

TASK 8

TRAVELLING FIT

Feeling fit is a necessary condition for enjoying your trip. Who wants a walking (39) _____ of a sight when you've got a headache?

Here are a few measures you can (40) _____ to assure that you feel as healthy as possible while travelling.

Since most travelers eat out when they are away, finding a good balance of the proper nutrients may not be a priority. And this is one of the worst things you can (41) _____ to your body. Never skip (42) _____ - have a light breakfast and lunch, and then your hearty dinner. Also, keep in mind that a lot of good restaurants have become mindful of health, (43) _____ a variety of low fat, low sodium cuisine that is every bit as delicious as the alternative.

39	A	tour	B	journey	C	cruise	D	travel
40	A	make	B	take	C	use	D	get
41	A	do	B	put	C	bring	D	give
42	A	courses	B	dishes	C	meals	D	foods
43	A	suggesting	B	offering	C	proposing	D	recommending

SAVING THE ENVIRONMENT

We all know that in an ecosystem the well-being of one is closely connected with that of another. Every living being – microorganisms, insects, animals, birds, and plants – is (44) _____ on each other for survival. The extinction of one species will naturally create an imbalance within the ecosystem, (45) _____ all other life forms within it.

Every individual has a role to play in preserving the Earth's environment. A positive change, no (46) _____ how small, holds the ability to create a lasting effect of change in the long

(47) _____. Just imagine, if every individual all around the world (that is, 7 billion!) started doing their parts in reducing their carbon footprint and (48) _____ the green way of living, how massive a change could we create! Taking baby steps and starting by accepting positive everyday habits could go a long way in saving the environment.

44	A	relevant	B	dependent	C	reliable	D	subordinate
45	A	preventing	B	interrupting	C	disturbing	D	interfering
46	A	matter	B	way	C	point	D	idea
47	A	future	B	road	C	event	D	run
48	A	adjusting	B	changing	C	adopting	D	making