

USE OF ENGLISH – PART 3

Word Formation

For questions 1–10, read the text below. Use the word given in CAPITALS at the end of each line to form a word that fits in the gap.

Living a Healthy and Active Life

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| 1 | Nowadays, many teenagers are becoming more interested in living a healthy lifestyle. Good eating habits and regular exercise have a positive effect on both physical and mental (1) _____. | HEALTHY |
| 2 | Many young people also realise that proper (2) _____ before a journey or sporting event can prevent unnecessary problems later. | PREPARE |
| 3 | Experts recommend eating (3) _____ and avoiding too much fast food or sugary drinks. | SENSIBLE |
| 4 | Reading books and watching documentaries can also be highly (4) _____, especially when they encourage young people to think about important social issues. | FASCINATE |
| 5 | In sport, success depends not only on natural talent but also on hard work, (5) _____, and self-discipline. | DETERMINE |
| 6 | Athletes must follow carefully (6) _____ training programmes if they want to improve their performance. | ORGANISE |
| 7 | When travelling abroad, it is important to keep passports and other valuable items (7) _____ to reduce the risk of theft. | SAFE |
| 8 | Many experienced travellers say that travelling with a lightweight backpack is much more (8) _____ than carrying heavy luggage. | COMFORT |
| 9 | Teachers often (9) _____ students to read widely because this helps improve both vocabulary and communication skills. | RECOMMENDATION |
| 10 | Above all, learning new skills and exploring different cultures is an extremely (10) _____ experience that helps teenagers become more confident and independent. | VALUE |