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Activity: Use of English

Subject: B1 Preparation

Read the text and choose the correct answer for each gap.

Many people have tried **1** smoking at some point in their lives, and these days many of us **2** to stop taking **3** substance which is not cigarettes, but which **4** be killing the same number of people **5** tobacco, or even more. I am talking about sugar.

When I went to the doctor five years ago, he told me that sugar **6** kill me one day if I didn't avoid **7** it. My only chance of long-term survival, said the doctor, was **8** all sugar from my diet. Before that day, I **9** to quit anything; **10** , I didn't think it would be too difficult. "I have achieved difficult things in my life, much more difficult than that," I thought. It wasn't true.

I didn't know how difficult it was to stop smoking, or drinking alcohol, because I **11** addicted to anything, but when I stopped eating sugar, I realised that sugar is a very powerful drug. I think it **12** easier if I had been addicted to nicotine, for example, instead of sugar. The first few weeks or months I **13** that I was eating chocolate or cakes, and then I woke up in the morning and my body was crying for sugar.

It's been 3 months now, and I **14** very, very little sugar in that time; only the added sugar that food manufacturers put in some of their processed products, like bread, tinned tomato, etc. I am very happy because I don't crave sweet things any more, and I feel **15** healthier and energetic than a few months ago.

For the following questions (1 to 15), choose a, b, c or d.

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1 A: "It's really hot in this room." B: "Wait. I _____ the window."

- a. 'll open
- b. 'm going to open
- c. 'm opening
- d. open

2 I _____ the tickets on Friday.

- a. was buying
- b. bought
- c. have bought
- d. buyed

3 I _____ in this village all my life.

- a. live
- b. 'm living
- c. 've lived
- d. was lived

4 A: "Why are you so dirty?" B: "Because I _____ the basement."

- a.
- b.
- c.
- d.

5 The new sofa isn't _____ the old one.

- a.
- b.
- c.
- d.