Part 4

Questions 16–20

Five sentences have been removed from the text below.
For each question, choose the correct answer.
There are three extra sentences which you do not need to use.

Steve Dalway's cycle ride

Steve Dalway has recently completed an amazing bike ride between the US cities of Los Angeles and Boston, a distance of nearly 5,500 km. He and ten other cyclists took part in a trip organised by a company that provided a mechanic, planned the accommodation and route, and carried the cyclists' bags. 16 _____ Even with these, the ride involved a huge amount of effort.

Steve had already completed another long cycle ride in Europe. 17 _____ For example, he knew that on any ride, eating properly is important. When you don't eat enough, your ability to recover after hard exercise is reduced. For this reason, he always made sure he had a large breakfast before setting off every morning. 18 _____ The sight of the hotel at the end of the day was still very welcome, however!

One of the toughest times for the riders in the US was when the route climbed high into the Rocky Mountains. By the end of that part of the ride, Steve had climbed an amazing 28,000 m in total.

19 _____ An early section of the ride, for instance, took the group of cyclists through the Mojave desert, where the high temperatures made them feel as if they were in an oven. In the desert, Steve had to drink four litres of liquid every 40 km in order to keep going.

The cyclists used paper maps and had electronic devices to record the distances they travelled. So that everyone knew what they'd be facing the next day, a big map was displayed every evening in the hotel where the group were staying. 20 _____ At first the cyclists were disappointed when the black line drawn on the map by the organisers only moved forward by small amounts, despite all the day's work. At the end of the ride, however, they felt very proud of what they'd achieved.

LIVEWORKSHEETS

A	He therefore had an idea of what to expect on this one.
B	It also allowed them to see the progress they had made.
C	He was surprised that he had gone so fast.
D	Doing that gave him the energy he needed to keep going.
E	It also arranged stops every 50 km for snacks and drinks.
F	This ride would be 1,000 km longer.
G	As a result, Steve's family knew how he was feeling each day.
H	There were other challenges, too.

LIVEWORKSHEETS

Part 5

Questions 21–26

For each question, choose the correct answer.

Honey

People all over the world enjoy eating honey. But how much do you know about this **(21)** ..... food? Most honey is made by bees, but what few people realise is that there are several types of bee which make honey.

Bees may have to visit about two million flowers to produce only half a kilo of honey. The type of flower the bees visit **(22)** ..... both how the honey tastes and its colour. In fact, there are **(23)** ..... more than three hundred kinds of honey.

In **(24)** ..... times, honey was added to food instead of sugar, as sugar was very rare. In many cultures, people have used it for centuries to **(25)** ..... various health problems. **(26)** ....., people all over the world still add it to hot water and drink it when they have a sore throat.

21	**A**	usual	**B**	shared	**C**	general	**D**	common
22	**A**	makes	**B**	affects	**C**	guides	**D**	directs
23	**A**	correctly	**B**	actually	**C**	accurately	**D**	absolutely
24	**A**	antique	**B**	far	**C**	elderly	**D**	ancient
25	**A**	cure	**B**	mend	**C**	repair	**D**	assist
26	**A**	Recently	**B**	Lately	**C**	Nowadays	**D**	Already

LIVEWORKSHEETS

Part 6

Questions 27–32

For each question, write the correct answer.
Write **one** word for each gap.

Starting at college

Hi, my name's Emma. Welcome to the college! I've been studying here for a year now. Starting at college isn't easy, but I'm sure you'll soon feel at home. When I first started studying here last year, I was **(27)** ..... nervous that I couldn't even ask anyone for help. I got lost five times on my first day!

Remember that **(28)** ..... student at the college has been new at one time, and understands how you feel. So **(29)** ..... you're not sure where to go, just ask – we're all happy to help!

You probably don't know many people here. To make some friends, **(30)** ..... not spend break times with some of your new classmates in the café? Or how **(31)** ..... joining one of the many clubs we have at the college? **(32)** ..... are lots to choose from.

Good luck on your new course!

LIVEWORKSHEETS