Extra Training

Revision Task 2180

1. LISTENING. Listen to the speakers A-F and choose the sentence that describes the meaning of the spoken texts. One sentence is extra!

1. New places are the best places to go to
2. Holidays are perfect for hobbies and pastimes
3. Restful holidays involve family and friends
4. Extreme sports can ruin your holiday
5. Be active and try something new on holiday
6. Beach holidays make people boring
7. A chance to discover more about oneself

A	B	C	D	E	F

2. VOCABULARY. Choose the correct item.

1. I love foreign languages and usually I _____ very fast.
2. He's very tired; that's the _____ why he's behaving like that.
3. Columbus _____ America in the 15th century.
4. My digital camera isn't taking any pictures and I can't see what the _____ is.
5. Make sure you eat a lot of oranges and kiwis; it's the only way to _____ off infections.
6. Why do you always _____ about everything? Don't you like the food here?
7. I am usually in a very good mood but sometimes I _____ down in the dumps too.
8. He can't _____ his emotions under control; he gets angry very easily.
9. Fruit and vegetables _____ us from all kinds of illnesses.

3. WORD FORMATION. Fill in the correct NEGATIVE word derived from the word in bold.

TYPE IN BLOCK CAPITALS!!!

10. You don't have to do that; it's totally _____. NECESSARY
11. The police arrested him for_____ driving. LEGAL
12. He was _____ with the situation and was trying to think of a solution. PLEASED
13. You_____ me; I didn't say "joy", I said "toy". HEARD
14. Don't talk like that! This behaviour is quite _____. APPROPRIATE
15. There's no way this is right It's absolutely _____. POSSIBLE

4. READING. Choose the item that suits the meaning of the text correctly.

MEAT EATERS — YOU ARE DAREDEVILS OR DUMB. OR BOTH.

I am a vegetarian as well as my parents and all my family members. I've been a vegetarian for as long as I can remember. There have been times during my years of vegetarianism when I've wondered if I may indeed grow out of it. I've wondered if there might come a day when I'll put aside my childish aversion to the thought of dead stuff travelling through my intestines, like a corpse on a raft ride.

However, it could never happen, and not because I'm so enlightened, sensitive or any of the other euphemisms for "whining hippie" usually dumped on vegetarians. My conversion to flesh-eating couldn't happen because, frankly, I'm not stupid enough. As in, I can read.

Analysis of more than 6,000 pancreatic cancer cases published in the British Journal of Cancer says that eating just 50g of processed meat a day (one sausage or a couple of slices of bacon) raises the likelihood of pancreatic cancer by a fifth. 100g a day (the equivalent of a medium burger) raises it by 38%, 150g by 57%. Men are worst hit, as they tend to eat the most processed meat. And while

LIVEWORKSHEETS

pancreatic cancer is not the most common of cancers, it's frequently diagnosed late, with four-fifths of sufferers dying within a year of diagnosis.

It should be pointed out that ***this*** is about processed meat. However, many past studies have stated a probable link between too much meat and all manner of cancers and heart problems, as well as links to other conditions, from diabetes and high blood pressure to obesity and Alzheimer's.

If, by now, you're thinking that I'm out to shock you, then you couldn't be more wrong. I'd be shocked if any of this was considered new enough to shock anyone. This information has popped up regularly for years in all forms of popular media - newspapers and numerous TV and radio programs, to say nothing of the Internet. Indeed, in this era of info overload, if you've never come across the "burgers and kebabs are unhealthy" revelation, one would have to presume you've been lying in a coma.

Sympathy is in short supply these days. You can't move for people being blamed for their own miserable situations: smokers who "burden" the NHS; alcoholics who don't "deserve" liver transplants; obese people who "should" pay more for flights. By this logic, people who've been regularly informed of the dangers of meat, particularly the cheap processed variety, but who continue to wolf it down should be held just as accountable.

Yet if these meat eaters are mentioned at all, it's in general poor lifestyle terms, as an afterthought to drinking, smoking, and lack of exercise. You just don't get people making emotional pronouncements about bacon lovers not deserving cancer treatment or kebab fans burdening the NHS.

It's not as if they haven't been warned countless times about the dangers – how wilfully ill-informed can people be? Or maybe they're just hard. In fact, when I say I'm not dumb enough to eat meat, I should probably add brave enough. With so much frightening information, so readily available for so long, the modern committed carnivore must have nerves of steel. And yet, we should admit it, meat eaters still predominate and even grow in number. Must all of them be deaf and blind, and immune to a general sense of self-safety?

16. Speaking about her vegetarianism, the author admits that _____

1. it was provoked by the sight of corpses.
2. she became a vegetarian out of fashion.
3. it is the result of her childhood experiences.
4. there were times when she thought she might abandon it.

17. According to the author, how much of processed meat a day is enough to raise the chance of pancreatic cancer by more than a half?

1. 50–100 g.
2. 100–150 g
3. Less than 50 g.
4. From 150 g.

18. ***«This»*** in paragraph 4 stands for _____

1. information. **2.** death. **3.** diagnosis. **4.** pancreatic cancer.

19. Why does the author think that her information can't be shocking?

1. It's not proven.
2. It's not news.
3. It's outdated.
4. It's too popular.

20. Saying *«sympathy is in short supply these days»*, the author means that_____

1. people tend to blame sick people in their sickness.
2. meat eaters do not deserve her sympathy.
3. society neglects people who have problems.
4. overweight people should pay more.

21. The author is disappointed that eating meat is not _____

1. officially prohibited.
2. recognized as a major life-risking habit.
3. considered as bad as drinking and smoking.
4. related to a poor lifestyle.

22. The author believes that meat eaters are very _____

1. aggressive.
2. irresponsible.
3. pessimistic.
4. ill-informed.

LIVEWORKSHEETS