You are going to watch a BBS news program with Helen Skelton talking about crossing the Amazon?

Read the sentences (1---6). The words in bold are used in the program. First guess the meaning of the words. Then match the words with their definitions.

*This time last week Blue Peter presenter Helen Skelton was still **clocking up** those endless miles in her battered kayak.*

*She was nearing the end of a **grueling** six-week 2,000 mile journey.*

*The first two weeks were absolute **torture***

*When I got **seasick** I started to find the chop and the wash really difficult*

*I got so **stressed out** about getting dehydrated*

*I need something to **get my teeth into**.*

Suffering from a high level of fear or stress

Great physical or mental suffering

To finish or reach the end successfully

very difficult and involving a lot of continuous effort

to put a lot of your time and energy into something that is interesting

feeling ill from the movement of the boat that you are traveling on

LIVEWORKSHEETS

Watch the program. Complete the sentences using one word per space.

1.She became the first woman to _____ the length of the river.

2. Lucy tipped at my hands every single day loads and loads of white _____ and that just did wonders for my hands.

3. I couldn't kayak and my kayak was _____ inside the day boat so to get it out we had to crack and splinter it.

4. So we were really really lucky I think. We were just lucky a lot of times because if the boat had sunk and and we weren't able to get a replacement or get it repaired we would have had to push the whole _____back a few days and we didn't have those days to_____.

5. I'm just reading here: _____insect bites, you know, all the sort of thing to injections in the back side for heat exhaustion, _____liters of fluid drunk.

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