

# TEST 1

Example: 

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E	X	T	R	E	M	E	L	Y									
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## Tea

Tea is an (0) ..... popular drink with many people. It is estimated that the consumption of tea in England alone exceeds 165 million cups daily. Despite this, the drink was virtually (17) ..... in England until about 400 years ago. The first (18) ..... to tea in England comes in a diary written in 1660. However, its (19) ..... really took off after the (20) ..... of King Charles II to Catherine of Braganza. It was her great love of tea that made it (21) .....

**EXTREME**

**KNOW**

**REFER**

**POPULAR**

**MARRY**

**FASHION**

It was believed that tea was good for people as it seemed to be capable of reviving the spirits and curing certain minor (22) ..... It has even been suggested by some historians that it played a significant part in the Industrial Revolution. Tea, they say, increased the number of hours that (23) ..... could work in factories as the caffeine in tea made them more (24) ..... and consequently able to work longer hours.

**ILL**

**LABOUR**

**ENERGY**

## TEST 2

Example: 

0	C	O	M	P	E	T	I	T	O	R	S								
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### Running speed

Elite (0) ..... like the Jamaican Usain Bolt have regularly been clocked running at nearly 45 kilometres per hour. Such speed would have seemed (17) ..... not so long ago. Scientists now suggest that humans can move (18) ..... faster than even that, perhaps as fast as 65 kilometres per hour.

COMPETE

BELIEVE

CONSIDER

For years, it was assumed that simple muscle power determined human speed, but recent research suggests otherwise. The most important (19) ..... factor appears to be how quickly the muscles can contract and thus (20) ..... the time a runner's foot is in contact with the ground.

LIMIT

MINIMUM

Is our athletic ability inherited? Researcher Alun Williams has (21) ..... twenty-three inherited factors that influence sporting performance, such as the (22) ..... use of oxygen, and strength. As world population rises, predicts Williams, the (23) ..... of there being someone with the right genes for these twenty-three (24) ..... will increase noticeably and thus faster runners are likely to emerge in future.

IDENTITY

EFFICIENCY

POSSIBLE

CHARACTER

## TEST 3

Example: 0 C Y C L I S T

### Cycling

I have been a keen (0) ..... for about nine years. When I began cycling, I found the flat roads easy but the hills almost (17) ..... Surprisingly, now it's the opposite. A long flat ride can be both dull and (18) ..... as you never experience that fantastic feeling of freedom when speeding downhill. Years ago, going uphill left me (19) ..... Now I have learned to take hills slowly and steadily.

CYCLE  
POSSIBLE  
EXHAUST  
BREATH

When I set off, I'm full of energy and the first hundred metres are (20) ....., the next couple of kilometres a bit tiring, but on the whole the experience is very (21) .....

MARVEL  
ENJOY

Cycling is (22) ..... any other forms of exercise I have tried; it is never a chore but always a (23) ..... The physical benefits are obvious but the mental benefits are (24) ..... important; when you are travelling calmly at a sensible speed, you breathe fresh air, have time to think and can relax.

LIKE  
PLEASE  
EQUAL

## TEST 4

Example:

0	N	E	R	V	O	U	S										
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### Job interviews

Most people feel rather (0) ..... when they go for an interview for a new job. This is not surprising as getting a job one wants is important. People being interviewed expect the interviewers to be (17) ....., matching an applicant against a job (18) ..... However, what often happens in reality is that the interviewers make (19) ..... that are little more than reactions to the (20) ..... of the applicant.

NERVE

OBJECT

DESCRIBE

DECIDE

PERSON

Even skilled interviewers may, without realising it, (21) ..... favour people who make them feel at (22) ..... With this in mind, if you go for an interview you should try to make a good impression from the start by presenting the interviewers with the very best version of yourself, emphasising the (23) ..... of skills you have. You must appear very positive and as (24) ..... as possible. It is for you to convince the interviewers that you are definitely the most suitable person for the job.

CONSCIOUS

EASY

VARY

ENTHUSIASM

## TEST 5

Example:

0	R	E	M	A	R	K	A	B	L	E					
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### India's rainforest by night

India has amazing countryside with some of the most (0) remarkable wildlife on Earth, and its 96 National Parks are becoming (25) ..... popular. These parks contain a huge (26) ..... of creatures, from multicoloured butterflies to magnificent tigers, but (27) ..... for visitors, many of them are active mainly at night and then seem to (28) ..... during the day. In southern India's Periyar National Park, however, they have found a solution to this problem: night tours.

REMARK  
INCREASE  
VARIOUS  
FORTUNATE  
APPEAR

Walking through the rainforest in the dark is a wonderful way to observe creatures in their natural (29) ..... You quickly become more (30) ..... to the sounds of birds and animals, and you soon begin to recognise some of their calls. You are accompanied by local guides to prevent you getting lost, and also for (31) ..... reasons: there are big cats around, and (32) ..... snakes, too.

SURROUND  
SENSE  
SAFE  
POISON

Many visitors want to continue their (33) ..... of the jungle all night, but if you want a break from the tropical (34) ..... there are rivers where you can go for a cooling swim by moonlight.

EXPLORE  
HOT