HISTORY OF PAPER

Since the beginning of writing, people tried to (0)_____ of something easy and cheap to write on, (140) _____ it took 3000 years until the Chinese people made paper.

Only one thousand years afterwards, people were (141) _____ paper all over Europe and Asia. In the 8th century, the Arabs and the Chinese were enemies, and the Arabs captured (142) _____ Chinese men. Many of (143) _____ men knew how to make paper, and (144) _____ explained it to the Arabs as the price to be able to go home.

Almost eight centuries (145) _____ Europeans began to make (146) _____ own paper.

At at time, people in the century of the Aztecs (147) _____ the way to make paper too, while the Chinese people were already famous for paper kite and toilet paper!

140. A. or	B. so	C. but
141. A.uses	B. used	C. using
142. A. some	B. any	C. much
143. A. that	B. these	C. this
144. A. he	B. These	C. it
145. A. late	B.lattest	C. later
146. A. their	B. our	C. your
147. A. find	B. finding	C. found

LIVEWORKSHEETS

ARE YOU SLEEPING ENOUGH?

Do you know (0)_____ is “enough” regarding sleep time?

The first thing about sleeping is that there is no magic number.

Different people like babies, children and adults (155) _____ different amounts of sleep; besides that, sleep needs are (156) _____ individual. Just like any other characteristics you are born with, the essential number of sleep hours you need to perform well (157) _____ be different from somebody else, even if they are people of your same (158) _____ and sex. While you may be at your (159) _____ sleeping seven hours a night, someone else may need nine hours to have a (160) _____, productive life.

To decide how (161) _____ sleep your body needs, it is (162) _____ to examine the possible daily life issues that are affecting the quality and quantity of your sleep such as the number of hours you spend working or studying and (163) _____, the time you’re online. In addition, you need to pay attention to the amount of stress you (164) _____ in your daily life.

155. A. receive	B. require	C. reach	D. realize
156. A. also	B. either	C. too	D. neither
157. A. must	B. should	C. shall	D. can
158. A. period	B. date	C. time	D. age
159. A. biggest	B. most	C.best	D. longest
160. A. wise	B. happy	C. funny	D. reliable
161. A. many	B. few	C. much	D. little
162. A. clear	B. nice	C. important	D. true
163. A. especially	B. spontaneously	C. extremely	D. commonly
164. A. take	B. handle	C. try	D. apply

LIVEWORKSHEETS

THE ASTRONAUT ARTIST

Scott Kelly, officer of the International Space Station, has (0) _____ become the US astronaut hat NASA has (125) _____ stay for the longest period in space. Up there, he said that his hobby was taking photographs of the (126) _____ planet underneath. Kelly calls his pictures "Earth art". These photographs have shown us what to (127) _____ next in terms of technology. Kelly is not (128) ____ a man with a camera orbiting Earth- he is (129) _____ an artist.

The human mind (130) _____ work makes art unique. Despite having robots near other planers capturing images, their photographs (131) _____ been called pieces of art. Robots cannot (132) _____ these kinds of poetic pictures; (133) _____, we can sar they have taken some interesting photographs.

These works have (134) _____ that automatically operated space research is not enough; it should be done by humans.

125. A. make	B. makes	C. made	D. making
126. A. lively	B. incredible	C. accurate	D. challenging
127. A. wonder	B. affect	C. contain	D. expect
128. A. nearby	B. absolutely	C. just	D. straight
129. A. definitively	B. generally	C. particularly	D. directly
130. A. on	B. for	C. in	D. at
131. A. didn't	B. haven't	C. don't	D. hasn't
132. A. achieve	B. affect	C. reach	D. perform
133. A. otherwise	B. wherever	C. either	D. however
134. A. tested	B. conviced	C. proved	D. persuaded

LIVEWORKSHEETS