Read the texts below. Match choices (A-H) to (1-5). There are three choices you do not need to use.

1

Yoga: a beginner's guide to the different styles.

Whether you want to relax, have a workout or get in touch with your spiritual side, there is a yoga class to suit you. You should not worry if you are not in good shape or if you lack flexibility. We'll find the right class for you, whatever your body type or temperament is.

2

Special Winter Sales!

We've been offering the best personal training products to our customers for more than twenty years.

You can choose from over 50 brands, with everything you need from tracksuits and trainers to food supplements and sports equipment.

Visit our cafeteria on the second floor to relax and enjoy the view.

3

Have some free time?
Looking for something to do?

Langdale Youth Centre is offering free photography classes.
You don't need any experience, and we have some spare cameras if you don't have your own.

Classes are on Thursdays at 6 p.m. at the Youth Centre, 37 Langdale Road.

All are welcome!

4

Anyone interested in acting, come to the after-school drama club.
It meets on Wednesdays at 5.30 p.m. in the main hall. We are going to put on a performance of *Romeo and Juliet* at the end of the term. We also need people for stage design and costumes. First meeting is this Wednesday and in 3 weeks, after some workshops, we will audition for the play. Minimal registration fee for full membership.

5

Do you get bored at the gym?
Want to have fun while getting fit?

Try our ZUMBA classes
for only £3 per hour!
It's a mixture of dance and fitness with Latin music.
There's a bit of samba, hip-hop, martial arts and aerobics, too.

Tuesdays and Thursdays, 6-7.30 p.m. at The Dance Studio, 4 Pike Street.

Which of the advertisements _____?

A. might interest someone who likes performing on stage ☐
B. is aimed at people who want to do an activity on Sundays ☐
C. is aimed at people who want to buy things ☐
D. offers lessons in Latin dance ☐
E. promotes an activity which is good for body and mind ☐
F. promotes an activity for which you don't have to pay ☐
G. mentions that it's compulsory to buy equipment ☐
H. is aimed at people who usually don't enjoy exercising ☐

LIVEWORKSHEETS

Read the text below. For questions (1-5) choose the correct answer (A, B, C or D).

LOVE is in the air



When you hear the word Valentine, thoughts of love and romance probably come to mind. But how did this celebration of love start? There are many theories regarding the origins of Valentine's Day.

A possible origin of Valentine's Day dates back to an ancient Roman festival called Lupercalia. It was, among other things, a young lovers' festival. The names of young girls were written down and placed in a jar on the eve of the festival. Young men would draw a girl's name from the jar and the two would then be partners for the duration of the festival. This custom also continued during the Middle Ages. After young men drew names from a bowl to see who their valentines would be, they would wear these on their sleeves for a week, and that's how the expression 'to wear your heart on your sleeve' was born. It means that you openly show your feelings and emotions rather than keeping them hidden.

Another explanation for the origin of Valentine's Day, which seems to be the most popular one, dates back to third-century Rome. At that time, Rome was involved in many bloody military campaigns. The Roman emperor Claudius II had great difficulty in getting men to join the army. He assumed the reason was that men did not want to leave their wives and families behind. Claudius, therefore, decided not to allow any more marriages. Some people thought this new law was cruel and refused to obey it, so they went to a man called Valentine, who performed secret marriage ceremonies. When the authorities found out what Valentine had been doing, they arrested him and sentenced him to death.

