TEST 21

Example: 0 A S L E E P

An unusual swimming club

While most sensible people are still fast **(0)** asleep, members of a special club in Britain **(25)** ..... leave the warmth of their beds for an **(26)** ..... swim in water with a temperature struggling to get beyond seven degrees centigrade. This behaviour may seem rather odd to you – indeed, it may sound like complete **(27)** ..... – but these swimmers firmly believe that it is **(28)** ..... to take exercise in this way, even in the depth of winter.

SLEEP
CHEER
ENERGY
MAD
HEALTH

(29) ..... of the club requires daily swimming outdoors in a nearby lake. When members are asked why they do it, the common **(30)** ..... is that it makes them feel wonderful. The swimmers claim that immersing their bodies **(31)** ..... in very cold water eventually makes them more resistant to illness, especially coughs and colds. And there is certainly evidence to suggest that an **(32)** ..... in blood circulation can be achieved. However, such behaviour may not be such a good idea for people who are not used to large and sudden **(33)** ..... in temperature. For many people, swimming in icy water would actually be **(34)** ..... .

MEMBER
RESPOND
REGULAR
IMPROVE
DIFFERENT
HARM

LIVEWORKSHEETS

TEST 22

Example: 0 | A | N | X | I | E | T | Y | | | | | | | | | | | |

Float your troubles away

Nowadays, anyone who is trying to ease pain or reduce their level of **(0)** anxiety can try a treatment which is known as flotation therapy. Experts have claimed that this can **(25)** ..... a significant number of medical conditions. The patient is asked to lie **(26)** ..... in a large tank, which is filled with warm, salty water. When the patient is in the water, it is so **(27)** ..... that he or she becomes **(28)** ..... relaxed.

ANXIOUS
RELIEF
MOTION
PEACE
EXTREME

As well as being of **(29)** ..... value in dealing with the patient's mental state, flotation is said to lead to a reduction in high blood **(30)** ..... and to ease long-term physical pain. Even people whose level of **(31)** ..... is said to be good are certain to find that it is worth taking the time to float. Studies have shown that the therapy can be of considerable **(32)** ..... in giving up smoking, losing weight and finding effective **(33)** ..... to difficult problems. All of this is achieved by the simple method of freeing the patient's brain from the many **(34)** ..... aspects of everyday life. In future years, this may become a standard method of dealing with stress-related problems.

PRACTICE
PRESS
FIT
ASSIST
SOLVE
PLEASANT

LIVEWORKSHEETS

TEST 23

Example: 0 | S | T | E | A | D | I | L | Y | | | | | | | | | | |

The Warrumbungle National Park

The Warrumbungle National Park is **(0)** ..... increasing in **(25)** ..... with visitors to Australia. Walking, camping and rock climbing are the favourite leisure-time **(26)** ..... in this area, but the landscape and wildlife, which are **(27)** ..... varied, also attract **(28)** ..... and naturalists throughout the different seasons of the year. Visitors share the park with hundreds of native animals, such as kangaroos and koalas.

STEADY
POPULAR
OCCUPY
EXTRAORDINARY
PHOTOGRAPH

The wonderful **(29)** ..... in Warrumbungle National Park is the result of **(30)** ..... volcanic activity over a massive area. This produced the many **(31)** ..... rock formations and numerous lakes visible today, and also the rich soil which enables the abundant vegetation to grow and flourish.

SCENE
POWER
SPECTACLE

Walking tracks in the park are clearly marked, and visitors are **(32)** ..... to keep to these. Many of the walks can be done by children and some are **(33)** ..... for pushchairs and wheelchairs. A relatively easy, but highly rewarding, walk is the 5-kilometre trek up to Belougery Split Rock, where visitors may be lucky enough to see eagles flying overhead. More **(34)** ..... walkers can try the more demanding 15-kilometre walk to Camp Pincham. The view there is unforgettable, but it will take even the fittest walker four or five hours to get there.

COURAGE
SUIT
ENERGY

LIVEWORKSHEETS

TEST 24

Example: 0 | C | E | N | T | R | A | L | | | | | | | | | | |

City centre traffic problems

The amount of traffic in the crowded **(0)** ..... districts of some of our largest cities is a major problem these days. Over the years, **(25)** ..... schemes of traffic management have been tried, none of which can be said to have been entirely **(26)** ..... . In order to **(27)** ..... people to leave their cars at home, especially on shorter trips, it is becoming increasingly common for cities to impose a fee on those drivers who choose to come into the city centre.	**CENTRE** **VARY** **SUCCESS** **COURAGE**
Some schemes take advantage of the latest technology – for example, in one city **(28)** ..... is made by a card on the car's windscreen which is scanned **(29)** ..... . This is meant to speed up the flow of traffic, but the scheme has a major **(30)** ..... as the amount that drivers have to pay changes during the day and, as a result, it is not **(31)** ..... for long queues to build up just before a cheaper charging period comes into **(32)** ..... . However, the system is gradually gaining in **(33)** ..... with motorists, although it has to be admitted it may not provide a total **(34)** ..... to the problem of traffic congestion.	**PAY** **AUTOMATIC** **ADVANTAGE** **USUAL** **OPERATE** **POPULAR** **SOLVE**

