

## READING AND USE OF ENGLISH

Read the text below and think of the word which best fits each gap. Use only one word in each gap.

### SINGING IN A CHOIR

The benefits \_\_\_\_\_ (0) singing in a choir are numerous.

Research has shown that young people \_\_\_\_\_ (1) sing in choirs do better \_\_\_\_\_ (2) their studies and have a tendency to be healthier. If you are considering joining a choir, you need to be sure that you can sing in tune. This might seem obvious, but unless you can, \_\_\_\_\_ (3) is little point in seeking out a choir \_\_\_\_\_ (4) you'll only get rejected. Any choir you apply \_\_\_\_\_ (5) join is likely to want to audition you. Don't worry if you can't read music; that can \_\_\_\_\_ (6) taught later. If you're accepted, you'll find choir practices hard work, but great fun. You'll learn how to read music and how to sing \_\_\_\_\_ (7) confidence. Your voice and technique will probably develop quite quickly and you may just end \_\_\_\_\_ (8) wondering why you didn't do this years ago.

## THE BENEFITS OF PHYSICAL ACTIVITY

The pace \_\_\_\_\_ (0) modern life is fast, and most people have busy and demanding lives. So eating \_\_\_\_\_ (1) balanced diet and doing physical activity can \_\_\_\_\_ (2) a big difference to overall health. Regular physical activity is good \_\_\_\_\_ (3) your whole body, from your brains to your bones. Yet many people do not get \_\_\_\_\_ (4) exercise. The good news is that \_\_\_\_\_ (5) is easier than you may think to fit physical activity \_\_\_\_\_ (6) your day because you can do it at \_\_\_\_\_ (7) time and almost anywhere. Not matter \_\_\_\_\_ (8) your age and stage of life, there are plenty of ways to take exercise.

Your feet were made for walking, so use them \_\_\_\_\_ (9) you get the chance. Walk around town. Ignore lifts and escalators and build up your leg muscles by climbing stairs. Next, get out and play. Kicking a ball about is fun, and it is also a great way to spend

time together \_\_\_\_\_ (10) a family. Finally, try doing  
two things \_\_\_\_\_ (11) once! While you talk on the  
phone or watch television, stretch, lift weights or \_\_\_\_\_  
(12) household chores.