weather	sold	worried	dead	strolled

A man inherited a small fortune from a relative. Instead of saving up for his old age, he spent everything. He even 1. _____ his belongings when he ran out of money. Before long, he had nothing left except the clothes he was wearing. Still, he was not 2. _____ about his state. He believed that things would get better.

One spring day, the man was feeling happy and carefree as usual as he 3. _____ along a lane. The sun was shining brightly and the air was warm. Then, he saw a swallow flying in the sky. He thought that his meant summer was near, so he sold his warm winter coat to buy food.

Sadly, things began to go wrong, The 4. _____ suddenly turned very cold. Shivering and miserable, the man found the swallow 5. _____ on the ground. It had frozen to death! He understood then that one swallow flying in the sky did not mean that summer was on its way.

This is where the expression “one swallow does not make a summer” comes from. It means that single piece of evidence is not enough to confirm an event.

LIVEWORKSHEETS

suitable	year	in	chores	made

An 88-year-old man is the oldest participant in the New Paper Big Walk held at the Padang today. Mr Wong Ah Mun, a retired accounts clerk, is a regular participant of this annual event. Today, he will be walking for the seventh 1. _____ in a row with his friends from Blue Eagle Sports Club.

Mr Wong is fit at 58 kilogrammes for his 1.7-meter frame. He finished the Big Walk 2. _____ 77 minutes last year and he hopes to do better this time.

Mr Wong has not 3. _____ any special preparations since he gets enough practice during his twice-weekly ten-kilometre walks. He said, “I like walking because it makes me feel energized. For old people, walking is a 4. _____ way to exercise because you won’t break your leg or sprain your ankle. If I don’t walk, I feel there is something missing in my daily routine!”.

Apart from his brisk walks, Mr Wong helps his wife with the household 5. _____ like sweeping, cooking and ironing.

During his four decades of competitive walking, Mr Wong has won over 30 trophies, including a gold medal in the 1992 Asian Veteran Athletic Championship.

LIVEWORKSHEETS

contain	available	free	oldest	products

For more than 2000 years, soy beans have been grown and consumed in China. They were introduced to the West about 2000 years ago. The soya bean is thus one of the 1. _____ vegetables known to man.

Soya beans are one of the cheapest forms of protein. They also 2. _____ other elements essential for healthy living, such as vitamins, carbohydrates, minerals and polyunsaturated fats.

The soya bean 3. _____ that we are most familiar with in Singapore are soya milk and beancurd. Soya milk is made from whole beans that have been washed, soaked and ground. Beancurd is made with curdled soya milk. It is 4. _____ in either long-life cartons or fresh from the supermarket.

Because it is nutritious and high in protein, beancurd is used in many vegetarian dishes. Many health-conscious people also like beancurd because it is 5. _____ form cholesterol and rich in calcium, iron and essential fatty acids. However, beancurd is not just health food. It is also made into sweep deserts and puddings.

LIVEWORKSHEETS