LIVEWORKSHEETS

TEST 25

Example: 0 | R | E | C | O | G | N | I | T | I | O | N | | | | | | | |

Sport in society

The position of sport in today's society has changed out of all **(0)** ..... . **RECOGNISE**

People no longer seem to think of sport as 'just a game' – to be watched or played for the sake of **(25)** ..... . Instead, it has become big business worldwide. It has become accepted practice for **(26)** ..... companies to provide sponsorship. TV companies pay large sums of money to screen important matches or **(27)** ..... . The result has been huge **(28)** ..... rewards for athletes, some of whom are now very **(29)** ..... , particularly top footballers, golfers and tennis players. In addition, it is not **(30)** ..... for some athletes to receive large fees on top of their salary, for advertising products or making personal appearances.

ENJOY **LEAD** **COMPETE** **FINANCE** **WEALTH** **USUAL**

A trend towards shorter working hours means that people **(31)** ..... tend to have more free time, both to watch and to take part in sporting activity; sport has become a **(32)** ..... part of the recreation industry that we now rely on to fill our leisure hours. **(33)** ..... sport is a vital part of that industry, providing **(34)** ..... for millions of ordinary people all over the world.

GENERAL **SIGNIFY** **PROFESSION** **PLEASE**

LIVEWORKSHEETS

TEST 21

0 **A** catch **B** pick **C** find **D** gain



A good start to a holiday

I had never been to Denmark before, and when I set out to **(0)** ..... the ferry in early May, I little **(1)** ..... that by the end of the trip I'd have made such lasting friendships.

I wanted to **(2)** ..... my time well, so I had planned a route which would **(3)** ..... several small islands and various parts of the countryside. I arrived at Esbjerg, a **(4)** ..... port for a cyclist's arrival, where tourist information can be obtained and money changed. A cycle track **(5)** ..... out of town and down to Ribe, where I spent my first night.

In my **(6)** ..... , a person travelling alone sometimes meets with unexpected hospitality, and this trip was no **(7)** ..... . In Ribe, I got into conversation with a cheerful man who turned **(8)** ..... to be the local baker. He insisted that I should **(9)** ..... his family for lunch, and, while we were eating, he contacted his daughter in Odense. Within minutes, he had **(10)** ..... for me to visit her and her family. Then I was **(11)** ..... on my way with a fresh loaf of bread to keep me **(12)** ..... , and the feeling that this would turn out to be a wonderful holiday.

LIVEWORKSHEETS

1	A	wondered	B	suspected	C	doubted	D	judged
2	A	take	B	serve	C	exercise	D	use
3	A	include	B	contain	C	enclose	D	consist
4	A	capable	B	ready	C	favourable	D	convenient
5	A	leads	B	rides	C	moves	D	connects
6	A	experience	B	knowledge	C	observation	D	information
7	A	difference	B	change	C	exception	D	contrast
8	A	up	B	out	C	in	D	over
9	A	greet	B	see	C	join	D	approach
10	A	arranged	B	fixed	C	settled	D	ordered
11	A	passed	B	sent	C	begun	D	put
12	A	doing	B	making	C	being	D	going

LIVEWORKSHEETS

TEST 22

0 **A** priceless **B** rewarding **C** precious **D** prized



Mountain climbing

One of the most difficult but **(0)** ..... of pastimes is mountain climbing. The modern climber must **(1)** ..... many different skills. Rock climbing **(2)** ..... a combination of gymnastic ability, imagination and observation, but perhaps the most necessary skill is being able to **(3)** ..... out how much weight a particular rock will **(4)** ..... . Mountaineers climb in groups of three or four, each climber at a distance of approximately six metres from the next. Usually one person climbs while the other climbers **(5)** ..... hold of the rope. The most experienced climber goes first and **(6)** ..... the other climbers which way to go, making the rope secure so that it is **(7)** ..... for the others to follow.

With much mountain climbing, snow skills **(8)** ..... a very important part. Ice axes are used for **(9)** ..... steps into the snow and for testing the ground. Climbers always tie themselves together so that, if the leader falls, he or she can be held by the others and **(10)** ..... back to safety. The number of dangers **(11)** ..... by climbers is almost endless. And the **(12)** ..... of oxygen at high altitudes makes life even more difficult for mountaineers.

