Name: …….. **Reading**: …….

Class: S8…

Ngày làm bài: Thứ ……, ngày ……/…….

FCE READING INTENSIVE

CLASSWORK

Part 2: You are going to read an article about sleep and learning. Eight sentences have been removed from the article. Choose from the sentences A–I the one which fits each gap (1–8). There is one extra sentence which you do not need to use.

College students need their sleep!

Research into the connection between sleep and learning suggests that sleep is even more important than previously thought.

Only a month and a half into her first semester at college, Liz, a student at Harvard University, already wishes she had more time for sleep. Several mornings each week, Liz rises before six to join her teammates for rowing practice. On days like these she seldom sleeps more than seven hours per night, but it's not as if she doesn't try.

(1) ___. She often misses opportunities to socialize in order to get her coursework done and still get to bed at a reasonable time. Even without knowing just how important sleep is to learning, she tries to make time for it.

This is not always easy, however. The many demands on her time include her chosen sport, as well as activities like studying optional extra subjects. **(2)** ___. She and other students who think the same way as her sacrifice sleep to fit everything in. It isn't surprising to learn, therefore, that students represent one of the most sleep-deprived segments of the population. **(3)** ___.

Studies have found that only eleven percent of college students sleep well consistently, while seventy-three percent experience at least occasional sleep issues, as Liz does. Forty percent of students felt well-rested no more than two days per week. Poor sleep is no longer considered a harmless aspect of college. **(4)** ___. The results of this show that it has significant impact on memory and learning.

Inadequate sleep negatively affects our learning processes. It is simply more difficult to concentrate when we are sleep deprived; this affects our ability to focus on and gather information presented to us, and our ability to remember even those things we know we have learned in the past. **(5)** ___. That is, the effect that many sleep researchers think it has on memory consolidation, the process by which connections in the brain strengthen and form into something more permanent.

A number of studies have shown that poor quality sleep can negatively impact on a person's ability to turn factual information or processes they've just learned into long-term memories. **(6)** ___. And if this opportunity is missed – such as when a student stays awake all night – it generally can't be made up. Even if sleep is 'recovered' on subsequent nights, the brain will be less able to retain and make use of information gathered on the day before. **(7)** ___.

Early in her first semester at Harvard, Liz feels like she is maintaining a healthy balance, but only just. Trying hard to get the most out of her time in college, she admits it's sometimes hard to see sleep as an important part of her athletic and scholastic objectives. **(8)** ___. Rather than thinking of sleep as wasted time or even time off, we should, they say, instead view it as the time when our brain is doing some of its most important work.

Read the whole text quickly first (without filling the gaps)

Read before and after the gap

Don't pick a sentence that only repeats the idea

Choose a sentence that adds new, useful information

One sentence doesn't fit

There is always 1 extra sentence. Eliminate the one that doesn't match the text

Read the full text again after completing

Make sure all parts sound natural and logical together

Sentences A–I

Choose the correct sentence for each gap from the list below. There is **one extra sentence** you do not need to use.

A. Although it may seem unnecessary to do these, Liz views them as essential.
B. It also has less obvious but possibly even more profound impact.
C. Liz knows that she must nevertheless do her best to avoid it.
D. Research suggests that the most critical period of sleep for this to happen in is the one on the same day.
E. In fact, Liz's behaviour is not at all like that of other college students her age.
F. But that's exactly what many researchers say it is.
G. Quite the opposite, actually, as research into its effects progresses.
H. These findings shed new light on the importance of making time for sleep, not only for college students like Liz, but for anyone who wants to continue to learn.
I. Coursework, sports and new-found independence all contribute to the problem.

LIVEWORKSHEETS

Name: ……..

Class: S8…

Ngày giao bài: Thứ ……, ngày ……/…….

Ngày nộp bài: Thứ ……, ngày ……/…….

Grammar: ……

Reading: ……..

Mini Test: ……

COOKING & EATING

FCE READING INTENSIVE

Lưu ý: *Các từ vựng mở rộng thầy cô cho ghi trong vở (nếu có) và các từ vựng mở rộng trong phiếu đề có chú thích nghĩa: Con về nhà chép mỗi từ 1 dòng để ghi nhớ nhé.*

A. EXTRA VOCABULARY

No.	New words	Meanings	No.	New words	Meanings
1	**monumental** (adj)	vĩ đại	4	**moisture** (n)	độ ẩm, hơi ẩm
2	**Egyptologist** (n)	nhà Ai Cập học (nghiên cứu về Ai Cập cổ đại)	5	**clump up** (phr.v)	vón cục, dính lại thành khối
3	**limestone block** (n)	khối đá vôi	6	**tipping point** (n)	điểm tới hạn, bước ngoặt

***Note:** *n = noun: danh từ; adj = adjective: tính từ; phr.v = phrasal verb: cụm động từ.*

*Con học thuộc nghĩa của từ, chỉnh phát âm theo từ điển và chép mỗi từ **1 dòng** vào vở ghi.

B. HOMEWORK

GRAMMAR

I. Circle the correct answers.

0. My brother has just _____ a quick shower.

A. taking *B. take* *C. taken* *D. took*

1. I _____ him since we graduated from university.

A. haven't seen B. didn't see C. don't see D. won't see

2. They _____ to Paris twice this year.

A. goes B. have gone C. go D. has gone

3. My brother _____ his homework, so now he can relax.

A. has finished B. finish C. have finished D. is finishing

4. _____ you ever _____ to a live concert before?

