

# 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 (1) ..... healthy. Without energy, the heart cannot (2) ..... blood through blood vessels and the organs cannot function.

You (3) ..... weight because you consume more calories a day than your body requires. The only way to lose weight is to (4) ..... the number of calories you consume. This is the basic (5) ..... behind most diets.

(6) ..... , diets don't work for most people. It's not that they don't lose weight: they do, but when they (7) ..... the diet, the kilos creep back. The (8) ..... 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 (9) ..... consume. You should also exercise daily so you can use up calories. Burning 250 or 500 calories per day can (10) ..... a big difference. (11) ..... riding an exercise bike while you are watching TV or climbing the stairs (12) ..... than taking the lift. Persuade someone to exercise with you; exercise is a lot easier if done in company.

- |                |             |                 |              |
|----------------|-------------|-----------------|--------------|
| 1 A keep on    | B stay      | C continue      | D carry on   |
| 2 A pump       | B pull      | C drag          | D force      |
| 3 A make       | B increase  | C gain          | D put        |
| 4 A shrink     | B take      | C remove        | D reduce     |
| 5 A way        | B principle | C method        | D kind       |
| 6 A Similarly  | B Though    | C Unfortunately | D Although   |
| 7 A go off     | B go on     | C go back       | D go away    |
| 8 A key        | B secret    | C way           | D idea       |
| 9 A preferably | B actually  | C consistently  | D eventually |
| 10 A have      | B do        | C make          | D give       |
| 11 A Try       | B Attempt   | C Go            | D Aim        |
| 12 A instead   | B apart     | C except        | D rather     |

## 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 or another and say that it influences (13) ..... lives.

One of the questions people (14) ..... asked is whether they saw themselves as lucky or unlucky. Their answers turned out to be (15) ..... most interesting aspect of this survey. Nearly two-thirds of (16) ..... who took part said they believed that people were naturally lucky or unlucky.

Professor Morgan Howard, who analysed the results of (17) ..... survey, was fascinated by this finding, so he went a step further and asked these people (18) ..... kind of superstitions they believed in. (19) ..... his surprise, he discovered that almost all the people who regarded themselves (20) ..... lucky believed in positive superstitions. They did things (21) ..... promote their good luck, such as crossing their fingers. (22) ..... would appear that people make their own luck by their attitude to life.

Even (23) ..... surprisingly, he discovered that people with a degree in science tend to be just (24) ..... superstitious as people with no knowledge of science.

# WILD ANIMALS

## al tips

missing word  
b form do you

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sentence  
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Wild animals have (0) ..... made an appearance in the back gardens of American suburbs. They have caused havoc and have (25) ..... domestic pets.

Mountain lions that wander into suburbs are now quite (26) ..... to attack humans, while bears and wolves have (27) ..... discovered rubbish bins. If you find the (28) ..... of your bin scattered all over the garden one morning, there is a distinct (29) ..... that a bear has been feasting there during the night.

Nobody should be particularly surprised by this (30) ..... , which was predicted by experts years ago, and it's not (31) ..... under the circumstances. One cause is the massive expansion of (32) ..... into areas that were wild and uninhabited not long ago. In (33) ..... , over the past few decades a large number of (34) ..... have been placed on hunting certain animals, allowing their populations to grow.

RECENT

THREAT

WILL

APPARENT

CONTAIN

POSSIBLE

DEVELOP

EXPECT

HOUSE

ADD

RESTRICT

Part 1  
Part 2  
Part 3  
Part 4

Example (0):

I'll be very happy when I go on holiday.  
**FORWARD**  
I am ..... on holiday.

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

**0 LOOKING FORWARD TO GOING**

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

35 The computer was cheaper than I expected.  
**AS**

The computer was ..... I expected.

36 Why didn't you tell me I was wrong?  
**TOLD**

You ..... I was wrong.

37 She found the photographs when she was cleaning her room.  
**CAME**

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

38 How many portraits did Picasso paint?  
**BY**

How many portraits ..... Picasso?

39 Jim and Peter will probably start their own business soon.  
**LIKELY**

Jim and Peter ..... their own business soon.

40 'Please don't stay out late,' his mother said.  
**ASKED**

His mother ..... out late.

41 I'd rather not go out this afternoon.  
**FEEL**

I ..... out this afternoon.

42 I must go to the shops because we've run out of tea at home.  
**LEFT**

I must go to the shops because there's ..... at home.