

Read the passage carefully. Then fill in the blanks with ONE suitable word from the list below to complete the passage. Use each word ONCE only.

a	however	of	every	on
to	As	from	or	while

There are more than thirty thousand species of spiders. They come in different sizes _____ tiny moss-dwelling spiders measuring 0.43 millimetres to giant bird-eating spiders with a leg span _____ over 28 centimetres.

Spiders are found in almost _____ part of the globe. This is partly due _____ their strong survival skills, which have enabled them to live in many environments.

Although most spiders prey _____ insects and other small animals such as centipedes and pill bugs, _____ few eat larger prey like frogs and small birds.

Spiders differ too in the way they catch their prey. _____ it is common knowledge that spiders spin their webs to trap their prey, lesser-known methods are also used. For example. Some spiders chase _____ creep up on their prey; others lie _____ wait to ambush passing insects. Most spiders, _____, are harmless to humans. They usually do not try to bite people unless trapped or held.

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are	have	So	at	for
of	to	been	on	whether

Fruit and vegetables are essential to our diet as they provide our bodies with nutrients. Some people may miss out _____ some important nutrients if they exclude such food from their diet.

In the past, it was believed that fruits and vegetables should be eaten raw _____ maximum benefits. This is because vitamins, such as Vitamin C, are lost during cooking. However, in recent years, research _____ shown that the health benefits _____ eating fruit and vegetables also come from other nutrients. Some of these, such as the chemicals found in the red pigment in tomatoes, are actually more easily absorbed by the body after cooking. In general, one should eat more of such healthy food, _____ cooked or raw.

Deciding when _____ eat fruit and vegetables should not be a problem. There has not _____ any scientific research to prove that they can only be eaten _____ particular times of day.

_____ long as two servings of fruit and vegetables _____ taken each day, when they should be eaten is not important. What is important is to keep to a healthy diet.