DAY 11: PROGRESS CHECK_VOCABULARY

VOCABULARY 1: Read the text and choose the correct word for each gap. The first one is done for you.

Advice for silver surfers

Many older people are joining the **(0)** __A__ community today, but it can be a confusing and sometimes hostile environment for any novice. Email can be extremely useful for contacting both friends and support agencies, but it has its drawbacks: while junk emails and **(1)** _____ can be irritating, you need to be more wary of **(2)** _____ emails that set **(3)** _____ to part people from their money. I can't **(4)** _____ that home too forcefully. However, the first time that you **(5)** _____ a tweet successfully will be **(6)** _____ – you'll feel that you've really

(7) _____ it in the digital environment – but do keep in mind that social media is a fertile breeding ground for **(8)** _____ who criticize and ridicule the writers of any tweets they take offence to, and worse, that **(9)** _____ don't only target teenagers; they rejoice in making anyone's life a misery. If anything unpleasant like this happens, try not to **(10)** _____ it personally – they don't know you. It may sometimes feel like every other person on the Internet is out to cheat or undermine, but with care it can provide a lifeline for elderly people, especially those confined to their homes.

0 A online	B selfie	C offline	D live
1 A sales	B circulars	C spam	D waste
2 A angling	B selling	C mining	D phishing
3 A out	B on	C up	D in
4 A beat	B force	C hit	D drum
5 A put	B send	C post	D communicate
6 A elevating	B breathtaking	C intoxicating	D exhilarating
7 A done	B made	C succeeded	D got
8 A demons	B spies	C trolls	D monsters
9 A robots	B cyberbullies	C oppressors	D hacks
10 A take	B feel	C think	D absorb

LIVEWORKSHEETS

VOCABULARY 2: Read the text and choose the correct word for each gap. The first one is done for you.

Learning to learn

Governments are forever trying to bring **(0)** __C__ change in teaching, to suit political ends, but they rarely **(1)** _____ on board the fact that teaching also implies learning, and learning implies individual styles and abilities. Trends come and go – the one-time popular method of **(2)** _____ learning (memorizing) was considered completely **(3)** _____ in some cultures by the end of the twentieth century and the discovery approach gained currency. These two **(4)** _____ opposed methods are still debated in many places of learning: can students

(5) _____ intellectual energy by 'doing' and retain information in that way, or is it more productive for them to pore **(6)** _____ their books studiously, thereby **(7)** _____ facts to memory? Is it better to allow individuals to follow their own styles? Some may have to get down **(8)** _____ serious studying in order to learn while for others the briefest **(9)** of a text may be enough for them to **(10)** _____ the information effortlessly. One thing that should not be forgotten in the debate, however, is that learning how to learn – how to discover information – is possibly the most important lesson ever taught.

0 A through	B over	C about	D towards
1 A take	B collect	C gather	D assume
2 A rota	B heart	C rote	D memory
3 A bygone	B obsolete	C extinct	D anachronistic
4 A diagonally	B antipodal	C different	D diametrically
5 A curb	B control	C catch	D harness
6 A over	B through	C to	D about
7 A allocating	B committing	C despatching	D delegating
8 A to	B with	C about	D from
9 A views	B glimpses	C looks	D sights
10 A remind	B cite	C recall	D evoke

LIVEWORKSHEETS

VOCABULARY 3: For questions 1 – 8, read the text below and decide which answer (A, B, C or D) best fits each gap. For each question, circle the correct letter A, B, C or D.

Example:

0 A mechanisms B **appliances** C implements D utensils

Can noise pollution damage your health?

Even if you live away from aircraft routes and busy traffic, your home is probably filled with the maddening buzz of laptops or other modern (0) ……. . Such sounds aren't (1) ……. annoying: there's increasing evidence that being bombarded by environmental noise can have a (2) ……. effect on health, both physiologically and psychologically, and even on children's learning.

Several papers have linked noise to high blood pressure, especially when (3) ……. Takes place at night. The louder the noise and the more (4) ……. the period it is endured is, the greater the association with health issues. Our emotional response can be profound, creating the unsettling feeling of having one's privacy (5) ……. .

Aircraft and road traffic are inevitably (6) ……. to air pollution: which causes respiratory problems and inflammation, whereas noise increases stress levels, leading to physiological (7) ……. , such as raised heart rate and blood pressure. The impact of heightened noise on children's learning may be as simple as it interfering with teacher communication, or perhaps pupils focus their attention so (8) ……. in noisy conditions that they exclude useful speech as well as unwanted noise.

1 A hardly	B barely	C merely	D scarcely
2 A detrimental	B hurtful	C painful	D fatal
3 A presentation	B exposure	C submission	D disclosure
4 A elongated	B lengthened	C long-lasting	D prolonged
5 A invaded	B occupied	C entered	D seized
6 A fastened	B linked	C fixed	D secured
7 A consciousness	B activation	C revival	D arousal
8 A finely	B thinly	C narrowly	D closely

LIVEWORKSHEETS

VOCABULARY 4: For questions 1 – 8, read the text below and decide which answer (A, B, C or D) best fits each gap. For each question, circle the correct letter A, B, C or D.

