Reading and Use of English

Open cloze

Read the text below and think of the word which best fits each gap.

Use only one word in each gap.

My train travels in India

Although my friend, Hardeep, had told me that Indian train stations were usually a bit chaotic, I was absolutely amazed by _____ sight of all the jostling passengers crowding around the departure board. Remembering Hardeep's advice, I bought _____ snack for the journey _____ one of the many food stalls around the concourse. Then I spotted a free space on a bench where I could rest for a moment. As I sat there, I tried _____ to worry that I couldn't understand any of the announcements which _____ echoing from the speakers above my head.

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After ten minutes or so, I _____ my way to Platform 5 and waited patiently for my train to arrive. When the train did pull in, it was completely full so _____ we could get on, hundreds of passengers needed to get _____. I had to hold _____ tightly to my luggage as I was pushed back by the great flood of travellers.

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Eating habits

There's one famous pop star _____swears by eating only two meals a day rather than the average of three which most _____us consume. Basically, his theory is that good health comes _____ restricting your food intake and making sure you eat at the _____ suitable time in your daily routine for your body to benefit fully. In his case, this means eating a sizeable breakfast at around 8.30am and then waiting _____ 5pm to eat your other meal of the day but we may not all be able to organise our day like he does.

For the majority of _____, food is something we fit into our lives _____than moulding our lives around what and when we eat. The best we can

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aim _____ is to eat sensibly, which is to say reasonably healthy food in appropriate portions. And if we have a take-away or some fast food, it doesn't _____ to be a cause for concern provided we don't do it on a regular basis.

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