that 'anything is possible', he trained, meditated and tried again. This time, he did 27,000 jumping jacks in 6 hours 45 minutes and became the new record holder. His achievement appeared in the 1980 Guinness Book of Records.

Today, Ashrita has a long list of records, including: walking the furthest distance with a bike on his chin, cycling the longest distance with a bottle on his head and lighting the most candles on a birthday cake. He says: "I choose ideas which are challenging, fun and childish! I enjoy practising and seeing my progress."

He says his favourite record was "the longest distance on a pogo stick". While he was on holiday in Japan, he saw Mount Fuji and thought it was beautiful, so he decided to try to break a record there. He did 11.5 miles. The most difficult record was "the most forward rolls". In 10 hours, 30 minutes, he did 8,341 of them, travelling 12 miles!

1. When Ashrita was a child, he...
A. was good at sports.
B. dreamed of being in the Guinness Book of Records.
C. achieved his first world record.
D. met a record-breaking athlete.
When he was a child, he thought that...
2. A. one day he would achieve his dream.
B. everything is possible.
C. only good athletes could break records.
D. he would become a good athlete one day.
3. When Ashrita did the 24-hour bike race, he learned that...
A. training is important.
B. breaking records is easy.
C. anything is possible.
D. meditation is unnecessary.
4. Which activity did Ashrita do for his first world record?
A. meditating
B. cycling
C. jumping jacks
D. using a pogo stick
5. Which of these sentences is NOT true about Ashrita?
A. He failed his first record-breaking attempt.
B. His record-breaking activities are childish.
C. In one record, he carried a bottle on his head while cycling.
D. He doesn't enjoy training for records.
6. Which sentence might Ashrita say?

<p>If you want to break a world record too, Ashrita gives this advice. “Choose something you enjoy because you will need to practise. And don’t give up. Your mind will tell you that something is impossible, but it isn’t. If someone else has done something, and you work hard, you can do it too!”</p>	<p>A. “You don’t have to practise much to break records.” B. “Doing the most forward rolls was easy!” C. “Do what your mind tells you to do.” D. “Anyone can break records.”</p>
<p>PASSAGE 2: Growing up poor My name is Mike, and I was born in a very poor neighborhood in Los Angeles. When I was little, my mother took care of my brother and me because my father left before I came to this world, and he wasn’t too interested in being a part of our lives. My mother had to work two jobs that didn’t pay much. She had to work very hard so that we could have food, clothes, and a place to live. She was great; we loved her and appreciated her efforts. Every day, she usually arrived home very late, and she was exhausted. Still, she always cooked nice meals for us, played with us, and made sure that we did our homework. She always insisted on how important it was to get a good education. She couldn’t finish school because she got pregnant with me when she was just a teenager. “I couldn’t finish school, and that’s why I must work so hard now, and I earn so little money,” she often said. Children were very violent in my neighborhood; you needed to be violent if you wanted to survive. There was a lot of crime, vandalism, and drugs. It wasn’t easy to be a good student for any child who lived in our neighborhood. The other children hated you if you got good grades, so I wasn’t very popular. The only positive thing about living in that place is that you needed to be very clever to survive, and that helped me later in life. Finally, my brother and I could finish high school. I went to university because I was a very good basketball player, and basketball paid for my university degree. On the day of my graduation, my mother was in tears. And she was in tears again the day I showed her our new apartment, away from the neighborhood. Do you know how difficult it is to get out of a poor neighborhood? It’s very hard, but I did it, and it was thanks to my mum. Now she doesn’t have to work two jobs anymore, and I take care of her.</p>	<p>1. Mike didn’t know his father. A. True B. False 2. His mother didn’t have enough money to buy food. A. True B. False 3. She didn’t finish school because she had Mike. A. True B. False 4. Mike took drugs. A. True B. False 5. He got good grades at school. A. True B. False 6. He thinks living in his neighbourhood was very positive. A. True B. False 7. He isn’t living with his mother at the moment. A. True B. False It’s in the news</p>

PASSAGE 3: Texting while walking is dangerous

Writing text messages and walking is dangerous. It is more dangerous than driving and texting. More people get injured while walking than driving. Walking in a straight line is not easy. We can forget how to walk properly. Dangerous things can happen. We run into people or cars. We fall over things in the street.

There are a few reasons why texting and walking is dangerous. People cannot see when they look at their keyboard. Their minds are somewhere else – they are not thinking about walking safely. Thousands of people have accidents. Some have serious head injuries.

Too much jogging could be a problem!

Running is good for our health. A recent study says that running too much is bad for us and it doesn't always make our lives longer. A specialist said too much running can damage your heart. Long-distance runners and people who never exercise can have the same risk of having a heart attack.

Experts looked at the health of 3,300 runners. Most of them ran over 30 kilometres a week. Marathon runners had hard parts in their heart. A doctor who started running in 1967 is sad. He ran 60 kilometres every week. He thought his heart was strong. Now he has heart problems. He said we should exercise, but not too much.

1. Texting while walking is ...
A.safer than driving and texting
B.worse than driving and texting
C.as dangerous as driving and texting
2. Some people can be hurt in their ...
A.heads
B.backs
C.hands
3. Too much running could make our lives ...
A.safer
B.shorter
C.happier
4. How many runners did the researchers look at?
A.Thirteen hundred
B.Thirty-three thousand
C.Three thousand three hundred
5. A doctor who started running in nineteen sixty-seven ...
A.is very happy
B.said some exercise is good
C.thought his heart wasn't strong

PASSAGE 4: The environment plays a very important role in our daily lives. It provides us with clean air, fresh water, food, and natural resources. However, in recent years, the environment has been seriously affected by human activities.

One of the biggest problems is pollution. Many factories release harmful chemicals into rivers and oceans, which makes the water unsafe for animals and people. In addition, cars and motorbikes produce a large amount of smoke, causing air pollution in big cities. As a result, many people suffer from breathing problems and other health issues.

Another problem is deforestation. People cut down too many trees to build houses, roads, and factories. Trees are very important because they help clean the air and provide homes for animals. When forests disappear, many animals lose their habitats, and the balance of nature is disturbed.

Climate change is also becoming more serious. The Earth is getting warmer due to greenhouse gases, leading to extreme weather such as floods, droughts, and storms. These changes can damage crops and make life more difficult for people around the world.

To protect the environment, everyone should take action. We can reduce pollution by using public transport, riding bicycles, or walking instead of driving. Recycling and reusing materials can also help reduce waste.

Moreover, planting trees and saving energy at home are simple but effective ways to protect our planet.

In conclusion, although environmental problems are serious, we can still improve the situation if we work together and make responsible choices every day.

Read a passage, give ONE SUITABLE WORD in each blank

Another major issue is (1)_____. People are cutting down too many trees to build houses, roads, and factories. Trees play an important role because they help clean the air and supply shelters for (2) . When forests disappear, many (3) disappear, and this disturbs the natural balance of the environment.

Climate change is getting more (4)_____every year. The Earth is getting warmer because of greenhouse gases, which leads to extreme weather conditions such as floods, droughts, and storms. As a result, (5)_____can be affected, and people around the world become (6)_____ in their lives.