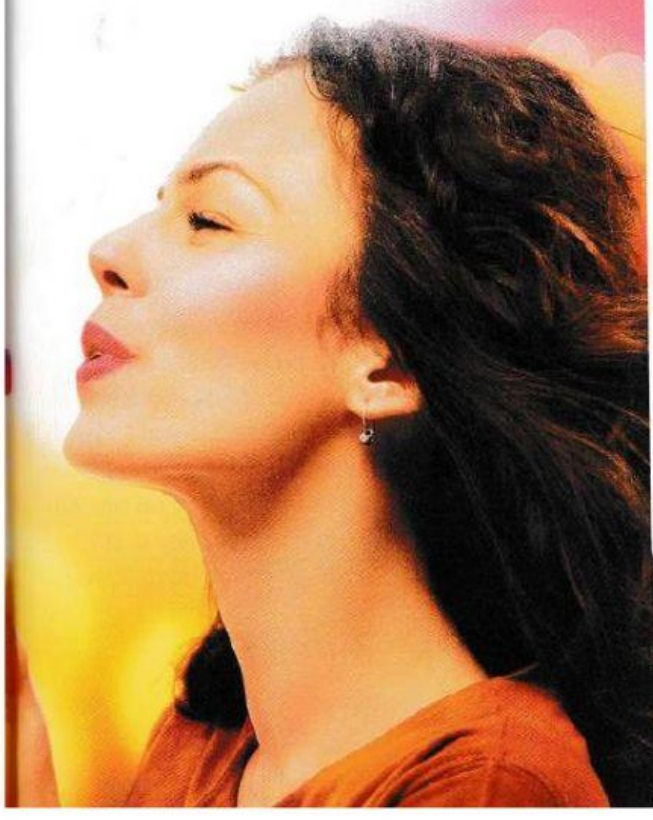
While he was waiting for his sentence to be carried out, many young people went to the prison. They would throw flowers with notes up to his window telling him that they agreed with him about the importance of love. One of these young people was the daughter of the prison guard.

LIVEWORKSHEETS

Her father allowed her to visit Valentine in his cell, and they would sit and talk for hours. She kept his spirits up by telling him that he had done the right thing by ignoring the emperor's orders. On the day he died, 14 February 269 AD, he wrote a note to the girl thanking her for her love and support—and signed it 'From your Valentine.' This later gave rise to the custom of exchanging love messages on Valentine's Day.

There are many traditions and stories connected with Valentine's Day. In Wales, for example, spoons were carved and given as gifts on this day. Hearts, keys and keyholes were the most popular decorations on the spoons. The decoration meant, 'You unlock my heart!' Birds play a big part in the folklore of Valentine's Day, too. Doves, for example, are symbols of loyalty and love because they mate for life. It used to be thought that if a woman saw a robin flying on Valentine's Day, she would marry a sailor. If she saw a sparrow, she would marry a poor man but she would be happy. And if she saw a goldfinch, she would marry into a wealthy family.

So, next time you girls see a bird fly overhead on Valentine's Day, remember—Prince Charming might be waiting round the corner on his white horse to take you away.



1. What is true about Valentine's Day celebrations?
   A. They used to be called Lupercalia.
   B. They began in the Middle Ages.
   C. They are of uncertain origin.
   D. They were not allowed in ancient times.

2. What is true about the Lupercalia festival according to the text?
   A. It was a festival for young lovers only.
   B. Men would marry the girl whose name they drew from a jar.
   C. A certain custom gave rise to an expression used today.
   D. Girls' names were written down and placed in jars on the day of the festival.

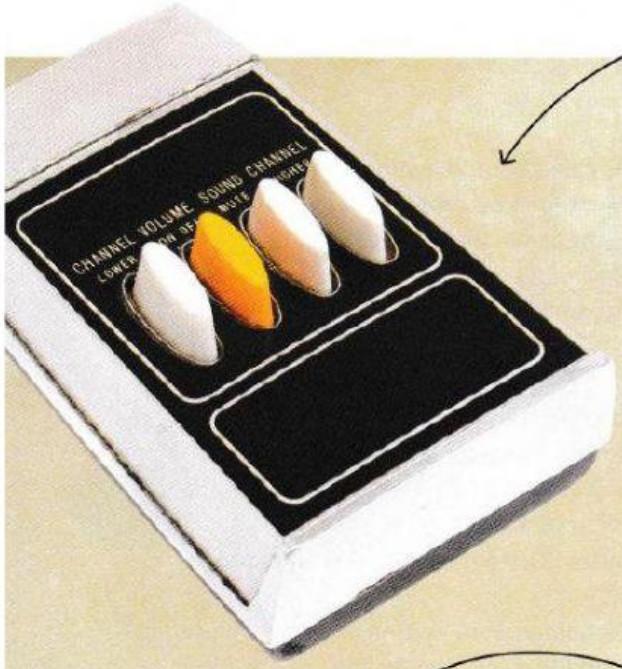
3. Why did Claudius think that men didn't want to join the army?
   A. There were many bloody wars at that time.
   B. They didn't want to be separated from their wives.
   C. Their wives were against it.
   D. They feared they wouldn't be able to find a wife afterwards.

4. What happened when Valentine was in prison?
   A. He received lots of moral support.
   B. He received lots of visitors in his cell.
   C. He stopped believing in love.
   D. He continued performing wedding ceremonies.