LIVEWORKSHEETS

1	A	own	B	hold	C	control	D	possess
2	A	requires	B	insists	C	calls	D	orders
3	A	work	B	try	C	stand	D	set
4	A	supply	B	provide	C	support	D	offer
5	A	keep	B	stay	C	continue	D	maintain
6	A	indicates	B	signals	C	points	D	shows
7	A	safe	B	sure	C	dependable	D	reliable
8	A	act	B	do	C	play	D	make
9	A	cutting	B	tearing	C	breaking	D	splitting
10	A	given	B	pulled	C	put	D	sent
11	A	marked	B	touched	C	felt	D	faced
12	A	need	B	gap	C	lack	D	demand

LIVEWORKSHEETS

TEST 23

0 A called B named C referred D known

0	A	B	C	D

A love of travelling

For Nigel Portman, a love of travelling began with what's **(0)** ..... a 'gap year'. In common with many other British teenagers, he chose to take a year out before **(1)** ..... to study for his degree. After doing various jobs to **(2)** ..... some money, he left home to gain some experience of life in different cultures, visiting America and Asia. The more adventurous the young person, the **(3)** ..... the challenge they are likely to **(4)** ..... themselves for the gap year, and for some, like Nigel, it can **(5)** ..... in a thirst for adventure.

Now that his university course has **(6)** ..... to an end, Nigel is just about to leave on a three-year trip that will take him **(7)** ..... around the world. What's more, he plans to make the whole journey using only means of transport which are **(8)** ..... by natural energy. In other words, he'll be **(9)** ..... mostly on bicycles and his own legs; and when there's an ocean to cross, he won't be taking a **(10)** ..... cut by climbing aboard a plane, he'll be joining the crew of a sailing ship **(11)** ..... .

As well as doing some mountain climbing and other outdoor pursuits along the way, Nigel hopes to **(12)** ..... on to the people he meets the environmental message that lies behind the whole idea.

LIVEWORKSHEETS

1	A	settling down	B	getting up	C	taking over	D	holding back
2	A	achieve	B	raise	C	advance	D	win
3	A	stronger	B	wider	C	greater	D	deeper
4	A	put	B	set	C	aim	D	place
5	A	result	B	lead	C	cause	D	create
6	A	come	B	turned	C	reached	D	brought
7	A	just	B	complete	C	whole	D	right
8	A	pulled	B	charged	C	forced	D	powered
9	A	relying	B	using	C	attempting	D	trying
10	A	quick	B	short	C	brief	D	swift
11	A	anyway	B	alike	C	instead	D	otherwise
12	A	leave	B	keep	C	pass	D	give

LIVEWORKSHEETS

TEST 24

0 A gain B earn C collect D receive

0	A	B	C	D
	▭	▬	▭	▭

A wildlife cameraman

I **(0)** ..... a living as a freelance wildlife cameraman working all over the world. It is my job to provide the **(1)** ..... material from which a natural history programme is **(2)** ..... up. If the lifestyle agrees with you, the travel and the filming can be great. There is fantastic variety: I often do not have the slightest **(3)** ..... where I am going or what I will see. There is also a certain pleasure in **(4)** ..... some of the film you take on TV, though as I am often away working, I do not always **(5)** ..... the programmes when they are shown.

It is unusual to get an 'easy' filming job. One of the most challenging things is **(6)** ..... your sense of humour under sometimes difficult circumstances. I **(7)** ..... to work in the region of 300 days a year and I often **(8)** ..... I had more time to play my guitar or see friends. Sometimes there is no **(9)** ..... even unpacking, when I get home.

But it is an amazing job, even though there are frustrations. What I hate most is flying – I really cannot **(10)** ..... with that. All things **(11)** ..... , if it were not for the flying, this job would be **(12)** ..... about perfect.

LIVEWORKSHEETS

1	A	pure	B	plain	C	raw	D	bare
2	A	made	B	set	C	taken	D	put
3	A	idea	B	thought	C	purpose	D	sense
4	A	noticing	B	viewing	C	looking	D	regarding
5	A	catch	B	glimpse	C	glance	D	remark
6	A	guarding	B	holding	C	keeping	D	saving
7	A	expect	B	suppose	C	imagine	D	rely
8	A	hope	B	desire	C	wish	D	want
9	A	reason	B	point	C	purpose	D	matter
10	A	suffer	B	stand	C	tolerate	D	cope
11	A	examined	B	weighed	C	consulted	D	considered
12	A	round	B	near	C	almost	D	just

LIVEWORKSHEETS

TEST 25

0 **A** sign **B** mark **C** figure **D** symbol

0	A	B	C	D
	▭	▭	▭	▬

Mount Fuji

For the Japanese, Mount Fuji has long been the ultimate **(0)** ..... of beauty. It is incredibly beautiful when seen from any **(1)** ..... , at all times of day and in any season. But the mountain does not only **(2)** ..... a major part in the landscape – it has also inspired poets and artists for centuries, and has come to be **(3)** ..... with Japan itself. From the top, the sides of the mountain **(4)** ..... away, then flatten out before reaching the ground. Here, at ground **(5)** ..... , the foot of the mountain **(6)** ..... an almost perfect circle.

