For questions **1–8**, read the text below and decide which answer (**A**, **B**, **C** or **D**) best fits each gap. There is an example at the beginning (**0**).

Mark your answers **on the separate answer sheet.**

Example:

0 **A** quantity **B** piece **C** unit **D** part

0	A	B	C	D

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Going on a diet

A calorie is a (**0**)..... for measuring the amount of energy food will produce. The average person needs about 1,800 calories per day to stay healthy. Without energy, the heart cannot (**1**) ..... blood through blood vessels and the organs cannot function.

You (**2**)..... weight because you consume more calories a day than your body requires. The only way to lose weight is to (**3**)..... the number of calories you consume. This is the basic (**4**) ..... behind most diets.

(**5**) ..... , diets don't work for most people. It's not that they don't lose weight: they do, but when they go off the diet, the kilos creep back. The (**6**) ..... to losing weight and maintaining weight loss is a sensible diet and exercise plan. You need to work out how to eat fewer calories than you (**7**) ..... consume. You should also exercise daily so you can use up calories. Burning 250 or 500 calories per day can (**8**) ..... a big difference.

1	**A** pump	**B** pull	**C** drag	**D** force
2	**A** make	**B** increase	**C** gain	**D** put
3	**A** shrink	**B** take	**C** remove	**D** reduce
4	**A** way	**B** principle	**C** method	**D** kind
5	**A** Similarly	**B** Though	**C** Unfortunately	**D** Although
6	**A** key	**B** secret	**C** way	**D** idea
7	**A** preferably	**B** actually	**C** consistently	**D** eventually
8	**A** have	**B** do	**C** make	**D** give

LIVEWORKSHEETS

Part 1
Part 2
Part 3
Part 4
Part 5
Part 6
Part 7

For questions **9–16**, read the text below and think of the word which best fits each gap. Use only **one** word in each gap. There is an example at the beginning (**0**).

Write your answers **IN CAPITAL LETTERS on the separate answer sheet.**

Example: 0 MANY

I'm not superstitious, honestly!

How (**0**) ..... people could truly say they are not superstitious? A recent survey shows that almost 90% of people believe in one sort of superstition (**9**) ..... another and say that it influences their lives.

One of the questions people (**10**) ..... asked is whether they saw themselves as lucky or unlucky. Their answers turned out to be the most interesting aspect of this survey. Nearly two-thirds (**11**) ..... those taking part said they believed that people were naturally lucky or unlucky.

Professor Morgan Howard, (**12**) ..... analysed the results of the survey, was fascinated by this finding, so he went a step further and asked these people (**13**) ..... kind of superstitions they believed in. (**14**) ..... his surprise, he discovered that almost all the people who regarded themselves (**15**) ..... lucky believed in positive superstitions. They did things to promote their good luck, such as crossing their fingers. (**16**) ..... would appear that people make their own luck by their attitude to life.

Essential tips

Question 10: Is the verb *ask* being used in the active or the passive form here?

Question 13: The gap is part of an indirect question about the kind of superstitions people believe in.

Question 15: The gap follows a verb, *regard*, and a reflexive pronoun, *themselves*. What preposition comes after *regard* + object?

LIVEWORKSHEETS

For questions **17–24**, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap **in the same line**. There is an example at the beginning (**0**).

Write your answers **IN CAPITAL LETTERS on the separate answer sheet.**

Example: 0 R E C E N T L Y

Wild animals

Wild animals have (**0**) ..... made an appearance in the back gardens of American suburbs. They have caused havoc and have (**17**) ..... domestic pets. **RECENT** **THREAT**

Mountain lions that wander into suburbs are now quite (**18**) ..... to attack humans, which is worrying, while bears and wolves have (**19**) ..... discovered rubbish bins. If you find the (**20**) ..... of your bin scattered all over the garden one morning, there is a distinct (**21**) ..... that a bear has been feasting there during the night. **WILL** **APPARENT** **CONTAIN** **POSSIBLE**

Nobody should be particularly surprised by this development, which was predicted by experts years ago, and it's not (**22**) ..... under the circumstances. One cause is the massive expansion of (**23**) ..... into areas that were wild and uninhabited not long ago. In addition, over the past few decades a large number of (**24**) ..... have been placed on hunting certain animals, allowing their populations to grow. It looks as if humans will simply have to get used to their new neighbours. **EXPECT** **HOUSE** **RESTRICT**

tips

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LIVEWORKSHEETS

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For questions **25–30**, complete the second sentence so that it has a similar meaning to the first sentence, using the word given. **Do not change the word given.** You must use between **two** and **five** words, including the word given. Here is an example (**0**).

Example:

0 I'll be very happy when I go on holiday.

FORWARD

I'm ..... on holiday.

The gap can be filled by the words 'looking forward to going' so you write:

Example: | 0 | LOOKING FORWARD TO GOING |

Write **only** the missing words **IN CAPITAL LETTERS on the separate answer sheet**.

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25 The phone was cheaper than I expected.

AS

The phone was ..... I expected.

26 Why didn't you tell me I was wrong?

TOLD

You ..... I was wrong.

27 She found the photographs when she was cleaning her room.

CAME

She ..... when she was cleaning her room.

28 How many portraits did Picasso paint?

BY

How many portraits ..... Picasso?

29 'Please don't stay out late,' his mother said.

ASKED

His mother ..... out late.

30 I'd rather not go out this afternoon.

FEEL

I ..... out this afternoon.

LIVEWORKSHEETS