Part 4

Clothes Exchange

Are you like me and have clothes in your wardrobe that you have hardly ever worn? Perhaps you even have something with the label still attached. Before you put them in a bag and take them to your local charity shop or throw them away, consider another possibility. **16** [ ]

Clothes swaps are becoming very popular as they give people the chance to offer their clothing they don't want in exchange for something they'd like to have for themselves. These parties are great for the environment. **17** [ ] They also allow you to update what's in your wardrobe and to do it without spending any money at all.

If you're thinking of organising one yourself, it's best to keep the event quite small, just inviting friends and relatives. **18** [ ] In order to make sure there's something for everyone, and that everyone feels included, invite people who are of a similar size and age. Either that or make sure there'll be a wide range of sizes on offer. Finally, decide on the number of items that everyone should bring before the event.

On the day, each person is given a button for every item they bring. These are used instead of money. You might decide before you start that some high-quality items should be worth more buttons than a much cheaper item. **19** [ ] .

Make sure items are presented nicely, not thrown on a table in a pile. The idea is to make the whole experience feel professional, almost as enjoyable as looking round your local clothes shop.

Allow 15 minutes at the beginning for people to look at what is on offer. **20** [ ] Make sure nobody tries to take anything before the swap is supposed to start or it may result in an argument!

A For example, some people bring clothes that are damaged.

B Do this with another person so everyone knows it has been done fairly.

C Then when you're ready, the swap can begin.

D Why not organise a clothes exchange or clothes swap party?

E Firstly, people can recycle clothes that would otherwise end up as rubbish.

F That's why you'll have to find another location.

G With small numbers you can hold the event in your home.

H However, the idea became very popular with university students.

LIVEWORKSHEETS

Why The Sea is Good For You

We all love spending time by the sea. The lucky ones might live on the coast and enjoy the benefits throughout the year. **16** Most of us would say we feel healthier by the ocean. In the past, doctors would actually recommend spending time by the sea to their patients. And research has shown that people who live on the coast are more likely to believe their health is good compared to those living in a city. So how do we benefit, exactly?

Well, to start with it's great for our mental health. **17** They have shown that watching, listening to or being in the ocean helps our brains slow down. The sound of the waves can help us relax and has a positive effect in reducing feelings of stress. This is why people who have trouble sleeping are often told to listen to recordings of the sound of waves hitting the shore to help them relax at bedtime.

18 We go out a lot more when we're on holiday by the sea. We often become more active on holidays and people who live on the coast are usually more active too. And if you take your walks on the beach this is even better. **19** The sea air is also good for people with breathing problems. There is less pollution in the air near the ocean and in the autumn and winter the air is fresher. **20** It has even been found that the chemicals found in sea water are the same chemicals that help us have healthy skin.

No wonder then that we often feel so much better at the end of a seaside holiday and why we look forward so much to booking our next one!

A Being by the sea is also good for our physical health.

B This is healthier than the dry atmosphere in homes with central heating.

C It's not just swimmers who know how to do this.

D The rest of us have to wait for our next holiday.

E However, in the end you'll notice the difference.

F Walking on sand requires more effort than on the pavement.

G Scientists have discovered that we have something called a 'blue mind'.

H So scientists disagree about the reasons for doing this.

LIVEWORKSHEETS

My new hobby

After years of doing very little exercise, I recently took up running. I certainly feel fitter; I've lost a bit of weight and I can run distances now that would have been impossible for me 20 years ago. **(16)** _____ So, what is it that keeps me interested?

Well, to begin with, there's nothing like sharing a love of something with other people. When I train with my club we do sometimes talk about other things as we're running around the streets. **(17)** _____ We'll share news of our goals, our latest injuries, our next runs, knowing we have a friendly, interested and understanding ear. I've yet to meet a horrible runner!

(18) _____ This is something I've really enjoyed. It might be helping to organise a run in the local park or helping those who are new to running get started. I do very little compared to some people, but I certainly aim to include more of this in the future.

It really helps me to relax as well. I live quite a busy life and find it surprisingly difficult to go ten minutes without thoughts racing through my head. Yet I can often go ages during a run thinking of nothing other than the pavement in front of me and how my body is feeling. **(19)** _____

I like having something to aim for and running provides opportunities for a focus, whether it's something long term, like my **marathon** ambitions, or more immediate like going for a personal best time on a shorter run. But it's important to remember not to push myself too hard, and one of my goals is always to enjoy running!

(20) _____ This is especially true when you've done something you didn't think was possible. That's been the case with the personal best times I've had in the past and completing some of the longer runs.

A. And it's good for your health.

B. Then there's that sense of achievement.

C. But I don't think these are the reasons I go running.

D. Finding the time to run can be a problem.

E. I injured myself earlier in the year.

F. Running gives me a rest from anything that is on my mind.

G. Running also offers lots of opportunities to volunteer.

H. But mostly we talk about running.

LIVEWORKSHEETS

The History of Fish and Chips

Fish and chips: the meal the UK is probably best known for around the world. It's unlikely you'll find many small towns or villages up and down the country that don't have a fish and chip shop on the corner.

However, neither fried fish nor chips were first eaten in the UK. It is believed that fried fish covered in flour was brought into the country by Jewish visitors from Spain and Portugal in the early 1800s.

16 _____ It's difficult to say for sure which of these two countries started frying potatoes first, as to begin with this was street food sold as fast food snacks to poorer people. **17** _____

Experts are also not sure where fish and chips were first sold together in the UK. Some believe the prize should go to a man called Joseph Malin, who opened a shop in London around the 1860s. His family started by selling fried potatoes and then later added fish to the menu. **18** _____ Records show that he was also selling fish and chips around the 1860s in a market in Lancashire in the north of England.

Until as recently as the 1980s the takeaway was served wrapped in old newspaper, a custom that some say started in order to save money. **19** _____ Newspaper could only be used if the food was wrapped in more hygienic paper first.

The popularity of other takeaway meals such as pizza or burgers has certainly led to a decline in the number of fish and chip shops. There are now thought to be around 8,000 of them in the country.

20 _____ But this is still a huge number when compared to some of the well-known fast food businesses.

A. There are no records to show which shop opened first.
B. However, it is clearly not a healthy meal.
C. Because of this, there is nothing to show where the practice actually began.
D. However, shops doing this were told to stop for reasons of people's health.
E. However, others believe first prize should go to someone called John Lees.
F. This is compared to the 35,000 in the 1930s.
G. Then there's the difference of opinion about the size of chips.
H. Chips are also believed to have come from elsewhere, either France or Belgium.

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