To the north of Mount Fuji **(7)** ..... the famous 'Five Lakes'. The lakeside area is a sea of colour in spring, when the fruit trees are flowering, and it is also a stunning **(8)** ..... in autumn, when the leaves **(9)** ..... first brilliant red, then many shades of brown. **(10)** ..... , many of the best views of Mount Fuji are from these lakes, whose still waters reflect the mountain's beautifully symmetrical outline like a mirror. Both Mount Fuji and its lakes are volcanic in **(11)** ..... , and that is probably why traditional stories say that Mount Fuji appeared overnight; and, for the same reason, it may one day **(12)** ..... just as suddenly!

1	**A**	edge	**B**	angle	**C**	corner	**D** curve
2	**A**	stay	**B**	keep	**C**	make	**D** play
3	**A**	identified	**B**	named	**C**	recognised	**D** considered
4	**A**	lean	**B**	give	**C**	slope	**D** take
5	**A**	floor	**B**	level	**C**	height	**D** position
6	**A**	forms	**B**	does	**C**	shapes	**D** arranges
7	**A**	situate	**B**	locate	**C**	lie	**D** exist
8	**A**	appearance	**B**	impression	**C**	look	**D** sight
9	**A**	move	**B**	pass	**C**	alter	**D** turn
10	**A**	Especially	**B**	Given	**C**	Indeed	**D** Nevertheless
11	**A**	basis	**B**	cause	**C**	origin	**D** beginning
12	**A**	fade	**B**	vanish	**C**	withdraw	**D** cease

LIVEWORKSHEETS

Name_____

Barbara McClintock, Nobel Prize Winner

Our current understanding of genetics is rooted in the study of plants. While a student at Cornell University, Barbara McClintock took biology classes and the only genetics course available. She expressed a great interest in her learning. The professor then invited her to attend his second course, offered only to graduate students. She studied the behavior of chromosomes and decided to pursue an advanced degree. She would study chromosomes and their genetic content for the remainder of her career.

During her career, McClintock taught botany at Cornell and went on to become a research associate. She later taught at other universities and worked with an agricultural science program as a consultant. After earning her Ph.D., McClintock received fellowships from various schools. This enabled her to continue her studies and research. She received honorary degrees and awards of achievement from several institutions. Perhaps her most prestigious award was when she was awarded the Nobel Prize in Medicine in 1983.

Barbara McClintock worked with chromosomes and genes in maize. She focused on the relationship between plant reproduction and how some plants mutated. She discovered that chromosomes could jump during plant breeding. This means that genes can change positions on the chromosome. After more research, McClintock proved that certain genes could turn physical characteristics—such as the color of leaves—on or off. Scientists later discovered a relationship between McClintock's research on genetic mutations and bacteria that develop resistance to antibiotics. Such research helps us better understand how viruses and bacteria act.

Although her early work gained recognition in the scientific community, her later research on genetics was not initially well received. Only later, when her discoveries were confirmed by molecular biologists, did she receive additional honors. Described by a friend as a solitary person, Barbara McClintock focused her life on her research, which was her passion.

Text Questions

1. You can tell from the context of the passage that the word *chromosome* means . . .
   a. the colored part of a plant.
   b. the part of the cell nucleus that carries the genes responsible for hereditary characteristics.
   c. something that makes bacteria resistant to antibiotics.
   d. something that causes a virus.

2. Which was Barbara McClintock's most notable award?
   a. The Merit Award
   b. MacArthur Foundation Grant
   c. National Medal of Science
   d. Nobel Prize

3. Which statement from the text best describes McClintock's research?
   a. She discovered that genes can change positions on the chromosome.
   b. She received honorary degrees and awards of achievement from several institutions.
   c. She studied the behavior of chromosomes and decided to pursue an advanced degree.
   d. Barbara McClintock was a solitary person.

4. What is the main idea of the third paragraph?
   a. It describes McClintock's educational background.
   b. It provides details about her scientific career.
   c. It explains her research and its implications for science and medicine.
   d. It describes the honors and awards she received.

5. Based on what you read, what contributions did Barbara McClintock make to science and medicine?

_____

_____

LIVEWORKSHEETS