

## Review 6

**TASK 1 Read the text below and decide which answers A, B, C or D best fits each gap.**

### The Mediterranean way

There is more evidence proving the Mediterranean diet to be heart healthy and most likely helpful in 1 \_\_\_\_ pounds and keeping them off. Although Mediterranean 2 \_\_\_\_ is not technically low in fat, the type of 3 \_\_\_\_ acids it does contain, such as those that come from nuts and olive oil, is a much healthier form of 4 \_\_\_\_ fat than what exists in other foods. In a recent study, participants who were overweight and suffering from 5 \_\_\_\_ were placed on either a regular low-fat diet or a Mediterranean diet. The ones on the latter diet fared better than their counterparts in terms of health risks. The results showed that it is not just a matter of eating low-fat 6 \_\_\_\_ of food, but it is the addition of nuts and olive oil that improves the indicators of good health. The ones who followed the regular low-fat diet also 7 \_\_\_\_ the risk of returning to old habits that caused them to 8 \_\_\_\_ on the pounds in the first place. A Mediterranean diet is easier to follow because it is filled with healthy yet 9 \_\_\_\_ foods such as fish, walnuts and fresh fruit and vegetables. Those who follow the diet are less likely to suffer from 10 \_\_\_\_ for less healthier foods, thus making it easier to 11 \_\_\_\_ the urge to eat meat and high-fat dairy products. Ultimately, the Mediterranean diet contains all the nutrients needed for lifelong health, making it a diet people can 12 \_\_\_\_ on for their entire lives.

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|----------------|-------------|----------------|---------------|
| 1. A scraping  | B shredding | C shedding     | D cracking    |
| 2. A feast     | B cuisine   | C platter      | D spread      |
| 3. A fattening | B fat       | C fatty        | D fattened    |
| 4. A diet      | B dieting   | C dietitian    | D dietary     |
| 5. A obesity   | B disorder  | C malnutrition | D indigestion |
| 6. A toppings  | B serving   | C coverings    | D flavourings |
| 7. A packed    | B ran       | C played       | D quenched    |
| 8. A stuff     | B stack     | C place        | D pile        |
| 9. A sharp     | B bitter    | C bland        | D appetising  |
| 10. A cravings | B passions  | C urges        | D appetites   |
| 11. A whip     | B resist    | C polish       | D feed        |
| 12. A live     | B dine      | C pick         | D tuck        |

**TASK 2 Read the text below. Complete it by writing one word in each gap.**

### Wild and windy

Could you imagine living where winds exceed 240 kilometres per hour? It wouldn't be easy, \_\_\_\_\_ it? To do so, you would \_\_\_\_\_ to travel to Commonwealth Bay, Antarctica, Earth's windiest place. The bay's winds are created by storms that blow \_\_\_\_\_ suddenly and push air down the bay's slopes. Even more unusual is the storm clouds often \_\_\_\_\_ up just as quickly as they form, allowing the sun to beat \_\_\_\_\_ on the region again just minutes after being hidden. Ships are advised \_\_\_\_\_ travelling through the bay, and surely any captain that insisted \_\_\_\_\_ travelling through it \_\_\_\_\_ risk crashing, or even vanishing

\_\_\_\_\_ thin air! In this hostile \_\_\_\_\_ breathtaking area, there are more than a few signs of \_\_\_\_\_. Travellers to the region are \_\_\_\_\_ to see penguins in the snow. These birds \_\_\_\_\_ nature thrive in cold weather and remain seemingly unaware \_\_\_\_\_ Earth's calmer climates. With winds like those at Commonwealth Bay, however it's hard to see how they don't blow away, isn't \_\_\_\_\_?

**TASK 3 Think of one word only which can be used appropriately in all three sentences.**

Marie lightly used her \_\_\_\_\_ to get her horse moving along.  
If you're completely starving, I can \_\_\_\_\_ something up in a few minutes.  
You will need to \_\_\_\_\_ the cream for a while to get it thick.

Mark had to get up at 6 a.m. to give the cattle their \_\_\_\_\_.  
Michelle enrolled in cooking school to \_\_\_\_\_ her passion for cooking.  
Bacteria \_\_\_\_\_ off the sun's energy in order to grow and multiply.

See if you can \_\_\_\_\_ the text quickly and find the main idea.  
There's a bit of dirt floating in the water, but you should be able to \_\_\_\_\_ it off the top.  
There was a \_\_\_\_\_ of ice on the dish when I took it out of the fridge.

I told you to keep this a secret – why did you \_\_\_\_\_ the beans?  
There was a tragic oil \_\_\_\_\_ in the ocean near the coast of Spain.  
Sheila was riding her bike dangerously and took a nasty \_\_\_\_\_.

This new restaurant isn't the only one of its kind – it's part of a larger \_\_\_\_\_.  
Scientists were able to put together the \_\_\_\_\_ of events that caused the disaster.  
Lisa used a lock and \_\_\_\_\_ to secure her bike to the lamp post.

**TASK 4 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 three and six words, including the word given.**

It must have been raining heavily last night.

BUCKETING

The rain \_\_\_\_\_ hours last night.

It could be possible that scientists didn't know oxygen existed back then.

MIGHT

Scientists \_\_\_\_\_ that oxygen existed back then.

We must stay away from the animals while they're sleeping.

INTERFERE

We \_\_\_\_\_ the animals while they're sleeping.

It was completely unnecessary to attend while they're sleeping.

WASTE

It was \_\_\_\_\_ to attend the meeting.

Mike couldn't have eaten everything on his plate.

POLISHED

There's no way Mike \_\_\_\_\_ the food on his plate.

Mary told her not to bother getting upset about the situation.

MILK

Regarding the situation, Mary told her there was \_\_\_\_\_.

I can't figure out how they stand to be around him.

PUT

I can't understand how they \_\_\_\_\_.

You have to realise there's a problem that needs to be dealt with.

WAKE

In regard to the problem at hand, you \_\_\_\_\_ coffee.