

Task 8

Read the text below. For questions (39–48) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

TRAFFIC JAMS ARE 'BIGGEST CAUSE OF STRESS'

Getting stuck in a traffic jam is the biggest cause of everyday stress, (39) _____ a new survey. While bereavement, divorce and moving house are usually stressful moments in (40) _____ lives, it (41) _____ that Victor Meldrew, the grumpy pensioner (42) _____ by Richard Wilson in *One Foot in the Grave*, was right: it's the little irritants in life that really get (43) _____ you.

(44) _____ the wrong queue at the supermarket, finding yourself (45) _____ of your home or changing the cover on a duvet all feature in the list of biggest causes of everyday tension.

After getting (46) _____ in a traffic jam, which was chosen by 34% of respondents, another topical worry was in second place. 16% (47) _____ filling in a tax return as the biggest cause of stress.

A worry which might be expected to be at the back of people's minds at this time of year, shopping (48) _____ Christmas presents, was in third place.

39 A thanks to	B order to	C due to	D according to
40 A person's	B man's	C people's	D kid's
41 A occurs	B appears	C seems	D happens
42 A played	B written	C done	D seen
43 A for	B on	C at	D to
44 A Standing	B Joining	C Linking	D Asking
45 A locked out	B locked on	C locked off	D locked at
46 A stopped	B ceased	C got	D caught
47 A ordered	B cited	C sent	D told
48 A to	B in	C for	D of

Task 9

Read the text below. For questions (49–58) choose the correct answer (A, B, C or D). Write your answers on the separate answer sheet.

DIETING TO LOSE WEIGHT

All foods and many drinks contain calories, a kind of energy. When someone diets to lose weight, the person is trying to eat fewer calories than the body uses. By (49) _____ this, the person may lose body fat and decrease his or her weight. Likewise, if a person (50) _____ more calories than the body uses, the person may gain weight.

Kids usually do not need to diet in this way. Unlike adults, kids (51) _____ and developing. During this time, kids need a variety of healthy foods (52) _____ their bodies growing properly. Some kids are overweight, but even overweight kids often can improve their health simply by eating nutritious foods and being (53) _____.

49 A do	B having done	C doing	D having done
50 A will eat	B eats	C eat	D eating
51 A still grow	B are still grown	C are still growing	D still grew
52 A to keep	B keep	C keeping	D are keeping
53 A actively	B more active	C activity	D more actively

YOUR ADULT ASSISTANT

If you (54) _____ a cooking show on TV, you know that all chefs have an assistant to help them out. If you're a kid, an adult assistant can come in handy to make cooking (55) _____ and keep you safe.

Before beginning any recipe, get an adult's permission to work in the kitchen. If your recipe uses knives, the stove, or other kitchen appliances, you must have some adult help. Some things that adults use in the kitchen may seem simple (56) _____, but once you use them yourself, you might (57) _____ by how difficult they actually are. By (58) _____ your assistant around, you can avoid surprises, stay safe, and have fun while you cook.

54 A ever saw	B had ever seen	C have ever seen	D ever seen
55 A easiest	B easier	C the easiest	D the easier
56 A operating	B operation	C to be operated	D to operate
57 A be surprised	B be surprising	C surprise	D surprised
58 A have	B to have	C having	D to be having