MS. CHI ENGLISH

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GOLD EXPERIENCE 8

FCE PRACTICE

I. VOCABULARY REVIEW

Write English or Vietnamese words/ phrases to complete these tables below

UNIT 12: PEOPLE AND THEIR JOBS

Vocabulary 1

No.	New words	Meanings	No.	New words	Meanings
1	**physiotherapist** (n) /ˌfɪziəʊˈθerəpɪst/		18		(n) điện, điện lực
2	**physiotherapy** (n) /ˌfɪziəʊˈθerəpi/		19*		(n) công việc xuất bản
3*	**pharmacist** (n) /ˈfɑːməsɪst/		20*		(adj) thuộc ngành dược
4*	**instructor** (n) /ɪnˈstrʌktə(r)/		21		(n) công ty dược phẩm
5*	**carpenter** (n) /ˈkɑːpəntə(r)/		22		(v) nhập khẩu
6*	**plumber** (n) /ˈplʌmə(r)/		23		(v) xuất khẩu
7	**paramedic** (n) /ˌpærəˈmedik/		24		(v) mạo hiểm
8	**car mechanic** (n) / kɑː(r) məˈkænɪk/		25		(n) máy móc, cơ khí
9*	**shop assistant** (n) /ʃɒp əˈsɪstənt/		26		(v) có liên quan đến
10*	**optician** (n) /ɒpˈtɪʃn/		27		(n) cộng đồng
11	**electrician** (n) /ɪˌlekˈtrɪʃn/		28		(n) vòi nước, van lấy nước
12*	**warden** (n) = ***supervisor*** /ˈwɔːdn/ /ˈsuːpəvaɪzə(r)/		29		(n) sự kiểm tra
13	**waiter** (n) /ˈweɪtə(r)/		30		(adj) giống, tương tự với cái gì

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14	**waitress** (n) /ˈweɪtrəs/		31		(phr.v) theo kịp, bắt kịp với ai/ cái gì
15	**life-and-death** (adj) /ˌlaɪf ən ˈdeθ/		32		(n) công nghệ
16	**have own business** /ˈbɪznəs/		33		(n) ca làm việc
17	**electric** (adj) /ɪˈlektrɪk/		34		(phr.v) tiếp quản

Vocabulary 2

No.	New words	Meanings	No.	New words	Meanings
1		(adj) ngay lập tức	18*	**<u>learn</u> of** (v) /lɜːn/	
2		(adj) đúng cách, hợp lý	19	**reveal** (v) /rɪˈviːl/	
3		(adj) chịu trách nhiệm về điều gì	20	**in return for (ST)**	
4		(v) phản ứng với cái gì	21	**<u>dress</u> up** (phr.v) /dres/	
5		(adv) ngay lập tức	22	**apprentice** (n) /əˈprentɪs/	
6		(adv) ngay lập tức	23	**workshop** (n) /ˈwɜːkʃɒp/	
7		(n) bằng đại học	24	**drift** (v) /drɪft/	
8		(n) bằng cấp, năng lực chuyên môn	25	**marigold** (n) /ˈmærɪgəʊld/	
9		(n) thái độ	26	**sigh** (v/n) /saɪ/	
10		(prep) về, đối với	27	**brace** (v) /breɪs/	
11		(phr.v) lau chùi, cọ rửa	28	**overhear** (v) /ˌəʊvəˈhɪə(r)/	
12		(v) nhìn ai, cái gì một cách giận dữ	29*	**loan** (n) /ləʊn/	
13		(adj) mũm mĩm, bụ bẫm	30	**dunk** (v) /dʌŋk/	
14		(adj) mọng nước	31	**pail** (n) /peɪl/	
15		(n) xe kéo	32	**threshold** (n) /ˈθreʃhəʊld/	
16		(phrase) gặp rắc rối	33	**scowled** (adj) /skaʊl/	
17*		(adj) liên quan đến tài chính			

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Part 3

For questions **17–24**, read the text below. Use the word given in capitals at the end of some of the lines to form a word that fits in the gap **in the same line**. There is an example at the beginning (**0**).

Write your answers **IN CAPITAL LETTERS on the separate answer sheet.**

Example: **0** | C | O | M | P | E | T | I | T | O | R | S |

Running speed

Elite **(0)** ..... like the Jamaican Usain Bolt have regularly been clocked running at nearly 45 kilometres per hour. Such speed would have seemed **(17)** ..... not so long ago. Scientists now suggest that humans can move **(18)** ..... faster than even that, perhaps as fast as 65 kilometres per hour. **COMPETE** **BELIEVE** **CONSIDER**

For years, it was assumed that simple muscle power determined human speed, but recent research suggests otherwise. The most important **(19)** ..... factor appears to be how quickly the muscles can contract and thus **(20)** ..... the time a runner's foot is in contact with the ground. **LIMIT** **MINIMUM**

Is our athletic ability inherited? Researcher Alun Williams has **(21)** ..... twenty-three inherited factors that influence sporting performance, such as the **(22)** ..... use of oxygen, and strength. As world population rises, predicts Williams, the **(23)** ..... of there being someone with the right genes for these twenty-three **(24)** ..... will increase noticeably and thus faster runners are likely to emerge in future. **IDENTITY** **EFFICIENCY** **POSSIBLE** **CHARACTER**

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Part 4

For questions **25–30**, 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 **two** and **five** words, including the word given. Here is an example (**0**).

