Task 1

- **You are going to read an article about some easy ways to exercise more without extra time. Some words are missing from the text.**
- **Your task is to write the missing words on the dotted lines (1-8) after the text.**
- **Use only <u>one</u> word in each gap.**
- **There is an example *(0)* at the beginning.**



DON'T OVERTHINK YOUR EXERCISE

With the explosion of boutique gyms, spin classes and ultramarathons, we may believe that exercise should ***(0)*** be both expensive and extreme. But researchers are finding that it really doesn't seem to matter what **(1)** _____ of physical activity you do to receive great health rewards.

Americans often complain that they don't have enough time to work out. A recent survey asked a group of them **(2)** _____ they would spend an extra four hours each week if they suddenly had the time. The number one answer? Exercise. But we often overthink exercise — and we may **(3)** _____ actually need to set aside extra time to work out. Exercise doesn't require a gym membership. Exercise is something you can do throughout the day, every day. It also doesn't need to be exhausting or to cost **(4)** _____ to see health benefits. Simply walking more counts **(5)** _____ lot.

Here are some tips how you can fill your day with more activity:

- if you use public transport, get **(6)** _____ a stop early on your way to work;
- if you **(7)** _____ , park far away from your destination;
- climb the stairs to your office or flat instead of **(8)** _____ the elevator;
- walk to the grocery store instead of driving.

(www.vox.com/science-and-health)

LIVEWORKSHEETS

Task 2

- **You are going to read an article about some problems in a town in Minnesota. Some words are missing from the text.**
- **Use the words in brackets to form the words that fit in the gaps (9-16).**
- **Then write the appropriate form of these words on the dotted lines after the text.**
- **There might be cases when you do not have to change the word in brackets.**
- **Use only one word for each gap.**
- **There is an example *(0)* at the beginning.**



CHAOS IN MINNESOTA

A group of young residents in Gilbert, Minnesota, who are ***(0)*** unable ***(able)*** to handle their alcohol have been drifting around the town, looking disoriented and narrowly avoiding getting **(9)** _____ **(hit)** by cars. However, these aren't drunk teenagers. Instead, it's the local bird population.

"The Police Department has received several **(10)** _____ **(report)** of birds that seem to be 'under the influence of alcohol' flying into windows and cars and looking **(11)** _____ **(confuse)**," said Police Chief Ty Techar. "An early frost meant that berries had fermented **(12)** _____ **(early)** than usual, and birds were eating them and getting drunk."

Such incidents around town are more common than in past years, because many birds have not yet migrated south. As they prepare to fly south for winter, they may eat too many berries to store up fat for the journey. They go from bush to bush **(13)** _____ **(try)** to find more berries, and their balance is gradually getting worse. They are **(14)** _____ **(typical)** seen flying lower than usual through traffic. They're just **(15)** _____ **(care)** and they're not watching out for cars and other objects around them. Their silly **(16)** _____ **(behave)** is a sign that they're drunk. Usually they just need a bit of time to recover.

(www.independent.co.uk/news)

LIVEWORKSHEETS

Task 3

- **You are going to read an article about whether men or women are better at multitasking. Some words are missing from the text.**
- **Choose the most appropriate answer from the options (A-D) for each gap (17-25) in the text.**
- **Write the letter of the appropriate answer in the white box.**
- **There is one example *(0)* at the beginning.**

WHO IS BETTER AT MULTITASKING?



Men were slower and ***(0)*** _____ organised than women when switching quickly between tasks in tests **(17)** _____ by UK psychologists.

First, they compared 120 women and 120 men in a computer test **(18)** _____ involved switching between tasks like counting and recognising shapes. Men and women were equal when they did one task **(19)** _____ time. But when the tasks were mixed up and the switching became faster, **(20)** _____ women and men slowed down and made more mistakes. However, men were significantly slower.

To make the experiment more relevant to everyday life, the researchers **(21)** _____ a second test. The participants were given eight minutes to complete a series of tasks – locating restaurants on a map, answering a phone call, and deciding how **(22)** _____ search for a lost key in a field.

Completing all these tasks in eight minutes was impossible, **(23)** _____ men and women had to prioritise, organise their time, and keep calm. Women spent more time **(24)** _____ thinking at the beginning, whereas men jumped in too quickly. It suggests that – in a stressful and complex situation – women are more **(25)** _____ to stop and think about what's going on in front of them.

(www.bbc.com/news)

LIVEWORKSHEETS

0)	**A** ***the less***	**B** ***the least***	***C less***	**D** ***least***	***0)***	***C***	
17)	**A** taken away	**B** given up	**C** carried out	**D** put down	17)		
18)	**A** which was	**B** which	**C** what	**D** what was	18)		
19)	**A** in	**B** at a	**C** on	**D** by the	19)		
20)	**A** each	**B** all of	**C** every	**D** both	20)		
21)	**A** tried	**B** could try	**C** will try	**D** were trying	21)		
22)	**A** have they	**B** would they	**C** they would	**D** they have	22)		
23)	**A** if	**B** although	**C** when	**D** so	23)		
24)	**A** for	**B** by	**C** with	**D** –	24)		
25)	**A** quick	**B** able	**C** suitable	**D** often	25)		

9 pont	

This is the end of this part of the exam.

LIVEWORKSHEETS