Example:

0 A theory	**B concept**	C hypothesis	D insight

Renewable energy: the next generation

The (0) ……. of sustainable energy is not a new one, and scientists the world over (1) ……. their lives to helping reduce our dependency on fossil fuels, which are in terrifyingly short (2) ……. . Yet despite the now commonplace usage of solar panels and wind turbines, there is quite some distance to go. Emerging sustainable alternatives, such as antimatter, are still in the experimental stages, but, should they (3) ……. , will have a transformative impact on the 'dirty' world we currently inhabit.

Football pitches which generate power through footfall are already in (4) ……. and the same technology is being applied to road surfaces in the form of tiles which capture energy. (5) ……. more efficient than their wind and solar counterparts, which are (6) ……. Upon weather conditions, it is hoped that the tiles will soon become an (7) ……. part of the infrastructure of our roads and other surfaces where people move around. Other breakthroughs, such as the harnessing of wave power and re-creation of nuclear fusion, are (8) ……. new heights, with technology advancing on a daily basis.

1 A promote	B dedicate	C commit	D assign
2 A quantity	B demand	C resource	D supply
3 A spread out	B pull off	C catch on	D turn out
4 A existence	B reality	C presence	D actuality
5 A Virtually	B Potentially	C Credibly	D Capably
6 A determined	B conditional	C susceptible	D dependent
7 A integral	B ingrained	C embedded	D implanted
8 A stretching	B extending	C reaching	D increasing

LIVEWORKSHEETS

VOCABULARY 5: Read the text and choose the correct preposition/adverb from the box for each gap. There are three words you do not need to use. The first one is done for you.

back	down	for	in	into	of	of
on	on	on	out	out	up	up

Is a desire for success always a good thing? Success and ambition go hand in hand, but is it better for young people to set their hearts **(0)** *on* a specific aim when they start out in life, or is it better to be flexible? Any college or university will be able to list the students who stand **(11)** _____ in the first year because of their drive and desire, often fixated
(12) _____ getting a particular level of qualification which may not be within their abilities, and they end up close to breaking **(13)** _____. Some of these students consequently drop
(14) _____ of their course with the result of messing **(15)** _____ their plans and being unable to realize their ambitions. It would be better for such idealists to take a more flexible point **(16)** _____ view, appreciating that having a less defined aim would not necessarily hold them **(17)** _____ from achieving success. On the contrary, setting their sights **(18)** _____ lesser targets, i.e. making their goals more achievable and immediate, focusing on one step at a time, is more likely to lead to a focused plan and less likely to end with them throwing
(19) _____ the towel. This argument applies not only to students, but holds **(20)** _____ people striving for success in all walks of life.

VOCABULARY 6: For questions 9 – 16, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

The Kelly Cube: a sustainable cooking model

As I searched for alternative models to industrialized food production recently, I came (0) ..... an Australian ready-to-cook meal kit called the Kelly Cube, containing fresh staple ingredients from local farmers and producers. Initiated (9) ..... a means to support such people, the kit combines the values of self-sufficiency, sustainable food systems and 'slow food' – a movement which promotes locally-produced products and across regional cooking. Locavores – those (10) ..... support the movement – encourage the consumption of seasonal, locally-sourced food as opposed (11) ..... food that has been transported over huge distances. The basic proposition is that the produce is Australian, and wherever viable, local. The kit comes complete with fresh ingredients measured out (12) ..... precisely the quantities required by the recipe, and as (13) ..... is designed to be less wasteful, simplifying decision-making when (14) ..... comes to meal planning, and simultaneously allowing consumers

LIVEWORKSHEETS

to trace the provenance of their food. And in alignment (15) ……..…… the principles of sustainability, the box itself is reusable and recyclable. In a world of shifting values, (16) ……..…… effort to make food systems more sustainable, efficient and equitable is commendable.

VOCABULARY 7: For questions 9 – 16, read the text below and think of the word which best fits each gap. Use only one word in each gap. There is an example at the beginning (0).

The art of compromise

It's Saturday afternoon and though I (0) ……..…… much sooner be out and about, my husband's preference is to slump on the sofa, glued to the match. (9) ……..…… say I'm not into football would be an understatement, but staying put for the day is hardly a catastrophe. Being possessed of my (10) ……..…… free will, the option of heading out of the house to do something more fascinating is there, should I choose to take it. It's would (11) ……..…… than likely that I won't – next Saturday we're lunching out with friends.

It's a deal we made long ago: one week the way in which we spend the day is his call; the following, it's mine. Over the course of our relationship, I've been obliged to reach such compromises on many (12) ……..…… occasion, every once in a (13) ……..…… making concessions on a grander scale. So (14) ……..…… , so good. Admittedly there have been times when giving in went against (15) ……..…… grain, but taking the line of least resistance (16) ……..…… times has led to greater harmony – both within my marriage and in friendships beyond it.

LIVEWORKSHEETS