## Read the text and choose the correct answer to fill in the blank.

Along (26) _____ jogging and swimming, cycling is one of the best all-around forms of exercise. It (27) _____ help to increase your strength and energy, giving you more efficient muscles and a stronger heart. However, increasing your strength is not the only (28) _____ of cycling. Because you are not carrying the weight of your body on your feet, it is a good form of exercise for people with painful feet or backs. (29) _____, with all forms of exercise, it is important to start slowly and build up gently. Doing too much too quickly can damage muscles that are not used to (30) _____. Ideally, you should be cycling at least two or three times a week.

**Question 26.** A. to B. with C. from D. by

**Question 27.** A. should B. can C. has to D. must

**Question 28.** A. advance B. advantaged C. disadvantage D. advantage

**Question 29.** A. Therefore B. Since C. However D. Even

**Question 30.** A. work B. works C. working D. worked

## Read the passage and choose the best answer for each question below.

### SAVING THE ENVIRONMENT: ONE HOME AT A TIME

Pollution can be seen not only throughout the world, but also in our own homes. It comes from household chemicals, the amount of water people use and the waste people produce and throw away. What can be done to stop this pollution? Surprisingly, a person can help save the environment by doing simple things.

First, we need to recycle, which allows products to be used over and over again. Recycling can also reduce the number of trees cut down to produce paper products. It takes very little effort. It is not hard to place plastic and glass bottles, aluminium cans and paper in a bin. Anyone can do it.

Second, we need to watch the amount of water used at home. It can be conserved by taking short showers instead of baths, repairing leaky faucets, using the dishwasher, or washing machine only when fully loaded, or simply turning the faucet off while brushing your teeth.

Third, we need to reduce waste. We need to recycle whenever possible, but we should also try to use this waste effectively. For example, grass clippings and food scraps can be made into compost for plants. The average person produces 4.3 pounds of waste every day, but we can reduce that amount by recycling and reusing.

If we do our part in our own homes, we can help keep the planet from becoming more polluted.

LIVEWORKSHEETS

**Question 31. Pollution is caused from the following sources except _____.**

A. water in rivers
B. water from households
C. wastes
D. house chemicals

**Question 32. Recycling can help us _____.**

A. never cut down trees
B. produce more paper products
C. place garbage bins easily
D. use products again and again

**Question 33. In order to save water, we can do all of the following things except _____.**

A. fully use the washing machine
B. repair leaky faucets
C. take short showers instead of baths
D. turn the faucet off while brushing your teeth

**Question 34. Recycling helps to reduce waste because _____.**

A. plants need to develop
B. waste can be recycled and reused
C. a person can do it in his home
D. an average man produces compost for plants

**Question 35. The word "It" in paragraph 2 refers to _____.**

A. cutting down
B. the number
C. recycling
D. effort

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