READING

Task 4

Read the text below. Match choices (A–H) to (17–21). There are three choices you do not need to use. Write your answers on the separate answer sheet.

HOW TO GET MOTIVATED TO LOSE WEIGHT

17 ____

Write down the reasons you want to lose weight this year. If you have the list in front of you working towards your goal will be easier.

18 ____

Decide your exercise programme, healthy eating, and goals before you begin. A good weight loss goal would be one to two pounds per week. Setting goals too high paves the way for failure.

19 ____

Substituting whole grain products, such as bread and pasta, for white products is a good place to start. Instead of candy have a piece of fruit. If you crave chips, try celery with a small amount of peanut butter.

20 ____

Pick exercises you enjoy. Don't plan to run on the treadmill if you despise running. Maybe try a spin class or aerobics class. Starting a new habit may be hard at first, but eventually you will love the healthier lifestyle.

21 ____

If you have a bad week, look back on the goals already met in your journey to lose weight this year. Maybe next year you can inspire others to lose weight.

A Reward yourself
B Do it slow and be realistic
C Join a group of weight watchers
D Implement the new exercise programme
E Believe in your future
F Make a list of reasons
G Introduce healthier food choices
H Make a plan

LIVEWORKSHEETS

Task 5

Read the text below. For each empty space (22–26) choose the correct variant (A, B, C, D). Write your answers on the separate answer sheet.

It comes as a major surprise to learn that in 2008 the number of medical experiments involving animals has shown the largest rise since modern records began. Home Office figures state that nearly 3.7 mln experiments were performed on animals last year, a rise of 454,000 or 14 % on the previous year. This is the steepest increase in animal use in medical research since 1986, when the government introduced new recording and monitoring procedures.

While most experiments in 2008 involved mice, macaque monkeys were used in 1,000 extra experiments, a hike of 33 %. This trend is particularly disturbing and difficult to justify. The spike in animal experimentation coincides with the 50th anniversary of landmark proposals to find alternatives. Alas, for half a century successive governments have failed to fund the promised development of replacement methods — even though every scientist knows that animal models are flawed and imperfect approximations of the human body and human disease.

The recent jump in animal research has been condemned by animal rights campaigners who have called for a new co-ordinated effort to reduce the number of animals used in medical research.

Replacement of animals is possible in many spheres of medical research. Remember how the supporters of vivisection used to say that it was impossible and dangerous to halt the animal testing of cosmetics and household products? Well, despite their scare-mongering, it has been possible to safely replace many animal tests that were previously said to be 'irreplaceable.' The Dr Hadwen Trust has shown that alternatives are safe and effective. With tiny amounts of self-generated funding, it has already financed the development of successful, scientifically-validated alternatives to experiments that were once conducted with animals, including brain, kidney, diabetes and rheumatism research.

Of course, some animal research has provided breakthroughs in medical science. But these breakthroughs might have also come about through non-animal experimentation if they had been equally well funded. What applies to mice, dogs, monkeys or rabbits may not necessarily apply to humans. Our physiology is sufficiently different to invalidate most cures devised by animal experimentation.

22 Since modern records began the number of medical experiments involving animals _____ .

A has declined
C has increased
B has cut down
D has not changed

23 The rise of involving intelligent animals in the experiments is _____ .

A about 70 %
C 50 %
B more than 30 %
D 100 %

24 The results obtained from experiments on animals are _____ .

A perfect to humans
C inaccurate to humans
B applicable to humans
D good science to humans

25 Some methods of vivisection used in the animal testing of cosmetics and household products _____ .

A cannot be safely halted
C are dangerous to stop
B are impossible to replace
D have been successfully substituted

26 The advances in medical research might have come through non-animal experimentation if they _____ .

A had been physiologically supported
C had been better financed
B had been applied to humans
D had provided accurate data

LIVEWORKSHEETS

Task 6

Read the text below. Match choices (A–H) to (27–32). There are two choices you do not need to use. Write your answers on the separate answer sheet.

QUIRKY DUBLIN

If it's an unusual experience you're looking for but don't quite know where to start...then here is a great guide!