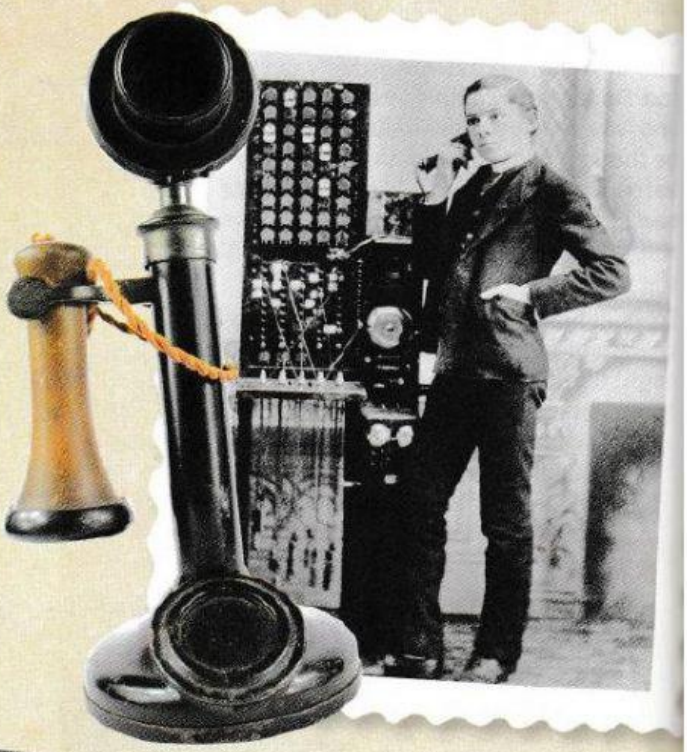
5. What do we learn about the woman who visited Valentine in prison?
   A. She was a relative of his.
   B. She wrote him a love note.
   C. She was very encouraging.
   D. She ignored the emperor's orders.

LIVEWORKSHEETS

Read the texts below. Match choices (A-H) to (1-6). There are two choices you do not need to use.



1 The first commercial television remote control was created in 1950. In those days, the remote control was attached to the television by a long cable. This was dangerous, as people kept tripping and falling over it. Five years later, the first wireless TV remote control was created by Eugene Polley and soon became very popular indeed.

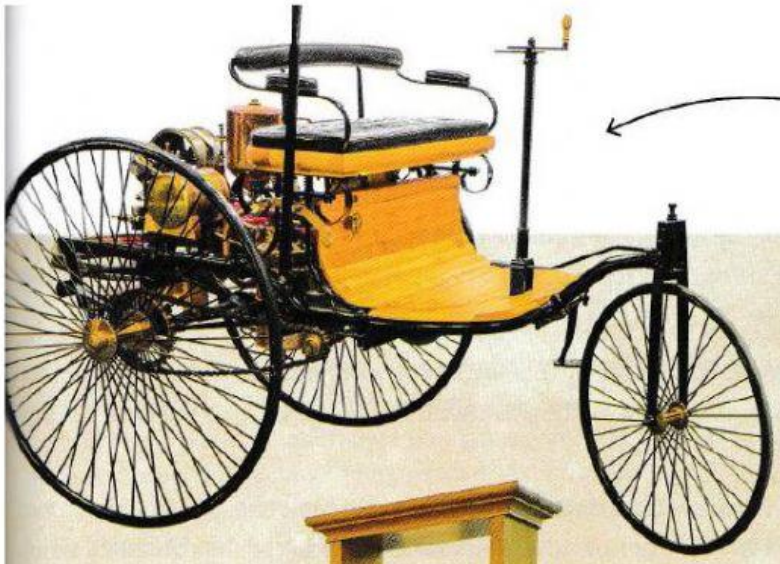


2 The telephone was invented by Alexander Graham Bell in the 1870s. Bell was very talented: a great inventor, an expert in speech and also very musical. On 10 March 1876, he made the first telephone call to his assistant, Mr Watson, who was in the next room. The first words ever spoken over the phone were, 'Mr Watson. Come here. I want to see you.'



3 Dr Percy L. Spencer invented the microwave oven in 1946. He was an electronics expert and worked with machines that produced microwave radiation. One day, he was standing in front of one of these machines and noticed that a chocolate bar in his pocket had melted. His experiments proved that microwaves were able to heat food quickly... and the microwave oven was born!

