

Review 6

TASK 1 Read the text below and decide which answers A, B, C or D best fits each gap.

The Mediterranean way

There is more evidence proving the Mediterranean diet to be heart healthy and most likely helpful in 1 ____ pounds and keeping them off. Although Mediterranean 2 ____ is not technically low in fat, the type of 3 ____ acids it does contain, such as those that come from nuts and olive oil, is a much healthier form of 4 ____ fat than what exists in other foods. In a recent study, participants who were overweight and suffering from 5 ____ were placed on either a regular low-fat diet or a Mediterranean diet. The ones on the latter diet fared better than their counterparts in terms of health risks. The results showed that it is not just a matter of eating low-fat 6 ____ of food, but it is the addition of nuts and olive oil that improves the indicators of good health. The ones who followed the regular low-fat diet also 7 ____ the risk of returning to old habits that caused them to 8 ____ on the pounds in the first place. A Mediterranean diet is easier to follow because it is filled with healthy yet 9 ____ foods such as fish, walnuts and fresh fruit and vegetables. Those who follow the diet are less likely to suffer from 10 ____ for less healthier foods, thus making it easier to 11 ____ the urge to eat meat and high-fat dairy products. Ultimately, the Mediterranean diet contains all the nutrients needed for lifelong health, making it a diet people can 12 ____ on for their entire lives.

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|----------------|-------------|----------------|---------------|
| 1. A scraping | B shredding | C shedding | D cracking |
| 2. A feast | B cuisine | C platter | D spread |
| 3. A fattening | B fat | C fatty | D fattened |
| 4. A diet | B dieting | C dietitian | D dietary |
| 5. A obesity | B disorder | C malnutrition | D indigestion |
| 6. A toppings | B serving | C coverings | D flavourings |
| 7. A packed | B ran | C played | D quenched |
| 8. A stuff | B stack | C place | D pile |
| 9. A sharp | B bitter | C bland | D appetising |
| 10. A cravings | B passions | C urges | D appetites |
| 11. A whip | B resist | C polish | D feed |
| 12. A live | B dine | C pick | D tuck |

TASK 2 Read the text below. Complete it by writing one word in each gap.

Wild and windy

Could you imagine living where winds exceed 240 kilometres per hour? It wouldn't be easy, _____ it? To do so, you would _____ to travel to Commonwealth Bay, Antarctica, Earth's windiest place. The bay's winds are created by storms that blow _____ suddenly and push air down the bay's slopes. Even more unusual is the storm clouds often _____ up just as quickly as they form, allowing the sun to beat _____ on the region again just minutes after being hidden. Ships are advised _____ travelling through the bay, and surely any captain that insisted _____ travelling through it _____ risk crashing, or even vanishing

_____ thin air! In this hostile _____ breathtaking area, there are more than a few signs of _____. Travellers to the region are _____ to see penguins in the snow. These birds _____ nature thrive in cold weather and remain seemingly unaware _____ Earth's calmer climates. With winds like those at Commonwealth Bay, however it's hard to see how they don't blow away, isn't _____?

TASK 3 Think of one word only which can be used appropriately in all three sentences.

Marie lightly used her _____ to get her horse moving along.
If you're completely starving, I can _____ something up in a few minutes.
You will need to _____ the cream for a while to get it thick.

Mark had to get up at 6 a.m. to give the cattle their _____.
Michelle enrolled in cooking school to _____ her passion for cooking.
Bacteria _____ off the sun's energy in order to grow and multiply.

See if you can _____ the text quickly and find the main idea.
There's a bit of dirt floating in the water, but you should be able to _____ it off the top.
There was a _____ of ice on the dish when I took it out of the fridge.

I told you to keep this a secret – why did you _____ the beans?
There was a tragic oil _____ in the ocean near the coast of Spain.
Sheila was riding her bike dangerously and took a nasty _____.

This new restaurant isn't the only one of its kind – it's part of a larger _____.
Scientists were able to put together the _____ of events that caused the disaster.
Lisa used a lock and _____ to secure her bike to the lamp post.

TASK 4 Complete the second sentence so that it has a similar meaning to the first sentence, using the word given. Do not change the word given. You must use between three and six words, including the word given.

It must have been raining heavily last night.

BUCKETING

The rain _____ hours last night.

It could be possible that scientists didn't know oxygen existed back then.

MIGHT

Scientists _____ that oxygen existed back then.

We must stay away from the animals while they're sleeping.

INTERFERE

We _____ the animals while they're sleeping.

It was completely unnecessary to attend while they're sleeping.

WASTE

It was _____ to attend the meeting.

Mike couldn't have eaten everything on his plate.

POLISHED

There's no way Mike _____ the food on his plate.

Mary told her not to bother getting upset about the situation.

MILK

Regarding the situation, Mary told her there was _____.

I can't figure out how they stand to be around him.

PUT

I can't understand how they _____.

You have to realise there's a problem that needs to be dealt with.

WAKE

In regard to the problem at hand, you _____ coffee.