A. Did / was B. Are / going C. Have / been D. Do / go

5. I _____ in this company for five years.

A. work B. has worked C. have worked D. am working

II. Circle the correct answers.

*0. You've spent £500 on clothes **this month / last month**!*

1. I saw this film **a few weeks ago / already**.
2. How many goals have they scored **yesterday / so far**?
3. I didn't see Nick and Samantha **yesterday / since Wednesday**.
4. Sam and Niki have been very busy **last week / lately**.
5. I didn't check my e-mails **this morning / since this morning**.
6. We haven't had a holiday **last year / for years**.
7. My brother sold his car **in May / already**.

LIVEWORKSHEETS

III. Match to make meaningful sentences.

0. My parents have never	*0- c*	a. times. It's really good!
1. He has just gone	1- __	b. room since last week.
2. I've watched that movie three	2- __	*c. travelled by plane.*
3. They haven't cleaned the	3- __	d. my English homework.
4. I've already done	4- __	e. out to buy some milk.
5. We haven't seen each	5- __	f. other for a long time.

IV. Complete the sentences. Use the PAST SIMPLE or PRESENT PERFECT.

*0. Where **were** you at six o'clock on Monday afternoon?* ***(be)***

1. I _____ my bag yet. **(not pack)**
2. We _____ yesterday. **(go out)**
3. Mum _____ the sandwiches for the party. **(already / make)**
4. I _____ six books since August. **(read)**
5. Mike isn't here. He _____ twenty minutes ago. **(leave)**
6. I _____ Jo lately. **(see)**

V. Harry's very busy today. Look at his list and write sentences. Use ALREADY or YET and the PRESENT PERFECT.

1 tidy my room ✔
2 buy a present for Mum's birthday ✗
3 clean the garage ✔
4 water the plants ✔
5 phone Peter ✗
6 do the shopping ✔
7 write the report for TeenLink ✗
8 wash Dad's car ✗

1 He's already tidied his room.
2 He hasn't bought a present for his mum's birthday yet.
3 .....
4 .....
5 .....
6 .....
7 .....
8 .....

LIVEWORKSHEETS

Lưu ý:

1. Khi làm bài tập có từ mới, các con phải tra từ điển. Sau khi tra từ điển, các con chép mỗi từ mới **1 dòng** để ghi nhớ.
2. Các con gạch chân các từ khoá chính trong bài đọc.

CAMBRIDGE READING PRACTICE

You are going to read an article about how the Egyptian pyramids were built. Six sentences have been removed from the article. Choose from the sentences **A–G** the one which fits each gap (**37–42**). There is one extra sentence which you do not need to use.

Mark your answers **on the separate answer sheet.**

Has one of the mysteries of the ancient pyramids been solved?

A painting in a 3000-year-old tomb suggests how the Ancient Egyptians may have transported the heavy stones used to build the pyramids.

Ever since the discovery of the first pyramid, scientists have wondered how ancient Egyptians built these monumental structures that are visible even from space.

There are a number of theories about the construction techniques they used. **37** Egyptologists had always wondered how workers were able to move the giant limestone blocks. These weigh as much as 2.5 tons each, and the stone quarries from which they were cut were often located hundreds of kilometres away from the pyramid sites.

Dragging them on basic wooden sledges, similar to those people use to slide down snow-covered slopes in winter, was the obvious answer. **38** It now turns out that the workers probably did have some assistance – from ordinary water! What is even more amazing is that the answer to the Egyptologists' puzzle has been staring them in the face for many years, in a wall painting in the tomb of an ancient Egyptian king, or pharaoh.

The artwork, which depicts a pharaoh being pulled along by a large team of workers, has one significant detail that had so far been misinterpreted – a man pouring water in front of the sledge the pharaoh is being dragged upon. Egyptologists had always thought that the man was performing some kind of religious ritual. However, some scientists now believe that the water was being poured for a totally different reason. **39**

This revelation was made by researchers from the University of Amsterdam and the Foundation for Fundamental Research on Matter. The scientists arrived at this conclusion after conducting extensive testing in their laboratory, by sliding a weighted tray across both dry sand and sand that had been mixed with varying amounts of water. In dry sand, heaps formed in front of the tray as it was dragged along. **40**

However, as the researchers added water, the sand hardened, which helped reduce both the force needed to pull the tray and the friction against it. That's because the water helps form tiny water bridges, known as capillary bridges, between the sand particles, causing them to stick together. **41** The force required to pull the sledge would have been reduced by as much as 50% as the sand became stiffer, which meant that half as many workers were needed to move the heavy stones.

There was a tipping point, though. After the moisture exceeded a certain amount, the stiffness started to decrease and the capillary bridges melted away, causing the sand to clump up around the tray once again. According to the researchers, the perfect balance appears to be when the volume of the water is between 2 – 5% of the volume of sand. **42** And so another step has been taken towards understanding the incredible feat achieved by these ancient engineers. Now if we could only find a painting that would tell us how the workers erected these impressive structures without access to modern mechanics, that would be amazing!

A However, to do so would have required superhuman strength against the friction of the desert sand.

B This allowed them to work out exactly how much of it had been used every time.

C This slowed it down dramatically.

D One question, however, had been left unanswered.

E The pyramid builders seem to have realised that this was the correct proportion.

F The effect of this turns out to be significant.

G It was to help the sledge move more easily across the sand.

LIVEWORKSHEETS