LIVEWORKSHEETS

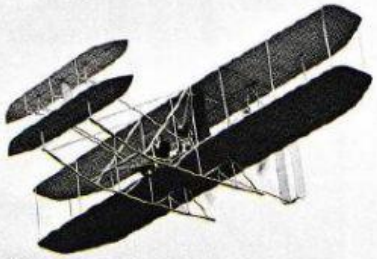


4 Attempts to create self-propelled vehicles had been made as early as the 18th century. However, the fathers of the modern automobile industry are considered to be Carl Benz, who invented the petrol engine in 1885, and Gottlieb Daimler, who built a car with an engine of his own design a year later. The fact that this engine could be produced in large numbers went on to change transport forever.



5 In the 15th century, the German Johannes Gutenberg experimented with printing. He used techniques that had been invented in China, in order to build a machine that could produce books and other texts in large quantities. The invention, known as the printing press, helped people exchange ideas and access information more easily.

6 In 1903, the Wright Brothers were the first to fly a plane that was heavier than air and powered by an engine. Their first flight lasted twelve seconds. In 1919, two British aviators made the first flight across the Atlantic Ocean. Other aviation pioneers, like Charles Lindbergh and Amelia Earhart, courageously experimented with flying and made important contributions to aviation.



Which invention _____?

A. was created by someone who used knowledge developed in another country ☐
B. was first thought of while the inventor was working on something else ☐
C. achieved only brief success the first time it was used ☐
D. took over three centuries to be completed ☐
E. was invented by someone who had many different abilities ☐
F. caused accidents at first, until it was changed ☐
G. was created by someone who wanted to communicate with his family ☐
H. had a part that was easy to make in large quantities ☐

LIVEWORKSHEETS

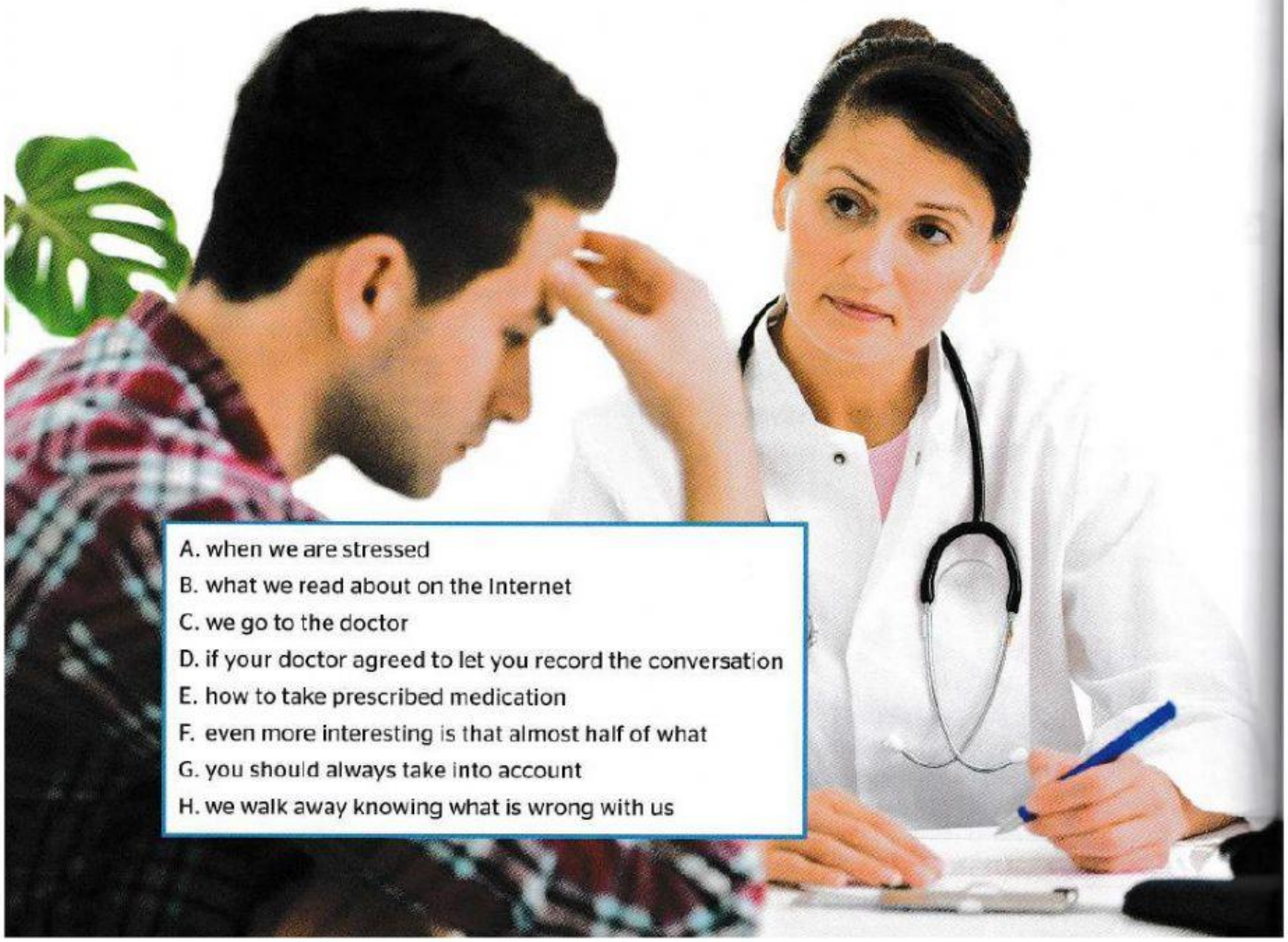
Read the text below. Choose from (A-H) the one which best fits each space (1-6). There are two choices you do not need to use.