Example:

0 A very friendly taxi driver drove us into town.

DRIVEN

We ..... a very friendly taxi driver.

The gap can be filled by the words 'were driven into town by', so you write:

Example:	**0**	*WERE DRIVEN INTO TOWN BY*

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

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25 Robert had never been to Turkey on business before.

FIRST

It ..... Robert had ever been to Turkey on business.

26 It was impossible for me to know which road to follow.

NOT

I ..... known which road to follow.

27 So far this year the cost of petrol has not increased.

INCREASE

So far this year there ..... in the cost of petrol.

28 I cannot get all my clothes in the suitcase.

BIG

The suitcase ..... take all my clothes.

29 The waiter carried the tray very carefully so that he wouldn't spill any of the drinks.

AVOID

The waiter carried the tray very carefully so ..... any of the drinks.

30 I wasn't able to get to the airport on time because of the bad weather.

PREVENTED

The bad weather ..... to the airport on time.

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Part 7

You are going to read an article in which four athletes talk about what they eat. For questions **43–52**, choose from the athletes (**A–D**). The athletes may be chosen more than once.

Mark your answers **on the separate answer sheet**.

Which athlete

enjoys cooking but finds the planning difficult?	43	
has to carry food with him when training?	44	
doesn't find it easy to eat before an event?	45	
uses cooking as a way to relax?	46	
sometimes allows himself certain food as a reward?	47	
has seen a change in the diet of sports people?	48	
once made the wrong decision about the food he ate?	49	
says that people are unaware of what he actually eats?	50	
says knowing what and when to eat is critical?	51	
has had to change his diet with a change of sport?	52	

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Sports diets

Four athletes talk about what they eat.

A Mark

When I'm cycling on my own I stuff my pockets with bananas and protein bars. On the longest rides I'll eat something every half an hour. For heavier training it's physically impossible to get enough energy from food alone, so you do rely on energy drinks. One development in sports nutrition since I've been competing is the focus on the importance of protein. Cycling is much more weight-orientated than the swimming I used to do, which means I need to eat differently now. Protein feeds the muscles but keeps them as lean as possible. I've been an athlete for 20 years so healthy eating is normal for me, but that's not to say I don't get a tasty take-away meal from time to time. I've just learned to spot the meals that will provide what I need. It's simple things like steering clear of the creamy sauces and making sure I get lots of veg.

B Stefan

Everyone says: 'As a runner you must be on a really strict diet. Do you only eat salad? Are you allowed chocolate?' But that's really not the case. I've got salad and vegetables in my shopping trolley but there's always some chocolate in there, too. I do most of the cooking at home. On the morning of a competition, I get so nervous I feel really sick. I have to force myself to have something so I'll have enough energy to perform well. Sometimes I get those days where I don't want to be so disciplined. You think: 'I've trained really hard, I deserve to have a pizza.' It's OK to have a little relapse every now and then but I can't do it every day or I'd be rolling round the track!

C Guy

For a gymnast, a kilo can make all the difference. But if you don't eat enough you'll be a bit shaky and weak. It's all about eating the right amount, at the right time – two hours before you do anything. Breakfast is fruit and if I'm a bit peckish, wholewheat toast and butter! I get to training for 12 pm, then break after three hours for lunch – more fruit, a cheese and tomato sandwich. I'm back in the gym from 5 pm to 8 pm, then I go to my Mum's for steak and vegetables or chicken and salad. I don't tend to mix carbs with meat late at night. I'm not the best cook, but I think it's fun to do. I know how to make chicken from my mum's recipe, it just takes me a bit longer to get organised.

D Tomas

It's definitely possible to eat delicious food and be a professional swimmer. I've always loved food so I'm not going to be obsessive because you can get what you need and still enjoy every bite. I'm not really one for endless protein shakes and energy drinks. Before a training session I'd rather have a banana. That's not to say I'm perfect. At the world championships I got my feeding strategy wrong – and I paid for it. For my sport it's what you eat two days before the competition that makes the difference. You have to 'carb load' – eat piles of rice or pasta – and I didn't. I was leading for a long way but I ended up 11th. My biggest indulgence is pastry. And I love baking. I train for 33 hours a week so in my time off I need to rest, and spending time in the kitchen is perfect. Swimming is my biggest passion but baking comes a close second.

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