1) Reading comprehension: Health, fitness and sports are really important for many people. Read the texts from A to D and answer the questions

Question 1 refers to text A

1. What is true of Penny?

a) She attends Pilates classes.

b) She is very fit.

c) She has a sibling.

d) She has a lot of free time available.

Questions 2-3 refer to text B

2. What can you find at the *Fruities Fitness Bar*?

a) Free smoothies for all.

b) Sugar-packed desserts.

c) Food that does not contain meet.

d) Discounts for all meals on weekends.

3. Who gets the biggest discount on menu prices at the *Fruities Fitness Bar*?

a) Any member arriving first on the weekend.

b) Those buying Jim best's book.

c) A student with a membership that lasts for a year.

d) Members with a gold card.

Question 4-6 refer to text C

4. What is the main purpose of the text?

a) To inform members of the opening hours.

b) To promote Atlas Fitness Center.

c) To give advice to members of the gym.

d) To inform parents of available child watch services.

5. You are over 60, want to lose weight and get fit. Which fitness class should you try?

a) Kickboxing.

b) Yoga.

c) Group ride.

d) Pilates.

6. What is true of *Atlas Fitness Center*, according to the flyer?

a) It opened recently.

b) The child watch services on offer come at an extra charge.

c) Special weekly rates are given to members of the same family.

d) New members who wish to cancel their registration within a week are given their money back.

Questions 7-8 refer to text D.

7. What is true about "*The Absolute Guide to Fat Loss*", according to the book review?

a) It has been on the market for quite a while.

b) It is a bestseller.

c) It provides easy-to-follow instructions on how to prepare healthy dishes.

d) It is written by a famous nutritionist.

8. What is true of Jim Best, according to the book review?

a) He carried out an extensive background study before writing the book.

b) He based his book entirely on experiences of a personal nature

c) He is responsible for many advancements in the fitness industry

d) He has stuck to traditional weight loss methods.

Questions 9-10 refer to two or more texts.

9. Which sections make reference to both, food and exercise?

a) A, C, and D

b) A, B and C

c) A, B and D

d) B, C and D

10. What will Penny be entitled to if she is the first customer to arrive on May 10th?

a) A $10 discount on registration fees as a newcomer

b) Two free massages.

c) A seven-day membership.

d) A half-price discount on Jim Best's book

2) Match the words highlighted in the text with their meanings A-H. There are 2 extra meanings you will not need.

Sensible.

Gathered.

Worthless.

Thrilled

Yearly.

Invaluable

Geared

Sound

Accumulated

Annual

Designed

Excited

Extremely useful.

Very pleased.