

Break your fast

If someone were asked to choose between having an extra half hour in bed and getting up to have breakfast, he or she (1) _____ most likely choose to get more sleep. In fact, that is exactly what a survey on food habits says most people do.

According to last year's findings, most of the men that took part in the survey said that they very often leave their first meal of the day till lunch even though they wish they (2) _____, and almost half of the parents reported that preparing the family breakfast is the most stressful time of their day. Although we all know that breakfast gives us the energy we need to kickstart our system for the day, lifestyle habits ultimately influence our decisions. If we feel tired or stressed in the morning, breakfast (3) _____ one of the first things to go.

In the morning rush, it can be all too easy to go without breakfast, but this means that we are not taking care of ourselves. Doctors say that if you wish to reduce the risk of developing high blood pressure, obesity or heart disease, you should (4) _____ breakfast! So it's time we all (5) _____ an effort to have breakfast every day.



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|------------------|---------------------|-----------------------|------------|
| 1. A. would | B. may | C. is going to | D. will be |
| 2. A. don't | B. hadn't | C. won't | D. didn't |
| 3. A. was | B. is | C. would be | D. were |
| 4. A. never skip | B. not have skipped | C. have never skipped | D. skip |
| 5. A. make | B. have made | C. are making | D. made |



Vaccines

Vaccines are among the most effective (6) _____ medical treatments available. Vaccines contain very small amounts or weakened versions of the disease they were developed to combat. They work by causing the body's (7) _____

system to develop protection against the disease. When a large enough percentage of the population has been vaccinated, herd immunity is achieved, effectively stopping the (8) _____ of the disease. The first vaccine ever produced was created for smallpox in 1796. That disease, which was highly (9) _____, had an extremely high fatality rate, killing between 20 and 60 per cent of adults and over 80% of children who were (10) _____. It is estimated that smallpox had killed between 300 and 500 million people in the twentieth century alone by the time it was finally wiped out in the late 1970s.

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| 6. A. preventative | B. accidental | C. alternative | D. fatal |
| 7. A. infection | B. recovery | C. immune | D. cure |
| 8. A. distress | B. operation | C. injection | D. spread |
| 9. A. conventional | B. contagious | C. recoverable | D. receptive |
| 10. A. cured | B. convinced | C. refused | D. infected |