Did you know that we forget about 80% of the medical information a doctor might give us? This interesting fact came to light as a result of a study carried out at Utrecht University. What is (1) ____ we think we remember is wrong.

Why do you think this happens? Well, going to the doctor can make most people nervous, and (2) ____ we are more likely to concentrate on the diagnosis rather than on the treatment. Therefore, (3) ____ but with no idea what to do about it.

Here are some good tips to keep in mind when seeing a doctor. Always bring along a notepad to write down important pieces of information, such as (4) _____ or how to prepare for any medical tests you might need. What would be even better is (5) _____. In this way, you can replay it at home, where you are more likely to be able to understand your doctor's advice. If you believe the situation is serious or you're really worried, get a family member or a close friend to come with you to listen in.

Regardless of what you choose to do, there is one golden rule (6) _____—to communicate effectively you need to ask the right questions. The 'Ask Me 3' program, an initiative of the Institute for Healthcare Improvement, advises patients to ask the following three questions every time they talk to a medical professional: 'What is my main problem, what do I need to do, and why is it important for me to do this?' These will help ensure that you understand the problem and how to deal with it in a rational way.



A. when we are stressed
B. what we read about on the Internet
C. we go to the doctor
D. if your doctor agreed to let you record the conversation
E. how to take prescribed medication
F. even more interesting is that almost half of what
G. you should always take into account
H. we walk away knowing what is wrong with us

LIVEWORKSHEETS

Read the texts below. For questions (1-10) choose the correct answer (A, B, C or D).

Paint a mood

Thinking of redoing your walls and can't decide on a colour? Here are a few ideas to help you out.

Red is a warm colour that makes people excited, so it's perfect for your living room or dining room, (1) _____ you want guests to enjoy each other's company and fall easily into conversation.
Yellow is also a positive colour, as it reminds us of sunshine and happiness. It goes well in kitchens, bathrooms and dining rooms, but it is best if it is not the main colour in the room, because it (2) _____ also cause feelings of anger.

Blue is a very calming, relaxing colour, ideal for (3) _____ bedrooms and bathrooms. Make sure the room has enough natural light coming in, because otherwise the colour might come across as cold instead. **Green** (4) _____ to be the best colour for all rooms because it combines the relaxing qualities of blue with the warmth of yellow. Lastly, **purple** is a rich colour that (5) _____ us of luxury and creativity, perfect for living rooms.

1. A. when	B. where	C. which	D. that
2. A. may	B. would	C. must	D. should
3. A. either	B. neither	C. and	D. both
4. A. actually considers	B. is actually considering	C. is actually considered	D. actually considered
5. A. is reminding	B. reminded	C. reminds	D. is reminded



Love your clothes!

Millions of tonnes of clothes are thrown away each year. This has a negative impact on the environment, as these clothes (6) _____ or end up in landfills.

