



Extra Training

Vocabulary Task 2167

Choose the correct item.

THE SEASIDE

Many people's idea of relaxation is to sit on a sandy 1_____ gazing at the broad far-away 2_____ or watching the 3_____ roll in one after the other.

But the sea can be dangerous and every year hundreds of bathers 4_____ either when they are carried out to sea by strong 5_____ or simply because they can't swim well and find themselves out of their 6_____ with their feet no longer touching the bottom. And hundreds more have to be rescued by 7_____.

If you want to 8_____ into the sea, from rocks or some other high point, make sure it's deep enough. If it's 9_____ , you could seriously injure yourself. And finally, if you decide to walk along the high 10_____ overlooking the beach and the sea, don't go too near the edge.



MOUNTAINS



Mountains have always attracted attention of people by their mighty hight and grace.

The Himalayas are the best-known mountain 1_____ in the world and Mt Everest, with a 2_____ of 8,880 meters is the highest mountain.

Since Edmund Hillary made the first 3_____ in 1953, 4_____ from many countries have managed to 5_____ to the top of the 6_____. Normally they need to take 7_____ cylinders to help them breathe and other special 8_____, including 9_____ to connect themselves to each other.

It's a dangerous sport and many people have lost their lives, not just on the way up but during the 10_____ as well.