

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.