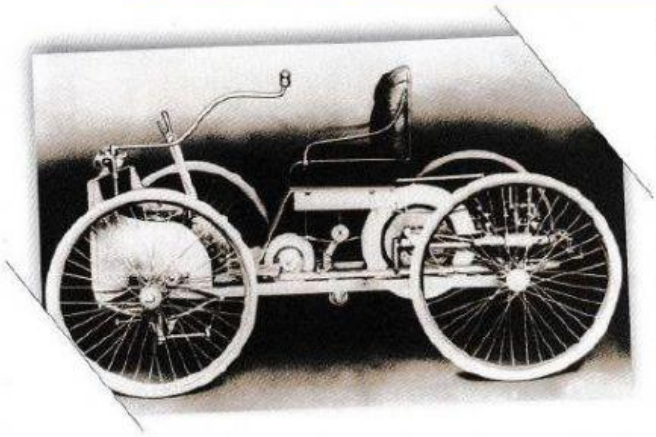
The good news is we can all do something to reduce the impact of clothes on the environment. First of all, we can fix our old clothes or creatively transform them (7) _____ make something new. We could give them to a friend, consider (8) _____ them online or donate them to charity. There are also recycling banks (9) _____ clothes and shoes can be disposed of.

At the same time, we also need to change our consumer behaviour. Many people try to keep up with fast-changing fashions by buying (10) _____ cheap clothes that are usually of low quality. Maybe we need to appreciate the clothes we have and take better care of them.

6. A. are burning	B. have them burnt	C. burn	D. are burnt
7. A. so that	B. so as	C. in order to	D. that we can
8. A. selling	B. to sell	C. sold	D. sell
9. A. that	B. where	C. which	D. who
10. A. more and more	B. the more	C. as much as	D. much more

LIVEWORKSHEETS

Read the texts below. For questions (1-10) choose the correct answer (A, B, C or D).



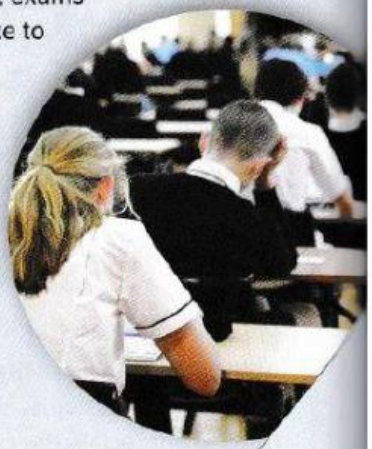
The History of Cars

How much do you know about the history of cars? One of the most important (1) _____ in the history of the motorcar came in 1908 with the development of the Ford Model T, which was the first car to be produced on a large scale. The (2) _____ of this method of production was Henry Ford, the founder of the Ford Motor Company. The assembly line, as it came to be known, offered (3) _____ to thousands of workers. Thankfully, it cut costs as well, making cars (4) _____ to consumers. In addition, the replacement of old work practices made the Model T more reliable than other cars, while numerous (5) _____ to the interior made driving a pleasure. So, car owners have Henry Ford to thank for his enormous contributions to the car industry.

1.	A. discoveries	B. achievements	C. experiments	D. approaches
2.	A. inventor	B. owner	C. researcher	D. engineer
3.	A. business	B. occupation	C. promotion	D. employment
4.	A. precise	B. affordable	C. profitable	D. satisfying
5.	A. conditions	B. bonuses	C. improvements	D. vacancies

Preparing for the Future

It's the end of the school year and the exam period is on the way. Undoubtedly, exams (6) _____ pressure on both students and parents alike. Most parents would like to see their children succeed academically and end up settled in a rewarding job that leaves them (7) _____ well off. However, child psychologists stress that, while students should aim high, they should also have a(n) (8) _____ of other options so that they have better chances of succeeding.



On the whole, there are many practical things that parents can do that may prove invaluable to their children. Apart from being people their children can turn to, parents can plan a reasonable schedule that both they and their children (9) _____ on. According to psychologists' (10) _____, this schedule should include three proper meals a day, some exercise and no more than eight hours of studying. Finally, before each exam, parents need to reassure their children that everything will be fine, whatever the result.

6.	A. force	B. set	C. bring	D. put
7.	A. richly	B. professionally	C. financially	D. valuably
8.	A. amount	B. sum	C. variety	D. selection
9.	A. agree	B. accept	C. approve	D. confirm
10.	A. clues	B. advice	C. announcements	D. information

LIVEWORKSHEETS