27 MUMMIES IN ST MICHAN'S CHURCH AND CRYPTS

The peculiar dry atmosphere has caused the mummification of the bodies and the preservation of the coffins. Underneath the church are five long burial vaults containing the mummified remains of many of Dublin's most influential 17th, 18th and 19th century families.

28 NATIONAL LEPRECHAUN MUSEUM

The National Leprechaun Museum is a truly unique attraction! The museum takes you deep into Irish and Celtic culture to discover what really lies behind the well-known tales of Irish cultural icons — leprechauns, rainbows and pots of gold!

29 DUBLIN FALCONRY

The Dublin Falconry brings you the art of Falconry with well conducted speeches, dress and flying displays. The Dublin Falconry offers a number of unique activities that allow you to get up close and personal with the majestic birds. Take a Hawk Walk, which features an introduction to holding and flying an amazing raptor as you see first-hand how the raptor moves.

30 CAFE CULTURE

Hidden away down Pleasant's Lane in a quaint court yard you will find the adorable Cake Cafй. What makes The Cake Cafй so different and many would say cute, is the 1950s feel and mismatching antique china cutlery. A perfect spot for lunch, whether sitting inside or out in the funky courtyard, there is plenty to choose from on the tempting menu. Or check out the Foam Cafe, tucked away in the Italian Quarter. The eclectic decor and tasty cakes, tapas will ensure your first visit will not be your last!

31 LE COOL WALKING TOURS

Le Cool Walking Tours offer tours that show an alternative side to Dublin! Incorporating elements of the city which have become staples of le cool content such as pop-ups, new collectives and initiatives, Le Cool want to share these 'of the moment' living culture experiences. This continually evolving two-hour tour will reflect the now and engage with people behind initiatives which are reshaping Dublin city in vibrant and meaningful ways.

32 THE SCIENCE GALLERY

Tucked into the historic grounds of Trinity College Dublin is the super modern and fascinating Science Gallery. It's a truly new and unique type of venue where today's white-hot scientific issues are thrashed out and you can have your say! What makes The Science Gallery so Quirky is that unlike most galleries? , it doesn't have a permanent collection. There is always something new and fascinating to see.

Where can you see and do this while in Dublin?

A find out about DIY culture, street art, fashion, emerging music and literature
B visit the oldest survival structure in the capital
C get involved into talks, debates and workshops
D practice feeding and taming the beasts of prey
E enjoy savoury delights as well as sweet
F discover the world of national folklore
G check out the ancient preserved bodies
H practice the basic techniques and skills of Gaelic games

LIVEWORKSHEETS

Task 7

Read the text below. Choose from (A–H) the one which best fits each space (33–38). There are two choices you do not need to use. Write your answers on the separate answer sheet.

WATER PROBLEMS IN INDIA

The drought in India has become so severe (33) ____ in many regions of the country, even murdering each other over the precious substance.

Northern India is in the grips of a drought so severe that in Bhopal, the City of Lakes, the government has been forced to ration water use (34) ____ . Nearly two million people live in this massive city, where the 1,000-year old artificial Upper Lake has shrunk from 38 square kilometres (15 square miles) to a mere five square kilometres (two square miles).

Almost 100,000 Bhopal residents live without water hookups of their own, (35) ____ that travel throughout the city. Fights are common when the tankers arrive in a slum, with people jostling each other for the best chance at the limited water supply. In unregistered slums, water tankers never arrive and residents may have to hike two kilometres (36) ____ .

It was in one such unregistered slum that the Malviya family drilled a hole into a municipal water pipe, and travelled there shortly before the water began flowing one night, (37) ____ . The family was confronted by a group of neighbours, including a local man named Dinu who accused them of blocking the pipe and cutting off water farther down the hill. Dinu slapped Gyarasi Malviya, and when her son Raju tried to interfere, one of the people gathered drew a sword. In the ensuing clash, all the Malviyas were hacked to death.

The situation in Bhopal and across northern India may offer a glimpse of the world's future. The United Nations has warned that by 2050, four billion people will find themselves living in areas (38) ____ .

A or more to the nearest pumping stations
B were too afraid to do anything
C with an insufficient water supply
D that people have begun literally fighting over water
E to half an hour once per three days
F didn't want them to take any water
G relying on water tankers
H to collect the liquid in whatever containers they could get their hands on

LIVEWORKSHEETS